

## **Appendix 1.**

### **Overview of activity sessions and key discussion points.**

## [18 September 2024: Health in All Policies approach to place-shaping](#)

1. Three members of the Task and Finish (T&F) Group attended this session with Council officers from Public Health and the Place directorate.
2. The session explored the Health in all Policies (HiAP) approach to place-shaping and the ways in which it is used to help address the wider determinants of health, including the impacts on childhood obesity and the framework for creating change. The HiAP is aligned to the Council's high-level strategies such as the Health and Wellbeing Strategy and the Local Plan. The session provided context to the 'wicked' problem of obesity and weight management programmes on their own are unable to solve the borough's obesity issues.
3. The session also outlined the Food Growing and Community Capacity Building pilot. This pilot provided a holistic programme level approach to engaging with the community across the Flowers Estate in South Ockendon. The local community, including children and young people were engaged to bring about environmental and behavioural changes that support the development of green spaces in the area.
4. The pilot brought together a whole system approach, with collaboration between Housing, Place, Public Health, residents, community groups and local schools. Three key areas of activity were highlighted: Benyon Primary School, the Mollands Lane Allotments and Sensory Garden and Chadwell Library.
5. Additional resident initiatives within the South Ockendon area were also highlighted such as Wellbeing Wednesdays and Feel-Good Fridays. Further funding has been secured from Active Essex (in partnership with Impulse Leisure) to roll out in Tilbury, Aveley and Chadwell. These events aim to deliver a support surgery every four weeks and to provide a weekly light weight stretch class called 'Move More'. The support surgery aims to provide health and wellbeing advice, guidance, support, and signposting to services across the borough, including: the Resident Engagement Team, Tenancy Management Officers, Thurrock Carers, Healthwatch, Social Prescribing Navigators and other organisations within the community and voluntary sector. Wellbeing Wednesdays have been well received within South Ockendon, with exercise classes being oversubscribed. Currently there are 25 residents signed up, with an average of 18 attending each week.
6. Following discussions with the T&F Group and Council officers, key areas included:
  - A Thurrock Food Partnership was explored after the pandemic, however capacity across partners was a concern.
  - Planning applications for residential estates need to ensure the safety of residents and provide access to small pockets of green space to promote physical activity.
  - Synergies with the Place O&S Parking at Schools Task and Finish Group were recognised, particularly active travel, and School Streets (see points 32-34 for further details).
  - The Food Growing and Community Capacity Building pilot is a sustainable, transferable model to other communities, although initiatives would be bespoke to each community. Work will continue with the South Ockendon groups as part of peer training and to continue momentum of the project.

- Education on food preparation and meal planning is important as many families do not know how to prepare ingredients to make a balanced and healthy meal. This also includes education on what constitutes healthy food as not all components of meals are healthy such as salad dressings which may be high in fat. Signposting of literature (both online and in non-digital formats) is therefore important.
- The national curriculum recommends two hours of physical activity per week, however not all schools provide this opportunity. Attitudes to exercise are set in childhood, with low levels of activity likely to continue into later life.
- The Government can influence food policy and enforce change, for example the sugar tax. There are reports which suggest that the drinks sugar tax levy has had an impact on levels of childhood obesity in children in Year Six but not in Reception.
- Some local authorities work directly with fast food restaurants to reduce salt intake by making small changes such as changing the style of saltshakers available.

### 8 October 2024: Meeting with Maternity Services

7. Two members of the T&F Group attended this session with representatives from the Mid and South Essex (MSE) Local Maternity and Neonatal System, the MSE NHS Foundation Trust and Northeast London NHS Foundation Trust (NELFT) Healthy Families Service.
8. The session highlighted the following areas:
  - A healthy weight and lifestyle are important pre-conception as maternal obesity increases the risks of the child becoming overweight or obese and the potential for metabolic disorders later in life. Prevention of maternal obesity is therefore important, with appropriate services being signposted pre-pregnancy and during pregnancy to maintain a healthy lifestyle. This includes the Healthy Start vouchers scheme (for those who are eligible), highlighting the benefits of exercise and the myth of 'eating for two' and referrals to care pathways for those with a BMI over 30 (diabetes screening and monitoring growth of the unborn baby).
  - The national maternity dashboard for MSE (reflecting BMI at 15 weeks) highlighted 29% were classed as overweight and 24% obese. Those with a higher BMI were represented most within Basildon, which may be due to increased deprivation within the surrounding areas.
  - There is not a requirement during pregnancy to weigh mothers as weight gain varies considerably and weight loss is also not advised during pregnancy.
  - Health Visiting falls within the 0-19 Healthy Families Services (commissioned and funded via the Public Health Grant). Health Visitors have five mandated visits (antenatal, new baby, six to eight weeks, one year and two years). They also provide support relating to breastfeeding, promotion of Healthy Start vouchers, the Frontline app for parents and promotion of healthy eating advice and support.
  - A baby's weight and growth are measured using the centile chart included within the 'red book' given to new parents. A BMI calculator is not routinely used for children under five years old, however, if the child is above the 90th centile, eating habits are explored.

