

Making Changes

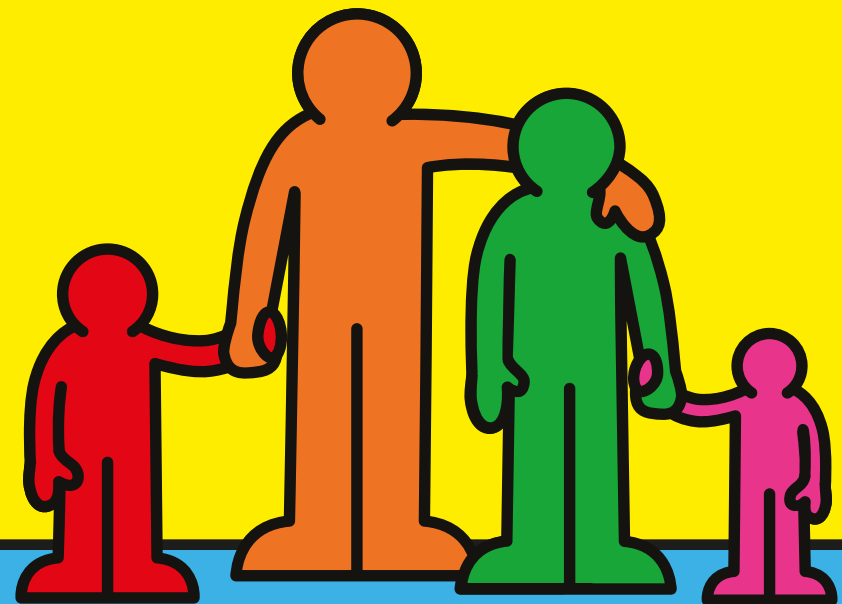
Our healthy lifestyles programme for children and their families in Blackpool

Talk to us:

If you would like to know more about this programme, please contact one of the team. We would be delighted to discuss it with you.

Please call 01253 478194 or email making.changes@blackpool.gov.uk

Or look or refer online at:
www.blackpool.gov.uk/childandfamilyweightmanagement



Welcome to our healthy lifestyles programme for children and their families

We want to give children in Blackpool the best chance for a healthy start in life, so they will enjoy eating healthily and have fun being active. So we have designed this 12-week programme with exactly that in mind.

It's for children aged between 5 and 11 and their families who are overweight and who want to make a change to get fitter and be more active, and it includes personal support from our team of experts and a fantastic programme of free sports and activities. We want to show you how enjoyable it is to move more, eat well and feel great. If you complete the 12-week programme, we will also give you 3 months of extra activities across our centres at no cost to you.

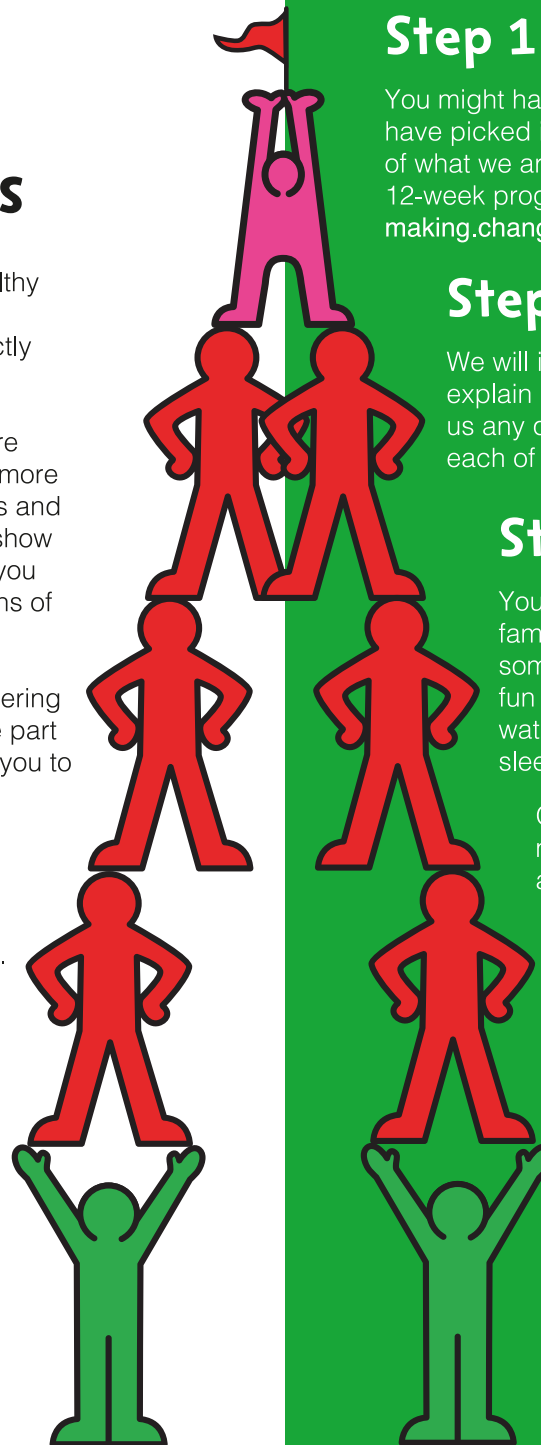
This membership would cost over £800 per family but we are offering it to you **completely for free** because we really want you to take part and enjoy it and don't want the cost to be an issue. We do want you to commit to the full 12 weeks, because there are limited places available.

The programme is based on healthy eating and being more active, with a dose of lifestyle skills and fun family challenges thrown into the mix to help you make long-term healthy changes.



In order for your child to take part, we need commitment from at least one parent or guardian to attend the sessions too.

Changing as a whole family is more fun and you are more likely to keep going afterwards too.



Step 1 - Enquire about a place

You might have been given this leaflet by a doctor or school nurse, or you might have picked it up from one of many locations across town. If you like the sound of what we are offering and you and your child are ready to take part in our 12-week programme then get in touch with us on 01253 478194 or email us on making.changes@blackpool.gov.uk

Step 2 - Come to meet us

We will invite you to come to meet us to talk about your goals and we can explain how the programme works and what you can expect. You can ask us any questions you may have. And then, if you are ready... we will give each of you a 12-week diary and a free leisure card and sign you up!

Step 3 - 12-weeks of fun!

You will attend once-weekly 90-minute group sessions with other families which will include group games and activities as well as some time for discussion and learning. Each week we will set you a fun challenge to complete with your child, things like drinking more water, making healthy packed lunches for school and getting more sleep.

On top of this, each week you can choose to take part in two more activities and we have a wide range for you to choose from across Blackpool.

Step 4 - Keeping it going

If you complete the full 12-week programme, you will become part of a VIP group of "graduates" and you will receive a further three months of completely free access to our leisure and sports activities across Blackpool. We will continue to be in touch with you to invite you to special events and see how you are progressing.

After a further 3 months, we will invite you to join our leisure membership with a super low-price offer you simply will not be able to get anywhere else.

We will continue to be there for you for a further 12 months.