

# Move It Week in 2010

## What did we get up to?



### Move It Week at Aquaterra Leisure

"We had a fantastic day out at Bath Rugby Club! We met up with the Bath Sports Centre MEND group and played team games which included: parachute, rounders, ladders and much more.

"The parents had the opportunity to meet other parents and leaders and the children had a great time interacting with the other MEND group. This picture shows some of our cheeky lot playing with the parachute.



"As a programme manager it was really rewarding taking these great children, who have done so well, out for the afternoon. The MEND Move It Week was a great success and the children, as shown in the photo, have smiles on their faces!"

**Hannah Daw, Programme Manager, South Wansdyke Sports Centre**

### Frisbee fun



"We invited families to join us in the local park (Whitby Park, Ellesmere Port) for some Frisbee, golf and a game of rounders.

"Families from previous, current and future MEND programmes attended and everyone who did come realised how much fun getting fitter, healthier and happier can be!"

**Susan Roscoe, Programme Manager, Western Cheshire**

## Northamptonshire MEND Move It gang!

"Past and present families from the Northamptonshire MEND Programmes met up in Abington Park in Northampton to play games and have fun.

"Our VIP guest was Bernie, the Northamptonshire Saints Mascot. We played cricket, frisbee and lots of rugby. Everyone had a great time and Bernie had to go home to bed for a long sleep afterwards!"

***Kerrie Pearson, Programme Manager, Northamptonshire***



## Conwy MEND Move It day



"Past and present MEND families came together for a fun afternoon of activities on Sunday 11 July at Colwyn Leisure Centre as part of MEND Move it week.

"We started the afternoon by recapping MEND nutrition targets and doing the hidden fat and sugars activity. The children and adults then took part in a mini circuits session and relay race. A fun MEND-Friendly time was had by all!"

***Deanna Hughes, Programme Manager, Conwy***

## Hawaii 5-0, MEND Style!

"Neath Port Talbot MEND participants and friends hit the waves on Aberavon Beach and demonstrated their awesome surfing skills! Instruction was provided by Surf School Wales and the focus was on good, clean fun.



"The children were taught how to wax their boards, basic water safety signals and most importantly how to catch waves. A great evening was had by all and even some of the dads joined in and impressed the other parents who were motivating the children from the water's edge.

"As a result of the Move it Week event, the participants have agreed to continue learning to surf and are looking to book group lessons throughout the summer. Big thumbs up for MEND Move It Week!"

***Maria Edwards, Programme Manager, Neath Port Talbot***

## W for Winners!



"Our Move It Week bounced into action with a fun evening in the park. Almost 50 people turned up including MEND graduates we hadn't seen for over a year! The sun shone as we played wacky races with satsumas and spoons, balls, space hoppers, skipping ropes, followed with team games of football and kick rounders.

"Pictured is our winning team! We ended with parachute games. It was great fun. 'Please invite us next time' was the response from families. During the week we had other activities including swim-fun, table tennis, walking quiz and a special games session with our 5-7s."

***Adele Stanton, Programme Manager, Oldham***

## Move It event in South Gloucestershire



"Our Move It night on 8 July was a great success. Existing and previous MEND members and their families enjoyed the rounders game and it was great to see so many families being active together. Families were also able to demonstrate their cooking skills by bringing along their favourite MEND-Friendly recipes that they had learnt during the programme.

"The event was a fantastic end to the MEND programme and was a great opportunity for families to experience family activity sessions. The Active Family Club Programme will be offered now they have completed the course."

***Joanna Steeds, Programme Manager, South Gloucestershire***

## Going For GOAL...d!!!

"Our MEND World Cup was an inclusive tournament for MEND and Suffolk Children's Weight Management Team graduates.

"The local press attended the event where families and children played together on the eve of the World Cup final.

"Children chose their countries to represent and our "Brazilliant" team put England to shame as they took home the cup!



"Everyone received a MEND health goodie bag and medal. Finally, children competed with their mums and dads for the much coveted title of World Cup penalty champion! Roll on 2014!"

***Richard Crick, Programme Manager, Suffolk***

## Park Fun!



"Swindon's MEND Move It day took place on Thursday 8 July 2010 from 4pm-7pm at Coate Water Country Park. Children, parents and leaders from Swindon's MEND programmes and MEND graduate scheme (i.e. Family Fit Club) were all invited to have 'fun in the park.

"The event began with a game of rounders, followed by tag rugby, football and frisbee! Exhausted families then sat round and ate a MEND-Friendly barbeque consisting of healthy hotdogs, succulent salads and fruit kebabs!

"Everyone said that they enjoyed themselves and wanted another MEND Move It day as soon as possible!"

***Emma Creighton, Programme Manager, Swindon***

### To find out more about MEND Move It Week in 2011:

- email [media@mendcentral.org](mailto:media@mendcentral.org)
- or call **0800 230 0263**