

Information for Non-Medical Professionals



In January 2022, Public Health at RBWM are promoting

- MAN v FAT Football
- Gloji
- Lower My Drinking
- RBWM's Stop Smoking Service

These services are free to those that meet the eligibility criteria.

This pack provides brief information on each service and how you can signpost residents to each service.

MAN v FAT Football

[Healthy weight | Royal Borough of Windsor and Maidenhead \(rbwm.gov.uk\)](https://www.rbw.gov.uk)

Men are put into teams and play in small-sided football games on a weekly basis. Weight loss is a core element of MAN v FAT Football. Each week football scores are combined with any weight loss successes to give teams an overall score. Men are also given nutrition and diet guidance to achieve targets. Men are supported by their teammates and league coach.

A 14-week football league is launching in Maidenhead on 14th January 2022.

You can signpost individuals to www.manvfatfootball.org/maidenhead to sign-up using the code WMC.



Eligibility criteria for MAN v FAT Football:

- Men with a [Body Mass Index](#) of 27.5+
- Aged 18 years or over
- Resident in the Royal Borough of Windsor and Maidenhead

Exclusion criteria for MAN v FAT Football:

- Have severe/moderate frailty as recorded on a frailty register
- Are pregnant
- Have an eating disorder
- Have a significant unmanaged co-morbidity
- Have had bariatric surgery in the last two years

Gloji is a digital 12-week weight loss programme that takes a broad approach to weight loss and incorporates nutrition, movement, alcohol, mental wellbeing, and sleep.

- It guides, educates, and empowers people to take control of their health and happiness.
- Gloji has a library of hundreds of tasty recipes and tailors its content to suit individual needs.



gloji

You can signpost individuals to <https://www.gloji.co.uk/> where they can sign up.

Eligibility criteria for Gloji:

- Men, women, or individuals with a [Body Mass Index](#) of 30+ (or 27+ for Black, Asian, and Minority Ethnic groups).
- Aged 18 years or over.
- Resident in the Royal Borough of Windsor and Maidenhead.

Exclusion criteria for Gloji:

- Have severe/moderate frailty as recorded on a frailty register
- Are pregnant
- Have an eating disorder
- Have a significant unmanaged co-morbidity
- Have had bariatric surgery in the last two years

Lower My Drinking

[Lower My Drinking App](https://www.lowermydrinking.com/) | [Royal Borough of Windsor and Maidenhead \(rbwm.gov.uk\)](https://www.rbwm.gov.uk)

You can signpost individuals to Lower My Drinking.

The **Lower My Drinking** self-assessment website

<https://www.lowermydrinking.com/>:

- Helps people find out if their drinking could be affecting their health.
- In the self-assessment, individuals are asked some questions about their drinking habits and receive personalised guidance to help them cut down.

The **Lower My Drinking** app:

- Provides further support for people whose drinking is putting their health at risk.
- This app is confidential and will let individuals track, self-assess, and understand their drinking habits.
- It also gives some proven techniques that can help people reduce their drinking. To download the app, visit [Google Play](https://play.google.com/store/apps/details?id=com.rbwm.lowermydrinking) or the [App Store](https://apps.apple.com/gb/app/lower-my-drinking/id1444444444).

Lower My Drinking is free for people with a Royal Borough postcode at home and/or work.

Download the free Lower My Drinking app

www.rbwm.gov.uk
Royal Borough
of Windsor &
Maidenhead

Download on the App Store

GET IT ON Google Play

To receive more Lower My Drinking promotional resources, please contact charlotte.fox@rbwm.gov.uk

RBWM's Stop Smoking Service

Residents can receive specialist, one-to-one advice, and support to help them stop smoking.

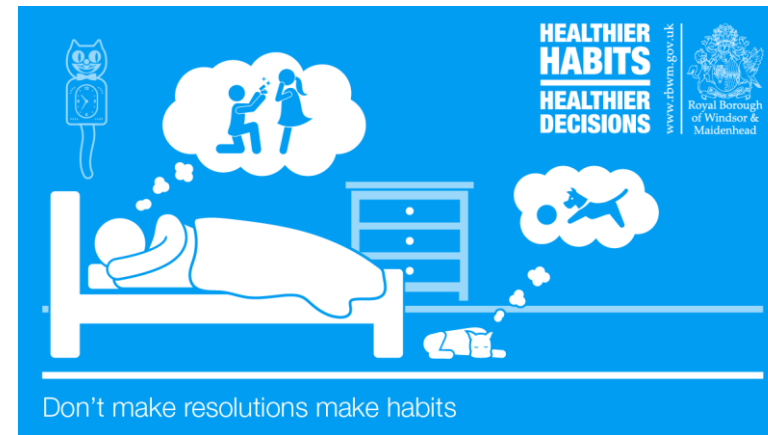
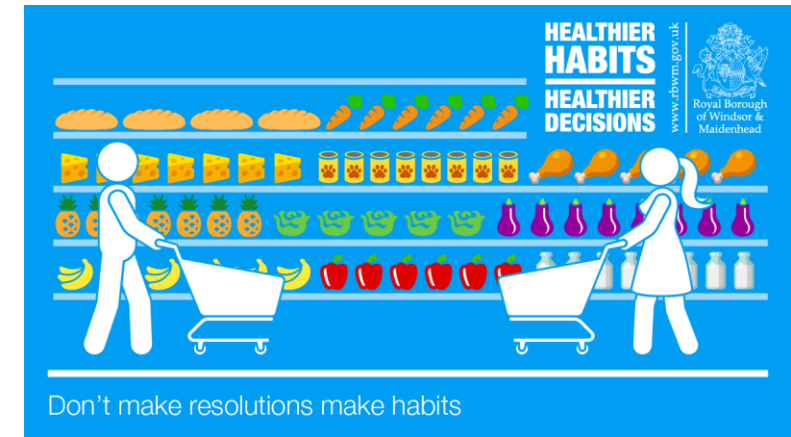
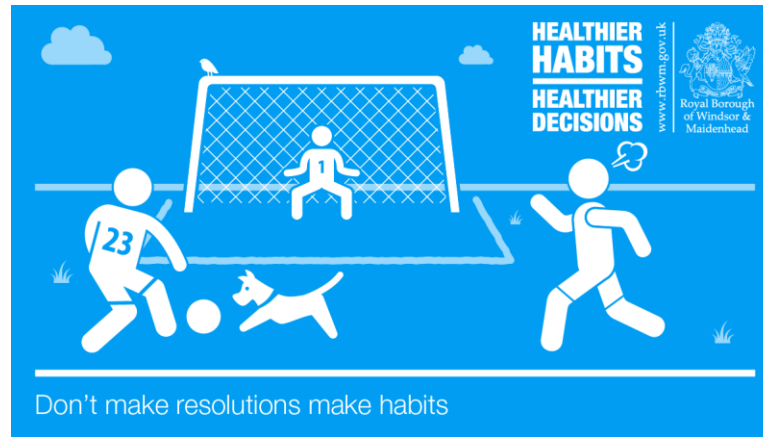
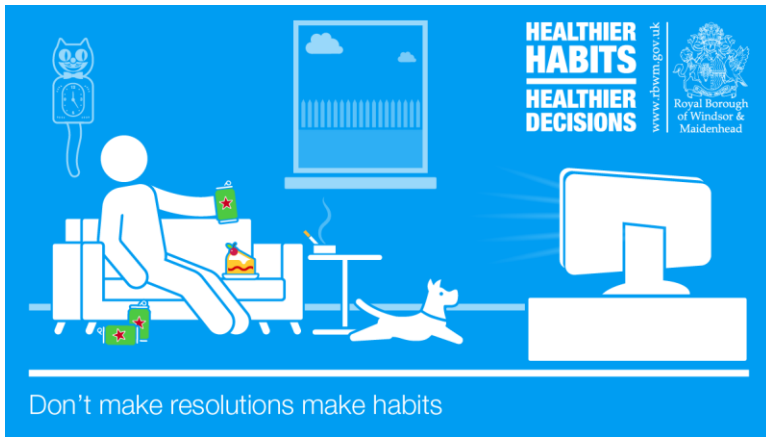
You can signpost individuals to this service.

Individuals can contact the service using the details below:

- Call or text: 07936 360109
- Email: admin@resilience-rbwm.org.uk.cjsm.net

To use this service, people must be a RBWM resident.





Public Health will be posting the above assets on RBWM's Twitter, Facebook, and Next Door every Monday in January.

- Please feel free to use the assets and reshare the social media posts.
- Please share this pack with your appropriate contacts.

Please contact charlotte.fox@rbwm.gov.uk with any questions.