



The Mid Yorkshire Hospitals 
NHS Trust

Bringing together community and hospital services

Are you worried about your child's weight?

Would you like your family to eat well, become more active and feel great?

The Mid Yorkshire Hospitals NHS Trust's FREE Connect3 Childhood Healthy Weight Team can help.

The Connect3 Family Programme is for families with children aged 7 years and over who are above a healthy weight. We will be coming to Crofton Academy during the Summer Term. The programme will run for 10 weeks on Thursday evenings 4.00pm – 6.00pm starting on 2nd May 2013. Connect3 is very informal and we encourage our families to have fun learning about how to make lifestyle changes.

During the first hour the children and young people take part in fun physical activities, something different every week. At the same time the parents/carers take part in an informal group session looking at how they can begin to make changes towards their family leading a healthier life. During the second hour the children and young people join us for an interactive healthy families' session, group chat and goal

The sessions are run by trained, friendly staff and are FREE for all the family.

The programme will cover topics such as:

- How to set and reach goals
- Age appropriate portion sizes, me size meals
- Supermarket tips – looking at labels
- Understanding a balanced diet – the Eatwell plate and 5 a Day
- Fats and sugars in everyday foods
- The importance of physical activity
- Triggers and rewards
- Health risks And much more.

Results from Connect3 show that the majority of young people who attend can become more self confident, reduce their BMI, become fitter and families gain a better understanding of what it takes to lead a healthy lifestyle.

What our parents and carers say about us:

“Connect3 is excellent for children, it builds self esteem as well as promoting physical activities and healthy eating”.

“He loves coming to Connect3. He loves all the different activities. He loves the staff and the kids that come, also his little brother loves Connect3 too. We wish it was more than once a week. Staff are brilliant with the kids, we hope we can keep coming”.

“She has made such progress and enjoys it so much. The benefits of this course are amazing and the staff are exceptional”

“Excellent programme. Lots of valuable information. Why didn't we start it a year ago?”

“I think the Connect3 programme is fantastic for children with weight problems”

What our children say about us:

“The people have been very kind and happy, see you at the Christmas party. Thank you xx”

“All the people are friendly and it's fun. Extra activity games sessions are great. It's shown me how to be more healthy”

“Excellent – the best ever”