



Theme 4: Maintaining a Healthy Weight		Active Sunderland	
Service Overview			
Active Sunderland Healthy Lifestyles Programme	The Active Sunderland Healthy Lifestyles Programme provides families, schools and higher education settings with FREE support around healthy weight and physical activity outcomes for young people and their families.		
	The offer includes a range of educational and activity classroom programmes, family sessions within the school setting and one-to-one support for children and their families.		
	Specific targeted support is available to those schools with high levels of overweight/very overweight children (identified via NCMP data).		
Education and Interventions		Service Contact Details and Referral Criteria	Assessments
Active Sunderland Healthy Lifestyles Programme	<b>Prevention:</b> <ul style="list-style-type: none"><li>Classroom based education sessions around Eatwell guide, portion sizes, junk foods, fats and sugars, physical activity, breakfast and snacks and healthy snack making ideas. These sessions are interactive and encourage the whole class to be involved teaching pupils the importance of creating healthy habits and being active.</li><li>School based six week family programmes helping pupils and their families to understand the above subjects and create healthy habits to help improve long term health.</li><li>Interactive school assembly which covers the importance of eating healthy foods, fun ways to be more active and the showing of short interactive videos and resources.</li><li>Roots and Shoots programme includes the importance of growing vegetables and sustainability. Community involvement will also be encouraged by way of volunteers and parents.</li><li>Engaging with Active Sunderland BIG events, BIG 3k, BIG Bike Ride and BIG Walk with incentives for those schools who become involved.</li><li>Active Sunderland School Sports Programmes – providing schools with an opportunity to be involved in sports such as Triathlon, Tennis and Rugby.</li><li>Can facilitate access to 17 newly refurbished tennis courts in Sunderland, which are available for schools to use free of charge.</li></ul> <b>Targeted:</b>	To contact your dedicated Area Lead please email <a href="mailto:healthylifestyles@sunderland.gov.uk">healthylifestyles@sunderland.gov.uk</a>	Referral for individual pupils into the programme can be made by emailing <a href="mailto:healthylifestyles@sunderland.gov.uk">healthylifestyles@sunderland.gov.uk</a>
KS1, KS2, KS3, KS4 and further education		If you would like to learn more about how to book Active Sunderland BIG events, and the free tennis in schools programme, please email <a href="mailto:active@sunderland.gov.uk">active@sunderland.gov.uk</a>	For those children with more complex issues and over the 91 <sup>st</sup> centile, an onward referral to NHS Trust Dietetics Team may be made.

	<ul style="list-style-type: none"><li>Targeted longer-term support is available to those schools with high levels of overweight/very overweight children (Red/Amber NCMP).</li><li>Offer of one-to-one support to children over the 91<sup>st</sup> centile supporting families to be more active and providing help and advice on maintaining a healthy weight.</li><li>For those children with more complex issues and over the 98<sup>th</sup> centile a referral to City Hospitals Dietetics Team may be made.</li></ul>		
<b>The Great Active Sunderland School Charter</b>	<b>The Great Active Sunderland School Charter</b> The Great Active Sunderland School Charter is one of the five Health and Wellbeing related Charters that contribute to the Sunderland Healthy Schools Award. It has been developed to celebrate a school's contribution to four key areas including PE, Sport, Physical Activity and its role in the community.  The Charter can provide many benefits for schools, such as: <ul style="list-style-type: none"><li>an improvement tool for the Ofsted inspection framework, which looks at the extent to which your school supports pupils to gain knowledge regarding physical activity and healthy eating</li><li>a key outcome in the Sunderland City Council City Plan 2023 - 2035</li><li>a criterion in Together for Children's Sunderland Healthy Schools Award</li><li>linked to Together for Children's Mental Health Charter Mark</li><li>complementing the work of the School Games Organisers (School Games Mark) and Active Sunderland Healthy Lifestyles Programme</li></ul> The Charter has developed a proven track record to showcase a school's achievements regarding PE, sport and its role in the community. It is hoped that schools will participate in achieving the Charter and recognise how this programme can benefit schools and pupils. It is FREE for schools to apply, for further information please visit <a href="https://www.sunderland.gov.uk/article/14780/Great-Active-Sunderland-Schools-Charter">https://www.sunderland.gov.uk/article/14780/Great-Active-Sunderland-Schools-Charter</a>		For further information please email <a href="mailto:darren.pike@sunderland.gov.uk">darren.pike@sunderland.gov.uk</a>
<b>KS1, KS2, KS3 and KS4</b>			
<b>Building Capacity and Training</b> <b>Training for professionals working with children, young people, and families</b> <b>Training for young people as peer educators</b>			
	<ul style="list-style-type: none"><li><b>Young Health Champions</b> - training available to secondary school pupils aged 14+ around managing their health and wellbeing and how to promote health messages to their peers.</li><li><b>Young Leaders training</b> - available for Year 5 and Year 6 primary school pupils. Children take responsibility for creating and organising their own activities, explain tasks to groups, and encourage and praise other pupils during sessions.</li></ul>		

