

Voluntary Sector Health & Wellbeing Webinar

Tuesday 10th February 2026

*‘Weight Management in the 21st Century:
Nutrition Innovation and Medical Intervention’*

2026, 1-2pm



Hampshire and Isle of Wight



- **Welcome and Programme Review** – Angela Gill, (HSPN & Voluntary Sector Health & Wellbeing Forums Facilitator)
- **Tim Houghton**, Chief Executive, **Community First**
- **Darren Carmichael**, Public Health Principal, **Adults' Health and Care HCC**
- **Karen Lee**, Community Dietitian, **Portsmouth Hospitals University NHS Trust**
- **Efthymios Mastoropoulos**, Pharmacist Manager, **Well Pharmacy, Gosport**
- **Dates** for the 2026 Hants & IoW Social Prescribing Network and Voluntary Sector Health & Wellbeing Webinars

A PERSPECTIVE FROM THE VOLUNTARY & COMMUNITY SECTOR

Tim Houghton

tim.houghton@cfirst.org.uk





Vital role of VCFSE in tackling weight management

- Existing behaviour-based programmes, rooted in local communities, are building trust and reducing stigma
- Overall wellbeing and wider determinants of health including links to mental health support
- Healthy eating advice and support for lower-income households
- Promoting physical activity in an inclusive way
- Reaching and engaging people who may be overlooked or feel that services aren't accessible
- Role in social prescribing – gardening, walking, cooking, socially connected

HIVCA - Hampshire & IoW VCFSE Health and Care Alliance

<https://hivca.org/>

- Improve the health and wellbeing of people in Hampshire & IoW
- Reduce inequalities by ensuring services reach those most in need
- Strengthen collaboration between VCSE sector and NHS
- Influence policy and decision-making



Funding and Health

- <https://www.sportengland.org/funding-and-campaigns/our-funding/movement-fund>
- <https://www.jamestudor.org.uk/> Physical and mental health
- [Whole Systems Approach to Healthy Weight Grant - Gosport Borough Council](#)
- <https://www.energiseme.org/about-us/our-projects/gosport-participatory-grantmaking/>
- <https://www.kccf.org.uk/small-grants/> - 11th February deadline
- <https://thehealthlotteryfoundation.org.uk/> 27th February deadline
- <https://julesthorntrust.org.uk/>
- <https://newby-trust.org.uk/>
- <https://www.bhcfoundation.org.uk/>
- For more help and resource links, see <https://www.cfirst.org.uk/resources/?category=244>

Healthy Walks supporting weight management are a range of VCFSE Fareham, Gosport, New Forest, Winchester <https://www.cfirst.org.uk/wellbeing/health-walks/>

Alton Gentle Walks - Friendly Walking Group - short, slow-paced walks **30-45 minutes**. **1st and 3rd Wednesdays of each month**, meeting outside **Alton Community Centre at 1:50pm** for a **2:00pm start**. The focus is on social connection, with a café visit at the end for a drink and chat. **For more information:** www.ramblers.org.uk/wellbeing-walks

Hampshire & IoW Social Prescribing Network Celebration Event - **9.30am-2.30pm, Wednesday 11 March 2026**, Vineyard Church, Winchester.

<https://www.eventbrite.co.uk/e/hants-and-iow-social-prescribing-networking-and-showcase-celebration-event-tickets-1981843837267?aff=oddtcreator>

Social Prescribing Day - Thursday 26 March. Community First can promote your social prescribing activities - email Katy Ovens

NHS Digital Weight Management Programme (DWMP)

The NHS Digital Weight Management Programme is a **free 12-week programme** available via referral from a healthcare professional for people who meet the following criteria: • BMI **30+** (or **27.5+** for people from Black, Asian and ethnic minority backgrounds), and a diagnosis of **hypertension, diabetes, or both**.

For more information or referral support, contact **Luisa George-Burnell** (luisa.george-burnell@nhs.net) or **Alina Mackenzie** (alina.mackenzie1@nhs.net).

