

Barnet Children and Young People's (CYP) Healthy Weight Programme

Weight management is complex and is driven by multiple and interacting behavioural, social and environmental factors. Healthy weight management is not just about eating well but also involves other components such as exercise, mental wellness and environments. Reducing levels of excess weight in childhood encourages the establishment of sustainable healthy lifestyles into adulthood which will save lives through reducing the risk of living with long term chronic conditions or dying prematurely. The focus of child weight management is generally on 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).

Current insight and data on excess weight within Barnet can be found within the [Joint Strategic Needs Assessment](#).

For CYP and adult weight management support and information refer to Your Health Barnet [here](#).

Specialist services to provide additional support children, young people and their families

Maternity/ post-natal	<ul style="list-style-type: none"> Maternity services Health visiting services Breastfeeding support
Healthy Weight Nurses	Age 4- 12 years: Above 99.5 Percentile with no complex needs or other underlying health conditions 1-to-1 support for family-3 sessions in total. Following sessions families referred to Xplore for further support whh-tr.barnethealthyweightteam@nhs.net the and the contact number is 08007723110 or 02036334049
Xplore- Better GLL	Age 4- 13 years: Between 91st – 99.5 percentile with no complex needs or other underlying conditions targeted 8-week programme. Group support with family at multiple venues across the borough Tel: 0208 487 9907 Email: xplore.barnet@gll.org Website https://www.better.org.uk/fab-health-wellbeing
Gro Health	Gro Health is Barnet's new healthy lifestyle and weight management support offer for young people. If you're aged 13-19 years (up to 25 years with SEND), you and your family can get free support from Gro Health for 12 months including: - Sustainable weight management support - Healthy eating education - Getting active - Improving mental health and sleep Register your interest by visiting grohealth.com/barnet
Barnet Hospital Paediatric Service	No commissioned community service but children if underweight can be referred via GP to paediatric dietician. Central London Community Healthcare NHS Trust :: Nutrition and dietetics (clch.nhs.uk)
Complications from Excess weight clinic (CEW) Available to NCL boroughs	The CEW clinic is for children and young people aged 2 years up to their 18th birthday who have serious health conditions caused by weight. Examples include type 2 diabetes, sleep apnoea or problems with mobility Complications from excess weight clinic (CEW) Great Ormond Street Hospital (gosh.nhs.uk)
Eating Disorders	Barnet Integrated Clinical Services / Barnet CAMHS Royal Free eating disorders referral information Eating Disorders Association Barnet Council

Family and school support

Prenatal and post-natal

- [Breastfeeding support](#)
- [Breastfeeding welcome scheme](#)
- [Maternity services](#)
- [Health visiting services](#)
- [Pre and post natal swimming \(Barnet GLL\)](#)

Family Support

- [Children' Centres](#)- range of advice, information and support including “weigh ins” and activities for children under five and their families including stay and play; parenting workshops; cooking lessons and much more
- [Healthy Start](#) -more than 10 weeks pregnant or have a child under 4, mothers may be entitled to get help to buy healthy food and milk. Also gives access to healthy vitamins.
- [Budgeting for food](#)- recipes and other ideas for healthy eating on a budget
- [NHS Eat well](#)- advice on eating a healthy balanced diet
- [Barnet Keeping Well and Active](#)
- [Healthy Early Years Award London](#)- for early year settings
- [Oral Health Team](#)
- [Bread n butter -community cooking together](#)
- B-eat www.beateatingdisorders.org.uk for information, support and resources.
- [Food and Me](#) – Disordered eating support and webinars for 16+ years and families [email](#)

Support in schools

- [Activate](#): 4 week in school programme for Year 5 & 6 children. 60-minute physical activity and nutritional workshops with an optional additional 1 week Change for Life Workshop
- [Assemblies](#): 5 - 20-minute assemblies covering healthy living subjects which can include a whole school challenge
- [School nurse drop ins](#)- each school has access to a school nurse for 1:1 support and educational events hcp.4barnet@nhs.net duty line is 0800 772 3110
- Healthy Weight Nurses**: offer coffee mornings and 1:1 advice whh-tr.barnethealthyweightteam@nhs.net and the contact number is 08007723110 or 02036334049
- Food- related mental health**- talk to [School nurse or BICS@barnet.gov.uk](#)
- [Healthy schools award London](#)- whole school approach to health and wellbeing within schools
- [Kooth.com](#)- on line counselling for mental health and wellbeing
- [Sugar Smart Barnet](#)
- [HELP Programme](#) by BreadnButter
- [Give. Help. Share](#)

Online Resources and Apps

- [NHS Healthier families](#) used to be known as Change for life- Information recipes and activities for families
- Your [Health Barnet](#) - information and support for you and your families health
- Fit and Active Barnet (FAB) HUB www.better.org.uk/fab-hub
- [Better at Home \(GLL\)](#) online exercises and library of e resources
- [Couch to Fitness | Couch to Fitness](#)
- [Sport England: This Girl Can](#)- inspiring activity for women and girls
- [Better at Home](#)- online classes and resources for all the family
- [MECC](#)- resources and eLearning around health-related conversation
- [Food scanner app](#) – healthy eating
- [Tips for Children and Young People's Feeding and Eating Disorders](#) as part of the MindEd Feeding and Eating Disorder Hub.
- [British Nutrition Foundation](#)

