



FAMILY TEA TIME

PLAY & FUN

Helping families get the best start in life!

This programme contributes to Lancashire's system wide approach in reducing obesity and encouraging/empowering families to make choices to live a healthier life.

PRIORITY WILL BE GIVEN FAMILIES WITH CHILDREN

- Aged 5-8 years
- In receipt of free school meals
- Live in the following wards:
Central
Springhill
Rishton

PROGRAMME OVERVIEW

- 6 week course
- Weekly session
- Change 4 Life resources
- Healthy nutritious meal
- Play and games
- Weekly health & wellbeing topics
- A focus on engagement and open discussions

COURSE

- Adventure City, Hyndburn Leisure Centre
- Tuesday 16th November
- 4pm – 5.30pm

For more information email : activelives@hyndburnleisure.co.uk





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6 WEEK PROGRAMME

Each weekly session children will have free time to play in Adventure City play centre and enjoy a freshly prepared nutritious family meal together!

Programme overview example

WEEK 1- INTRODUCTION AND EATWELL PLATE

Meet the team and the other families attending the programme over the next 6 weeks. Together we will discuss the 'Eatwell Guide' and the 5 'food group' sections and how you can use the Eatwell Plate to plan healthy family meals.

Week 2- Food planning & savvy supermarket savers

Tips and tricks on saving money and how planning ahead can save both money and time as well as reducing waste!

WEEK 3- ALTERNATIVE SNACKS & DRINKS

This week we will look at the Change 4 Life sugar swap family challenge

WEEK 4 - MAKE EXERCISE FUN

Make daily exercise a fun routine for all the family.

WEEK 5 - COOK TOGETHER

Quick and easy recipes from the Change 4 Life recipes finder. Cooking together can inspire children to try new things and sometimes the adults too!

WEEK 6 - PARTY AND PRESENTATION

We will reflect back over the 6 weeks and provide information for healthy lifestyle activities which are available in our local area.

Everyone will be presented with a certificate for attending the course, and families who have attended for 6 weeks will be presented with a special gift!

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