



Healthy Families Team

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

Tuesday, 13 December 2022

Dear Parent/Carer

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

The Healthy Families team are pleased to inform you that our face to face (in person) ... ALFIE afterschool programme 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 winter 2023; 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 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	Haven Green Baptist Church, Castlebar Road, W5 2UP Every Tuesday from 10 th January – 21 st March (excluding half term week)	5:00 – 6:30pm
ALFIE Healthy Families 5 – 7 years AND 8 – 10 years	Stanhope Primary School, Mansell Road, Greenford, Ub6 9EG Every Wednesday from 18 th January – 29 th March (excluding half term week) *priority places for those children who attend Stanhope Primary	5-7 years 3:45-5:00pm AND 8 - 10 years 5:00 – 6:30pm
ALFIE Healthy Families 5-10 years AND ALFIE HIIT 11- 13 years	Horsenden Primary School, Horsenden Lane, Greenford, Ub6 0PB Every Thursday 12 th January – 23 rd March (excluding half term week) *priority places for those children who attend Horsenden Primary	5-10 years 3:45-5:00pm AND 11 – 13 years 5:00 – 6:30pm

Places on these programmes are very limited.

To book a place please call or text 07909 000796

Email clcht.ealinghealth4life@nhs.net

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

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

Here are some comments from families who attended over the summer

"It was fantastic, it has given him the confidence to take part in more activities such as basketball so thank you, we really appreciate your help."

"Very helpful for me to understand sugar content, I use the food label reading card that you gave us to help me make healthier swaps when I go shopping."

"It was a great programme and we learnt lots of information. My daughter is drinking water rather than squash without making a fuss which is brilliant. She is also getting involved in the preparation of food/meals which she is really enjoying e.g. making a fruit salad herself.."