



EAST RENFREWSHIRE  
COMMUNITY HEALTH AND CARE  
PARTNERSHIP



25 August 2009

Dear Parent,

A new service has been developed across NHS Greater Glasgow and Clyde to help children and young people aged 5-15 years eat more healthily and be more active. The programme, called, '**ACES**' (Active Children Eating Smart), is a 12 week healthy weight programme with follow on, delivered by specially trained coaches and will supplement work already happening locally through Active Schools, Hungry for Success and more general sport, leisure and recreational programmes.

The programme will encourage children and young people and their parents/carers to try new, fun physical activities and see that eating better can be simple and enjoyable. It will combine the various elements of food, nutrition, physical activity, and behaviour change to support young people to identify a healthier lifestyle. To start with, the programme will be offered to children and young people who are overweight or who have difficulty maintaining a healthy weight. It will be run out with school hours, is free of charge and will be tailored to reflect different gender, age or physical abilities.

Parental/carer consent is necessary for all primary school aged children who would like to participate in the programme but if a secondary school pupil has a concern about their weight they can choose to enter the programme with or without parental/carer consent. However, where possible, parents or a supporting adult will be encouraged to attend.

In East Renfrewshire we will be taking referrals on to the programme from mid August 2009. If you would like to either join or find out more about the programme please phone **0800 027 0291**. Alternatively, School nurses are in contact with children and young people in schools on a regular basis, and may be a point of contact for some children and young people who feel they might benefit from taking part in the ACES programme. You will need to know your child's weight and height before you call.

Yours faithfully

Julie Murray  
CHCP Director

John Wilson  
Director of Education