



Why weight

to talk?

REFERRAL PATHWAYS & SUPPORT SERVICES

For practitioners in
Halton

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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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National resources – further support services available nationally via NHS, DHSC, and other strategic partners



Safeguarding – contact information for your local safeguarding team



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:

- stephen.purcell@halton.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

Halton Health Improvement Team (HIT)

The Start Well Service at HIT offer a range of programmes for children and families. A summary of all programmes and services delivered by HIT can be found on the website below:

Improve your health



Parent bite-sized workshops; Fussy Eating, Sleep & Screens, Physical Activity & Sugar – these workshops are delivered online (via Teams), face to face at schools, children's centres, community groups.

Book here:

- [Parent/ Carer Bitesize sessions booking form | HBC forms \(halton.me\)](https://halton.me/HBC-forms)

Fit 4 Life programme via app – parents; 'Fit 4 Life in 30 days' aimed at parents/carers to develop healthy habits for the whole family.

For more information, visit:

- [Fit 4 Life App \(halton.gov.uk\)](https://halton.gov.uk/Fit4LifeApp)

Fit 4 Life Teen programme via app – teens (13–19 years) – 12-week programme encouraging young people to set goals to be more active, eat well, sleep well, and look after their mental health. Young people provided with free gym access for 12 weeks whilst on the programme. This programme is currently via referral and requires parental consent for under 16s.

Email: HIT@halton.gov.uk



HENRY

Healthy Families Right from the Start. This is an evidence-based 8-week programme for parents and carers of children aged 0–5 years. The programme helps families to set goals for healthier habits, enjoy time as a family being active, understand children's behaviour, improve parenting confidence, and help children grow up happier and healthier.

Standalone workshops are also available for parents/carers:

- Eating well for less (0–12 years)
- Healthy teeth (0–5 years)
- Healthy drinks (0–5 years)
- Looking after yourself (0–12 years)
- Let's get active (0–5 years)
- Understanding children's behaviour (0–12 years)
- Fussy eating (1–7 years)

Book here:

HENRY



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Tier 1

Infant Feeding Antenatal Workshops

Parents-to-be are invited to attend this workshop to learn about how to feed baby – whether that be breastfeeding, expressed breast milk, combination feeding, or formula. Learn what to expect, feeding cues, responsive feeding, and what support is available to you once baby is born.

Book here:

- [Antenatal Support | HBC forms \(halton.me\)](#)

Introducing Solid Foods Workshops

For parents of children aged 4-6 months. Parents can learn how to introduce solids and when, how to do it safely, and learn lots of tips and ideas to enable baby to enjoy this exciting phase in their development and eat a varied, nutritious diet.

Book here:

- [ISF booking form | HBC forms \(halton.me\)](#)

Halton Healthy Schools programme

Includes school council campaigns, award for young health champions, pupil workshops, whole systems obesity self-assessment framework. Schools complete an annual sign-up visit, which then gives access to the full programme. Schools should email HIT@halton.gov.uk to arrange a sign-up visit.

For all the above Health Improvement Team programmes, click or tap the buttons below:

0300 029 0029



Family Hubs

Family hubs support children and young people from birth until they reach the age of 19 (or up to 25 for young people with special educational needs and disabilities). They bring council, health and community services together so that families can access the right support at the right time.

Halton family hubs will provide a mix of physical and virtual spaces, as well as outreach, where families can easily access non-judgmental support for the challenges they may be facing.

Family Hubs in Halton:

- Kingsway Family Hub, Widnes
- Warrington Road, Widnes (Family Hub launch in 2024)
- Ditton Community Centre, Widnes (Family Hub launch in 2024)
- Upton Children's Centre, Widnes
- Halton Lodge Family Hub, Runcorn
- Brookvale Family Hub, Runcorn
- Windmill Hill Family Hub, Runcorn

Timetable of groups, activities and drop-in sessions can be found here:

- [Family Hubs timetable](#)

Learn more and get in touch here:

- [Halton Family Hubs](#)

Start for Life offer:

- [A guide to your local 0-5 family hub services](#)

HIT@halton.gov.uk



Tier 2

Fit 4 Life Weight Management Support – 5-13 years (Halton Health Improvement Team)

Fit 4 life programme for families identified as requiring support with making changes to diet, activity levels and family habits and routines. Families can access the Fit 4 Life app programme and 1:1 support from a Health Improvement Practitioner.

