

# Public Health

## Raising the Issue of Weight

### TARGET AUDIENCE

This 2 ½ hour workshop is suitable for practitioners working with children, young people and families, including:

- Early Years Practitioners
- Children's Centre Workers
- Health Visitors
- School Health Nurses
- Family Support Workers
- Parent Link Workers
- School staff
- FYPS Engagement Workers

### 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

#### To book a place visit:

<https://learning.southglos.gov.uk/cpd/portal.asp>

### 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 be regularly absent from school. They are also more likely to become obese adults with a higher risk of chronic ill health, disability and premature mortality.

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.

A key first step in supporting families to make lifestyle changes is initiating a conversation. This course aims to build confidence in raising the issue of weight with parents and carers and how to support them to take steps towards positive action.

### DATE/TIME/VENUE

- **Wednesday 15<sup>th</sup> May 2019 9.30am – 11.30am Turnberrie's Community Centre, Thornbury BS35 2BB**
- **Tuesday 2<sup>nd</sup> July 2019 at 9.30am – 12.00 noon Lyde Green Community Centre, Lyde Green BS16 7GW**
- **Tuesday 1<sup>st</sup> October 2019 at 9.30am – 12.00 noon Coniston Community, Patchway BS34 5LP**

There is no cost to attend training

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

### FACILITATORS

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

## Comments from workshops participants

*'A very helpful training session'*  
Student Nurse

*'An excellent session. Thank you. Both Nicky & Sarah came across as very knowledgeable and weren't fazed by questions. Really enjoyed it'*  
Sports Instructor

*'A really useful course'*  
Family Support Worker

*'Really useful to find out about services and gives us confidence to talk about it'*  
Year 3 Teacher

*'Informative and clear'*  
Deputy Headteacher

*'Great session'*  
GP

*'Excellent – thank you! I have more confidence now! Very good resources'*  
Parent link worker, Primary School

*'Concise, relevant, good balance of theory and practice – thank you!'*  
Young People Drug & Alcohol Service Team Leader

*'Actually feeling it is an issue which cannot be ignored'*  
Nurse Practitioner

*'Lovely session, well presented'*  
Medical Health Liaison Assistant, Primary School

*'Very good content, well presented'*  
Practice Nurse

*'Found course very informative and helpful'*  
Deputy Manager, Pre-School