

# Hello!

We are BeeZee Bodies, a team of nutritionists and behaviour change experts who run weight management programmes for children and their families across Hertfordshire. We are commissioned by Hertfordshire County Council to provide these services for free.

Currently all of our services are running online.

## BEEZEE LIVE for Families

An online version of our award-winning 12 week programme, aimed at 5-15 year olds and their families. Each week an interactive webinar covers a huge variety of topics such as: portion sizes, snacking, drinks, healthy recipes and keeping active.

### ELIGIBILITY

- ✓ School aged children/ young people
- ✓ Live/school/GP in Hertfordshire
- ✓ BMI > 98th centile
- ✓ BMI > 91st centile following brief intervention, review and evidence of readiness to change

### EXCLUSIONS

- ✗ Children with complex co-morbidities
- ✗ Children prescribed medication with nutrition implications (referral to GP or dietetics to check OK to proceed)

## BEEZEE LITE

1:1 support session for 5-15 year olds with a wellbeing coordinator, signposting to advice about nutrition, physical activity and lifestyle support. Together we develop a personalised behaviour change plan for the family to take away with them.

We complete a follow up appointment a month later.

### ELIGIBILITY

- ✓ School aged children/ young people
- ✓ Live/school/GP in Hertfordshire
- ✓ BMI > 91st centile

## HOW TO REFER



- 📞 Call the BeeZee Bodies Team on 01707 248648
- ✉ Email us at [beezeebodies@nhs.net](mailto:beezeebodies@nhs.net)
- 🖱 Log onto [beezeebodies.com/refer-a-client](https://beezeebodies.com/refer-a-client) and fill out our online form

### WHAT WE NEED TO KNOW:

Child's name

Child's DOB

Child's home address

Parents name and contact details

Parents consent for us to contact them.