



BECAUSE

EVERYONE

**WANTS THE BEST
FOR THEIR CHILDREN**

Alive n Kicking Surrey is a **FREE** weight management programme for families who want to eat healthily, be more active and have fun doing so together.



For more information please call:

01483 600524

everyone **HEALTH**
SURREY

ALIVENKICKING
BY everyone HEALTH



INTRODUCTION:

Alive N Kicking by Everyone Health is a highly successful, National Institute of Health and Care Excellence (NICE) compliant, children's lifestyle weight management service that helps overweight children, young people and their families to reach and maintain a healthier weight. The programme can be offered **FREE** to children who are overweight or obese between the ages of 5-19.

The programme is specifically designed to provide age appropriate messages, activities and behavioural change strategies that will benefit the whole family in a fun and educational setting. The programme is commissioned by Surrey County Council.

ACCESSING THE SERVICE:

Individuals eligible to access this service must be aged 5-19 years, resident in Surrey, overweight or obese (i.e. BMI centile \geq 91st centile).

The family can access the programmes through self-referral or referral from health care professionals and schools. You can refer clients to us by using our referral form, which can be obtained from www.everyonehealth.co.uk/surrey and you can also refer them via [nhs.net](mailto:surrey.ank@nhs.net) by emailing surrey.ank@nhs.net. We also have a dedicated phone line **01483 600524**.

PROGRAMME LOCATIONS

LOCATION	CCGS	BOROUGH
Spelthorne Leisure Centre, Staines	NW Surrey	Spelthorne
River Bourne Health Club, Chertsey	NW Surrey	Runnymede
The Maybury Centre, Woking	NW Surrey	Woking
Old Dean Youth Centre, Camberley	Surrey Heath	Surrey Heath
Christ's College, Guildford	Guildford & Waverley	Guildford
Potter Gate School, Farnham	Guildford & Waverley	Waverley
Tadworth Leisure Centre, Epsom	Surrey Downs	Epsom & Ewell
Dorking Leisure Centre, Dorking	Surrey Downs	Mole Valley
Horley Leisure Centre, Horley	East Surrey	Reigate & Banstead



**FAMILY HEALTHY
LIFESTYLE**

WHAT TO EXPECT FROM OUR SERVICE:

If you refer families to us, they'll benefit from a structured programme delivered weekly over a period of 3 months. The family will receive an initial consultation over the phone before being booked onto the most appropriate programme and encouraged to attend every week for 12 weeks.

The service comprises of four specifically targeted programmes for infants and juniors (age 5-11), seniors (age 12-15), young persons (age 16+) and special education needs.

The service runs on a **rolling basis**. Participants can start and end the programme at different points, covering the same material over the same number of weeks or months, but not necessarily in the same order. An advantage is that participants referred part way through a programme cycle do not have to wait for it to be completed and a new one to start before they join.

Infants and Juniors (age 5-11): This facet of the service concentrates primarily on the parents' and caregivers' role in ensuring their child maintains a healthy weight, while simultaneously including an element of fun play and activity for the children. The group sessions are designed to educate and guide parents to make healthy lifestyle habits the norm within the family and to prioritise these healthier choices above just about all else. The group meetings help empower parents, giving them the skills they need to raise their children into healthy and happy members of society.

Seniors (age 12-15): This module puts more onus on the young person themselves taking more responsibility for maintaining a healthy way of life. They will be actively involved in all workshops relating to nutrition, weight management and health alongside their parents. Each of the 12 weekly group sessions concentrate on a particular topic, which is tailored for each specific group. Examples include, Community Physical Activity Taster Sessions, Group Shopping Experience and Portion Distortion.

Young Persons (16+): This element of the programme takes a further step towards helping the young person take full responsibility for their own weight management. It's flexible and can be altered to suit each particular group. For example, it's perfectly suited for large groups, smaller group sessions and even one-on-one delivery. Service users meet every week for a one hour nutrition workshop which is followed, where facilities allow, by a half-hour exercise session.

Special Education Needs: This programme is flexible and can be tailored to suit a group or 1:1 service. Families meet every week for a one hour nutrition workshop which is followed, where facilities allow, by a half-hour exercise session.

All of this will be delivered **FREE**, with tailored advice from highly- trained, caring professionals.

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**WANTS TO
BE HEALTHY**

