



# Healthy Weight Service Directory

2025 / 2026

Living well in Lancashire



## Living well in Lancashire

Living well in Lancashire provides support for residents of Lancashire to live healthier lifestyles by eating well and moving more. Good food and movement is really good for your health and can help prevent heart disease, some cancers and diabetes. It can also help you to stay active day to day, sleep better and improve your wellbeing.

This directory provides a summary of services across all the districts in Lancashire along with a brief overview of what support is available in your area plus information as to how to register your interest in the programmes.

This directory has been developed as a guide only and for further information or detail we would recommend contacting the service where you live.

### Eligibility

The healthy adults programmes is for people over 18 with a body mass index (BMI) over 30 (adjusted to 27.5 dependent on ethnicity) [Calculate your body mass index \(BMI\) for adults - NHS \(www.nhs.uk\)](#).

The healthy families programme is for families with at least one child between the ages of 5 and 10, siblings may attend with the family as long as one child is between the ages stipulated.

If you are unsure if you are eligible, please contact your local service provider for further detail.



## Living well in Burnley

Healthy Adults	
<b>Is this programme for me?</b>	<p>The Healthy Weight programme is suitable for anyone aged over 18 who wants to lose weight and understand more about the food they eat and how to develop a healthy relationship with it. The sessions are delivered by qualified tutors, who will help you focus on food choices, portion size and overall lifestyle habits.</p> <p>On this programme you will also be encouraged to try out lots of different activities that are tailored to your individual fitness level, local to you and that give you the greatest chance of success. Please note your BMI needs to be between 25 and 45 to access this programme. If you are unsure how to calculate your BMI, please contact our team who will take you through the application stages.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.

Healthy Families	
<b>Is this programme for my family?</b>	<p>The family programme is for families with children aged between 5 and 8 living in Burnley and Padiham. This is a 6 week programme delivered from primary schools and community venues across the borough on a rotational basis.</p> <p>Accessing one session a week, each family will have opportunity to cook a different hot meal each week to take home. The session also includes interactive healthy eating workshops, and 30 minutes of fun physical activities and games. The sessions are delivered by qualified physical activity tutor and chef.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Burnley, and families will be referred into the programme by the school their children attend.

### Where can I find out more information?

Healthy Adults	
<b>Web:</b>	<a href="http://blcgroup.co.uk/health-and-wellbeing/">blcgroup.co.uk/health-and-wellbeing/</a>
<b>Tel:</b>	01282 477134 or 01282 477127
<b>Email:</b>	<a href="mailto:lscib-el.lifestylehub@nhs.net">lscib-el.lifestylehub@nhs.net</a>
<b>Facebook:</b>	@burnleyleisure
<b>X:</b>	@BurnleyLeisure

Healthy Families	
<b>Web:</b>	<a href="http://blcgroup.co.uk/activity/tea-play-family-programmes/">blcgroup.co.uk/activity/tea-play-family-programmes/</a>
<b>Tel:</b>	01282 664444 ext. 7160
<b>Email:</b>	<a href="mailto:dlamont@blcgroup.co.uk">dlamont@blcgroup.co.uk</a>



## Living well in Chorley

Healthy Adults	
<b>Is this programme for me?</b>	<p>Following an initial consultation and evaluation with a Weight Management Officer, you'll be invited to take part in the Better Health, Better Self programme.</p> <p>This 10-week programme of group sessions offer information, advice, and support on how to live a healthier lifestyle. These are friendly and informal group based sessions at local community venues in Chorley. We also offer you the opportunity to attend health walks each week in small groups with the class co-ordinator.</p>
<b>How long is the programme?</b>	10 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.
<b>What happens after I finish the programme?</b>	After you've concluded our initial programme, there's continued support available to keep you on track. You will be able to join our private Facebook group in which a growing community of previous participants will be offering peer support and sharing their own experiences on their journey to Better Health, Better Self.

