



Why weight

to talk?

REFERRAL PATHWAYS & SUPPORT SERVICES

For practitioners in
Cheshire West and Chester

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Why weight to talk?



Cheshire West
and Chester

Acknowledgements

We would like to thank colleagues across Cheshire West and Chester for contributing to the initial consultation process in 2021 that informed the development and refinement of the “Why weight to talk?” training programme.

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Get in touch

If you have any questions about the services within this document, please contact:

- alex.holt@cheshirewestandchester.gov.uk

Why weight Hub

Check out our new “Why weight” Hub for further information, resources and best practices on how you can support children and families on healthier weight.



Tier 1

Much of the Tier 1 offer for children and young people happens in school or in the community. These take various formats including increasing physical activity and providing healthy balanced meal options.

Along with local authority-led programmes of work to support active travel and healthier environments through spatial planning – reducing proliferation of hot food takeaways and increasing access to greenspace and play areas.

National Child Measurement Programme

NCMP is carried out annually by the 0-19 Starting Well Service who have strong relationships with the schools in the borough. The 0-19 Starting Well team offer NCMP follow up to evidence based resources, as well as school-based follow-ups. The Children's Centre core offer includes groups within centres that include nutrition, with activities such as cooking on a budget. These activities are targeted to 30% most deprived areas within the borough.

The 0-19 Starting Well Service

Includes brief interventions, Make Every Contact Count (MECC) in relation to advice and guidance for healthy weight across core contacts and throughout the life course – from baby open advice clinic, and throughout ad hoc contacts with families and young people and parents. This includes the breastfeeding offer, weaning groups and 1-2-1 weaning support.

The 0-19 Starting Well service also offers high school drop-in provision with individual support for young people both for underweight and overweight advice and guidance, developing autonomy and self-efficacy for young people. Referrals on to community paediatrics as appropriate, based on clinical judgement.



Koala North West

Provides a range of services for **families with children aged 0-11 years**. Currently funded in Ellesmere Port to deliver their Starting Young/Healthy Lifestyles Project, this programme is open to any family with a child aged 0-5 years old living in Ellesmere Port and supports parents and carers in establishing a healthy eating and active way of life for the whole family.

Encouraging children and promoting healthy habits for life. Koala cover a range of related topics with families including: Making healthy choices; How to exercise with little ones; Cooking family meals; How small changes can make a big difference. Koala also provide healthy food and cooking equipment when families need it.

Dieticians and nutritionists

Several Primary Care Networks employ a dietician/nutritionist as part of the Additional Roles Reimbursement Scheme (ARRS).

Whilst they are primarily in post to support adults, many will provide healthy eating and physical activity advice to children and families.

Parents are advised to contact their local GP practice for more information.

Tier 2

HENRY (health, exercise, nutrition for the really young)

In terms of a Tier 2 offer, the Cheshire West and Chester, in collaboration with partners, is currently piloting HENRY, a family-based programme aimed at supporting healthy behaviours and healthy weight.

A total of 15 practitioners have been trained to deliver the HENRY programme from four organisations.

There is currently no universal Tier 2 weight management service for children and young people in Cheshire West and Chester.

Children and young people's community healthy weight pathway

For more information about support in Cheshire West and Chester, please visit the council website.

Healthy Weight pathway



Tier 3

Complications of Excess Weight Clinic

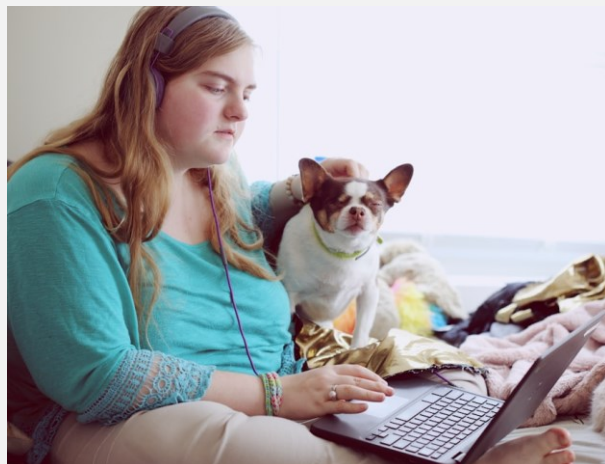
Based at Alder Hey Children's Hospital – the Complications of Excess Weight (CEW) Clinic provide specialist support to address challenges relating to excess weight.