Fit and Active Barnet

Fit & Active Barnet (FAB) seeks to create a more active and healthier borough. To achieve this a FAB Hub has been created where you will find almost everything you need to help you lead an active and healthy lifestyle. Featuring an activity finder, health and wellbeing guidance and much more the Hub is your one stop resource to a fitter and healthier you! www.better.org.uk/fab-hub

All Barnet residents are eligible for a **FREE FAB Card** which offers exclusive benefits and discounts across Better leisure centres and community based activities. Examples include free swimming across Better Barnet swimming pools for under 8's and 8-15-year-olds swim for £1 (Mon-Sat). Carers (including foster carers), looked after children and young people and those who are care experienced are also eligible for free swimming across Better Barnet swimming pools (during all public swim sessions). For more info and to register visit www.better.org.uk/fab-card

Fitness

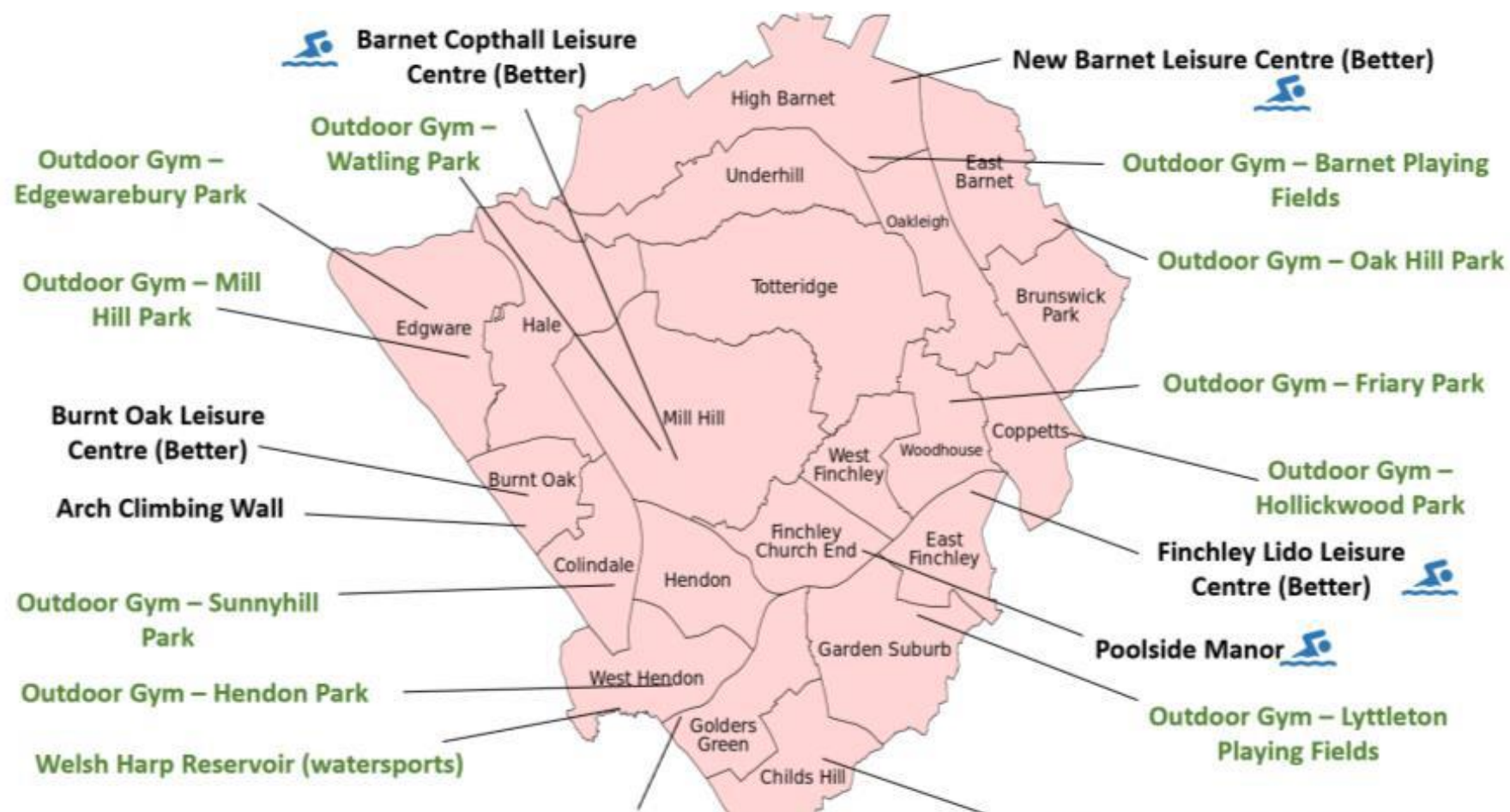
- [Better Junior Gym](#) -gym membership for 11- 15 years
- [Junior Park Run](#) - free 2k running for 4-14 years (Friary Park)
- [Park Run](#)- for ages 14 years and above
- [Walks and trails in Barnet](#)- active trails and shorter walks for all the family
- Free swimming for U8's and 8-15 year olds swim for free (Mon - Sat) with a [FAB Card](#)
- [Better in Barnet](#)- leisure centres
- [Barnet Partnership for School Sport](#)- working with schools

Outdoor fun

- [Parks and Open Spaces](#) Green space, outdoor fitness and play areas
- [Cycling in Barnet](#) cycling routes and cycling to school
- [Active travel Barnet](#)
- [Geocaching](#) – hide and seek fun

Leisure services and parks

[Parks, sport and leisure | Barnet Council](#)



Produced by:

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