

Bolton Start Well Service

Early Years Quality and Outcomes Team

Physical Development – Useful Websites:

Physical activity for the early Years guidance available from: www.bhfactive.org.uk

Active Young Bolton can be accessed at: www.activeyoungbolton.com

Change 4 Life available at: www.nhs.uk/change4life

Healthy Start programme can be found at: www.healthystart.nhs.uk

NHS 5 a Day www.nhs.uk/livewell/5aday/pages/5aday

Start 4 Life. Available from www.nhs.uk/start4life

Information for professionals to support you in your vital role in encouraging and supporting parents to give their babies the building blocks for a better start in life - www.nhs.uk/start4life/professionals

First Steps Nutrition Trust an independent public health nutrition charity that provides information and resources to support eating well from pre-conception to five years: www.firststepsnutrition.org



Bolton

NHS Foundation Trust



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Clinical Commissioning Group

