

Child & Youth Healthy Weight Service Provision Directory



A collation of information about West Berkshire's child & youth lifestyle & weight management intervention services to aid signposting & referral



West Berkshire
COUNCIL

Programme name:	Brief description	Target group / eligibility criteria.	Referral route	Where are sessions available?	When?	Key contact (Name, telephone / email)
Services Available in the Community						
Park Run	Free 5K timed walk or run route	Adults & Children (children under 11 must be accompanied by an adult)	Open to all – register online before first race at: www.parkrun.org.uk	Greenham Common (Access via Greenham Common Business Park, Venture West Building, RG19 6HN)	Every Saturday 9am	www.parkrun.org.uk/newbury
Run Together	Free running groups with qualified run leaders	Beginners, aged 12+ & Adults	Self/GP/Health professional	See timetable at: www.westberks.gov.uk/runengland www.runtogether.co.uk/runtogetherwestberks	Daily	Contact: Programme Support Officer Tel: 01635 519679 e-mail: walking@westberks.gov.uk https://groups.runtogether.co.uk/runtogetherwestberks
Cycle West Berkshire	Free cycling groups with qualified cycle coaches who can offer advice & encouragement. Is an opportunity to improve your fitness, set goals & meet new people. Helmets are essential as is a bike check and a consent form for under 18s Meet at 9:30am for a one to two hour ride which is predominantly road based	Adults, Families, Beginners	Self/GP/Health professional	1st Sunday in Month: Northcroft Leisure Centre, 9.30am, Families, 10-15 miles 3rd Sunday in Month: Park House School, 9.30am, Adults or 16+, 30 miles	1st Sunday in Month & 3rd Sunday in Month	Facebook - West Berkshire Go Sky Ride Tel: 01635 519 679 www.facebook.com/groups/546807532168458/ www.westberks.gov.uk/physicalactivity
Green Bags	Sports equipment available for hire. Bags containing Kwik cricket, rugby, football, hockey, tennis & badminton equipment.	Families	Self/GP/Health Professional	Equipment available to hire at: Thatcham Town Council Northcroft Leisure Centre Mobile Library, Speen, Victoria Park, Calcot, BeechHill Parish Council	Daily	Contact: Programme Support Officer Tel: 01635 519679 e-mail: zoe.campbell@westberks.gov.uk
East Family Wellbeing Hub (Calcot): Wiggle Tots/ Wiggle Babes	A music and movement group that will include lively actions songs and rhymes. 45 minute session	Tots – under 5 years Babes – under 1 year	Welcome to just turn up or contact Family Hub on Tel: 0118 945 6157	Tots – Spring field School, Tilehurst. Thursday 10:15 – 11am. Pangbourne School Community Room, Friday 11-11:45 Babies Pangbourne School Community Room Friday 10-10:45	As listed	Hayley Brazil Tel: 0118 945 6157 e-mail: hayley.brazil@westberks.gov.uk
East Family Wellbeing Hub (Calcot): Fun 2B Fit	Programme to encourage healthy eating, activity, drinking water and less screen time which is promoted at all sessions. Children can participate by gaining stickers on a passport and winning a prize when completed Please contact the Hub for information about nearest location	Under 5's	Welcome to just turn up or contact Family Hub on Tel: 0118 945 6157	All Stay, Play and Learn sessions at various locations around the reach area	Mondays, Tuesdays, Thursdays	Jo Roberts Tel: 0118 945 6157 e-mail: joanne.roberts@westberks.gov.uk

