



Leicester
City Council



News release

Monday July 4, 2011
For immediate release

A summer of activity starts here...

CHILDREN and families in Leicester are set to benefit from a host of healthy activities this summer, guaranteed to keep the whole family entertained.

As we approach the school holidays there are a number of opportunities for families with children to be active together.

The annual National Child Measurement Programme (NCMP) gives a picture of the levels of obesity amongst children in the city. Last years results showed, by the time children reach year six at school, one in four boys and one in five girls are classed as obese. The push from NHS Leicester City in partnership with Leicester City Council coincides with National Childhood Obesity Week which runs from Monday July 4.

Stephanie Dunkley, public health principal at NHS Leicester City, said: "During National Childhood Obesity Week, NHS Leicester City is promoting these activities because making lifestyle changes now by eating healthily and getting active with the family, will help prevent children becoming overweight and developing health conditions in later life.

"The National Child Measurement Programme has provided valuable information about the health needs of children in Leicester and it has also helped with planning services to children and families. We wish to thank all those children, families and schools that took part this year".

"We know we have high levels of obesity to tackle in the city and we are committed to doing so. We hope families get involved in the schemes we have on offer. It is set to be a fun-packed and active summer."

Schemes available over the summer are listed below:

Change 4 Life

Look out for the 'really big summer adventure' taking place in July and choose which activities you want to do over the six week school holiday. Children in years three, four and five can ask their school for adventure maps and other materials that support the project. To find more information, fun games and activities which aim to get children active for at least 60 minutes a day, log onto www.nhs.uk/Change4Life.

Leicester's Healthy Heart walking challenge (June 4 - Sept 2)

It's not too late for families to sign up as a team and win prizes for the amount of minutes they have walked this summer. The initiative is challenging people to try and walk as many minutes as possible this summer to improve their health and fitness, and help reduce the risk of heart problems later in life. By registering you can record all your minutes online and you could win a prize for the whole family. Visit www.leicestershealthyheart.co.uk.

Leicester is home to over 120 parks and green spaces which offer people this ideal space to clock up those vital minutes. Visit Leicester City Council's website at www.leicester.gov.uk.

Sky Ride Leicester

Join in the fun with a bike ride to Leicester's Pebble beach and other free Sky Ride local rides including the main event on Sunday August 28. Ride your bike through Leicester's streets without a car in sight. Anyone can get involved and the route is entirely optional so the whole family can come and go as they please and enjoy the entertainment planned throughout the day. For more information and to register go to www.qoskyride.com/Leicester.

Free swimming

All young people across the city aged 16 years and under are being invited to take advantage of Leicester City Council's free swim initiative at community swimming pools during the summer from Monday July 18, to Wednesday August 31. More information can be found at www.leicester.gov.uk and search for 'free swims'.

Fit and Active Football

This is a free 20 week programme for young people aged eight to 14 and their families run by Leicester City Football Club in the Community in partnership with NHS Leicester City and Leicester City Council. The programme includes weekly sessions of fun and games lead by community coaches and a family dietician from the Leicestershire Nutrition and Dietetic Service. The scheme supports families whose children may require help with maintaining a healthy weight and aims to get children excited about eating well and being more active. Groups are running in New Parks, Belgrave, Highfields, Saffron and Eyres Monsell. To get involved call 0116 291 5223.

London 2012 open weekend (July 22-24)

Get ready to celebrate one year to go to the London 2012 games with a special open weekend, which includes events such as sport, art and exhibitions. Find out what is going on in Leicester at www.oneleicester.com.

Stephanie added: "With Leicester proving to be a hive of activity this summer, you are sure to find an activity suitable for the whole family."

Assistant Mayor, councillor Manjula Sood, cabinet lead for health and community involvement, said: "Physical activity is not only important for health and wellbeing but is also a great way to keep boredom at bay during the summer holidays and have some fun.

"We are delighted to be working with our local health partners to hold a variety of free activities across the city and we hope that lots of young people and their families take advantage of them."

Please visit your local library if you need help to view or register on any of the recommended websites.

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This press release was issued by Liz Thomas at NHS Leicester City. For more information, contact the communications office on 0116 295 4123.

Notes to editors:

NHS Leicester City is the operating name for Leicester City Primary Care Trust.