



Morelife

The power to be more you

Welcome Pack

Hello!

Welcome to the Morelife Children and Young People and Families programme.

We have created this welcome pack to give you some more information about Morelife's programme. As well as to provide you with some guidelines so that you know what to expect. If you would like this pack to be emailed to you, please contact your practitioner (see details below).

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Your Physical Activity Club Details

Venue: Summerfield School, Downley Avenue, Bradwell Common, Milton Keynes, MK13 8PG

Day & Time: Monday Evenings - 18:15-19:15

Parking: Free car park available on site

Practitioner Names: Emma Nicholls and Ivanka Yotova

Practitioner Contact Details: 07826 518366 - emma.nicholls@more-life.co.uk
07776 690954 - ivanka.yotova@more-life.co.uk

There are three important parts that make up the Morelife Children, Young People and Families programme:

- 1. 10 x 1 hour weekly fun physical activity sessions for children*
- 2. Morelife resources - ten activity packs to be completed as a whole family*
- 3. Monthly Zoom sessions for parents and guardians to understand more about healthy lifestyle topics*

Your child is welcome to continue attending the activity clubs after the 10 sessions if they wish.

All About Our Programme

Physical Activity Clubs

Our physical activity clubs are based around Adventure Therapy. This is an approach based on practical learning. This makes physical activity more fun through play and adventure. Children can develop new skills to overcome challenges, developing problem-solving skills and learn by doing. The benefits of adventure therapy help builds resilience, personal development and self-esteem.

Morelife Resources

When you bring your child to their first activity club you will be given ten fun activity packs to help your whole family make healthy lifestyle changes at home. The family activity packs consist of recipes, wordsearches, stories and many more activities.

These activity packs have two different themes running through them. Firstly, a storytelling theme is linked to each activity, you will meet different characters along the way. Secondly, they are based around experiential learning, helping your child to apply practical skills that they can use for life. Storytelling plays a critical part in a child's development, whilst experiential learning will help them to apply the skills they have learnt throughout the programme.

After each activity pack there will be a quick survey to fill in, this will give us feedback on how you are getting on with the activities so we can support you in the best way.

Zoom Sessions for Parents

You will receive monthly educational video presentations for parents and guardians via email. These videos are to help you support your family in making healthy lifestyle changes.

Facebook Group

We have a private Facebook group for parents and guardians to join for additional support. This is a great space where you can share and view recipe ideas, ways to keep active and how you are making healthy lifestyle changes. It's a supportive group where everyone encourages each other. Click [here](#) to be taken to the Facebook group.

Questionnaires

We would be grateful if you and your child could fill in the questionnaires below to help us measure their health and wellbeing.

Please fill in the two questionnaires below before your child's first session with Morelife and after attending seven sessions of our activity club. Read the instructions for each questionnaire carefully.

Questionnaire for Parent or Guardian

The first questionnaire is for you as the parent or guardian to answer regarding your child's activities. Click [here](#) to be taken to the questionnaire.

- 1. Add your child's details in, who is completing the Morelife programme. Select 'They are at the START of the programme'*
- 2. Move onto the second section put a Y for any activities they have done in the past seven days. Then fill in how many times in the week with a number, for example three days, then in the next box total numbers of hours or minutes spent. If they completed the activity at the weekend place into the Sat-Sun box and how long spent in the box next to it*
- 3. For the other boxes put an N where they have not completed the activities*
- 4. When you get to question seven you need to put the total hours spent for the week and total number for the weekend*
- 5. Then select previous page to go back to the previous page or select finish survey to complete it*
- 6. This should take you under twenty minutes to complete*

Questionnaire for Children Aged 8+

The second questionnaire needs to be filled in by your child as best they can on their own. This questionnaire only needs to be completed if your child is aged eight or above. This questionnaire is focusing on your child's thoughts and feelings.

This questionnaire is confidential and if there is a question that your child does not want to answer they can miss it out. Click [here](#) to be taken to the questionnaire.

- 1. Your child enters their details. if you are starting the programme select at the START if it's at session seven, select END*
- 2. Q3. Select one box for each sentence. Say how much you agree or disagree with each of the sentences*
- 3. Move onto the second page - Select the drop down box and select one number for each question. These questions use a scale from 0 to 10. On this scale:*
 - 0 means you feel very unhappy*
 - 5 means that you feel neither happy nor unhappy*
 - 10 means you feel very happy*
- 4. Then select previous page to go back to the previous page or select finish survey to complete it*
- 5. This should take you under 20 minutes to complete*

Please note, if you're having any problems filling these questionnaires in, let your practitioner know.

We look forward to supporting you and your family on your Morelife journey!