

WHAT ARE SOME OF THE BENEFITS?

Improving your relationship with food and body image

A holistic approach to wellbeing that is nourishing to body and mind

Promoting long-term health improvements

Learning how to trust your own bodies cues around satiety and hunger

HOW DO I ACCESS THE SCHEME?

If you feel you could benefit from a referral and are 16 and over, speak to your healthcare professional about your suitability for being referred. Your healthcare professional will complete a referral form and provide you with further information about the scheme.

WHAT ARE THE COSTS?

There are no costs associated with taking up a referral or the appointment time with the facilitator of the scheme. However, if you opt to utilise Stanley Leisure Centre as part of your programme there are associated access costs of membership or casual use.

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NON-DIET APPROACH MODEL REFERRAL SCHEME



Delivered in partnership,
supporting the wellbeing
of our community



WHAT IS A NON-DIET APPROACH?

Non-diet versus diet

The non-diet approach, sometimes referred to as intuitive eating, mindful eating, weight neutral or weight inclusive; focuses on health gains and embraces diversity and inclusion of all.

So we are all on the same page, the following definition is used for diet; any restriction, manipulation or control over food intake with a goal of weight loss, or to change body shape or size.

Dieting is something that is very common in society and often presented as a cure-all for health, self-esteem and happiness.

However, there is overwhelming evidence that dieting is unsustainable, leaves people even more dissatisfied with their bodies, promotes weight-cycling and problematic eating behaviours; such as restrictions, bingeing or a constant pre-occupation with food.

The diagram below outlines what you can expect when you consult with a non-diet practitioner.

The Non-Diet Approach Model

Weight-neutral, client-centred care



Model image copyright
Fiona Willer (2016)

WHAT WILL MY SESSIONS LOOK LIKE?

Once your referral is received the facilitator will make contact to invite you for an appointment.

During all sessions you can expect a non-judgemental and compassionate approach around your current food choices, eating patterns, activity patterns or body concerns.

Initial assessments may take 1–2 sessions to gain a full understanding of your current concerns, explore what has been helpful or not in the past and to complete the intake form which will help us to work together to develop a plan for future sessions.

The sessions will be collaborative with an aim of reducing stress and anxiety around food, eating behaviours and physical activity and working towards developing a more peaceful relationship with food, eating and body image.

There is no set number of sessions on the scheme as this will vary from person to person.

