



FIT FOR LIFE



Child Health and Wellbeing Course

As part of Healthy Valleys project, FIT FOR LIFE, we have received funding from BBC Children in Need to deliver 8-week Health and Wellbeing Courses to children aged between 5-18 years living in the Clydesdale areas of Carstairs Junction, Carnwath, Rigside, Smyllum (Lanark) and Woodpark (Lesmahagow).

These courses are for children who may be disadvantaged due to many reasons such as chaotic family lifestyle, young carer, limited activities to attend due to cost or availability and low self confidence.

The 8 week course will involve activities to promote active play and healthy eating to improve child's confidence, increase their social networks and expand their knowledge and skills on leading a healthy lifestyle. During the course, children will be involved in cooking a healthy nutritious meal which they will enjoy at 6pm.

Age group	Dates	Venue	Time
Primary 1-3	Wednesday 22 nd August 2018 for 8 weeks	Greyfriars Church, Lanark	4:30-6:30pm
S1-5	Thursday 23 rd August 2018 for 8 weeks	StNicholas Church Hall, Lanark	4:30-6:30pm
Primary 1-3	Wednesday 24 th October 2018 for 8 weeks	Greyfriars Church, Lanark	4:30-6:30pm
Primary 4-7	Thursday 25 th October 2018 for 8 weeks	StNicholas Church Hall, Lanark	4:30-6:30pm

If you are currently working with or are the parent/ carer of a child aged 5-18, living in the areas mentioned above and feel they would benefit from this course, please complete a Child Health and Wellbeing Referral Form found on our website under 'Go2PLAY' Project.

www.healthyvalleys.org.uk



Committed to PLAY



www.playscotland.org