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East Family Wellbeing Hub (Calcot)	Breastfeeding Session	Mother & baby	Welcome to just turn up or contact Family Hub on Tel: 0118 945 6157	East Family Wellbeing Hub, Calcot	Thursdays 3-4pm	Tel: 0118 945 6157
West Family Wellbeing Hub (Newbury): Fun 2B Fit	Programme to encourage healthy eating, activity, drinking water and less screen time	Under 5's	See Website for details	Sessions at various locations-see website for details	See Website for details	info.westberks.gov.uk/index.aspx?articleid=32962
Central Family Wellbeing Hub (Thatcham): Fun 2B Fit	Programme to encourage healthy eating, activity, drinking water and less screen time	Under 5's	See Website for details	Central Family Wellbeing Hub Park Lane Thatcham RG18 3PG Sessions at various locations- see website for details	See Website for details	info.westberks.gov.uk/index.aspx?articleid=32960
Legacy Leisure: Activ 8	Access for 8-16 year olds to West Berkshire Leisure Centres. Supervised sessions on C.V. equipment and resistance equipment	8-16 year olds	Access to all	Contact your West Berkshire Leisure Centre for session times	Contact your West Berkshire Leisure Centre for session times	Contact your West Berkshire Leisure Centre for session times
Get Berkshire Active: Satellite Clubs	Satellite Club sessions are regular weekly sessions which take place in a range of sports in school and community sessions. All sessions have a focus criteria / age range but they are open to the whole community not just people who go to the venue which is hosting the session. All sessions are free or low cost.	The following Satellite Clubs are currently taking in West Berkshire (Eligibility Criteria alongside) St Barts – Volleyball Newbury Volleyball Club11 -18	No Referral required	Details in section 3	For further details on individual Satellite Club sessions contact Neel Sood or James Craggs at Get Berkshire Active neel.sood@getberkshireactive.org james.craggs@getberkshireactive.org	Neel Sood or James Craggs Tel: 01628 472 851 e-mail: neel.sood@getberkshireactive.org e-mail: james.craggs@getberkshireactive.org www.getberkshireactive.org/3649/news/article/the-launch-of-satellite-clubs/
The Emotional Health Academy	Helping children, young people and families find support for emotional well-being earlier, faster and more easily.	0-19	Self referral or health professional http://info.westberks.gov.uk/index.aspx?articleid=32483	Across West Berkshire	See website for more details	West Berkshire Emotional Health Academy Operations Manager: http://info.westberks.gov.uk/index.aspx?articleid=32139&contact=0

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School Based Nutrition Service						
Phunky Food	Delivering key Healthy Eating and Physical Activity messages for children aged 4-11. Offering lively cross-curricular approach through art, music, history, drama and hands on food activities, delivered via the curriculum, clubs, assemblies, pupil workshops and parent workshops to provide a whole school approach. The contract with West Berkshire Public Health has just been renewed for 2 years until July 2018.	Currently 16 schools selected by West Berkshire Public Health (WBPH) using the NCMP data. At the end of last year the programme was opened up and offered to any primary school in West Berkshire.	Currently through WBPH	Currently West Berkshire primary schools	During term time only although we have attended some relevant local events either directly through the schools or events put on by the council	Lynsey Barraclough Tel: 01423 858123 e-mail: lynsey@purelynutrition.com www.phunkyfoods.com
Weight Management Programmes: Community &/or School						
Lets Get Going	10 week multi-component group programme aimed to inspire, engage & enable children & families make healthy lifestyle choices in the long term	Ages 7-12 & their families	Through participating schools or in community by Self referral, GP, schools or health professionals	Participating Schools in West Berkshire & Community	Tel: 01183 341 864 Email: info@lets-get-going.co.uk www.lets-get-going.co.uk	Tel: 01183 341 864 e-mail: info@lets-get-going.co.uk www.lets-get-going.co.uk
Eat 4 Health	10 week group programme with interactive nutrition workshops & exercise sessions	Age 16+ with a BMI of 25+	Self Referral, GP, health professionals		Tel: 0118 449 2036 Email: info@eat-4-health.co.uk www.eat-4-health.co.uk	Tel: 0118 449 2036 e-mail: info@eat-4-health.co.uk www.eat-4-health.co.uk
Specialist Services						
Health Visiting Service Berkshire Healthcare NHS Foundation Trust	Signposting, health education, health promotion	Children 0-5 years resident in West Berkshire	Self-referral	Various sites in West Berkshire	Monday – Friday 09.00hrs-17.00hrs	Named health visitor (see red book for details) Duty Health Visitor Tel: 01635 273626 www.berkshirehealthcare.nhs.uk

