



Why weight

to talk?

REFERRAL PATHWAYS & SUPPORT SERVICES

For practitioners in
Cheshire East

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Why weight to talk?



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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www.foodactive.org.uk

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-  Information about Healthy Start – helping families in need get help to buy food and milk with the Healthy Start scheme



**CLICK OR TAP
TO NAVIGATE**

Get in touch

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

- katherine.dutton@cheshireeast.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

Cheshire East takes a partnership approach to disseminating general health promotion messaging which focuses on prevention and self-care.

Just Drop In

Cheshire East benefits from a proactive VCFSE sector so there are many local services and groups who take an informal approach to fostering positive lifestyles in their community. An example is the 'MyPad' service for young people delivered by Just Drop In. The service provides education and support around basic cooking and budgeting skills, so provides the opportunity to have informal discussions with young people about healthy weight management.

Contact info

A form can be filled in on their website to get further information and register interest:

- <https://www.justdropin.co.uk/our-services/>

Family Hubs

Cheshire East Council (CEC) have received government funding from the Family Hubs Transformation Fund to develop family hubs which aim to reduce inequalities in wellbeing for children and young people from birth to early adulthood. The family hub model will be a mix of physical and virtual spaces (as well as outreach) to provide high quality, joined-up, family help services. The hubs will provide a comprehensive Start for Life offer, including healthy weight support.

Contact info

- [Developing family hubs \(cheshireeast.gov.uk\)](https://cheshireeast.gov.uk/developing-family-hubs)
- familyhubs@cheshireeast.gov.uk

Currently, there are two Family Hubs:

- Oak Tree, Crewe:
oaktreefamilyhub@cheshireeast.gov.uk

- Oakencloough, Wilmslow:
Oakenclooughfamilyhubadmin@cheshireeast.gov.uk

HENRY Programme

HENRY is a free evidence based, 8 programme which supports families with children (aged 0-5) to give them a great start in life and develop a healthier lifestyle. It supports physical and emotional wellbeing, and covers nutrition, physical activity, portion sizes, screen time, looking after yourself, exploring feelings, and managing challenging behaviour.

Cheshire East has 8 trained practitioners from Early Year and Public Health, as part of the Cheshire & Merseyside Beyond Programme funded roll out across Cheshire & Merseyside. The programme will be delivered across the borough from September 2023, with promotion sessions for professionals taking place throughout summer and September.

Families and parents can be referred to the programme by health professionals, early years workers, and schools, and parents can also self-refer. The only referral criteria is that a parent has a child aged 0-5.

Contact info

[Homepage | HENRY](#)

Parents and families can be referred via health visitors, school nurses, schools, early years workers etc., or they can self-refer.

Email and referral TBC – for more information please email:

- katherine.fithon@cheshireeast.gov.uk

Tier 2

Multi-component lifestyle intervention
(overweight or obese)

Cheshire East Tier 2 weight management services for children and families take a whole family approach to improving eating habits and attitudes toward healthy weight. Tier 2 services centre around growing into a healthy weight and inspiring healthy behaviours, rather than focussing solely weight loss.

Cheshire East Council commission the 'Family Living Wise' programme, which is delivered by Reed Wellbeing as part of One You Cheshire East and is accessible via referral from a GP, school nurse or other healthcare professional. Family Living Wise (FLW) is an early intervention programme that supports families to prevent ill health and promote healthy lifestyles.

The programme provides **children aged 4-17 years and their families** with fundamental knowledge in relation to nutrition and positive behaviours to help equip them with the necessary tools to improve their diet and prevent health risks caused by obesity.

The programme is designed to be done as a family and involves age specific activities. Please note that **families require their GP to refer them** onto this programme.

