

What happens after the 12 week programme?

After the 12 week programme we'll offer you support through our 'maintenance' activities. This includes review sessions, drop-ins, gym and physical activity sessions.

Are you interested?

Programmes run three times a year so please contact us to find out more. Before the sessions start we will invite you to pop in and meet our facilitators for a brief assessment. If you are unsure if you are above a healthy weight you can check on-line at www.nhs.uk/bmi, or contact us to discuss this.

How do I take part?

We welcome self-referrals from families across Plymouth, as well as referrals from other health professionals. For more information and to book on a programme please call or email us.

**New programmes
start soon.
Register for your
place now!**

Contact details

School Nursing Team

Tel. 01752 435129

Email: PCHCIC.shine@nhs.net



Livewell Plymouth



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www.livewellplymouth.co.uk

SHINE Plymouth



Join us and have some fun on our **free** healthy lifestyle programme!

For kids, teenagers and families

What is SHINE Plymouth?

SHINE Plymouth is a free healthy lifestyle programme for 5-17 year olds and their families. It is specially designed to support young people who are above a healthy weight. SHINE means Self Help, Independence, Nutrition and Exercise - all things that we can help you with.

What's involved?

Our programmes run for 12 weeks, each week we will help you with simple steps to healthier eating and being more active. We aim to give you the information, skills and confidence to make small lifestyle changes that last. The programmes cover three age groups and run at different venues across the city.

SHINE Plymouth 5-8s

Our 5-8's programme takes place once a week after school (2 hours). A parent or carer needs to attend with the child.

- Fun interactive sessions, games and quizzes
- How to eat a balanced diet, understand food groups, portions and food labels
- Family games and activities, helping you to be active together
- A focus on the whole family making healthy lifestyle changes
- Support to increase confidence and self-esteem



SHINE Plymouth 9-12s

Our 9-12's programme takes place once a week after school (2 hours). A parent or carer needs to attend with the child.

- Fun family activities - how to eat a balanced diet, understand food groups, portions and food labels
- Games and skills sessions to help you be active together
- Practical cooking session for families
- A focus on the whole family making healthy lifestyle changes
- Support to increase confidence and self-esteem



SHINE Plymouth 13-17s

Our teenage programme runs twice a week in the evening, one information session and one physical activity session each week. Parents are required to attend an induction evening and a celebration event.



- Interactive sessions on nutrition, food groups, portions, understanding food labels and how to be more active
- Overcoming barriers to increase confidence and self-esteem
- Discussions on body image, eating triggers and making healthy choices
- Practical cooking session
- Weekly gym sessions and opportunities to try new sports