

What people have said about Watch It

HENRY Healthy Families Programme

- ★ Every week I learn something new.
- ★ It just gets better and better.
- ★ You have kept me motivated.
- ★ I want to do it again, it's helped me too!
- ★ I've learnt things I wouldn't have thought about.

Watch It Classic Programme

- ★ I'm fitter and my confidence has improved.
- ★ I have made new friends.
- ★ You have transformed our lives with our daughter.
- ★ It's fun!



Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages.

Contact us

Via the 0-19 Admin Single Point of Access

Phone: **0113 843 5683**

Email: watchitleeds@nhs.net

Visit: www.leedscommunityhealthcare.nhs.uk for further information or to download a referral form. There are also useful links here for the partners we work with.

NHS

**Leeds Community
Healthcare**
NHS Trust

**watch
it**

The NHS programme for children, young people and parents/carers in Leeds ready to adopt a healthier lifestyle

**Watch it
Change it
Love it**



Background

Watch It is a community based programme which looks at getting active, eating healthily and staying happy.

We are supported by a wider specialist team.

What do we offer?

We offer two programmes:

★ **Watch It Classic programme** is for children and young people aged 11-19 and offers one to one support in a clinic session. The programme is 10 weeks long and sessions run throughout the year. A specially adapted programme will be offered to children with learning disabilities.

★ **HENRY Healthy Families Parenting Programme** is a 10 week course for parents and carers of children aged 5-11. It offers support and ideas around developing a healthier lifestyle. Sessions are run across the city.



Why get involved?

Watch It helps everyone:

- ★ to be healthier
- ★ to improve their lifestyle
- ★ to become fitter
- ★ to be more confident
- ★ to feel happier
- ★ to make small changes which can make a big difference.

Who is Watch It for?

Watch It is for children and young people age 5 – 19 years who:

- ★ live in Leeds or have a Leeds GP
- ★ have a high BMI (body mass index - we can work this out for you)
- ★ are ready to make changes with the support of their parents and carers.

Where can I attend Watch It?

Watch It is a city wide service run throughout Leeds at various locations. Please see website for further details.

How do I access the service?

We accept referrals from:

- ★ parents and carers
- ★ all professionals
- ★ self-referrals.

For further information call:

0113 843 5683



We work with partners to offer fun Watch It activity sessions at some venues to children on the Watch It Programme. Please ask your Watch IT Health Coach for more information.