

Frequently Asked Questions



What does it cost? This is a free programme

What if I don't like sport? No problem. There are plenty of activities that you can do which aren't just about sport!

What are the BFKC Team like? We are all great! Well, we would say that! But in all seriousness, we are friendly, helpful and most importantly, fun! We are all fully qualified to instruct the sessions we deliver.

I am too shy/embarrassed. Don't worry! We want to make it as easy as possible for you to get involved. One of your parents has to attend the sessions with you so you will not be alone plus you will make many more



Children's Comments

"Fun! When can I do more?!"

"10 out of 10"

"I made some new friends and got to do trampolining for the first time which was good"

"I really enjoyed the sessions—I'm looking forward to coming back next week"

"The activities were different from anything I've done before"

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Barnsley Fit Kids Club (BFKC)



Barnsley Fit Kids Club

This is your first step to a healthier more positive lifestyle. This leaflet will tell you about BFKC and what's on offer for you.

What is BFKC About?

BFKC offers you and your parents/guardians the chance to talk to our team.



You will get lots of advice and information about healthy eating and being active. You will also get support to help you make changes to your lifestyle. By getting

involved in BFKC you can try out lots of different activities including sports, dance and fitness. In fact, you name it and we will try and sort it out for you! We will also give you lots of information about where to go and what to do to try other things. With the help and advice of the BFKC team, you should be able to control your weight and maintain a healthier lifestyle.

So What Happens at BFKC?

The BFKC was started in January 2007 and has been designed for young people who suffer from obesity with the aim of raising awareness of the health risks to

both sufferers and their families. The BFKC is a free programme for children aged between 8 and 16 years and is divided into the following sections:

Phase I

Phase I offers a monthly full day session for both young people and their parents which runs for a year. A paediatric dietitian and physical activity leader provide information and advice to improve dietary and lifestyle habits in a fun and interactive way.



Phase II

Phase II offers a weekly programme of one hour physical activity sessions at Holgate School on Monday evenings or at Foulstone School on Tuesday evenings. These sessions give young people and their parents an opportunity to take part in a variety of activities supervised by physical activity experts. Each session runs from 5pm to 6pm and you are welcome to attend the venue of your choice. Dates will change during school and bank holidays but you will be informed in advance of this.

Phase III

Phase III – the 360° Programme – actively encourages children and young people within the BFKC to join mainstream activities by offering unlimited access to certain sports facilities at the Barnsley Metrodome including swimming, teen gym sessions and specialist kids fitness classes, at an extremely cheap rate.



The Specialist Obesity Clinic

The Specialist Obesity Clinic is for obese children and young people between the ages of 4 and 16 who are unable to partake in physical activity due to a medical condition, physical disability or learning disability that makes it unsafe for them to be involved in exercise; or for those that need one to one attention. Due to demand, we are also referring into this clinic obese children under the ages of 8 years who are too young to qualify for Phases I and II. These sessions will be family orientated and will include an individual session with the dietitian followed by group work which will cover healthy eating, reading food labels and cooking, to name a few.

How Do You Get onto BFKC?



You can be referred onto the BFKC programme by your GP, School Nurse, Paediatrician, Dietitian or your parents can even fill in the form by contacting our dietitian (number overleaf). When we have received your completed BFKC Referral Form, we will contact you in writing to confirm you have been accepted in to BFKC and to give you all the necessary information. When you attend your first session, the BFKC team will explain the programme in more detail and answer any questions you may have.