


Cyps website info update- Sept 24

[Health of Children and Young People | CYPInfo \(northyorks.gov.uk\)](http://northyorks.gov.uk)

Information overview	Link
<p>Healthy Families is a free healthy living service for families across North Yorkshire.</p> <ul style="list-style-type: none"><li>•The service helps families remotely (virtually) over a number of months to make small changes to their lifestyles, all from the comfort of their homes.</li><li>•It also signposts families to physical activity and leisure opportunities in their local area and provides information on other useful topics and support such as mental health and wellbeing, sleep, and help with the cost of living.</li><li>•The service is for children and young people aged 4-19 years (up to aged 25 years for those with SEND) who would like some help with healthy weight and lifestyles. Families must be a resident or registered with a GP practice or school in North Yorkshire.</li><li>• Families can self-refer (or professionals can refer them) by:<ul style="list-style-type: none"><li>o emailing <a href="mailto:active.health@brimhamsactive.co.uk">active.health@brimhamsactive.co.uk</a></li><li>o calling the team on 01423 556106</li></ul></li><li>o For more information please visit: Healthy families – Brimhams Active</li></ul>	<p><a href="#">Healthy families   North Yorkshire Council</a></p> 
<p>Sources of information to support families with health eating and free training available. Includes:</p> <ul style="list-style-type: none"><li>• Healthy Packed Lunch Leaflet</li><li>• Family Food Leaflet</li><li>• Cooking on a budget</li></ul>	<p><a href="#">Healthy Eating and Healthy Weight &gt; Healthy Schools North Yorkshire</a></p> <p><a href="#">Families &gt; Healthy Schools North Yorkshire</a></p>

<ul style="list-style-type: none"><li>• Talking to families about the healthy weight of a child</li></ul>	
Child Healthy Weight and Oral Health Resources PDF  Links to a range of resources to support families with healthy eating and oral health.	North Yorkshire Healthy Schools website: <a href="https://healthyschoolsnorthyorks.org">Acrobat Document.pdf (healthyschoolsnorthyorks.org)</a>