

We deliver a variety of free training courses to support primary and secondary schools, early years settings, voluntary and community organisations, youth settings, play and leisure services, and relevant business in Kensington and Chelsea, and Westminster to model high standards of practice in relation to the promotion of healthy eating and physical activity.

Please see pages 2 and 3 for our list of upcoming training sessions. We also offer in-house training for your team at a date and time convenient for you. The following training sessions are now available:

- Change4Life Healthy Eating and Nutrition (Early Years), page 11
- Change4Life Healthy Eating and Nutrition (5-11 years), page 12
- Change4Life Healthy Eating and Nutrition (12-18 years), page 12
- Change4Life Oral Health and Sugar Smart (Early Years), page 8
- Change4Life Oral Health and Sugar Smart (5-11 years), page 9
- Change4Life Oral Health and Sugar Smart (12-18 years), page 10
- Change4Life Active Play and Sleep (Early Years), page 4
- Change4Life Active Play and Sleep (5-11 years), page 5
- Change4Life Active Play and Sleep (12-18 years), page 6
- Every Movement Counts: A targeted approach for children with coordination difficulties, page 7
- Delivering an Active Curriculum, page 13

Due to COVID-19, all courses are currently being delivered virtually.

For more information please contact:

If you would like some more information or would like to arrange a session for your team, please contact:

Change4LifeTraining@healtheducationpartnership.com



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SUMMER TERM 2021

100% of those attending HEP training have Agreed or Strongly Agreed that they would recommend the training to others

MAY 2021

Change4Life: Active Play and Sleep (Early Years), page 4

Date: Wednesday 5th May

Times: 3:30pm-5:30pm

Audience: For staff working with 0-4 year olds in Kensington and Chelsea, and Westminster.

Booking (schools/ early years settings): <https://services2schools.org.uk/Event/137772>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-active-play-and-sleep-early-years-tickets-147527718377>

Change4Life: Active Play and Sleep (5-11 years), page 5

Date: Tuesday 18th May

Times: 3:30pm-5:30pm

Audience: For staff working with 5-11 year olds in Kensington and Chelsea, and Westminster.

Booking (schools): <https://services2schools.org.uk/Event/137783>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-active-play-and-sleep-5-11-year-olds-tickets-147530081445>

Change4Life: Active Play and Sleep (12-18 years), page 6

Date: Thursday 20th May

Times: 3:30pm-5:30pm

Audience: For staff working with 12-18 year olds in Kensington and Chelsea, and Westminster.

Booking (schools): <https://services2schools.org.uk/Event/137787>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-active-play-and-sleep-12-18-year-olds-tickets-147530500699>

Change4Life: Healthy Eating and Nutrition (Early Years), page 8

Date: Thursday 27th May

Times: 3:30pm-5:30pm

Audience: For staff working with 0-4 year olds in Kensington and Chelsea, and Westminster.

Booking (schools/early years settings): <https://services2schools.org.uk/Event/137798>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-healthy-eating-and-nutrition-early-years-tickets-147530911929>



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JUNE 2021

Change4Life: Healthy Eating and Nutrition (5-11 years), page 9

Date: Tuesday 15th June

Times: 3:30pm-5:30pm

Audience: For staff working with 5-11 year olds in Kensington and Chelsea, and Westminster.

Booking (schools): <https://services2schools.org.uk/Event/137801>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-healthy-eating-and-nutrition-5-11-year-olds-tickets-147532265979>

Change4Life: Healthy Eating and Nutrition (12-18 years), page 10

Date: Thursday 17th June

Times: 3:30pm-5:30pm

Audience: For staff working with 12-18 year olds in Kensington and Chelsea, and Westminster.

Booking (schools): <https://services2schools.org.uk/Event/137805>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-healthy-eating-and-nutrition-12-18-year-olds-tickets-147533150625>

Every Movement Counts: A targeted approach for children with coordination difficulties, pg7

Date: Thursday 24th June

Times: 3:30pm-5:30pm

Audience: Early Years practitioners, Reception and KS1 teachers, teaching assistants, learning mentors, sports coaches or volunteers.

Booking (schools/early years settings): <https://services2schools.org.uk/Event/138054>

Booking (organisations): <https://www.eventbrite.co.uk/e/every-movement-counts-tickets-147533638083>

JULY 2021

Change4Life: Oral Health and Sugar Smart (5-18 years), page 12

Date: Tuesday 6th July

Times: 3:30pm-5:30pm

Audience: For staff working with 5-18 year olds in Kensington and Chelsea, and Westminster.

