

Area Board Project

1. What is the Initiative?

Fitness Fun for Families project at each of the five junior schools in the Westbury community area. This is a follow on from the Anybody Can cook and aims to raise awareness of the importance of a healthy and active lifestyle. The project is a six week fitness club course for Year Six pupils and their parents/carers giving them the opportunity to exercise together. Each weekly class would take 10 children and 10 adults.

2. Where is the initiative taking place?

At junior schools in and around Westbury : Bratton, Bitham Brook, Dilton Marsh Westbury Juniors, Westbury Leigh.

3. When will the initiative take place?

In the January 2014 school term

4. What are the Community benefits/evidence of need/links to Community Plan/Community Issue?

In the last Joint Strategic Assessment for the Westbury community area, childhood obesity was shown to be the second highest in the county. In the Westbury Community Area Plan 2011-16, Section 6 under Health and Wellbeing , Changing Lifestyles was identified as a key priority.

5. What is the desired outcome of this initiative?

The aim is to raise awareness of the importance of keeping a healthier lifestyle and to kick start family fun together. It is also hoped that this course, together with the Healthy Eating could be developed as a package in the future.

6. Who will Project Manage this initiative?

Extended Services (Schools)

7. Costs/quotes/ match funding? (total cost £5k require 1 quote, total cost £5k-25k require 3 quotes)

The project hopes to support 100 places per week across Westbury. The cost is £40 per session per school = £1200.

8. Additional information