



What does the service offer?

- Fitter Futures Warwickshire helps people improve health through maintaining a healthy weight, becoming more physically active and having a healthier lifestyle.
- The scheme includes different services which offer support to families, children, young people and adults. Some services require referral by a health/social care professional, pharmacist, Wellbeing Hub staff member; other services allow individuals to self-refer .
- The scheme is co-ordinated by Nuneaton and Bedworth Leisure Trust for the whole of Warwickshire.
- To access any of the services below contact 'Fitter Futures' on the service contact details at the bottom of the page.

The services provided by the scheme are:

Change Makers Family Weight Management Service— a free 9 week healthy eating, healthy lifestyles and physical activity programme for families who have a child aged 4-12 who is overweight (self referral/referral)

Weight Management on Referral Service—a free 12 week programme of weight management support to young people aged 12-16 and adults aged 16+ with a body mass index (BMI) of 30 or more or a BMI of 28 if there are complex needs. (referral required).

Physical Activity/Healthy Lifestyles on Referral— a programme of a physical activity/healthy lifestyle support to young people aged 12-16 and adults aged 16+. The service has a discounted charge. Individuals must have one of the criteria health conditions (referral required).

Healthy Lifestyles 0-5 Service—support to families with young children around breastfeeding and weight Management (self referral/referral).

Recent updates and good news:

- The service commenced on 01 July 2015 and was officially launched in October 2015. Over 100 delegates attended a launch event.
- Over 1,200 referrals to the service since 01 July 15.
- Successful social media campaign targeting Warwickshire residents.
- Over 35,000 people watched the promotional video
- 4 Facebook adverts have led to over 1,500 hits to the website.
- Health and Social Care Professionals, Pharmacies and Wellbeing Hubs can refer to the services.

Key fact:

65.6% of adults (2012-14), 30.7% of children aged 10-11 and 21.1% of children aged 4-5 are overweight or obese in Warwickshire (2014/15) (*HSCIC & Sport England*).

Service contact details:

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