

**Adult
Weight
Management
Programme**



delivered on behalf of Wandsworth Council by

enable.

For happy, healthier communities.
Not for profit.

Adult Weight Management Programme

Programme Team



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Manager



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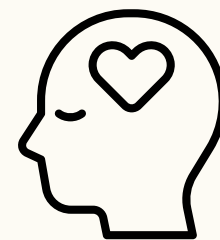
Nutritionist
Support Officer

What is Enable?

Enable is a not-for-profit organisation, working in partnership with councils, charities and other organisations to deliver health, leisure and community services and events that enrich people's lives.



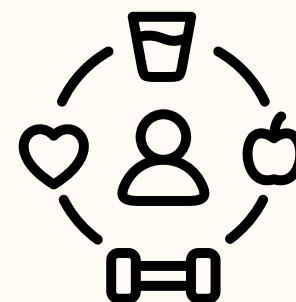
Walk Wandsworth



Active Wellbeing



Active Lifestyles



Adult Weight Management

What is the AWM programme?

- A 12-week, evidence-based and structured service designed to help you achieve and maintain a healthy weight through real, lasting lifestyle changes
- We take a holistic, inclusive approach, recognising that everyone's journey is different. We consider cultural relevance, personal circumstances, and the real-life barriers people face
- This programme is completely free to you because the Wandsworth and Richmond councils are investing in your health and wellbeing

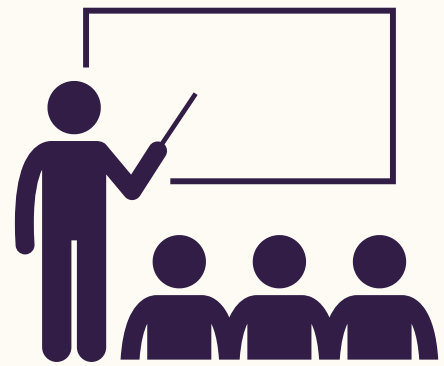
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What is included?



A 2-hour weekly session:



1 hour nutrition workshop led by qualified nutritionists to support healthy eating habits

1 hour physical activity session led by qualified personal trainers, tailored to all levels

Programme benefits:



Free access to 3 local Enable gyms in Wandsworth during the programme and membership discount after the end

What do we work towards?

Confidence in making
healthier choices

Building long-term,
sustainable healthy habits

Helping you feeling better in
your body

Reducing health risks



Improved health and
overall wellbeing

Building friendships
& connections

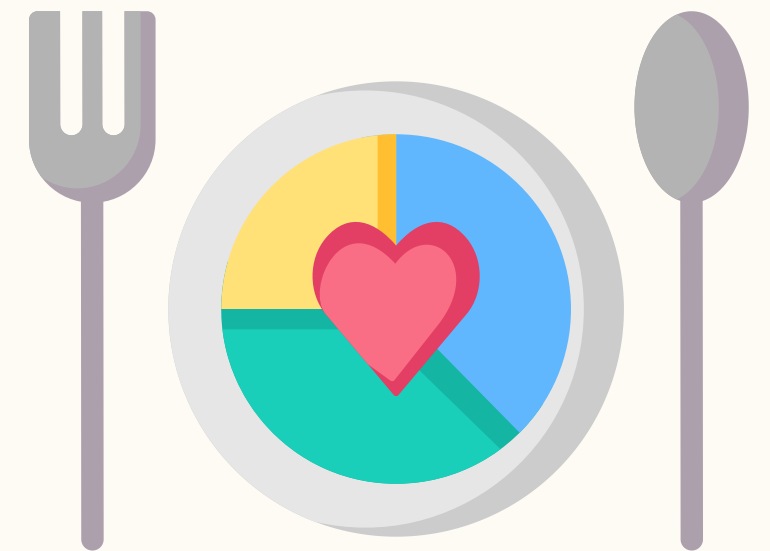
Building a stronger, happier,
healthier you

What to expect



Holistic approach

- No strict diet plans. We focus on sustainable changes, recognising that one size doesn't fit all and aim to give people the tools to make changes that work for them
- Not just a gym referral. The programme is a mix of nutrition and exercise and sessions are designed to be practical and accessible for everyone
- We do not provide weight loss medications



