

# Top tips for top kids in 2026

This leaflet provides details of national and local resources that will help ensure your child and family eat well, stay active and maintain good health



# National resources

## Better Health for Families

Sign up at [nhs.uk/healthier-families](https://nhs.uk/healthier-families) to receive free support and action plans (including games, wallcharts and puzzles) to help you and your family eat well and move more. You can also call 0300 123 4567 or follow Better Health for Families on Facebook or X

## NHS.uk

Visit [nhs.uk/live-well](https://nhs.uk/live-well) for advice on physical activity, healthy eating and to search for services near you

## MapMe2

Visit [mapmeuk.co.uk](https://mapmeuk.co.uk) to access a tool which uses body map pictures instead of charts or child body mass index (BMI) to help you see your child's weight clearly and deliver advice on what to do next

## Online Body Mass Index (BMI) calculator

This tool allows you to check if you, your child and/or other member of the family are a healthy weight for your height

[nhs.uk/live-well/healthy-weight/bmi-calculator](https://nhs.uk/live-well/healthy-weight/bmi-calculator)



# Local information and services

## Key:

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Service available in  
Leicester only

LR

Service available in  
Leicestershire & Rutland only

LLR

Service available in Leicester,  
Leicestershire & Rutland



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Healthy Together public health (school) nurses can provide advice and support for you and your child, and can signpost to others who can also help. Contact them via your school or find out more about the service at:

[leicspart.nhs.uk/service/  
healthytogether](http://leicspart.nhs.uk/service/healthytogether)



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The Healthy Together Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting. Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

**Call: 0300 300 3001**



## ChatHealth

Available Monday-Friday, 9am-5pm (exc. bank holidays)

Parents and carers can also text a Healthy Together public health (school) nurse with questions about any aspects of their child's physical and emotional health, including healthy weight and growth. Alternatively, you can contact your local GP or practice nurse.

**If you live in Leicester text: 07520 615 381**

**If you live in Leicestershire or Rutland text: 07520 615 382**

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**Kids:**

[healthforkids.co.uk](http://healthforkids.co.uk)

**Grownups:**

[healthforkids.co.uk/grownups](http://healthforkids.co.uk/grownups)

The logo for Health for Kids, featuring the text 'Health for Kids!' in a large, white, sans-serif font. A red star is positioned between the words 'for' and 'Kids!'.

LLR

Visit the Health for Kids website, which offers health advice, interactive quizzes and games for primary school children. There's also a 'grownups' section with guidance on eating well, staying active and much more.

# Local information and services

The Leicestershire Nutrition and Dietetic Service offer FLiC, a Family Lifestyle Club. FLiC is run by Dietitians and local Council Physical Activity leaders. It is an 8-week programme (meeting once each week) for children aged 8-13 years and their families, offering support and information about weight management.

Contact the team on 0116 222 7154 or visit [lns.nhs.uk](https://lns.nhs.uk)



Leicestershire Nutrition  
and Dietetic Service



You can find recipes, information on food labels and some specific guidance for South Asian and Africa, Afro-Caribbean or Caribbean food on the Live Well Leicester website.

[livewell.leicester.gov.uk/services/eating-well](https://livewell.leicester.gov.uk/services/eating-well)

Some children also find trying or eating a variety of foods difficult, so there is some guidance to support you and your child available too.



Active Leicester encompasses a range of sports in the city. They have seven leisure centres with swimming pools and gyms; one climbing wall; one athletics track; one golf facility and several dedicated football pitches.

They have a range of services and concessionary prices available to support a child's journey into physical activity.

[leicester.gov.uk/leisure-and-culture/sport-and-leisure](https://leicester.gov.uk/leisure-and-culture/sport-and-leisure)

Playing in your local park or green space, or joining in organised activities is great for your family's health and wellbeing. Find your local park in Leicester:

[leicester.gov.uk/leisure-and-culture/parks-and-open-spaces/our-parks](https://leicester.gov.uk/leisure-and-culture/parks-and-open-spaces/our-parks)



# Local information and services

## 'Bikeability' cycle training for children

Contact the Cycle Training Coordinator by emailing  
[cycletraining@leicester.gov.uk](mailto:cycletraining@leicester.gov.uk)

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## Directories of services

You can find groups and services that can help you. Search by keyword, distance or categories

[mychoice.leicester.gov.uk](http://mychoice.leicester.gov.uk)

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Information about using walking and cycling to get where you need to be for work, school or leisure

Get updates about things happening in Leicester using the newsletters:

[choosehowyoumove.co.uk/about-us/subscribe-to-our-e-newsletters](http://choosehowyoumove.co.uk/about-us/subscribe-to-our-e-newsletters)

Track your journeys using the free BetterPoints app to earn points and redeem them for high street vouchers, or donate them to your favourite charity:

[choosehowyoumove.co.uk/betterpoints](http://choosehowyoumove.co.uk/betterpoints)

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Supports families of Leicestershire, Leicester and Rutland to get moving a little more, in their own way. Find information on how to move more in your local area including clubs and activities near you, ideas moving more at home and suggestions for building activity into daily lives:

[active-together.org/letsgetmoving](http://active-together.org/letsgetmoving)

# Local information and services



Active Together works in partnership with the local authorities and for information on local activity sessions and leisure centres then please contact your local physical activity team:

Blaby: [activeblaby.org.uk](http://activeblaby.org.uk)

Charnwood: [active-charnwood.org](http://active-charnwood.org)

Harborough: [active-harborough.org](http://active-harborough.org)

Hinckley & Bosworth: [activehb.org.uk](http://activehb.org.uk)

Melton: [meltonsportandhealth.org.uk](http://meltonsportandhealth.org.uk)

North West Leicestershire: [nwleics.gov.uk/pages/living\\_healthily](http://nwleics.gov.uk/pages/living_healthily)

Oadby & Wigston: [activeoadbywigston.org.uk](http://activeoadbywigston.org.uk)

Rutland: [activerutland.org.uk](http://activerutland.org.uk)



Offers support and guidance to help adults, children and families within Leicestershire and Rutland achieve and maintain a healthy weight.

Contact the team:

Call: 0116 305 0730

Email:

[weightmanagement@leics.gov.uk](mailto:weightmanagement@leics.gov.uk)

Website:

[leicestershirewms.co.uk](http://leicestershirewms.co.uk)



Team of caring and dedicated Health and Wellbeing Officers who work across

Leicestershire and Rutland to provide health and emotional wellbeing advice and support.



The service is available in Leicestershire and Rutland secondary schools and can provide support around healthy lifestyles.

[teenhealth.org.uk](http://teenhealth.org.uk)

