

# Tier 3 Child Healthy Weight Service

## Information for Children, Young People and their Families

### ABOUT THE SERVICE

The child healthy weight (tier 3) service is dedicated to supporting children, young people and their families to make changes to support a healthy weight, and improve their well-being.

We work with children and young people and their families who are:

- ✓ Aged 2-18 years,
- ✓ Have a BMI above the 99.6<sup>th</sup> centile
- ✓ Or over the 91<sup>st</sup> centile with other health difficulties.

If you're unsure what this means, please ask your health professional.

When working together we **do not** focus solely on weight loss. **Our goal is to help people to improve their health over all, so that they feel better and are able to enjoy life as much as possible.**

### WHO YOU WILL SEE

Before starting the programme, everyone will have 2 meetings. 1 with a Dietitian and 1 with a Psychologist.

This will help you decide if now is the right time to be working with us.

We want to set you up for success, and so we might suggest some other support first. This might include:

- Medical teams
- Family support services
- Mental health services
- Social work
- Financial supports

Our service provides an intense, short-term service. You will be expected to commit to:

- A minimum of 8 appointments over a 4 month period.
- Review appointments at 6, 9 and 12 months.
- Implementing changes at home and working hard between sessions.
- Being honest and open with us.

### WHAT YOU CAN EXPECT FROM US

Our team commit to:

- ✓ Doing a thorough assessment of your family's needs before beginning to work together.
- ✓ Being compassionate, respectful, caring and not judging. We will listen to your family's opinions and goals.
- ✓ Putting the well-being of children and young people at the centre of the care we deliver.
- ✓ Reviewing your goals and engagement frequently.
- ✓ Helping you access other people who can help, if we are not the right service to provide support.



**Scan to self-refer to our service.**

**If you would prefer a paper copy or would like help to complete please call us on 01224 556556**

Contact us on:  
**gram.childhealthyweight@nhs.scot**  
**01224 556 556**

**If now is not the right time, we would always welcome you to be re-referred in the future.**