

Change4Life – Eat Well, Move More, Live Longer

You will have seen the media campaign around the government's obesity strategy and the brightly coloured plasticine family leading the way to show us how to Eat Well, Move More, Live Longer. Now it's your chance to join in at a school near you. Here in Nottinghamshire we're planning an integrated approach to our work in this area. Pip Harris our Healthy Eating Advisor has brought together a core group of health and CYPs colleagues representing sport, access to extended services, Study Support, nutrition, dietetics and the school meals service

We have planned with locality based groups to organise an early evening road show at a host school in each of the seven Nottinghamshire districts during the summer term. The after school events will promote 'Change4Life' strategies to inform and engage children and their families in a healthier life style.

Each event will have a marketplace of information and activities. We're keeping everything free of charge, simple and do-able. We want the children, young people and families who attend to be able to go away and do something they've tried or found about out at a road show.

Each of the host schools has been funded to run a study support activity that can be show cased on the day. We've asked Extended Services cluster Coordinators to spread the word to schools across their family and to encourage as many as possible to walk to their local event and join in.

No one road show will be the same as the others – they'll reflect the interests of children and young people, school staff and parents/carers. But there are two common themes with a focus on food – growing it, cooking it and eating it and activity – low cost, local facilities, local groups – walking, skipping, dance, cheerleaders

We'll ask everyone who attends to make a pledge before they leave about one thing they will do to eat well and/or be active. We'll collect as much information and as many giveaways as we can – some local sports centres are donating free passes, other places having tasting sessions. There'll be cookery demonstrations, dance performances, a smoothie bike where the blender is powered by the person pedalling, workshops for healthy lunch boxes and a chance to sample the school meals service

So join us for a fun event from the end of school until early evening at

Kirkby Woodhouse Primary School, Ashfield – Tuesday 23 June
Robin Hood Primary School, Mansfield, – Thursday 25 June
Westdale Infant School, Gedling – Thursday 2 July
Sir Edmund Hillary Primary School, Bassetlaw – Tuesday 7 July
Roundhill Primary School, Broxtowe – Wednesday 8 July
Barnby Road Primary School Newark – Thursday 9 July
Dayncourt School Rushcliffe– Tuesday 14 July

If you'd like any further information contact the host school or your Extended Services Cluster Coordinator