

carnegie clubs

weight management for kids

fun for life

DC LEISURE

Fitness Industry Association
Operator of the Year 2008/9



What is a Carnegie Club?

A Carnegie Club is a 12 week weight management programme for overweight and obese children and their families.

The programme is designed by leading experts Carnegie Weight Management, based at Leeds Metropolitan University and is based on current guidelines.

The Clubs combines physical activity, education and behavioural changes in a fun and supportive environment.

All children and families will receive an additional three months follow on support. At the end of the programme, members will know how to make healthy lifestyle choices, making small changes to make big differences. With the support of parents, these new found skills can be put into practice at home.

Clubs give members the chance to make new friends and find out and try lots of different physical activity programmes in the local area. Results show that young people not only lose weight but improve fitness and self esteem whilst making positive changes to their lifestyle.

Carnegie Clubs in Rotherham

DC Leisure is working in partnership with NHS Rotherham and Carnegie Weight Management (CWM) to deliver Carnegie Clubs. These FREE community based weight management programmes are designed by CWM, for young people aged 8-17.

The Carnegie Clubs will be running from Rotherham Leisure Complex and Aston-cum-Aughton Leisure Centre with children and their parent / guardian attending weekly sessions for 12 weeks to support their weight management. Sessions will be held after school and at weekends from September 2009.

The Carnegie Clubs programme has been created by leading experts at Leeds Metropolitan University as a way to help overweight children and their families become fit, healthy and happy. The clubs are created by CWM who also run the residential weight loss camps in the summer.

At Carnegie Clubs you will:

Take part in fun, exciting activities and games

- Make lots of new friends & boost your confidence
- Learn how to make healthy food choices
- Make simple small changes for lifelong success



Typical Programme

(based on a Saturday morning club)

Young People's Programme:	Parents Programme:
Monitoring	Tea & Coffee
Physical Activity	Parent Lifestyles Session
Lifestyles Session	Physical Activity
Group Physical Activity	Group Physical Activity

Physical Activity

The main aim of the physical activity sessions is for everyone to have fun. The programme will provide activities suitable for all ages and abilities to take part. Club members are introduced to a whole range of physical activities which are available in the local area so that families can continue their new found interests.



Lifestyles

The lifestyles sessions aim to provide everyone with an understanding of a range of healthy behaviours that they will try to put in practice at home. Members will be encouraged to problem solve, set goals that are specific to them, and monitor these goals under the support and guidance of club staff. Lifestyle behaviours such as when and where they eat, how much television they watch, and how they can include more lifestyle activity into their daily routine will be covered.

Parents / Carer sessions

Throughout the Carnegie Club programme, young people and families will be encouraged to practice new behaviours. This will take place throughout the normal week at home. Therefore it is important for parents to have a full understanding of the activities their children are performing so that they can aim to help the children make the changes at home. In addition to this parents are encouraged to use the opportunity to make changes to their own lifestyles and be a positive role model for their child and the rest of the family.

“The club hasn't just altered his weight, but has helped him to make friends and have fun too.”

Carnegie Club parent

Monitoring

Monitoring every young persons progress is an essential part of the Carnegie Club programme. This provides young people with feedback, which will motivate and encourage them to continue their lifestyle change. Monitoring is also available to parents. All monitoring is performed by Carnegie Club trained staff.

“The club has given me the confidence to try new things, to get out there and enjoy life.”

Carnegie Club member

For further information about Carnegie Clubs or to register your interest, please contact:

Programme Manager

Rotherham Leisure Complex:

07525 2702784

or visit: www.carnegieweightmanagement.com/rotherham

For more information about Carnegie Weight Management programmes

call: 0113 8125 233