

## **MEND Bridgend (Mind, Exercise, Nutrition.... Do it!)**

MEND is a community, family based programme for overweight or obese young children and their families which uses a train the trainer approach. The multi-disciplinary programme places equal emphasis on healthy eating, physical activity and behavioural change, empowering the child, building self confidence and personal development.

The MEND programme was devised by Great Ormond Street Hospital and the Institute of Child Health, University College London. Following a review of weight management programmes being delivered across the UK the MEND programme has been identified as the model of best practice. Therefore funding has been provided by the Welsh Assembly Government to pilot the programme across Wales. Eleven projects are taking place throughout Wales with ABM University NHS Trust being one. Within this area there is one project in Neath Port Talbot and one project in Bridgend County Borough.

A partnership has been established between the Active Young People Department (AYPD) of BCBC and the Dietetics Department within AMBU NHS Trust to lead the project, with the support of Bridgend Public Health Team. The phased rollout initially provides funding to run 7 MEND Programmes from 2009 to finish by March 2011. However the AYPD have been successful in achieving funding from Cymorth and LAPA (Local Authority Partnership Agreement) which will be used for a graduation phase.

The next programme for Bridgend will start in September 2010 and will be held twice weekly at Ynysawdre Leisure Centre. MEND suggests between 10 and 15 children per programme aged 7-13 and although maybe overweight or obese must not have any other conditions such as diabetes. It is essential that parents or guardians attend the programme with they're children as they attend separate sessions, e.g. food labelling, fussy eating and goals and rewards.

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