

SureStart Family



■ **LET'S GET PHYSICAL:**
youngsters put through their paces by the U Can Shine team at Thongsbridge Tennis Club
Pictures by Malcolm Howarth
(1926/2/06)

CARTOON COMPETITION

THE U Can Shine project has joined forces with the Examiner to launch a super competition.

We want young people to draw full colour cartoons spotlighting a health-related topic — it could be anything from healthy eating to bullying.

We're splitting the competition into three age categories — 10-12, 12-14 and 14-16 — and the winner in each category will see their work published in the scheme booklet, win a T-shirt, a £15 JJB sports shop voucher and secure a visit to their class by the U Can Shine team.

Sent your cartoons to: U Can Shine competition, Features department, Huddersfield Daily Examiner, PO Box A26, Queen Street South, Huddersfield HD1 2TD. Entries close two weeks today. Put your name, age and school on the back of your cartoons.

The life-coaching way to ensure youngsters shine

By **HILARIE STELFOX**
Feature writer

A NEW programme to help young people in the Holme Valley become healthier and more active is adopting a novel approach — using the sort of life coaching skills usually taught to adults.

Behind the project is life coach and personal trainer Shaun Weatherhead, who has put together a six-week trial course at Thongsbridge Tennis Club.

The programme is being run in partnership with Café 100, a youth venture in Holmfirth set up six years ago with lottery funding.

Initially a group of 15 youngsters, aged between 10 and 12, chosen from among regular visitors to Café 100, are taking part in weekly exercise and coaching sessions.

Shaun is calling the project "U Can Shine" and says: "It's about giving kids a physical, emotional,



■ **MEET THE TEAM:** (from left) Shaun Weatherhead, Neil Murten, Elaine Thelier and James Hare with youngsters at Thongsbridge Tennis Club
(1926/2/06)

social and spiritual belief in their own abilities.

"Sport has been a major influence in my own life and I know it gives people a healthier mind and body so it's important to get kids involved in a physical activity. Too many of them today are spending their time watching television or playing computer games.

"The health and wellbeing of our children is fast becoming a

big issue — certainly where obesity and lack of exercise is concerned."

U Can Shine will provide motivation and support to help young people make changes to their lifestyle: tackling issues such as diet, exercise, peer pressure and self image.

Shaun has brought on board boxing champion James Hare, who is also a personal trainer, and is also working closely with

Café 100 project worker Neil Murten. The project is funding the trial programme.

"The café is run by young people for young people. It's about encouraging kids to encourage other kids: to use peer pressure in a positive way, which is something we are hoping this project will do," said Neil.

Both Neil and Shaun see U Can Shine as pro-active rather than re-active. The aim is to get young people to think about what they are doing now, what direction they would like to go in and how to achieve their goals.

"We are all aware of the issues relating to young people — drugs, lack of exercise, obesity and pressures from peer groups and the media, but what is being done about it? I want the kids to create their own programme for themselves and become role models for other groups," explained Shaun.

For further information on U Can Shine call Shaun on 07841 632023 or check out shaun@ucanshine.co.uk

Coming soon

In the month of June!

National SureStart Month

For details about events in your area, contact:

Children's Information Service on

01484 223041

or

www.kirklees.gov.uk/events

A great deal at stake on writer Darren's visit

DARREN SHAN, author of the highly successful vampire thriller books for children, is to visit Huddersfield on May 22.

The top-selling writer is to take part in a

book signing at the Children's Bookshop, Lindley, from 4pm and will later address youngsters at Rastrick High School. Darren is on a tour to promote his new book Slawter.