Weight Management Services an Innovative Approach

Darren Carmichael, Public Health Principal
Public Health, Hampshire County Council
Darren.Carmichael@hants.gov.uk

Weight Management Services in Hampshire

Slimming World
Slimming World groups offer members support, commitment and accountability. With 163 locations across Hampshire, Slimming World is ideal if you are looking for in-person support.

Digital Support
Our 12 week digital programme gives you the power to lose weight at your fingertips, with the added benefit of support and accountability from your very own health mentor.

Exercise Support
Get active, make new friends and boost your health and fitness with 12-weeks of free exercise sessions. You'll also get access to our digital support programme.

Eligibility

- Motivated and ready to change.
- Hampshire resident / registered at a Hampshire GP.
- A BMI > 30 (BMI > 27.5 black, Asian and other ethnic minority groups).
- Over 18 years of age (16 and 17 years with GP recommendation).
- Not pregnant.
- Don't have a severe psychological morbidity and/or eating disorder.
- Have not accessed the same service in the last 12 months.



1. Using System1 or Emis Web

You can easily refer using System1 or EMIS web. The referral goes straight to our secure nhs.net inbox and we triage and contact your patient directly.



2. Referral form

To make a referral on behalf of a patient simply complete our short online referral form. The gloji team will triage and contact your patient directly within 3 days.



3. Self - referral

Patients can self-refer using the sign up button on this website. It's quick and simple, letting patients pick the programme that's right for them.

Weight Management Services in Hampshire

MAN v FAT FOOTBALL®



WEIGH

Weigh in before each game to track your progress.



PLAY

Score points for both weight loss and goals scored on the pitch.



LOSE

Lose weight, make friends, get fitter and improve your health.



WIN

Team don't win the league? You still lose weight. Result.



Locations:

- Aldershot
- Andover
- Basingstoke
- Eastleigh
- Gosport
- Havant

Weight Management Services in Hampshire



Part of Places for People

Renew: Time to Reset

12-week weight management courses for women

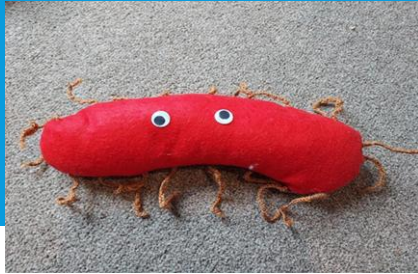
Women only
Gosport only
Classes, gym access
and coach support



