



Supporting family fitness, a mile a day.

- A primary school age families project in Northwich -
@ActiveCheshire @AC_ActiveMinds

A mile a day keeps the doctor away, is a new family fitness initiative designed and delivered by Active Cheshire and supported by Northwich Care Communities bringing bespoke support to schools' leadership and 12 weeks' worth of fun challenges to help young people and their families get out, get active and have fun this summer.

The goal of **A mile a day keeps the doctor away** is to tackle the rise of childhood obesity in targeted areas of Northwich through early intervention with fun, engaging and effective movement through whole family and school engagement/interventions. The causes of obesity are many and varied with the most important risk factor being an unhealthy diet and physical inactivity playing a key role.

This project is in line with the Cheshire and Merseyside All Together Fairer recommendations stating that it is important that the HCP and ICPs embed partnerships with the VCFSE sector, other public services, local authorities and businesses to influence these wider conditions which shape health.

The stakeholders group includes:

- Northwich Primary Care network
- Active Cheshire, the leading organisation in sport and physical activity in Cheshire & Warrington
- Four work experience sixth form students from Sir John Deane's college
- Teach Active
- Tag Tap AR

And the four Northwich primary schools and wider communities selected for this initial pilot:

- Barnton Primary School
- Charles Darwin Primary School
- Leftwich Community Primary School
- Witton Church Walk C of E Primary School

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Figure 1 - representatives from Northwich Care Community, Teach Active, Active Cheshire, Leftwich Community Primary school, Barnton Primary School, Charles Darwin Primary School and Witton Church Walk c of E Primary school.

The four schools have been identified using data and insight.

All children in the school taking part in the pilot will receive a booklet to be used outside of school time (mostly) over 12 weeks starting on 4th July 2022.

The aim of the programme is to encourage children and their families to:

1. explore new ways to be physically active (no sport involved here)
2. have a go at mindfulness. Many of the activities take place outdoors as we know that people who spend time in nature can see a reduction in stress and anxiety of up to 55%.
3. not be afraid to try something different.

“The project aims to enhance links between school and home, by supporting school and families to raise levels of activity. We are looking forward to sharing ideas and helping families have fun together. The app that has been created (TAG TAP AR) sounds amazing and we are sure that the children and their families will love it!”



At Leftwich, we have seen clear links in attainment and progress when teaching children through an active curriculum. We know that children learn best when their social, emotional and physical needs are met and that sometimes meeting those needs can be challenging. The Active Cheshire project is here to support schools, parents and children to be the best they can be. The benefits of this project are immense. We can't wait to get started." – Sarah Oldham, Leftwich Community Primary School.

Barnton see the project as an opportunity to draw the community together to a hub hosted by the school "After we've come back from lockdown we found that many of our children just aren't able to function as they used to be able to and we felt that getting them active and getting them outside will improve their wellbeing" – Alison Lawson, Head Teacher at Barnton Primary School

Danielle Oultram Work Experience lead at Sir John Deane's college "it's been a really good partnership with Active Cheshire. Our four students have been on work experience of the project and have lots of key experiences and key skills which they can put forward in their CVs and applications"

Leila Clarke produced the TikTok video that explain to the children their weekly challenges. She told us "It's been really good fun to work on a programme to benefit my community". Follow Active Cheshire on TikTok, Instagram, LinkedIn and Facebook to see Leila's fun videos.

Joe Hollins commented that he hopes that through the project I helped benefit the lives of children in the local primary schools. The 12 weeks programme booklet that Joe helped design can be found here [A Mile a day keeps the doctor away \(flipbookpdf.net\)](https://flipbookpdf.net)

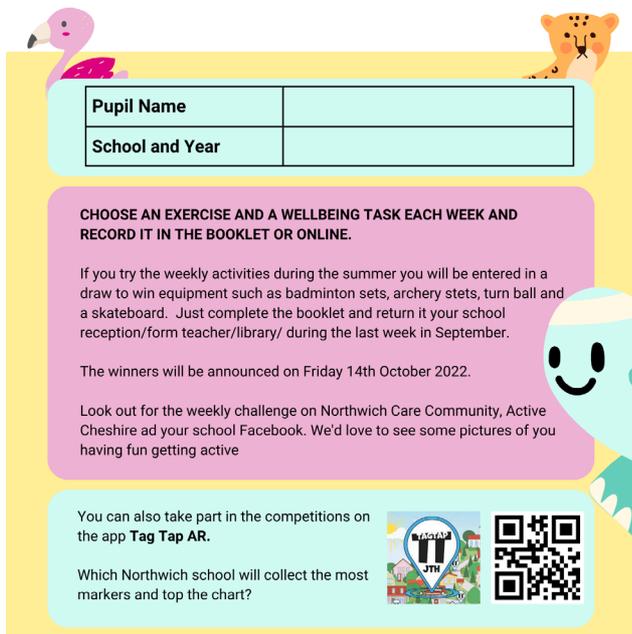
Tilly Gibbs felt it was good to be "part of something bigger, outside of college" whilst Amelie Cummings, an aspiring medic, said that the project gave her an insight of the work done by the NHS in the community. Tilly and Amelia will be involved in the monitoring and evaluation of the project.

Roberta Pomponio, Active Cheshire's mental health lead and project manager explained that "having the student from Sir John Deane's join us in the delivery of the project meant brought a fresh approach to all our work. They are very talented and reminded us of how to best differentiate our work and communicate with different groups. A further reminder, if we needed one, that co-production and collaborative working must be at the core of all we do".



A mile a day keeps the doctor away

12 weeks challenge for primary schools families



Pupil Name	
School and Year	

CHOOSE AN EXERCISE AND A WELLBEING TASK EACH WEEK AND RECORD IT IN THE BOOKLET OR ONLINE.

If you try the weekly activities during the summer you will be entered in a draw to win equipment such as badminton sets, archery sets, turn ball and a skateboard. Just complete the booklet and return it your school reception/form teacher/library/ during the last week in September.

The winners will be announced on Friday 14th October 2022.

Look out for the weekly challenge on Northwich Care Community, Active Cheshire ad your school Facebook. We'd love to see some pictures of you having fun getting active

You can also take part in the competitions on the app **Tag Tap AR**.

Which Northwich school will collect the most markers and top the chart?



Brought to you by:



Cheshire Roberta.pomponio@activecheshire.com.

Figure 2 - the cover of the booklet that will be distributed to school children during the month of June

We ask the children to complete the tracker each week to the best of their ability but also to seek help from a friend or family member if they need it as we feel this is also an important lesson. There is no right or wrong answer but all children who return the booklet (or complete the activity log online using the link or QR code on the back cover of the booklet) will receive a certificate and will be entered for a draw to win some fun and active prizes. The draw will take place on 7th October 2022 and the winners announced the following week.

In addition to the pilot, an offer to the whole community in Northwich: If you are looking for something fun, free and healthy to do with the kids try Tag Tap Ar. <https://tagtapar.co.uk/>

Please help share the news, encourage the children in your family to take part and why not, join them.

For information on **A mile a day keeps the doctor away** contact Roberta Pomponio, Strategic partnership manager for mental health at Active