

Children and Families Living Well Service



Are you a young person who is above a healthy weight?

Are your children above a healthy weight?

Have you or your children ever wanted support to learn more about eating a healthy diet, being active, getting a good night's sleep, and looking after your mental health?



Building healthy habits in childhood and adolescence is the beginning of the journey to good health as an adult.



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Why is it important for you to eat well?

- To have energy to move, play and have fun.
- To help your body to feel healthy, strong and free from disease
- To boost your mood, concentration and focus
- To help you grow into a healthy body that's the right shape and size for you



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Why should you be physically active?

Being active is good for your body and your mind. Young people should aim to do at least 60 minutes of physical activity a day.

Whether crawling, running, playing or doing sports, moving our bodies can help us to be strong, healthy and free from disease. It can help us feel happy and sleep better at the end of the day.



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Let's talk about sleep

Good quality sleep is vital for our health and wellbeing. Children and teenagers need different amounts of sleep.

A regular sleeping pattern can help you get the right amount of sleep so that you feel happy, energetic, able to learn, and able to make healthier food choices more easily.



Mental health and wellbeing

This describes your mental state, how you're feeling and how well you can cope with day-to-day life. Looking after your mental health helps you have resilience, to cope with life's ups and downs and feel good about yourself. Building good social relationships, getting good sleep and knowing where to go when things get too much are all important.

Our friendly advisors will help you strengthen your mental wellbeing by supporting you to access activities and resources which improve self-esteem and resilience. Being physically active, eating well and sleeping well all contribute to feeling mentally well.



The Children and Families Living Well Service accept referrals for children in Bradford district aged 2-19 years who are above a healthy weight.

Your family will be supported by friendly Living Well advisors trained in health coaching, who offer at least six sessions in your home or a comfortable community setting.

We can take a family-based approach, or work with teenagers one-to-one if preferred. Older teens can be more involved in decisions about the lifestyle changes and goals we can help you work towards.

Because of the personalised support approach of the service, additional sessions can be offered if needed.

Our team is supported by a registered mental health nurse and dietitian.

Our Living Well Advisors understand that making changes takes time. They will encourage you and your family to learn from things you've tried before and help you to take positive steps towards goals that can help the whole family in the following ways:

- **Eating well**
- **Moving well**
- **Sleeping well**
- **Feeling mentally well**

To access this service or for more information please get in touch:

When we receive your referral, one of our friendly trained advisors will contact you by telephone within a few weeks to discuss your referral and individual needs.

 **01274 435660**

 **ChildrenFamilies.LivingWellService@bradford.gov.uk**

The wording in this leaflet can be made available in other formats such as large print and Braille.
Call 01274 435660.



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