



Leicester  
City Council



## News Release

Wednesday May 11, 2011

### Service is FAB for city folk

RESIDENTS living in some of the most disadvantaged areas in Leicester are set to benefit from a new service.

The Food and Activity Buddies (FAB) Weight Management Service aims to support adults living in Leicester to lose weight through increasing physical activity and eating a balanced diet. The programme is jointly funded by NHS Leicester City and Leicester City Council and targets 18-74 year olds.

The areas that will be holding weight management sessions are:

- New Parks
- Belgrave
- Braunstone
- Beaumont Leys
- Saffron
- Eyres Monsell and Highfields

Rob Melling, Food and Activity Buddies manager, speaking on behalf of NHS Leicester City and Leicester City Council, said: "The weight management programme offers residents in these areas six, two hour sessions running over six weeks. Weight, body mass index (BMI) and waist measurements are taken from the participants each week to measure their success and follow up support is provided at three, six and 12 months after attending the sessions.

"People can come at a time that suits them as there are daytime and evening sessions available. The cost per session is £2 or individuals can pay for the full six sessions in advance for a discounted price of £10.

“We want to empower people in Leicester to make a long-term lifestyle change, increase their awareness of the health dangers of being overweight, to increase their understanding of what a balanced diet is and support people to incorporate more physical activity into their daily routine.

“We already have participants that have found the course beneficial and have gone on to maintain and lead a healthier lifestyle and reduce their chances of developing long-term health conditions.”

Log onto [www.leicestercity.nhs.uk/podcasts](http://www.leicestercity.nhs.uk/podcasts) from Friday to hear an interview with Rob Melling, FAB co-ordinator and FAB participant Kellie Bugby.

For more information on how you can get involved log on to [www.leicestercity.nhs.uk/FAB](http://www.leicestercity.nhs.uk/FAB) or telephone Rob Melling on 0116 225 2836. Alternatively a timetable of FAB sessions is attached to this press release.

ENDS

**For interviews or more information please contact press officer Liz Thomas on 0116 295 4123 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk) or contact Rebecca Whitehead, press officer at Leicester City Council on 0116 252 6074 or [rebecca.whitehead@leicester.gov.uk](mailto:rebecca.whitehead@leicester.gov.uk)**

Notes to Editor

Body Mass Index, or BMI, is a tool that helps you measure the amount of body fat you have based on your height and weight. A healthy BMI falls within a range of 18-24.

**FAB - WEIGHT MANGEMENT SERVICE 2011**

Available in the following areas.

These course will run for 6 weeks starting different dates throughout the year. Participants are asked to commit to 6 weeks, each week they will receive a 2 hour session which will include physical activity and nutritional advice a different nutrition topic will be covered each week

Session Cost just £2 a week or £10 if paid in advance

**book early to avoid disappointment**

**Telephone 0116 2252836 / 0116 2252835**

**BRAUNSTONE**

**The OAK Centre – Benbow Rise**

<b>Tuesday</b>	<b>9.30 -11.30</b>	<b>Starts 3rd May</b>
----------------	--------------------	-----------------------

**NEW PARKS**

**LIBRARY – Aikman Ave**

<b>Wednesdays</b>	<b>10.00 – 12.00</b>	<b>NEXT Course Starts 4th May</b>
-------------------	----------------------	-----------------------------------

**BEAUMONT LEYS**

**LIBRARY – Beaumont Way / LEISURE CENTRE**

<b>Mondays</b>	<b>9.30 -11.30</b>	<b>starts 9 May (Condensed to 3 weeks)</b>
----------------	--------------------	--

**BEAUMONT LEYS SCHOOL, ANSTEY LANE**

<b>Tuesday</b>	<b>18.00 – 20.00</b>	<b>starts 3 May</b>
----------------	----------------------	---------------------

**BELGRAVE**

**THE PEEPUL CENTRE - Orchardson Avenue, Leicester, LE4 6DP**

<b>Tuesdays</b>	<b>10.00 - 12.00</b>	<b>Starts 26 April</b>
-----------------	----------------------	------------------------