- The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception and Year Six.

9. Key areas for discussion included:

- The Thurrock Healthy Lifestyle Service (commissioned by Public Health) offers weight management support for adults. Weight management service referrals can be made via GPs, followed by an initial assessment against specific criteria. If the criteria are met, a referral is made to Slimming World. Thurrock's contract with Slimming World ends in March 2025 and future commissioning plans for weight management services are in-train. This includes following guidance from the National Institute of Health and Care Excellence (NICE) and developing a service in partnership with clinical colleagues.
- Slimming World does not advise on weight change during pregnancy and does not encourage weight loss during this time. They support members to eat a healthy diet and remain physically active. Provision by other local authorities varies and it is not known if a specific service is commissioned by other Councils for weight management during pregnancy.
- The children's weight management offer is commissioned by Public Health as part of NELFT's 0-19 Healthy Families contract. NELFT are currently developing a new weight management service offer and will deliver the Health, Exercise and Nutrition for the Really Young (HENRY) (see points 29-31). The 'Healthy Families Growing Up Programme' will be offered for 5-12 year olds, with a weight management programme for 13-18 year olds in development.
- Impulse Leisure offer advice to adults only via an Exercise on Referral service to individuals meeting the commissioned service's eligibility criteria.
- Parents may feel there is a stigma associated with their child being classed as overweight or obese by the NCMP therefore they may opt out of the programme. The Healthy Families Service follows up with parents to discuss their concerns.
- Parents First Essex is a peer support group that includes pre and post-natal exercise classes and a 'walkie-talkie' club. This demonstrates initiatives already established within the community.

[17 October 2024: Meeting with stakeholders](#)

10. One member of the T&F Group attended this session with stakeholders across different sectors such as Active Essex, Impulse Leisure, the Mid and South Essex Integrated Care Board (MSE ICB) and the community and voluntary sector. Representatives from schools and Primary Care provided feedback separately as they were unable to attend.

11. Key topics included:

- The Place Partnerships Expansion opportunity from Sport England. The full award for funding will be developed and focused as part of the formal bid. South Ockendon, Chadwell and Tilbury are the three areas identified within the borough to fund projects that tackle inactivity. There is also a focus on working with children and young people in the area.

- The Active Lives survey data indicates activity levels during school hours have decreased, with levels slightly increasing outside of school hours.
- The community and voluntary sector (CVS) do not work directly with children to support weight management. However, parents are supported by social prescribers within each of the four Primary Care Network areas. The CVS also works closely with young carers as they often do not have the time to take part in activities and may experience financial challenges.
- Impulse Leisure offer a variety of activities including junior gym sessions, swimming lessons, pre and post-natal aqua classes and summer holiday programmes. Concession memberships are available.

The key discussion points for each of the stakeholders in attendance were as follows:

#### **12. MSE ICB**

- The MSE ICB does not commission children's weight management services, however future discussions with providers will include how to increase their involvement with families. This includes focusing on pregnant women and obese adults.

#### **13. Active Essex**

- Campaigns and pilots were highlighted, including the Daily Mile and Beat the Street. These campaigns aim to encourage physical activity in children and young people.
- Essex Activate take part in the Holiday Activity and Food (HAF) programme whereby 30 clubs were delivered across the summer of 2024. This is aimed at children eligible for free school meals. Catering provision varies across the programme therefore a standardised offer of healthy meals is important.

