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Dear Parent/Carer

Following the recent height and weight measurements taken in school as part of the National Child Measurement Programme (NCMP) we would like to draw your attention to the free services and wealth of healthy lifestyle resources that can help on Be Healthy Bucks  
<https://bhb.maximusuk.co.uk/>.

Be Healthy Bucks offers a free family programme for children aged 7 to 11 to help them reach a healthier weight, and online resources for all ages to achieve a healthy weight. If your child's NCMP measurement letter results showed as overweight, we would recommend contacting the service for support.

Be Healthy Bucks is a free service that offers support to Buckinghamshire residents to make simple and sustainable health and wellbeing changes.

If you are interested in support for yourself, Be Healthy Bucks also provides help to stop smoking, lose weight or cut down on drinking alcohol. To explore if you could improve your health, visit their website and take a quick 5-question survey.

Please visit [Be Healthy Bucks](#), call 03332 300177 or scan the below QR code to register to access the resources or to find out more.



Yours Sincerely

Susie Mitchell

Service Lead for School Nursing and Learning Disability Nursing

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK