

INTRODUCTION

People who are overweight or underweight have a higher risk of diseases such as: Coronary Heart Disease, Stroke, Type 2 Diabetes, some types of Cancer, Arthritis, Back Pain, Infertility, Hair Loss, or Anaemia.

If someone is looking to lose weight and take control of their health, they might be eligible for free access to **Gro Health**, a weight management service for West Northamptonshire residents. **Gro Health** offers free access to digital or face-to-face support through a structured programme to help people achieve their goals.

Further information and eligibility criteria are on page 2 of this information sheet.

PATHWAYS TO TESTING, REFERRAL, DIAGNOSIS AND TREATMENT

- Self-referral to **GRO Health** using the contact details on page 2
- Referral by a GP, or other health or care professional

OTHER SOURCES OF HELP, INFORMATION AND PEER SUPPORT

[Healthy weight | West Northamptonshire Council](#)

www.westnorthants.gov.uk/keeping-healthy/healthy-weight

[Eating well | West Northamptonshire Council](#)

www.westnorthants.gov.uk/keeping-healthy/eating-well

[Being active | West Northamptonshire Council](#)

www.westnorthants.gov.uk/keeping-healthy/being-active

[Mental health and wellbeing | West Northamptonshire Council](#)

www.westnorthants.gov.uk/mental-health-and-wellbeing

[Overview – Eating disorders - NHS](#)

www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/

[Free NHS health checks | West Northamptonshire Council](#)

www.westnorthants.gov.uk/keeping-healthy/free-nhs-health-checks

[Calculate your body mass index \(BMI\) - NHS - NHS](#)

www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/

[Hope Centre Grow, Cook, Eat | Northampton Hope Centre](#)

www.northamptonhopecentre.org.uk/how-we-help/hardship/hope-in-the-community/grow-cook-eat/



What is Gro Health?

Gro Health is a programme that helps adults to be healthier.

It supports people to improve:

-  Eating habits
-  Sleep
-  Physical activity
-  Mental wellbeing

Who can join?

- You must be **18 or older**.
- You must **live in West Northamptonshire**.
- Your **BMI must be 30 or more**.
- Your **BMI must be 27.5 or more** if you are **South Asian, Chinese, other Asian, Middle Eastern, Black African, or African-Caribbean**.

Extra rules for face-to-face support

- You must also **live in one of the 50% most deprived areas** in West Northamptonshire,
- **AND** be in one of these groups: **Men, people from ethnic minority groups, people with learning disabilities, people with a diagnosed mental health condition, or post-natal women.**

Digital

-  **12 months free access** to Gro Health online (phone or computer)
-  **Videos, resources, workouts, meditations and recipes** in the app
-  **Weekly online group coaching**
-  **Community forum**
-  **1-to-1 coaching** at weeks 12, 26 and 52

Face-to-face

-  **12 weeks of group sessions** with a Gro Health Coach
-  Learn about **eating well, exercise, sleep and wellbeing**
-  **Handbook, meal plans, factsheets, DVD videos and tracking tools**
-  **WhatsApp group** for support
-  **1-to-1 coaching** at weeks 12, 26 and 52

How to sign up

- 1 **Scan the QR code**, or visit the website grohealth.com/west-northants
- 2 **Complete the form**
- 3 **Sign up** and get started with face-to-face or digital sessions



Need help?

📞 Call us on **0330 133 0307** (8am-6pm Mon-Fri) ✉ Email us at support@grohealth.com

