



East Sussex School Health Ready, Steady, Go!



Stakeholder Communications Pack JANUARY 2022 UPDATE



Ready, Steady, Go!

Thank you for enquiring about the children and young people's healthy weight programme being delivered by the East Sussex School Health Service.

This document contains some background about the programme design and structure for our children's weight management programme **Ready, Steady, Go!**

It also includes some suggested posts for your newsletters and emails, informative videos, and JPEG and PDF versions of our programme posters for your use.

Please contact us if you need alternative formats such as bleed and no bleed versions.

What is Ready, Steady, Go?

Ready, Steady, Go! is an eight-week group programme for children aged 4 to 11 and their families. The focus is on helping families achieve and maintain a healthy weight by making small and achievable lifestyle changes with the support of a team of trained staff.

Eight sessions cover a range of lifestyle topics including healthy eating, being active, sleep and screen time. They are delivered in groups in local venues and online. Sessions last up to an hour.

As well as attending the group, families have the opportunity to access one-to-one support throughout the duration of the programme, where they have the chance to discuss individual progress and other queries that they may feel they need some extra support with.

Who is it for?

Ready, Steady, Go! is suitable for East Sussex families who are looking to achieve and maintain a healthy weight. To be eligible for the programme, one child within the family will be above the healthy weight range. If you are unsure, our team can help you work this out or you can use the [NHS healthy weight calculator](#) to calculate their BMI.

When and where are the sessions?

Ready, Steady, Go! sessions are offered on a **virtual** and **face-to-face** basis. For our fully virtual programme, families can access the one-hour weekly group sessions online via Microsoft Teams.



Families will need access to a computer, tablet or mobile phone with internet, camera and microphone access.

Our face-to-face groups are delivered at local community venues, such as schools or community centres, and take place after school. We also run fully virtual groups for families to access as a weekly online group. If further Covid-19 pandemic restrictions are introduced we may have to deliver our face-to-face groups as fully online sessions.

Parents and carers are asked to attend the group with their child, whether the session is online or in person. **Ready, Steady, Go!** is a programme that can benefit the whole family and we know that parents and carers play a crucial role in helping their child to make positive lifestyle changes.

Start your new year with a plan and help your family get on track! Join one of our groups starting in January and February 2022.

January and February 2022 GROUPS

- **Monday, 24 January 2022**
Wallands Community Primary School, Lewes
4 to 5pm (fully face-to-face group)
- **Tuesday, 25 January 2022**
Virtual group
4 to 5pm (all sessions are online)
- **Wednesday, 2 February 2022**
Stafford Junior School, Eastbourne
4 to 5pm (fully face-to-face group)
- **Virtual group starting every 5-6 weeks**

***Please note that subject to changing NHS COVID-19 restrictions, face-to-face groups may have to be delivered as a fully virtual programme**

Families that are unable to join us for the groups starting in January and February can still get in contact with us and join our waiting list so they are ready to join us in the new year. **We will have virtual groups starting approximately every 5 weeks over the year so there won't be long to wait!**



How to join

Families can refer themselves into our programme using the [online referral form](#) or by **calling our service** and speaking to a member of the team. Schools and other professionals who may be supporting your family can also make a referral on the family's behalf.



Online referral form: [School Health Service \(East Sussex\) referral form | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](#)



Phone: East Sussex School Health Service on 0300 123 4062

Do you need more support about raising the issue of weight?

How can we help you to refer families?

We know there are many professionals and volunteers working across East Sussex who are making key contacts and having important conversations with families that may benefit from accessing **Ready, Steady, Go!**

Join us at one of our monthly **online MS Teams** sessions where we'll talk you through the programme, how to refer families and some key conversation points when talking about the challenging topic of raising the issue of weight.

- **Tuesday, 18 January 4-5pm**
- **Wednesday, 23 February 10.30-11.30am**
- **Thursday, 24 March 4-5pm**
- **Friday, 22 April 2-3pm**

Email Kim Pocock kimberley.pocock@nhs.net to receive an invite to the session.

You can also find information on our service website at: [Ready, Steady, Go | East Sussex \(eastsussexchildren.nhs.uk\)](#)



Here you can find information and videos about the programme, the latest group start dates and FAQs about all different aspects of the programme. You will also find a direct link to our East Sussex School Health referral portal.

Videos

We have produced some short, social media- friendly videos that we'd love you to use on your websites, online newsletters and social media platforms to promote the programme.

Click on the video pictures or titles to be taken to Vimeo where you can **download** the videos for use.



RSG short promotional video

This video is a brief call-to-action to encourage families to visit the East Sussex School Health website for further information about our healthy weights and lifestyle programme **Ready, Steady, Go!**

Family experience videos

The following videos include content from families about their experience of engaging with the Ready, Steady, Go programme. They are short 30-second videos, perfect for social media or to show clients you may be working with. The longer, full length versions of some of these videos that can be watched on our website at [Ready, Steady, Go | East Sussex \(eastsussexchildren.nhs.uk\)](https://www.eastsussexchildren.nhs.uk)



[The programme helped all of us](#) short social media clip.

