

Family Food Clinic

Children's Healthy Lifestyle Team

Here to support your family with any food related concerns.

Baby weaning worries?

Is my child overweight?

Need more confidence in what to feed your child?



Struggling with fussy eating?

Stuck for food ideas?

Are you worried about your child's current diet?

Our Family Food clinics run monthly at your local Children and Family Centre. All families with children aged 0 to under 5 years are welcome.

Individual appointments must be booked via your Health visitor team or Children and Family Centre

Or you can book directly with us at

sc-tr.childrenshealthyweightteam@nhs.net

And we will book you in!

Our specialist team is part of the HCP team (Health Visitors & School Nurses) and we work alongside local Children and Family Centre staff

Running locally at -
Bognor Regis Treehouse CFC - 1st Thursday of every month
Littlehampton Wickbourne CFC - 2nd Thursday of every month
Chichester CFC – Every - 3rd Thursday of every month
Please contact us on the above email to book an appointment slot.