

Beezee 😊

Beezee
by maximus

Who are we?

- Beezee is the name given to children and young people healthy lifestyle programmes delivered by Maximus.
- We want to help families of all ages achieve their potential and work towards good health and wellbeing.



Meet Our Team

Beezee
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Gemma
Gellman

Service
Manager



Hannah
Gibson

Team Leader
and Senior
Nutritionist



Jane Jones

Senior
Family
Support
Worker



Ethan Easton

SEND
Coordinator

Meet Our Team

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Louise Rodgers

Specialist
Health and
Wellbeing
Coach



Lucy Smith

Specialist
Health and
Wellbeing
Coach



Kathryn Bach

Behavioural
Insights
Officer



Lewis Hughes

Health and
Wellbeing
Coach

Services Provided

Beezee
by maximus

SEND
Programmes
in Special
Schools

Youth
Programme

Beezee
Academy

Enhanced 1
to 1

Beezee
Families

What is Beezee Families?

Beezee
FAMILIES



 BeezeeHealth

 BeezeeHealth



Beezee Families



Beezee Families is our free, award winning healthy lifestyle programme designed to support the whole family.

By signing up the family get:

- Expert support and practical support from our nutritionists
- Discover delicious and nutritious recipes to try
- Join our 10 week group sessions or our 12 week online sessions



Topics Covered In Person

Children and parents are split up for 4 out of the 8 group sessions to ensure we can support the parents/carers with topics that they may not feel comfortable to talk about with their children around



Date	Topic	Activity
	Initial Assessment	
04/02/2025	Intro and Energy Balance	Altogether
11/02/2025	Portion Sizes and Snacking	Separate Activities
18/02/2025	Cooking Week	Altogether
25/02/2025	Introducing New Foods	Separate Activities
04/03/2025	Habits and Routines	Separate Activities
11/03/2025	Supermarket Week	Altogether
18/03/2025	Meal Planning and Budgeting	Separate Activities
25/03/2025	Graduation	Altogether
	Final Reviews	

Step Up To Secondary



This programme has been designed to support young people as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and with the new academic year approaching, it is vital to reach children before they enter Year 7.




Weekly Themes



- Week 1: New School, New Choices - Exploring school canteen options and making healthy choices.
- Week 2: Making Healthy Habits - Building routines for long-term wellbeing
- Week 3: Drinks and Snacks - Exploring healthy options and their impact on sleep and energy
- Week 4: More Independence, More Movement - Encouraging physical activity as part of daily life
- Week 5: Outside the School Gates - Understanding fast food choices and alternatives
- Week 6: Time to Step Up - Celebrating progress and preparing for the transition

What is Beezee Youth?



 BeezeeHealth

 BeezeeHealth

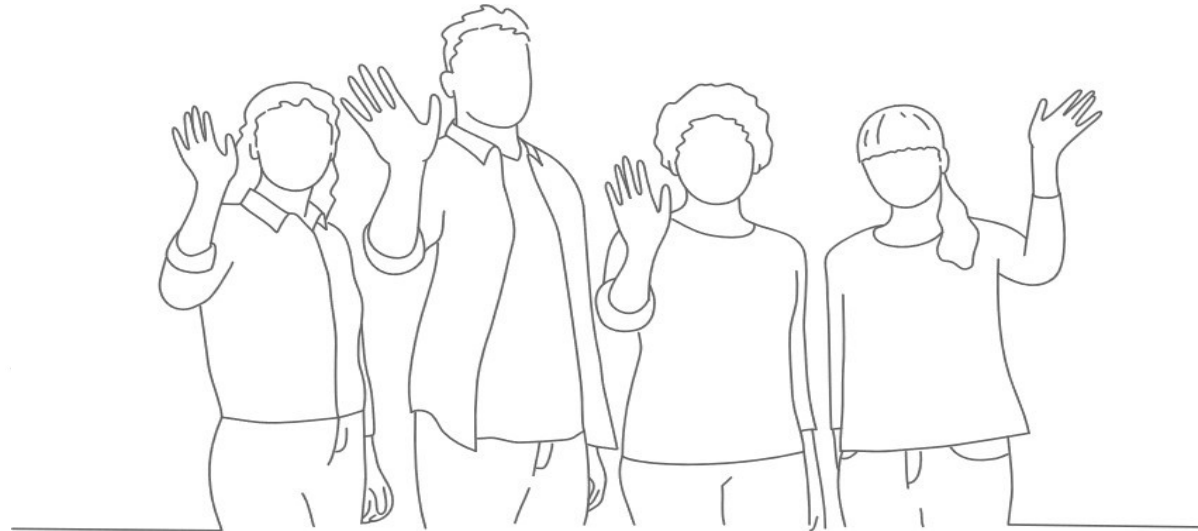
Beezee Youth



Beezee Youth is a free health and wellbeing programme for teenagers, co-produced with young people

