

Referral Guidance for Specialist Child Weight Management Services In East & West Suffolk

**One
Life
Suffolk**

NHS

Supported by Ipswich and East Suffolk Clinical Commissioning Group and West Suffolk Clinical Commissioning Group

OneLife Tier 3 Specialist Weight Management Services For East & West Suffolk

OneLife Specialist Family Service consists of a multi-disciplinary team comprising of a dietitian, family therapist, sports and exercise professionals who work with weight management practitioners to provide a comprehensive weight management service for families in East and West Suffolk, delivered locally.

New patients will be assessed and offered appropriate treatment, as part of a specialist 12 month programme which will be delivered from venues across Suffolk.

This is an evidence based, psychologically underpinned programme based on a Cognitive Behavioural Therapy intervention combined with specialist dietetic input. Moderate and sustainable weight loss and long-term weight maintenance is the goal of the service.

WHO IS ELIGIBLE?

Children and young people aged between 5 – 18 years who have:

- BMI > 91st centile and comorbidities, such as, physiological, psychological, social, educational or emotional difficulties.
- BMI > 95th centile without comorbidities or complex needs.
- Children and young people who have previously accessed a tier 2 service and subsequently identified as requiring more intensive support, parent/carer has a history of an eating disorder, complex medical history including co-morbidities, complex social history.
- Focus on enabling clients from the 40% most deprived LSOA's to access the service.
- Enquiry received for weight management support via: School Nurses; GP; Other Health Professional (incl. Midwife, Health Visitor); Social Care (Incl. OT's, Social Workers); and Outreach/Community Events.

EXCLUSION CRITERIA

- Children, young people and families who live outside the geographical boundaries of East and West Suffolk.
- Children and young people who are under the 91st BMI centile
- Children and young people who are not within the age criteria of 5 -18 years old
- Active Psychosis
- Active Substance Abuse Disorder (SUD) including Alcohol
- Individuals who have undergone Bariatric Surgery in the last 12 months



FAQ'S

CAN SIBLINGS ATTEND THE PROGRAMME TOO?

Yes, if one child in the family is eligible, then their siblings can attend too.

HOW MUCH DOES THE SERVICE COST?

The service is FREE to Suffolk Residents in the East and West of the county.

THE CHILD IS 16 YEARS OLD OR OVER BUT DOESN'T WANT TO ATTEND THE FAMILY PROGRAMME, IS THERE AN ALTERNATIVE?

Yes. They could attend a 1-1 programme, our 12 week adult weight management programme or request slimming world vouchers.

WHAT AGE DOES THE CHILD NEED TO BE?

Our programmes are suitable for 5-18 year olds.

WHAT DO FAMILIES NEED TO BRING TO THE PROGRAMME?

Children will need to bring water and be dressed suitably for physical activity, e.g. comfortable clothes that they can move freely in and trainers.

WHAT IS THE MAXIMUM NUMBER OF CHILDREN ON THE PROGRAMME?

In our family programmes we invite no more than 10 families.

IS A ONE TO ONE SERVICE OFFERED?

We do offer 1-1 support this is assessed on a case by case basis. The 1-1 programme consists of 4 weekly sessions, 2 bi-monthly sessions and monthly sessions thereafter.

MY CHILD HAS A LEARNING DISABILITY OR BEHAVIOURAL ISSUES, CAN THEY STILL ATTEND?

Yes, make us aware of the condition your child presents with and we can assess the support that may be required on the programme.

DO PARENTS HAVE TO ATTEND THE 12 MONTH PROGRAMME TOO?

The idea of the programmes is to support changes in the home amongst the whole family. If the parent/s are unable to attend or are not the main carer or guardian of the child then other family members can attend instead, e.g. grandparents.

THE CHILD IS UNDERWEIGHT, CAN YOU HELP?

Unfortunately, the OneLife Suffolk service is only commissioned to offer support to children who are above the healthy weight range.

CHILDREN'S SERVICE LEAD

Contact Details

Madi Wright

Tier 3 Children's Service Lead

Call: **07818 552916**

or Email: **madi.wright@onelifesuffolk.co.uk**



HOW DO YOU REFER?

- Complete an online referral form – www.onelifesuffolk.co.uk/sign-up
- Call our Client Service Team on **01473 718193**
- Contact the Children's Team – Childrens@onelifesuffolk.co.uk for hard copies of our referral forms and freepost envelopes

FOR MORE INFORMATION ABOUT OUR SERVICES:

Call: **01473 718193**

or visit: www.onelifesuffolk.co.uk

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