Healthy Families	
<b>Is this programme for my family?</b>	<p>PASTA clubs will be delivered after the school day with at least two PASTA clubs delivered every half term. Each programme will run for a minimum of 6 weeks.</p> <p>Each session will include preparing and enjoying a nutritious meal as a family and active play elements, promoting the active engagement of children and families. The sessions are fun and active and include some key messages about being the importance of being active.</p> <p>The children will receive a healthy meal and will be given the opportunity to help to prepare the meal, discuss their eating habits at home and be given some key messages about a healthy lifestyle.</p> <p>At the end of the programme children receive participation 'certificates'. Families receive end of programme summary packs, including healthy recipes, information regarding Healthy Start, Change 4 Life and local service contacts of support.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Chorley, and families will be referred into the programme by the school their children attend.

Where can I find out more information?	
<b>Web:</b>	<a href="http://chorley.gov.uk/betterhealth">chorley.gov.uk/betterhealth</a>
<b>Tel:</b>	01257 515151
<b>Email:</b>	<a href="mailto:betterhealthbetterself@chorley.gov.uk">betterhealthbetterself@chorley.gov.uk</a>
<b>Facebook:</b>	<a href="https://facebook.com/chorleycouncil">facebook.com/chorleycouncil</a>



## Living well in Fylde

Healthy Adults	
<b>Is this programme for me?</b>	<p>The fully funded CHANGE programme has been designed to help people make changes to improve their health and manage their weight in a healthy and long-lasting way.</p> <p>The programme is delivered in small group sessions either face-to-face or online, and 1 to 1 support sessions are also available.</p> <p>The programme has been designed to help people make small changes to their lifestyle and various topics are covered from food label reading to mindful eating and food cravings.</p> <p>In addition to the nutrition sessions we also offer low impact physical activity sessions including chair based exercise classes, walks and racket sports. These are throughout the week to encourage participants to increase their levels of physical activity.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.

Healthy Families	
<b>Is this programme for my family?</b>	<p>The Shake, Taste and Make family sessions are offered as an after school club, in different primary schools across the Fylde every term.</p> <p>The sessions are an hour long and include a physical activity and cooking session for the whole family.</p> <p>After the session, families are given the cooked meal and more ingredients and the recipe for them to make it again at home. Educating the whole family on health and nutrition and as well as learning new cooking skills.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Fylde, and families will be referred into the programme by the school their children attend.

Where can I find out more information?	
<b>Web:</b>	<a href="http://new.fylde.gov.uk/change/">new.fylde.gov.uk/change/</a>
<b>Tel:</b>	01253 658517
<b>Email:</b>	<a href="mailto:sarah.salthouse@fylde.gov.uk">sarah.salthouse@fylde.gov.uk</a>
<b>Facebook:</b>	@fyldecouncil



## Living well in Hyndburn

Healthy Adults	
<b>Is this programme for me?</b>	<p>Our programme is dedicated to supporting adults in making healthy lifestyle choices to enhance their overall health and well-being. We promote healthier eating habits without the need for restrictive dieting and encourage increased physical activity. We believe that making small, lifestyle changes can have a lasting, positive impact on an individual's self-esteem, physical health, and mental well-being.</p> <p>At the start of the 12 week programme, participants will be offered an initial assessment and support with setting their own personal health goals. Throughout the course, there is a choice of support available to suit individual requirements with ongoing mentoring from our experienced Health and Wellbeing team who offer advice on weight-related topics, provide access to quick and easy healthy recipes alongside weekly weigh-ins to track progress.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.

Healthy Families	
<b>Is this programme for my family?</b>	<p>The Hyndburn Family Teatime Play and Fun programme is designed to inspire and empower families to embrace healthier lifestyle choices through engaging active play and cooking sessions.</p> <p>Each week, families will have the opportunity to create a delicious, budget-friendly, and nutritious meal together, which can be enjoyed onsite or taken home to share.</p> <p>Throughout the programme, participants will learn about the importance of good nutrition and physical activity in a fun and supportive environment.</p> <p>This after school programme is open to families who live in Hyndburn with children aged 5-10 years, as well as their older or younger siblings.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Hyndburn, and families will be referred into the programme by the school their children attend.