Inspiring Healthier Happier Communities

Make healthier choices with
FLOURISH

Women only
Havant only
Classes, gym access
and coach support



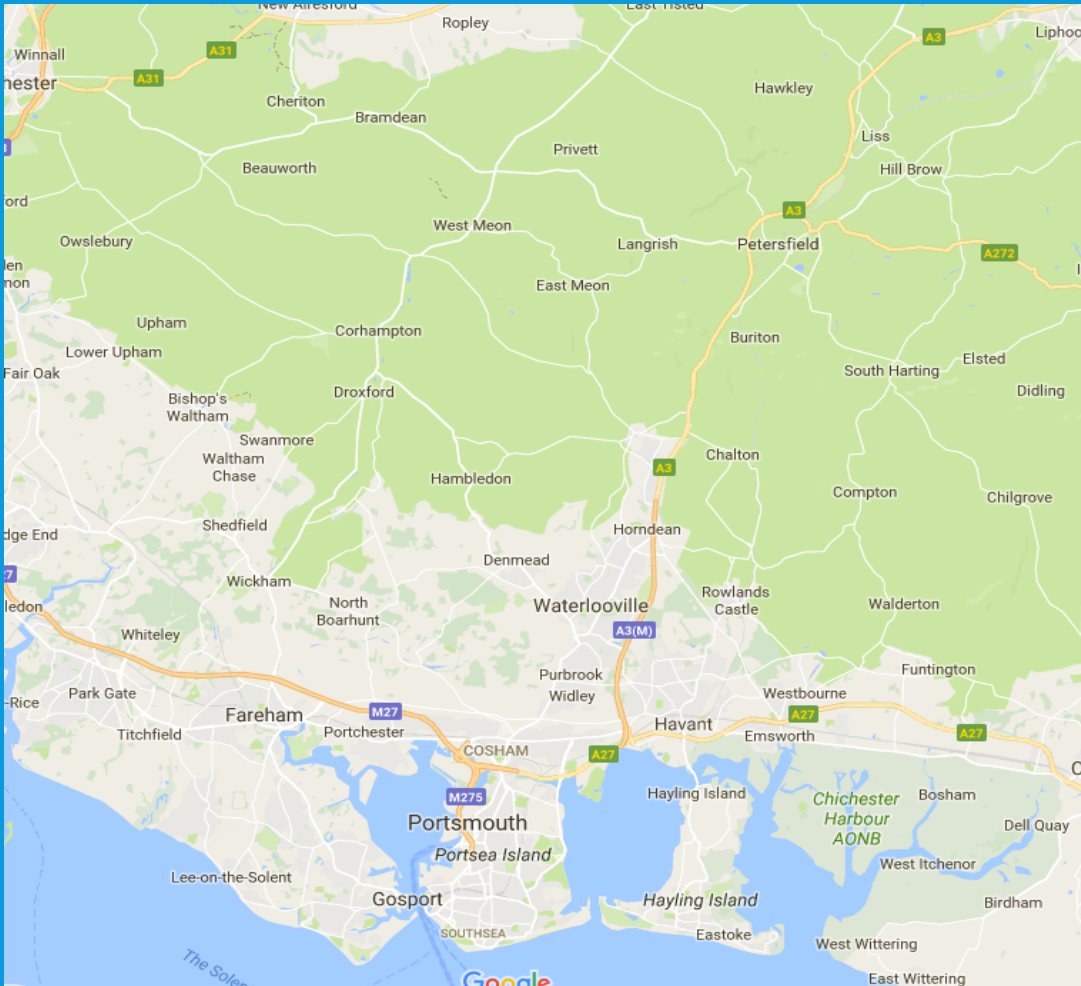
NUTRITION AND METABOLIC HEALTH




Karen Lee:
Community Dietitian
Pho-trcommunitydietetics@nhs.net
Tel 02392 681798 option 2



WHERE WE WORK AND WHAT WE DO



Community Dietitians see patients with range of health conditions - IBS/ IBD, enteral feeds, metabolic health, frailty. Patients seen at home, in clinics and within group sessions for gut health and metabolic health. Referrals made via GPs, Registered Nurses, Allied Health Care Professionals.

- 
- * How diet and lifestyle advice has changed over the past 25 years.
 - * Introduction to our service and other forms of support.
 - * Diet and lifestyle advice to support Metabolic Health.

