

Complications of excess weight (CEW) service for children

Information for children, families and carers

We have given you this factsheet because your child has been referred to the complications of excess weight (CEW) service at University Hospital Southampton NHS Foundation Trust (UHS). It explains what the CEW service is and the ways in which it can support your child. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

What is the CEW service?

The CEW service is a specialist service that identifies and treats children who have complications from obesity, such as:

- diabetes
- liver disease
- sleep apnoea (a condition where your breathing stops and starts while you sleep)
- emotional and social wellbeing concerns (for example, low self-esteem)

We support children (up until the age of 18) who live within the Wessex region.

We currently run this service at UHS and Thornhill Centre for Healthy Living.

Who are the CEW service team?

Our team consists of a number of healthcare professionals who specialise in children's weight management. This includes:

- doctors
- nurses
- dietitians
- a physiotherapist
- a youth worker
- a clinical psychologist

Why does my child need this service?

Your child has been referred to the CEW service by a healthcare professional because they think that your child may benefit from further specialist support regarding their weight.

What does our service offer?

Our CEW service offers advice and support to help both your child and your family achieve a healthier lifestyle. We can support you by:

- providing advice about diet, behaviour, exercise and relevant treatments
- setting realistic goals to help your family achieve and maintain a healthy lifestyle
- helping to get your child involved in activities that are important to them
- advising how to manage setbacks or challenges around weight management

Each child that is seen by the CEW service is different. We will create a unique plan for your child and will set them personalised goals to help support their individual needs. We will then work with your child and your family over a period of 12 months to help you achieve these goals.

During this time, we will regularly review your child's achievements and goals to make sure that we are supporting them in the best way possible and make any changes if needed to their plan.

Your child will be allocated a specific doctor who they will see every four months. In between these appointments, we may also arrange appointments for your child to see other healthcare professionals in our CEW team. If your child needs this further support, we will discuss this with you.

Sometimes we work with other professionals (outside of the CEW service) who also care for your child, such as:

- your child's school
- the Child and Adolescent Mental Health Service (CAMHS)
- your child's social worker

By working with these teams, everyone involved in your child's care will have up to date information. This means that we will all be able to provide you with clear and consistent advice.

How should I prepare for my child's first appointment?

No special preparation is needed before your child's first appointment with us. However, you may like to think of any questions you may have for us before we see you in clinic. It is important to let your child know that they can also ask any questions they may have.

What do we need from you?

As this is a specialised clinic, we can only see a limited number of children and their families each year. Due to this, we ask for commitment from our children and families to be able to attend all their scheduled appointments. This may mean making changes to your family's schedule so that you can commit to working closely with us for 12 months.

We understand that life can be busy and attending multiple appointments can be tricky to organise. If there are reasons you feel that now is a challenging time for you or if there are barriers to you being able to work with us, please let us know before your first appointment. We can discuss alternative options and look at other ways we can support you.

What happens next?

We will send you an appointment letter for your first appointment in the CEW clinic.

Our appointments are mainly face-to-face, but we may sometimes need to arrange a telephone or virtual appointment. If this is the case, we will write this in your appointment letter.

At your child's first appointment, you will be introduced to various members of the CEW team that will be involved in your child's care. This is a good opportunity for you to ask any questions that you may have and a chance for the team to get to know you.

Contact us

If you have any further questions or concerns before your first appointment, please contact us using the details below.

For questions about appointments and other general enquiries

CEW service administration team

Telephone: **07385 969978**

Email: paedweightmanagement@uhs.nhs.uk

For medical questions

Paediatric endocrine nurse specialists

Telephone: **023 8120 8719**

Email: PENS@uhs.nhs.uk

If we are unable to answer your call, please leave a message on our voicemail and a member of our team will be in touch.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone 0800 484 0135 or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport

Join our family of charity supporters with a monthly donation!
It's a wonderful way to show your ongoing support of our patients and staff.

Scan the QR code or visit southamptonhospitalscharity.org/donate



**Southampton
Hospitals
Charity**

Charity Registration Number: 1051543

