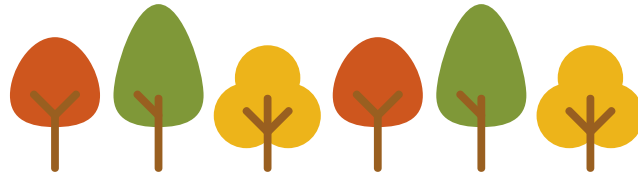




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# CONNECT

## Information for Families

We hope this leaflet will help you to...

Understand who we are and how  
we can help you

Help you find support  
for your child's health  
and wellbeing





# Who are we and what do we do?

Hello! We are Connect, the child and young person weight management service for ABUHB. We are here to help you and your family make changes to support your health and weight. We understand that talking about weight, and managing our weight, can be tricky at times and we recognise this and are here to support you. It is therefore important that it is the right time for you and your family to engage with our service so that we can support you to achieve your personal goals.

## Criteria for referral

### Children aged 0-2yrs

- Weight > 98th Centile

### Children aged 2-16

- BMI Centile >99.6th

OR

- BMI Centile > 98th centile and active under social services

OR

- BMI Centile > 98th centile with a diagnosed weight related co-morbidity (these can be found on our website)

**Your GP, School Nurse, Health Visitor will be able to support you in understanding if you meet the criteria.**



## The CONNECT Team

Our team is made up of the following members

- A Dietitian who can help you learn about a balanced diet and healthy changes to make to your families diet.
- A Psychologist who can help you with difficult thoughts, feelings and behaviours around food.
- A Specialist Nurse who can support you with your general health and wellbeing.
- A consultant Paediatrician who can support with any health-related concerns
- A Therapy Assistant Practitioner who can help support you with your goals

## Receiving help from our service

We ask that families refer using our **Request for Help form via our Connect Child and Young Person Weight Management webpage** or phone line **0300 3034906**.

All children referred to the service **must have a recent weight and height**. Please have this information to hand when self-referring to the service so we can assess if they meet our criteria.





## What will happen within our service?

Once we have reviewed the Request for Help form, if you meet our criteria we will arrange to meet with you either virtually, via telephone or as an outpatient. At this meeting you'll meet some members of the team and we'll get to know you and your family. This meeting takes about 1 hour and we will aim to find out what you would like help with. After this we'll make a plan about what to do next. This could involve working with our Dietitian, Psychologist, Consultant or Nurse, or support via our Healthy Weight Healthy Families virtual group. You may receive a combination of interventions to suit your individual needs. We aim to support families for up to a year.



## Additional information and support

### 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](mailto:Connect.abb@wales.nhs.uk).

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

**Tel:** 0300 3034906

**Email:** [ABB.Connect@wales.nhs.uk](mailto:ABB.Connect@wales.nhs.uk)

Follow our QR code for our webpage

