

best of wirral

Dreaming of a slim Christmas

WE are all familiar with the 12 days of Christmas; but slimming groups in Birkenhead, Moreton and Wallasey are celebrating the nine weighs of Christmas!

The members of North Wirral Slimming World groups are getting into the Yuletide spirit early this year, as they embark on a festive mission to lose a stone or more in the nine weeks leading up to the Christmas party season.

"There is still plenty of time to hit the party circuit a dress size smaller, or even more", said Paula Chapman, Area Manager for North Wirral, whose team runs the groups.

"Demand is so high that we are opening three new groups to give local people even more choice," added Paula.

"Firstly, we have our only morning group, in Birkenhead, which opens on

November 1 at 9.30am at Grange Baptist Church (opposite the YMCA).

Whetstone Lane Consultant, Kirsten, said: "What a brilliant opportunity this is to help even more local people. The opening of this long-awaited day group, which will complement my evening group at the same venue, is a dream come true."

St Andrews Church Centre, New Brighton (opposite Howells DIY), is also opening its doors.

Consultant Julie has been a consultant in Wallasey for 15 years. She said: "New Brighton holds a special place in my Slimming World career, as one of my first groups was in the Vic Hotel. I'm looking forward to welcoming local people, because it feels like I'm coming home."

Thirdly, Poulton Vics will have a 5pm group in addition to its 7pm group.

Consultant Lesley said: "It

has always been my goal to open a 5pm group for the local workforce."

Paula added: "Many of us may have ended the summer a few pounds heavier than we were at the start, but there is no need to give up hope of fitting into your favourite party dress."

"It's possible to lose a stone or more in nine weeks by making small changes to eating and activity."

"We all love Christmas, because it's a time for giving and sharing. At Slimming World, we share support and encouragement every week in order to help each other reach our goals."

"Feeling happy, healthy and full of confidence could be the best present you'll ever give yourself."

Inspired? See the advert for details of the local Slimming World groups.



● Slimming World's gorgeous Christmas recipe book makes losing weight easy

Picture: Gareth Morgans

Due to overwhelming demand new groups opening – lose a stone for Christmas

Join a warm and friendly group near you today...

LUNCHTIME GROUP

LISCARD / WALLASEY
Conservative HQ
(opp Shoe Market)
Seaview Road
Tues 1pm
Julie 334 5721

MONDAY GROUPS

BIRKENHEAD
Friends Meeting House
(opp Park High School)
Slatey Road
Mon 4pm, 5:30pm & 7:30pm
Paula 334 1104

BROMBOROUGH
Village Centre
(next to St Barnabus Church),
Church Square
Mon 4pm, 5.30pm & 7pm
Christina 07887 482114

NEW GROUP OPENING
31st OCTOBER
WALLASEY
Poulton Vics
Poulton Bridge Rd
Mon 5pm & 7pm
Lesley 200 3041

WALLASEY VILLAGE
Greenleas Primary School
Green Lane
Mon 7pm
Claire 637 0097

TUESDAY GROUPS

NEW GROUP OPENING
1st November 9.30am
The ONLY daytime group
in Birkenhead
Grange Baptist Church
Whetstone Lane
(opp YMCA)
Kirsten 07732 039340

BIRKENHEAD
Grange Baptist Church
(opp YMCA),
Whetstone Lane
Tues 5pm & 7pm
Kirsten 07732 039340

BROMBOROUGH
Octel Club, Bridle Way
Tues 6pm
Jean 355 4606

LISCARD / WALLASEY
Conservative HQ
(opp Shoe Market)
Seaview Road
Tues 9:15am, 10:45am
Julie 07877 303055

LISCARD / WALLASEY
Conservative HQ
(opp Shoe Market)
Seaview Road
Tues 5:15pm & 7:15pm
Julie 07877 303055

MORETON
Community Centre
Maryland Lane
Tues 9am & 10:30am
Judy 334 8892

MORETON

Community Centre
Maryland Lane
Tues 5:30pm & 7:30pm
Judy 334 8892

WEDNESDAY GROUPS

CLAUGHTON
Hamilton Memorial
Church, Upton Road
Wed 5pm & 7pm
Sue 07715 948960

MORETON
Sacred Heart
Parish Centre, Moreton Cross
Wed 9:30am & 11am
Shirley 678 3809

MORETON
Sacred Heart
Parish Centre, Moreton Cross
Wed 5pm & 7pm
Shirley 678 3809

WALLASEY VILLAGE
The Grange Warren
Golf Club, Grove Road
Wed 5pm & 7pm
Sue 630 6670

THURSDAY GROUPS

BROMBOROUGH
Civic Centre
Bromborough Village
Thurs 6pm
Jean 355 4606

EGREMONT / LISCARD
Serpentine Family Church,
Liscard Road
Thurs 7pm
Liz 200 2096



Download our
FREE app
today for a taste
of Slimming World

NEW BRIGHTON
Cambridge Day Centre
Cambridge Road
(off Seabank Road)
Thurs 7pm
Paula 334 1104

NEW GROUP OPENING
3rd NOVEMBER 7pm
St. Andrew's Church
Centre
Rake Lane
(opp Howells DIY)
Julie 07877 303055

WALLASEY VILLAGE
The Grange Warren
Golf Club, Grove Road
Thurs 9am & 10.30am
Sue 630 6670

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