The CEW clinic uses a holistic approach to treating conditions relate to obesity in children and young people. The three aims of the service are to:

- **Identify** the factors in the development of severe obesity. Assessment should be holistic with equal consideration for mental health, physical health and social needs.
- **Treat** complications associated with severe obesity and coordinate / refer onto other services where required.
- Consider an **individualised holistic plan**. This may include interventions such as family-based therapy, behavioural coaching, dietary strategies, and mental health support. This aims to address health inequalities by considering culturally appropriate factors and personalised approach.

Children and young people will be able to access the CEW clinic following referral from secondary or tertiary paediatrician following referral by a range of clinicians including:

- Community paediatrician
- General practitioners (GPs) from primary care
- Other specialty clinics (e.g., mental health services or secondary care paediatrician)



Paediatric Dietitians

Paediatric dietitians help babies, children and teenagers to eat and drink well. They support children, young people and their families where nutrition or special diets are part of their treatment. This can include management of allergies, issues with growth or longer-term conditions.

This service is not commissioned to provide support with weight management issues or fussy/selective eating in the absence of concerns about growth or evidence of nutrient deficiencies.

Their service does support children and young people with:

- Faltering growth
- Nutritional Deficiencies e.g., iron deficiency anaemia
- Cows Milk Protein Allergy (confirmed via milk challenge)
- Food Allergies
- Coeliac Disease
- Long term conditions e.g., Cystic Fibrosis, Type 1 Diabetes.
- Feeding difficulties including use of feeding tubes.

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Edsential

The Holiday Activity and Food Programme (HAF) provides children and young people who are entitled to benefits-related free school meals to holiday club provision over the Easter, Summer and Christmas holidays. The HAF criteria states that a range of opportunities for physical activity must be offered throughout the programme, with a range of activities from football and swimming to indoor climbing and golf.

Health Rangers

Families, children and young people are getting outdoors and active with activities delivered and coordinated by the local authority Health Rangers. Interacting with nature and outdoor spaces has well-recognised benefits for children and young people, over above helping to increase their physical activity levels. Health Rangers deliver the following:

Forest School

Forest School sessions get children outdoors and active without that being the obvious focus of the session. Through guided, self-guided and free play activities, children might be walking and running around, climbing, digging, lifting, using tools and much more, developing fine and gross motor skills. By delivering the sessions, developing the grounds into a safe space and supporting the staff to use the natural spaces more confidently, children are more likely to access these activities in school time and perpetuate it outside of school.

Conservation groups

These groups get people outdoors in nature doing conservation tasks such as hedge laying, shrub clearance, tree planting, pruning, weeding, litter picking and woodwork. Adults will often bring their children or grandchildren to take part or gain skills to use with them at home, cascading the benefits gained in the sessions.

Wellbeing walks

These walks bring people together to go for a short walk on a regular basis. There are over 25 walks taking place weekly throughout the borough with around half a dozen to a dozen people attending regularly to each walk with one walk often attracting over 50 participants. The walks are open to all, including families with the shorter walks in particular being child-friendly, with parents and grandparents often bringing their children and grandchildren along.



Brio Leisure

- **Learn 2 Swim:** The Learn 2 Swim programme supports all ages to gain water confidence, supports stroke development, water-based sports and personal survival. Each child in swimming lessons with Brio Leisure receives a free-swimming card. This gives children the opportunity to swim for free outside of lesson time to encourage plenty of extra practice. The card is valid as long as the child is enrolled in the Learn 2 Swim programme. The card entitles the child to free entry to any Casual Swim session.
- **Swim-a-Song:** Swim-a-Song sessions are a great place to introduce young children to the world of swimming. These adult and child drop-in sessions involve parents and guardians joining in as the youngsters work their way through action categories based on songs adopted from well-known nursery rhymes!
- **Canoeing Lessons:** Northgate Arena, Chester teach all the basics before moving onto the advanced techniques used in this exciting sport.
- **Junior gym membership:** The Junior Gym initiative allows anyone aged 12-17 years to access any of the supervised gyms by themselves till 6.00 pm Monday – Friday and 4 pm Saturday and Sunday. Juniors can still workout outside supervised hours. If accompanied by an adult aged 18 years or over. Juniors aged 14 years and over are also welcome to join in with any of Brio's fitness classes.
- **Topsy Tumbles:** Indoor playground fun for the under 5's. This indoor playground offers a softer alternative to the local park. Operating all year round with plenty of toys, bikes, push-a-rounds and slides, as well as the ever-popular bouncy castle! Topsy Tumbles sessions are open to all preschool children accompanied by an adult.



