



## Child Weight Management Services

Mytime Active has been commissioned by the London Borough of Hammersmith and Fulham, the Royal Borough of Kensington and Chelsea and Westminster City Council to offer a range of free healthy lifestyle services across the three boroughs. Our Mind, Exercise, Nutrition... Do It! (MEND) sessions provide nutritional advice and guidelines, alongside fun exercise games and activities. All sessions are tailored to participant needs and capabilities and are delivered in local community venues such as Children's Centre's and schools.

### MEND Mums

#### Who?

Post-natal women with a baby up to 2 years.

#### When?

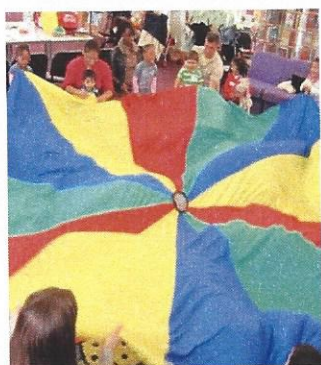
Once a week, for 1.5 hours, for six weeks.

#### What?

A fun and interactive post natal weight management programme for new mums incorporating energy boosting workouts and great nutrition tips to help establish healthy habits for life.



### MEND Mini



#### Who?

Children aged 2-4 years and their parents/carers.

#### When?

Once a week, for 1 hour, for six weeks.

#### What?

All activities are linked to nutrition, active play or behaviour change. Including: healthy family habits, portion sizes, reading food labels, food exposure techniques and reducing screen time.

### One to Ones

#### Who?

Parents with children aged 0-4 years, for whom a group programme is not suitable or have additional needs.

#### When?

Ad-hoc as and when required, for 30 minutes at a time.

#### What?

Tailored advice from a Dietitian on a range of nutritional topics.





## Healthy Early Years Award



Supporting early years settings to achieve awards through policy review and development, parental engagement and staff training to improve food and drink provision and enhance children's opportunities for physical activity. Co-ordinated by the Health Education Partnership, the award covers four areas and encourages early years settings to develop and deepen their focus in these areas to support the attainment, achievement and happiness of children, parents/carers, staff and the wider community. The award scheme works hard to complement national policy and local guidelines and strengthen the good work already being done within our local children's centres and nurseries.

## Healthy Start Vitamins

We work with partners at CLCH and Children's Centres across the boroughs to ensure women and young children are able to access freely available Healthy Start vitamins. Healthy Start supplements contain the vitamin D needed to support healthy bone and teeth development in babies and young children, are available from children's centres and health centres in the boroughs and also given to new mothers by health visiting teams during new birth visits.



Mytime Active, Go Golborne and the Royal Borough of Kensington & Chelsea markets development team have worked with stall holders and smaller convenience stores on Portobello and Golborne roads to become retailers for the Healthy Start scheme coupon scheme, offering a helping hand to lower income families with young children to increase their fruit and vegetable intake and improve their diet.

## MEND 5-7



### Who?

Children aged 5-7 years who are above a healthy weight and their parents/carers.

### When?

Once a week, for 1hr45minutes, for ten weeks.

### What?

All activities are linked to nutrition, active play or behaviour change. Including: understanding fats and sugars, goal setting and rewards.





## MEND 7-13

### Who?

Children aged 7-13 years who are above a healthy weight, and their parents/carers

### When?

Once a week, for 2 hours, for ten weeks.

### What?

All activities are linked to nutrition, physical activity or behaviour change. Including: learning to read food labels, an interactive supermarket tour and goal setting.



## MEND Teens



### Who?

Young people aged 13-18 years who are above a healthy weight, and their parents/carers\*

### When? What?

We will work with young people across the three boroughs to design an intervention which they buy in to.

*\*Parental involvement not mandatory at every session*

## MEND in Schools – Curriculum Support



We will be working with schools to engage pupils in Year 1 and 4 in a range of activities across a full school year. This will involve a term of structured weekly sessions within curriculum time to raise awareness of healthy eating, improve self confidence and enhance physical and social development. There will then be two further terms of a physical activity programme designed to develop physical literacy and promote participation in physical activity.

*\*Mytime Active will contact schools to offer this programme.*

## Healthy Schools

We will support all Primary and Secondary Schools to achieve Bronze, Silver or Gold Healthy Schools Awards, in partnership with the Healthy Schools Partnership.



**Healthy Schools**



## Healthier Catering Commitment



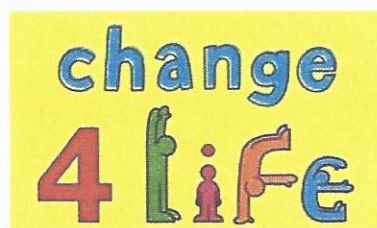
We will work with environmental health departments and local food businesses to increase those achieving the Healthier Catering Commitment and sustain those improvements in healthy catering practice.

## Workforce Training

We will provide a rolling programme of training for all frontline staff across the three boroughs who are engaging with children and young people. The aims will be two-fold: staff are able to identify persons who are overweight/obese; staff are able to provide first-line advice and appropriate signposting.



## Change 4 Life



We will raise awareness and promote the Change 4 Life national campaigns at a local level across the three boroughs. We will actively engage organisations to get involved and distribute resources to support all activities.

Mytime Active is the UK's leading provider of family healthy lifestyle and weight management programmes in local communities.

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