

Shine WILTSHIRE



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

If you and your family would like to be healthier and happier, then you will be welcomed to SHINE Wiltshire.

SHINE Wiltshire gives you simple steps to healthier eating and being active. It will give you the support to help you make those modifications and keep you making small but important changes.

“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.”

For further information please contact the SHINE Central Coordinator
Victoria Richardson
Email: shine@wiltshire.gov.uk
Telephone: 01225 716674
Mobile: 07500 120687

Shine WILTSHIRE



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

If you and your family would like to be healthier and happier, then you will be welcomed to SHINE Wiltshire.

SHINE Wiltshire gives you simple steps to healthier eating and being active. It will give you the support to help you make those modifications and keep you making small but important changes.

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

For further information please contact the SHINE Central Coordinator
Victoria Richardson
Email: shine@wiltshire.gov.uk
Telephone: 01225 716674
Mobile: 07500 120687

Shine WILTSHIRE



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

If you and your family would like to be healthier and happier, then you will be welcomed to SHINE Wiltshire.

SHINE Wiltshire gives you simple steps to healthier eating and being active. It will give you the support to help you make those modifications and keep you making small but important changes.

“Small changes can make a big difference to your child and family’s health, wellbeing and weight.”

For further information please contact the SHINE Central Coordinator
Victoria Richardson
Email: shine@wiltshire.gov.uk
Telephone: 01225 716674
Mobile: 07500 120687