Alive 'N' Kicking Croydon Newsletter

Welcome to the Alive 'N' Kicking Newsletter— keeping you informed of upcoming programmes, family successes and relevant updates. We would also love to hear your comments and feedback about your Alive 'N' Kicking programme!

February 2017

We are Recruiting for February & April 2017 A'N'K Programmes!

FAO of Schools

FREE Healthy Lifestyle Workshops

The ANK team can come to your school as part of healthy schools week and deliver a fun and interactive nutrition workshop or physical activity session. Get in contact with the team on 020 3757 6598 to secure a place.

Visit the Change 4 life website for healthy recipes and sugar swaps, download the app for Apple and Android today!

FREE online training: http://www.discovery.uk.com/student-zone/regions/croydon

January update :

Wow what a great start to 2017! All our families are doing very well, attendance is high and all are maintaining/reducing their weight. Again our busiest programme is Thornton Heath Leisure Centre, with 21 families enjoying the weekly Nutrition and Activity workshops. In this programme the parents also take part in the weekly physical activity sessions. It seems the parents enjoy playing games such as stuck in the mud, tag rugby without the ball and musical chairs more than the children!!

Thornton Heath Leisure Centre- Wednesday group

This week sees the final sessions for our school based programmes, where children from Ark Oval and Forest Academy have enjoyed an after school programme. Well done all involved.

Programmes confirmed for Spring 2017

Winterbourne Youth Centre, CR7 7QT- Starting Tuesday 21st February 2017 @ 4.30-5.45pm

Winterbourne Youth Centre, CR7 7QT- Starting Saturday 4th March 2017 @ 10.30-11.45am

Thornton Heath Leisure Centre, CR7 8LF—Starting Tuesday 18th April 2017 @ 4.30-5.45pm

Thornton Heath Leisure Centre, CR7 8LF—Starting Wednesday 19th April @ 5-6.30pm