	<ul style="list-style-type: none"> <li>• <b>Training for teachers, support staff and community deliverers</b> - training provides staff with knowledge and understanding of health and wellbeing topics.</li> </ul>
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Theme 4: Maintaining a Healthy Weight		Growing Healthy Sunderland - 0-19 Public Health Service	
Service Overview			
Growing Healthy Sunderland - 0-19 Public Health Service	Growing Healthy Sunderland 0-19 Public Health Service provide a range of health promotion to school age children and their families. The School Nursing Offer provides support to all children and young people through an educational setting or community-based provision in Sunderland, delivered through high quality, evidence-based interventions which support families and identify and respond appropriately to need. Key themes for the school population are identified using health profiling, bringing together local intelligence relevant public health data to identify the needs of the school population. This includes elements of the Healthy Child Programme such as the National Child Measurement Programme.		
Education and Interventions		Service Contact Details and Referral Criteria	Assessments
Growing Healthy Sunderland - 0-19 Public Health Service	<p><b>Prevention</b></p> <p>Growing Healthy Sunderland (GHS) deliver the Child Health Screening Programme including the National Child Measurement Programme to reception and year 6 (Primary).</p>	<p>To speak to a school nurse or make a referral through the Single Point of Contact Tel:- 03000 031552</p>	<p>Referrals to the service can be completed on the form below and sent to <a href="mailto:spoc.hdftsunderland@nhs.net">spoc.hdftsunderland@nhs.net</a></p>
KS1, KS2, KS3, KS4 and further education	<p>GHS offer schools an assembly at the start of the school year, to promote the service and how to access the school nursing service. This can be repeated if there is an emerging need within a school population and at transition points.</p> <p>GHS offer a weekly drop-in session at each Secondary school in Sunderland. During the drop-in sessions the practitioners provide health promotion in relation to health and wellbeing and include information regarding maintaining a healthy weight and positive self-image.</p> <p>Delivery of the School Nursing Offer includes group health promotion on a range of topics including oral health and nutrition.</p>	<p>For more information visit:-</p> <p><a href="https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/">https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/</a></p> <p><a href="https://hdftchildrenshealthservice.co.uk/">https://hdftchildrenshealthservice.co.uk/</a></p> <p><a href="https://www.facebook.com/GrowingHealthySunderland/">https://www.facebook.com/GrowingHealthySunderland/</a></p>	<div><p>5-19%20Sunderland%20Referral.doc</p></div> <p>Assessments:</p> <ul style="list-style-type: none"><li>• National Childhood Measurement Programme (NCMP) delivered to Reception and Year 6</li><li>• Holistic Family needs Health assessment carried out with family</li><li>• Very Overweight pathway</li></ul>

