

## SERVICES AVAILABLE IN BROXTOWE FOR LOCAL SCHOOLS

ChangePoint is a **FREE** Weight Management and Obesity Prevention service commissioned by Nottinghamshire County Council. We aim improve the health of everyone in our local community by working with key partners and offering a range of services.



Within schools we provide **free** interactive educational sessions, emphasising **Healthy Eating** and **Physical Activity**. Sessions include learning whilst being active, with 4 main topics:

- ♥ Eatwell Guide
- ♥ Chop and Taste
- ♥ Portion Sizes
- ♥ Healthy Lunchboxes


**Did you know we can also support with facilitating:**

- ♥ The Daily Mile Project
- ♥ Sports Days
- ♥ School Events



The daily mile is a **free, fully inclusive, outdoor** initiative that encourages primary school children to walk, jog or run a mile each day in school. It's a simple scheme that supports classroom learning and improves the children's confidence, concentration and behaviour.

 Everyone Health – ChangePoint Nottinghamshire

 @CPoint\_Notts

 [www.everyonehealth.co.uk](http://www.everyonehealth.co.uk)

# jump avenue

**Jump Avenue Healthy Family Lifestyle Programme!**

**5-17 year olds**

Jump Avenue is a **free** interactive and engaging healthy lifestyle programme packed full of fun and learning supportive, welcoming and friendly environment.

The programme includes:

- ♥ Weekly sessions incorporating
- ♥ Physical activity and nutritional education
- ♥ Nutrition support for parents
- ♥ Group sessions delivered in community settings and / or in school
- ♥ Sessions run in alignment with school term



**For more information please contact your district Health Coach, Adam Lever via:**

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