#### **14. Impulse Leisure**

- As part of encouraging physical activity for girls aged 12 and over, the Girls Empowerment Day was trialled, in conjunction with William Edwards and the Sweaty Betty Foundation. 200 girls attended Blackshots and were provided with education sessions based on encouraging them to exercise. Impulse Leisure is working with the Orsett Heath school on a smaller scale and recognised that funding for future Girls Empowerment Days is a challenge.
- The organisation works with the CVS to shape services and was recently involved with the Big Lunches initiative. They are also looking to develop a junior park run at Belhus Park. The organisation is also working with NELFT on the development of the new children's weight management offer.
- Some initiatives such as pop up swimming pools are not viable due to the level of health and safety measures required and unsustainable running costs.
- Impulse Leisure is supportive of producing nutrition and cooking advice videos as they already have an established digital platform. There is a need to be mindful of digital inclusion and the ongoing work across the borough, such as spaces to access digital information and recognising the cost implications for printed leaflets.

## 15. Community/voluntary sector (CVS)

- The views of the Young Healthwatch Ambassadors (aged 10 to 18 years) were fed back during this session, with mental health and eating disorders highlighted as particularly important to them. They feel young people are not supported to manage their weight when taking medications for long term conditions, which may potentially lead to the development of an eating disorder.
- The Young Healthwatch Ambassadors group referenced education from parents on healthy eating habits as key, particularly the passing of information from parents who attend weight management programmes.
- Young carers would benefit from being taught how to cook and what to cook to support a healthy lifestyle. There is currently no locally based cooking group, however with community involvement, there may be microenterprise opportunities to support these young people.
- The Trustees of the Grays Gurdwara completed a piece of work ahead of this stakeholder meeting. The Trustees advised parents seek advice as part of religious practices and are signposted to professional help for weight related issues. The Trustees recognised that education for parents and the whole family to live a healthy life is important. If there is an interest from within the community, they are supportive of holding nutrition classes.
- The South Essex College is also keen to work with the wider community as it has cooking facilities available for classes.
- Families using Foodbanks have little access to fresh food. Community initiatives were highlighted such as developing recipe cards for the items found within the Foodbanks.

## 16. A separate meeting was held with an early years provider (Willow Garden Day Nursey) on 24 October. To summarise:

- The nursey is located within a woodland setting in Orsett and has an outdoor 'forest school' approach to learning and promotes daily exercise. It is a unique childcare provision that provides childcare for 25+ children per day. It does not currently have any children in attendance who are within the overweight / obese thresholds.
- Catering is provided by Zebedees which is nutritionally balanced and provides the children with exposure to different food on a menu rotation. Packed lunches are generally discouraged, in favour of encouraging children to eat the same nutritionally balanced food as their peers.
- The variety of hot food and snacks (including fruit and vegetable sticks, rice cakes) provides the children with balanced options and smaller portions are encouraged. Whole grain cereals and wholemeal toast are also offered for breakfast. Water and milk are the preferred beverages.
- The nursery routinely speaks to the children about the food they eat such as the taste, smell and where they come from as part of educational opportunities.
- Many of the childcare settings in Thurrock are mindful of the need to promote exercise and healthy eating and receive updates on the NCMP data. However, some settings may struggle with access to outdoor space and the ability to prepare lunch on site, with packed lunches being the only option available.

- Most settings receive similar funding amounts; however, some working families may be influenced by the least expensive due to needing the childcare at the cheapest cost.

17. Further feedback was received from other stakeholders such as the Aveley, South Ockendon and Purfleet Primary Care Network (PCN), Kennington's Primary Academy and Dilkes Academy.

#### **Aveley, South Ockendon and Purfleet PCN**

- The priority of the PCN is to provide support at the earliest opportunity to families to rectify their child being overweight before there are any health complications.

#### **Kennington's Primary Academy**

- The school encourages a healthy lifestyle for pupils through simple changes such as children only drinking water at school, fruit and vegetables as playtime snacks, the availability of a salad bar and working with the catering company to make meals as healthy as possible. The pupils were engaged prior to these changes so that they could input into menu changes.
- The school's Design and Technology curriculum focuses on cooking and the cost of food and differences in shop bought and homemade food is also taught.
- The school also provides protected time for PE and takes part in the NCMP.

#### **Dilkes Academy**

- The primary school's meals contain healthy organic produce and is supplied by an external catering service. Organic yoghurts are available for dessert, with fruit and vegetables easily accessible as healthy snacks. No sugary drinks are permitted, and children are provided with a reusable water bottle.
- Food technology is covered as part of Personal, Social, Health and Economic Education (PSHE) classes. Three PE sessions are held per week, for 50 minutes.