	<p><b>Targeted</b></p> <p>GHS offer targeted one to one support and signpost to community activities and services. The Holistic Family Needs Health assessment can be carried out with a family and an action plan agreed to support the child and family.</p> <p>The practitioner will complete onward referral where necessary and provide ongoing support whilst awaiting specialist support from the identified service.</p> <p>For those children with more complex issues and a BMI on and/or above the 91st centile, a referral to STSFT NHS Trust Dietetics Team may be made.</p>		
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Theme 4: Maintaining a Healthy Weight		Sunderland City Council Public Health
Service Overview		
<b>Public Health</b>	Local Authorities have been responsible for improving the health of their residents since April 2013, through a range of public health functions and five specific responsibilities described by law, including the National Child Measurement Programme. Sunderland City Council Public Health aim to promote healthy living, tackle health inequalities, and put plans in place so that everyone has the knowledge they need to help themselves stay healthy.	
Education and Interventions		Service Contact Details
<b>Public Health</b>	<p><b>Food and Nutrition Charter Mark</b></p> <p>The Food and Nutrition Charter is one of the five Health and Wellbeing related Charters that contribute to the Sunderland Healthy Schools Award. The Charter aims to support schools to introduce and promote healthier eating and drinking behaviours to enable pupils and individuals within the wider school community maintain healthy weight. In addition, the charter recognises the dedication of schools within the city in contributing towards the health and wellbeing of their pupils, staff and local communities.</p> <p><b>Food and Nutrition Charter Mark Accreditation Process</b></p>	<b>Food and Nutrition Charter Support to Schools</b>
<b>KS1, KS2, KS3 and KS4</b>		<p>Schools who would benefit from support to establish the Food and Nutrition Charter Mark can access this from Public Health.</p> <p>Please contact <a href="mailto:karen.lightfoot-gencli@sunderland.gov.uk">karen.lightfoot-gencli@sunderland.gov.uk</a> with any queries or requests for support.</p>

	<p>The Food and Nutrition Charter Mark is initially offered at Bronze level, with Silver available from Sept 2025 Gold level now in development.</p> <p>Interested in the Charter? Find out more and apply for accreditation for the Food and Nutrition Charter Mark. <a href="#">Food and Nutrition Charter Mark - Together for Children</a></p>	
<b>Public Health</b>	<p><b>The Belly Bugs</b> Sunderland <b>primary</b> and <b>early years</b> settings are invited to take part in a new national scheme, to educate children of the many benefits good nutrition has on their health and wellbeing.</p> <p>Belly Bugs introduces children to a set of fun characters based on the latest scientific research in gut microbes. The initiative has been developed by a highly experienced team of writers, illustrators and teachers, with the support of Professor Tim Spector, the UK's foremost authority of on the microbiome, and Keith Chapman, the creator of Bob the Builder and Paw Patrol.</p> <p>Pupils will discover that they actually have their own unique gang of Belly Bugs living inside them 24/7, keeping them healthy and happy. If they look after their Belly Bugs, their Belly Bugs will look after them.</p> <p>The programme educates children on the many benefits good nutrition has on their health and well-being. It comprises EYFS, KS1 and KS2 cross-curricular lesson plans, supported by a 'whole-school' approach, whereby what the children learn in the classroom is carried through to the school dining hall, although there is flexibility in how the programme is delivered. The lesson plans are cross-curricular including science, literacy, maths and art and PSHE (Health and wellbeing).</p> <p><b>Menu choice in the classroom to the canteen.</b> As well as the curriculum support, Belly Bugs also makes links to the school meal offer. Posters were developed for the pilot, which featured a story showing how the Belly Bugs use the fresh fruit and vegetables in the meal to do their work. The participating teachers read out that day's posters after registration; getting the pupils engaged and excited about their lunch and the reasons behind why these meals are on the menu. The posters were posted in the dinner hall and on the school website.</p> <p><b>Additional benefits to schools, children and their families:</b></p> <ul style="list-style-type: none"> <li>• Supports ongoing work in Sunderland schools to promote child health and wellbeing and the health benefits of maintaining a healthy weight, for example Active Sunderland Healthy Lifestyles Programme are promoting Belly Bugs</li> <li>• Supports schools seeking to achieve the Sunderland Healthy Schools Award, particularly the Food and Nutrition Charter Mark</li> </ul>	<p>Please contact <a href="mailto:karen.lightfoot-gencli@sunderland.gov.uk">karen.lightfoot-gencli@sunderland.gov.uk</a> or <a href="mailto:healthylifestyles@sunderland.gov.uk">healthylifestyles@sunderland.gov.uk</a> for further information, or directly email Zoe Harland <a href="mailto:zoe@bellybugs.co.uk">zoe@bellybugs.co.uk</a> if your setting would like to sign up.</p>
<b>KS1 &amp; KS2</b>		

