

What is Reach?

Reach, is South Gloucestershire's tier 2 child weight management service. It has been redeveloped, by building on its strengths and including new features to better support children, young people and their families. The service design is informed by evidence, guidelines and feedback from partners and service users. We will evaluate how well the service works.

Reach aims to:

- Promote the health and wellbeing of children and young people by increasing physical activity, boosting mental health and wellbeing and improving nutritional intake
- Support children and young people to reduce their BMI; this could be by weight maintenance and growing into a healthier weight, rather than weight loss, depending on the age of the child, stage of growth and degree of obesity
- Provide a family based approach and offer group programmes and 1:1 support to encourage positive lifestyle changes
- Support partners in their work with overweight or obese children, young people and families.

Reach does not meet the needs of all overweight and obese children and young people and we will refer on to other partners/programmes if a different type of support is needed, for example, specialist tier 3 support.

What are the referral criteria?

Any child referred needs to:

- Live in South Glos. *or* registered at a GP surgery in South Glos. *and*
- Have a BMI above the 91st centile (overweight, obese, severely obese)

In addition parents/carers:

- Must consent to the referral
- Need to commit to Reach and be ready to make lifestyle changes.

Who can make a referral?

- Parents/carers can self-refer
- Practitioners and health professionals can also refer

What happens when a referral is received? And what is an initial assessment?

Once a referral is received the family is invited to an initial assessment. This is an opportunity to talk about the child/young person and parent/carers needs, expectations, and agree appropriate support. This could be group sessions, 1:1 support or referral to other partners/programme. The assessment usually takes place at a GP surgery or the child's school at a time to suit the family.

What group programmes and 1:1 support is available?

We run group sessions across South Glos. throughout the year. These usually take place in Leisure Centres and community settings. To find out what groups are currently running visit our [webpage](#). If a group programme is unsuitable we may offer 1:1 sessions for the child/young person and their family.

What topics are covered in group programmes and 1:1 support*?

Each group meeting includes a physical activity session. We also focus on:

- ★ Positive self-esteem and building resilience
- ★ Sedentary behaviour and sleep
- ★ Positive relationships with food
- ★ The Eatwell Guide
- ★ Mealtimes
- ★ Portion sizes and fussy eating
- ★ Sugar awareness and water
- ★ Cooking and meal planning
- ★ Reading nutrition labels, snacking and processed food
- ★ Final session & exit route

*A selection of the topics listed above are covered in the 1:1 sessions depending on the family's needs.



Primary group programmes (4-11 years)

- Fun and interactive session for children 4-11 years and their families
- 1 hour weekly sessions for 7-10 weeks
- Parents/carers take part in an interactive session whilst children take part in a physical activity session
- Additional weekly ongoing family physical activity sessions available
- A family cooking session also included
- Activities throughout to boost confidence and wellbeing



Secondary group programmes (11-16 years)

- Fun and interactive group sessions for children 11-16 years and their families
- 1.5 hour weekly sessions for 7-10 weeks
- 45 minutes interactive session and 45 minutes of physical activity
- A family cooking session also included
- Activities throughout to boost confidence and wellbeing



1:1's

- Fun and interactive support for children/young people 4-16 years
- Flexible support depending on the family's needs
- Sessions usually take place at the families GP surgery or child's school
- Activities throughout to boost confidence and wellbeing

What about mental health and wellbeing?

Reach aims to boost confidence and wellbeing. All children and young people aged 8 years and above complete The Warwick-Edinburgh Mental Well-being Scale (WEMWBS). If any concerns are raised about a child or young person's mental health and wellbeing they will be referred to their GP.

Are children with complex needs supported?

If a child/young person has a BMI above the 98th centile and has comorbidities, complex needs Reach may still be able to provide general support. Alternatively, the GP may refer the family to the tier 3 specialist service at Bristol children's hospital.

Are children with disabilities supported?

Any child or young person with a disability can access Reach. If they have a BMI above the 98th centile Reach may still be able to provide general support. Alternatively, the GP may refer the family to the tier 3 specialist service at Bristol children's hospital.

Do you have other queries?

If yes, please phone **01454 864005** or email healthylifestyles@southglos.gov.uk

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