18. Two members of the T&F Group also attended an 11-25 Strategy Group meeting on 7 November. This included representatives from secondary schools and Children's Services. The meeting continued to highlight themes already identified through the previous activities, such as:

- The challenging requirements of the curriculum resulting in reductions in PE and the duration of lunchtime. Some schools have maintained a 55 minute lunch to allow pupils to eat a meal.
- The local authority also provides a school dinner catering service to some (not all schools) and it would be beneficial to explore the current offering and differences between other providers.
- Availability of water is a legal requirement; however plastic free and suitable reusable water bottles may present a challenge if these are not provided by parents.
- The importance of breakfast for children to fuel their learning. The Thurrock College offers a free breakfast for students which is a staple part of their day.

## 22 October 2024: Meeting with children and young people

19. Two members of the T&F Group attended this session which included two representatives from the Thurrock Youth Cabinet. One young person attends the Gateway Academy and the other previously attended the Hathaway Academy and is currently at college. It is important to recognise that the views of these two young people do not represent the views of all young people in the borough.
20. The meeting was structured around the following questions:
- Knowledge and attitudes towards healthy eating from a young person's perspective;
  - Do the young people know how to cook simple meals or are they involved in the preparation of their meals at home?;
  - What do they think of school offerings such as canteen options and do they have access to cooking lessons as part of their school curriculum?;
  - What exercise do they partake in and is this in or out of school? What do they think about exercise and availability?;
  - Their thoughts on how to tackle obesity and changes needed.

The key discussion points from the session have been categorised into the following themes:

### **21. Healthy eating**

- The obesity crisis is a national and local issue, particularly amongst young people. Diet and exercise constitute a healthy lifestyle which takes discipline to maintain.
- Healthy food is often not appealing to young people and can be expensive and perishable such as fruit which does not have a long shelf life.
- There is constant food advertising through social media, television, and takeaway service apps.
- The cost of living crisis is a big concern especially the increase in prices for food, with unhealthier options such as frozen junk food often being cheaper. However, supermarkets are reducing the cost of certain items, although there could be a focus towards making healthier options cheaper. It was recognised that tinned fruits and frozen vegetables are often cheaper than fresh.
- 'Shrinkflation' is also an issue and that often price increases are associated with branded products.

### **22. Food preparation / cooking**

- Both Youth Cabinet representatives are beginning to cook meals for themselves. They have reduced the number of takeaways they have due to the increase in prices but also being healthier as a family by having more home cooked meals.

### **23. School food options and cooking lessons**

- Both young people reflected on the academisation of schools within Thurrock which may impact on the consistency of healthy food options within schools.
- The school lunch offer in primary school is predominately healthier than secondary school.



Although, there are no vending machines in both the Gateway Academy and the Hathaway Academy. However, there is limited access to free water, for example water fountains.

- One of the representatives started secondary school a short time prior to the pandemic and due to this, never had a food technology / cooking lesson. The other young person advised home economics lessons are taught from Years Seven to Nine and is offered as a GCSE option. The lessons include how to use healthy alternatives such as using tinned tomatoes for sauces for pasta and pizza.
- Schools also teach the origins of food sources through other subjects such as geography (the role of farming).

#### **24. Exercise**

- The government recommends two hours of PE per week for schools; however, this is no longer mandatory.
- Both Youth Cabinet representatives felt that the PE curriculum could be improved, with different activity options to encourage student engagement. The variety of sports available is often limited, although the athletics season during summer does help to engage some students who are not interested in football or rugby.
- A focus on academic results was highlighted as schools and teachers are assessed on these results, with extra periods being added to timetables for revision rather than exercise.
- After school clubs and provisions were discussed, with gyms accessible before or after school and during breaks / lunch. However, attendance remains low.
- Increased physical activity will support good mental health, particularly as many young people do not socialise as often since the pandemic and remain at home. They may also be concerned about their safety whilst outside of their home environment such as anti-social behaviour.
- To encourage physical activity, there may be benefits to making initiatives competitive, for example earning points for riding a bike or walking to school or offering an incentive such as vouchers.

