



Why weight

to talk?

REFERRAL PATHWAYS & SUPPORT SERVICES

For practitioners in
Warrington

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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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Get in touch

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

- rachel.cartwright@warrington.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

Warrington Healthier Families Digital 8 Week Programme

The digital healthy weight 8-week programme is offered for families with children under 5.

The programme is the same format for all ages but will have different content based on the different ages. The eight sessions consist of five virtual/online and three in-person home visits.

Each week will have a goal, a PowerPoint on that week's theme, an exercise video demonstrating a simple exercise for that week, links to recipes, BDA fact sheets etc and an activity for the week – guess which drink has the highest amount of sugar etc. Example programme:

- **Week 1** – Intro to programme. Vitamins/Milk. Fussy Eating – Home
- **Week 2** – 5 main food groups. Portion sizes – Home
- **Week 3** – Healthy Balanced diet. Fast food v fresh food – Online
- **Week 4** – Reading food labels – Online
- **Week 5** – Sugars/Fats – Online
- **Week 6** – Mealtimes – Online
- **Week 7** – Oral Health – Online
- **Week 8** – Measurements, review and assess – Home

This is a rolling programme which is accessible 52 weeks a year with minimal wait. Anyone can refer onto the programme, plus a child/family can self-refer.

Email bchft.Oto19@nhs.net to refer with the individual's name and email address, they will then be sent a form requesting some additional information.

Local information on the WBC website:

Healthy families



Healthy lifestyles



Tier 2

Every Body Counts

Every Body Counts is a 12-week programme that has Physical activity, Mental wellbeing and Nutrition interwoven in its DNA to provide a bespoke programme for the young people and families of Warrington.

We wish to understand and work through the issues which are prevalent in Warrington today- including access to good quality food, mealtime experiences, stigmas regarding physical and mental wellbeing, access and awareness of quality support programmes, Inactivity, social isolation, lack of disposable income and debt.

Using the power of our wider community and with assistance from new and existing partners we aim to positively affect the lives of the families in Warrington. Through our programme we will actively support families who are ready to make positive changes to all aspects of their health and well-being; including physical activity, emotional wellbeing and nutrition.

Experienced lifestyle coaches with lived experiences in all 3 areas will co-deliver a 12-week programme to young people and their families.



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:

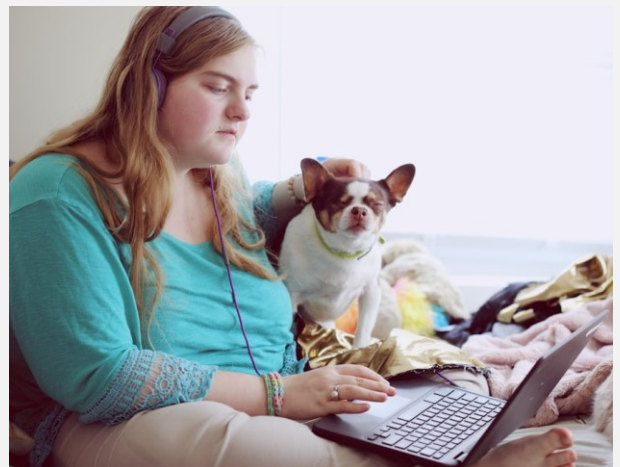
- Community paediatrician
- General practitioners (GPs) from primary care
- Other specialty clinics (e.g., mental health services or secondary care paediatrician)

Eating disorder service

Specialist children's eating disorder service delivered by Mersey Care NHS Foundation Trust and based at the Knowsley Resource and Recovery Centre on the Whiston Hospital site.

The service treats and supports children and young people aged 8 to 18 years old living in Halton, Knowsley, St Helens and Warrington boroughs with symptoms of an eating disorder and their families and carers.

Access to the service is either via a GP appointment or the self-referral form. Self-referral is available via the [Mersey Care website](#).



Warrington Youth Zone

Local centre for children/young people including a gym, sports hall, dance, indoor rock climbing, boxing and martial arts. Annual membership is £5 per year, plus 50p per session.

Warrington Youth Zone



Livewire memberships

Youth membership (age 11-15 years)

Access to swimming, 6 gyms across Warrington, timetabled junior gym sessions, all-inclusive racket sports.

Junior membership (2-10 years)

Also available with access to swimming and racket sports.

Livewire Warrington



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.

Multi-Agency Safeguarding Hub (MASH)

- Telephone: 01925 444 140

MASH



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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