Refer here:

Referrals



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)



Eating disorder service

Specialist children's eating disorder service, based at Knowsley Resource and Recovery Centre on Whiston Hospital site.

Treat and support children and young people aged 8 to 18 years old living in Halton with symptoms of an eating disorder and their families and carers.

Signpost to GP or self-refer on the website:

Mersey Care
eating disorder service



Active Halton Leisure Card

Up to 40% admission charges to leisure activities in Halton. Eligibility criteria apply. Find out more: [leisurecard.pdf \(activehalton.co.uk\)](#)

Active Halton – activities and sports clubs:

Leisure centres offering memberships for gym and swim (teen gym for 11-18)

- Kingsway, Widnes: [Kingsway Leisure Centre | Welcome to Kingsway Leisure Centre in Widnes. Join up online \(activehalton.co.uk\)](#)
- Brookvale, Runcorn: [Brookvale Leisure Centre | Welcome to Brookvale Leisure Centre in Runcorn. Join up online \(activehalton.co.uk\)](#)
- Walking and Cycling routes: [Active Halton | Runcorn & Widnes activities](#)
- Sports Clubs for CYP in Halton: [Club Halton | Active Halton](#)

Active Halton Sports Development

Holiday activity programmes and sports clubs to encourage participation in sport and physical activity for adults and children.

Active Halton



0151 511 8282



Park Run and Junior Park Run

Free, weekly timed community events all over the world, including Runcorn and Widnes.

Park Run Saturday 9am 5km at Victoria Park, Widnes and Phoenix Park, Runcorn.

Junior Park Run (4-14 years) Sunday 9am 2km at Victoria Park, Widnes and Phoenix Park, Runcorn.

Register for parkrun



HAF (Holiday Activity and Food)

Every school holiday, children eligible for free school meals can attend HAF activity clubs. Places are also available to other vulnerable groups of Children and young people, such as SEND, young carers and NEET. Activities include sports and physical activity, drama, day trips, arts and crafts. All children are provided with a free lunch, and education around healthy eating. May include additional enrichment activities.

Upcoming activity clubs can be found here:

HAF provision



Fresh Beginnings

Child and family cooking classes in the community.

- <https://www.fresh-beginnings.co.uk/>
- Call: [07921 579213](tel:07921579213)
- Email: barbara@fresh-beginnings.co.uk

Halton Local Offer

The Local Offer is a user-friendly website co-produced with and for children and young people with SEN and/or disabilities (SEND), their parents, carers and professionals, providing information, resources and videos.

Halton's local offer



Runcorn and District Food Bank

Runcorn:

- [01928 577679](tel:01928577679)
- info@runcorndistrict.foodbank.org.uk

Widnes:

- <https://widnesfoodbank.org.uk/contact-us>

Halton & St Helens Voluntary & Community Action

Visit the Halton & St Helens VCA website to search for activities by age, area and theme. Includes hobbies, sports and physical activity, health and wellbeing, arts, creative writing, music and singing, learning.

Halton & St Helens VCA



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 Healthy 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>





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.

ICART – Integrated Contact and Referral Team

Details of when and how to refer to iCART:

- <https://hcypsp.haltonsafeguarding.co.uk/contact-and-referral-team/>

Halton Safeguarding Board for more information on safeguarding in Halton, access to training and information for professionals:

- <https://hcypsp.haltonsafeguarding.co.uk/>

Halton safeguarding board
(Monday – Friday, 9am-5pm)

0151 907 8305



Out of hours
emergency duty team

0345 050 0148



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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