



FREE
membership*

*when you buy a 12-week
Countdown 23rd Dec 2018
to 19th Jan 2019

plus
all-new
gold
anniversary
pack

be delicious!

with
Slimming World

MONDAY

EGHAM

1st Egham Hythe Scout Hut, Pond Road
9.00 & 11.00am
Tel: Emma 07720 701875

ONSLow

Guildford County school, Farnham Road
7.30pm
Tel: Anna 07961 009709

STAINES

Staines Hockey Club (SALSAL),
Worples Road
7.30pm
Tel: Leighana 07564 579407

ASHFORD

St Hilda's Church Hall, Stanwell Road
4.30 & 6.30pm
Tel: Ali 07920 106250

HERSHAM

All Saints Parish Church Hall,
Queens Road
9.00 & 11.00am, 5.30pm & 7.30pm
Tel: Margaret 07837 085716

ADDLESTONE

The Eileen Tozer Centre, Crouch Oak Lane
5.30 & 7.30pm
Tel: Susanne 07808 098897

BRAMLEY

Bramley Village Hall, Hall Lane
5.30 & 7.30pm
Tel: Tracy 07905 939377

COBHAM

Cobham Centre, Oakdene Road
5.30 & 7.30pm
Tel: Nicole 07899 953530

TUESDAY

EAST MOLESEY

Imber Court, Ember Lane
7.30pm
Tel: Kate 07749 998923

SUNBURY

Ex Service Mens Club, Crossways,
Staines Road West
9.30 & 11.30am, 4.30 & 6.30pm
Tel: Tracey 07736 047196

ASHFORD

St James Senior Boys School,
Church Road
5.30 & 7.30pm
Tel: Sandra 07801 168678

ADDLESTONE

The RAOB Club, Church Road
8.00 & 10.00 am
Tel: Danielle 07796 138691

MERROW

Bushy Hill Community Club,
Bushy Hill Drive
5.30 & 7.30pm
Tel: Anna 07961 009709

BELLFIELDS

New Hope Church, Larch Avenue
3.30, 5.30 & 7.30pm
Tel: Serena 07712 182133

WEYBRIDGE

Weybridge United Reform Church,
Queens Road
7.30pm
Tel: Angela 07808 648443

STANWELL

Stanwell Fields CofE Primary, Clare Road
5.30 & 7.30 pm
Tel: Craig 07493 461574

ADDLESTONE

Eileen Tozer Centre, Crouch Oak Lane
5.30 & 7.30pm
Tel: Danielle 07796 138691

CLAYGATE

Claygate Centre, Elm Road
7.30pm
Tel: Helen 07886 789251

FARNCOMBE

St John's Church, St John's Street
9.30 am, 5.15 & 7.15pm
Tel: Gemma 07808 711409

WEDNESDAY

HERSHAM

Esher Rugby Club, 369 Molesey Road
7.30pm
Tel: Kirsty 07713 174134

CRANLEIGH

Cranleigh Village Sports Club,
Parsonage Road
3.30, 5.30 & 7.30pm
Tel: Vikki 07810 868360

ROW TOWN

Holy Family School, Ongar Hill
5.30 & 7.30pm
Tel: Danielle 07796 138691

PARK BARN (GUILDFORD)

St Clares Church, Cabell Road
5.30 & 7.30pm
Tel: Kim 07718 078728

CHERTSEY

Stepgates Community School, Stepgates
5.30 & 7.30pm
Tel: Julie 07855 838714

WALTON-ON-THAMES

Walton Centre, Manor Road
5.30 & 7.30pm
Tel: Claire 07985 636355

STAINES

Staines Hockey Club (SALSAL),
Worples Road
3.30, 5.30 & 7.30pm
Tel: Tracey 07736 047196

WEST MOLESEY

Chandlers Field Primary School,
High Street
5.30 & 7.30pm
Tel: Kate 07749 998923

GUILDFORD

Woodbridge Hill Social Club,
29 Aldershot Road
9.30 & 11.30am
Tel: Kim 07718 078728

ASHFORD

Meadhurst Primary School,
Feltham Hill Road
7.30 pm
Tel: Sandra 07801 168678

THURSDAY

STANWELL

Stanwell Fields CofE Primary, Clare Road
5.30pm
Tel: Chelsea 07912 017322

CHERTSEY

Stepgates Community School, Stepgates
5.30 & 7.30pm
Tel: Julie 07855 838714

CRANLEIGH

Cranleigh Village Sports Club,
Parsonage Road
9.30 & 11.30 am
Tel: Vikki 07810 868360

JACOBS WELL

Jacobs Well Village Hall,
Jacobs Well Road
9.30 & 11.30am
Tel: Anna 07961 009709

JACOBS WELL

Jacobs Well Village Hall,
Jacobs Well Road
5.30 & 7.30pm
Tel: Nicky 07399 953818

EGHAM

1st Egham Hythe Scout Hut, Pond Road
5.30 & 7.30pm
Tel: Susanne 07808 098897

MILFORD

Rodborough School, Rake Lane
5.15 & 7.15pm
Tel: Heather 07988 658078

EAST MOLESEY

Imber Court, Ember Lane
5.30 & 7.30pm
Tel: Kirsty 07713 174134

FRIDAY

HERSHAM

Esher Rugby Club, 369 Molesey Road
9.30am
Tel: Margaret 07837 085716

SATURDAY

WEYBRIDGE

St Mary Oatlands, Oatlands Avenue
7.30 & 9.30am
Tel: Angela 07808 648443

GODALMING

Wilfrid Noyce Centre,
Crown Court Car Park
8.30 & 10.30am
Tel: Tracy 07905 939377

slimmingworld.co.uk



0344 897 8000



Helen is set to share her slimming secrets

A slimmer who transformed her life by losing 4 stone and dropping 5 dress sizes is using her success to shape a whole new career helping other people change their lives and achieve their weight loss dreams too.

