

One You Client Voice

Please see below feedback from a client who attended our Group Weight Management service;

"I now fit in clothes better.

Sweets and treats I now share.

Natalia was lovely; she would not give up on me especially when I felt like I could not do it.

I would not have done Why Weight if it hadn't of been on zoom".

The below client wanted to provide feedback but I believe based on their feedback that this is a user of our Group Weight Management service.

"I'm not the sort of person who would like publicity about anything, let alone this.

I would however like to say how grateful I am to have had the opportunity to have been a part of this course. This is the second time I have done it and whilst the first certainly did not fail I needed another nudge and injection of enthusiasm to set me on the right path again. For me as for most people being overweight is a mental issue and not a medical issue and it is so helpful to have someone encouraging, reinforcing your confidence and pointing you in the right direction.

For me the take away from the first course was portion control and planning and the take away from the second course is even more about portion control and planning. I already knew a lot about nutrition and I knew I was eating the 'wrong things' which I excused because I was mostly eating the right things. Had I been eating less of the 'wrong things' the situation wouldn't have been so bad. I knew this but found it difficult to have the self control to eat less. I know that if I follow the portion control and planning it works and that if I don't I will lapse. I now have a better understanding that to be sustainable it is OK to eat a little of the 'wrong things' but not too often.

I already knew that weight loss is mostly down to intake and much less to do with exercise. The importance of exercise is more for general health with a range of benefits. I thought the inclusion of the exercise class was helpful.

The challenges will not go away, they will always be there. One of the difficulties if you easily gain weight is comparing yourself with others and the resentment you feel when seemingly similar inputs don't have similar outcomes! Resisting temptation because you want to do it for yourself is important. I have never been happy about my weight, always embarrassed about what others think but I will try to not dwell on this in future. With Jenny sitting on one shoulder and Natalia on the other I intend to succeed."

Lynda from West Kingsdown, a Why Weight participant.

"Weight is creeping on and with age I was finding difficult to lose weight and clothes weren't fitting, I needed to join something to help and make me think about what I was doing

Friendly weekly sessions and support for one and other

Appendix D

Life was busy due to pandemic and mum not very well so couldn't make all the sessions but this has shown me that I do need to make time for me

I have lost some weight, perhaps not as much as I would have liked but I have the tools to help with the journey and it's not a sprint it's a longer process to lose the weight to be healthier

Thank you to all involved"

Feedback from a client supported in our Group Weight Management service;

"I have tried on several occasions to lose weight but have never been very successful. I might have lost a few kilos but then they go back on again. Now, at the age of 66, knowing that things get harder as you grow older, I felt it necessary to make a change. I do a lot of tenpin bowling at County and Country level as a senior and know that I still have the chance of playing in more international events as a senior bowler both for Kent and for England. Losing weight will help me to continue in my chosen sport and hopefully more competitive.

Seeing the notice in the IN-Shape magazine gave me an opportunity for this.

Over the 12 weeks of the course, I have learnt that I need to more take care over what I eat and also how much. My choices previously may not have been that healthy and there was probably too much on my plate that I thought I had to finish.

Now I look at my portion sizes, work out in advance what I am going to eat and also study the labels when I go to the supermarket. They can be very informative but also very alarming when you look at the sugar and fats that some things contain, very eye opening! I have now introduced more fruit and fresh vegetables into my diet and cut down on the amount of meat I was eating. I still haven't yet managed to try pulses but I'm working on it.

The addition of the 30-minute exercise class each week has also been helpful and having the video to use this at other times between classes has been very useful.

I haven't been perfect but have managed to lose over 7kgs in weight and am still following all the useful information given during the course.

The fact that I know I can still contact Jenny or Natalia and that the story maps are available for the next year gives me an even bigger boost to keep the weight off.

Thanks to One You and Sevenoaks Council for this course."

A 44 year old female supported through our group weight management service;

"Thank you for Natalia and Jenny for their wonderful support while I made lifestyle changes to help with weight loss. Natalia has supported me in 1 to 1 sessions and later included me in group sessions with the support of Jenny. Both ladies were so supportive and non judgemental, helping in a kind and generous way with time and information to help me make the changes I needed.

In particular Natalia realised that there was more going on for me in my life and with my Mental Health and she arranged and suggested support for me through an online mental health service (Ieso). This has been enormously helpful and without it, I don't think I was in a mental health space to have made the changes I managed to make.

Appendix D

The most important things I have learned with Why Weight is that Exercise is important but that is also a valuable tool for my mental well-being more than my physical health. I now include exercise in my daily routine. Portion sizes and planning will be the most important advice I take forward as I am now finding planning my meals interesting and fun while taking note of my daily portion sizes.

I have also learnt not to restrict certain foods. The restrictive diets I now realised were adding to my weight gain and mental health stresses while I obsessed about the wrong things and what foods I needed to exclude. The Why Weight program has shown me that all foods are important but to plan ahead and to control daily portions to create a balanced lifestyle.

I am now on track to losing weight in a healthy way and I am so grateful for what I have learnt.

Thank you ladies!"