Group sessions

- You'll be in a group of around 15 to 20 people, either face-to-face at a designated location or online via Zoom
- Same time and location each week, for 12 weeks
- Not a 1:1 service, but we provide personalised support through food diaries and answering questions



First hour – Nutrition

- Led by your qualified nutritionist or dietitian
- Weight measurement collection at Weeks 1, 6 & 12 to track your progress
- Weekly topics presentations covering practical nutrition, habit-building, and lifestyle advice



Second hour – Exercise

- Led by a qualified instructor
- Exercises are light and suitable for all mobility levels
- Adjustable exercises (inform your instructor if you have any physical limitations)
- 12-week exercise plan provided at Week 1



Post-programme support

- At the end of the 12-weeks, we share a list of exit routes to continue supporting you on your journey to better health
- These include discounted gym memberships, access to free cooking courses, rowing courses and more!

Walking Groups





Multicultural Richmond - Walks
Multicultural Richmond offers opportunities for users to take part in healthy walking activities, as part of their support group and project activities.



The Ramblers Walking Group
Ramblers promote walking for pleasure, health, leisure and transport to everyone, of all ages, backgrounds and abilities, in towns and cities as well as in the countryside. You can join a walk or follow a route.

Cooking/Food





Positive Living Group
If you would like to join a group where you can connect with people through therapeutic cooking, the Positive Living Group gives you the opportunity to socialise and enjoy great food with others.



Richmond Foodbank - Healthy Eating Course
Healthy Eating is a free six-session course teaching people cookery and nutrition skills to help make tight budgets stretch further. Covers the basics of cookery, budgeting, hygiene and nutrition. It's an entry-level course so you don't need to know how to cook before you come.

Arts & Music





Crafty Minds
Crafty Minds is an informal and relaxed social group who meet weekly to chat, have a tea/ coffee and take part in some craft if they wish. Basic art materials are provided, such as pencils, paper and collage materials.



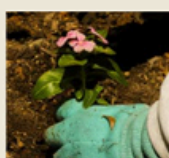
Castelnau Centre - Creative Community
A friendly and inclusive monthly arts and crafts drop-in session. All materials provided, including tea and coffee! Term Time Only FREE DROP-IN SESSION

Gardening & Nature





TCV Green Gym
Become a conservation volunteer to help transform green spaces and improve physical and mental health by being outdoors, active and connected to others. Volunteering is free, no experience necessary. Richmond Green Gym meets every week on Wednesday at 10.45am – 2pm.



Richmond Green Gym
The Green Gym is an innovative way to keep fit and enhance wellbeing whilst improving the local environment. From sowing meadows to planting trees, it is a unique opportunity to get involved in transforming local green spaces for the benefit of wildlife and the local community.

Cooking-Up & Eating for Better Health



Barnes Rowing Centre



How to Join

To access the programme participants must be:

- Over 18
- Adults with a BMI between 30 and 40
- Black, Asian and Minority Ethnic (BAME) should have a BMI between 27.5 and 40