2000

18.7% Adult men classified as living with obesity, 20% of adult women

**26.2% Adult men,
26.9% women living
with obesity, 69.7%/
59.2% overweight**

**1 in 4 Adults live
with 2/ 2+ long-term
health conditions
rising to more than
half of all people
aged over 65**

2025

2000

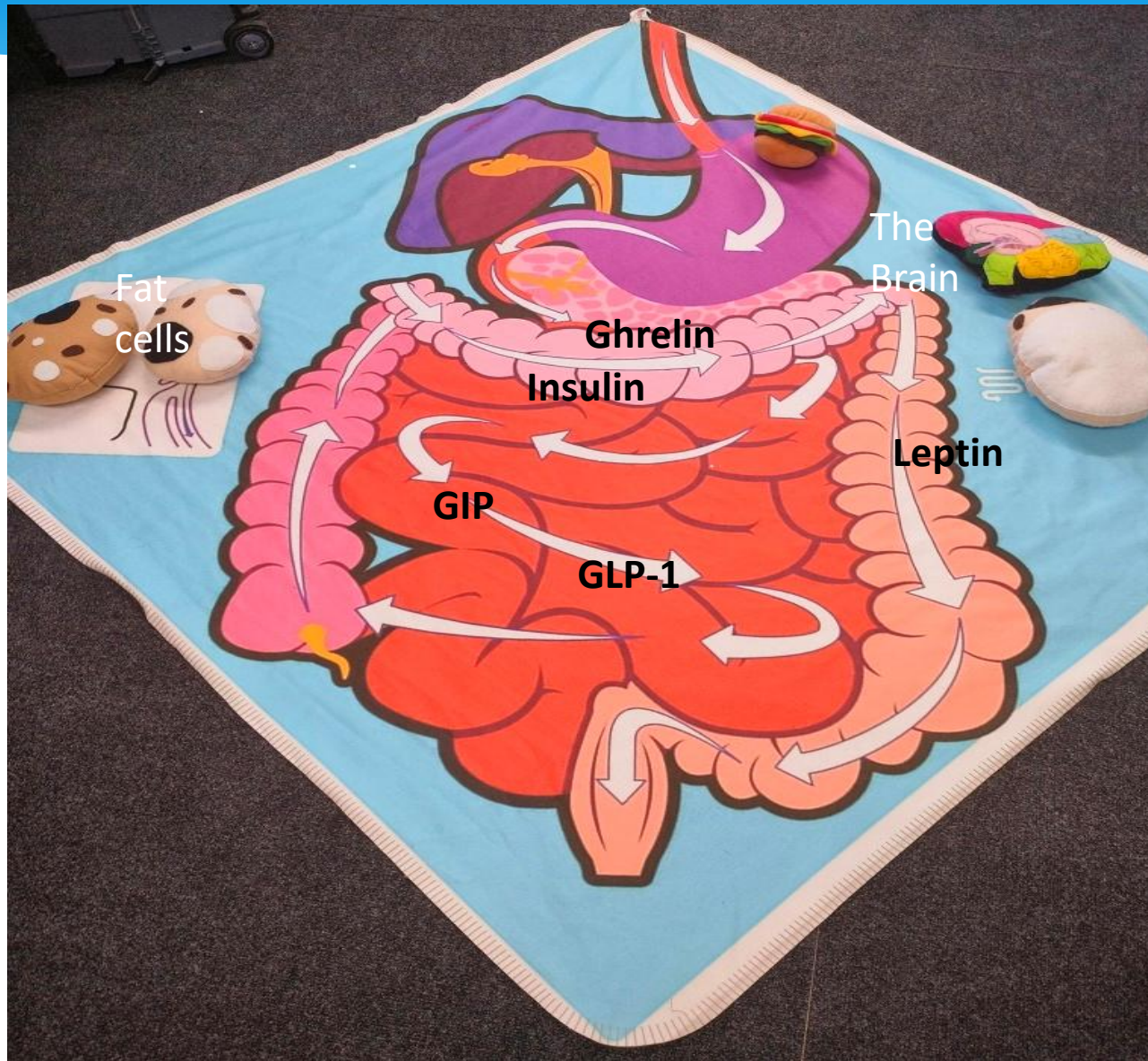
Prescriptive advice. Focus on nutrients - low fat/ low carb. Eat less, move more.

Medications - Xenical (Orlistat) 1998, Sibutramine (Reductil) 1998-2010.

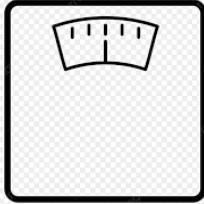
Increased patient focussed approach. Focus on food rather than nutrients, managing multiple health conditions. Gut microbiome. Advice around metabolic health. Advice alongside new medications GLP-1 medications Obesity seen as a chronic, progressive, relapsing and treatable disease. Waist to height circumference rather than just BMI/ Relative Fat Mass Distribution.