Summer Splash Pass: Swim everyday throughout the Summer holidays at 6 different Brio swimming pools for only £20 (under 18's only)

Community organisations

There are a range of community organisations who provide support with access to healthy, affordable food and many who provide sessions on cooking skills and budget cooking. Information about these can be found on the Welcome Network website:

- <http://www.welcomenet.co.uk/>

Live Well – Cheshire West:

- <https://www.livewell.cheshirewestandchester.gov.uk/>

National resources

NHS Live Well: a resource with information about healthy weight, exercise, eating well and other lifestyle information such as smoking cessation:

<https://www.nhs.uk/live-well/>

Healthy weight:

- <https://www.nhs.uk/live-well/healthy-weight/>

Exercise:

- <https://www.nhs.uk/live-well/exercise/>

Eat well:

- <https://www.nhs.uk/live-well/eat-well/>

Healthy teeth and gums:

- <https://www.nhs.uk/live-well/healthy-teeth-and-gums/>

Pregnancy:

- <https://www.nhs.uk/pregnancy/>

Malnutrition:

- <https://www.nhs.uk/conditions/malnutrition/>

Better Health – healthier families: formerly Change4Life – a resource to help families eat better and move more:

- <https://www.nhs.uk/healthier-families/>

Better Health – Start for Life: Advice and guidance during pregnancy, birth, and parenthood:

- <https://www.nhs.uk/start4life/>

Department for Health and Social Care: This is a campaign resource centre supporting by OHID – you can search by target audience and by topic:

- <https://campaignresources.dhsc.gov.uk/>

LJMU Heathy Weight in Early Years: a nine-module e-learning toolkit providing a universal and collaborative approach to promote a healthy weight in the early years:

- <https://www.ljmu.ac.uk/microsites/promoting-healthy-weight-in-pre-school-children>

Food Active's weight stigma resource hub: This hosts a range of materials, as well as signposting to other organisations and resources to help tackle weight stigma in practice:

- <https://foodactive.org.uk/weight-stigma-resource-hub/>

Bath University: Guide to open up conversations between parents and kids about weight:

- <https://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/attachments/talking-to-children-about-weight-guidance.pdf>



Safeguarding



Unhealthy weight (*either overweight or underweight*) is likely to be a part of wider concerns about a child's overall welfare.

The root causes are often complex, however, professionals working with children who are underweight or living with obesity should be mindful of the possible role that abuse, or neglect can play.

If parents are struggling to recognise any concerns that are being shared, and you are worried about a child or young person's weight, you should record this within your organisation's record management system. This should be followed with a plan of action to address any concerns.

Cheshire West and Chester

Contact the Integrated Access and Referral Team (i-ART) or the emergency duty team for advice.

- i-ART@cheshirewestandchester.gov.uk

The team can be contacted 08:30–17:00 Monday to Thursday and 08:30–16:30 on Friday:

0300 123 7047



Out of hours emergency duty team (including bank holidays):

01244 977 277



Healthy Start

What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every four weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- Vitamin drops for babies and young children – these are suitable from birth to 4 years old

If you qualify you get:

- £4.25 each week of your pregnancy from the 10th week
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

The money will stop when your child is 4 years old or if you no longer receive benefits.

Apply for Healthy Start



Families must be receiving one of the following benefits:

- Income support
- Income-based Jobseeker's Allowance
- Pension Credit (must include the child addition)
- Universal Credit (only if family's take-home pay is £408 or less per month from employment)
- Child Tax Credit (only if family's annual income is £16,190 or less)

Pregnant and under 18: qualify regardless of income level (under 18 and not on benefit need to ring Healthy Start:

- You can use your card anywhere that accepts Mastercard and sells the eligible Healthy Start food items
- Take action with Healthy Start in your place and become a Healthy Start champion

Remember – you don't have to be an expert – all complex cases or anything that you are not sure on, you can direct people to the National Team

FAQs

- Applying for Healthy Start:
<https://www.healthystart.nhs.uk/frequently-asked-questions/applying-for-healthy-start-faqs/>
- Using Healthy Start:
<https://www.healthystart.nhs.uk/frequently-asked-questions/using-healthy-start-faqs/>
- Info for health professionals:
<https://www.healthystart.nhs.uk/frequently-asked-questions/health-professional-faqs/>
- Vitamins:
<https://www.healthystart.nhs.uk/frequently-asked-questions/vitamin-faqs/>



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