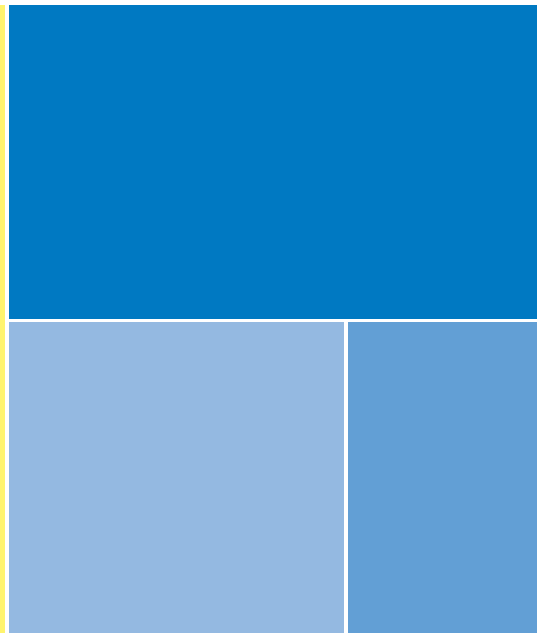


Health Weight Team



[Patient Information](#)

The James Paget Paediatric Healthy Weight Team is here to help you to find out if there is a medical reason causing your child to be overweight or if being overweight is causing your child any medical problems.

We want to help and support you and your family to achieve and maintain a healthy lifestyle.

If you are concerned about your child's weight, please speak to any health care professional who can measure your child's height and weight.

This could be your GP

Practice nurse

School nurse

Hospital consultant

Clinic nurse

Dietician

The team consists of:

- A paediatric consultant
- Nurse and nursery nurse
- Dietician to help with meal plans, appropriate snacks etc.
- A psychology nurse therapist.

At your child's first appointment you will meet our team.

Your child will then receive regular follow up by the members of the team.

In Norfolk the Community Sports Foundation (CSF) run healthy lifestyle sessions for children and young people, called Fit4it.

These are free 10 week programmes of health and mind workshops and fun exercise sessions which includes the chance to meet new people. To find out more, visit the CSF website or call the office:

**www.communitysportsfoundation.org.uk
01603 761122**

In Suffolk an organisation called One Life Suffolk offer free 10 week fun interactive programmes for children aged 2-18. They combine physical activity and games with educational activities, which make reaching and maintaining a healthy weight fun. All programmes are tailored to specific age groups. To find out more, visit the One Life Suffolk website or call the office:

**www.onelifesuffolk.co.uk
01473 718193**

The Children's and Young Persons'
Healthy Weight Team
Children's Community Nursing Team
James Paget University Hospitals NHS Foundation Trust
Lowestoft Road, Gorleston, Norfolk, NR31 6LA.

**01493 453965
01493 453967
01493 453175**

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel **welcome**

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel **in control**

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Author:
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Children's Community Nursing Team

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