

Each week the information session for families will start with a review of goals from the previous week. Children will take part in a weekly exercise session while the parents meet with the dietitian or the psychologist for additional information or practical sessions.

A shopping trip will take place with parents. A cooking demonstration for the whole family is hosted in the Aviva stadium.

We take measurements of health on week 1, week 7, and then every 3 months. Measurements include growth, strength, fitness and sleep.

After the 7 week programme has ended, families return for check-up sessions to help keep the healthy changes on track

What to bring to group: children should wear comfortable clothes to group and bring a bottle of water.

During sessions we will ask that all mobile devices are turned off.



Image courtesy of World Obesity Federation

Children for One-to-One Treatment

Families will receive the same information as the families attending the group programme but this will be delivered by a different team member at each appointment. Families attend appointments usually every 4-6 weeks over 12-18 months.

What to bring to one-to-one treatment: children should wear comfortable clothes and bring a bottle of water with them.

“The programme is excellent for information and my son’s self-esteem has greatly improved along with eating habits and weight”

“The programme was very enjoyable, educational and beneficial”

For further information
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visit our website www.w82go.ie

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Children’s Health Ireland
at Temple Street

Temple Street W82GO Child and Adolescent Weight Management Service



The W82GO Service was established in 2005 and is delivered by a team of health professionals including a:

- Dietitian (checks what and how patient eats and drinks)
- Physiotherapist (checks how patient moves, their fitness and how they sleep)
- Psychologist (checks patient's mental health and how they get on with others)

W82GO provides families with health, nutrition, self esteem, family communication and activity guidance along with support in a safe environment so that families can achieve the healthiest lifestyle possible for them.

Although most of our patients come from Dublin and surrounding regions, we accept referrals from all over the country.



If your GP is concerned about your child's weight, they may refer your

child to a medical consultant based at Children's Health Ireland (CHI) at Temple Street. Your child's consultant may then refer them to the W82GO Service.

The first appointment that you will receive is for our Multidisciplinary Assessment Clinic. These clinics take place on Tuesday mornings and each appointment lasts approximately 90 minutes. You and your child will meet with the team and together we make a plan with each family.

Virtual appointments can also be offered.

During the appointment the team will check your child's growth by measuring their height and weight. Their physical and social development will also be measured.

Our team will discuss possible treatment options with you and your child, offering either a Group Programme or One to One appointments. These will be delivered in person or virtually through video clinics.

The team meet together when the clinic ends to discuss all the children seen that day. Discussions will take place to decide if each child has been offered the most appropriate treatment for them. For example, some children

may be shy and may prefer to have one-to-one treatment whereas others look forward to making new friends in group treatment.

The aim of the W82GO service, both the group programme and the one-to-one appointments, is to help families create a home and lifestyle that promotes health, and prevents further weight gain. In addition, treatment aims to reduce the health problems that can occur in some children who carry excess weight such as high blood pressure, high cholesterol or painful joints.

The treatment lasts 12-24 months and most patients will have 10 – 12 appointments during that time.

Children for Group Programme

The group programme runs from 5.30 pm – 7.30 pm on a weekday evening for 7 consecutive weeks with 4 check ups over the following 9 months.

