

Healthy living & Eating Behaviours



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

[Beat - Eating Disorder Charity](https://www.beateatingdisorders.org.uk)

0808 801 0433

<https://www.beateatingdisorders.org.uk>

BEAT offers telephone and online support, guidance and information to aid people in their recovery from disordered eating. They also provide support for family members and professionals, as well as campaigning for better awareness and treatment of eating disorders to support long-term recovery.

Their [self-help and self-care page](#) provides a range of tips and ideas to aid recovery. Including a relapse prevention plan.

Their Welsh service offers support groups, a 1-1 web chat and a guided self-help [binge eating support](#) programme “Momentum”. Momentum includes 8 support sessions over 8-weeks, and people are able to self refer to the programme.

[NHS Weight Management Patient Webinars](https://patientwebinars.co.uk/condition/weight-management/webinars/)

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These weight management webinars provide short, expert-led guidance on weight loss and will help you to build a new approach to eating and your health. They focus on practical strategies such as balanced and regular eating, understanding eating triggers, challenging diet myths, and introducing intuitive eating as a sustainable approach.

[Healthy Weight Healthy You](https://healthyweight.wales/)

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The Healthy Weight Healthy You website is an NHS Wales resource for adults, offering free, self-directed support to help achieve or maintain a healthy weight. It provides tailored, evidence-based information and guidance to support long-term healthy lifestyle changes.

[Gro Health](https://web.grohealth.com/walesabuhb#form)

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GRO Health is a new digital weight management service for eligible Gwent residents. If you are registered with an ABUHB GP or live in Blaenau Gwent, Caerphilly, Monmouthshire, Newport and Torfaen, then you may be eligible for FREE access to Gro. Complete the registration form to confirm your eligibility and get started.

County in the community - Fit Exiles Programme

<https://www.countyinthecommunity.co.uk/fit-fans>

Fit Exiles is a free, Welsh Government funded 12 week programme to support adults aged 35-65 with a BMI of 28+ to improve their health through healthier eating and physical activity sessions. It helps participants make sustainable lifestyle changes and become more active. This is available for adults living in Gwent.

Mind

Infoline:0300 1233393/Support line: 0300 1021234

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/>

This charity provides information and support on managing eating problems and includes videos of peoples experiences. They also have a page dedicated to [physical activity, exercise and mental health](#) including tips and activities to try out. They have an Infoline to ask about options and services and a support line that is a safe space for you to talk about your mental health.

National Exercise Referral Scheme

<https://phw.nhs.wales/services-and-teams/wales-national-exercise-referral-scheme/>

NERS is a 16-week programme for inactive adults at risk of, or living with, chronic health conditions. You can be referred to the programme by NHS health professionals. Participants receive an initial assessment and a tailored exercise programme designed to support long-term physical activity and wellbeing.

Melo Emotional Eating Booklet

<https://www.melo.cymru/wp-content/uploads/2024/08/melo-Emotional-eating-and-you-BRIEF-PORTRAIT-1.pdf>

This is a PDF booklet that explains what emotional eating is, why it happens and how to tell it apart from physical hunger. It provides practical steps to regain

control of eating habits. It explains that emotional eating is common, understandable and changeable with awareness and alternative coping strategies.