### Where can I find out more information?

Healthy Adults	
<b>Web:</b>	<a href="https://hyndburnleisure.co.uk/up-active/">hyndburnleisure.co.uk/up-active/</a>
<b>Tel:</b>	01254 385945
<b>Email:</b>	<a href="mailto:activelives@hyndburnleisure.co.uk">activelives@hyndburnleisure.co.uk</a>
<b>Facebook:</b>	@HyndburnLeisure
<b>X:</b>	@HyndburnLT
<b>Instagram:</b>	@hyndburnleisure

Healthy Families	
<b>Web:</b>	<a href="https://hyndburnleisure.co.uk/community/free-family-tea-time-programme/">hyndburnleisure.co.uk/community/free-family-tea-time-programme/</a>
<b>Tel:</b>	01254 385945
<b>Email:</b>	<a href="mailto:community@hyndburnleisure.co.uk">community@hyndburnleisure.co.uk</a>



## Living well in Lancaster

Healthy Adults	
<b>Is this programme for me?</b>	<p>This 12-week programme delivered from venues across Lancaster and Morecambe provides participants with advice on diet and behaviour change, including physical activity.</p> <p>You will learn about various topics including nutrition, diet and exercise as well as how to implement a healthier lifestyle and maintain a healthier weight. The sessions will include presentations, behaviour discussions and the opportunity to share experiences with the group.</p> <p>Some of the sessions will include chair-based exercise suitable for a range of abilities, whereas others include Nordic walking along Morecambe promenade.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.
Healthy Families	
<b>Is this programme for my family?</b>	<p>The PASTA Club is a fun, friendly, activity programme where families can cook, play and spend time together. It is for children aged between 5 and 8 and their families, including older and younger siblings.</p> <p>PASTA runs once a week for a minimum of 6 weeks in primary schools and community settings across Lancaster and Morecambe.</p> <p>It's a chance for families to learn to cook easy, affordable meals, get support and encouragement to try new foods as a family, take part in physical activity and meet other families in your locality.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Lancaster, and families will be referred into the programme by the school their children attend.
Where can I find out more information?	
<b>Tel:</b>	01524 582200
<b>Email:</b>	saltayrehealthy@lancaster.gov.uk



## Living well in Pendle

Healthy Adults	
<b>Is this programme for me?</b>	<p>The Eat Well, Keep Well programme is a blend of educational and emotional support designed to help people who want to improve their relationship with food. The programme can offer personalised advice to help people not just to lose weight, but to help meet likeminded people who will support each other on their journey. This programme runs for 12 weeks at a time, and each session can have up to 10 people.</p> <p>Each week the programme will include one to one help and advice, engaging topics delivered in an interactive way to promote learning and tips around food, drink and physical activity. This programme is suitable for anyone who wants to learn and understand about food and how to develop a healthier relationship with it, although there are some eligibility criteria to access this free programme. The Eat Well, Keep Well is an educational programme and there is no physical activity involved.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.

Healthy Families	
<b>Is this programme for my family?</b>	<p>The Food Safari is a 6 week block that is held at the Good Life Project, which is a local allotment. It is a hands on active session as well as educational.</p> <p>An external chef is part of this programme and they develop a plan based on 6 different meals that they can cook in front of the children but by only using the items - or the majority of them that the children can find on the allotment. The chef lets the families know what will be cooked at the start of the session then the families have to walk / run around the allotment and try and find all the ingredients for the meal.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Pendle, and families will be referred into the programme by the school their children attend.