**SPENCE STREET Leisure centre – Spence Street**

<b>Wednesday</b>	<b>1.00 – 3.00</b>	<b>Starts 27 April</b>
------------------	--------------------	------------------------

**SAFFRON /EYRES MONSELL**

**LANDSDOWNE CHILDRENS CENTRE – Knighton Road**

<b>Wednesday</b>	<b>12.30 – 2.30</b>	<b>TBC</b>
------------------	---------------------	------------

**SOUTHFIELDS DRIVE SPORT CENTRE**

<b>Tuesday</b>	<b>1.00 - 3.00</b>	<b>Starts 3rd May</b>
----------------	--------------------	-----------------------

**SAMWORTH ACADAMY – 50 Trenant Road**

<b>Mondays</b>	<b>3.30 – 5.30</b>	<b>starts 28<sup>th</sup> March</b>
----------------	--------------------	-------------------------------------

**HIGHFIELDS**

**MEDWAY SCHOOL**

<b>Tuesday</b>	<b>12.30 -2.30</b>	<b>Starts 17th May</b>
----------------	--------------------	------------------------

**Please notes times may change it is advisable to contact the office**

**FAB - WEIGHT MANGEMENT SERVICE 2011**

Available in the following areas.

These course will run for 6 weeks starting different dates throughout the year. Participants are asked to commit to 6 weeks, each week they will receive a 2 hour session which will include physical activity and nutritional advice a different nutrition topic will be covered each week

Session Cost just £2 a week or £10 if paid in advance

**book early to avoid disappointment**

**Telephone 0116 2252836 / 0116 2252835**

**BRAUNSTONE**

**The OAK Centre – Benbow Rise**

<b>Tuesday</b>	<b>9.30 -11.30</b>	<b>Starts 3rd May</b>
----------------	--------------------	-----------------------

**NEW PARKS**

**LIBRARY – Aikman Ave**

<b>Wednesdays</b>	<b>10.00 – 12.00</b>	<b>NEXT Course Starts 4th May</b>
-------------------	----------------------	-----------------------------------

**BEAUMONT LEYS**

**LIBRARY – Beaumont Way / LEISURE CENTRE**

<b>Mondays</b>	<b>9.30 -11.30</b>	<b>starts 9 May (Condensed to 3 weeks)</b>
----------------	--------------------	--

**BEAUMONT LEYS SCHOOL, ANSTEY LANE**

<b>Tuesday</b>	<b>18.00 – 20.00</b>	<b>starts 3 May</b>
----------------	----------------------	---------------------

**BELGRAVE**

**THE PEEPUL CENTRE - Orchardson Avenue, Leicester, LE4 6DP**

<b>Tuesdays</b>	<b>10.00 - 12.00</b>	<b>Starts 26 April</b>
-----------------	----------------------	------------------------

**SPENCE STREET Leisure centre – Spence Street**

<b>Wednesday</b>	<b>1.00 – 3.00</b>	<b>Starts 27 April</b>
------------------	--------------------	------------------------

**SAFFRON /EYRES MONSELL**

**LANDSDOWNE CHILDRENS CENTRE – Knighton Road**

<b>Wednesday</b>	<b>12.30 – 2.30</b>	<b>TBC</b>
------------------	---------------------	------------

**SOUTHFIELDS DRIVE SPORT CENTRE**

<b>Tuesday</b>	<b>1.00 - 3.00</b>	<b>Starts 3rd May</b>
----------------	--------------------	-----------------------

**SAMWORTH ACADAMY – 50 Trenant Road**

<b>Mondays</b>	<b>3.30 – 5.30</b>	<b>starts 28<sup>th</sup> March</b>
----------------	--------------------	-------------------------------------

**HIGHFIELDS**

**MEDWAY SCHOOL**

<b>Tuesday</b>	<b>12.30 -2.30</b>	<b>Starts 17th May</b>
----------------	--------------------	------------------------

**Please notes times may change it is advisable to contact the office**