



Kingston's Children and Families Healthy Lifestyle Programmes



There is so much information about healthy eating, physical activity and weight available these days it can be tricky knowing what the best information is for you and your child. If you are thinking about making any healthy lifestyle changes, the local services listed below and the links provided for **Change4Life** and **NHS Choices** can all provide you with useful tips and support options to help you and your child be as fit and healthy as possible, both physically as well as emotionally.

Due to the Covid-19 pandemic, staying healthy has never been more important. Being overweight or obese is directly related to a higher risk of serious illness from Covid-19 (coronavirus).

Please note that not all services are available all the time due to Covid-19 restrictions. Please check with the service provider as there may be cancellations or alterations for example, with some services with online availability.

Kingston Family services	Links and/or contact details
<p>Connected Kingston</p> <p>Connected Kingston is a site dedicated to helping Kingston residents find local activities, groups, services and support in our community. Our goal is to help residents of Kingston to be happy, healthy and connected to each other.</p> 	<p>Visit: www.connectedkingston.uk</p> <p>Email: info@connectedkingston.uk</p>
<p>Active Kingston</p> <p>Kingston has a number of sports and leisure facilities, plus there are hundreds of sports clubs within Kingston that welcome beginners and often offer free taster sessions throughout the year.</p> <p>Follow the team to see what leisure providers are offering in the borough @ActiveKingston</p>	<p>Active Kingston</p> <ul style="list-style-type: none"> ● Email: sports@kingston.gov.uk ● Visit: www.kingston.gov.uk/sports ● Facebook, twitter and Instagram to keep up to date @activekingston ● For sports club directory page, visit: www.kingston.gov.uk/directory/14/sports_and_leisure_club_directory
<p>Slimming World</p> <p>Children aged 11-15 can join a Slimming World group for free if they're accompanied by a parent/guardian or family member who has main responsibility for their meals/eating habits at home.</p>	<p>For more information, call the Kingston Healthy Lifestyles helpline:</p> <p>Telephone: 020 8547 6815</p> <p>Email: healthy.lifestyles@kingston.gov.uk</p> <p>Visit:</p>



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<p>As well as standard member books, young members receive specially written books to help them make positive lifestyle changes. Young people joining a Slimming World group can enjoy a specially devised healthy eating plan called Free2Go.</p> <p>If the adult is already a member of Slimming World, there's no extra charge. If the accompanying adult isn't a member and would also like to lose weight, they may also be eligible for a free 12 week membership.</p>	<p>https://www.connectedkingston.uk/services/slimming-world-11-15-year-olds</p>
<p>Kingston Healthy Lifestyles Programmes</p> <p>Kingston Public Health offers a range of free online services, to help you and your family keep healthy from home. This includes support to:</p> <ul style="list-style-type: none"> ● get more active ● reach a healthy weight ● stop smoking ● strengthen your bones and balance ● understand and manage alcohol intake ● manage a diabetic condition ● find resources that can help maintain your mental wellbeing <p>For more information about any of our services, please call us, or visit our Healthy Lifestyle Programme on Kingston Council health & wellbeing website pages</p>	<p>Visit:</p> <p>https://www.kingston.gov.uk/health_and_wellbeing</p> <p>Telephone: 020 8547 6815</p> <p>Email: healthy.lifestyles@kingston.gov.uk</p>
<p>Mental Health and Emotional Wellbeing</p> <p>The Emotional Health Service at Achieving for children is supporting young people and their families with mild to moderate mental health difficulties. They are sharing lots of useful information and advice through their Resource Hub online.</p> <p>Kooth online support and counselling is freely available for young people in Kingston.</p>	<p>AfC Resource Hub:</p> <p>https://kr.afcinfo.org.uk/pages/young-people/information-and-advice/emotional-health-service/resource-hub</p> <p>Kooth online support:</p> <p>https://www.kooth.com/</p>

<p>The Every Mind Matters website bring together resources and information about:</p> <ul style="list-style-type: none"> - Supporting young people - Coronavirus and going back to school or college - Spotting the signs that something is wrong - Looking after your own mental health as a parent or carer 	<p>Every Mind Matters: Children's mental health Every Mind Matters One You</p>
<p>Family Park Fit with Our Parks</p> <p>Family Fit is a 30 minute free fitness session for the whole family with all abilities welcome. Only Parkers booked onto this session will be allowed to take part. Following the latest government guidelines, when you are outside you can continue to meet in groups to exercise, following social distancing guidelines. No equipment will be provided so please bring your own mat, water and hand wipes.</p>	<p>Details:</p> <p>Saturdays 9:30 am Fairfield recreation Ground KT1 2UR No equipment provided please bring your own mat, water and hand wipes. Sessions must be booked Free class</p> <p>https://ourparks.org.uk/borough/family-fit-80843</p>
<p>Junior Park Run (2km) (currently not running due to Covid)</p> <p>This is a 2k timed run, jog or walk for juniors only (4-14 year olds) open to all abilities. It is FREE but you need to register online before your first run. The aim is to have fun so it is suitable for any pace and ability.</p>	<p>Details:</p> <ul style="list-style-type: none"> ● Bushy Park, first Sunday of every month at 9am ● Alexandra Recreation Ground, Surbiton, every Sunday at 9am <p>Visit: www.parkrun.org.uk/bushy-juniors/ www.parkrun.org.uk/surbiton-juniors/</p>

Kingston Street Tag

This Free family app encourages walking around the borough to collect virtual tags with your phone. Earn points then check out your scores against the leaderboard to win prizes! <https://streettag.co.uk/>

Ten project

- **Free** high quality, fun, game based tennis sessions that involve the whole family
- Aimed at children aged 4 - 10
- All abilities welcome
- All equipment provided
- Parents/guardians to take part and help out at sessions
- Covid-19 secure and safely run sessions
- Registration required

Dates: Every Saturday, 26th September - 5th December

Time: 2.30pm - 3.30pm

Venue: Park Tennis Kingston
Kingston Road Recreation Ground
Kingston Road
New Malden
KT3 3RY

<https://www.tenproject.org.uk/book>

Walking for Health

Walk for Health is a national programme of **free** weekly, social walks for communities and families consisting of a range of short, medium and longer walks. Kingston walks are led by qualified walk leaders, graded to suit a range of abilities and take place in Kingston. Children and young people under 16 years should be accompanied by an adult.

