

Throughout the summer our **Change4Life Healthy Lifestyle Clubs** will provide free four-week programmes to support families in eating well and keeping active. They are open to expectant parents, children and young people 0–19, or up to 25 years with a special educational need or disability, **who either live in Westminster and Kensington and Chelsea or are registered at schools, Children’s Centres or GPs in either of the boroughs.**

Please see below for further details about our current club offer with booking details on page 2.

## Start4Life Club (Expectant Parents)



“Discover and share different ideas to eat well and move more in pregnancy and beyond”

**For:** Expectant parents and their partners who live in or are registered with a GP in Kensington and Chelsea or Westminster.

**What:** Focusing on simple, enjoyable, and achievable ways to include physical activity and healthier eating into their everyday lives. The club supports expectant parents and birth partners to feel good through exploring themes such as healthy eating, physical activity, vitamins and supplements habits during pregnancy and in preparation for birth.

### Where and When:

Wednesdays 4<sup>th</sup> – 25<sup>th</sup> August, 1.30-2.30pm at Queen’s Park Children’s Centre, 88 Bravington Road, W9 3AL  
Thursdays 5<sup>th</sup> – 26<sup>th</sup> August, 10-11am at Cheyne Walk Children’s Centre, 10 Thorndike Close, SW10 OST

## Change4Life Mini Club (0-4 years)

“Come and uncover those ‘Sneaky Sugars’ as well as fun activities for you and your child”

**For:** Children aged 0-4 years and their parents/carers who live in or are registered with a GP or attend a school in Kensington and Chelsea and Westminster.

**What:** Focusing on simple, enjoyable, and achievable ways families can include physical activity and healthier eating into their everyday lives. We explore themes such as weaning, healthy eating, physical activity, oral health, vitamins and supplements and sleep.



### Where and When:

Tuesdays 27<sup>th</sup> July – 17<sup>th</sup> August, 10-11am at Queen’s Park Children’s Centre, 88 Bravington Road, W9 3AL  
Thursdays 5<sup>th</sup> – 26<sup>th</sup> August, 10-11am at Cheyne Walk Children’s Centre, 10 Thorndike Close, SW10 OST



Eat well

Move more

Live longer

## Change4Life Kids Club (5-11 years)



“Come and discover how to be a Heart Rate Detective!”

**For:** Children aged 5-11 years and their parents/carers who live in or are registered with a GP or attend a school in Kensington and Chelsea and Westminster.

**What:** Focusing on simple, enjoyable, and achievable ways families can include physical activity and healthier eating into their everyday lives. The club provides children with engaging and fun activities which support the child’s relationship with healthy eating, physical activity, wellbeing, oral health, sleep and screen time.

### Where and When:

Mondays 2<sup>nd</sup> – 23<sup>rd</sup> August, 2-3.30pm at The Abbey Centre, 34 Great Smith Street, SW1P 3BU

Tuesdays 3<sup>rd</sup> – 24<sup>th</sup> August, 2.30-3.30pm at Venture Centre Adventure Playground, Wiltshire Close, SW3 2NS

Thursdays 5<sup>th</sup> – 26<sup>th</sup> August, 3-4pm at Venture Centre, 103a Wornington Road, W10 5YB

## Young People’s Health Promotion Club (11-18 years, or up to 25 years for those with a special educational need or disability (SEND))

“Come and tell us what you need to support you to eat well, move more and feel good!”

**For:** Children and young people aged 11- 19 years (up to 25 with SEND) who live in or are registered with a GP or attend a school in Kensington and Chelsea and Westminster.



**What:** Focusing on simple, enjoyable, and achievable ways young people can include physical activity and healthier eating into their everyday lives. The club works closely with young people to design and develop a service that provides them with achievable and realistic ways to include physical activity, healthier eating, sleeping better and reducing screen time in their everyday lives.

### Where and When:

Mondays 2<sup>nd</sup> – 23<sup>rd</sup> August, 2-3.30pm at The Abbey Centre, 34 Great Smith Street, SW1P 3BU

Tuesdays 3<sup>rd</sup> – 24<sup>th</sup> August, 4.30-5.30pm at Venture Centre Adventure Playground, Wiltshire Close, SW3 2NS

Thursdays 5<sup>th</sup> – 26<sup>th</sup> August, 5-6pm at Venture Centre, 103a Wornington Road, W10 5YB

## Booking Details and More Information

If you would like to refer a person or family that you support to our clubs, please [complete an online enquiry form](#) or download it here: [Word](#) / [PDF](#)

Please note, individuals/families can also enquire themselves via the website:

[www.family-action.org.uk/Change4LifeService](http://www.family-action.org.uk/Change4LifeService)

Alternatively, please call us on 020 8960 0744 or email us at [Change4LifeClubs@family-action.org.uk](mailto:Change4LifeClubs@family-action.org.uk) to find out more.



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