

## **Better Living Service – A Family Approach**

You will all be aware of our interactions in schools with the National Child Measurement Programme (NCMP) and Better Living School Health Days. The health days continue to be a huge success and we work very hard to ensure that we have the most meaningful impact during each particular health day!

One of the key priorities for the Better Living Service Schools and Families Team is to engage more actively with parents in Calderdale and encourage them to lead healthier lifestyles to the benefit of the whole family and so, we are in the process of developing our Service to work more closely with families who would like some specific support in this area. Through a focussed and targeted approach we will help them to build long term strategies which will then encourage the whole family to make better choices around food, becoming more active and leading a healthier lifestyle.

Do you have a family or families in your school that could potentially benefit and would welcome a referral into our free Service? They would be allocated a Better Living Trainer who would offer a personalised approach and help them to identify their own families' specific goals in terms of health and wellbeing and then, support them to achieve the best outcomes for them all.

If you would like any further information or would like to refer a family, please contact [blt@calderdale.gov.uk](mailto:blt@calderdale.gov.uk) or call 01422 230230