	<ul style="list-style-type: none"> <li>Provides children with practical knowledge in growing and cooking fruit and vegetables to help them make informed nutritional choices as they grow up</li> <li>Links to the climate change agenda by encouraging children and families to eat more plant-based food options</li> <li>Helps to increase school meal uptake, especially children eligible for free school meals</li> <li>Contributes to the Sunderland Healthy City Plan priorities</li> <li>A family booklet is in development that schools can add to their websites or print off to encourage more parent involvement.</li> </ul>	
<b>Public Health</b>	<p><b>Healthy Weight Declaration</b></p> <p>In February 2022, Sunderland City Council was proud to adopt Food Active's <i>Local Government Declaration on Healthy Weight</i>. The declaration is a whole council commitment to take steps to improve the environment in which we live, making positive changes to support residents to maintain a healthy weight.</p> <p>The declaration is underpinned by 16 core commitments, of which each one is intended to contribute to improve levels of healthy weight in an area. Details of Sunderland City Council declaration can be found at <a href="#">Sunderland's Healthy Weight Declaration - Sunderland City Council</a>.</p> <p>Healthy weight should be everybody's business, which is why Sunderland City Council is keen to work with partners across the public, private and third sector to improve the health and wellbeing of staff and residents. In doing this, we are asking partners across the City to find out more about how they can support the Healthy Weight Declaration.</p>	<p>If you are interested in the Healthy Weight Declaration and would like to find out more about the 'Partner Pledge' please contact <a href="mailto:Joanne.Dolan@sunderland.gov.uk">Joanne.Dolan@sunderland.gov.uk</a> for more information on how you can get support.</p>
<b>KS1, KS2, KS3 and KS4</b>		
<p><b>Building Capacity, Training and Resources</b></p> <ul style="list-style-type: none"> <li>Training for professionals working with children, young people, and families</li> <li>Resources</li> </ul>		
<b>Other resources</b>	<p><a href="#">Start for Life home - NHS (www.nhs.uk)</a> Start for Life – Resources and information.</p> <p><a href="#">Healthier Families - Home - NHS (www.nhs.uk)</a> Better Health – Healthier Families – Resources and information.</p> <p><a href="#">NHS Food Scanner app schools materials</a>: teaching resources to help pupils explore what is in their food and drink and swap unhealthy foods that are high in saturated fat, sugar and salt, to healthier choices as part of wider lessons on healthy eating. The app is free to download from the App Store and Google Play.</p> <p><a href="#">Healthy Steps – guidance for schools</a>: guidance for schools to support delivering a whole school approach to healthy eating and supporting families.</p>	

