

East Sussex School Health

**Healthy Habits**

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Stakeholder Communications Pack

**Healthy Habits**

Thank you for enquiring about the children and young people’s healthy weight programme being delivered by the East Sussex School Health Service.

This document contains some background about the programme design and structure for our children’s weight management programme **Healthy Habits.**

**What is Healthy Habits?**

**Healthy Habits** is an eight-week group programme for children aged 4 to 11 and their families. The focus is on helping families achieve and maintain a healthy weight by making small and achievable lifestyle changes with the support of a team of trained staff.

Eight sessions cover a range of lifestyle topics including healthy eating, being active, sleep and screen time. They are delivered in groups in local venues and online. Sessions last up to an hour.

As well as attending the group, families have the opportunity to access one-to-one support throughout the duration of the programme, where they have the chance to discuss individual progress and other queries that they may feel they need some extra support with.

**Who is it for?**

**Healthy Habits** is suitable for East Sussex families who are looking to achieve and maintain a healthy weight. To be eligible for the programme, one child within the family will be above the healthy weight range. If you are unsure, our team can help you work this out or you can use the [NHS healthy weight calculator](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) to calculate their BMI.

**When and where are the sessions?**

**Healthy Habits** sessions are offered on a **virtual** and **face-to-face** basis. For our fully virtual programme, families can access the one-hour weekly group sessions online via Microsoft Teams. Families will need access to a computer, tablet or mobile phone with internet, camera and microphone access.

Our face-to-face groups are delivered at local community venues, such as schools or community centres, and take place after school. We also run fully virtual groups for families to access as a weekly online group. If further Covid-19 pandemic restrictions are introduced we may have to deliver our face-to-face groups as fully online sessions.

Parents and carers are asked to attend the group with their child, whether the session is online or in person. **Healthy Habits** is a programme that can benefit the whole family and we know that parents and carers play a crucial role in helping their child to make positive lifestyle changes.

**2022 GROUPS**

* **Monday, 19 September 2022  
  Virtual group**

**4 to 5pm** (all sessions are online)

* **Tuesday, 13 September 2022**

**Venue TBC**

**4 to 5pm** (fully face-to-face group)

* **Wednesday, 28 September 2022  
  Venue TBC**

**4 to 5pm** (fully face-to-face group)

* **Thursday, 6 October 2022  
  Virtual group**

**4 to 5pm** (all sessions are online)

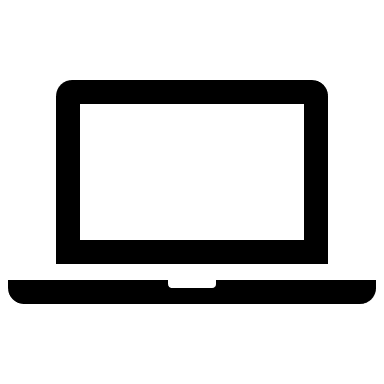
* **Virtual group starting every 5-6 weeks**

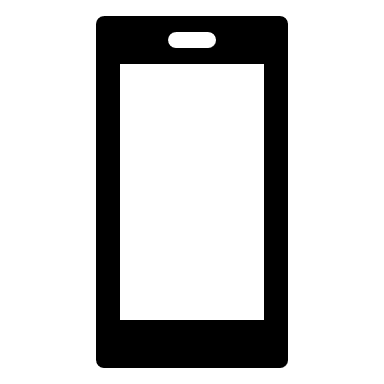
**\*Please note that subject to changing NHS COVID-19 restrictions, face-to-face groups may have to be delivered as a fully virtual programme**

Families that are unable to join us for the groups starting in September and October can still get in contact with us and join the waiting list so they are ready to join us in the new year. **We will have virtual groups starting approximately every 5 weeks over the year so there won’t be long to wait!**

**How to join**

Families can refer themselves into our programme using the [**online referral form**](https://www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/) or by **calling our service** and speaking to a member of the team. Schools and other professionals who may be supporting your family can also make a referral on the family’s behalf.

[**Online referral form**](https://www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/)**:** [School Health Service (East Sussex) referral form | Kent Community Health NHS Foundation Trust (kentcht.nhs.uk)](https://www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/)

**Phone: East Sussex School Health Service on 0300 123 4062**

**We want YOU!**

Are you a school or community venue that could be a host location for our Healthy Habits programme?

We’re always looking for family friendly venues to hold cohorts of our programme from. Ideally you have a free hall space suitable for up to 25 people to run around and have lots of fun, available after school from 3.30-5pm and for a period of 8 weeks/sessions.

We know that easy access and familiarity are really key factors in supporting families to access our NHS healthy weights programme. Schools and community venues have been brilliant supporters of our programme to date and we’d love to work with you to support families in your area.

Contact [**kentchft.esschoolhealthservice@nhs.net**](mailto:kentchft.esschoolhealthservice@nhs.net) to make further enquiries.