

Are you working with a young person in Bradford District who would benefit from support to achieve a healthy weight?

The Living Well Service is here to help

The Living Well Service run by Bradford Council Public Health Department has a newly established team of child and family advisors working to support children and their families across Bradford District to develop the behaviours associated with achieving a healthy weight.

The Living Well Service child and family team offers each family an allocated advisor who will work closely with parents (or a young person age 13+) continuously throughout their journey. We will start by getting to know families and identifying their barriers, motivations and challenges. Our Living Well advisors will then encourage and inspire the people they are working with to set their own goals and take positive steps towards eating well, moving well, sleeping well and feeling mentally well.

What we offer:

- Trained Living Well advisors who can support children and families to develop the behaviours associated with a healthy weight; **eating well, moving well and sleeping well**
- A discrete, positive and non-judgemental approach for children above a healthy weight and their parents. We strive to reduce weight stigma and our support is not focussed on body weight at any stage; children will not be weighed unless they request this themselves
- Our professional team of advisors are led by a registered dietician and also a registered mental health nurse providing evidence based expertise for families
- Tailored support with the same advisor to offer consistency throughout their time with the service
- A whole family approach where support is focussed on making changes at the household level to create positive sustainable behaviours for all the family
- Sessions held in the convenience of the family home, with phone based support between sessions.
Dependant on their needs; this typically results in approximately six in person sessions with a 26 week follow up. Additional support is always available for those who need it.

Who is eligible for the service?

- Children aged 2 – 19 years
- Resident of Bradford
- Child must be above a healthy weight

Work is predominately undertaken with parents but we can work with children aged 13 years + more directly as needed.

What information do I need to make a referral?

Very little! We request most importantly that you have a positive conversation with the child and family to gain their consent prior to referral, then complete our short referral form outlining your reason for referral. As part of reducing weight stigma we do not request collecting the child's current weight or BMI in order to make a referral unless this is information already known to you.

Nevertheless, this service is specifically for children who are above a healthy weight and we therefore ask you to ensure that referrals are made appropriately.

How to access the service

- **Health Professionals**
Please refer through Systmone by e-referral
- **Alternative routes**
Refer by email - you can request and submit a referral form by emailing:
admin.childrenfamilies.livingwell@bradford.gov.uk
- **Self Referral**
If you are a member of the public looking for support or would simply like to find out more you can contact us on: **01274 435660**
(9am-5pm Monday – Friday)

If you are a professional, please do consider taking the time to make the referral on behalf of a family or child; many families find that self-referral can be another barrier to them accessing the support they need