For more information visit – Losing weight the healthy way:

- <https://www.oneyoucheshireeast.org/lose-weight/>

Or you can call:

0808 1643 202



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:

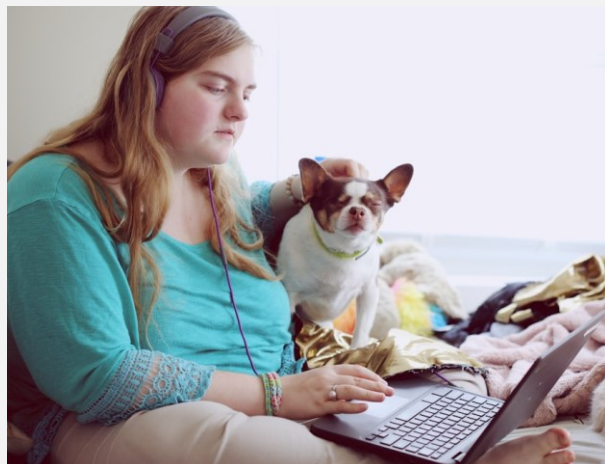
- Identify the factors in the development of severe obesity. Assessment should be holistic with equal consideration for mental health, physical health and social needs.
- Treat complications associated with severe obesity and coordinate / refer onto other services where required.
- Consider an individualised 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)

East Cheshire CAMHS Eating Disorder service

Our team is based in Macclesfield; we are a small team consisting of psychological therapists and a dietitian.



Based within the local CAMHS (Child and Adolescent Mental Health Service) which means they also have access to Child and Adolescent Mental Health Consultants who can see a young person should their support be needed for the young person's recovery. They also work closely with GPs who will monitor and review physical health regularly.

They offer assessment and treatment to young people aged 8-18 years of age with:

- Anorexia Nervosa
- Bulimia Nervosa
- Atypical Eating Disorders (eating disorders not otherwise specified).

They treat a range of eating disorders from first presentation to ones which are a little more complicated and aim to work with the young person and their family within the community.

Referrals can be made via a GP. You can also speak to a member of their team by calling the number below.

01244 397 644



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Everybody Junior Exercise Referral Scheme

Aimed at young people aged 12 to 18 years, who live with an illness or long-term health condition to increase physical activity levels and improve their quality of life.

- <https://everybody.org.uk/what-we-offer/get-fit-and-healthy/health/everybody-junior-exercise-referral-scheme/>

The Camm Street Centre (Crewe)

We aim to provide the community with activities and classes at a reasonable price to ensure all those in the community can take part. From free programmes to members of the gyms to gymnastics and boxing, at all levels from those just wanting to stay active and have some fun, through to international level.

- <https://www.cammstreetcentre.com/>

Crewe Alexandra Soccer Centre

Various children's football clubs.

- <https://crewealexandrainthecommunity.com/>

Parkletics (Knutsford)

Parkletics is an outdoor gym which has been installed on Boothfields Green on the Longridge estate. It can be used by people of all abilities with details of exercise on an information board at the site.

Bollington and Macclesfield Sea Cadets

As a Sea Cadet you can go to sea, learn to sail and do adventure training, plus get extra skills to give you a great head start in life.

- <https://www.sea-cadets.org/bollington>

Egerton Youth Club

Sports club offering array of sporting and social opportunities to young people.

- <http://www.egertyouthclub.co.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.

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.

Safeguarding – 0-19 service

Email the 0-19 lead Safeguarding Nurse Kirsty Thomason here:

- kirstythomason@nhs.net

Online Referral forms for concerns which are not safeguarding:

- <https://www.cheshireeast.gov.uk/livewell/care-and-support-for-children/are-you-concerned-about-a-child/cheshire-east-consultation-service-cheecs/cheecs.aspx>

Cheshire East Council

Cheshire East Integrated Front Door Service – email address for Naomi Hollinshead:

- naomi.hollinshead@cheshireeast.gov.uk

Or call (option 3, then option 2:

0300 123 5012



Out of hours emergency duty team:

0300 123 5022



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.

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/>

Apply for Healthy Start





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