

LANARKSHIRE RESIDENTS MAKE 'CHOICES FOR LIFE'

Police Officers and residents across Lanarkshire are gearing up for this year's 'Choices For Life' event which takes place on Sunday 6 June 2010.

The free community event will see thousands of people flock to Strathclyde Country Park for Lanarkshire's version of the highly successful diversionary project which began eleven years ago and has since become a Scotland-wide event.

From 11am to 5pm on Sunday 6 June 2010, the Lanarkshire venue will play host to a wide range of organisations offering residents free activities and advice aimed at encouraging healthier lifestyles, diversion from drugs and alcohol, and raising awareness of sport and leisure opportunities available in the area.

Last year, over five thousand people came along to 'Choices For Life' and it's hoped that this year will be bigger and better. The activities that will be on offer include football, basketball, skateboarding, bungee trampolines, climbing walls, fitness classes, dancing, mountain biking, assault courses, gymnastics and healthy eating.

Chief Superintendent Tim Love, Divisional Commander of South Lanarkshire, fully recognises its benefits.

He said, "Our officers enjoy working at Choices for Life as it is showcase event which provides key messages to local families to enable them to lead a healthy and positive lifestyle as well as being more informed about making the right choice. The event is firmly established within the local community, and we are delighted that so many young people and their families continue to come along each year."

Chief Superintendent Graham Cairns, Divisional Commander of North Lanarkshire commented,

"Local police officers, along with other partners, have been extremely busy preparing the Choices For Life event and it really does have a lot to offer the whole community. "However, perhaps most important is that the event provides a great opportunity for our officers and partners to get valuable messages across to young people - but in a fun and interactive manner.

"It's crucial that young people are well informed and that they are empowered to think and make decisions for themselves. We want to highlight what Lanarkshire has to offer to local children and encourage them to lead a healthy lifestyle which will assist them in making the right choices at a crucial stage in their lives."

Partner agencies involved in the event include:

Strathclyde Police
North Lanarkshire Leisure
South Lanarkshire Leisure
NHS Lanarkshire
NLCSP
Liber8

Landed
Alcohol and Drug Partnership (ADP)

NOTES TO NEWS EDITORS

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