	<p><a href="#">Standards for school food in England - GOV.UK (www.gov.uk)</a>: guidance on the standards for planning and providing food in schools.</p> <p><a href="#">School food standards: resources for schools - GOV.UK (www.gov.uk)</a>: resources to help schools plan and provide healthy food in schools.</p> <p><a href="#">Creating a culture and ethos of healthy eating</a>: supporting pupils to gain knowledge of how to keep themselves healthy and making informed choices about healthy eating and fitness.</p> <p><a href="#">Free school meals: guidance for schools and local authorities</a>: guidance for schools and local authorities about providing school meals including information on free school meal eligibility.</p> <p><a href="#">The Eatwell Guide</a>: a visual tool which summarises government recommendations on eating healthily and achieving a balanced diet. The <a href="#">Eatwell Guide image</a> and <a href="#">Eatwell Guide booklet</a> are included in the list of resources.</p> <p><a href="#">Let's Get Cooking</a>: a hub of information about providing healthy children's food offering 15 training courses for schools and caterers related to improving food for children.</p> <p><a href="#">School Food Policy   Connects-food</a>: a resource to support primary schools develop their whole school approach to food.</p> <p><a href="#">Home   FSA Food Allergy Training</a>: the Food Standards Agency – free online Allergy Training.</p> <p><a href="#">School Food Matters   School Food Matters</a>: teaching children about food and to improve children's access to healthy, sustainable food during their time at school.</p> <p><a href="#">Home - Mealtimes Matter CIC - Mealtimes Matter CIC</a>: Mealtimes Matter CIC promotes evidence indicating that preparing, cooking, eating and enjoying healthy meals with others improves physical, mental and emotional health, especially for children and young people, and builds many skills in children that can be then applied in every other area of their lives.</p> <p><a href="#">School Health UK   UK Experts in Better Lunchtimes</a>: The Better Lunchtimes Project.</p> <p><a href="#">School Food Toolkit CIS.pdf</a> This pack of resources is aimed at helping every school with a whole-school approach to school food, containing advice for kitchen teams, school business managers and teachers to help them work together to improve and maintain high quality school food. It will help meet national school food standards and increased demand that may come from current or future implementation of Universal Free School Meals policies.</p>
<b>National resources to encourage</b>	<p><a href="#">What works in schools and colleges to increase physical activity</a>: a resource for head teachers, college principals, staff working in education settings, school nurses, directors of public health, county sports partnerships and wider partners. An overview of the evidence and local examples about what works in schools and colleges to increase levels of physical activity in children and young people.</p>



<b>physical activity</b>	<p><a href="#">Active mile briefings</a>: provides information about the evidence on active mile initiatives, ideas for how to implement them and examples of practice. It recommends that schools deliver at least 30 minutes of the recommended daily 60 minutes of moderate to vigorous physical activity for children.</p> <p><a href="#">School Games</a>: inspiring millions of young people across the country to take part in appropriate competitive school sport.</p> <p><a href="#">Physical activity guidelines for 5 to 18 year olds</a>: Chief Medical Officer's physical activity guidelines infographic for 5 to 18 year olds.</p> <p><a href="#">Physical activity in disabled children and disabled young people – evidence review and physical activity infographic</a>: Chief Medical Officer's guidelines on physical activity for disabled children and young people.</p> <p><a href="#">The Daily Mile</a>: a simple and free initiative to encourage children to run, walk or jog for 15 minutes every day.</p>
<b>National resources to promote oral health</b>	<p><a href="#">School Zone dental resources</a>: developed for Better Health, the new KS1 and KS2 dental lesson plans are the first in a series of Better Health school resources to help pupils and their families learn about healthier eating habits.</p> <p><a href="#">Improving oral health: supervised tooth brushing programme toolkit</a>: a toolkit to support commissioning of supervised tooth brushing programmes in schools.</p> <p><a href="#">e-Bug lesson plans</a> on oral hygiene for key stage 1.</p> <p><a href="#">e-Bug lesson plans</a> on oral hygiene for key stage 2.</p>

Theme 4: Maintaining a Healthy Weight		RISE
Service Overview		
RISE	<p>We work with a wide range of partners to highlight how physical activity and movement can be introduced to help them achieve their aims and the common goal of tackling inequalities across our region. We know that being active and moving more has a positive impact for individuals and communities. It brings people together, raises aspirations, improves educational attainment, improves health and supports greener travel. <a href="#">Rise North East</a></p>	
Education and Interventions		Service Contact Details



