**Tier 3 Healthy Weight Management Service:**

**Summary Service User Engagement Outcomes Report**

**1. Introduction**

This report includes the key takeaways from the engagement activities designed to inform the development of the Tier 3 Healthy Weight Management Service for children and young people (CYP) in Croydon. A total of 48 participants contributed their opinions to this report.

The feedback from these events has been reflected in the draft specification.

**2. Scope and Purpose of the Engagement**

**2.1.** A series of service user engagement events were held to ascertain what potential service users require from a tier 3 healthy weight management service and what the possible facilitators and barriers would be to accessing a service intended to encourage sustainable, healthy life-styles leading to improved wellbeing.

**2.2.** The purpose of this is to inform format and delivery of the tier 3 healthy weight management service for CYP in Croydon, through a process of coproduction that ensures issues important to CYP, parents, carers, families and partners are appropriately reflected in the development of this service.

**3 Summary of Responses**

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| **Question** | **Main themes from responses** |
| 1. What do you like to do to be healthy? | * Exercise * Manage mental health * Eat a balanced diet * Have a consistent routine * Play with friends * Dancing * Active play * Sports * Walking * Athletics * track and field * Boxing/martial arts * Going for walks * Being in nature * Looking at books * Spinning and climbing * Swimming * Cycling * Trampolining * Playgrounds |
| 2. What stops you from being healthy? | * Cost * Too much school work * Overcommitment from paid work or extracurricular activities * Poor mental health or sleep * Availability of fast food * No help to go * No public transport * I can’t get there * No activities I like * Location * Time * Facilities * Atmosphere * Staff * Adult-led activities with prompts and requests * Large team games |
| 3. Would anything prevent you from doing things in Croydon? | * Safety concerns * Lack of trust in Croydon services * Cost * Few activities appeal * Location * Information * Choices * More activities * Competitions & Prizes * More places * Vouchers * Information about the activities * Information about the benefits * A chance to help design the sessions * A chance to help coach/support * Staff that understand CYP * Peer support * Being acknowledged for taking part * Location * Day * Time * Facilities * Atmosphere * Confidence in the staff delivering the service |
| 4. What would help CYP join a service like this? | * Confidence in Croydon services * A safe and secure location and atmosphere * Day/ Time: after school and weekends * Racial and cultural inclusivity – staff and activities * Staff that understand CYP * A good range of engaging activities * A location that is near service users’ residence * Incentives & rewards * Information about the activities * Information about the benefits of the service * A chance to help design the sessions * Staff that understand neurodivergent CYP * Includes parents and carers |
| 5. What will help CYP take part in this service? | * Loyalty scheme * Trial sessions * The option to include parents/ carers/ families/ friends or not and training for them to help support service users * Volunteering opportunities for CYP to help run sessions * Relatable staff * Environment suitable for neurodivergent children taking into consideration sensory processing challenges (noise/light) * Frequent exercise sessions for SEN children which are easy to access (weekends) |
| 6. If you were in charge, what would you include in this service? | * Online/ virtual element * Friendly atmosphere and provision of safe space * Equal focus on mental health * Tailored services for different age groups * Young, empathetic staff from multiple cultures and ethnicities * Financial assistance * An appreciation of various levels of lifestyle that looks beyond mainstream nutrition and health * evidence led approach * Range of accessible, friendly exercise groups |