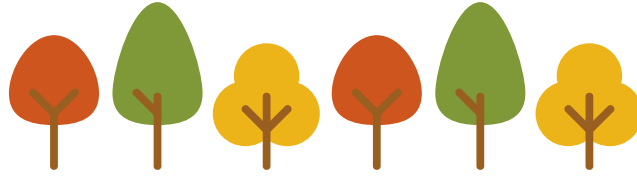




GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



CONNECT

Who are we?

We hope this leaflet will help you to...

understand who
we are and what
to expect when
you come to see
us

feel confident
coming to see us
for the first time



Who is CONNECT?

Hello and welcome to the CONNECT service!

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.

If you're reading this leaflet that means that someone in your family has contacted us or is considering contacting us to see if we can help support you with your health and wellbeing.



Referring to CONNECT

We currently only accept self-referrals into the service. To make sure we can help you and your family to the best of our abilities we only accept people who meet our criteria:

Children aged 0-2yrs:

Weight greater than 98th Centile

Children aged 2-16:

BMI Centile >99.6th or BMI Centile > 98th with a diagnosed weight related condition (these can be found on our website) or having support from social services.

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

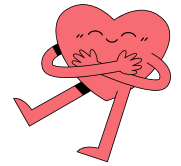
We then ask that a family member completes our **Request for Help form** via our web page or phone line **0300 3034906**.

To help us see if you meet our criteria we need you and your family to **provide us with a recent weight and height measurement** for you when you complete our form.

Scan our QR code to head to our website!



What does being in CONNECT look like?



If you come to CONNECT for support we will meet with you and your family to learn more about you and your needs to help us decide who in our team can help you meet your goals.

Our first meeting lasts around 45 minutes to 1 hour and will take place virtually or in person currently at Chepstow Community Hospital.

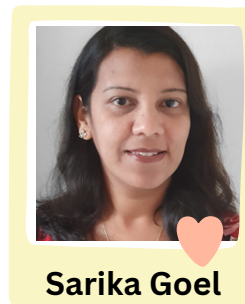
Once you've met with us you will be supported by a member of the team who will help you to work towards your goals.

Meet the Team



Claire Hailwood
Specialist Nurse/Team Lead

Claire can monitor your health and well-being by taking measurements, giving advice and support and organising any investigations we may need to do.



Sarika Goel
Consultant Paediatrician

Dr Goel can monitor your health by reviewing any investigations we may organise and can see you in her clinic for advice and support on your health.



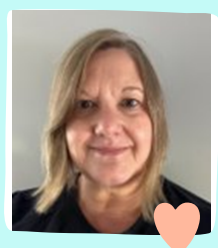
Kellie Turner
Clinical Psychologist

Kellie can talk to you, get to know you and your family and discuss with you things like your emotions, how you feel in your body, and how you feel about food.



Cerys Newell
Therapy Assistant Practitioner

Cerys can support you with ideas of how to become more physically active, discuss mindfulness techniques and help with creating a balanced and healthy diet.



Jane McKenzie
Specialist Dietitian

Jane can help you to improve your nutrient intake and manage your weight as you grow, by having a healthy relationship with food, as well as making changes to your diet and eating pattern.



Where your appointment may be held.

St Cadoc's Hospital-Llwyn Onn

Helpful Tips for Finding Us

- There are 4 entrances to the St Cadocs Hospital area
- You will pass a sign for Llywn Onn when coming in through Entrance 1 and Entrance 3
- Llwyn Onn is a pale green single story building.

Our Address

Llwyn Onn
St Cadoc's Hospital
Lodge Rd,
Caerleon,
Newport
NP18 3XQ



St Cadoc's Hospital



Llwyn Onn

St Woolos Hospital- B Block Maple centre

Helpful Tips for Finding Us

- As you enter St.Woolos bear right and drive to the top of the road and bear left at the top.
- The Maple clinic is on your right hand side. Enter through the main door and turn right. Press the buzzer to be let in.
- Parking is very limited so allow extra time to find a space if travelling by car

Our Address

St Woolos Hospital
131 Stow Hill,
Newport,
NP20 4SZ



St Woolos Hospital



B Block Maple Centre

Ysbyty Ystrad Fawr

Helpful Tips for Finding Us

- As you enter the site, bear left and this will take you to a large, free car park.
- When you enter the main building, take the lift or the stairs to Level 1 and follow the signs for Children's Outpatients.

Our Address

Ystrad Fawr Way
Ystrad Mynach,
Hengoed,
CF82 7GP





Chepstow Community Hospital

Helpful Tips for Finding Us

- As you enter Chepstow Hospital off the A466 St Lawrence road onto Penterry park, turn right at the mini roundabout.
- Bear left into the car park
- Enter via the main entrance and ask/sign in at reception for further directions

Our Address

Tempest Way,
Chepstow,
Monmouthshire,
NP16 5YX



Frequently Asked Questions

How long are appointments?

Your first appointment will be up to an hour but usually most appointments last between 30 minutes to an hour.

If you're not sure, please feel free to contact us to ask.



How long will I be in CONNECT?

How long someone stays with us in CONNECT varies for every person. Our aim is to support you and your family for about a year but this varies dependent on your needs.

While you're in CONNECT we may decide it would be helpful for you to speak with a different member of the team than you have been. So you may find you move around the team a bit but you'll still remain part of the CONNECT family!



What do I do if I can't make an appointment?

We know sometimes life is unpredictable and you might find you can no longer make an appointment with us. If you can't make an appointment please contact our booking centre to let us know:

03003034906

Failure to let us know you can't make an appointment may lead to us discharging you from CONNECT

