

Leicester Leicestershire Rutland



Top Tips for Top Kids 2021

This leaflet provides details of national and local resources that will help you ensure your child and family eat well, stay active and maintain a healthy weight.

National Resources

Change4Life:

Sign up at www.nhs.uk/change4life/Pages/change-for-life.aspx to receive free support and action plans (including games, wallcharts and puzzles) to help you and your family eat well and move more. You can also call 0300 1234567 or follow Change4Life on Facebook or Twitter.

NHS.uk:

Visit www.nhs.uk/livewell for advice on physical activity, healthy eating and to search for services near you.

Online Body Mass Index (BMI) Calculator:

This tool allows you to check if you, your child and/or other members of the family are a healthy weight for your height. www.nhs.uk/live-well/healthy-weight/bmi-calculator/

Local Information and Services

Healthy Together public health (school) nurses can provide advice and support for you and your child, and can signpost to others who can also help. Contact them via your school office or find out more about the service at: www.leicspart.nhs.uk/service/healthytogether/



Parents and carers can also text the secure text messaging service ChatHealth to contact a Healthy Together public health (school) nurse with questions about any aspects of their child's physical and emotional health, including healthy weight and growth. Alternatively, you can contact your local GP or practice nurse.



The ChatHealth service is available Monday – Friday 9am – 5pm, and during this period messages are responded to within 24 hours.

In Leicester, text: 07520 615381

In Leicestershire and Rutland, text: 07520 615 382



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Local Information and Services Continued

Visit the Health for Kids website, which offers health advice, interactive quizzes and games for primary school children. There's also a 'grown ups' section with guidance on eating well and staying active.

www.healthforkids.co.uk/



Leicester Nutrition & Dietetics Service (LNDS) website gives advice on promoting a healthier diet. Contact the team on 0116 295 0326 or visit the website www.lnds.nhs.uk.

The Weight Management Leicestershire website offers support and guidance to help adults, children and families within Leicestershire achieve and maintain a healthy weight. Contact the team on 0116 305 1574 or 0116 305 2426, Email the team at weightmanagement@leics.gov.uk or visit the website www.leicestershirewms.co.uk.



The Active Rutland Team offer a Rutland Family, Food & Fitness Club to find out more please contact the Team on 01572 720936, or email activerutland@rutland.gov.uk.

You can also ask your local school for information about after-school activities to keep kids active.

Leicester

City Council Sport and Leisure – If you would like to find out about the range of local activities available to your child visit www.leicester.gov.uk/leisure-and-culture/sport-and-leisure.

1000 Tweaks to Feeling Great – Learn how to make small changes to your day-to-day life for a big difference, visit the website www.leicester.gov.uk/1000tweaks.

'Bikeability' Cycle training for children – contact the Cycle Training Coordinator by emailing cycletraining@leicester.gov.uk.

Leicestershire and Rutland

Visit www.lrsport.org/getactive - working in partnership to help support and develop sport, physical activity, and well-being.

Visit www.lrsport.org/children-and-families to find out how to become more active in your local area.



To translate the information on the NHS Choices website into a different language visit: www.nhs.uk/about-us/health-information-in-other-languages/