

Join in the fun!



Public Health Nurse:

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**A Summer Holiday
Change4Life Programme**

For 7-13 year olds

Venue: Ashington Leisure Centre

Wear comfortable clothing and trainers or soft shoes.

Bring a water bottle.

Programme Details – **Blue** – Parents and Children Together Attend

Green – Children attend

Monday 19th July – Induction, Pre Assessment Appointments

Date	10am – 12noon	12 – 12.30pm	12.30pm – 2.00pm
Monday 9th August	Registration & Introductions, Group agreement Children’s activity session Food & Activity Diaries At Home – Complete food & activity diary	Lunchtime Healthy lunch will be made by the group during the morning	Fun activity session led by staff from Ashington Leisure Centre
Tuesday 10th August	How do we establish goals for activity & healthy eating? Adults and children do some physical activity separately At Home – Complete diary & set one food and activity goal		Fun activity session led by staff from Ashington Leisure Centre
Wednesday 11th August	Healthy eating – the Eatwell Plate Activity session At Home – Complete diary		Fun activity session led by staff from Ashington Leisure Centre
Thursday 12th August	5 A DAY Optional health MOT (adults only) Activity Session At Home – Complete diary		Fun activity session led by staff from Ashington Leisure Centre
Friday 13th August	Healthy eating – fat and sugar Activity session Optional health MOT (adults only) At Home – Complete diary, set 2 food and activity goals		Fun activity session led by staff from Ashington Leisure Centre
Thursday 19th August	Understanding healthy shopping Activity session At Home – Complete diary, set 3 food and activity goals		Fun activity session led by staff from Ashington Leisure Centre
Thursday 26th August	Family healthy cooking session – eat the results! Activity session At Home – Complete diary & set goals		Fun activity session led by staff from Ashington Leisure Centre
Thursday 2nd September	Group Evaluation Activity session At Home – Complete diary and maintain goals		Fun activity session led by staff from Ashington Leisure Centre
Tuesday 26th October	End of programme assessments Fun activity session Certificates		