How do I get in contact with you?	
<b>Web:</b>	<a href="http://pendle.upandactive.co.uk/eating/eat-well-keep-well-programme/">pendle.upandactive.co.uk/eating/eat-well-keep-well-programme/</a>
<b>Tel:</b>	01282 661664 or 01282 661137
<b>Email:</b>	<a href="mailto:amy.trickett@pendleleisuretrust.co.uk">amy.trickett@pendleleisuretrust.co.uk</a>
<b>Facebook:</b>	Up and Active Pendle facebook page



## Living well in Preston

Healthy Adults	
<b>Is this programme for me?</b>	<p>Healthy Weight is a 12-week weight loss programme for anyone who wants to lose weight, improve their fitness, and lead a healthier and more active lifestyle.</p> <p>The sessions are delivered by qualified weight management and exercise specialists and are held at Deepdale, the home of Preston North End Football Club.</p> <p>The programme offers weekly motivational and educational workshops, with optional weekly weigh in, advice and the tools to achieve weight loss goals. There is also a group exercise session in the stadium, as part of the programme.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.

Healthy Families	
<b>Is this programme for my family?</b>	<p>PASTA is a six week programme which provides after-school activities based on promoting healthier eating and physical activity.</p> <p>PASTA gives families the opportunity to learn key food preparation and cooking skills together in a fun, inclusive environment.</p>
<b>How long is the programme?</b>	10 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Preston, and families will be referred into the programme by the school their children attend.

How do I get in contact with you?	
<b>Web:</b>	<a href="http://pnefc.net/pnecet/healthy-weight">pnefc.net/pnecet/healthy-weight</a>
<b>Tel:</b>	01772 693309
<b>Email:</b>	<a href="mailto:grace.birtwell@pne.com">grace.birtwell@pne.com</a>
<b>Facebook:</b>	<a href="https://facebook.com/PNECET">facebook.com/PNECET</a>
<b>X:</b>	@pnecommunity
<b>Instagram:</b>	@pnecet



## Living well in the Ribble Valley

Healthy Adults	
<b>Is this programme for me?</b>	The Weigh 2 Go! is a healthy eating / weight education and workshop combined with an optional physical activity session. The programme will help people make changes that are right for them and their lifestyle
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.
<b>Is there any other support available?</b>	People on the healthy weight programme can also access any of our physical activity classes and sessions that are run by the Healthy Lifestyle Team. Many of these classes are functional exercise classes that benefit people with joint problems or less mobility.

Healthy Families	
<b>Is this programme for my family?</b>	The 6 week programme of different activities combined with a food element.
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across the Ribble Valley, and families will be referred into the programme by the school their children attend.

Healthy Adults	
<b>Web:</b>	<a href="http://ribblevalley.gov.uk">ribblevalley.gov.uk</a>
<b>Tel:</b>	01200 414586 / 01200 414462 (Weigh 2 Go!)
<b>Email:</b>	<a href="mailto:healthy.lifestyles@ribblevalley.gov.uk">healthy.lifestyles@ribblevalley.gov.uk</a> or <a href="mailto:upandactive@ribblevalley.gov.uk">upandactive@ribblevalley.gov.uk</a>
<b>Facebook:</b>	Up and Active Ribble Valley

Healthy Families	
<b>Web:</b>	<a href="http://ribblevalley.gov.uk">ribblevalley.gov.uk</a>
<b>Tel:</b>	01200 442188 (PASTA)
<b>Email:</b>	<a href="mailto:healthy.lifestyles@ribblevalley.gov.uk">healthy.lifestyles@ribblevalley.gov.uk</a> or <a href="mailto:upandactive@ribblevalley.gov.uk">upandactive@ribblevalley.gov.uk</a>



## Living well in Rossendale

Healthy Adults	
<b>Is this programme for me?</b>	<p>Our 12-week healthy weight programme offers support and a step-by-step guide to help you successfully manage your weight. Throughout the programme you'll gain confidence, make new friends, and become part of a supportive community providing you with the knowledge and skills to achieve and maintain a healthier weight.</p> <p>The scheme includes 1 educational session per week, from one of our 7 venues, plus access to leisure facilities in a variety of venues across Rossendale. We also offer health walks which are daily across Rossendale and free to access.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.
<b>Is there any other support available?</b>	You'll have the opportunity to gain access to gym, swim, and fitness classes at our facilities, all for just £36.

