



Dear Parents and Carers

We are Groundwork West Midlands, the providers of the Active Families Programme. Active Families is a free lifestyle programme for families who are looking for support to make healthier lifestyle change. Families are guided through practical lessons, education and activities that encourage an understanding of healthy eating, increasing physical activity and positive behaviour change, allowing families to use their experience and knowledge to lead sustainable healthy lives.

1. Inclusion Criteria

Families can access the Active families programme if they have children who are:

- Aged between 4 - 11 years
- **Above an ideal weight (91st - 98th Centile)**
- Live within the boundaries of Stoke on Trent, Registered with a Stoke on Trent GP or attend Stoke on Trent school and have a
- Parent/Carer who can attend each session, who is committed and motivated to take part.

If a family does not meet the inclusion criteria but feel they would benefit greatly by attending this, they can be assessed on an individual basis and allowed onto the course.

If you and your family are interested in attending this fun filled course please notify the school office or call on 01782 234390.

