

## Lifestyle Services Beyond Fitter Futures Warwickshire for Children and Families

Across Warwickshire, there are a variety of services available, such as breastfeeding, HENRY Programme, weight management and healthy lifestyle support for families.

### Family Healthy Lifestyles Programme

Change Makers Healthy Lifestyles Programme teaches Warwickshire families about good nutrition, staying active and other healthy living topics. Change Makers is a free service for anyone with a child between the ages of 4 and 19 years old. The service includes one to one support, parent/carer workshops and a seven-week programme. The whole family can get involved in activities like preparing and tasting food, playing games, as well as lots of practical advice and tips on a healthy lifestyle. If you would like to get involved, please contact the school health and wellbeing service on 0330 024 5204 or email [warwickshireschoolhealth@compass-uk.org](mailto:warwickshireschoolhealth@compass-uk.org)

### Healthy lifestyle services for families with children aged 0-5

HENRY is a FREE programme for families with children aged 0-5 years old that uses a holistic solution-focused approach to support the whole family to make positive lifestyle changes; creating healthier and happier home environments and building healthier communities. The HENRY programme is delivered by a specialist practitioner over 5-8 weeks, one-to-one in the family home or local community setting. For more information visit [www.henry.org.uk](http://www.henry.org.uk).

### Breastfeeding

Early Breastfeeding Support Nuneaton, Bedworth and North Warwickshire provides support during pregnancy and up to 8 weeks after you have had your baby. They offer 1:1 breastfeeding support; breastfeeding support groups; breast pump hire and support via telephone, video call or home visits. Breastfeeding should be pain free and comfortable, and this group aims to support women to achieve that. If you would like to use the service, please call 01926 626529 or visit the Nuneaton, Bedworth and North Warwickshire public Facebook page.



Fitter Futures Warwickshire offers adults a choice of services which provide weight management, healthy lifestyles and physical activity support. The service will give you a helping start and a chance to improve your health and lifestyle.



Fitter Futures Warwickshire are commissioned services and can be subject to change; for the most up-to-date information please visit our website or contact us.

E-mail: [fitterfutures@warwickshire.gov.uk](mailto:fitterfutures@warwickshire.gov.uk)

Telephone: **01926 351077**

Website: [www.warwickshire.gov.uk/fitter-futures](http://www.warwickshire.gov.uk/fitter-futures)

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**FREE**  
**12 week weight management programmes for young people aged 12-16 and adults aged 16+**

**12 week physical activity programme for adults aged 18+ with specific health conditions**

**Home Visits - Personalised 12-week programme to help adults move more at home**

**Confidential and supportive services to become fitter, stay well and feel good**

[www.warwickshire.gov.uk/fitter-futures](http://www.warwickshire.gov.uk/fitter-futures)



## Physical activity on referral service



This service offers a 12 week personalised physical activity and healthy lifestyle programme with qualified fitness instructors.

**Who is this service for?**  
Adults aged 18+

**Cost:**  
Discounted costs variable by location and provider

**Opening times:**  
Various times  
Monday - Sunday

### Do I have to be referred by someone else?

Yes – you just be referred by a Health Professional and have one of the following health conditions:

- Mental health condition e.g, mild to moderate depression, anxiety, low mood and mild cognitive impairment
- Respiratory condition
- Musculo-skeletal condition
- Neurological condition
- Hypertension
- Risk of heart disease
- Diabetes type 1 and 2
- Overweight/obesity (including in all stages of pregnancy and postnatally)
- Osteo/rheumatoid arthritis/osteoporosis
- Dementia early to mid stages
- Prediabetes
- Cancer recovery
- Strength and balance concerns
- Pulmonary Maintenance

**You cannot currently be a paying member of the leisure centre**

**You must be registered with a Warwickshire GP**

**A maximum of two referrals in a lifetime**

**Home Visits are available**

## Weight management referral service

This service provides 12 weeks of face to face weight management support.

**Who is this service for?**  
Young people aged 12-16 years and adults aged 16+

**Cost:**  
Free

**Opening times:**  
Various times  
Monday - Sunday

### Do I have to be referred by someone else?

Yes - you must be referred by a Health Professional and meet the following criteria:

- You are aged 12-16 and overweight (Slimming World and WW only)
- You have a Body Mass Index of 30+
- You have a Body Mass Index of 28 with additional health conditions
- You are registered with a Warwickshire GP
- You have not accessed the weight management service within the last 12 months
- You are not currently a paying member of a weight management service
- You have not exceeded the maximum number of two referrals in a lifetime

**Once you have been referred, you will be contacted to start the 12-week programme of weight management support.**



### Slimming World

Join Slimming World and discover a no-hunger eating plan that the whole family will love. You'll also get inspiration to help you become more active at your own pace along with all the support you need from your consultant and your fellow members. Share healthy swaps, recipes, menus, eating out tips and strategies each week in group, and discover tools, planners and even more tips and ideas on the free members-only website and app to stay motivated and on track. Plus, special support for 11-15 year old members to help them develop healthy lifestyle habits that will last a lifetime!

- Slimming World also offers support for overweight pregnant mothers



### WW (the new Weight Watchers)

WW offers weekly group support with a range of incentives to help you on your journey to losing weight.

- Earn great prizes and get rewarded with WellnessWins™
- Access curated content from a global leader in the meditation and mindfulness space.
- Access the audio fitness trainer, helping you to move more - when, where and how you want to.

\*Please note, you must be at least 13 years old to access WW



### Everyone Health

Everyone Health fitness groups run once a week for 12 weeks and each session lasts for 90 minutes. You can join at any time as groups run on a rolling basis. Each group consists of about 10-15 people who are also looking to lose weight and feel healthier.

Each group session has two parts; the first part focuses on healthy eating, topics include portion sizes, eating out and food labelling. The second part is an activity based session, this will allow you to improve your health and fitness in a safe and encouraging environment.