



You will be given the next available place.

programme.

If you are referred through you may need to wait until the beginning of the next 10 week

Get Active Northumberland Programmes are run over 10 week periods, with 10 children and their parents / carers in each group.

- GP
- Health Visitor, or
- School Nurse

You must be seen and then referred by either your

How do I get a place on the programme?

For more information  
Please contact your GP,  
Health Visitor or School  
Nurse or call

Elaine Upson Public Health  
Nurse on 01670 394516  
Helen Tomlinson Health Im-  
provement Officer on  
01670 784194



- from qualified staff
- Set yourself some targets and gain support
- Get active by trying out some fun activities
- centre with your programme leaders
- Visit the supermarket and the local leisure
- ing sessions and try out some new foods
- Learn about healthy eating, take part in cook-  
you can
- First and foremost this is a fun programme where

What does the programme consist of?

- who need to and would like to do more
  - exercise
  - who need to and would like to eat a healthy
  - diet
  - Who may be experiencing some weight
  - problems
- Children aged between 7 -11 years old (accompanied by an adult carer)

Who is the programme for?



A free 10 week  
family programme