

Primary Schools	Year 4 and 5	7-11 year olds	Children and young people	Pregnant women
Healthy Me Assembly	Healthy Me Bitesize	Healthy Me Group Programme	Healthy Me Connect	Maternal Healthy Me
To raise the profile of Healthy Me offer and to generate referrals to the Healthy Me Group Programme	To educate and encourage healthy lifestyle behaviours amongst year 4 and year 5 children within the classroom.	To support families with overweight/obese children to change behaviours and work towards achieving a healthier weight/BMI.	To support families with overweight/obese children to change behaviours and work towards achieving a healthier weight/BMI.	To support pregnant women with a BMI $\geq 30\text{kg/m}^2$ in achieving healthy weight gain during pregnancy.
An interactive talk to KS1/KS2 on the benefits of healthy lifestyle and marketing of Healthy Me group programme to the school.	Interactive 6x1 hour weekly sessions delivered in school. Take home tasks given to children to work with their parents/families on within the home to further learning and engagement in Healthy Me Bitesize.	Interactive 10x2 hour weekly sessions delivered across Wiltshire. Targeted at children who are on or above the 91 st BMI centile.	A distance learning approach which is led by the parent through support/resources from Healthy Me Leader. This is a flexible approach for families who are unable to attend a group programme, but are committed to making changes.	6 sessions made up of group and 1-1 sessions covering healthy eating topics particularly relevant during pregnancy.
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