

Come & join the fun!



The Get Active Programme runs in various locations in Northumberland and is for children aged 7-13 years with weight concerns.

The programme runs for 2 hours once a week after school for 10 weeks.

Children must attend with a family member.

To find out about a free programme in your area, contact Elaine Upson, Public Health Nurse.

Tel: 01670 394 516

Email:

elaine.upson@northumberlandcaretrust.nhs.uk

www.northumberlandcaretrust.nhs.uk/your-health/getting-active/getting-active



**Sean has
changed 4 life**



**Sean joined the fun
Get Active Northumberland
programme
you can too!**

Would you like to find out more about healthy eating and take part in some fun cooking sessions?

On the Get Active Northumberland Programme you get lots of help from the friendly programme leaders who are there to support you



Young people cooking at Get Active Northumberland programmes



Would you like to take part in some fun physical activity, to get fitter and gain more confidence?

