



Triforyou is your local support to live happy, eat well and move more with a smile!

Your local Triforyou team offers you the chance to find out more on topics such as growing your own food, cooking up delicious affordable meals, family games, dealing with cravings and much, much more. Through our local services we can help you make every-day simple changes stick!

You can choose from a variety of ways to help you make your changes, either at home, on-line, joining our club or learning a new skill.

You can

- Cook
- Move
- Grow
- Smile
- Join us ...

Services available:

Tri courses

Join our 6-week family courses to find our new ways to enjoy a healthy diet, healthy cooking at low cost, being active or making behaviour changes stick.

For join us please call 01634 333741 or email change4life@medway.gov.uk For further details please visit www.abettermedway.gov.uk or search facebook triforyou medway

Tri@home

Tri@home is designed for families who want to make changes to their lifestyle at home – together. Families can make small steps to help children and the whole family get more active and make easy swaps to their eating habits with the help and support of one of our specialist healthy weight advisors.

The programme runs over 3 months, with two one-to-one appointments and personal goals to work on at home together as a family. To join us please call 01634 333741 or email change4life@medway.gov.uk For further details please visit www.abettermedway.gov.uk or search facebook triforyou medway

Triclub

As part of our club, you can develop your own journey to find out more about eating healthier, moving more and changing habits. Over the 12 weeks, families will work together to bring about the changes they want to make. By attending twice weekly, you will take part in family activity sessions, healthy eating and meal swap challenges, investigate your local environment and work on making the most of what you enjoy doing now. Triclub has opportunities for children aged from 5 to 12 years old.

To start your journey, call 01634 333741 or email change4life@medway.gov.uk

FitFix

Triclub also runs FitFix for young people aged between 13 and 17 years old. Fitfix is a free 12 week healthy lifestyle programme for young people aged 13-17 years who are above a healthy weight. The programme helps to improve young people's fitness as well as improving their knowledge of making healthier food and drink choices every day.

Fitfix also helps to improve confidence and self esteem in young people with group exercise sessions, well-being and cookery sessions as well as one-to-one personal training. Programmes are run across Medway in local venues. To find out more please call 01634 333741 or email change4life@medway.gov.uk

Once you have started your journey with Triforyou, you will be able to access opportunities for up to a year from completing your course. Opportunities could include 6-week activity courses with local clubs, cookery demonstrations and courses and free gym membership.

Also as part of Triforyou:

Community Food programme

Delivers support to early years, schools and the wider community to adopt food and nutrition related practices to maximise the opportunities to encourage and enable healthier eating practices.

- To support organisations to meet current food and / or nutrition related standards and develop a whole settings approach towards embedding these into routine practices.
- To deliver cookery-based healthy eating courses to build knowledge and practical skills about how to enjoy a healthy diet.
- To develop Medway Dines – localised support to food based businesses in medway building on findings from needs assessment and review in 2016.
- To support partners to achieve free school meal uptake to above 70% uptake in those years eligible.

Early Years Nutrition Service

Early Years focused service to support adopting a healthy diet from a young age.

- Delivery of Little Chef's 6-week family cookery courses across the current 8 cluster groups for children's centres. Delivered in partnership with Adult Education Family Learning team.
- Delivery of Little Food Explorers support sessions to assist with moving onto family foods once solids have been started. Practical based sessions run through current children's centres services and target 8-12month infants and families.
- Healthy Start cookery pilot – encourage greater uptake of fruit and vegetable exchanges of food vouchers and support the understanding of taking vitamins. 3 pilot currently being delivered.

Private, Voluntary and Independent child care settings Food and Nutrition programme

Supporting PVI settings and child minders to adopt the voluntary Children's Food Trust standards for food and nutrition. Network based support and training which includes self audit and quality assurance checks.