

Wellbeing Service sessions / clinics in community venues

The Wellbeing Service is running free weekly weight management sessions. These include a weigh-in and waist measurement each week to track your progress, as well as advice on topics such as portion size, reading and understanding food labels, cooking on a budget, physical activity and goal setting. There are free resources to take home, such as an eatwell guide, traffic light label reader, portion information and a food diary which you're encouraged to fill in so that the Wellbeing Worker running the group can help you identify any areas where you could improve your eating habits. The groups are relaxed and supportive, with members helping each other achieve their weight loss goals.

You need to attend the session from the start time to ensure that you don't miss out on any of the information being provided or the weigh-in.

To book a place, or for more information, contact wellbeing@portsmouthcc.gov.uk / 023 9229 4001.

Venue	Day	Time
Mountbatten Leisure Centre (Function Room)	Tuesday	10.00am - 11.30am
Charles Dickens Activity Centre	Wednesday (term time only)	9.30am - 11.00am
Nuffield Health, Alexandra Park (PO2 9PB)	Wednesday	6.00pm - 7.30pm
Paulsgrove Community Centre	Thursday	2.00 - 3.30pm

The Wellbeing Service also run drop-in clinics where they can support you to you quit smoking, lose weight or reduce how much alcohol you drink.

There's no need to book, you can just drop-in at any time during the clinic.

Day	Time	Venue	Room
Monday	1.00 - 2.45pm	Tesco Extra Fratton Park	Community Room
Monday	2.00 - 3.30pm	Buckland Community Centre	Room 6
Monday	4.30 - 6.15pm	Cosham Health Centre	Training Education Room
Wednesday	5.00pm - 6.45pm	Tesco Extra Fratton Park	Community Room
Thursday	9.00am - 10.45am	Paulsgrove Community Centre	The Lounge

For details of Wellbeing Clinics taking place in GP surgeries visit:

<https://www.portsmouth.gov.uk/ext/documents-external/wellbeing-service-clinics-in-gp-surgeries-sept-2018.pdf>