

# GAN 4 the lads

## Time 2 Change



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**A Summer Holiday**  
**Change4Life Programme**  
**For Lads 14+**  
**Venue: Cramlington Sports Club**

**Wear comfortable clothing and trainers or soft shoes**  
**Bring a water bottle**

**Programme Details –**

**Tuesday 20<sup>th</sup> July 4-6pm – Induction, Pre Assessment Appointments Parents can attend with the young person**

Date	2 – 4pm
<b>Monday 9<sup>th</sup> August</b>	<b>Registration &amp; Introductions, Group agreement</b> <b>Lads activity session</b> <b>Healthy snacks</b> <b>Food &amp; Activity Diaries</b> <b>At Home – Complete food &amp; activity diary</b>
<b>Tuesday 10<sup>th</sup> August</b>	<b>Lads activity session</b> <b>5 A Day tasting</b> <b>Eatwell Plate games</b> <b>At Home – Complete diary &amp; set one food and activity goals for this week</b>
<b>Wednesday 11<sup>th</sup> August</b>	<b>Lads Activity session</b> <b>Healthy Snacks</b> <b>Fats and sugar games and healthy snacks</b> <b>At Home – Complete diary</b>
<b>Thursday 12<sup>th</sup> August</b>	<b>Lads Activity session</b> <b>Cook and eat the results</b> <b>At Home – Complete diary,</b>

Date	2 – 4pm
<b>Friday 13<sup>th</sup> August</b>	<b>Lads Activity session</b> <b>Healthy Snacks</b> <b>Discussion on food labelling and takeaways</b> <b>Review diaries and set 2 goals for food and activity for next week</b>
<b>Thursday 19<sup>th</sup> August</b>	<b>Lads activity session</b> <b>Healthy Snacks</b> <b>Discussion on self esteem and collage activity</b> <b>Review diaries and set 3 goals for next week</b> <b>At Home – Complete diary</b>
<b>Thursday 26<sup>th</sup> August</b>	<b>Lads activity session</b> <b>Cook and eat session</b> <b>Review diaries and set goals for next week</b> <b>At Home – Complete diary &amp; set goals</b>
<b>Thursday 2<sup>nd</sup> September</b>	<b>Lads activity session</b> <b>Group Evaluation and celebration</b> <b>Review diaries and set goals for next 6 weeks</b> <b>At Home – Complete diary and maintain goals</b>
<b>Tuesday 26<sup>th</sup> October</b>	<b>End of programme assessments</b> <b>Lads activity session</b> <b>Certificates</b>