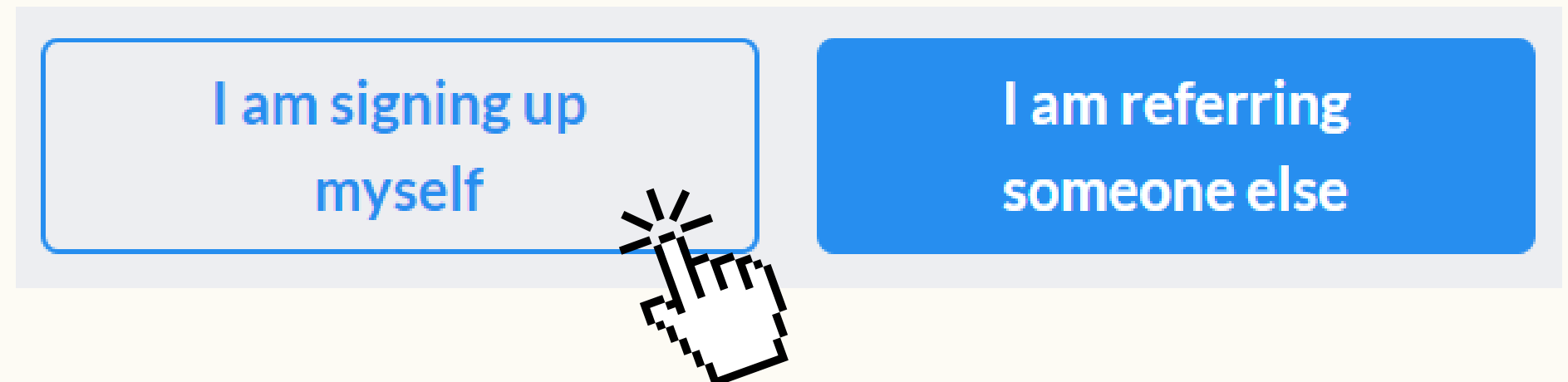
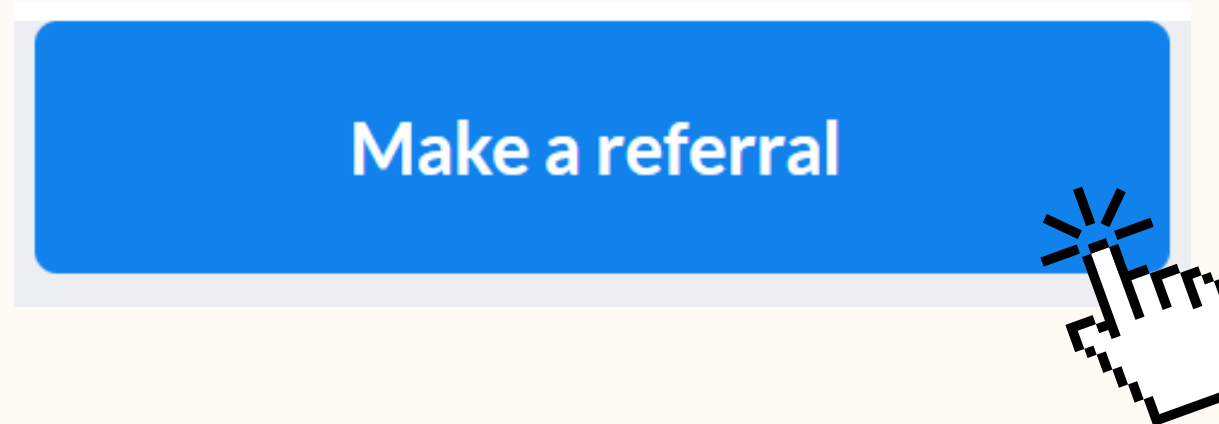
Exclusion criteria:

- Adults with a BMI over 40
- Adults with complex obesity and/or comorbidities with a BMI of 35 or more
- Pre-diabetic (42-47 mmol/mol)
- People for whom a weight management programme is considered to pose greater risk of harm than benefit (active ED or SMI)
- Adults currently on Weight Loss Medication

How to Join

- 1 Referrals can be made through the Joy Marketplace app:

 [Adult Weight Management Service - Wandsworth & Richmond - Joy](#)



Waiting List



In Wandsworth, the waiting time to join a group is currently up to 6 months.

What happens after the referral:

- Clients are automatically added to the waiting list.
- They receive 'Starting Routes', providing wait time information and other health & wellbeing resources for support.
- Once a space is available, we contact them 3 times (text, email, call).
- If there is no response, they are discharged and informed accordingly.