2025

NHS: Fit for the Future 10-year plan- focus on improving metabolic health through prevention.



Weight/ waist/ BMI?



Any reduction in your BMI is progress													
Body Mass Index (BMI) = Weight/Height ²	25	27	29	31	33	35	37	39	41	43	45	47	More than 49

A useful BMI calculator can be found at: <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator> On this site there is also a useful video her that shows you how to measure your waist and how to calculate your waist to height ratio (waist in cm/ inches divided by your height in cm/ inches). It is good to aim for a ratio of 0.5 or below but any movement downwards is really positive.

A similar way to measure progress involves measuring your height with a piece of string and cutting the string to your height. Next fold the string in half and mark the midpoint. Measure your waist with the string once a month and see if you are gradually moving down to this halfway mark.

SITTING/BREAKING UP PROLONGED SITTING

Limit sitting. Breaking up prolonged sitting (every 30 min) with short regular bouts of slow walking/simple resistance exercises can improve glucose metabolism.



STEPPING

- An increase of only 500 steps/day is associated with 2-9% decreased risk of cardiovascular morbidity and all-cause mortality.
- A 5-to 6-min brisk-intensity walk per day equates to ~4 years' greater life expectancy.



SLEEP

Aim for consistent, uninterrupted sleep, even on weekends.



Quantity - Long (>8 h) and short (<6 h) sleep durations negatively impact HbA_{1c}.



Quality - Irregular sleep results in poorer glycemic levels, likely influenced by the increased prevalence of insomnia, obstructive sleep apnea, and restless leg syndrome in people with type 2 diabetes.



Chronotype - Evening chronotypes (i.e., night owl: go to bed late and get up late) may be more susceptible to inactivity and poorer glycemic levels vs. morning chronotypes (i.e., early bird: go to bed early and get up early).

SWEATING (MODERATE-TO-VIGOROUS ACTIVITY)

- Encourage ≥ 150 min/week of moderate-intensity physical activity (i.e., uses large muscle groups, rhythmic in nature) OR ≥ 75 min/week vigorous-intensity activity spread over ≥ 3 days/week, with no more than 2 consecutive days of inactivity. Supplement with two to three resistance, flexibility, and/or balance sessions.
- As little as 30 min/week of moderate-intensity physical activity improves metabolic profiles.