Now, she has trained as a Consultant for Slimming World, the UK's largest group-based weight loss organisation, at their national training academy in Derbyshire. Members at the group are getting ready to welcome Helen as their new Consultant when she takes over the group on 2nd January 2019.

The latest government figures reveal that around one in four adults are obese and it is estimated that, by 2034, this will increase to one in three. 51.9% of the Elmbridge BOROUGH's population is now overweight or obese, and Helen says her new role has never been more important.

She says: "Obesity is becoming such a huge issue across the UK. When I first joined Slimming World as a member, I never dreamed that I would end up helping other people to lose weight but now I just can't wait to get started. After losing 4 st and completing my training, it's a privilege for me to be able to pass on the experience, insight and understanding that helped me, so that I can give my members the support they need to get to target.

"Support is really the most important thing. It all starts with feeling that you're not alone. I couldn't have lost 4 stone without the weekly help, encouragement and understanding of my own Consultant and group. As someone who has lost weight myself I know the challenges people can face, which is why, along with the group, I will be there to support every one of my members all the way to their chosen target weight. Setting targets, sharing recipes and other ideas, and working together as a group to overcome challenges and celebrate success is so important to a successful journey. That's why, at my Slimming World group, there'll be tons of support, encouragement and fun.

"Like a lot of slimmers, I had tried to lose weight so many times before by following numerous diets but they were never sustainable because I'd always get tired of restricting what I ate. I thought I was destined to struggle with my weight for the rest of my life, but when I came to Slimming World it was different. I never felt like I was on a diet. The eating plan encourages you to eat lots of tasty, filling foods like pasta, rice, potatoes and lean meat and fish, you are never hungry and no foods are banned so there's no deprivation. I really love to eat curries and stir fries.

I couldn't believe I'd found a way to lose weight without starving myself.

Helen's Slimming World group will be held at the Claygate Centre every Tuesday at 7.30pm. On new year week the group will be running on Wednesday that week at 7.30pm. For more information or to join Helen's group either pop along on Wednesday 2nd Jan 2019 or call her on **07886 789251**.



BABY WEIGHT BE GONE

Following the extra easy plan to reach my target weight as a new mum After having my son in May I was feeling self-conscious, overweight and often lethargic. Whilst on maternity leave, I found myself turning to chocolate, sweets and caffeine to overcome the tiredness from the long nights. I was breastfeeding so knew things had to change for my son's sake as well as my own!

On Monday 23rd July, I drew a line - I looked up my local group that evening and went along to start my Slimming World journey.

That evening there were eight new members, all joining for different reasons - weddings, health, fitness, baby bod - but all had the same end goal - to lose weight and change their lives for good!

In my first week I lost 7½lb, achieving my half stone award which made me feel amazingly motivated. I found the plan really easy to follow:

Fill up on free foods (with a 1/3 of a plate of speed foods where possible)

Healthy extras to ensure fibre and calcium nutrition Sins for indulgent / non-free foods

After the first week my weight loss slowed but I knew the number on the scales was still going in the right direction. I had one or two small gains due to holidays, or weeks where I knew staying on plan was going to be difficult, but it didn't get me down as I knew I had enjoyed myself and just had to get right back on plan to achieve my target.

Slimming World specifically caters for those who are breast feeding or pregnant, offering slightly amended plans to ensure both mum and baby are getting the right nutrition whilst still helping you to achieve your goals. I found this invaluable when I joined, and I loved knowing I could eat healthily, lose weight and still be producing enough milk for my son.

The support from my consultant and members of my group was fab and kept me going back and staying to group each week. Group gave me food inspiration, ideas and a burst of motivation when mine was lacking. I always liken my Slimming World group to having a group of friends all going through the same thing as I am. Always willing to help, whether it be in group, on Facebook, Instagram or outside of Slimming World completely.

I really enjoy to cook and find that Slimming World encourages me to cook from scratch, even when I'm short on time. I love to know exactly what is going in to my food as it's surprising how much sugar you find in ready to go jars!! One of my family favourite's to cook on Slimming World is Chilli con Carne with Rice - all completely free food, so completely guilt free if we go back for seconds!!

Having lost 1 ½ stone, I reached my TARGET weight on 3rd December. I now weigh less than I did before I became pregnant, and I feel absolutely amazing for it! I'm now buying size 10 clothes which is something I haven't been able to do in years. I'm feeling more confident, healthier in myself and able to keep up when our little one on the move.

I have always had the aim of running a marathon and now that I've reached my target weight, I finally feel I'm ready to start my training in the New Year. I would absolutely love to help you reach your goals, so if you're ready to start your Slimming World journey and change your life for the better, whatever your story - join me at StanwellFields C of E School, Clare Road, Thursday 5.30pm from January 3rd 2019 or contact me on 07912017322 for more information.

