

2023

The Healthy Knowsley Children & Families Team!



IN 2023 WE DELIVERED
COURSES IN..



Westvale Primary - 2 courses!
St Aidans Primary- 2 courses!
Willow Tree Primary- 2 courses!
St Columbas Primary- 2 courses!
St Joseph the Worker Primary
Whiston Willis Primary
Prescot Primary
Halsnead Primary
Huyton with Roby
Malvern Primary
Park View Primary
Halewood C of E Primary

ENGAGEMENT EVENTS

This year our team has been out and about to support in recruiting families onto your courses!

- Breakfast clubs
- Parents evenings
- Assemblies
- Leaflet drops
- Parent coffee mornings



FAMILY FEEDBACK

We have been collecting families feedback throughout the year. We have received great reviews and families have been able to make lots of healthy changes to their lifestyles!

100%

of families reported that since attending the course they have made healthy lifestyles changes together as a family!

FAMILY QUOTES

'We have become more active together and made swaps to reduce sugars in our diet'

'We think more about what we are eating, and now order less takeaways'

'We look at food labels more to make better choices.'

'I enjoyed the quality time with my daughter, the games were fun and was great to learn while exercising'

'Doing the course together and learning together instead of me trying to tell them to eat healthier myself was great'



HEALTHY FAMILIES COURSE

Join our 5 week course designed to support families to make healthy lifestyle changes together!

- Physical Activity** - Each week families will play fun, interactive games.
- Healthy Eating** - Fun and easy learning about a new healthy eating model.
- Resources & Recipes** - Healthy resources to support lifestyle changes.
- Cooking Sessions** - Develop new cooking skills and explore how cost can be made.

Where: _____
When: _____

To register interest or to find out more, visit healthstrategiesmycare.nhs.uk or scan the QR code.

NEW HEALTHY FAMILIES RESOURCE PACKS!



LET'S EAT BETTER!

Having a healthy diet includes eating a variety of fruit and vegetables, drinking 6-9 glasses of water a day, and making healthy swaps by reading food labels to choose items that are lower in fat, salt, and sugar.

Add a sticker when:
You eat a fruit or vegetable.
You have hydrated with water.
You make a healthy food swap.

Day	Breakfast	Lunch	Even
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

GETTING ACTIVE

Getting regular exercise and being more active helps to keep our bodies fit, strong, and healthy.

Place your stickers to the start each time you are physically active, that can be anything from playing in the park to dancing in the kitchen. Try to get one family activity sticker on the chart each week.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

OUR FREE TRAINING!

MECC making every contact count

Staff training for schools and early years settings is being delivered across Knowsley The **one hour session** includes:

- Information on Knowsley children's health & health inequalities
- **Nutrition and physical activity recommendations** for children & discussions in promoting good health in your setting.
- How to have a **positive health promoting conversation** with parents/families.
- **Local services/information** to signpost families to that will support in healthy lifestyle changes.

COMMUNITY COURSES



Over the summer we have delivered a range of courses in community settings. Working in partnership with **Volair Lesuire Centres, Knowsley Parks, Centre 63 and Northwood Together.**

We were able to provide families with **free family swim passes** and **free food vouchers!**

GET YOUR SCHOOL INVOLVED!



If you would like to support your families to get healthier and take part in our training offer please do get in touch!

Simply email sophie.aherne@merseycare.nhs.uk