By signing up, young people can:

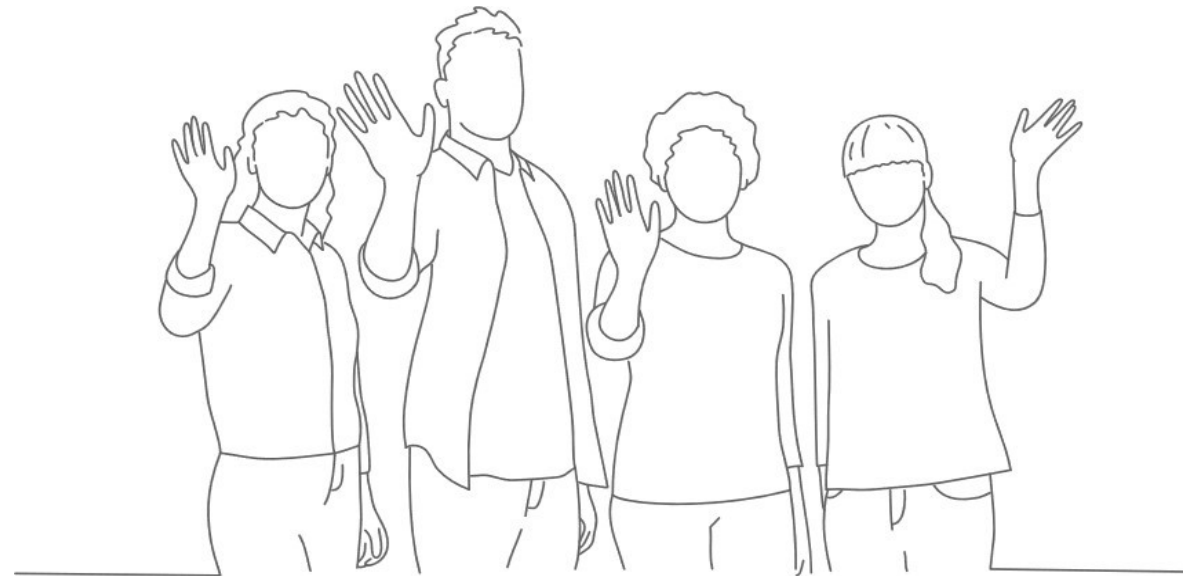
- Learn about their physical, mental and social wellbeing
- Talk about health and wellbeing topics that matter to them
- Be part of a safe, like-minded, community
- Join our 8-week group sessions, online or in person
- Or learn at their own pace with our Beezee Youth Academy.



Topics Covered



Week	Topic
Initial Assessment	
Week 1	Nutrition
Week 2	Physical Activity
Week 3	Sleep
Week 4	Mindfulness and Stress Management
Week 5	Habits and Routines
Week 6	Social Media
Week 7	Self Esteem and Mental Health
Week 8	Goal Setting
Final Review	



Beezee Academy

Beezee Academy
which is an online
learning platform

Our universal offer
for all families in
Gloucestershire

Designed to be self-
directed to support
children, parents and
young people



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Helping people
of all ages make
healthy habits
that last

Find out more about our
FREE healthy lifestyle
programmes



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Change Language Accessibility

Beezee Families > Beezee Adults > Beezee Youth > Gutless > Get inspired > Referrers > Commissioners > Contact us >

Helping people
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that last

Find out more about our
FREE healthy lifestyle
programmes

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Criteria

- Children aged between 5 and 12 and young people aged between 12 and 17
- 1 child needs to be above a healthy weight for Beezee Families
- Live in Gloucestershire

Triage

- All referrals will receive a triage phone call or email to find out the best route for them

Referral Routes

- Professional referrals through website or direct email to a member of the team
- Families can self referral through the website and/or call

Contact Details

- Beezee Website
<https://glo.maximusuk.co.uk>
- Telephone: 01452 717009
- Email:
hellogloucestershire@maximusuk.co.uk

Working together!

Thank you 😊

Any Questions?

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