



Wayne Glover
Time 4 Sport UK
The Bridge Centre
Birches Head Road
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ST2 8DD

Dear Parent

The MEND (Mind, Exercise, Nutrition...Do it!) Programme is a fun FREE of charge community, family-based programme for children who are over their healthy weight aged between 7-13.

Mend runs twice a week for one hour/two hours over 10 weeks. The programme combines family involvement, tips around healthy foods, label reading and portion sizes. The children also have chance to participate in lots of fun activities, meet new friends, try new sports and improve their understanding of living a healthy lifestyle. One parent or guardian must attend each session with the child. The programme assists participating families to make healthy changes to their daily lives with great results.

By following the MEND principles, participating children will become more healthy and move towards a healthy weight.

Time 4 Sport UK has joined forces with NHS North Staffordshire to deliver the next round of MEND Programmes at:

Where:
Hempstalls Primary School
Newcastle, ST5 9LH

Dates:
Tues & Thurs
- Starting January 31st 2012

Times:
Tues & Thurs 6pm - 8pm

Where:
Kidsgrove Sports Centre,
Clough Hall High, ST7 1DR

Dates:
Mon & Thurs
- Starting January 30th 2012

Times:
Mon & Thurs 6pm - 8pm

Programmes have limited spaces. To enrol or for more information contact the MEND Team on 07707 275409 or visit: <http://www.mendprogramme.org>

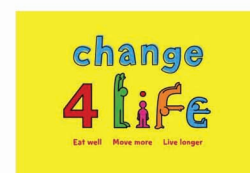
If you're unable to commit to the programme above but keen to join a MEND programme, don't worry as new MEND programmes will be running every 10 weeks in Staffordshire. Venues are set to suit families' convenience, so register today and we will run a programme near you.

Yours Sincerely

Wayne Glover
Time 4 Sport UK



www.time4sportUK.com





"I did **mend** and **LOVED IT!** I've got loads more **ENERGY** now and I'm so much more **CONFIDENT.**"

JOSH
aged 12

Check out **Josh's blog** at mendcentral.org/blog

mend: where families get fit and healthy for free

mend is a fun, free 10-week programme for children and parents
If you think your child is over a healthy weight, book your place today on **07707 275 409**

Where: Hempstalls Primary School, Newcastle, ST5 9LH
Dates: Tues & Thurs - Starting January 31st 2012
Times: Tues & Thurs 6pm - 8pm

Where: Kingsgrove Sports Centre, Clough Hall High, ST7 1DR
Dates: Mon & Thurs - Starting January 30th 2012
Times: Mon & Thurs 6pm - 8pm



20,000 other families have already become **fitter, healthier** and **happier with mend**

- Join us and find out how to eat more healthily and get more active through weekly games, activities and swimming
- Learn from **mend** leaders and each other in an open, supportive environment
- Children and parents attend together
- Meet other local families
- Stay healthy with free magazines and exclusive website access for 2 years

"It's amazing how such **SMALL** changes have made such a **HUGE DIFFERENCE** to our family life!"
Debbie Clayton
mend Mum



Family first

Being healthy isn't just down to one person – it's for the whole family



Have fun while you get fit



Make friends and share stories



Find out what's really in your food



FREE welcome pack

mend is starting soon near you. Places are limited so join today!

Call us on:

07707 275 409

