

Referral Form

Name of Child Date of Birth Gender M F

Name of parent / carer to attend Mr / Mrs / Miss / Ms

Relationship to the child Gender M F

Address

Postcode Tel/Mob No

Email

What time of day to contact

Child Medical Status

Height Weight BMI

Additional Information

We pride ourselves in ensuring that all children are fully involved in all physical, social and educational activities. To assist us with this please indicate if any of the following apply to your child. In the 'other' section please add any additional relevant information that may assist us.

- | | | |
|------------------------------------|--|-----------------------------------|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Learning Difficulties | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Dyslexia | <input type="checkbox"/> Other |

If other please give details or any other parent/carers comments/concerns

Childs GP and Surgery

The above named people are hereby recommended for an appropriate level of exercise, to be prescribed by a qualified fitness professional

Signature (Referring Practitioner) STAMP

Print Date

Additional Comments

Please send marked Private & Confidential to: Project Manager - Upbeat Kids, Spring Hall Mansion, Huddersfield Rd, Halifax HX3 0AQ Tel 01422 284418 Email: upbeat@calderdale.gov.uk

UPBEAT Kids



FREE for 10 weeks

Fun activities and healthy weight sessions for overweight young people aged 7+ and their families

Upbeat Kids combine physical activity, education and behaviour change in a fun, supportive environment.

At the end of the 10 week programme the children and young people will have a greater understanding of why they need to modify their lifestyles and also the experience of how they can change it.

With the co-ordinated support of parents, development of physical activity skills, awareness of physical activity opportunities in the local area, new friendships with other children who have common goals, and greater self-esteem, children will be able to build on their experiences and make positive changes to their lifestyle.

Why should you be concerned about your child's weight?

Childhood obesity is a growing problem across the UK and is associated with ill health, which includes diabetes, heart disease and cancer; it also has negative effects on children's emotional health and wellbeing.

Weight problems are a sensitive issue to tackle. At **Upbeat Kids** we recognise these concerns and have designed a whole family programme to address such concerns and to help families to change their lifestyles.

How do I know if my child has a weight problem?

Your GP or Practice Nurse has expressed a concern about your child gaining weight too quickly or has informed you that your child's BMI (Body Mass Index) is not within the normal weight range to other children at the same age.

Your child has expressed a concern about their weight (i.e. clothes not fitting, being teased, bigger or not as fit as their peers).

What happens on a 10 week course?

Typical Programme*

based on a Saturday Morning Club

Time	Children's Programme	Adult's Programme
9.30	Family fun and Monitoring	
10.30	Physical Activity	Lifestyle session
11.30	Lifestyle session	Physical Activity
12.30	End of programme	

Physical Activity

The main aim of the physical activity sessions is for children to have fun.

The programme provides activities suitable to your child's age and ability. The club highlights how children and families can get involved in physical activities outside the club and continue their new found interests.

Lifestyles

The lifestyles sessions aim to provide children with an understanding of a range of healthy behaviours that they will try to put into practice throughout the programme.

Lifestyle behaviours such as when and where they eat, how much television they watch, and how they can include more lifestyle activity into their daily routine will be covered.

Monitoring

Monitoring every child's progress is an essential part of the **Upbeat Kids** programme.

This enables children to see how positive lifestyle changes can affect their weight. Monitoring procedures are also available to parents/carers. All monitoring is performed by **Upbeat Kids** trained staff.

Parent/Carer Lifestyles

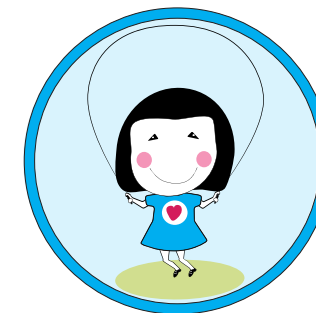
Throughout the **Upbeat Kids** programme, children will be encouraged to practice new behaviours. This will take place throughout the normal week at home.

Therefore it is important for parents to have a full understanding of the work children are performing so that they can encourage change, and support their child. In addition to this parents may wish to use the opportunity to make changes to their own lifestyles and be a role model for their child and the rest of the family.

How do I Refer onto the Upbeat Kids programme?

To attend a programme children and young people have to be aged 7+, be overweight, and live in Calderdale. A parent/carer must attend the programme with the young person.

Please complete the referral form on the reverse of this leaflet and return it by email or post to upbeat@calderdale.gov.uk or to Andrew Butcher, Project Manager – **Upbeat Kids**, Calderdale Council, Activity and Community Development, Spring Hall Mansion, Huddersfield Road, Halifax HX3 0AQ.



Clubs in Your Area

The clubs are running across the Calderdale area on a Saturday morning and Weekday evening. The morning sessions run from 9.30am – 12.30pm and the weekday sessions from 4pm – 6.00pm. The clubs are completely **FREE** for participants to attend

Places are limited and allocated on a first come, first place basis. If a club in your local area is full, your details can be added to a waiting list or you have the option to reserve a place on the next club that is convenient for you to attend.

To book a place on the next club call 01422 284418 or email upbeat@calderdale.gov.uk

More information can be found at www.calderdale.gov.uk/youngpeople

For further information please contact:

Andrew Butcher,
Project Manager – Upbeat Kids, 01422 284418
email: upbeat@calderdale.gov.uk