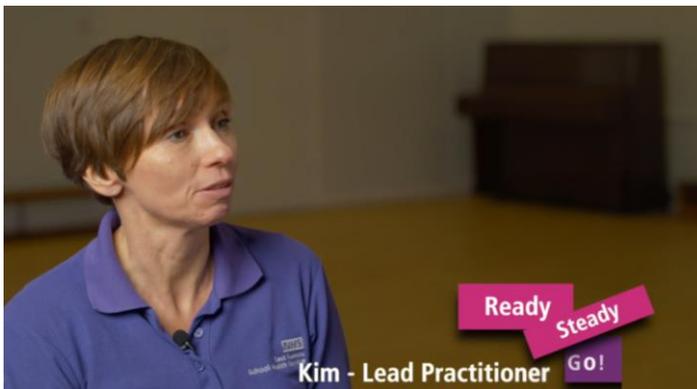


ready steady
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[We've done it together as a family](#) short social media parent experience clip.



[Who is it for?](#) short social media clip.

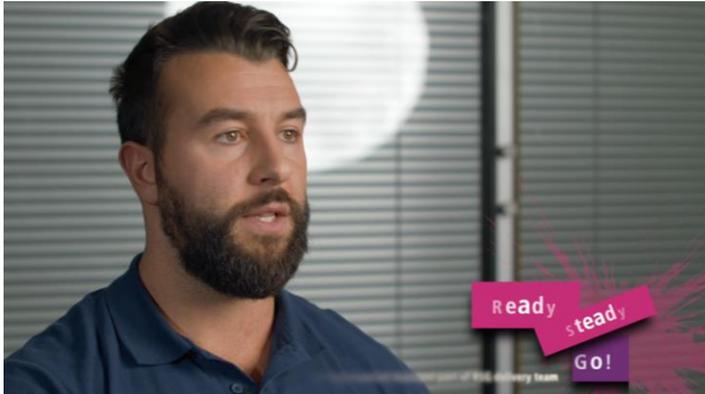


[Family video](#) three-minute video.



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[Parent, staff and teacher perspectives](#) five-minute video

Social media

- The short video clips above are perfect to accompany your social media posts.
- Find more posts and information about Ready, Steady, Go at our East Sussex School Health Service **Facebook** page. Just search [@ESSchoolHealth](#)
- Please **like** and **share** our **Ready, Steady, Go!** posts on Facebook to your organisation's page. Our Instagram account is coming soon.
- Meet the Ready, Steady, Go team and workout with us in one of our Facebook videos!

We want YOU!

Are you a school or community venue that could be a host location for our Ready, Steady, Go programme?

We're always looking for family friendly venues to hold cohorts of our programme from. Ideally you have a free hall space suitable for up to 25 people to run around and have lots of fun, available after school from 3.30-5pm and for a period of 8 weeks/sessions.

We know that easy access and familiarity are really key factors in supporting families to access our NHS healthy weights programme. Schools and community venues have been brilliant supporters of our programme to date and we'd love to work with you to support families in your area.

Contact kimberley.pocock@nhs.net to make further enquiries.



Schools – live workout with Ready Steady Go!

Meet the Ready, Steady, Go! team, learn about the programme and join us live online for a quick family friendly workout.

Join us on *Microsoft Teams* for our live stream:

- Monday 24 January 2022 - 9.15am – primary schools, join us during registration or assembly for a great start to your January school day! [Click here to join the meeting](#)
- Monday 28 March 2022 - 9.15am – primary schools, join us during registration or assembly for some Easter fitness fun! [Click here to join the meeting](#)
- Can't make it? Watch a recorded version of the session to watch at a convenient time from our website: [Ready, Steady, Go | East Sussex \(eastsussexchildren.nhs.uk\)](#)

Not long now until the next Ready, Steady, Go! groups start in January and February.

Start 2022 with help to get your family's healthy lifestyle back on track in the new year! Our eight-week family programme covers everything from healthy eating and physical activity, to sleep and screen-time to help your primary school-aged child achieve a healthy weight.

You can join us at one of our face to face groups, or from the comfort of home with our virtual sessions. Join now by contacting **East Sussex School Health** via our referral portal, email or telephone:



Online referral form [School Health Service \(East Sussex\) referral form | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](#)



kentchft.esschoolhealthservice@nhs.net



Telephone 0300 123 4062



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Ready steady Go! healthy lifestyle club for children in Reception to Year 6 and their grown-ups

- Take part in fun sessions covering healthy eating and activity.
- Suitable for all the family.
- Lots of locations across East Sussex.
- Supported by trained staff.

FREE

School Health Service
Contact your School Health Service on
Phone: 0300 123 4062
Email: kentcht.schoolhealthservice@nhs.net

East Sussex
NHS
Level 6 Sussex
Primary Care
Connecting
Health

Ready, Steady, Go stock photo library – please feel free to use.



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Posters and leaflets

Here you can find digital versions of resources to help promote **Ready, Steady, Go!**



00857_East Sussex
School RSG A4 Landsc

- RSG landscape JPEG for web/social media/newsletters



00857_East Sussex
School RSG A5 for WE

- RSG portrait JPEG for web/social media/newsletters



Ready Steady Go
School Health Service

RSG pdf portrait poster with hyperlink



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School RSG A5 for WE

RSG JPEG for web/bulletins



00857_East Sussex
School RSG A4 Landsc

RSG landscape poster PDF



00857_East Sussex
School RSG A4 Landsc

RSG landscape JPEG for web/bulletins