

Brent Family Weight Management Support

Brent have won exclusive national funding to provide FREE support for local families to make healthy changes to their lifestyles.

Brent Council and BeeZee Bodies will be providing support for families living in Brent who are outside the healthy weight range. They have a team of nutritionists and behaviour change specialists who want to support local families to make realistic healthy changes, and connect them with the wide range of other services in the local area that can support people to be happy and healthy. For more info on the services go to www.beezeebodies.com

BeeZee Bodies are an award winning public health organisation who have been supporting families for 15 years. Together we want to ensure local organisations, services, partners and families in Brent contribute to ensuring the service meets the needs of people in Brent.

We will be running a range of group and 1-1 support to families living in Brent, and would love for you to help us with three simple things:

1. Talk to us!

We are friendly, we promise! We want to ensure that we include your experiences, thoughts and ideas in how to make sure the services we provide meet the needs of local people (including organisations).

2. Tell people that they can contribute; they have a voice, and we want to hear it!

We looking for families who would be up for sharing what support they need, so we can hear what they have to say. They don't have to know anything about health, we just want to hear about them and what they would like so we can make sure services meet their needs.

3. Refer people you are working with to us.

We are offering free, evidence-based services to support your local population to make healthy, sustainable changes. You can support people to start their journey.

For more info check out the website (www.beezeebodies.com) or Facebook page (@beezeebodies1)

We want to hear from all people in Brent who are working with and/or quite possibly are parents/carers of children and young people aged between 5 and 15. But we are also looking to focus our attention, in part, on organisations, services or individuals that are working with African and Black Caribbean families. The reason for this is that some groups are more likely to have adverse outcomes to issues with weight and are under-represented in healthy lifestyle services.

We want to work with you and the people you serve locally to co-produce and develop relevant local support and we are keen to be guided by the community on what this support should look and feel like. We believe it is important to get to know and understand the communities we are working with and our approach is always honest, open and transparent.

We want to learn about and be educated on what matters to you and the people around you, what your strengths are and also what issues/barriers people experience which prevent them from making healthy choices. We want to establish relationships in the community, where we can continue to work together, sharing resources, best practice, skills, knowledge and ongoing support over time, not just as a one off.

If you work with the community we would love to meet you and talk about your experiences and for you to connect us with the communities you work with and live in. If you have links to people from African and Black Caribbean communities/heritage then we would really like to talk to them about what they care about, want and need. But most of all, we are looking to work with real people in Brent to ensure that services are not simply 'done to' people, but something they are a part of.

Please get in touch by email: hellobrent@beezeebodies.co.uk (all you need to say is 'hi, I'd like to hear more!')

Check out the website: www.beezeebodies.com/families