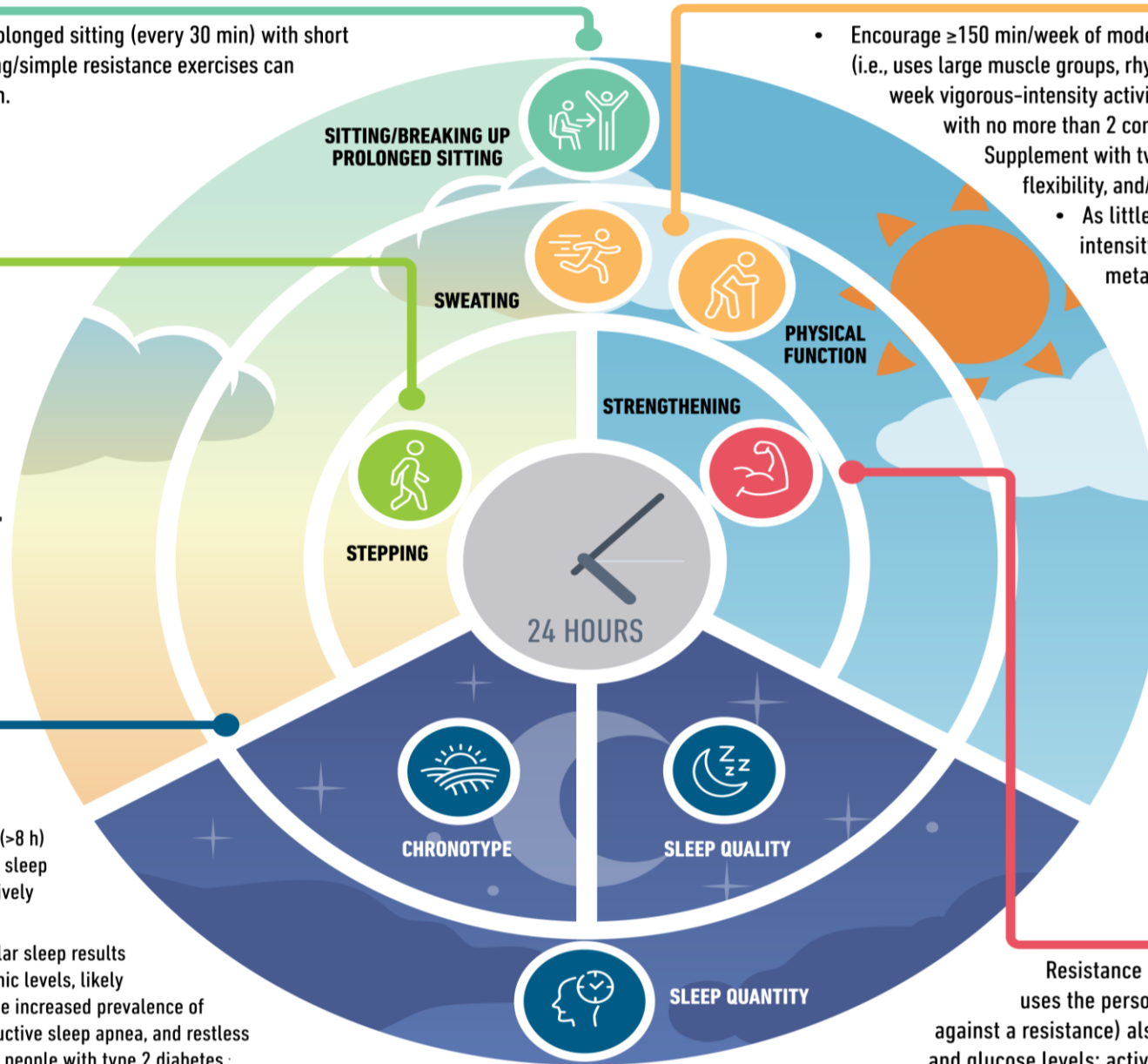
Physical function/frailty/sarcopenia

- The frailty phenotype in type 2 diabetes is unique, often encompassing obesity alongside physical frailty, at an earlier age. The ability of people with type 2 diabetes to undertake simple functional exercises in middle-age is similar to that in those over a decade older.



STRENGTHENING

Resistance exercise (i.e., any activity that uses the person's own body weight or works against a resistance) also improves insulin sensitivity and glucose levels; activities like tai chi and yoga also encompass elements of flexibility and balance.



Our Metabolic Health Group sessions

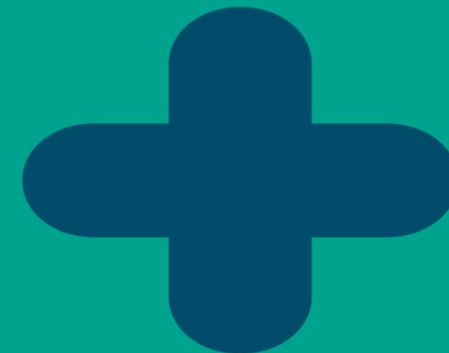
- * Designed for patients with conditions affecting their Metabolic Health including Clinical Obesity, PCOS, MAFLD, Cardiovascular disease, pre-diabetes and Type 2 diabetes.
- * Not first line advice for diabetes/ pre-diabetes or non-clinical obesity.

