

Neighbourhood Projects

Neighbourhood projects aim to involve all members of the community to create a local campaign to improve the physical and emotional health and wellbeing of children, young people and families within wards across Kensington and Chelsea and Westminster.

Get Involved

To find out more about Neighbourhood Projects and the training and skills you could gain, please contact us:



www.family-action.org.uk/change4lifeservice

Change4LifeNeighbourhoods@family-action.org.uk

020 8960 0744

Workforce Training

Workforce training is available to staff working with children, young people and families. The training aims to support staff to create happy and healthy settings in which children and young people can live, learn and play.

Examples of training available:

Change4Life Active Play and Sleep, Healthy Eating and Nutrition, Oral Health and Sugar Smart.

Get Involved

To see what training is available, training dates, booking information, or if you would like to book an in-house or virtual training session for your staff team please contact us:

www.family-action.org.uk/change4lifeservice

Change4LifeTraining@healtheducationpartnership.com



Change 4Life Service



What we do

We understand that ensuring we are eating well and keeping active and healthy isn't always easy, making changes to our lifestyles can feel challenging or daunting for us all.

The Change4Life Service is here to support expectant parents, children, young people, families, communities and professionals across Kensington and Chelsea and Westminster to find enjoyable ways to eat well, keep active, feel good and be healthy and happy in the communities where they live learn and play.

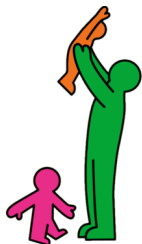
Visit: www.family-action.org.uk/change4lifeservice to find out more about the wide range of services we offer. Please read on to find out about our free services available.

Clubs

Our Change4Life Healthy Lifestyle clubs provide six-week programmes to expectant parents, children, young people and families in Kensington and Chelsea and Westminster. Club sessions will focus on healthy eating, physical activity and sleep to support families in eating well and keeping active.

Start4Life Clubs

For expectant parents. Focusing on simple, enjoyable and achievable ways to include physical activity and healthier eating into their everyday lives.



Change4Life Mini Clubs

For 0-4 year olds to attend together with parents/carers. Focusing on simple, enjoyable and achievable ways families can include physical activity and healthier eating into their everyday lives.



Change4Life Kids Clubs

For 5-11 year olds to attend together with their parents/carers. Focusing on simple, enjoyable and achievable ways families can include physical activity and healthier eating into their everyday lives.



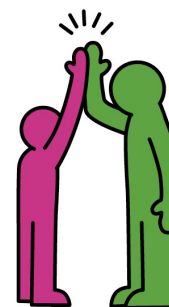
Young People's Health

Promotion Service

For 11-19 year olds (up to 25 for anyone with special educational needs or disabilities). Focusing on simple, enjoyable and achievable ways young people can include physical activity and healthier eating into their everyday lives.

Coaching

The Change4Life coaching scheme supports children and young people to achieve and maintain a healthy weight. The service offers specialist nutrition and physical activity advice as well as motivational support to help children, young people and their families make positive lifestyle changes.



Get Involved

To find out more about Change4Life clubs and Coaching, please complete an enquiry form on our website or contact us:

www.family-action.org.uk/change4lifeservice

Change4LifeService@family-action.org.uk

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