



Somerset Preschool, Lifestyle, Activity, and Skills for self Help

Information for families/carers

Dear Family/carer

You have been given this leaflet as you have had a discussion with a health professional regarding your child's health and weight. As a result of this discussion they have been referred to Somerset Preschool, Lifestyle, Activity and Skills for self Help (SPLASH).

What is SPLASH?

- A service which provides specialist weight management advice that is family centred
- Support from a Doctor, Dietitian, Psychologist and Activity Leader
- Support from the team via
 - A home visit / virtual meeting with your child and family to meet each other
 - An initial clinic appointment for assessment
 - An invite for you and your child to attend group education sessions once a week (2 hours) for 6 weeks about food, activity and lifestyle with the professionals and other families
 - A review clinic appointment with your child and family at 6 months

What happens next?

We will contact you to let you know if we feel SPLASH can meet your child's needs or not and will then advise what happens next.

For any further information or any questions please do not hesitate to contact:
Paediatric Dietitians—01823 342207