Go4Fun venue request information

What is Go4Fun?
- A FREE, 10 week healthy lifestyles program for 7-13 year old children above a healthy weight, and their families.
- The programs are funded by the NSW Ministry of Health, and delivered by tertiary qualified staff.

What happens at Go4Fun?
- practical, interactive healthy eating sessions.
- group activities and games for the kids.
- sessions for parents to share ideas.
- children attend with a parent/carer for every session.

Go4Fun provides all resources and staffing for the program.

We are working with a range of venues across the Nepean, Blue Mountains, Hawkesbury and Lithgow areas to provide a friendly and familiar space for eligible families to access Go4Fun. We aim to provide equitable access for interested families to all areas, by rotating program locations each school term.

If your school is interested in hosting a Go4Fun program all that we would require is a suitable space for families to meet once per week after school for 10 weeks during a school term.

Venue requirements:

- Theory session space to accommodate 35–40 people
  - Access to seating and whiteboard if possible
- Physical activity space to accommodate 10–20 people
  - Land-based physical activity space e.g. a hall, undercover/fenced outside space
- Timing options:
  - One weekday afternoon between the hours of 3:00pm – 6:30pm*
  - Or a Saturday between the hours of 8–3pm*
  - *Families attend for 2 hours within this period.

Why are schools a good fit for the program?
Schools as they provide a friendly and familiar space for eligible families to access Go4Fun and are suitable spaces to run programs COVID safe.

No cost to schools.

Promotion:
Go4Fun requests support with promoting the program to your community via your usual communication channels. Promotional material can be provided to suit your requirements. Each term upcoming local program details are sent to school email addresses for you to let families know.

Thank you for your consideration of this for your facility.

Please contact Joel (NBMLHD Go4Fun Program Manager) on Joel.Bazley@health.nsw.gov.au or 0447276636 or 47344881 to be involved.