

Patient information

Activity Information Motivation (AIM) Group

Dietetics Department Aintree Hospital

Examples of topics covered:

- Managing pain
- Mindfulness
- Non-hungry eating
- Benefits of
- physical activity
- Sleep
- Goal setting
- Healthy eating
- Fats and sugars
- Food labels
- Drinks and alcohol
- Eating out and takeaways
- Food portions

What to expect

The AIM group consists of 12 fortnightly sessions across 24 weeks. Each session runs for 1.5 hours consisting of two topics and a 20-minute exercise circuit *(including a warm up and a cool down).

The sessions are relaxed and interactive, so don't be afraid to get involved, ask questions and share past experiences.

We would encourage everyone to join in whether it is an in person or virtual group as others may learn from your experience.

- Please note not all groups have an exercise element please check with the clinician, as groups with no exercise run for 60 minutes
- Virtual Groups run for 60 minutes on Teams and there is no exercise session.

What to bring

Please arrive ten minutes early for your first session so we can get you settled in.

Please turn your mobile phone off or set your phone to silent before each session.

For groups that include an exercise session, loose fitting clothing and well-fitting shoes with a good grip are best. Water is provided but you are welcome to bring your own bottle.

If the session is virtual you will be sent a link before each session to use to join the Teams session. One of the Practitioners will let you in to the Virtual Session

Information

You will receive printed or emailed information sheets for the topics each week. This means you don't have to write everything that we say.

If you can't attend

The groups are delivered by the Specialist Weight Management team, and each year missed appointments cost the NHS millions of pounds.

If you can't make a session please ring us on **01942 483370** or email us at **swms.enquiries@liverpoolft.nhs.uk**

Unfortunately we can't always offer you any additional sessions at the end of the 12 weeks if you cannot attend any, so please make every effort to attend.

As we have a waiting list, if you don't attend two sessions without prior notice, you will be discharged from the group and from the SWMS.

Goals

We encourage you to set goals each week based on the topics discussed. These are for you to work towards during the following week. At the start of each session we will briefly recap what was covered the week before .

Everything said within group is strictly confidential and should not be discussed outside of group. The staff are there for private conversations whenever needed.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

**Platt Bridge Community Centre
Victoria Street, Platt Bridge, Wigan, WN2 5AH
Mondays 13:30 until 15:00**

**Virtual sessions are run alternate Thursday evenings 18:30 until 19:30
If you would like to speak to the team please call: 01942 483370**

**Author: Dietetics Department
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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字体、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوهندیار بهو نهخوشانهی له لایمن تراستهوه پهسهند کراون، نهگس داوا بکرنیت له فورماتهکانی تر دا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نملیکترونیکی همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.