

REPORT TO: Health Policy & Performance Board

DATE: 6th November 2012

REPORTING OFFICER: Strategic Director - Communities

PORTFOLIO: Health and Adults; Children, Young People and Families

SUBJECT: Halton's Alive 'N' Kicking Programme – Presentation

WARD(S): Borough-wide

1.0 PURPOSE OF REPORT

1.1 To receive a presentation from Stephanie Dagger, Programme Manager and Joanne McCarrick, Programme Co-ordinator of Halton's Alive 'N' Kicking Programme.

2.0 RECOMMENDATION: That the Board Note the contents of the report and associated presentation.

3.0 SUPPORTING INFORMATION

3.1 Alive 'N' Kicking is a fun and exciting teenage healthy weight management programme for all young people aged 14 – 19 years old. The programme, which has been running since March 2010, is designed and delivered by the Weight Management Centre, which also aims to improve the health of the whole family.

3.2 It provides families with the information, skills and services needed to make healthier food choices and increase physical activity levels. Their experienced team offers support and advice to maintain a healthy weight as well as encouragement to try out new activities.

3.3 Although based at the Stobart Stadium, the free 6 week programme, which is designed to provide the young people themselves with the information to make healthier food choices and increase physical activity levels to lead a healthier lifestyle, is run across venues within Halton.

4.0 POLICY IMPLICATIONS

4.1 None identified at this stage.

5.0 OTHER/FINANCIAL IMPLICATIONS

5.1 The programme is commissioned, until 31st March 2013, by Halton and St Helens PCT.

6.0 **IMPLICATIONS FOR THE COUNCIL'S PRIORITIES**

6.1 **Children & Young People in Halton**

All issues outlined in the presentation will focus directly on this priority.

6.2 **Employment, Learning & Skills in Halton**

6.3 **A Healthy Halton**

All issues outlined in the presentation will focus directly on this priority.

6.4 **A Safer Halton**

None identified.

6.5 **Halton's Urban Renewal**

None identified.

7.0 **RISK ANALYSIS**

7.1 None identified at this stage.

8.0 **EQUALITY AND DIVERSITY ISSUES**

8.1 The programme offered is fully accessible.

9.0 **LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF THE LOCAL GOVERNMENT ACT 1972**

None under the meaning of the Act.