



LEAP is a free programme for families of children and young people who are above a healthy weight*

1-1 support via telephone or video call for children aged 5-10 (with family) and those aged 10-17 years

Covering topics around:

- Healthy food and drink swaps
- Physical Activity / active play
- The impact of screen time
- Why we make certain food choices

To book a place or find out more contact the Community Wellbeing Hub:

t: 0300 247 0050
e: CWHBanes@hcrkgroupp.com or
Kimberley.Tyler@hcrkgroupp.com

*Referral criteria apply

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