





## Kingston's Children and Families Healthy Lifestyle Offers

Directory	Contact Details
<p><b>Connected Kingston</b> A website where you can find local activities and groups - it's a great way to try something new and meet new people! This includes activities that could help you get more active, free or low cost things to do in Kingston, and places to meet others or find out about local support available.</p>	<p>Visit: <a href="http://www.connectedkingston.uk">www.connectedkingston.uk</a></p> 
<p><b>HENRY Programme</b> Your Healthcare School Health team offers a free 8 week online programme (called HENRY) and optional workshops to help your family make positive changes. HENRY builds on your confidence and strengths, as well as exploring whole family lifestyles and habits like: mealtimes, TV, sleep, food, emotional well-being and physical activity. The programme is currently delivered online.</p>	<p>Email <a href="mailto:henry@yourhealthcare.org">henry@yourhealthcare.org</a>. Telephone: 020 8549 6323</p> 
<p><b>Family Park Fit with Our Parks</b> 30 minute <b>free</b> fitness session for the whole family for all abilities. Sessions must be booked in advance and you will be required to bring your own mat, water and hand wipes.</p> <ul style="list-style-type: none"> <li>• Saturdays 9:30 am - Fairfield Recreation Ground KT1 2UR</li> </ul>	<p>Visit: <a href="http://ourparks.org.uk/borough/kingston-upon-thames">ourparks.org.uk/borough/kingston-upon-thames</a></p> 
<p><b>Junior Park Run (2km)</b> This is a free fun 2k run, jog or walk for children aged 4-14 years old. Register online before your first run. The aim is to have fun so it is suitable for any pace and ability.</p> <ul style="list-style-type: none"> <li>• <b>Bushy Park:</b> first Sunday of every month 9am</li> <li>• <b>Alexandra Recreation Ground:</b> Surbiton, Every Sunday 9am</li> <li>• <b>Lovelace School</b> Chessington 9am Sundays (SEN friendly no dogs/crowds)</li> <li>• <b>Latchmere Recreation Ground:</b> Kingston, Sundays at 9am</li> </ul>	<p>Visit: <a href="http://www.parkrun.org.uk/bushy-juniors">www.parkrun.org.uk/bushy-juniors</a> Visit: <a href="http://www.parkrun.org.uk/surbiton-juniors">www.parkrun.org.uk/surbiton-juniors</a></p> 
<p><b>The TEN Project</b> Free high quality, fun, game-based tennis session for children aged 4-10 years old requiring involvement from the whole family. All abilities welcome. Registration required.</p> <ul style="list-style-type: none"> <li>• <b>Kingston Road Recreation Ground, New Malden, KT3 3RY</b> Saturday, 2.30pm - 3.30pm. Park Tennis Kingston. Equipment provided</li> <li>• <b>Chessington Sports Centre, Garrison Lane, Chessington, KT9 2JS</b> Term time Saturdays 2-3pm, Free. Aimed at children aged 4-10 with parents participation</li> <li>• <b>Coombe Wood Lawn Tennis Club</b> SEN/disability friendly sessions Saturdays 1:10-1:50pm term time only aimed at children aged 4-11 with parents support.</li> </ul>	<p>Visit: <a href="http://www.tenproject.org.uk/book">www.tenproject.org.uk/book</a></p> 
<p><b>ParkPlay</b> ParkPlay offers free, fun games and activities in local parks and green spaces every Saturday morning. People of all ages and abilities have fun together, with free games and activities ranging from football and dodgeball, to tag and frisbee.</p>	<p>Visit: <a href="http://park-play.com">park-play.com</a></p> 

