



Welcome to the Sussex Medical Chambers Feeling Good Facebook Community

This group can be used by members of the Feeling Good Service. It is a closed group to protect your privacy as posts are only able to be viewed by members of the page. The group will also give past members of the Feeling Good Service the opportunity to stay in touch and help others and even pick up some more motivation and encouragement to continue their weight management journey.

Any member can suggest members, but the Feeling Good Administrator must approve them. This is just to make sure that the page stays free from spammers and advertising.

Losing weight and becoming healthier can be one of the hardest things to do and can be one of your greatest achievements in life so feel free to communicate between each other, offer support, encouragement and discuss the issues surrounding weight loss, weight maintenance, obesity and improving fitness.

Feel free to upload your weight loss stories including any tips that worked for you. You can also upload your pre-weight loss photos and when you hit your goal weight you can upload your post-weight loss photo.

All I ask is that you keep the page friendly & fun. Everyone is entitled to an opinion but please be mindful how you write/phrase things so not to cause any offence to others. Bullying and or offensive language will not be tolerated and will result in a permanent ban from the page. The selling of services is prohibited. The Feeling Good team will do its utmost to monitor and maintain a friendly page but it will be up to the users to notify us of any content that they consider inappropriate or against these page rules. The Feeling Good team do not accept any liability for the content posted by other users and maintains a neutral position on comments and images uploaded. Please note that the use of this page is not mandatory and not considered as part of your individual programmes. It is designed to be an additional channel of support.

We hope you find it useful and please contact us if you have any suggestions for content that you would like to see on the site.

For more information regarding Feeling Good Service please visit www.sussexmedicalchambers.co.uk and as always please drop me an email if you have any questions.

Jo Yule
Co-ordinator & Lead Health Advisor

Feeling Good WMS Community

<https://www.facebook.com/groups/380786552026424/>



Twitter

#SMCfeeling_good