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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



**The First Level 3 Child and Young Person Weight
Management Service in Wales**

Information for Families

Who are we and what do we do?



Hello! We are Connect, a new team in Gwent. We are here to help you and your family to feel healthy and well. You may have been asked to meet with us because you or someone who knows you is worried that your weight could have an impact on your overall wellbeing.

We have different people in our team who can help you in many ways.



My name is Olivia. I'm a dietitian. I can help you learn about different foods and plan what to eat.



We are Naomi and Lizzie, the psychologists. We can help you to cope with difficult thoughts and feelings.



I am Rebekah, a Paediatrician. I will help you with any health problems you have.



Hi! We are Claire and Ashley. We are nurses to help you with your general health and wellbeing.



My name is Kerry. I'm a therapy assistant practitioner - here to get to know you and support you with your goals.

What will happen in our first meeting?

We will ask you to come and meet us in health centre near to where you live. If it is difficult for you to get to us, we can also visit you at home. At this meeting we'll get to know you and your family, and find out what your goals are and what you would like help with. After this we'll make a plan with you about what to do next. This could involve working with some of the people in the team, or we may give you some ideas about who else could meet your needs the best.

Contact us

If you have any questions about Connect, or if you would like to speak to us to find out more, please give us a call on 01633 436770 or email Connect.abb@wales.nhs.uk.

If you need to book or change an appointment, please contact the booking centre on 01633 431757.

Our Values

1. Helping young people and their families to have healthy futures.
2. Working alongside families, and empowering them to reach their own goals.
3. Helping families to make changes one step at a time.
4. Supporting young people to feel good about themselves and their bodies, regardless of weight.
5. Encouraging balanced nutrition, not labelling food as 'good' or 'bad'.
6. Supporting parents to praise and reward children in many different ways.
7. Finding ways to help young people to understand and cope with how they feel.
8. Bringing fun into being healthy!

