



## Get in touch

We are happy to talk to you about how we can help your family.

Tel: **0115 883 4359**

Our service hours are Monday - Friday  
8.30am - 5.00pm

Targeted Healthy Lifestyle Service  
Nottingham CityCare Partnership  
Old Basford Health Centre  
1 Bailey Street  
Nottingham  
NG6 0HD



For families in Aspley, Bulwell,  
Hyson Green & Arboretum,  
and St Ann's.

# Healthy Lifestyles

for babies and children under 4

## Tell us what you think

We are a pilot service. Our aim is to grow and support more families. Your feedback is important to make sure we can support families in the best possible way. Get in touch if you have feedback about using our service.

**Targeted support  
to help children  
and their families  
stay healthy for life.**



## Who are we?

Babies and toddlers grow and change shape so quickly – sometimes it can be difficult to spot when they are gaining weight too quickly.

The Healthy Lifestyles Team is here to help. We work with families to set realistic goals that will benefit their child's health. This includes:

- Eating healthily
- Staying active.

We support families who have a referral from a GP or Health Visitor.

## How can we help?

Simple changes can have the biggest impact on our health. Sometimes it can be challenging to see what these changes could be. Together we can design a plan that works for you and your family.

### We can offer advice about:



Sugar intake & cravings



Healthy snacks & rewards



Exercise & physical activity



Sleep, screen time & routines



Fussy eating & healthy recipes



Food labels



Meal planning on a budget



Using the Eat Well Guide

## It doesn't need to be boring!

Our **"A BURST OF BRILLIANCE"** ideas are fun things to try, like new recipes, active games, and rewards.

Together we can:

- Build your family's healthy future
- Inspire your child's fitness for life
- Choose your family's healthy habits.



## How do we do it?

We support families in lots of different ways. Usually it's a combination of:

- Home meetings and telephone calls
- Group sessions
- Lots of helpful resources.

## Who can use our service?

We are funded by Small Steps Big Changes (SSBC). We work with families who live in SSBC areas:



Aspley



Bulwell



Hyson Green & Arboretum



St Ann's

Our service is free for everyone who lives in these areas and has a child under 4 years old. You will need a referral to use our service - please speak to your GP or Health Visitor.

### Not sure if you live in an SSBC area?

You can check your postcode on the SSBC website:  
[www.smallstepsbigchanges.org.uk](http://www.smallstepsbigchanges.org.uk)

