

Change Makers Course Information October - December 2016

Change Makers is a 9 week healthy eating, healthy lifestyles and physical activity programme. Sessions are delivered in schools, community and sports centres once a week after school.

**Change Makers is for…**Families with children aged between 4 and 12 years of age. [There is an eligibility criteria](https://fitterfutureswarwickshire.co.uk/get-started/family-weight-management).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **North Warwickshire** | High Meadow Infant  | Starts 3rd October | 3:10-4:40pm | Monday |
| Arley Primary\* | Starts 4th October | 3:30-5:00pm | Tuesday |
| St Edwards Catholic Primary | Starts 6th October | 3:20- 4:50pm | Thursday |
| Woodside Primary  | Starts 7th October | 3:30-5:00pm | Friday |
| **Rugby** | The Queen’s Diamond Jubilee Centre | Starts 11th October | 4:15-5:45pm | Tuesday |
| Henry Hinde Junior | Starts 11th October  | 3:45-5:15pm | Tuesday |
| Harris Academy\* | Starts 6th October | 3:30-5:00pm | Thursday |
| **Stratford** | St Nicholas Primary | Starts 3rd October | 4:00-5:30pm | Monday |
| Studley Leisure Centre | Starts 4th October | 5:00-6:30pm | Tuesday |
| Southam Leisure Centre | Starts 5th October | 4:00-5:30pm | Wednesday |
| **Warwick** | Clapham Terrace Community\* | Starts 4th October | 3:30-5:00pm | Tuesday |
| Whitnash Primary | Starts 6th October | 3:30-5:00pm | Thursday |
| **Nuneaton and Bedworth** | Bramcote Hive Barracks\* | Starts 10th October | 4:30-6:00pm | Monday |
| St Francis Primary\*\* | Starts 10th October | 3:15-5:45pm | Monday |
| Camp Hill Primary | Starts 11th October | 3:30-5:00pm | Tuesday |
| St Pauls C of E Primary | Starts 13th October | 3:30-5:00pm | Thursday |
| Race Leys Infant | Starts 13th October | 3:30-5:00pm | Thursday |
| Nuneaton Academy | Starts 14th October | 5:00-6:30pm | Friday |

*Feedback from a Change Maker Family - “I was nervous to attend but found the staff very patient and friendly. It has been informative and the kids looked forward to it every week. I will miss the adult chat and family-friendly environment that has been non-judgemental. It’s been great fun.”*

* Only for children who attend the school \*\* available for pupils and children within the catchment area.

For more information, please contact the Family Lifestyle Co-ordinator, Georgia Barrett at georgia.barrett@rugby.gov.uk or 01788 533721.

fitterfutureswarwickshire.co.uk/get-started/family-weight-management