Booking (schools): <https://services2schools.org.uk/Event/138057>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-sugar-smart-and-oral-health-5-18-year-olds-tickets-147534167667>

Change4Life: Oral Health and Sugar Smart (Early Years), page 11

Date: Thursday 8th July

Times: 3:30pm-5:30pm

Audience: For staff working with 0-4 year olds in Kensington and Chelsea, and Westminster.

Booking (schools): <https://services2schools.org.uk/Event/138058>

Booking (organisations): <https://www.eventbrite.co.uk/e/change4life-sugar-smart-and-oral-health-early-years-tickets-147536115493>



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Active Play and Sleep (Early Years)

1. When and Where

Date: Wednesday 5th May

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Cost: FREE

2. Why

“A really informative and useful training session. We will utilise many of the physical activity ideas shared within our setting”

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working in early years and community settings to deliver and oversee a range of “active play” opportunities for 0-4 year olds. Participants will learn about the UK physical activity guidelines, the importance of physically active play and how to introduce games and resources that promote active play and keep children moving.

The training will help you to:

- Communicate key messages about physical activity linked to national guidance
- Develop a repertoire of skills to support children to be physically active in appropriate environments
- Provide an understanding of the activity children need to support sensory and motor development for physical and emotional wellbeing, and later learning
- Sign-post children and families to local play and leisure opportunities

3. How

For schools / early years settings book here: <https://services2schools.org.uk/Event/137772>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-active-play-and-sleep-early-years-tickets-147527718377>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Active Play and Sleep (5-11 years)

1. When and Where

Date: Tuesday 18th May

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Staff working with 5-11 year olds in Kensington and Chelsea, and Westminster.

Cost: FREE

2. Why

“The advice on physical activity guidelines was really useful for our staff to be able to inform children and young people about the amount of activity they should be doing. The game ideas were also great for delivery of online sessions.”

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working in schools and community settings to deliver and oversee a range of “active play” opportunities for 5-11 year olds. Participants will learn about the UK physical activity guidelines, the importance of physically active play and how to introduce games and resources that promote active play and keep children moving.

The training will help you to:

- Communicate key messages about physical activity linked to national guidance
- Confidently facilitate a range of fun and creative activities to get children moving, making use of resources developed by Change4Life
- Motivate children to actively participate
- Sign-post children and families to local play and leisure opportunities

3. How

For schools book here: <https://services2schools.org.uk/Event/137783>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-active-play-and-sleep-5-11-year-olds-tickets-147530081445>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Active Play and Sleep (12-18 years)

1. When and Where

Date: Thursday 20th May

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Staff working with 12-18 year olds in Kensington and Chelsea, and Westminster.

Cost: FREE

2. Why

“The advice on physical activity guidelines was really useful for our staff to be able to inform children and young people about the amount of activity they should be doing. The game ideas were also great for delivery of online sessions.”

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working in schools and community settings to deliver and oversee a range of physical activity and ‘active play’ opportunities for 12-18 year olds. Participants will learn about the UK physical activity guidelines, the importance of physical activity and how to introduce games and resources that promote activity and keep young people moving.

The training will help you to:

- Communicate key messages about physical activity linked to national guidance
- Confidently facilitate a range of fun and creative activities to get young people moving
- Develop and support young people to take a lead role in promoting physical activity
- Sign-post young people to local active and leisure opportunities

3. How

For schools book here: <https://services2schools.org.uk/Event/137787>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-active-play-and-sleep-12-18-year-olds-tickets-147530500699>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Every Movement Counts

A targeted approach for children with coordination difficulties

1. When and Where

Date: Thursday 24th June

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Early Years practitioners, Reception and KS1 teachers, teaching assistants, learning mentors.

Cost: FREE

2. Why

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session will enable attendees to target and support children to improve their coordination skills. The programme aims to teach movement skills that better equip children for dealing with everyday situations from dressing themselves and eating to writing, all of which contribute to greater confidence and self-esteem.

The training will help you to:

- Increase understanding of the difficulties children face and the support they need to learn and move effectively
- Develop a skill set to provide a comprehensive menu of activities for sensory and motor development
- Explore strategies, environments and resources to support children reach their potential

3. How

For schools / early years settings book here: <https://services2schools.org.uk/Event/138054>

For other organisations book here: <https://www.eventbrite.co.uk/e/every-movement-counts-tickets-147533638083>

For more information, or if you have any questions, please contact:

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Healthy Eating and Nutrition (Early Years)

1. When and Where

Date: Thursday 27th May

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Cost: FREE

2. Why

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support practitioners working in early years settings to provide families with evidence-based advice about nutrition and healthy eating for children under 5 years old. It also aims to support practitioners to introduce actions that promote healthy eating and raise awareness of the local health services that are available to support families.

