

Keeping your children healthy and happy with our FREE children's weight management service.

FREE PORTION PLATE ON ENROLMENT!



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 **confidential NHS service** offering a **FREE tailored**, 1 to 1, personalised or group support plan for children who are above a healthy weight.

Our inclusive, young people friendly service can really help your child reduce or maintain their BMI. We have an **80% success rate** in reducing or maintaining BMI. We work with parents and carers, and can arrange to see your child in a health centre, school or at home.



Our team

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



How it works

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



**FOR ALL
SCHOOL AGE
CHILDREN
5 - 19YRS**

RUN BY HEALTHCARE PROFESSIONALS!

OUR SERVICE IS CONFIDENTIAL!

OUR PLANS ARE TAILOR MADE!

...AND FIT CLUB IS FREE!



Sessions cover...

- diet, nutrition, portion size and physical activity
- signposting to activities that you can take part in based in your local community
- access to other NHS services that could be of potential benefit to your child, eg Speech and Language Therapy, Child Continence Service

We aim to make the service as convenient as possible by offering a variety of time slots that suit you and your child's needs.



Accessing Fit Club

Although Fit Club is **FREE** your child will still need a referral to access the service. Ask your GP, School Nurse, Paediatrician or other healthcare professional to refer your child.

If you have any questions about our service please feel free to contact us on: **0151 643 5403.**

If you would like this information in another format, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net



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