<b>RISE</b>	<p><b>Prevention:</b></p> <p><b>The Daily Mile</b> - The Daily Mile is 15 minutes when children from reception to year 6 jog, run, walk, wheel, hop or jump at their own pace, during the school day at a time of the teacher's choosing. It is recommended to be done during lesson time, so children have their full break / play time. The Daily Mile is not Sport or PE, but rather health and wellbeing through physical activity. Taking part in The Daily Mile helps primary schools to rebuild their children's fitness and improve their emotional and mental health – all whilst being outside in the fresh air. It also establishes good positive, healthy habits children can continue into adulthood</p>	<p>Contact Louise Wallace (Rise CYP Development Manager)  <a href="mailto:louise.wallace@risenortheast.co.uk">louise.wallace@risenortheast.co.uk</a></p>
<b>KS1 and KS2</b>		
<b>Early Years Practitioners / Families</b>	<p><b>Early Years - Step Outdoors Programme</b> - The initiative aims to build confidence, independence, and cognitive development, impacting future academic success and health. Crucially, it tackles post-Covid inequalities and barriers, support the physical, mental health and development of young children living in poverty (who statistically are more inactive, enter schools at a lower level and use green spaces less), through outdoor activity, and fostering a connection with nature, creating children who are better equipped to learn. The programme enhances school readiness and cognitive skills impacting future academic success and health through EYFS aligned sessions.</p> <p>Step Outdoors has been developed for families to provide family-focused initiatives and support services, which helps to address issues related to poverty, social isolation, mental health, and personal and social development for children and parents/carers.</p>	<p>Contact Dani Crispin Crook (Rise Early Years Development Manager)  <a href="mailto:dani.crispin@risenortheast.co.uk">dani.crispin@risenortheast.co.uk</a></p>
<b>Early Years</b>	<p><b>Early Years – Ready to Play</b></p> <p>Active Equipment Bursary / CPD delivered in the most underserved communities across Tyne &amp; Wear and Northumberland.</p> <ul style="list-style-type: none"> <li>• Free equipment for early years settings/organisations working with children aged 0-5 years from across Tyne and Wear and Northumberland.</li> <li>• Free training, resources and support for early years staff/practitioners from Rise and an internationally renowned play expert Ben Kingston Hughes to support staff to support children to be more active and improve their early development.</li> </ul>	<p>Contact Dani Crispin Crook (Rise Early Years Development Manager)  <a href="mailto:dani.crispin@risenortheast.co.uk">dani.crispin@risenortheast.co.uk</a></p>
<b>KS1, KS2, KS3 and KS4</b>	<p><b>School Games</b></p> <p>Managing the delivery of a targeted localised place-based offer to tackle inactivity across schools in underserved communities, developing youth voice / engagement, inequalities and physical literacy. School Games supports education settings, children and young</p>	<p>Contact Louise Wallace (Rise Children and Young Peoples Development Manager)  <a href="mailto:louise.wallace@risenortheast.co.uk">louise.wallace@risenortheast.co.uk</a></p>