#### **25. Young Voices**

- The session included views from Thurrock's Young Voices (represented by the Council's Participation Officer). This group consists of children in care and care leavers.
- Education is key and how this translates into the home for parents and carers. Simple recipes demonstrating what to do with ingredients to make cheap and tasty meals as part of wider cooking lessons would be useful and could be supported by supermarkets.
- The Purfleet Community Pantry was discussed and the importance of this within the local community (see point 36 for further details).
- It was noted initiatives are needed specifically for care leavers due to their upbringing and living independently for the first time. Care leavers are not eligible for the Healthy Start Scheme.

## 26. Other influences

- The role of social media was discussed, particularly the targeting of young people in relation to body image ideals but also the promotion of unhealthy foods.
- Concerns were raised about the increased use of diet pills and protein shakes that young people can buy from health food shops.
- There are currently no enforceable restrictions for young people buying energy drinks, however retailers can choose to restrict the sale, for example to those aged 16 or over.
- A lack of community and isolation may impact on the behaviours of young people such as increased alcohol consumption and vaping. Both lifestyle choices decrease fitness levels which may leave young people demotivated to exercise therefore creating a vicious cycle.
- The use of graphic images and warnings such as those used on cigarette packets may shock people into making different and healthier food choices.

### [30 October 2024: Visit to Tilbury Family Hub](#)

27. Three members of the T&F Group visited the Family Hub in Tilbury. The session provided an overview of the work of the Family Hubs and the delivery of the Health Exercise Nutrition in the Really Young (HENRY) programme in Thurrock (see **appendix 4, pages 4-5** for further details).

## 28. Family Hubs

- The Hubs run a range of early help services to support families in the early stages of their child's life and beyond. This includes:
  - Pre-natal support, embedding of maternity services, dental work shops, potty training, stay and play and crèches;
  - Accessibility to a sensory room or 'nooks';
  - Speech and language targeted programmes;
  - Signposting of other services within the Hub;
  - Parental Outreach Workers and drop in sessions that cover a range of areas such as behaviour, fussy eating, and family lifestyles;
  - The HENRY programme.
- Building relationships with the local communities is key, particularly understanding their diverse nature. The Hubs aim to be as flexible and adaptable to the needs of their communities and make them comfortable places for families to use.
- The Family Hubs recently attended the Big Lunch events and provided a free lunch each week across all the Hubs during the summer as part of the Holiday Activities and Food (HAF) Programme. This targeted those families in need as they linked in with schools and Foodbanks to reach these groups.
- Further to targeted interventions, follow up calls with parents are made as part of supporting them to implement the skills they have learned.
- The Ask Thurrock page is continuously updated to advertise the different services available, and families have the option to register for services online or via the Hubs directly. Paper copies of the timetables are available from the Hubs, with posters and leaflets also available within GP surgeries and supermarkets.

- The Hubs also facilitate additional support groups such as children's domestic violence groups, Changing Pathways, Young Carers and development play groups. They are also linked into Thurrock's Children's Services and Social Workers.
- The Hubs work closely with Thurrock's Foodbanks and would like to implement a 'grab bag' system whereby food is provided to families to cover a weekend when the Foodbanks are closed - many families in need are unable to travel to the next open Foodbank. Non-perishable donations would be collected via supermarkets.
- The Hubs also receive donations as part of their Baby Bank (clothes, prams, and cots) and work with the Grace Millane Trust to provide support for women in need.

## 29. Health Exercise Nutrition in the Really Young (HENRY)

- HENRY is a targeted eight to ten week programme with a holistic approach to support families and young children from ages 0-5 years to lead healthier lifestyles. The programme focuses on promoting healthy eating habits, physical activity and the overall health and wellbeing during early childhood. Referrals to the programme can be made from schools, Health Visitors, or parents themselves.
- Eight families are currently participating in the programme at the Tilbury Family Hub. There is a crèche available for those aged six months and above to help support parents with attendance – at present there are no dropouts from the programme.
- Each family receives a HENRY information book, which includes recipes and useful tips. Rewards are provided for attending each week such as stickers.
- The feedback received from parents is positive and they are taking ownership and are empowered to continue to make the connections and relationships discussed at the sessions.
- The support currently being provided for children involved in the programme relates to fussy eating and broadening their diets rather than weight management.
- Cultural variations were discussed such as young children being given milk thickeners in bottles which impacts on dental development and speech. The Hubs work closely with dentists, and they are also HENRY trained.
- The programme provides education on portion sizes and the use of visual aids to illustrate how much sugar is in certain foods, for example cereal bars and pizza.
- The Hub is considering different delivery mechanisms for modules of HENRY, for example virtually or via telephone.
- The delivery of the HENRY programme is very specialist and requires five members of staff (to run the programme and the crèche). The biggest cost is therefore staffing capacity and training. A train the trainer approach is used as part of upskilling staff and investment to save for the future.
- The results of HENRY will be difficult to quantify in the short term as changing the culture of diet and lifestyles will take longer to embed.

