



Swindon Borough Council

Live Well Swindon

Sanford House

Sanford Street

Swindon, SN1 1HE

Tel: 01793 465513

FREE Healthy Families Programme

Healthy families is a fun, friendly, healthy lifestyle programme for children, young people and their families. The FREE programme takes place over 5 or 10 weeks and is designed to encourage weight management through healthy eating and physical activity.

The service is delivered by an experienced, approachable, professional and friendly team using the 'Change 4 Life' healthy living messages.

Each week will consist of a fun 45-minute physical activity session and a 45-minute healthy lifestyle session.

In order to be eligible for this free programme, one or more of the children in the family must have a high BMI (25<) and must not have an eating disorder.

In case your child is struggling to reach or keep a healthy weight, we would like to invite your Family to join us.

Our **first 5 weeks** of Healthy Families Weight Management Programme is starting in January 2023.

Sessions will be delivered in the Link Centre, Whitehill Way, Westlea, Swindon, SN5 7DL, with **Welcome Sessions** being held on;

Tuesday 10th January 5pm-6.30pm

- Healthy Families **Juniors** (for 5-11 year-olds)

Wednesday 11th January 5pm-6.30pm

- Healthy Families **Seniors** (for 11-16-year-olds)

Siblings are welcome to join.

On the Welcome Sessions, you and your family can find out more about the exciting 5 week programme and the children will get to meet the Team and take part in a fun inclusive trampoline session. You can then decide if you wish to continue and sign up for 5 or 10 weeks.

During the programme you will also receive some free gifts including trampoline socks, a Water Bottle and Gift Vouchers.

The first 5 weeks:

Healthy Families Juniors (for 5-11 year-olds)

Dates: **17th, 24th, 31st January & 7th, 21st February**

Healthy Families Seniors (for 11-16 year-olds)

Dates: **18th, 25th January & 1st, 8th, 22nd February**

The following 5 weeks (optional):

We will be running 5 more optional 'Workshops' including a Supermarket Tour, Fruit & Veggie tasting and fun physical activity taster sessions. These will take place in and around the Link Centre on **Tuesdays, 28th February & 7th, 14th, 21st, 28th March.**

If you would like to book on or speak to a member of the team please contact the Live Well Hub on 01793 465513 or email jnadas@swindon.gov.uk

Looking forward to working with you towards a healthier lifestyle.

The Healthy Families Team

Live Well Swindon, SBC