



Healthy Eating Week

Healthy Eating for Everyone

Healthy Eating Week, 12-16 June, is all about supporting and promoting healthier lifestyles. Simply hover over text or images to access weblinks to useful advice, information and quick and fun ways to eat healthy as a family.



Healthy eating doesn't need to be dull. Take a look at Better Health Healthier Families recipes, and try some new tasty family meals.



Try rounding off dinner with a fruity crumble, chargrilled pineapple or easy banana ice cream. These tasty treats can help towards your 5 A Day!



Jamie Oliver's budget friendly family meals. Explore the selection of tasty budget meals that the whole family are guaranteed to love.



My child won't eat properly and has additional needs

Refusing foods is common for children with additional needs, and parents may struggle to get them to eat. This can be stressful, check out Action for Children's webpage to find out what you can do to support them.

Good reasons to get moving!

Being physically active has many health benefits. Get active as a family this summer, have fun and feel better.



Improves confidence and social skills

Strengthens muscles and bones



Improves health and fitness levels



Helps to maintain a healthy weight

Makes you physically tired and improves sleep



Makes you feel good which improves mood

Physical activity guidelines

Children and young people (5-18 years)

60 minutes per day across the week.

Adults (19+ years)

150 minutes of moderate intensity exercise per week
or 75 minutes of vigorous intensity exercise per week.

Visit a green space in Warwickshire and enjoy the scenery.

Nature reserves

Country parks

Woodlands

Community parks

A free programme that helps Warwickshire families live healthier lives.

The Change Makers Healthy Lifestyles Programme teaches families about good nutrition, staying active and other healthy living topics through seven fun, interactive weekly sessions. The whole family can get involved in activities like preparing and tasting new foods and trying group exercises, as well as getting lots of practical advice on healthy lifestyles.

Change Makers also offer a oneoff workshop for parents/carers that provides a general overview of healthy living, including useful tips and a Q&A session.

Change Makers services are available for free to all families with a child/young person who goes to school in Warwickshire.


Change Makers
Healthy Lifestyles Programme



Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org