

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध हैं।

我們所有的印刷品均有不同語言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کسٹ یا

آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

Do you have concerns that your child could be above a healthy weight?

JumpStart is a Fun, Free ten week healthy lifestyle and weight management programme for families with children between the age of five and fifteen who are above a healthy weight.

Six months
Free
Kids Leisure
Pass

For more
Information
please call us:
**01292
885891**



Working together to achieve the healthiest
life possible for everyone in Ayrshire and Arran

NHS
Ayrshire
& Arran

Tell us what you think...

If you would like to comment on any issues raised by this document, please complete this form and return it to: Communications Department, 28 Lister Street, University Hospital Crosshouse, Crosshouse KA2 0BB. You can also email us at: comms@aaaht.scot.nhs.uk or comms@apct.scot.nhs.uk. If you provide your contact details, we will acknowledge your comments and pass them to the appropriate departments for a response.



Name

Address

Comment

[@NHSaaa](https://www.facebook.com/NHSaaa) [fb.com/nhsaaa](https://www.facebook.com/nhsaaa) www.nhsaaa.net [0800 169 1441](tel:08001691441)



A children and young person's healthy weight programme to help families make healthier choices

The programme offers:

- _ Physical activity sessions
- _ Advice for keeping a healthy lifestyle
- _ Practical tips for healthy eating
- _ Parents discussion sessions
- _ Weekly games and activities



Your child's weight

It is not always easy to tell if a child is overweight. If you are concerned, you can contact JumpStart directly and we can tell you if your child's weight is within the healthy range for their age.

What is JumpStart?

JumpStart is NHS Ayrshire & Arran's fun, free ten week healthy choices programme for families with children who are between the age of five and fifteen - who are above a healthy weight.

What happens at JumpStart?

At each of the ten weekly sessions, we focus on different areas of a healthy lifestyle. Each two-hour session is led by Health Coaches and consists of:

- _ Interactive nutritional educational topics.
- _ Fun games and activities.
- _ One-to-one time with Health Coach.
- _ Food tasting.
- _ Parental discussion groups.
- _ Information on local activities.

How do I get involved in JumpStart?

Contact your health care provider, such as GP, Paediatrician (doctor who looks after children) or school nurse and ask about JumpStart. Or you can contact the JumpStart team directly by telephoning **01292 885891** or by emailing alan.brown2@aapct.scot.nhs.uk

What happens next?

Once you have contacted JumpStart, or have been referred to us, you will be invited to attend an initial appointment with one of our health coaches. You will be able to discuss the programme further and find out if it is suitable for you and your child. We encourage family involvement and are happy for family members, carers and friends to come along.



**For more
Information
Please call us:**

**01292
885891**