**Public Consultation on Fitter Futures Warwickshire**

May 2018

**Fitter Futures Warwickshire**

**Supporting people of all ages across Warwickshire to improve their health**

We want to hear your views as a Warwickshire resident, a key partner, and a stakeholder.

**1. Why are we consulting?**

This consultation provides an opportunity to share your views and experiences of the Fitter Futures Warwickshire service and comment on possible future provision. The findings will be used to shape the new service which will be implemented in 2020. We really value your input to ensure the service meets your needs.

The Fitter Futures Warwickshire services are coordinated by [Nuneaton and Bedworth Leisure Trust](http://www.nbleisuretrust.org.uk/). The aim of the services is to support the population of Warwickshire to improve their health through maintaining a healthy weight, eating healthily, becoming physically more active and having a healthier lifestyle.

The services offer families, children, and adults of all ages a choice of evidence based opportunities which provide weight management and/or physical activity support.

The Fitter Futures services are as follows:

Family Weight Management (Change Makers)

Change Makers is a free 9 week healthy eating, healthy lifestyles and physical activity programme for families who have at least one child aged 4-12 who is considered to be overweight. Families can self-refer to the programme or be referred by a professional e.g. teacher, health/social care professional.

#### Young People and Adult Weight Management on Referral

#### This service provides a free 12 week programme of weight management support to young people aged 11-15 and adults aged 16+. To be eligible for the programme people must have a body mass index (BMI) of 30 or more or a BMI of 28 if there are complex needs such as diabetes or arthritis.

#### Young People and Adult Physical Activity/Healthy Lifestyles on Referral (previously known as Exercise on Referral)

#### This service provides a 12 week programme of a physical activity/healthy lifestyle support to young people aged 12-16 and adults aged 16+. There is a charge to use this service - where possible this charge is kept to a minimum. There are many organisations that provide this service. To be eligible for the service an individual registered with a Warwickshire GP must have one of the following conditions:

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#### mental health condition e.g. mild to moderate depression, anxiety, low mood;

#### respiratory condition;

#### musculoskeletal condition;

#### neurological condition;

#### hypertension;

#### risk of cardiovascular disease;

#### diabetes type 1 and 2 higher risk of diabetes;

#### Survivors of or people recovering from cancer;

#### obese or overweight;

#### osteo/rheumatoid arthritis/osteoporosis;

#### dementia - early to mid stages.

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#### Referrals into this service must be by a health/social care professional or Pharmacist.

**2. How to take part in this consultation?**

We would like as many people and organisations as possible to complete the survey to help us analyse feedback. Please take a few moments to give us your views and opinions and please do pass information about the survey information to anyone you think will be interested.

You can complete our online survey at: Ask Warwickshire <https://ask.warwickshire.gov.uk/>

You can request a paper copy of the survey by contacting Public Health Warwickshire on **01926 413751** or emailing **phadmin@warwickshire.gov.uk.**

You can also request additional copies of the questionnaire or ask for it in another format such as large print, through the same contact.

**The consultation process will run for 5.5 weeks starting on Tuesday 29 May 2018 and finishing on Friday 6th July 2018.**

**3. What will happen with the information that we gather?**

All the comments and feedback we receive will be recorded and analysed and the consultation results will assist us with the service design for the Fitter Futures Programme.

A summary of the findings of this consultation will be available for the public via Warwickshire County Council’s ‘Ask Warwickshire’ Consultation webpage at <https://ask.warwickshire.gov.uk/we_asked_you_said/>.

Following approval, a formal tender process will be undertaken early 2019 to commission the new services that you have helped us to shape. The new service is planned to be in place by 1st July 2019.

All the information you provide will be strictly confidential and will only be shared with Warwickshire County Council staff who are responsible for the commissioning of Fitter Futures Warwickshire.

**Supporting Information**

The following supporting information is available at www.warwickshire.gov.uk/ask

* Equality Impact Assessment
* Case Studies from Fitter Futures Warwickshire service users
* Fitter Futures Warwickshire video

For more information about Fitter Futures Warwickshire please visit: <https://fitterfutureswarwickshire.co.uk/>

**Privacy statement.**

**Warwickshire County Council Privacy Statement**

The information/data collected by this survey will be kept strictly confidential and shared only with Warwickshire County Council staff responsible for analysis of the data and those responsible for the commissioning of Fitter Futures Warwickshire. All data will be stored securely and erased within four years.

All comments, feedback and information we receive will be used to inform how future weight management services are delivered. You will not, in any way, be identifiable in the survey analysis from your responses and any comments will be anonymous. The findings from the consultation will be presented to Warwickshire County Council’s Cabinet, for their approval to commence a tender process for these services.

Please do not provide any additional correspondence to our surveys as personal information, may be disclosed in accordance with the Freedom of Information Act 2000 and the Data Protection Act 1998. If you want the information that you provide to be treated as confidential, including your contact details, please tell us why, but be aware that, under the Freedom of Information Act, we cannot always guarantee confidentiality.

For further information see www.warwickshire.gov.uk/privacy or contact our Customer Service Centre on 01926 410410.