**Free Weight Management Service**

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What is ENABLE?

ENABLE Manchester is a free Adult Weight Management Service, commissioned by Manchester City Council. The service is delivered by a team of experience and qualified Lifestyle Coaches who are supported by a multidisciplinary team which includes a GP, psychologist, nutritionist and exercise specialist.

WHO can access the service?

* Adults aged >18 years
* Living within the Manchester City Council boundary
* BMI 25+ (or 23+ from BME communities)

WHAT can clients expect from the programme?

* Personalised assessment incorporating expectations, challenges and aspirations
* 12 weekly group sessions including nutrition, exercise and behaviour change
* 6 x 1 hour bi-weekly sessions for adults requiring additional support
* Up to 9 months of monthly ‘Check In & Chat’ group support
* Evidence-based behaviour change support
* Signposting and connections to local community networks

HOW can clients book on?

* Referral through a GP, health professional
* Self-referral by phoning 0161 393 7576
* Email [admin@ablhealth.co.uk](mailto:admin@ablhealth.co.uk)

WHAT further information may I need?

ABL Health can provide tailored support to groups, i.e. clients with learning disabilities. These groups will be delivered in partnership with local services.

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What is the FAB Health Service?

FAB is the Children & Family Weight Management Service commissioned by Manchester City Council to work with 2-17-year-old children and their families who are Manchester residents with a BMI greater than the 91st centile.

WHO can access the service?

* Any school aged child 2 - 17 and their family/parents/carers
* Living within the Manchester City Council boundary
* BMI ≥ 91st

WHAT can clients expect from the programme?

* A Multi-Disciplinary Assessment
* Weekly 1.5-hour physical activity and lifestyle group sessions over 12 weeks
* One-to-one sessions for those requiring additional support
* Fun, interactive activities and games
* Guidance on lifelong lifestyle and behavioural changes
* Nutrition and physical activity
* Information on appropriate BMI according to child growth charts
* A supportive and caring environment
* Review of eating habits and updating of a monitoring diary
* Personal goal setting

HOW can clients book on?

* Referral through a GP, school nurse, health professional or a family supporting service
* Self-referral by phoning 0161 393 7576
* Email admin@ablhealth.co.uk

WHAT further information may I need?

Clients aged 15+ are required to complete a PAR-Q before attending group sessions which ABL Health will complete with the client. Parental consent will be required for any child under the age of 16.