

Get Involved and Make a Difference!

Calling on all schools, dietitians, surgeries, local communities, councils, and parents, lets promote a responsible message of promoting a healthier lifestyle amongst families , children and young people

Healthy lifestyles will help to reduce potential risks of high blood pressure, heart diseases and diabetic. We need to inspire and encourage families and young people to engage in activities to be healthy.

When & Where?

Please join us at **Salter's Lane Community Centre , Stockton on Tees 3pm to 5pm every two weeks on Tuesday** for a drop in session . Call **07804368585** for further Information. We need volunteers to be involved.



Figures

More than one in 10 five-year-old across Teesside is obese, according to shocking new figures.

Levels of obesity in school children are continuing to rise across our area, raising concerns for the future health of young people.

Middlesbrough and Stockton also saw increases in obesity levels in five-year-olds to 11.1% and 10.5%.

And almost three in every 10 Reception children in some areas are either obese or overweight



26 Yarm Road, Stockton on Tees, TS18 3NA Charity Reg no:
114244 | www.roseberrycommunityconsortium.org .Available on
Facebook and Twitter



About Us

Roseberry Community is a local charity assisting disadvantaged groups of young across the Tees Valley region.

Plot to plate– Healthy Eating workshop

The healthy eating workshop will focus on promoting and delivering healthy eating and lifestyles across the Tees Valley region. We will use fresh grown produce from the allotment site including fruits and vegetables. These produce will be cooked from fresh.

Key features

- **Smoothie Workshop:** Encourage to eat daily amount of 5 fruits or vegetables per day. Great practical and fun way of showing creatively and eating delicious smoothies using various minerals and fruits
- **Eating well for less:** Teaching parents and children on how to eat and cook healthily on a budget and being less reliant on fast food.
- **Advice on tips on weight management and practical shopping**



MAKING
TEESSIDE
HEALTHY

