

<i>Estimated child weight:</i>	
<i>Estimated child height:</i>	
<i>Does your child have a disability under the Equality Act 2010?</i>	
<i>Does your child have any additional support needs? If so, please state.</i>	
<i>Do you require an interpreter? If so, please state language.</i>	
<i>Are there any dates you would be unable to attend?</i>	
<i>Additional information</i>	

<i>Signature:</i>	
<i>Date:</i>	

Please tear-off completed section and return to:

Department of Nutrition and Dietetics, Western Isles Hospital, Macaulay Road, Stornoway, Isle of Lewis HS1 2AF

Alternatively you can scan this section (both sides) and email it to: wi.dietetics@nhs.scot

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist

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Bòrd SSN nan Eilean Siar
NHS Western Isles



Department of Nutrition & Dietetics
Child Healthy Weight Team



SELF-REFERRAL FORM

Some parents are surprised to learn their child's BMI is above the healthy range. However, there are many good reasons to help children achieve a healthier weight. Children with weight above the healthy range are at a higher risk of developing health complications in the future such as the risk of diabetes, coronary heart disease, strokes and certain cancers. Unfortunately it often also results in bullying and low self-esteem related to weight.

NHS Western Isles can offer support via our 'Healthy Hebridean Kids' Child Healthy Weight programmes, and parents can self-refer their child to this service free of charge.

We don't put children on "diets" or get them to calorie count. We are simply there to support your child achieve a healthier weight and adopt a healthier lifestyle.

We look at:

- developing a healthy relationship with food
- child-sized portions suitable to age appropriate portion sizes
- being body confident - liking your body and believing that you're worth looking after
- enjoying being active and feeling able to do the things you want to do
- eating a balanced and varied diet.

We offer one-to-one family-based sessions with a registered dietitian, which means seeing your child with at least one parent/guardian attending and at least one of the first sessions will be parent(s)-only. They may be seen fortnightly for the first 12 weeks and then less often as they make progress. Your child will be supported for at least a year but this can be extended if necessary.

Some support may come from a Healthy Weight Practitioner and at times some of the dietetic support may be delivered by telephone or online. We don't currently deliver group sessions but this can be considered, subject to demand.

In addition to the nutritional input, you and your child/family may also be offered some personal physical activity sessions with an appropriately trained instructor, which will be discussed during the sessions.

If you would like to receive support to help your child, please complete the form opposite and return it to us and we will arrange an appointment with you as soon as possible.



SELF-REFERRAL FORM

Parent/Guardian Name:	
<i>Address:</i>	
<i>Postcode:</i>	
<i>Phone Number(s):</i>	
<i>Email:</i>	

Child Name:	
<i>Date of Birth:</i>	
<i>Sex:</i>	
<i>Ethnic Group:</i>	
<i>Existing medical conditions:</i>	
<i>Current medications:</i>	
<i>GP Practice:</i>	
<i>Is your child seeing any other health professionals? (If so, please state):</i>	