



Well UK has been asked by the Devon Primary Care Trust to pilot a new project called Chrysalis. The main aim of the Chrysalis programme is to help children and their families get involved in health improvement activities that will make them become healthier and happier. There are a range of exciting activities designed to manage weight effectively, eat healthily, be independently active, and learn how to achieve the necessary changes in behaviour to stay healthy. The Chrysalis programme is a 2 year project and is now looking to work with families who live within the Exeter area who want to make lifestyle changes that can improve their health, fitness and wellbeing.

What is in the Chrysalis project?

- All families will be provided with a family mentor who will provide support and encouragement during the entire programme.
- Practical advice on healthy eating and nutrition, including cook and eat with kids only sessions.
- Exercise and activities that reflect participants interests.
- Understanding the behavioural and emotional reasons that promote eating habits
- Information and resource work book
- A “keep in touch” follow up period for 9 months after the 14 week programme has ended

Who is eligible for the Chrysalis Project?

- Families living within the Exeter area
- Families wanting to take action regarding their weight management which could impact on their health and well being in the future.
- To have at least 1 child of primary school age (under the age of 11 years)
- Commitment to stay for the length of the project.

How do I refer a family / my family?

- Complete the referral form overleaf and return to Westbank. Once the referral form is received, the participant/s will be contacted by a Chrysalis Mentor who will then arrange a convenient time to visit the whole family to undertake a confidential assessment.

How much will it cost for a family to participate in the Chrysalis Project?

- The project is being funded by the Devon Primary Care Trust. This means that there are no joining fees and it's free!



Main Contact & lead family member:

First Name: _____ Surname: _____
Telephone: _____ Mobile: _____
Email: _____ Convenient days/times to contact by phone: _____

Family Details:

Address: _____
_____ Post Code: _____

Name of GP/ Family Doctor: _____

Note for following section:

A family is recognised as a minimum of one parent, one child under 16.

Adult 1: Male / Female (please circle) First Name: _____ Age: _____ DoB: _____

Adult 2: Male / Female (please circle) First Name: _____ Age: _____ DoB: _____

Child 1: Male / Female (please circle) First Name: _____ Age: _____ DoB: _____

Child 2: Male / Female (please circle) First Name: _____ Age: _____ DoB: _____

Child 3: Male / Female (please circle) First Name: _____ Age: _____ DoB: _____

Child 4: Male / Female (please circle) First Name: _____ Age: _____ DoB: _____

How do you think your family could benefit from the Chrysalis Programme?

How did you find out about the Chrysalis Programme?

Consent:

By signing this form you are agreeing to the sharing of information between your GP and other professionals during the course of this programme. We may also ask your permission to take photographs so that they can be used for promotional and project reporting purposes.

Signature: _____ Date: _____
(on behalf of the family)

Please return this form to: Debbie Avery, Westbank, Farm House Rise, Exminster EX6 8AT
Telephone No: 01392 824752 Email: d.avery@westbankfriends.org