



**Healthy Families Team**

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

Tuesday, 21 June 2022

Dear Parent/Carer

**ALFIE - The Healthy Families Summer Holiday Bootcamps for Families is BACK in person!!**

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

The Healthy Families team are pleased to inform you all that ALFIE Ealing is back; and we will be delivering our summer holiday bootcamps in person! Programmes are for 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; there will be Cook and Eat sessions every day where families will get to make a healthy lunch and eat together.

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 also 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 daily group sessions with other families.

Our next programmes take place over the summer holidays in August 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 the Ealing Admin Hub on 0208 102 5888 or email the team at [clcht.ealinghealth4life@nhs.net](mailto: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**



## ALFIE's summer bootcamp timetable August 2022



**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 – 10 years and ALFIE Holiday HIIT 11 – 13years	Alec Reed Academy Bengarth Road, Northolt, UB5 5LQ Everyday Monday to Friday 1 – 5 August	5-10 year olds 9.30 – 11am and 11 – 13-year-olds 11.30 – 1.30pm
ALFIE Healthy Families 5-10 years and ALFIE Junior Gym 11- 13 years	Dormers Wells Leisure Centre Dormers Wells Lane, Southall, UB1 3JB Everyday Monday to Friday 8 – 12 August	5–10-year-olds 9.30 – 11.00am and 11 – 13-year-olds 11.30 – 1.30pm
ALFIE Healthy Families 5-10 years and ALFIE Holiday HIIT 11- 13 years	Haven Green Baptist Church Castlebar Road, London, W5 2UP Everyday Monday to Friday 15 <sup>th</sup> – 19 <sup>th</sup> August	5–10-year-olds 9.30 – 11am and 11 – 13 year olds 11.30 – 1.30pm
ALFIE Healthy Families 5-10 years and ALFIE Holiday HIIT 11- 13 years	Swift Road Outdoor Sports Centre Swift Road, Southall, UB2 4RP Everyday Monday to Friday 22 <sup>nd</sup> – 26 <sup>th</sup> August	5–10-year-olds 9.30 – 11am and 11 – 13-year-olds 11.30 – 1.30pm

**1 to 1 appointment for each family will take place in the week beginning 25 July 2022  
Places on these programmes are very limited.**

**To book a place please call Ealing admin hub on 0208 102 5888 or  
Email [clcht.ealinghealth4life@nhs.net](mailto: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 enjoyed the exercise online.  
We loved the music games &  
scavenger hunt. We can't wait to  
take part in the rolling monthly  
sessions”*

*“The nutrition advice has been  
extremely useful for the whole  
family. Everyone is making some  
changes. We really enjoyed all the  
activities and games we done”*

*“He really enjoyed the exercise  
games with music. He's been trying  
to play all the games with his sister  
since the programme finished. He  
was also reading labels and, making  
sure they are healthy when we are  
shopping for food”*

**Away this summer?**

**Call to join our waiting list for programmes starting in September 2022**