30. As part of this session, members of the T&F Group joined several HENRY service users. The session focused on dental hygiene, with toothbrush packs being given to the families. It was an interactive session, with the service users being asked about their dental knowledge such as the duration of brushing, as part of a Q&A session.
31. Service users discussed the following key points with the T&F members:
- At the beginning of each session, a recap is held on what the families worked on from the previous week as part of their stepping stones for change. For example, focusing on emotions or less screen time.
  - Service users indicated it is a valuable experience as they are supported to overcome challenges and they learn from each other.
  - Healthy lifestyles are important such as portion sizes and reducing the consumption of sugar.
  - The recipes contained within the information book are useful, although some service users recognised they are not yet at the stage to try these. This may be due to time constraints but also fussy eating. Other service users provided tips on how to encourage their children to eat more vegetables by incorporating them into sauces.

#### [Place O&S Parking at Schools Task & Finish Group](#)

32. In addition to the five themed sessions, a joint meeting with the Place O&S Parking at Schools Task & Finish Group was held on 10 October to explore the synergies between the two areas. See **appendix 6** for minutes of the meeting (pages 7-10).
33. The overall theme captured during discussions was that children and young people walking to school would help to alleviate parking concerns and would also have health benefits by increasing physical activity. Both T&F Groups recognised providing more drop off zones or onsite car parks at the schools would not encourage walking to school therefore active travel initiatives are key. This includes the use of School Streets (reserved areas for pedestrians which promotes active travel and reduced traffic / congestion within a particular area) and walking buses.
34. The synergies between the work of the two T&F Groups was also recognised by the two Youth Cabinet representatives as they attended meetings for both Groups on the same day. They suggested linking schools with local Community Forums and identifying safe places to park and then walk. The safety of roads near schools was also discussed along with the reduction of school crossing patrols in Thurrock.

#### [Additional activities and research](#)

35. The Chair of the T&F Group completed some independent research and additional visits within the community. This included visiting Mama G's Afro-Caribbean store in Grays and speaking with an Indian restaurant owner to understand African Caribbean and Asian meals. This research highlighted the cultural variations within diets including a tendency for a high starch food base in African Caribbean diets and sweet foods in some Asian diets. The types and use of fats and oils in food preparation also varies in different diets.

36. The Chair visited the Purfleet Community Pantry on 21 October which was launched in August 2024. Residents pay a one-off membership fee of £3 for unlimited access to the pantry. For each visit, they pay £5 and can take 10 items. These include seven 'Diamond' items which typically cost less than £1.50 and three 'Hearts' which cost more. The items include fresh fruit and vegetables and cupboard staples such as coffee and pasta, with shoppers saving on average £21 a week (approximately £1000 per year). Donations for the Pantry are received from Lidl and Fairshare. The Pantry will shortly offer a free cookery course and if successful, it will be run in other areas of the borough. This links closely with the themes identified during the T&F Group's work, particularly around the knowledge and confidence of food preparation.
37. Additional information was obtained regarding the launch of the new Information Marketplace at the Stifford Clays Medical Centre. The Marketplace holds events for residents and provides information, advice and guidance on various health and lifestyle topics. The session scheduled for January 2025 will focus on weight management and getting active. The Marketplace will therefore be a useful link with the community to promote healthy eating and physical activity.
38. The Chair also joined a Primary Care Clinical Leaders meeting on 6 November to engage further with GPs. The main themes outlined were:
- The limited time available during appointments to sensitively cover weight management concerns and the increase in adults requesting weight loss injections;
  - Insufficient reporting from schools on overweight or obese children therefore data is not accurate;
  - The importance of social prescribers feeling empowered, confident, and sufficiently trained to discuss obesity;
  - Weight management is often a social issue therefore a broad, collaborative approach across all sectors is needed to reduce obesity rates;
  - It was stated that they thought there would be benefits of having a more centralised referral system. The National Institute of Health and Care Excellence (NICE) is currently reviewing the guidelines for management of obesity and further action relating to access will be dependent on the publication of these updated guidelines.