

jump avenue

JUMP AVENUE is a FREE 12 week interactive and engaging healthy lifestyle programme for children aged 5-11. Starting in **January 2017** the programme is packed full of fun and learning for children and their parents / carers in a supportive, welcoming and friendly environment.

Our experienced and friendly team offer weekly 'Jump Avenue' sessions, which include understanding how to eat a healthy balanced diet in a fun and interactive way, together with parents / carers and lots of activity and games for your children.

Service	Venue	Day	Time
Ashfield	St John's Methodist Church, Titchfield Avenue, Sutton in Ashfield, NG17 1EU	Starts Thursday 19 th January 2017	16:30 – 17:30
Bassetlaw	Kilton Forest Community Centre, Larwood Avenue, Worksop, S81 0DA	Starts Wednesday 18 th January 2017	17:30 – 18:30
Broxtowe	Middle Street Resource Centre, Middle Street, Beeston, NG9 2AR	Starts Monday 16 th January 2017	16:30 – 17:30
Gedling	Arnold Hill Community Centre, Gedling Road, Arnold, NG5 6NY	Starts Monday 16 th January 2017	16:00 – 17:00
Mansfield	St John's Centre, St John Street, Mansfield, NG18 1QH	Starts Wednesday 18 th January 2017	16:30 – 17:30
Newark & Sherwood	Lover's Lane Primary School, Warburton Street, Newark, NG24 1LT	Starts Monday 16 th January	16:00 – 17:00
Rushcliffe	Candleby Lane Primary School, Candleby Lane, Cotgrave, NG12 3JG	Starts Tuesday 10 th January 2017	16:00 – 17:00

To secure a place on Jump Avenue or to find out more please contact us via..

CALL 03330 05 0092*

EMAIL changepointnotts@everyonehealth.co.uk

FACEBOOK www.facebook.com/Everyone-Health-Jump-Avenue-Nottinghamshire

TWITTER @JumpAve_Notts

Our friendly, supportive team will be happy to help.

Please note exclusions apply

*Reduced rate number, Mon-Fri, 8 am – 6 pm. 24 hour voice mail



NOTTINGHAMSHIRE **Fire & Rescue Service** *Creating Safer Communities*

FIRE FIT is a FREE healthy lifestyle programme for 11-17 year olds starting **January 2017**. The project is a partnership, working with Nottinghamshire Fire & Rescue and Everyone Health, healthy lifestyle sessions are delivered by qualified staff in a supportive, welcoming and friendly environment.

The programme aims to improve fitness by participating in drills with the Firefighters and seeing what is involved in their daily routine. The sessions are a fun, interactive and includes nutritional topics such as the Eatwell Guide, portion sizes, sugars, as well as fruit & vegetable tasting

Service	Venue	Day	Time
Newark & Sherwood	Edwinstowe Fire Station, 15 Ollerton Rd, Edwinstowe, Mansfield, NG21 9QT	Starts Tuesday 10 th January 2017	16:30-18:30
Mansfield	Mansfield Fire Station, Rosemary Street, Mansfield, NG19 6AB	Starts Thursday 12 th January 2017	16:00 – 18:00

To secure a place on FireFit or to find out more please contact us via..

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