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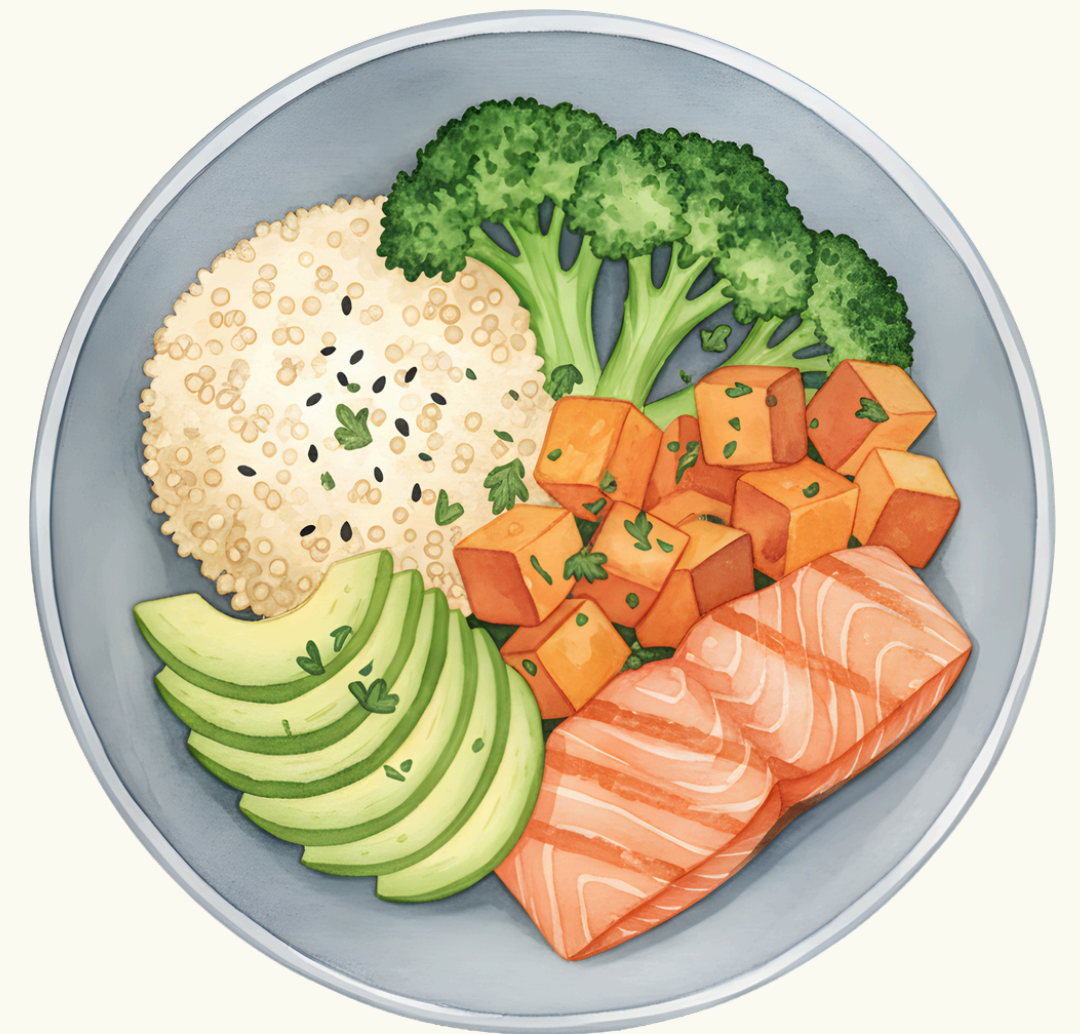
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Nutrition Taster Session:

PORTIONS WITHOUT PERFECTION

How to Build a Filling & Healthy Plate?

- No need to weight every food
- Focus on balance in each meal & snack
- Quality & Quantity matters together
- Start with one meal, then adjust other meals
- Keep meals satisfying so changes feel sustainable
- Aim to see min 3 different colours on your plate
- Keep practicing :)



