



LEAP is a free programme for families of children and young people who are above a healthy weight*

1-1 support for children aged 5-10 years (with family)
and for those aged 10-17 years (Can attend independently)

Running in locations across Bath and North East Somerset!



Covering topics around:

- Healthy food and drink swaps
- Physical Activity / active play
- The impact of screen time
- Why we make certain food choices

To book a place or find out more contact one of our team:

t: 0300 247 0500

e: BATHNES.thehub@virginicare.co.uk

Service provided by

What are the referral criteria?

Any child referred needs to:

- Either live, attends school or has a GP in Bath and North East Somerset
- Has a BMI between the 91st and 98th centile and has received school nurse support, or has a BMI between the 98th and 99.6th centile

In addition parents/carers:

- Must consent to the referral and attend each session with their child (5-10 year olds only)
- Need to commit to LEAP and be ready to make lifestyle changes.

Who can make a referral?

- School nurses, GP and other health professionals
- Parents and carers
- Schools
- Family support teams, Youth groups and other agencies

For any concerns about your child's health, please contact your GP or child's school nurse.