

Child Healthy Weight Care Pathway 0 – 19 years (25 if SEND)

Change4Life Services are open to any children and young people regardless of weight – focus is on fun activities.

Universal Services

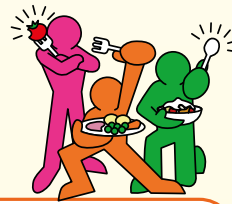
There is a range of services in each borough:



Westminster



RBKC



Who can refer?

COMMUNITY REFERRAL

Such as family hubs, schools, nurseries, social and youth workers, social prescribers, community settings.

If underweight, please refer to GP

SELF-REFERRAL

Parents/carers through promotion and publicity, NCMP letters

HEALTH PROFESSIONALS' REFERRALS

ASSESSMENTS BY GP, Health Visitor, School Nurse and Dietitian

If **BMI >98th** and **no** other complex needs or long-term health conditions **refer to C4L Service**. Otherwise refer to Clinical Assessment below.

Contact Change4Life Service

Website: www.family-action.org.uk/change4lifeservice

Email: Change4LifeService@family-action-org.uk

Phone number: 0208 960 074



Clinical Assessment by GP for co-morbidity/underlying cause

ALL BMI

UNIVERSAL - TIER 1

BMI >91st centile

TAILORED - TIER 2

BMI >98th centile

SPECIALIST - COMPLEX OBESITY

Change4Life Mini Club

0–4 years
5 weekly group sessions

Change4Life Kids' Club

5–11 years
5 weekly group sessions

Change4Life Young People's Club

11–19 years (25 if SEND)
5 weekly group sessions

Change4Life 1:1 coaching

5–19 (25 if SEND)
6 to 12 sessions
Personalised plans with individual goals

Children can still access Change4Life 1:1 coaching and universal clubs

Paediatric Dietitian

Co-morbidity or complex needs such as learning or educational difficulties

Paediatrician

Significant co-morbidity or complex needs such as learning or educational difficulties

After 5 weeks

- Signposting CYP/Family to other universal services such as Early Years, youth, community and voluntary services.
- Referring CYP/Family to Change4Life coaching and/or other supporting services.



Review at 6 sessions

Attitudinal change/Weight maintenance or reduction?

NO

- CYP/family is offered further support via Change4Life clubs and/or
- Is signposted on to other universal or specialist services and/or
- Is referred to school nurse for individual support.

YES

- Signposting CYP/Family on to other universal and/or specialists services.
- Ensuring CYP/Family has resources and further support to maintain change.



Supporting information about the Change4Life Service

Change4Life Clubs Universal Offer

All clubs deliver fun, interactive sessions that give children, young people, and families the skills and confidence to eat well, stay active, sleep well and boost emotional wellbeing. We use a whole-family approach focused on simple, enjoyable, achievable activities.



Clubs	Change4Life Mini Club	Change4Life Kids' Club	Change4Life Young People's Club
How long	5 weekly sessions	5 weekly sessions	5 weekly sessions
Who for	Children (aged 0-4years) to attend together with parents/ carer	Children (aged 5-11 years), to attend together with their parent/carers	Young people (aged 11-19 years or up to 25 years for SEND young people)
Where	Family Hubs, Children's Centres and community venues	Community venues and local organisations	Community venues such as youth clubs and SEND specialist organisations.

Change4Life 1:1 Coaching

How long

Six individual coaching sessions with extensions available to a maximum of 12.

Who for

Children, young people (on or above 91st centile for weight) and their families.

Where

C4L office, local youth provisions or children's centres.

What

1:1 meetings to talk about individual needs and support the development of a personal plan, exploring healthy eating, physical activity, sleep and lifestyle.

Follow up

Three and six-month check-in are scheduled to monitor goals and progress.

Change4Life Workforce Training

Free training for staff and volunteers working with children, young people and families. It covers a range of topics to support staff in sharing key public health messages and create settings that support families to eat well and be active. Training is offered:

● Online
 ● In Person
 ● Centrally
 ● Bespoke for individual settings

Nutrition and physical activity advice

e.g. menu reviews and support to improve physical environment

Workshops, lessons and assemblies delivered in your workplace to support parents, carers, children, and young people.

An Award Scheme that supports community settings to deliver projects that positively impact families.



To find out more, contact Change4LifeTraining@healtheducationpartnership.com

Supporting information for all adults – including parents/carers

One You Healthy Lifestyle service



Healthy Lifestyle services: one-to-one personal healthy lifestyle coaching and a choice of free healthy lifestyle interventions such as lose weight, eat more healthily, exercise more, drink less and address psychological challenges. Sessions can be accessed in person or online.

For adults

- Residents can refer themselves or can be referred by a professional.
- Referrals via phone: **08081756385**
- Or visit the website <https://oneyoukcw.co.uk/> to find out more.

Support is also available for stopping smoking (for 12 + year old residents)