



20-stone mum lost HALF her body weight after feeling too ashamed to go to goddaughter's wedding





Delpha reached a whopping 20 stone and dress size 30 after years of mindlessly munching the same size portions as her hubby

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A GRANDMOTHER who became so embarrassed by her size that she became a social recluse has lost HALF of her body weight after being determined to attend her goddaughter’s wedding.

Delpha Pope, 43, from Ashford, Kent reached a whopping 20 stone and dress size 30 after years of mindlessly munching the same size portions as her hubby.

For four years, Delpha was too embarrassed about her size to go to social events - including family occasions – and would come up with endless excuses to not go.

However, when the invitation for goddaughter Beth Woodruff’s wedding arrived, Delpha decided that enough was enough.

Determined to ditch the pounds, Delpha switched to a very low calorie diet and managed to shift half her body weight in just 14 months - slimming to 10 stone 6lbs and a size 10.

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By NATALIE KEEGAN

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Before her weight loss Delpha was a size 20

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The account technician said: "For four years, I didn't like going to family parties. If I did go, I would feel like I was on the outside, not getting involved.

"Quite often I would make up an excuse as we were about to set off.

"I'd miss friends' weddings because the idea of wearing a dress and socialising with eating was too daunting.

"I felt sad and regretful missing happy occasions, and wondered if this was what it would be like forever.

"I'd try outfits on and just think, 'No'.

"But my goddaughter's wedding was something I didn't want to miss. That's when I knew something had to change."

Delpha said that years of cooking for and eating the same portion sizes as her 6ft 2 husband Roger Pope, 55, an air space specialist, saw the weight pile on.



Pictured with her husband Roger before she lost weight

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Before her weight loss Delpha would eat similar size portions as her husband

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She was also prone to snacking in between meals.

She added: "If I was bored, angry, unhappy, poorly, tired, or celebrating, there would be food or I would bake,

"While I cooked, I would pick and nibble, without thinking about what I was eating."

Her typical diet consisted of a gourmet coffee and pastry for breakfast,

calorie-laden pre-packaged sandwiches for lunch as well as lots of bread, biscuits, cake, and a carb-heavy dinner s - like lasagne.

Delpha recalled that, in the summer of 2013, she had attended a taster day at a local yacht club with her husband - but could not participate as there was not a life vest large enough to fit her.



Slim and trim. Delpha, now, pictured in a little black dress

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She added: "I just sat on the sidelines and had a little cry, it was so

embarrassing,

"That's a memory that will stay with me."

Despite this mortifying moment, she didn't make the final push to change her ways until January 2014 - when she received the wedding invitation.

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Determined to go, she decided to turn her life around.

"I wanted to be involved in her day, and didn't want to let her down," she said.

The following month, Delpha went to see her GP, requesting bariatric surgery, but her doctor recommended she tried the LighterLife programme instead.

She began the diet in May 2014, whilst under strict supervision from her doctor. At first, she was sceptical and thought she'd lose a maximum of two stone - but the weight soon began to melt away.

Under her new regime, Delpha had four "nutritionally balanced food packs" a day for 14 months – including shakes, bars, soups, and light meals.

Now she avoids carbs, eats lots of vegetables including mushrooms, tomatoes and courgettes, has lean chicken and steak and has swapped mash for sweet potatoes.



Delpha used LighterLife and the pounds melted away

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She has also changed her ways when it comes to portion size and now consumes "reasonable sized portions".

She also now knows to stop eating when she is full - whereas before she would keep going until the plate was empty.

By the time Bethany's wedding came around in August 2014, Delpha had already lost an impressive four stone.

"I felt brilliant. I wore a black prom dress that was fitted up to the waist, and then flared out. It was a style I'd always wanted to wear so I was chuffed," she recalled.

"Everyone was saying, 'Oh my god, you look amazing and tiny.' It was so nice to hear that and it encouraged me to keep going."

By July 2015, Mrs Pope was wearing size 10 jeans and had swapped her 40K bras for 28Gs.



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Recently, she has also taken up ballet lessons in central London, something she'd always wanted to try but never previously had the confidence.

"I never imagined I would be in a leotard and tights in public," she said.

"I'd always had high blood pressure but now I've come off all the medications I was on.

"I don't feel controlled by my weight anymore. I feel a lot more confident."

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