

MEDIA RELEASE

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Well Family Clinics Roadshows in Oadby and Wigston

Leicestershire Partnership NHS Trust (LPT) is hosting a series of Well Family Clinics in partnership with Oadby and Wigston Borough Council. Local families can find out more about improving their health and wellbeing through a range of fun health activities, and the opportunity to receive information and advice, free health checks and free leisure passes.

Forthcoming Well Family Clinic events:

- Brocks Hill Country Park, Oadby LE2 5JJ - **22nd August** 10am – 4pm
- Oadby Community Centre, Oadby LE2 5AR - **27th August** 10am - 4pm
- Parklands Primary School, South Wigston LE18 4TA - **4th Sept** 3pm - 6.30pm

Amanda Measom, LPT Health and Wellbeing Service said: "I would encourage anyone living in or near Oadby and Wigston to come along to a Well Family Clinic. From the 3-minute Step Test to cooking demonstrations, from stress tests to free health checks, it will be a great way for the whole family to learn more about improving their health and join in some family fun. We will even be giving away fruit kebabs and free leisure centre passes!"

The events will include information about Change 4 Life, healthy eating, physical activity and weight management, Stop smoking, alcohol awareness, stress and mental wellbeing, Age UK, dementia awareness, social inclusion, Children's Centre information, Library services, and family fun activities.

Kane Radford Physical Activity Coordinator for Oadby and Wigston Borough Council said "This is a great chance to show the wide range of health advice available to local residents and the different physical activity programmes they can take part in. We know that families will find the information and services worthwhile."

ENDS

Notes to Editors:

Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £267 million and employs approximately 5,400 staff. For more information visit www.leicspart.nhs.uk

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