



South Gloucestershire's tier 2 child weight management service for children and young people (4-16 years)

Reach is a free and fun programme for families with children and young people aged 4-16 years who are above a healthy weight. Reach focuses on promoting the health and wellbeing of children and young people by increasing physical activity, boosting mental health and wellbeing and improving nutritional intake, as well as supporting children and young people to reduce their BMI.

Reach group programmes:

Reach offers two types of family group programmes: 4-11 years and 11+ years. The sessions are free and usually run for 10 weeks at a leisure centre or other community settings. Here are the details for programmes starting **September 2019**:



Programme location	Start date	Time	Programme length
Kingswood Leisure Centre	Thursday 26 th September	4:30pm-5:45pm	10 weeks
Bradley Stoke Leisure Centre	Tuesday 24 th September	4:00pm-5:15pm	10 weeks



Programme location	Start date	Time	Programme length
Yate Leisure Centre	Wednesday 2 nd October	4:15pm-5:30pm	10 weeks

Referral criteria:

Any child referred needs to:

- Live in South Glos. or registered at a GP surgery in South Glos. and
- Have a BMI above the 91st centile (overweight, obese, severely obese)

Referrals:

- Parents/carers can self-refer
- Practitioners and health professionals can also refer

You can make a referral by sending a referral form (www.southglos.gov.uk/reach) or contact us for more information: **01454 864005** or email healthylifestyles@southglos.gov.uk