

CONNECT3



FEEL GREAT



GET ACTIVE



EAT WELL

Autumn 2011 Programme Information

Free
programmes
for all ages
0 – 19 years

For families,
parents
or
teenagers

To find out more
please ring
01977 665800

To book your place please return reply slip to:-
**Connect3, IT Training Suite, CNDH, Lumley
Street, Hightown, Castleford, WF10 5LT**
or telephone 01977 665800

change
4 life
Eat well Move more Live longer

The Mid Yorkshire Hospitals **NHS**
NHS Trust

Bringing together community and hospital services



Connect3 Junior - Top Tips For Top Tots is a parent only programme for families with children aged 5 and under

- Healthy eating ideas
- Portion sizes for tots
- Tackling fussy eaters
- Ideas to get tots active
- Eatwell plate & balanced eating

Pinmoor Children's Centre

Starts 13th September 2011
Tuesday mornings
9.30 – 11.30am for 6 weeks

Pinders Primary School
Eastmoor Road, Wakefield
WF1 3SQ

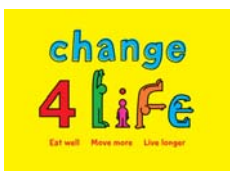
- Make healthy party food
- Supermarket tips
- Try out fruit smoothies
- Games and fun for all
- Plus much more...

Other programmes starting in September 2011

**from Children's Centres
across Wakefield District**

**Ask about our free crèche
places**

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The Mid Yorkshire Hospitals 
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Connect3 after-school for families with children aged 4 – 7 years

- For all the family
- Fun activities for children
- Healthy family sessions for adults

Normanton Common Primary School

Starts Tuesday
 13th September 2011
 From 4pm to 5.30pm
 For 11 weeks

Castleford Road
 Normanton, Nr Wakefield
 WF6 1QU

Connect3 after-school for families with children and teens aged 8+ years

- Fun family learning
- Physical activity for children
- Adults healthy family session

Minsthorpe Community College

Starts Monday
 19th September 2011
 From 4pm to 6pm
 For 10 weeks

Minsthorpe Lane,
 South Elmsall, WF9 2UJ

Denhale ARC

Starts Tuesday
 20th September 2011
 4pm - 6pm
 For 10 weeks

Denhale Avenue,
 Flanshaw, WF2 9EF

Pontefract New College

Starts Thursday
 22nd September 2011
 4pm - 6pm
 For 10 weeks

Park Lane, Pontefract,
 WF8 4QR

To book your place please return reply slip to:-
Connect3, IT Training Suite, CNDH, Lumley Street, Hightown, Castleford, WF10 5LT
 or telephone 01977 665800

Connect3 Saturday for families with children and teens aged 5+ years

- Fun family learning
- Physical activity for children
- Adults healthy family session

Featherstone Sports Centre

Saturdays TBC
9.30am – 12.00pm
For 6 weeks
Wakefield Road,
Featherstone, WF7 5AJ

This programme will run when sufficient families are booked

C3 Fit4teenz - Teenagers only

- Take charge of your health
- Physical activity
- Feel energized
- With some support from parents/carers

Featherstone Sports Centre

Starts Wednesday
21st September 2011
4.30 – 6.00pm
For 10 weeks

Wakefield Road,
Featherstone, WF7 5AJ

To book your place please return reply slip to:-
Connect3, IT Training Suite, CNDH, Lumley Street, Hightown, Castleford, WF10 5LT
or telephone 01977 665800

In addition to attending your chosen Connect3 Programme we run Connect3 Active sessions

Join our multi-game and fitness sessions for young people aged 5 – 16



We would also like your child to attend a free Connect3 Active Session each week

Sessions may not run during the holidays so please check with the contact for more info.



Multi-games & fitness

Sports and Fitness Centre
Minsthorpe Community College
(For 10 – 16 years)
Mondays 4pm - 5pm
Minsthorpe Lane South Elmsall, WF9 2UJ
For more info contact Ben at
Sports and Fitness Centre: 01977 644668



Multi-games & fitness



Lightwaves Leisure Centre
Thursdays 4pm – 5pm
Lower York Street, Wakefield, WF1 3LJ
For more info contact Debbie: 07785224731



Multi-games & fitness

Glasshoughton Centre
Mondays 4pm - 5pm
Leeds road, Castleford,
WF10 4PF

For more info contact Craig:
01977 511234

Squash

Pontefract Squash Club
Mondays 4.15pm - 5.45 pm
Stuart Road, Pontefract,
WF8 4PQ

For more info contact
Gill at the squash club:
01977 793333

Multi-games & fitness



Featherstone Sports Centre
Thursdays
4.30pm - 5.30 pm
Pontefract Road, Featherstone, WF7 5AJ

For more info contact
Jane: 07748932129



Multi-games & fitness

Knottingley Sports Centre
Tuesdays 4.45 pm - 5.45 pm
Hill Top, Knottingley, WF11 8EE

For more info contact
Kate at the sports centre: 01977 722505



To find out more:

Call: 01977 665800

Text: Healthy and your name to 64446

Visit: www.wakefielddistrict.nhs.uk/connect3



Multi-games & fitness

Kinsley Primary (J+I) School
Wednesdays 4pm-5pm
Wakefield Road, Fitzwilliam, Pontefract, WF9 5BP
For more info contact Jane: 07748932129

active 4 life