

Public Health

Raising the Issue of Weight

TARGET AUDIENCE

This two hour workshop is suitable for practitioners working with children, young people and families, including:

- Early Years practitioners
- Children Centre workers
- Health Visitors
- School Nurses
- Family Support Workers
- Parent Link Workers
- School staff

AIMS & OBJECTIVES

- To identify the barriers to discussing weight
- To use appropriate language
- To increase confidence in raising the issue of weight in own setting
- To increase awareness on how to support and refer families into a relevant service

BOOK A PLACE

COURSE DESCRIPTION

Overweight children are more likely to have poorer mental and emotional health, with many experiencing teasing and bullying linked to their weight. They may have low self-esteem, be socially isolated and regularly take days off school, resulting in poor attendance.

They are also more likely to become obese adults with a higher risk of chronic ill health, disability and premature mortality.

As part of a holistic approach to a child's health and wellbeing, professionals & practitioners in health, education and social care have a professional responsibility to help families recognise and acknowledge the importance of a healthy weight.

Like many sensitive subjects, it is often the way in which the issue is talked about rather than the issue itself that causes problems for both practitioner and family. The stigma attached to obesity makes it harder for practitioners and families to talk openly and constructively about it.

This new course aims to build confidence in raising the issue of weight with families. A brief and appropriate conversation can be an important first step towards positive wellbeing.

DATE/TIME/VENUE

Thursday 21st June 2018, 9:30am-11:30am at Emerson's Green Medical Centre, BS16 7AL

Thursday 27th September, 2018, 9:30am-11:30am at Coniston Community Centre BS34 5LP

Tuesday 22nd January 2019 12:30pm-2:30pm at The Batch Community Centre BS30 8EB

Alternatively, we can deliver a bespoke training session to your colleagues/team (minimum number is 10)

COST

No cost

FACILITATORS

Nicola Ellis, Specialist Health Improvement Practitioner
Sarah Cornell, Healthy Weight Coordinator
Public Health and Wellbeing Division

