

19-21 Broad Street | St Helier
Jersey | JE2 3RR

Dear Parent,

We are pleased to announce that the FREE **Portuguese Family Food and Fitness Programme will start on the 11th of January 2024** and the **English programme will re-start on the 17th of April 2024**.

- **About the Programme:** The programme is available to families with primary school children, who are above a healthy weight. It might not be suitable for all children. Whole families are welcome to take part, including siblings.
- **FFF Team** (health professionals, such as a dietitian, psychologist; a chef and physical activity expert) always on hand to answer your questions and help solve your problems.
- **What to expect:** The family will learn how to make healthy lifestyle changes that will help make your whole family feel healthier and happier! You will also learn how to make delicious and nutritious meals and take part in fun physical activities. There will also be opportunities and support to engage in other physical activity sessions throughout the week.
- **Start Date**
Portuguese Programme: 11th of January 2024 from 4pm to 6pm every Thursday for 12 weeks
English Programme: 17th of April 2024 from 4pm to 6pm every Wednesday for 12 weeks
- **Venue:** Haute Vallée School in St. Helier.
- **How To Apply:** You can apply as a parent for the programme here: [Family Food and Fitness Programme - Your details - Section 1 - one.gov.je](#)
- **More Information:** [Family Food and Fitness \(gov.je\)](#) and leaflet attached

If you want to know more, you can also contact us via email: publichealthdietitian@gov.je or call us on 07797956944 for the English Programme or 07797896850 for the Portuguese Programme. Looking forward to hearing from you soon.

Please Note: we have limited places for the Portuguese January Programme starting on the 11th January 2024. Please apply ASAP so you are guaranteed a place.

Kind regards,

Family Food & Fitness Team