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School Nursing Service Berkshire Healthcare NHS Foundation Trust	<p>The school nursing service offers support and advice to families and young people on weight management and healthy eating. If required the school nurse can refer on for further medical advice or to the dietetic service.</p> <p>The School Nursing service offers the National Child Measurement Programme to children in reception and at Year 6 who attend a West Berkshire local authority or academy school.</p>	Children of school age who attend local authority or academy schools in West Berkshire. Families of children who are home schooled can also access the service	Families can self refer to the school nursing service	School nurses offer telephone advice or appointments at school, West Berkshire Community Hospital and in some circumstances through home visits	The service is mainly term time and appointments arranged as required	<p>School Nursing Services West Berkshire Community Hospital London Road Benham Hill Thatcham Berkshire RG18 3AS</p> <p>Tel: 01635 273384 e-mail: bks-tr.CSNWestBerks@nhs.net www.berkshirehealthcare.nhs.uk</p>
Nutrition and Dietetic Service Berkshire Healthcare Foundation Trust	<p>We see referrals for children with the following conditions:</p> <ul style="list-style-type: none"> Children with food allergies/intolerances, faltering growth and nutritional deficiencies Children requiring weight management advice will be offered a one off appointment to offer information regarding healthy eating. In some cases a further follow up appointment to give further support is offered. 	Children aged from birth to 16 years	<p>We accept referrals from primary care which should be sent via the Health Hub.</p> <p>Health Hub contact details: Tel: 0300 365 1234 Email: Bks-tr.healthhub@nhs.net Fax: 0300 365 0400</p>	<p>Patients are seen in an outpatient setting. We offer outpatient appointments in the following venues:</p> <p>West Berkshire Community Hospital (WBCH), Thatcham 689 Oxford Road, Reading Hungerford clinic, Hungerford Wokingham Hospital</p>	<p><u>WBCH (weekly clinic)</u> Wednesday 13:00 – 16:00 pm Thursday 9:00 am – 12:00 pm <u>689 Oxford Road (weekly clinic)</u> Monday 13:00 – 16:00 pm Tuesday 9:00 am – 12:00 pm <u>Hungerford clinic (monthly clinic)</u> Wednesday 9:00 am – 12:00 pm <u>Wokingham Hospital</u> Monday 9:00 am – 12:00 pm Tuesday 9:00 am – 12:00 pm Tuesday 13:00 – 16:00 pm</p>	<p>Dietetic Appointments are made via: Admin Team, Nutrition and Dietetics, West Berkshire Community Hospital</p> <p>Tel: 01635 273710 bks-tr.WestBerksDietitians@nhs.net www.berkshirehealthcare.nhs.uk/ServiceCatInfo.asp?id=50</p>
Time to Talk	Free confidential counseling service for young people aged 11-25 in West Berkshire	Ages 11-25	Self Referral	Broadway House, Newbury & The Downs School Kennet School Theale Green School Willink School		<p>Tel: 01635 581421 Book appt online at: www.14-21timetotalk.btik.com</p>

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Paediatric Department Royal Berkshire Hospital Reading	<p>Obese children can be referred to exclude underlying organic pathology and to exclude co-morbid conditions.</p> <p>Dietetic support is available for those children with underlying medical conditions causing the obesity and those with secondary complications eg type 2 diabetes</p>	<p>Children with obesity onset under 2 years or with clinical features suggesting underlying medical pathology.</p> <p>Children with obesity and family history of early cardiovascular morbidity</p> <p>Children under 16 years with BMI greater than 98th centile for age</p>	<p>GP referral</p>	<p>Royal Berkshire Hospital</p>	<p>Paediatric clinics Monday to Friday</p>	<p>Paediatric Department Royal Berkshire Hospital London Road Reading RG1 5AN Tel: 0118 322 5111</p>
<p>Extra Info: The adult bariatric service at the Royal Berkshire Hospital currently only takes referrals for young people of 18 years but may consider some referrals age 17 years. Referral to specialist paediatric tertiary centres in London following initial paediatric assessment is possible for severely obese children with complications who need a more comprehensive service. Child safeguarding should be considered if families fail to engage with medical professionals but lack of weight reduction alone is not a reason for referral. Unfortunately the paediatric dietetic service does not have capacity to see children with obesity who do not have secondary complications or underlying medical aetiology.</p>						