



Weigh to go Ayrshire is a weight management programme being delivered in your local community.

If you are aged 16 or over and overweight you may be eligible for this programme.

As part of the programme, you will get:

- private one-to-one weigh-ins;
- support, motivation and help when 'the going gets tough';
- regular health checks over one year;
- physical activity options; and
- 12 healthy lifestyle modules including food labelling, healthy eating without dieting, staying active to manage weight and overcoming comfort eating.

Contact your local provider:

- East Ayrshire Council
- South Ayrshire Council
- KA Leisure
- VASA – South Ayrshire
- CVO- East Ayrshire

See overleaf for further details

For more information go to: <http://www.nhsaaa.net/ahp/dietetics/weight.aspx>

Visit our website www.nhsaaa.net

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East Ayrshire Council - Telephone: 01563 576972

Email: chip@east-ayrshire.gov.uk

Appointments to attend 1:1 sessions will be arranged around both the consultant and client. Monday – Friday

Cost: N/A

CVO - Telephone: 01563 574000 : Email: info@cvoea.co.uk

Day	Venue	Time	Cost
Thursday (as of 03/09/15)	Shortlees Community Centre Blacksyke Ave, Kilmarnock KA1 4SR	9.30am	£2.50

South Ayrshire Council - Telephone 01292 269793 (Option 3)

Email – activityforhealth@south-ayrshire.gov.uk

Day	Venue	Time	Cost
Monday	Citadel South Harbour Street Ayr KA7 1JB	13.30 – 15.00	£3.00
Tuesday	Citadel South Harbour Street Ayr KA7 1JB	10.00 – 11.30	£3.00
Tuesday	Citadel South Harbour Street Ayr KA7 1JB	19.15 – 20.45	£3.00

VASA – Telephone 01292 280338

Email: enquiries@voluntaryactionsouthayrshire.org.uk

Day	Venue	Time	Cost
Tuesday	The Book & Bun 50 Newmarket Street Ayr KA7 1LR	10am – 11.30am	£5.00

KA Leisure - Telephone: 01294 605128

Email: fcomrie@kaleisure.com

Day	Venue	Time	Cost
Monday	Magnum Leisure Centre Harbourside Irvine KA12 8PP	5.30pm	£2.50
Tuesday	Auchenharvie Leisure Centre Saltcoats Road Stevenston KA20 3JR	Choose one class from 1. 10.15am 2. 11.45am and access weight management session at 11am	£2.50
Wednesday	Vikingar Greenock Road Largs KA30 8QL	10.30am (class fits around 3 exercise classes, kept ticket from exercise class will allow access to Weight Management Session	£2.50