

TRAINING OPPORTUNITY

for colleagues in Primary Care

**Why weight
to talk?**

Making the case for compassionate, strengths-based conversations on healthier weight for colleagues in Primary Care

Excess weight remains one of the most pressing public health challenges in the UK, disproportionately affecting communities facing higher deprivation and contributing to health inequalities.

Yet, conversations about weight can be difficult for both families and practitioners. Barriers such as limited confidence, fear of stigma, lack of time, and unclear referral pathways often prevent meaningful engagement, reducing opportunities for early intervention.

"Why weight to talk?" is a training programme developed by Health Equalities Group's to support frontline staff in delivering compassionate, effective brief advice about healthier weight.

Grounded in evidence and co-designed with partners in local authorities, NHS roles and VCFSE organisations, this series of condensed sessions will introduce the wider determinants of healthier weight, the impact of weight stigma, and how to navigate sensitive conversations with confidence and empathy.

By building both knowledge and confidence, *"Why weight to talk?"* empowers practitioners to move beyond transactional interactions and foster trust-based conversations that reduce stigma and improve health outcomes.

Online training sessions

All staff working in Primary Care may book onto the sessions which will be hosted via Microsoft Teams. This includes GPs, Nurses, AHPs, Social Prescribers/Link Workers, reception and administrative staff.

To register, click the buttons below. For further information about the sessions or the training programme itself, please email:

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Wednesday 5 November, 12:30-13:15
Lancashire and South Cumbria

Wednesday 12 November, 12:30-13:15
Greater Manchester

Wednesday 26 November, 12:30-13:15
Lancashire and South Cumbria

Wednesday 3 December, 12:30-13:15
Greater Manchester