

# Shine

## WILTSHIRE

Spring/  
Summer  
2015

EXERCISE

NUTRITION

SELF HELP

INDEPENDENCE

A healthy weight programme  
for 7-11 year olds and their families

# What is Shine Wiltshire?

*Carrying some extra weight, may not be noticed, may be seen as ordinary, may not be a concern.*

*Small changes can make a big difference to your child and family's health, wellbeing and weight.*

*For any weight concerns, do the best for your child's future, join other families on the SHINE programme, you'll be glad you did.*

SHINE Wiltshire is a 10 week programme developed for children aged 7-11 years, to empower them and their families to make the necessary changes to lead a healthier lifestyle, with a further 12 months support and maintenance programme available thereafter.

SHINE stands for Self Help, Independence, Nutrition and Exercise. The programme is a two hour, weekly session, and includes fun, practical activities that will teach the child and their family about nutrition, food groups, portion sizes, food labelling, physical activity, and making healthier choices a habit. We'll also look at how our emotions can effect what we eat.

## **Is SHINE for me?**

The programme is designed for families who want to make a change to a more active and healthy lifestyle. It is aimed at children between the ages of 7 and 11 years who are above the healthy weight range for their age and height and their families. If you are unsure whether your child meets the criteria, this can be discussed with the SHINE Wiltshire Co-ordinator. You can also check online at: [www.nhs.uk/bmi](http://www.nhs.uk/bmi)

If you and your family would like to be healthier and happier, then you will be welcomed at SHINE Wiltshire. It will support you with simple steps to healthier eating and being active. It will help you make those modifications and keep you making small but important changes.

### How does it work?

You can register your child on the programme by contacting the SHINE Wiltshire Co-ordinator on the back of this leaflet. Alternatively, your GP, school nurse, parent support advisor or other health professional can refer your child with your consent.

SHINE is offered at no cost to families and spaces are limited on each programme, so it is important that you make contact as soon as possible to avoid disappointment.

### Where and when does it run?

SHINE Wiltshire is running in various locations across Wiltshire as of January 2015.

## CHIPPENHAM

### Monkton Park Primary School

Spring course start date  
– Tuesday 13 January

Summer course start date  
– Tuesday 21 April

4 - 6pm

## TROWBRIDGE

### Oasis Academy Longmeadow

Spring course start date  
– Wednesday 14 January

Summer course start date  
– Wednesday 22 April

3.45 - 5.45pm

## TIDWORTH

### Clarendon Junior School

Spring course start date  
– Thursday 15 January

Summer course start date  
– Thursday 23 April

4 - 6pm

## SALISBURY

### Manor Fields Primary School

Spring course start date  
– Wednesday 14 January

Summer course start date  
– Wednesday 22 April

4 - 6pm

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SHINE has the potential to make a real difference to young people and their family's lives.

Contact us today for a chat, to find out more about future dates and locations or to book a place for you and your child.

### CONTACT

For further information please contact the SHINE Wiltshire Coordinator **Victoria Richardson**

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