

PCT Health Services Catalogue

SALFORD PCT	
Healthwise (free weight loss programme)	0161 212 4551
Health Wise - A 12 week weight management programme covering nutrition and physical activity	0161 212 4555
MEND - A 10 week community / family programme covering nutrition, physical activity and behaviour change, to promote healthy weight	0161 212 4951
HMR PCT	
Health Trainers could help you kick start a new healthy lifestyle	0161 655 1739
<p>Link 4 Life</p> <p>Services which cover 4 main areas:</p> <ul style="list-style-type: none"> - Arts and Heritage - Entertainment - Fitness and Health - Sport and Leisure 	<p>Head Office: PO Box 428 Floor 6, Municipal Offices Smith Street Rochdale OL16 1ZZ</p> <p>01706 926262</p>
<p>Weight Management Service provides certain patients with vouchers to attend Slimming World or Weight Watchers classes free of charge for a select period of time.</p> <p>To be eligible, people have to have a BMI of 25 or more, uncomplicated obesity and a willingness to change. Patients are referred on to the scheme by their GP and they will be able to provide you with more information. The scheme is hugely successful in the borough and more and more patients are accessing the service, helping to tackle our growing obesity problem.</p>	<p>Heywood, Middleton and Rochdale PCT Telegraph House Baillie Street Rochdale OL16 1JA 01706 652800</p>
Oldham PCT	
<p>Health Improvement Service:</p> <p>MEND courses for 7 - 13 year olds,</p> <p>SHINE for 13 - 17 year olds Health Trainer for</p>	0161 621 7128

one-to-one support for over 18's Shape-up weight management courses for adults	
Bolton PCT	
Adult Weight Management Team 3rd Floor Lever Chambers Health Centre - Nutrition & Dietetics Department, Ashburner Street, Bolton, BL1 1SQ	Tel: 01204 462 563 Email: awmt@bolton.nhs.uk
Bury PCT	
Health Trainers – healthy weight and weight management	0845 071 0699 Email: health.trainers@bury.nhs.uk
Early Break Young People's Drug and Alcohol Service	0870 389 2080 www.earlybreak.co.uk
Ashton, Leigh and Wigan PCT	
<p>The Fit 4 Fun Academy is Wigan's Children and Young People's weight management and treatment service. We provide the opportunity for young people, aged 5-17 years, and their families to participate in a variety of new and innovative weight management, healthy eating, physical activity and behaviour change programmes.</p> <p>The Fit 4 Fun Academy run the following programmes:</p> <ol style="list-style-type: none"> 1. 12 week multi component (healthy eating, physical activity and behaviour modification) treatment programme 2. 12 month physical activity and healthy eating maintenance programme for young people who have completed the 12 week treatment programme. <p>The Fit 4 Fun Academy work with local health trainers, positive parenting practitioners and Lose Weight Feel Great to ensure support for the whole family is provided. Both group and individual support is available.</p>	<p>The Fit 4 Fun Academy, Wigan Council, Children & Young People's Services, Standishgate, Wigan, WN1 1XL</p> <p>01942 828924 / 828964, fax 01942 730061</p> <p>Email: fit4fun@wigan.gov.uk - www.wigan.gov.uk</p>
Healthy Weight Programme - 0 - 5 year olds A borough wide strategic programme run by Wigan Leisure & Culture Trusts Active Living	Doug Walsmley

