

# Complications of Excess Weight (CEW) Service

Information for families



leeds children's  
hospital

caring about children

West Yorkshire and Harrogate  
Health and Care Partnership



# Hello from the Complications of Excess Weight (CEW) Service

## Why are we writing to you?

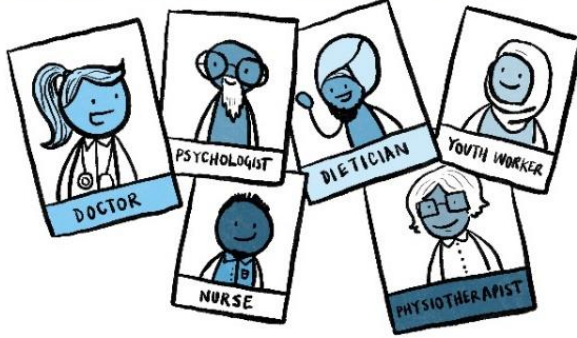
- You have been referred to CEW by a healthcare professional that you have seen, who think our team might be able to help you.
- We wanted to introduce ourselves before we invite you to a first appointment.
- This is so you can learn a bit more about what we do and to give you a chance to **think about any questions** you might have for us.

## Who are we?

- We are a team of different professionals who work with young people and their families.
- We see young people from West Yorkshire who live with excess weight which may have started to cause problems for their health.
- We try to help young people and their families to live more healthily and to feel better.

## What is different about CEW?

### MULTI-DISCIPLINARY TEAM



CEW has several people in the team who work in different ways and think about different things. Lots of families we meet have been told that being healthier is just “*eating less, moving more*”. We know it isn’t as simple as this. We also know that health is much more than just a number on the scales. Being healthier might include:

- Having more energy and being more active
- Eating a more balanced diet and understanding when we are hungry/full
- Understanding and managing any health conditions
- Going to school regularly and spending time with friends
- Feeling better about ourselves and coping with different emotions.

## What would a CEW plan look like?

- We treat everyone we see as individuals and work with them to create a plan that fits their needs.
- We work with you and your family for 12 months. We review your CEW plan regularly with you to check what is going well and what may need changing.
- We might speak with other professionals who work with you, such as schools, CAMHS teams or social workers.
- You will have some face-to-face appointments, and other appointments which can be done by telephone or video call.
- You will have weekly or fortnightly appointments for the first three months, and then this may become less frequent for the rest of the year, depending on your family's needs.

## What will happen at my first appointment?

- You will meet the team and learn more about the service. The team also get a chance to learn more about you!
- You can try out different activities, such as playing games and making a smoothie on a bike!
- You will get to know other families who have been referred.
- We will take some measurements (such as weight and height) and collect information from questionnaires.



## What does CEW need from you?

We are a new service who can only see a limited number of families a year. This means we are only able to work with families who feel **ready to make changes** and able to **commit to working with us for 12 months**.

## Is this the right time?

- We understand that attending multiple appointments can be tricky at times, and life can get in the way.
- If there are reasons why now feels like a difficult time to engage with our service, or if you feel there might be barriers to working with us, please do let us know.
- We would be able to talk through different options and any ways we can support you with this.

## What happens now?

- You have been placed on our waiting list and we will contact you by phone when we are able to offer you a first appointment.
- On this call, you can ask us any questions you might have and let us know any reasonable adjustments that we can make to support you to attend, such as:
  - an interpreter
  - a quieter space
  - support with the cost of travel

## What if I would like to speak with you sooner?

If you would like to speak to us about your referral, please contact us:

**Tel: 0113 392 0671**

**email: [leedsth-tr.paediatricweightmanagement@nhs.net](mailto:leedsth-tr.paediatricweightmanagement@nhs.net)**

**We will look forward to meeting you soon!**

## Other important information

**Please be aware that we are not a crisis service.**

If you require urgent mental health support, please contact your local CAMHS team or GP, attend your local A&E department or call 999.

## Accessible Information

If you need this information in another format or language, please contact us.

**Tel: 0113 392 0671**

**email: [leedsth-tr.paediatricweightmanagement@nhs.net](mailto:leedsth-tr.paediatricweightmanagement@nhs.net)**





## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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