Metabolic Health course

- * 4-week online course 4 x 1-hour sessions
 - * Week 1 – Goal setting, food portions, mindful eating
 - * Week 2 – Managing blood sugars
 - * Week 3 – Blood sugar levels/ insulin, Sleep and stress
 - * Week 4 – Recap and next steps
- Or: Face to face 2.5-hour course held at the education centre at Queen Alexandra Hospital

Efthymios Mastoropoulos
Pharmacist Manager
Well Pharmacy Gosport

02392 582 810



Medical Interventions in Obesity in 21st Century



Medicated Weight Loss Medicines in 2026

Weight Loss Medicines fall into two categories:

- GLP-1 Agonists
- Fat Binders

GLP-1 Agonists

These medicines mimic a hormone that naturally occurs in the body, Glucagon-like Peptide 1. GLP-1 agonists make you feel full for longer by slowing down how often your stomach empties and also tells your brain to dampen down any feelings of hunger.

Drugs in this category include:

- Mounjaro – Most well known and widely used. Also, most effective medicine on the market.
- Wegovy
- Nevolat

Fat Binders

These medicines act on the gut and stop it from being able to break down and absorb fat which then passes through the digestive system.

- Orlistat – Also known by its brand names of Xenical and Alli



The dangers of Social Media



Lots of misinformation, bad advice, and fake news from people who are not healthcare professionals. They don't always have the patients' best interests at heart.

There are also individuals selling "Weight Loss Medicines" via Social Media. Sometimes it's claimed to be the medicines already mentioned, sometimes it's drugs that are still at the clinical trial stage and not available in this country.

As with anyone selling unregulated drugs online, there is no way of knowing what's in these products or if they are safe to use.

Patients are strongly urged to only seek weight loss medicines from trusted sources like pharmacies and clinics where they can be sure they will receive appropriate care and medicines they can be sure contain what they are supposed to contain.

Patient's Weight Loss Journey

When a patient wants to join our Weight Loss Service the first step is to have a consultation with a pharmacist.

No obligation, no charge consultation, where the pharmacist will explain the service and get an understanding of the patient's medical history as well as their BMI – *do they meet inclusion criteria?*

Pharmacist will talk about the patient's long-term goals and how we can support individuals on their weight loss journey and explain that we are with them every step of the way. They'll also talk about the normal progression of using weight loss medicines e.g. start on the lowest dose and move up a dose when it is tolerated and the current dose is no longer making the patient feel full all week.

Key points of the consultation:

- Is medication appropriate for the patient?
- Pros and cons of different medicines – mechanism of action, pricing, effectiveness etc.
- That this is a long-term treatment for long-term benefits – it's not a case of use it for a month to drop a few kgs for a holiday
- The benefits of weight loss extend beyond you're the number on the scales – for obese patients, losing weight is tied to reducing their blood pressure, diabetes risk and visceral fat (increases risk of cancer, heart disease and stroke).
- Weight loss medication isn't a magic trick that works separately from diet and exercise. There is a 3-way relationship between nutrition & hydration, exercise, and weight loss medicines.

Patient's Weight Loss Journey – Pt. 2

Planning Stage

The patient and the pharmacist agree on the product that will be most fit for their needs and discuss action plan (more on this below).

If an injectable product is chosen, demonstrate how to use and ask them to show me to ensure confidence in injection technique.

Give the patient the chance to ask questions they might have. Common questions are:

- When will I start seeing results?
- Will I also lose muscle mass or just fat?
- What are the side effects?
- Is it safe?
- How long do I need to use it for?
- What happens if I miss a dose?

Action Plan

As part of the consultation, we discuss what the patient will do alongside using medication:

- Diet & hydration – what they plan to change, foods to avoid and the importance of staying hydrated
- Exercise – cardiovascular and resistance training to maintain muscle
- Weight loss medication side effects, what to expect and how to manage them

Weight Loss Medicines help the patient to get nutrition and exercise right to set them up for long term health, so when they stop using weight loss medicines, they maintain their target weight.

Follow Up

The patient's next face to face appointment is booked in for another 4 weeks to discuss their progress, side effects and what the next step might be – maintain dose, increase or consider stopping treatment.