<p>Team in partnership with Sure Start. The service offers structured inclusive physical activity sessions for children and their parents / carers along side a range of services depending on the individual family need. Services for example include small workshops and group sessions that support people around healthy eating, physical activity and behavioural change.</p>	01942 488491
Stockport PCT	
Weight Management Service Coordinator	0161 426 5935
Public Health	0161 426 5090
Nutrition & Dietetics Service: Community Development Food and Health Team	0161 419 9638
Tameside & Glossop PCT	
<p>Weight Matters Courses Is a six week programme delivered in community settings for clients whom are overweight. The courses which usually run for just over one hour cover healthy eating, food labels, portion sizes and control, eating out, physical activity and self esteem.</p> <p>Weight Matters Meetings Come along to our weigh in meetings and get the support you need to success and stay on track. Our meetings provide ongoing support and are delivered by experienced and qualified NHS Weight Matters Trainers. Our meetings are an opportunity to get weighed, received expert advice and find out more about our proven six week weight loss programmes which run throughout Tameside and Glossop</p> <p>Health Trainer Programme Your local health trainer programme – helping you to make positive healthier lifestyle choices.</p> <p>The Health Trainer programme offers you personalised support and encouragement on a one-to-one basis, with a Health Trainer dedicated to you.</p> <p>The Programme lasts for up to 6 months and</p>	<p>0845 053 3302</p> <p>0161 366 2000 www.tamesideandglossop.nhs.uk</p>

<p>enables you to set your own Personal Health Plan based around:</p> <ul style="list-style-type: none"> • healthy eating • physical activity • sensible drinking • weight management • stress reduction • stopping smoking <p>If you are aged over 18 years and live in either Tameside or Glossop then why not take the first step to making a positive, healthier you.</p> <p>MEND MEND is a weight management programme for families who have children aged 7-13 who are above a healthy weight. . The 10 week programme includes practical lessons on eating and exercise habits aims to improve children's fitness, physical activity levels, nutrition and self-esteem.</p> <p>Children's Nutrition Team We work to promote healthy eating and a healthy lifestyle for children and their families in Tameside and Glossop. We are involved a number of programmes including accredited Food and Nutrition Training, Healthy Food and Drink awards for schools and nurseries, training to run Cook and Eat courses and work with local Children's Centres.</p>	<p>Health Trainer booking line 0845 053 3302.</p> <p>For further information contact Children's Nutrition Team on 0161 368 4242 Ext 245 or 240 www.tameside.gov.uk/mend Families can sign up directly at www.mendprogramme.org</p> <p>Children's Nutrition Team on 0161 368 4242 Ext 245 or 240</p>
<p>Trafford PCT</p>	
<p>Health Improvement Team, Trafford PCT, Marie Price, Health Improvement Officer</p>	<p>0161 873 6079 – marie.price@trafford.nhs.uk</p>
<p>Trafford Dietetics Service contact details:</p>	
<p>Altrincham General Hospital Nutrition and Dietetics</p>	<p>0161 934 8405</p>
<p>Trafford General Hospital Dietetics</p>	<p>0161 746 2010</p>
<p>Manchester PCT</p>	
<p>The Community Nutrition Service:</p>	
<p>North Manchester - Cornerstones Centre Sandra</p>	<p>0161 230 2244</p>

Central Manchester - Levenshulme Health Centre Maureen Allen	0161 861 2333
South Manchester - Wythenshawe offices, Stancliffe Road	0161 946 8210
Getting Active through Exercise (exercise for the over 65's)	0161 861 2908 Maureen.brimley@manchester.nhs.uk
Community food co-ordinators: Eleanor Murphy (South Manchester) Bernie Murphy (Central Manchester) Geraldine Wall (North Manchester, based in ZEST)	0161 217 3951, Eleanor.murphy@manchester.nhs.uk 0161 226 5412, bernie.murphy@thebiglifecompany.com 0161 655 7887, g.wall@manchester.gov.uk
Food Futures - www.foodfutures.info	0161 234 4053
Health Trainers	aurora.robbs@manchester.nhs.uk 0161 8612902
North Manchester Healthy Living Network:	0161 655 7889, zest@manchester.gov.uk
South Manchester Healthy Living Network:	0161 217 3667, val.little@manchester.nhs.uk
MEND (Mind, Exercise, Nutrition, Do it) MEND is a free family based healthy lifestyle programme targeting overweight and obese children	0161 205 4796 Website: www.mendprogramme.org
Physical Activity Services (PACE - North, ALFA - Central, SMILE - South)	PACE: 0161 681 0940, Email: man-pct.pace@nhs.net ALFA: Phone: 0161 833 4434, Email: pct.smile@nhs.net SMILE: Phone: 0161 9469438, Email man-pct.smile@nhs.net