The training will help you to:

- Feel confident using evidence-based information regarding nutrition to help promote healthy eating messages
- Introduce actions to encourage children and families to eat healthily based on examples of good practice
- Be aware of resource and further support to help embed healthy eating messages in your setting

3. How

For schools / early years settings book here: <https://services2schools.org.uk/Event/137798>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-healthy-eating-and-nutrition-early-years-tickets-147530911929>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Healthy Eating and Nutrition (5-11 years)

1. When and Where

Date: Tuesday 15th June

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Staff working with 5-11 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working with 5-11 year olds to provide children and families with evidence-based advice about nutrition and healthy eating. It also aims to support staff to introduce actions that promote healthy eating and raise awareness of the local health services that are available to support children and their families.

The training will help you to:

- Feel confident using evidence-based information regarding nutrition to help promote healthy eating messages
- Introduce actions to encourage children and families to eat healthily based on examples of good practice
- Be aware of resources and further support to help embed healthy eating messages in your setting

3. How

For schools book here: <https://services2schools.org.uk/Event/137801>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-healthy-eating-and-nutrition-5-11-year-olds-tickets-147532265979>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Healthy Eating and Nutrition (12-18 years)

1. When and Where

Date: Thursday 17th June

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Staff working with 12-18 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working with 12-18 year olds to provide young people with evidence-based advice about nutrition and healthy eating. It also aims to support staff to introduce actions that promote healthy eating and raise awareness of the local health services that are available to support young people and their families.

The training will help you to:

- Feel confident using evidence-based information regarding nutrition to help promote healthy eating messages
- Introduce actions to encourage young people to eat healthily based on examples of good practice
- Be aware of resource and further support to help embed healthy eating messages in your setting

3. How

For schools book here: <https://services2schools.org.uk/Event/137805>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-healthy-eating-and-nutrition-12-18-year-olds-tickets-147533150625>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Oral Health and Sugar Smart (Early Years)

1. When and Where

Date: Thursday 18th July

Format: Interactive online training via Zoom

Times: 3:30pm – 5:00pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Cost: FREE

2. Why

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support practitioners working in early years settings to provide families with evidence-based advice about oral health, healthy eating and reducing sugar for children under 5 years old. It also aims to support practitioners to introduce actions that promote oral health and sugar reduction and raise awareness of the local health services that are available to support families.

The training will help you to:

- Feel confident using evidence-based information regarding oral health to help promote key messages
- Introduction actions that promote oral health and support families to reduce the amount of sugar in their diet
- Be aware of resources and further support to help embed oral health and sugar smart messages in your setting

3. How

For schools / early years settings book here: <https://services2schools.org.uk/Event/138058>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-sugar-smart-and-oral-health-early-years-tickets-147536115493>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Oral Health and Sugar Smart (5-18 years)

1. When and Where

Date: Tuesday 6th July

Format: Interactive online training via Zoom

Times: 3:30pm – 5:00pm

Audience: Staff working with 5-18 year olds in Kensington and Chelsea, and Westminster.

Cost: FREE

2. Why

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working with 5-18 year olds to provide children, young people and families with evidence-based advice about oral health, healthy eating and reducing sugar. It also aims to support staff to introduce actions that promote oral health and sugar reduction and raise awareness of the local health services that are available to support children and their families.

The training will help you to:

- Feel confident using evidence-based information regarding oral health to help promote key messages
- Introduction actions that promote oral health and support children and families to reduce the amount of sugar in their diet
- Be aware of resources and further support to help embed oral health and sugar smart messages in your setting

3. How

For schools book here: <https://services2schools.org.uk/Event/138057>

For other organisations book here: <https://www.eventbrite.co.uk/e/change4life-sugar-smart-and-oral-health-5-18-year-olds-tickets-147534167667>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Delivering an Active Curriculum

1. When and Where

Date: Available as an in house session. Please contact us to arrange a date and time.

Format: Interactive online training via Zoom

Times: 2 hours

Audience: Primary and Secondary school staff.

Cost: FREE

2. Why

Training Overview:

A free, new Change4Life service is now available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This course will enable participants to integrate physical activity effectively within the school curriculum. Participants will learn about the physical activity guidelines and the role in which schools and educational settings can play in supporting young people to be more active. There will be a range of resources shared, to be used within classrooms, assemblies, playgrounds and more. Participants will get the chance to practise facilitating some examples of these resources within the session.

The training will help you to:

- Use a whole school approach to contribute towards children achieving the national recommended guidelines for physical activity
- Embed physical activity within teaching and learning, including ideas for active lessons and assemblies
- Understand how physical activity enables learning and achievement across the curriculum
- Use a toolbox of resources to create a more physically active curriculum

3. How

To Book: Contact Change4LifeTraining@healtheducationpartnership.com to arrange a session for your team.

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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