



# Perinatal Weight Management



## Free Support

**TO BE HEALTHY AND  
WELL DURING AND AFTER  
PREGNANCY**



**FamilyHubDerby**  
Stronger families through support & friendship



### PRE-NATAL

SUPPORT TO MANAGE  
YOUR WEIGHT DURING  
PREGNANCY FOR  
YOURS AND YOUR  
BABY'S HEALTH.

### POST-NATAL

SUPPORT TO LOSE  
WEIGHT IN A SAFE AND  
SUSTAINABLE WAY  
AFTER THE BIRTH OF  
YOUR BABY.



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# Specialist support...

FROM A DEDICATED AND SUPPORTIVE PERINATAL ADVISOR

## FREE FAMILY HUB SESSIONS - OPEN TO ALL

Come along and speak to a specialist advisor in a relaxed environment for friendly and realistic support. These sessions are delivered in certain Family Hubs in Derby. No need to book just turn up!

- Pregnancy support drop-in.
- Post natal weight management drop-in.
- Buggy walk and talk.

Call into your local family hub or contact Emma (details below).



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## WEIGHT MANAGEMENT DURING PREGNANCY

- 6 weekly appointments to get you started on a tailored weight management plan.
- Regular support and encouragement to help self-monitor nutrition and activity levels.
- Weekly drop-ins, coffee mornings and group support.
- Access to weekly perinatal classes and led walks.
- Leisure centre membership (conditions apply).
- Support to help manage any specific medical conditions.

FOR DERBY RESIDENTS WITH A BMI OF 30+ (27.5+ FOR SOUTH ASIAN AND BLACK ETHNICITIES)



## WEIGHT MANAGEMENT AFTER BIRTH

- 6 weekly appointments to get you started on a tailored weight management plan.
- Regular support and encouragement to help self-monitor weight, eating and activity levels.
- Weekly drop-ins and coffee mornings.
- Access to weekly classes like Baby and Me Yoga and led walks.
- Leisure centre membership (conditions apply).
- Support to help manage any specific medical conditions alongside losing weight.



To find out more contact  
**Emma Winchester**

 [emma.winchester@derby.gov.uk](mailto:emma.winchester@derby.gov.uk)

 07796557213

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