

FRESH is funded by the Public Health Agency and is jointly run by:

Belfast HSC Trust

Belfast City Council; GLL

Greater Village Regeneration Trust

Sport N.I.

BCSDN

and the education sector.



Belfast
City Council



GLL
better for everyone



Information for parents

The aim of FRESH is to help young people and family members make positive steps to improve their health.

As well as providing a programme for your child, we aim to help the whole family too, as we know everybody at home needs to be involved when it comes to changing lifestyle!

There will be an opportunity for parents and guardians to find out more about the purpose of FRESH and develop ways that the whole family can benefit from this programme so you can be a good support to your child.



FRESH

Food * Relaxation * Exercise * Self esteem * Health



Healthier Lifestyle Programme for Young People

FRESH is a 12-week programme which runs twice a week outside school. It is for any young person in school year 8 and 9 (approx 11-14 years old) who is overweight and keen to:

- ☀ Become more active
- ☀ Improve their health
- ☀ Feel good about themselves
- ☀ Have fun
- ☀ Learn about a healthy lifestyle
- ☀ Make new friends.

Where is FRESH run?

FRESH is run in some local leisure centres and community centres. Your school nurse or dietitian will be able to advise you of a FRESH programme close to you.

How much does it cost?

It's FREE to come along as FRESH has been funded. We want you to get the most out of FRESH. It is important that if you start FRESH that you keep coming, so please think carefully if it's right for you and if this is the right time for you to join FRESH.

What's involved? Getting active

During FRESH you can get involved in a range of fun activities, such as team games, aerobics, gym, boxercise, netball, dodgeball, football, swimming, yoga etc. which will help you get more active. You will also get the chance to decide what you would like to do each week.

Food and mood

You will be able to find out more about food, and get to try some tasty healthy foods. FRESH will show you how to make healthy food choices at home, school and when out and about with your friends.

FRESH will also help you find ways to keep motivated and help improve your mood and self-esteem.

How do I join?

- ☀ Speak to your parent or guardian first. It is important that you have their permission and support before coming to FRESH.
- ☀ Fill out the reply slip attached. This needs to be completed by you and your parent or guardian.
- ☀ Tear off the reply slip and send it to the address below or give to your school nurse or dietitian.
- ☀ Once we receive your completed form we will contact you about FRESH.

FRESH

Community Nutrition and Dietetic Service
Second Floor, Knockbreda Centre
110 Saintfield Road, Belfast
BT8 6GR
Tel: 02895 042317
email:fresh@belfasttrust.hscni.net

Name & address of young person:

Date of birth: _____

School: _____

Class: _____ year: _____

Parents / Guardians only:

Signature: _____

Relationship to young person. _____

Home Tel: _____

Work Tel: _____

Mobile Tel: _____

Date: _____