

CHILDREN, YOUNG PEOPLE & FAMILY

Physical Activity Referral Service



Our FREE* 10-week social prescribing programme can connect children and young people aged 5-17 years to fun sports and activities in their local neighbourhood.

We can also provide your family with simple tips and advice on how to eat healthy and improve your lifestyle.

**Referrals can be made via GP, school nurse,
health professionals or self-referral
via our website referral portal**



<https://secure.refer-all.net/referrals/manchester/refer>



Any questions please email us at juniorpars@more-life.co.uk

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greater-manchester/manchester-pars/>



**MANCHESTER
CITY COUNCIL**

Morelife
The power to be more you

***Eligibility criteria applies
please check website for
details.**