



OneLife Suffolk Families and Young People Service



Service Description:

The OneLife Suffolk Families and Young People service runs a 10 week family programme that supports families to lead healthier lifestyles and form sustainable positive habits that the whole family can benefit from.

Topics covered include:

- Healthy Eating
- Physical Activity
- Creating a positive sense of wellbeing



Eligibility Criteria:

- Children between 5-18 years old who have a BMI > 91st centile
- Child and family must live in Suffolk

Exclusion Criteria:

- Complex social, behavioural or medical needs



Patient Benefits:

- Practical advice and support for families
- Education and support delivered in a fun and engaging manner for both children and families
- A non-judgemental and positive environment where parents can receive 1-1 support in addition if needed
- 12 months worth of support, motivation and encouragement

How to refer:

You or your patient can visit:
www.onelifesuffolk.co.uk
or call: **01473 718193**



Scan QR code to learn more

Client Pathway

Referral received via:

- School nurses
- GP
- Other healthcare professionals (incl. Midwife, Health Visitor)
- Social care (incl. Social Workers)
- Self-referral (Tier 2 only)
- Outreach/Community events (Tier 2 only)
- National Child Measurement Programme (Tier 2 only)

Assessment triage completed by OneLife Suffolk's Client Services Team, who will contact the parent/guardian of the child referred

Access Criteria met

NO

YES

Family signposted to OneLife Suffolk Tier 1 Children's Service or another provider

If the child has additional complex needs can be referred into the Tier 3 programme. **Find out more about the Tier 3 programme on our website.**

Family enter maintenance phase with 6,9 and 12 month follow ups

Enter Tier 2 programme

Enhanced triage completed by Families and Young People service practitioners

Family is then enrolled onto 10 week OneLife Suffolk Kids or Teens clubs (virtual or face to face)

After 10 week intensive phase: A collaborative discussion between programme team, service user and parent/guardian to decide whether to move onto maintenance phase or refer to Tier 3 Service