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**Tîm Iechyd Cyhoeddus Pen-y-Bont**

Iechyd Cyhoeddus Cymru, Cwrt y Gogledd  
Stryd Dewi, Stad Ddiwydiannol Pen-y-Bont  
Pen-y-Bont ar Ogwr CF31 3TP

**Bridgend Public Health Team**

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[www.publichealthwales.org](http://www.publichealthwales.org)

16<sup>th</sup> June 2010

Dear Colleague

You or a representative are invited to attend a One Day Child Obesity Awareness Training on Thursday 1<sup>st</sup> July 2010 at Bridgend Recreation Centre which is being coordinated by MEND (Mind, Exercise, Nutrition, Do it!).

MEND is a pilot project funded by the Welsh Assembly Government currently running in Bridgend County Borough. It is a community, family based programme for overweight or obese young children and their families with a focus on healthy eating, physical activity and behavioural change. The rising levels of childhood obesity and the resulting health consequences in later life are problems that need to be addressed. The MEND programme is an important lifestyle initiative which involves partnership working in local government, schools, Health Boards and the voluntary sector.

The training will be delivered by an experienced tutor from MEND Central and is suitable for health professionals, community practitioners and front-line staff who may come in to contact with overweight/obese children and their families. The objectives of the day are

- To provide a general overview of the issue of child obesity
- To offer practical tips on ways to explore the issue with families
- To describe MEND's successful family-based community obesity interventions
- To network and build local partnerships to respond to child obesity

Further information about MEND and a draft programme for the day is enclosed with this letter.

Numbers are limited to 30 people and places will be allocated on a first come first served basis. Please complete the attached booking form asap to reserve a place at this event or at the latest by **Wednesday 23<sup>rd</sup> June**.

Yours sincerely

Catherine Webb  
Health Promotion Specialist



**One Day Child Obesity Awareness Training  
Thursday 1<sup>st</sup> July 2010  
Bridgend Recreation Centre**

Name: .....

Title: .....

Organisation: .....

Address: .....

Telephone No: .....

Email: .....

**Please return by Wednesday 23<sup>rd</sup> June 2010**

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