**Which meal is hardest to
manage:
Breakfast, lunch, dinner or
evening snacks?**

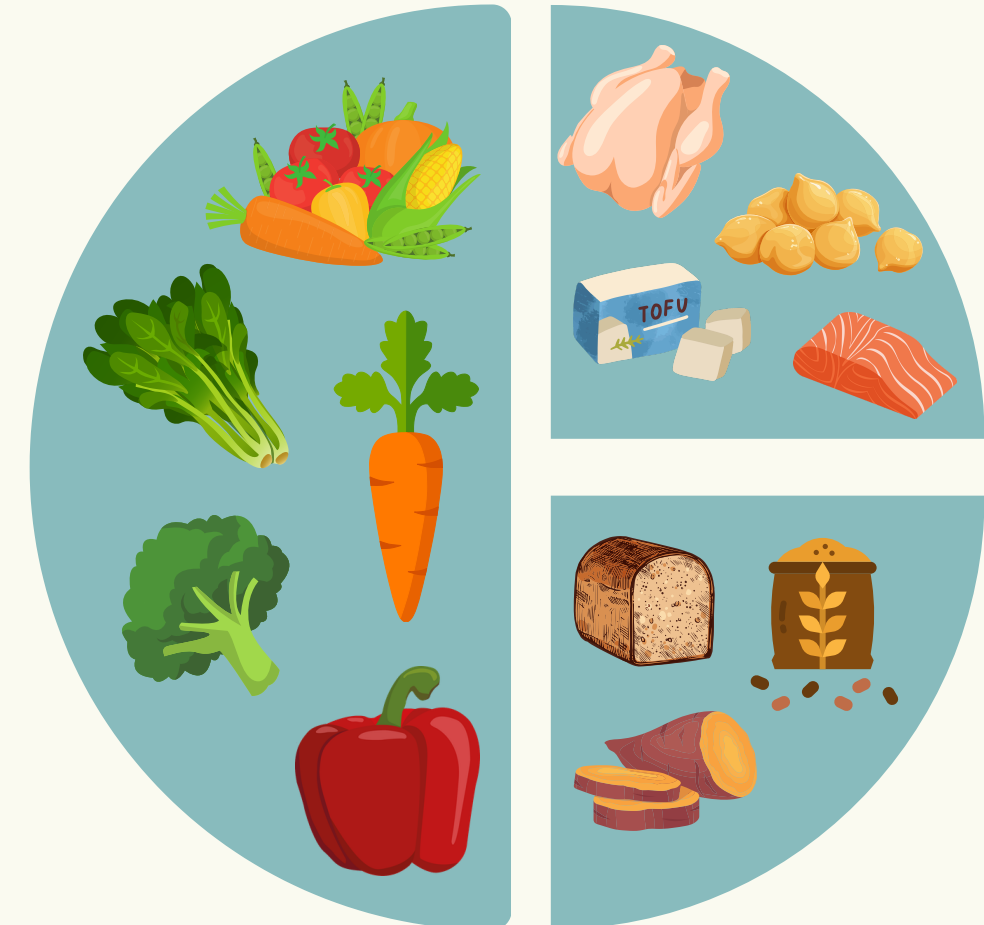


Which picture is most likely to represent your plate?

The Plate Method

A practical starting point for main meals

- Use your plate as a visual guide for balanced meals with mix of macronutrients to maintain energy and satiety:
 1. Half Plate: Fill with salad and vegetables.
 2. Quarter Plate: Include protein sources like beans, lean meat, or fish.
 3. Quarter Plate: Add carbohydrates such as whole grains.
- Remember that portion sizes can vary depending on factors like age, gender and fitness levels and that using smaller plates can be helpful for reducing your portion sizes!