For more information, call the **Healthy Lifestyles helpline:**

Telephone: 020 8547 6815

Email: healthy.lifestyles@kingston.gov.uk

Visit:



www.walkingforhealth.org.uk

<p>Bikeability training & Family Cycle Skills</p> <p>Cycle Kingston offers a variety of opportunities for cycling in Kingston.</p> <p>Bikeability - Kingston Council's Cyclist Training Team provides subsidised training for young cyclists for Year 5 and 6. Courses are arranged with schools.</p> <p>Family Cycle Skills - Gain confidence and learn skills to cycle as a family with a free family cycling session.</p> <p>Our services are fully subsidised by Transport for London. Subject to conditions, availability and funding.</p>	<p>For more information, visit the Council website:</p> <p>Visit: www.kingston.gov.uk/cycling</p> <p>Email:</p> <p>sustainable.transport@kingston.gov.uk</p> <p>Twitter: @cycleinkingston</p>
<p>School Health Team</p> <p>If you or your child has concerns about their health and wellbeing the School Health team can provide you with support appropriate to you and your child.</p> 	<p>Contact the School Health Team:</p> <p>Telephone: 020 8549 6323</p> <p>Email: ku19@yourhealthcare.org</p>
<p>Healthy Start</p> <p>Pregnant women and children under 4-years of age can get free Healthy Start vouchers every week to spend on milk, fresh and frozen fruit and vegetables and infant formula milk. You can also get free vitamins, which includes vitamin D.</p>  <p>See whether you are eligible now.</p>	<p>For more information on Healthy Start, eligibility and how to apply:</p> <p>Visit: https://www.healthystart.nhs.uk/</p> <p>Telephone: 03456 076 823</p> <p>For information on vitamins and supplements for pregnancy, baby and toddlers, visit Start 4 Life:</p> <p>https://www.nhs.uk/start4life</p>
<p style="text-align: center;">Leisure Centres and contact details</p>	

<p>Kingsmeadow Fitness and Athletics Centre Kingston Road Kingston upon Thames Surrey KT1 3PB Tel: 020 8547 2198 Website: www.placesforpeopleleisure.org</p> <p>Malden Centre Blagdon Road New Malden Surrey KT3 4TA Tel: 020 8336 7770 Website: www.placesforpeopleleisure.org</p>	<p>Tolworth Recreation Centre Fullers Way North Surbiton Surrey KT6 7LQ Tel: 020 8391 7910 Website: www.placesforpeopleleisure.org</p> <p>YMCA Surbiton 49 Victoria Road Surbiton Surrey KT6 4NG Tel: 020 8339 7083 Website: www.ymcalsw.org</p>	<p>YMCA Hawker Centre Lower Ham Road Kingston upon Thames Surrey KT2 5BH Tel: 020 8296 9747 Website: www.ymcalsw.org</p> <p>Chessington Sports Centre Garrison Lane Chessington Surrey KT9 2JS Tel: 020 8974 2277 Website: www.chessingtonsportscentre.co.uk</p>
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Useful websites

<p>Children's weight and healthy growth</p> <p>To find out more about The National Childhood Measurement Programme (NCMP) and how your child's Body Mass Index (BMI) is calculated, you may find these links useful.</p>	<p>For more information on NCMP visit the NHS website: https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme/</p> <p>To find out more about BMI, how it is calculated or to check your BMI visit NHS Website: www.nhs.uk/bmi</p> <p>For more information on school height and weight checks, visit Change 4 Life: https://www.nhs.uk/change4life/your-childs-weight/home</p>
<p>Talking to your child about their weight</p> <p>While weight can be a sensitive issue for many adults, most but not all children are less concerned about their weight than their parents. Nevertheless, many</p>	<p>Like all sensitive issues there are more and less helpful ways of talking to your child about their weight. For advice on how to talk to your child about their weight:</p>

<p>parents can be uneasy about raising the issue of over or underweight, fearing that to do so will hurt their child's feelings, damage self-esteem or make food and eating a 'big issue'.</p>	<p>www.weightconcern.com/node/134.</p>
<p>Healthy eating and physical activity</p> <p>To find out more about healthy eating ideas for children and meeting the 60 minutes a day recommended activity for children you may find these links useful.</p> <div data-bbox="135 728 758 1030" style="background-color: yellow; padding: 10px; text-align: center;">   </div>	<p>Simple tips to help children eat more healthy and be more active visit Change4Life: www.nhs.uk/Change4Life</p> <p>Healthy Eating for under-5s, visit Start 4 Life: https://www.nhs.uk/start4life/</p> <p>Healthy eating for teens visit NHS website: www.nhs.uk/Livewell/Goodfood/Pages/healthy-eating-teens.aspx</p> <p>Physical activity guidelines for children and young people visit NHS website: www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx</p>
<p>If you need any information about what is on offer in this leaflet in a different format, a different language or you need more information please get in contact with us.</p>	<p>Call the Healthy Lifestyles helpline:</p> <p>Telephone: 020 8547 6815</p> <p>Email: healthy.lifestyles@kingston.gov.uk</p>