Where we are...

Patients can get treatment from any Well Pharmacy, or they can access our online service at [Well.co.uk](https://www.well.co.uk)
They can also go online to book an appointment at one of our pharmacies in the community.

In Hampshire, we have two Well Pharmacies:

Well Pharmacy Gosport

95 Bury Road

Gosport

PO12 3PR

02392 582 810

Well Pharmacy Thornhill

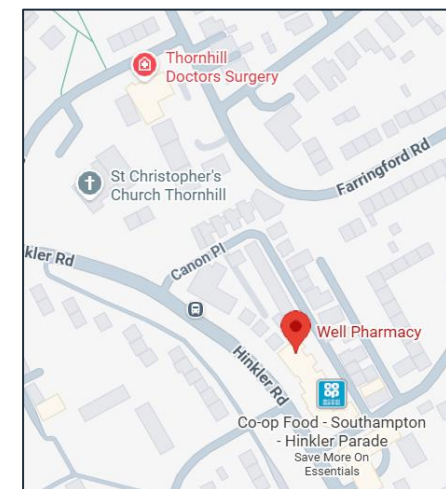
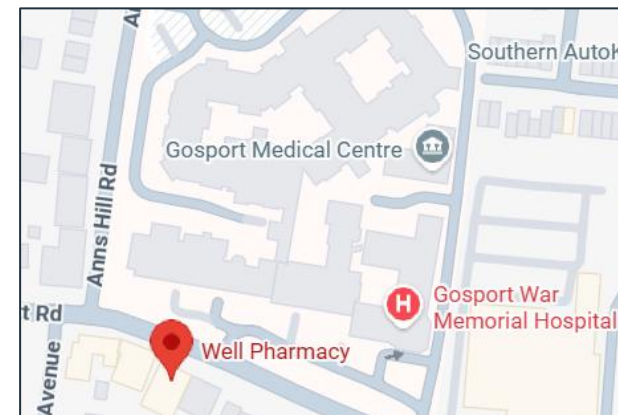
326 Hinkler Road

Thornhill

Southampton

SO19 6DF

02380 448 708



[Well.co.uk](https://www.well.co.uk) – Online Clinic or go online to book an appointment in a pharmacy



Thank you!

- **Thank you** to all presenters, Katy Ovens and you the audience too!
- If you didn't have time to ask a question or make a comment via Chat, please email the presenter or Katy:- healthforums@cfirst.org.uk
- ✓ This **Webinar**, the **PowerPoint** and any corresponding documents, will be available via the **Community First website** after half term.
- **Dates** for the 2026 Hants & IoW Social Prescribing Network and Voluntary Sector Health & Wellbeing Webinars

Hants & IoW Social Prescribing Network, Voluntary Sector Health & Wellbeing Webinars and Face to Face Event Dates – 2026...

- Wednesday 11th March 2026, 09:30 – 14:30 – Hampshire and Isle of Wight Social Prescribing Network '*Networking and Showcase Celebration Event*' - Vineyard Church, Winchester
- Wednesday 22nd April 2026 – 13:00 – 14:00 Voluntary Sector Health & Wellbeing Forum Webinar '*Building a Healthier Future for Women: Screening, Strategy, and Support*'
- Tuesday 12th May 2026 – 13:00 – 14:00 Hampshire and Isle of Wight Social Prescribing Network Webinar '*Supporting Young People to Thrive: Community-based Approaches*'
- Thursday 25th June 2026 – East Hampshire, Havant, and Alton, Voluntary Sector Health & Wellbeing Forum '*Networking and Showcase Event*' – Venue **TBC**

The recording will now stop.

Thank you everyone and **have a good afternoon.**

Wishing you all a Happy and Healthy Spring!

Website Address: Community First:- www.cfirst.org.uk

If you have any information to share, please contact:- healthforums@cfirst.org.uk