Healthy Families	
<b>Is this programme for my family?</b>	<p>PASTA is empowering families with skills and awareness so that healthier lifestyle choices are achievable and centre around the family needs and community environments.</p> <p>The sessions will recognise constraints such as budget, home cooking facilities, food culture, accessibility of food and drink within the local ward/community and practical cooking skill levels. At each session, children will have time to take part in fun activities and prepare a healthy nutritious meal to take home. Parents, carers or guardians must also attend all sessions.</p> <p>As part of each session we collaborate with two separate delivery partners, Cookstars and The Greater Good, each deliver 2 x 40-minute sessions with the focus being on food preparation, amateur dramatics and theatre activities.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across Rossendale, and families will be referred into the programme by the school their children attend.

How do I get in contact with you?	
<b>Web:</b>	<a href="http://rltrust.co.uk/health-fitness/health-referral/">rltrust.co.uk/health-fitness/health-referral/</a>
<b>Tel:</b>	01706 221524
<b>Email:</b>	<a href="mailto:lscicb-el.lifestylehub@nhs.net">lscicb-el.lifestylehub@nhs.net</a>
<b>Facebook:</b>	<a href="https://facebook.com/rossendale.leisure.trust/">facebook.com/rossendale.leisure.trust/</a>
<b>X:</b>	@RLTrust
<b>Instagram:</b>	@rossendaleleisuretrust



## Living well in South Ribble

Healthy Adults	
<b>Is this programme for me?</b>	<p>The Active Lifestyles is 6-week guided food education programme with a 3-month funded gym membership for everyone who completes the course. Making changes to your diet and getting more active improves both your physical and mental wellbeing. We can give you the knowledge, motivation and supportive environment to put you on the right track.</p> <p>The course runs for 6 consecutive weeks, with each session delivered face-to-face and by the end of the programme it will provide you the skills and knowledge to achieve a healthy weight, get more physically active, and break any bad habits.</p> <p>Each education session delivered as part of a welcoming and supportive group is accompanied by a physical activity session.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.
<b>Is there any other support available?</b>	Even after you've concluded our initial programme, we'll still be there for you to help keep you on track and will check in with you for a catch-up each month for a full year. You'll also be able to join others on the programme in offering each other peer support and sharing your own experiences in order to lose weight and feel great.

Healthy Families	
<b>Is this programme for my family?</b>	The Cook, Eat, Play is a 6-week programme using school knowledge to target family's who require support with making healthier choices at meal times, as well as coming together for fun, physical activity.
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	We deliver the programme in schools across South Ribble, and families will be referred into the programme by the school their children attend.

How do I get in contact with you?	
<b>Web:</b>	<a href="https://southribble.gov.uk/active-health/active-lifestyles">southribble.gov.uk/active-health/active-lifestyles</a>
<b>Tel:</b>	01772 625625
<b>Email:</b>	<a href="mailto:active.lifestyles@southribble.gov.uk">active.lifestyles@southribble.gov.uk</a>
<b>Facebook:</b>	<a href="https://facebook.com/mysouthribble">facebook.com/mysouthribble</a>
<b>X:</b>	@southribble
<b>Instagram:</b>	@southribblecouncil

## Living well in West Lancashire

Healthy Adults	
<b>Is this programme for me?</b>	<p>Walk this Weigh is our interactive course that offers information, advice, and support on how to maintain a healthy weight and live a healthier lifestyle.</p> <p>The programme includes advice on improving your health through making better food choices and becoming more active. During the sessions, programme content will include: fats, sugars, food labelling, why diets don't work, portion control, blood pressure checks, and the benefits of physical exercise. There are discreet weekly weigh in's prior to each session.</p> <p>After you've concluded our initial programme, there's continued support available via monthly drop in's. All sessions are informal and take place in local community, accessible venues across West Lancashire.</p>
<b>How long is the programme?</b>	8 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.