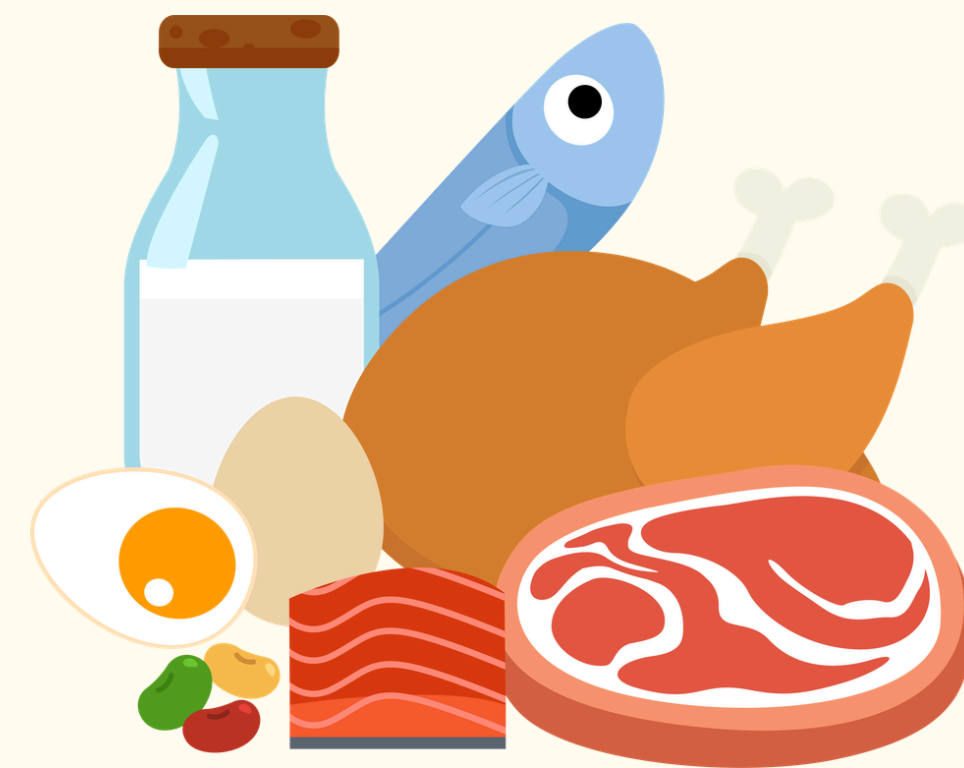
Carbohydrates: Friend, Not Foe

- Carbohydrates (or carbs) provide us with energy
- Choose: Oats, wholegrain bread, brown rice, quinoa, buckwheat, wholewheat pasta, pulses, potatoes with skin
- Typical 1 portion: Around 1 fist / 1 cupped handful cooked rice, pasta or grains
- Add veggies & protein to increase the satiety, have balanced sugar levels, slow down eating
- Keep an eye on the fats you add when you're cooking these types of foods as that's what increases the energy content e.g. butter on bread, creamy sauces on pasta



Proteins: Building Blocks

- Aim to include a protein source at meals. It can be animal-based, or plant-based
- Lean meat, poultry including chicken and turkey, fish, eggs and dairy are rich sources of protein.
- Top vegetarian protein sources include soy products (tofu, tempeh), legumes (lentils, chickpeas, beans), dairy (Greek yogurt, cottage cheese), eggs, nuts, seeds
- Typical portion guide: Palm-sized piece of meat/fish/tofu, 2 eggs, 200ml dairy, 1 cup of pulses
- Cook with less added fat: grill, bake, air-fry, boil or stew
- Limit or avoid processed meats



Veggies & Fruits: Volume & Fibre & Colour

- Vegetables are the easiest place to increase food volume without adding many calories.
- Aim for at least 5 portions of a variety of veggies & fruits each day
- Build your plates around non-starchy vegetables
- Aim to fill ½ of your plate with veggies
- Add veggies into dishes: curry, stews, soups, pasta sauces, omelettes and wraps/sandwiches
- Choose fruits as your healthy & sweet snack options

Fats: Essential for Health

- Use oils & spreads in small amount
- Choose healthier (unsaturated) fat sources:
 - Vegetable oils such as olive, sunflower, corn, rapeseed, nut and seed oils
 - Fat spreads made from vegetable oils, such as sunflower and olive oil
 - Avocado, nuts and seeds
 - Oily fish eg salmon, mackerel, herring, fresh tuna, sardines
- Unbalanced diets containing too much fat, especially saturated fat, raise blood cholesterol and risk of heart disease; they also contribute to weight gain.
- Reducing overall fat intake can help to support weight loss.
- Be mindful of extra fat added during cooking and meal prep.



Summary



Vegetables/Salad: Half plate or 2 fists
Carbs: $\frac{1}{4}$ plate or 1 fist/cupped handful cooked
Protein: $\frac{1}{4}$ plate or palm-sized portion
Fats: Thumb-sized or 1 teaspoon

Smaller plates can help portions feel more satisfying
Before refilling your plate, pause for 5–10 mins, drink some water, and assess your hunger level.

HAND PORTION Sizes

Estimating portion sizes with your hand is the easiest and most portable way to maintain a balanced diet.
You can take your hand everywhere!

FRUITS and VEGGIES

1 portion = 1 fist
5 or more portions
of fruits and
vegetables per day



CARBOHYDRATES

1 portion = 1 cupped hand
3-4 portions of starchy
carbohydrates per day
(measured dried, e.g.
dried rice or pasta)



PROTEINS

1 portion = 1 palm
2-3 portions of protein
per day



FATS

1 portion = 1 thumb
1 portion of fat each meal



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Questions?

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Thank You!