

IS YOUR CLUB UP FOR THE CHALLENGE?



Hello, my name is Cait Hall and I am the Youth Programme Director and Health Editor for the NHS Sport and Physical Activity Challenge.

We are working with Ulster GAA on a health initiative and would like to invite your club to participate in our upcoming Sports Challenge.

The Challenge looks at all aspects of health in the community with a keen focus on empowering children and preventative health in the areas of physical, nutritional and emotional health.

The Challenge has various elements. Initially we ask children aged 4-18 to complete our 12 Healthy Challenges. Each age-appropriate challenge contributes to better physical, emotional or nutritional health. This starts them thinking about their health and because we ask them to take it home, family involvement in the challenge can occur.

For this aspect of the challenge we provide an information pack detailing the background to each challenge. The information pack provides an opportunity for leaders to discuss the Challenges briefly as to why they are important with a major focus on encouraging completion of all 12 Challenges.

We advise running this Challenge across a week. We also combine the health challenges with a fundraiser, which purchases a Healthy Kit for each child and raises funds for your club. The children simply take home a sheet of fun health challenges and are sponsored for completing each one.

We have several sporting ambassadors including Olympic athletes who support our activities and are available to participate in the campaign. As discussed, there is no cost to you or any of the children taking part.

I do hope this is something you would be keen to be involved with.



Please contact Cait Hall cait@healthystaff.org.uk
or telephone 00 44 7478732166 for further details and to register your school