

Havering MEND programme recruiting for 2012

MEND (Mind, Exercise, Nutrition and Do it) is a national programme designed to help children become fitter, happier and healthier. Havering MEND is currently looking for children between seven to thirteen years old for the next programme which is set to start in January 2012. The Programme consists of 20 sessions (twice a week for 2 hours per session.)

Programme highlights include:

- Weekly games, activities and swimming for kids.
- Learning that being active can be a lot of fun!
- Fun, interactive discussions that will teach you easy, effective ways to improve your child's behaviour and improve his/her self-confidence.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes. There is even a fun supermarket tour and a chance to try delicious new foods!

Participants have the choice of joining the Hornchurch Sports Centre Programme or the Central Park (Harold Hill) Programme

If you think this is something your child may benefit from then get in touch as places are limited. Although there is no cost to attend the programme, we will need to assess whether your child qualifies based on their age, weight and health. If you are interested then please contact your local MEND office on **01708 433768** or **07946 738 480** for more information.