

Mytime Active has been commissioned by the London Borough of Hammersmith and Fulham, the Royal Borough of Kensington and Chelsea and Westminster City Council to offer a range of free healthy lifestyle services across the three boroughs. Our Mind, Exercise, Nutrition... Do It! (MEND) sessions provide nutritional advice and guidelines, alongside fun exercise games and activities. All sessions are tailored to participant needs and capabilities and are delivered in local community venues such as Children's Centres and schools.

MEND Mums

Who?

Post-natal women with a baby up to 2 years.

When?

Once a week, for 1.5 hours, for six weeks.

What?

A fun and interactive post natal weight management programme for new mums incorporating energy boosting workouts and great nutrition tips to help establish healthy habits for life.



MEND Mini



Who?

Children aged 2-4 years and their parents/carers.

When?

Once a week, for 1 hour, for six weeks.

What?

All activities are linked to nutrition, active play or behaviour change. Including: healthy family habits, portion sizes, reading food labels, food exposure techniques and reducing screen time.

One to Ones

Who?

Parents with children aged 0-4 years, for whom a group programme is not suitable or have additional needs.

When?

Ad-hoc as and when required, for 30 minutes at a time.

What?

Tailored advice from a Dietitian on a range of nutritional topics.



Healthy Early Years Award



We will support Children's Centres and Nurseries to achieve the Healthy Early Years Award, in partnership with the Health Education Partnership. The main aim of the programme is to support and encourage early years settings to develop and deepen their focus on health and wellbeing.

Healthy Start Vitamins

We will raise awareness, promote uptake and distribute Healthy Start Vitamins across the three boroughs. Free training will be provided to all early years settings on Healthy Start Vitamins.



MEND 5-7



Who?

Children aged 5-7 years who are above a healthy weight and their parents/carers.

When?

Once a week, for 1.75 hours, for ten weeks.

What?

All activities are linked to nutrition, active play or behaviour change. Including: understanding fats and sugars, goal setting and rewards.

MEND 7-13

Who?

Children aged 7-13 years who are above a healthy weight, and their parents/carers

When?

Twice a week, for 2 hours, for ten weeks.

What?

All activities are linked to nutrition, physical activity or behaviour change. Including: learning to read food labels, an interactive supermarket tour and goal setting.



MEND Teens



Who?

Young people aged 13-18 years who are above a healthy weight, and their parents/carers*

When? What?

We will work with young people across the three boroughs to design an intervention which they buy in to.

**Parental involvement not mandatory at every session*

MEND in Schools – Curriculum Support



We will be working with schools to engage pupils in Year 1 and 4 in a range of activities across a full school year. This will involve a term of structured weekly sessions within curriculum time to raise awareness of healthy eating, improve self confidence and enhance physical and social development. There will then be two further terms of a physical activity programme designed to develop physical literacy and promote participation in physical activity.

*Mytime Active will contact schools to offer this programme.

Healthy Schools

We will support all Primary and Secondary Schools to achieve Bronze, Silver or Gold Healthy Schools Awards, in partnership with the Healthy Schools Partnership.



Healthier Catering Commitment



We will work with environmental health departments and local food businesses to increase those achieving the Healthier Catering Commitment and sustain those improvements in healthy catering practice.

Workforce Training

We will provide a rolling programme of training for all frontline staff across the three boroughs who are engaging with children and young people. The aims will be two-fold: staff are able to identify persons who are overweight/obese; staff are able to provide first-line advice and appropriate signposting.



Change 4 Life



We will raise awareness and promote the Change 4 Life national campaigns at a local level across the three boroughs. We will actively engage organisations to get involved and distribute resources to support all activities.

Mytime Active is the UK's leading provider of family healthy lifestyle and weight management programmes in local communities.

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