Healthy Families	
<b>Is this programme for my family?</b>	<p>PASTA is more than just a healthy cookery class – it's a fun and interactive way for families to spend quality time together while learning how to live healthier lives. Over six weeks, you'll explore exciting recipes made with fresh, locally sourced ingredients, discover practical tips on portion sizes and healthy swaps, and even learn how to use tools like air fryers and soup makers to make mealtimes easier. Plus, everyone in the family gets involved, from cooking, family games, exercise to washing up – it's all about teamwork!</p> <p>Our sessions are designed to be welcoming and inclusive, offering a relaxed space where families can connect, try new things, and share experiences. You'll also pick up ideas for easy, nutritious meals and learn how small changes can make a big difference to your family's health and well-being. Whether you're looking to spend more time with your children, make new friends, or pick up new skills, PASTA is the perfect opportunity to do it all.</p>
<b>How long is the programme?</b>	6 weeks
<b>How do I access the programme?</b>	<p>We deliver the programme in schools across West Lancashire, and families will be referred into the programme by the school their children attend.</p> <p>Please contact the SHARES team if you require any further information about the Healthy Families programme in West Lancashire.</p>

### How do I get in contact with you?

Healthy Adults (Walk this Weigh)	
<b>Web:</b>	<a href="http://westlancs.gov.uk/leisure">westlancs.gov.uk/leisure</a>
<b>Tel:</b>	01695 583276
<b>Email:</b>	<a href="mailto:activewestlancs@westlancs.gov.uk">activewestlancs@westlancs.gov.uk</a>
<b>X:</b>	@Westlancsbc

Healthy Families	
<b>Web:</b>	<a href="http://www.SHARESLancashire.co.uk">www.SHARESLancashire.co.uk</a>
<b>Tel:</b>	01695 729897
<b>Email:</b>	<a href="mailto:emma.hart@shareslancashire.co.uk">emma.hart@shareslancashire.co.uk</a>
<b>X:</b>	@shareslancashire



## Living well in Wyre

Healthy Adults	
<b>Is this programme for me?</b>	<p>Wyre's residents have access to two different programmes.</p> <p>In partnership with Slimming World, there are over 30 groups in different community venues across Wyre. Their consultants offer support, friendship, and inspiration through a local group. The programme utilises an effective evidence-based approach focusing on nutrition, physical activity and behaviour change to provide healthy weight management plans.</p> <p>Additionally, Fleetwood Town Community Trust provide an 8 week men's weight management programme at their Highbury football ground.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	You can self refer by following the link below or by giving the team a call. Your GP or health professional can also make the referral on your behalf.
<b>Is there any other support available?</b>	Fylde Coast YMCA provide a funded 3 month exercise membership for those that successfully complete the Wyre weight management programmes.

Healthy Families	
<b>Is this programme for my family?</b>	<p>Healthy Heads Education is responsible for delivering the PASTA programme in Wyre, and it is accessible to all primary schools in Fleetwood.</p> <p>The programme involves some physical activity and cooking for all the family. Families will get the opportunity to cook a healthy, nutritious meal in the school kitchen with a trained chef to take it home for dinner. There's also some education on behaviour change and leading a healthy lifestyle.</p>
<b>How long is the programme?</b>	12 weeks
<b>How do I access the programme?</b>	<p>We deliver the programme in schools across Fleetwood, and families will be referred into the programme by the school their children attend.</p> <p>Please contact Healthy Heads Education if you require any further information about the Healthy Families programme in Wyre.</p>

### How do I get in contact with you?

Healthy Adults	
<b>Web:</b>	<a href="http://wyre.gov.uk/sport-fitness/weight-management-slimming-world">wyre.gov.uk/sport-fitness/weight-management-slimming-world</a>
<b>Tel:</b>	01253 887234
<b>Email:</b>	<a href="mailto:community@wyre.gov.uk">community@wyre.gov.uk</a>
<b>Facebook:</b>	@healthierwyre
<b>X:</b>	@wyrecouncil

Healthy Families	
<b>Web:</b>	<a href="http://healthyheadseducation.com">healthyheadseducation.com</a>
<b>Tel:</b>	07791 909911
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