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<ul style="list-style-type: none"> <li>Tolworth Park Play: Saturdays 10-12pm Sunray Community Centre a Free activities for all ages to play together book online using the link</li> </ul>	
<p><b>Kingston Healthy Lifestyles services</b> The Healthy Lifestyles services offer a range of support to adults through online services, face to face classes or professional one to one sessions. These services help to improve your health and wellbeing and most are completely free! This includes support to: stop smoking, be more active, reach a healthy weight, cut back on alcohol, strengthen bones</p>	<p><b>Visit:</b> <a href="https://connectedkingston.uk/services/healthy-lifestyles-services">connectedkingston.uk/services/healthy-lifestyles-services</a> <b>Telephone:</b> 020 8547 6815 <b>Email:</b> <a href="mailto:healthy.lifestyles@kingston.gov.uk">healthy.lifestyles@kingston.gov.uk</a></p>
<p><b>Bikeability training &amp; Family Cycle Skills</b></p> <ul style="list-style-type: none"> <li><b>Bikeability</b> - Kingston Council's Cycle Training Team provides subsidised training for young cyclists for Year 5 and 6. Courses are arranged with schools directly.</li> <li><b>Family Cycle Skills</b> - Gain confidence and learn skills to cycle as a family with a <b>free</b> family cycling session.</li> </ul>	<p><b>Visit:</b> <a href="http://www.kingston.gov.uk/cycling">www.kingston.gov.uk/cycling</a></p>
<p><b>Active for All Disability Sports</b></p> <ul style="list-style-type: none"> <li>Check out our list of inclusive sports opportunities in Kingston!</li> </ul>	<p><b>Visit:</b> <a href="https://connectedkingston.uk/collections/active-for-all">connectedkingston.uk/collections/active-for-all</a></p> 
<p><b>Parks, Sports and Leisure</b> Sports and leisure facilities and hundreds of sports clubs that welcome beginners and often offer free taster sessions throughout the year.</p>	<p><b>Visit</b> <a href="http://www.kingston.gov.uk/leisure-centres">www.kingston.gov.uk/leisure-centres</a></p>
Other Support	Contact Details
<p><b>NHS Better Health: Healthier Families</b></p> <ul style="list-style-type: none"> <li>Previously Change4Life</li> <li>Better Health exists to motivate and enable the nation to lead active and healthy lives.</li> <li>Provides support to all to help improve physical activity and mental health</li> <li>Includes the food scanner app, activities, healthy recipes and food swaps.</li> </ul>	<p><b>Visit:</b> <a href="http://www.nhs.uk/healthier-families/">www.nhs.uk/healthier-families/</a></p> 
<p><b>South West London Healthier Together</b></p> <ul style="list-style-type: none"> <li>Information website with clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last</li> </ul>	<p><b>Visit:</b> <a href="https://swlondon-healthiertogether.nhs.uk/children-and-young-people/concerned-your-child-is-unwell">swlondon-healthiertogether.nhs.uk/children-and-young-people/concerned-your-child-is-unwell</a></p> 

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<p><b>Healthy Start</b> If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food, infant formula and milk, and access free vitamins. If you're eligible, you'll be sent a Healthy Start card, onto which money will be added every 4 weeks. You can use in many UK shops</p>	<p><b>Visit:</b> <a href="http://www.healthystart.nhs.uk/how-to-apply/">www.healthystart.nhs.uk/how-to-apply/</a></p> 
<p><b>Oral Health</b></p> <ul style="list-style-type: none"> <li>• A regular teeth-cleaning routine is essential for good dental health to help keep you and your children's teeth decay-free.</li> <li>• NHS dental care for children is free.</li> <li>• Take your child for regular dental check ups as advised by the dentist.</li> </ul>	<p><b>Visit:</b> <a href="http://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/">www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/</a> <b>Visit:</b> <a href="http://www.nhs.uk/service-search/find-a-dentist">www.nhs.uk/service-search/find-a-dentist</a></p>
<p><b>Vision Screening</b></p> <ul style="list-style-type: none"> <li>• The NHS recommends vision screening for all children at age 4 to 5 years.</li> <li>• Children rarely complain of having poor vision and it can easily go unnoticed, especially if it only affects one eye. Reduced vision can have an impact on a child's learning and development.</li> <li>• Free NHS sight tests and NHS optical vouchers (for help towards the cost of glasses) are available at opticians for children under 16 and for young people under 19 in full-time education.</li> </ul>	<p><b>Visit:</b> <a href="http://www.nhs.uk/service-search/find-an-nhs-sight-test/location">www.nhs.uk/service-search/find-an-nhs-sight-test/location</a></p>
<p><b>Immunisations/Vaccination</b> It's important that vaccines are given on time for the best protection, but if you or your child miss a vaccine, contact your GP to arrange to catch up.</p>	<p><b>Visit:</b> <a href="http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/">www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/</a></p>
<p><b>GP Registration</b></p> <ul style="list-style-type: none"> <li>• Anyone in England can register with a GP surgery to access NHS services.</li> <li>• It's free to register. You do not need proof of address or immigration status, ID or an NHS number.</li> <li>• GP surgeries are usually the first contact if you have a health problem.</li> </ul>	<p><b>Visit:</b> <a href="http://www.nhs.uk/service-search/find-a-gp">www.nhs.uk/service-search/find-a-gp</a></p>