

Children's Weight Management Team



Tel: 01473 704030

Fax: 01473 704266

Email:

childweight.manage@ipswichhospital.nhs.uk

Working with



Who are we?

The Children's Weight Management Team is a new service that is being piloted across Suffolk to try to address the increasing prevalence of childhood obesity. We are a multidisciplinary team including a dietitian and physical activity advisor who will work with overweight children, young people and their families to achieve and maintain a healthy weight through positive lifestyle choices.

What do we offer?

Children and their families

We will be offering individual advice with the option of one-to-one clinic sessions for the children and their families. We will aim to discuss issues around food, nutrition, physical activity and behaviour change. The clinics will be held in a range of community locations throughout Suffolk. This service will help support the National Child Measurement Programme and Change4Life initiatives.

Health professionals

We can also offer advice, support and training on weight management issues to health professionals and other people working with children, young people and their families.



Group sessions

The following groups are currently running throughout Suffolk and may be recommended to those referred to the service.

These currently include:

MEND (Mind Exercise Nutrition... Do it)



The MEND programme is a fun course for families and their children aged 7–13 whose weight is above the healthy range for their age and height. They will learn about nutrition and how to eat a balanced diet; how to be more active and keep motivated; how to change attitudes towards food and exercise to feel fitter, healthier and happier.

www.mendprogramme.org

Activ8it plus

This programme is running in conjunction with Ipswich Town Football Club for 12–16 year olds aiming to help them become fitter and more aware of healthy eating. The programme runs over 10 weeks and consists of two hours of fun-based activities focussed on food and exercise.

Fire Fighting Fit and Healthy

This is an eight-week programme based at Bury St Edmunds fire station aimed at 11–14 year olds. The cadets will learn about healthy nutrition and undertake fun team-based tasks using gym equipment and fire fighting equipment. The overall aim is to enable a sustainable healthier lifestyle and at the end of the course to make long-term links for the young people into pastimes with an outdoor or physical activity orientation.

How to contact us

We welcome telephone calls directly from parents and carers as well as from doctors, nurses and other people working with children, young people and their families.

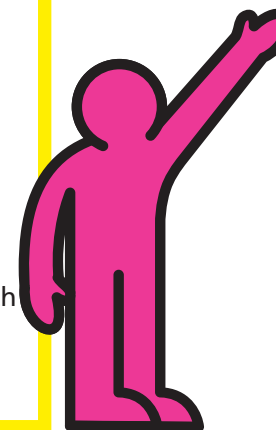
Tel: 01473 704030

Email: childweight.manage@ipswichhospital.nhs.uk

Alternatively please complete the attached referral form and post or fax to:

Children's Weight Management Team
c/o Nutrition and Dietetics Department (N040)
Ipswich Hospital
Heath Road
Ipswich
IP4 5PD

Fax: 01473 704266



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Contact Form

By completing the information below, the child or young person and their parent or carer is agreeing to be contacted by the Children’s Weight Management Team to receive further information about the service and the opportunities available for advice and support regarding weight management.

Child’s name			
Child’s date of birth	Child’s age	Child’s weight (in kg)	
Parent/Carer’s name			
Mobile number			
Daytime telephone number			
Address			
Postcode			
Name of referrer			
Referrer’s job title			
Referrer’s contact number			
Referral date			

Please return by fax to: **01473 704266**

or post to:

Children’s Weight Management Team
 c/o Nutrition and Dietetics Department (N040)
 Ipswich Hospital
 Heath Road
 Ipswich
 IP4 5PD