



### **NHS Stoke on Trent Active Families Programme**

### **St Maria Goretti Catholic Academy**

**Delivery times:** Tuesday 9am-10.30am & Thursday 10.15am-11.45am

### **What is an Active Families Programme?**

Free fun family healthy lifestyle programme for children who are above their ideal weight. The programme is funded by Stoke on Trent Public Health.

### **Programme highlights include:**

- FREE FUN weekly games, activities and for all.
- Advice on portion sizes & food labels.
- Programme based around the national Change 4 Life core messages.
- Motivation & support on how to set goals & rewards.
- Attendance related prizes, water bottles and sports/leisure centre vouchers.
- Learning that being active can be lots of fun.
- Support on how to live a healthy lifestyle on a budget including menu planning tips, and vouchers to access facilities at local leisure centers.
- Free healthy recipes.
- Programme designed to help children avoid later problems with weight and health.
- A chance to make new friends and bond as a family in a safe, fun environment

### **Delivery Team:**

Time 4 Sport Sports/Healthy Lifestyle Team. Wayne Glover, John Seabridge & Mitchell Barnett.

### **Recruitment**

For our recruitment process we distributed letters two sets of letters, before and after

Christmas to all of the children. In addition to this we visited the school on two mornings to hand out flyers direct giving details on Active Families. We only targeted children from within St Maria Goretti Primary School. The PE lead Mrs Wright also spoke to families directly to inform them on our programme; which supported our recruitment process and helped with retention of families.

### **Recruitment numbers and retention**

22 families

Due to the excellent uptake we split the sessions, to ensure we had enough space to deliver both the theory and exercise sessions to a high quality as well as for health and safety reasons.

0 drop outs

### **Completing Families**

22 families

### **Venue- St Maria Gorretti Catholic Primary School**

The venue was excellent for the exercise sessions we were able to use the sports hall or outside space if the weather permitted. For the theory sessions we up on the dining tables, which was ideal for the group activities..

All school staff were very accommodating, allowing use to use sports space or community room space if needed.

### **Results**

The families' results were very pleasing; we had an average BMI reduction of .25 and mean waist circumference reduction of 3.5cm. Families achieved an increase in the self-esteem score, fruit and vegetables consumption and physical activity participation. So overall we as a delivery team were very happy with the results over a 10 week period. It proves it families show good commitment over a 10 week period, positive results will occur.

### **Staff Feedback**

#### **Pros**

- All parents participated well in the exercise.
- Consistent numbers at all sessions, allowed us to recap on previous sessions and cover all core subjects during the programme.

- Positive results.
- We delivered a quiz that covered all areas of programme this highlighted excellent participant knowledge. This showed the key messages had been taken on board by the families.
- Reward session was bowling, which gave families/children a positive incentive to attend sessions.
- Children's behaviour was excellent, the use of stickers as a reward, worked well.
- Really enjoyable programme for staff to deliver, families and children really enjoyed the activities and are keen us to continue to deliver sessions at St Maria Goretti.
- Excellent support from the school staff; especially Miss Wright who was a great help in the recruitment stage.

#### **Programme feedback from families**

- We wished the programme was longer. Wanted to thank Time 4 Sport staff for all their support. Hope we can continue to exercise as a family.
- Altered breakfast to ensure they now have wholemeal toast rather than white.
- All leaders were very supportive and helpful. We have now started to exercise more and eat more fruit/veg.
- Great fun programme. Loved the exercise sessions as a family.
- We have reduced the amount of sugar we have in our foods.
- Grieved the programme has come to end, as we want it to continue.
- Now eat a healthy breakfast each day.

#### **Programme manager feedback**

The programme was a real success, the children and parents really took on-board all of core topics delivered. The support from the school in the recruitment stage really helped us to get off to a good start, as once the families attended the first session, they loved it. The families were really enthusiastic throughout the programme and it created a really positive environment to work in. We look forward to working with St Maria Goretti Catholic Primary School again in the future.

Wayne Glover

Time 4 Sport Managing Director

[wdglover@time4sportuk.com](mailto:wdglover@time4sportuk.com)

