

## Ready, Steady, Go is coming to your area!



It's a **FREE** Healthy Lifestyle club for Reception to Year 6 children and their grown-ups.

Ready, Steady, Go is a fun 8 week programme designed to work with families to help their children achieve and maintain a healthy weight. We focus on making small, achievable lifestyle changes around healthy eating and activity with sessions covering different themes around healthy eating, physical activity, as well as topics such as sleep and screen time. Join us for lots of fun games and activities including our cookery week!

If you are interested in attending, you can contact us on:-

**Online referral form:** <https://www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/>

**Tel:** 0300 123 4062

**Email:** [kentcht.esschoolhealthservice@nhs.net](mailto:kentcht.esschoolhealthservice@nhs.net)

### Come and meet us!

#### Ready, Steady, Go! Summer Celebration Event

We would like to invite you along to one of our **Summer Celebration Events**. A morning of fun filled activity - a chance for you to meet the team and chat with other families who have completed or are considering joining the programme in September.

Date: Tuesday 13<sup>th</sup> August

Time: 10am -12noon

Venue: Henry Twine Hall at Polegate Community Association  
54 Windsor Way, Polegate, BN26 6QF

If you would like to come along, please call **0300 123 4062** and speak to a member of the team.