

## MEND success in Spelthorne

Mayor of Spelthorne, Councillor John O'Hara, recently presented certificates to six young graduates of Spelthorne's fourth MEND Scheme (Mind, Exercise, Nutrition... Do it!).

The scheme is part of a national healthy living programme for young people aged 7-13 who would like a healthier lifestyle. It is run by Spelthorne Council with funding from NHS Surrey.

**The next MEND scheme starts in September and will run twice a week in the evenings from 6-8pm at Bishop Wand School in Sunbury. The programme is free, but we will need to assess whether a child qualifies, based on their age, weight and health.**

The MEND scheme teaches young people and their parents about healthy eating alongside fun physical activity sessions and games. The scheme includes learning about food labelling, choosing healthier foods and the opportunity to experience new foods and flavours.

**i** If your child is interested in attending this scheme please contact Leisure Services on **01784 446433** or e-mail [leisure@spelthorne.gov.uk](mailto:leisure@spelthorne.gov.uk) for more information and to check eligibility.



## Spelthorne Sports Awards

The star turn at this year's Sports Awards was Spelbound, Britain's Got Talent winners who received the Special Achievement Award.

This year's Sports Awards, sponsored by Kempton Park, Benedict Ford Thorne and Nauticalia, were held in the premier suite at Kempton Park Racecourse. The awards were organised by Spelthorne Council and Spelthorne Sports Council to recognise those who have performed exceptionally well throughout the year, helped others reach their goals or shown exceptional commitment and dedication to their clubs.

Spelthorne's Surrey Youth Games teams were also recognised at the awards for their fantastic achievements at the Games. Team Spelthorne won the Fair Play award recognising good sportsmanship. The athletes had been nominated by sports organisers and officials and jointly won the award with Runnymede.

**i** For further information and details on the winners visit [www.spelthorne.gov.uk/nws\\_10\\_sportsawards](http://www.spelthorne.gov.uk/nws_10_sportsawards) or call **01784 446433**.



*The Mayor with some members of Spelbound*

Photo: Andy Nichols

## Success at the Surrey Youth Games

Team Spelthorne put in some fantastic performances at this year's Surrey Youth Games held earlier in the summer and gained ten medals including Gold medals in girls cricket, boys hockey and boys football MLD (moderate learning difficulty) before finishing in joint 5th place with Reigate and Banstead.

**i** If you want to get involved in next year's Surrey Youth Games please call **01784 446433** or visit [www.spelthorne.gov.uk/surreyyouthgames](http://www.spelthorne.gov.uk/surreyyouthgames)

## Free Swimming has ended

Free swimming for over 60s and under 16s has finished due to the withdrawal of government funding and usual prices now apply at both Spelthorne and Sunbury Leisure Centre's.

**i** For information please call Spelthorne Leisure Centre on **01784 493493** or Sunbury Leisure Centre on **01932 772287**.