



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 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 **January 2019**:



Programme location	Start date	Time	Programme length
Bradley Stoke Leisure Centre	Tuesday 22 nd January 2019	4:00pm-5:15pm	10 weeks
Kingswood Leisure Centre	Thursday 31 st January 2019	4:00pm-5:15pm	10 weeks

Extra family physical activity sessions will also be running alongside these programmes, speak to the Reach team to find out more



Programme location	Start date	Time	Programme length
Yate Fire Station (Delivered in partnership with Avon Fire & Rescue)	Thursday 24 th January 2019	4:15pm-5:45pm	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 (a parent/carer is concerned about their child's weight or the young person themselves)

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 by calling: **01454 864005** or email: healthylifestyles@southglos.gov.uk