

MEDIA RELEASE

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Free Family Lifestyle Club in Blaby

A totally free and fun group aimed to help families make long term changes towards eating more healthily and being more active starts on **Thursday 24 May 2012** in Blaby.

The Family Lifestyle Club (FLiC) is an eight week programme for children aged 8 - 13 and their families, where they can get hands-on in the kitchen together. They will experience our “bush tucker trial” and make good-for-you snacks like fruit kebabs and smoothies.

Parents also get the chance to find out more about healthier family eating from an NHS Dietitian – on topics like the eat well plate and sensible portion sizes – whilst children play new games with a Physical Activity Coordinator from Blaby Council.

Groups will be held every Thursday, 4:00pm – 6:00pm, Brockington College, Blaby Road, Enderby, LE19 4AQ – for eight weeks from 24 May 2012.

The sessions, aimed to help families be more fit and healthy, come as current national figures from the Department of Health report that one in four 10 – 11 year olds are over-weight.

One parent who took part in a previous programme with their children said, “The boys have tried new foods and even had them again at home,” whilst another said, “The whole family have enjoyed taking part in FLiC”.

To find out more or to join the programme contact the FLiC team on 0116 222 7154.

Note to editors

LPT provides a range of health and wellbeing services mainly for people living in the city of Leicester and the neighbouring counties of Leicestershire and Rutland. We serve a population of one million and employ around 6000 staff. LCPT is a social care provider which champions inclusion and access to social resources for all – the organisation has a 30 year history of developing new services in order to meet the needs of people in Leicester, Leicestershire, Rutland and surrounding regions.

Our mission: To advance health and wellbeing for you and your community

Our vision: To become an integrated Foundation Trust with a passion for quality and excellence

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