

## **Press release** Monday 25<sup>th</sup> September 2023

---

### FREE 'HEALTHY WEIGHT PROGRAMME FOR FAMILIES' LAUNCHES IN SOUTH GLOUCESTERSHIRE

A new healthy weight offer for families has launched in South Gloucestershire following the ongoing success of a programme for adults.

Commissioned by South Gloucestershire Council and delivered through Circadian Trust's network of [Active Lifestyle Centres](#), the Healthy Weight Programme for Families is free for [those that are eligible](#).

The programme consists of 12 weekly sessions with a qualified health coach as well as access to free weekly activities including swimming, soft play, badminton, junior gym, and table tennis.

The sessions are designed to help families explore wellbeing through interactive education and fun-based games that can support the development of healthy habits and behaviours.

Data from the 2021/22 National Child Measurement Programme shows that 1 in 5 reception aged children in South Gloucestershire are above a healthy weight for their age and height. This increases to 1 in 3 by the end of primary school.

Cabinet Member for Public Health at South Gloucestershire Council, Councillor Alison Evans said: "We are delighted to be running our new healthy weight programme at Active Lifestyle Centres in South Gloucestershire and look forward to welcoming eligible families onto these sessions.

"We are confident those attending the programme will benefit from the activities on offer, as well as receiving support to maintain a healthy diet and good overall wellbeing.

"This is one of the many ways we are helping our community become stronger and healthier through our healthy lifestyles and wellbeing programme 'One You South Gloucestershire'."

Jim Rollo, Healthy Lifestyles Manager at Circadian Trust, said: “The successful referral process has seen demand nearly reach capacity for the adult programme and are we hoping to see the same with our family offer.

“Each member of our team is proud to create a safe and inclusive environment for everyone. Our aim is to support people to enjoy spending time feeling healthier both in body and mind.

“We encourage families to check whether they are eligible. It is a great opportunity to access leisure services and the range of health benefits they offer.”

Anyone interested in finding out more is advised to visit [One You South Gloucestershire website](#) or speak to their GP.

## **Ends**

### **Notes to editors**

For media enquiries contact: Sarah Rice on [sarah@ricepr.co.uk](mailto:sarah@ricepr.co.uk); 07944798380

### **About Circadian Trust**

Circadian Trust is an innovative, social enterprise operating as an independent charity, which successfully manages five Active Lifestyle Centres across South Gloucestershire.

These are located in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate.

The Trust works in close partnership with South Gloucestershire Council helping to deliver an overall shared philosophy to contribute to the improved health, cultural and social wellbeing, and quality of life the local community.

Any profit made by the Trust is reinvested back into the business to improve facilities, equipment, and services for its customers and the local community.

For more information, visit: [www.activecentres.org/about-us/](http://www.activecentres.org/about-us/)