



*Keeping the children  
of Wirral healthy and  
happy with our FREE  
dedicated children's  
weight management  
service.*

Information for health professionals

**0 - 19 Health and Wellbeing Service**

In partnership with:  
Barnardo's, Brook and Home-Start Wirral



**Wirral Community**  
NHS Foundation Trust

# *What is Fit Club?*

We are a FREE confidential NHS service offering a tailored, 1 to 1, personalised support plan for children that are above a healthy weight, have been referred from the National Child Measurement Programme (NCMP), other healthcare professionals and are in the 97th percentile or above.

Our inclusive, young people friendly 6 month programme can help your patients reduce or maintain their BMI. **Over 80% of children that followed our plan achieved reduced or maintained BMI.** We work with parents and carers, and can arrange to see your patient in a health centre, school or at home.

## *Our Fit Club team*

**We are a team** of registered nurses, childcare practitioners and qualified health trainers.

## *How we work*

Working on a 1 to 1 basis with one of our health professionals your patient will be given a **tailor made plan just for them.** During this initial comprehensive health assessment we take a note of their BMI and lifestyle and they will be seen over a 6 month period, depending on their identified needs.



**QUALIFIED HEALTHCARE PROFESSIONALS**

**FREE 1 TO 1 PERSONALISED SUPPORT**

**ACCESS TO OTHER HEALTH SERVICES**

**COMPREHENSIVE ASSESSMENTS**

# What we offer

- we provide a comprehensive health assessment of need
- we work closely with schools and other health professionals

## During our sessions we cover:

- diet, nutrition, portion size and physical activity
- signposting to physical activities that your patient can take part in, based in the local community

We aim to make the service as convenient as possible and can offer a variety of time slots that suit your patient's needs.

- we hold clinics at St. Catherine's Health Centre and Victoria Central Health Centre, Monday to Thursday.

# Accessing Fit Club

Although Fit Club is free your patient will still need a referral to access the service and their BMI measurement must be in the 97th Centile. The 0-19 Health and Wellbeing Service Referral Form is available at [wirralct.nhs.uk](http://wirralct.nhs.uk)

If you have any questions about our service please contact us on:

 **0151 643 5403**



[wirralct.nhs.uk](http://wirralct.nhs.uk)



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