



Healthy Families Team

Central London Community Healthcare Trust
Hanwell Children Centre
Laurel Gardens
W7 3JG

Friday, 23 September 2022

Dear Parent/Carer

ALFIE - The Healthy Families Programme is BACK face to face!!

Are you looking for fun new ways to keep your family fit and healthy?

The Healthy Families team are pleased to inform you that after the success of our face to face (in person) summer holiday camps... ALFIE afterschool is back.

Programmes are for children aged 5 - 13 years who are above a healthy weight for their age (overweight) and their siblings (a parent / carer must also be present). Programmes will take place at venues across the borough and include a variety of interactive sessions on nutrition and healthy eating topics such as food label reading, food groups and portions sizes. Families also get to take part in non competitive multi-skill sports and games, in fun and safe structured environment; which is a great way to increase levels of physical activity, boost self confidence and improve social, mental and physical wellbeing. The programmes include a 1:1 appointment for each family, where families get to meet the team, learn more about what to expect on the programme and start to set their own individualised SMART Goals; this will be followed by weekly group sessions with other families.

Our next programmes take place autumn 2022; please turn over to see our timetable.

All programmes are delivered by qualified nutrition and physical activity professionals. Programmes are FREE but places are very limited and an adult (parent/carers) must be present at all sessions.

For more information please call Niamh on 07810 054245 or Jordan on 07909 000796; or email the team at clcht.ealinghealth4life@nhs.net. You can also follow or send us a message on Facebook or Instagram, search ALFIE_Ealing.

We look forward to hearing from you

Yours sincerely

The Healthy Families Team



Free Healthy Lifestyle Programme for children aged 5 – 13 years who are above a healthy weight (overweight). Supporting families to be healthier and fitter through nutrition and physical activity. Sessions include healthy eating workshops and physical activities and for the whole family.

Session	Venue	Time
ALFIE Healthy Families 5-13 years	Online Rolling Programme for New Starters and ALFIE graduates Every Monday starting 3 rd October to 5 th December *excluding half term week *excluding half term week	4:00 – 5:30pm
ALFIE Healthy Families 5-10 years AND ALFIE HIIT 11- 13 years	Ravenor Primary School Greenway Gardens, Greenford, UB6 9TT Every Tuesday 4 th October to 6 th December *excluding half term week	5-10 years 3:45-5:00pm AND 11 – 13 years 5:00 – 6:30pm
ALFIE Healthy Families 5-10 years AND ALFIE HIIT 11- 13 years	Acton Baptist Church, Church Road, Acton, W3 8PP Every Wednesday 5 th October to 7 th December *excluding half term week	5-10 years 3:45-5:00pm AND 11 – 13 years 5:00 – 6:30pm
ALFIE Healthy Families 5-10years AND ALFIE Junior Gym or HIIT 11 – 13years	Havelock Community Centre, 17 Trubshaw Road, Southall, UB2 4XW Every Thursday 6 th October to 8 th December *excluding half term week	5-10 years 3:45-5:00pm AND 11 – 13 years 5:00 – 6:30pm

1 to 1 appointments for each family will take place in the week beginning 26th September

Places on these programmes are very limited.

To book a place please call or text 07909 000796 / 07810 054245

Email clcht.ealinghealth4life@nhs.net

You can also find us on Facebook or Instagram (search ALFIE_Ealing)

Here are comments from some of our families who attended our virtual summer programmes last year

We have an ALFIE minis programme (for 2-4year olds) and an ALFIE Teen programme (for 14 years +) call or email for more information