

Weight management support

(Places on all programmes are limited and strict eligibility criteria applies).

Body Benefits

Body Benefits is a 12 week weight management programme. Each weekly session is split in two, with one part focussed on a specific topic such as food labels, portion size, snack swaps and a deeper understanding of sugar, fat and salt. The second part of the session is centred on introducing different forms of entry level exercise.

You must be a resident of North Tyneside, 18+ years old, and have a BMI between 27.5* and 35.

To find out details of the next available Body Benefits programme including the location, day, time and start date, contact Active North Tyneside:

- Call: 0191 643 7171
- Email: active@northtyneside.gov.uk

Learning Disabilities Body Benefits

The Body Benefits team works with LD North East to deliver a 10 week weight management programme for those living with a learning disability.

Each weekly session is split into two parts. One part is focussed on a specific topic, and part two is centred on introducing different forms of entry level exercise.

The programme content has been developed in easy read format.

You must be a resident of North Tyneside, 18+ years old, and have a BMI of 25* or above.

To find out details of the next available LD Body Benefits programme including the location, day, time and start date, contact Active North Tyneside:

- Call: 0191 643 7171
- Email: active@northtyneside.gov.uk

12th Man (males only)

The 12th Man is delivered by Newcastle United Foundation and is a 14 week healthy lifestyle programme.

Weekly sessions cover key topics including nutrition, stress, and sleep which is followed by an entry level exercise session.

Programmes take place at different venues across North Tyneside.

You must be a resident of North Tyneside, male, aged between 18 and 65, and have a BMI of 27.5* or above.

To find out details of the next 12th Man programme including the location, day, time and start date email foundation.health@nufc.co.uk

Slimming World

Slimming World groups offer their members support, commitment and accountability – a powerful combination that helps boost happiness, self-esteem and slimming success.

North Tyneside Council has a limited number of places for residents to join a local Slimming World group for free for 12 weeks.

Eligibility criteria applies, you must be a resident of North Tyneside, 18+ years old, BMI of 27.5* or above, you cannot have self-funded a membership within three months of applying.

To apply for a free Slimming World place, call 01773 483 256.

*Residents with Black, Asian and ethnic minority backgrounds can deduct 2.5 from the BMI threshold. A BMI calculator can be found on [the NHS website](#).