<b>KS1, KS2, KS3 and KS4</b>	<p>people to address inequalities, tackle inactivity, improve confidence, resilience and mental health.</p> <p><b>Active Lives CYP Survey</b> Seeking engagement from schools to participate in the Active Lives Children and Young People's Survey, which we oversee and manage (participating schools receive an activity equipment voucher, a bespoke report and can participate in the DfE Healthy Schools Award, as well as having access to wider information and support from Rise).</p>	<p>Contact Louise Wallace (Rise Children and Young Peoples Development Manager) <a href="mailto:louise.wallace@risenortheast.co.uk">louise.wallace@risenortheast.co.uk</a></p>
<p><b>Building Capacity and Training</b></p> <ul style="list-style-type: none"> <li>• <b>Training for professionals working with children, young people, and families</b></li> <li>• <b>Training for young people as peer educators</b></li> </ul>		
<b>RISE</b>	<p>Rise are involved in national and regional strategic groups, such as chairing the National Early Years Active Partnership Community of Practice and co-chairing the National Youth Voice Community of Practice, as well as facilitating the Tyne &amp; Wear and Northumberland Active Education Alliance which all positions us to influence systemic change and advocate for policies tailored to the needs of our region. We feel that by upskilling, and addressing educational inequalities, we can potentially benefit employers by developing a skilled workforce and address skills gaps. To keep up to date on future developments at Rise please sign up to our Rise Newsletter, as well as our Rise Early Years Newsletter here - <a href="http://eepurl.com/q9sAE1">http://eepurl.com/q9sAE1</a></p> <p><b>The Daily Mile</b> - The Daily Mile also offers advice, support and resources to schools, deliver staff briefings, assemblies for pupils and staff, and provides presentations at school cluster meetings.</p> <p><b>Early Years - Step Outdoors Programme</b> - Step Outdoors works with early years practitioners to provide training and resources to incorporate active outdoor learning through play into the early years curriculum to address local school readiness and health challenges. Aligned with the EYFS curriculum, sessions emphasise physical activity and foster a connection with nature. The initiative aims to build confidence, independence, and cognitive development, impacting future academic success and health. Crucially, it tackles post-Covid inequalities and barriers, targeting high child poverty, inactivity, and poor school-readiness regions to support those most in need.</p> <p><b>Early Years - Active Start Training</b> – Active Start is an Early Years school readiness and physical literacy CPD universal offer aligned to the EYFS curriculum. We can upskill the early years workforce with bespoke physical literacy training, resources and support to improve skills, learning, knowledge and confidence to support our youngest children to move more.</p> <p><b>Early Years – Ready to Play</b> - Active Equipment Bursary / CPD, targeted in the most underserved communities across Tyne &amp; Wear and Northumberland.</p> <ul style="list-style-type: none"> <li>- Free equipment for early years settings/organisations working with children aged 0-5 years from across Tyne &amp; Wear and Northumberland.</li> </ul>	

- Free training, resources and support for early years staff/practitioners from Rise and an internationally renowned play expert Ben Kingston Hughes to support staff to support children to be more active and improve their early development.

**Early Years Conference (Health, Wellbeing and Learning in the Early Years)** - Our annual Early Years Health, Wellbeing and Learning Conference held in March, is open to all early years settings across Tyne & Wear and Northumberland. It is a vital opportunity that provides professional development opportunities for practitioners and focuses on mental and physical health and wellbeing, as well as local challenges within the sector, such as poverty proofing the early years, SEND and risky play to name a few, as well as a much needed and quality time to network, share, learning, best practice, and explore collaborative opportunities.

**PESSPA** – We can offer advice, support and resources to schools, as well as deliver staff briefings and webinars at school cluster meetings.

**Secondary PE Lead Conference** - Our annual Secondary PE Lead Conference in partnership with the Youth Sport Trust, which is held in October, is open to all PE Leads/teachers across Northumberland and Tyne & Wear and provides professional development opportunities and supports needs led curriculum challenges. It also gives a much needed time to network, share, learn and celebrate best practice.

**Active Education Alliance** - Facilitating the termly Northumberland and Tyne & Wear Active Education Alliance Meetings, which is a strategic group with representation from education, Public Health, Local Authorities and regional and national specialists working together on a larger scale to collaboratively tackle inequalities and inactivity (Sunderland have a couple of reps on the Alliance)

**LEAP** (Learning Environments for Active People) - Our new active whole school approach is comprehensive and tailored to each school's unique context. We begin by observing current practices during breaks and lunch times, whilst also consulting with staff, children and young people to ensure that youth voice is at the heart of the approach. We then use these insights to enhance play and wider movement opportunities to improve physical and mental health and wellbeing of the children, young people and workforce. Our vision is to create a school environment where play, physical activity/movement, learning, and development are seamlessly interwoven throughout the school day, ultimately improving children's life chances, educational outcomes, and healthy habits for life.

Coming soon - New CDP offer to upskill practitioners and students on the benefits of physical activity through the life course