



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

Thursday, 14 October 2021

Dear Parent/Carer

ALFIE - The Healthy Families Programme is back with a new Virtual Programme!!

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

Join our new style virtual ALFIE programme for children aged 5 - 13 years who are above a healthy weight for their age (overweight). The ALFIE (Active Living fun Food in Ealing) healthy families programme is a fun, free and interactive healthy lifestyle programme for children who are above a healthy weight (overweight) for their age; we deliver group programmes for children aged 5 – 13 years of age.

The aim of ALFIE is to support children and families to be HEALTHIER and FITTER; sessions focus on motivating children and the whole family to explore healthier lifestyle choices and how small changes can make a big difference. The nutrition sessions are fun and interactive; and include topics such as food label reading, food groups and portions sizes. There are quizzes, a Ready Steady Cook session; and because you will be joining from home you can ask the team questions about the foods, drinks and portions you actually have at home. There are also Joe Wicks style home workouts with household equipment; as well as plenty of fun and games to increase levels of physical activity.

Programmes run on a 2 week rolling basis (sessions repeat every 2 weeks) with sessions taking place **everyday** from Monday 1st November – Thursday 9th December 2021. Families need to attend **8 DIFFERENT Nutrition Sessions** and **ANY 8 Physical Activity sessions** to complete a programme (you can choose the days and times that suit you). Once you complete a programme children will receive a free goody bag with lots of goodies to help keep them healthy and active! Families also get to attend a virtual 1:1 session to meet the team, learn more about what to expect on the programme and start to set their own individualised SMART Goals before joining the group sessions with other families.

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

For more information or to book your place please call

Ealing Admin Hub on 0208 102 5888 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



ALFIE Ealing are delivering free online sessions for children aged 5 - 13 years who are above a healthy weight (overweight) and their families. Sessions include healthy eating workshops on food groups, portion sizes and label reading; as well as home workouts and fun games for the whole family. Sessions take place a two week rolling basis (sessions repeat every 2 weeks) new dates from Monday 1st November- Thursday 9th December.

You will need to attend 8 different Nutrition sessions AND any 8 Physical Activity sessions to get your free goody bag

1st – 5th November

Week 1	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Let's get started with a fun Boxing Session!	Warm ups, Planks and Squat challenges	Time for that HIIT Session	Your turn to coach! You guys lead the Warm up & Cool Down	
5.00-6.00pm	Food Groups: A guide to eating well	How much is too much? A Guide to Portion Sizes	How to Eat Carbs: Refined vs Unrefined	What is Hiding in your Food? Fat and Sugar	

8th – 12th November

Week 2	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Time for some weights with Bake Bean Bulk Day!	Hit the floor, It's ABS!	Sports Day Challenges!	Now you guys are tough enough for a Leg Day!	
5.00-6.00pm	Building physical activity into your day	How to Read Labels: A Guide to Label Reading	ALFIE's experts: shopping challenge	Ready Steady Let's Get Cooking	

15th – 19th November

Week 1	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Let's get started with a fun Boxing Session!	Warm ups, Planks and Squat challenges	Time for that HIIT Session	Your turn to coach! You guys lead the Warm up & Cool Down	
5.00-6.00pm	Food Groups: A guide to eating well	How much is too much? A Guide to Portion Sizes	How to Eat Carbs: Refined vs Unrefined	What is Hiding in your Food? Fat and Sugar	

22nd – 26th November

Week 2	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Time for some weights with Bake Bean Bulk Day!	Hit the floor, It's ABS!	Sports Day Challenges!	Now you guys are tough enough for a Leg Day!	
5.00-6.00pm	Building physical activity into your day	How to Read Labels: A Guide to Label Reading	ALFIE's experts: shopping challenge	Ready Steady Let's Get Cooking	

Please turn over for more dates



More Dates

29th November – 3rd December

Week 1	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Let's get started with a fun Boxing Session!	Warm ups, Planks and Squat challenges	Time for that HIIT Session	Your turn to coach! You guys lead the Warm up & Cool Down	
5.00-6.00pm	Food Groups: A guide to eating well	How much is too much? A Guide to Portion Sizes	How to Eat Carbs: Refined vs Unrefined	What is Hiding in your Food? Fat and Sugar	

6th – 10th December

Week 2	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Time for some weights with Bake Bean Bulk Day!	Hit the floor, It's ABS!	Sports Day Challenges!	Now you guys are tough enough for a Leg Day!	
5.00-6.00pm	Building physical activity into your day	How to Read Labels: A Guide to Label Reading	ALFIE's experts: shopping challenge	Ready Steady Let's Get Cooking	