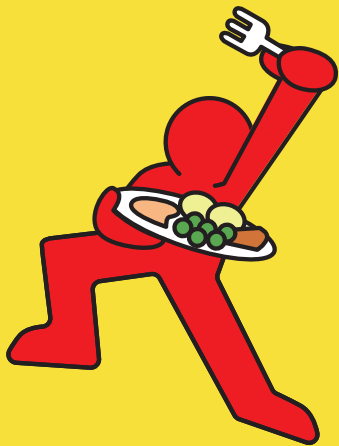


change 4 life

Service



City of Westminster



THE ROYAL BOROUGH OF KENSINGTON AND CHELSEA

## 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.

Please read on to find out about the free service we offer and visit [www.family-action.org.uk/change4lifeservice](http://www.family-action.org.uk/change4lifeservice) for further information.



## Coaching

The Change4Life coaching scheme is to support 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 visit our website or contact us:

[www.family-action.org.uk/change4lifeservice](http://www.family-action.org.uk/change4lifeservice)

[change4lifecoaching@family-action.org.uk](mailto:change4lifecoaching@family-action.org.uk)

020 8960 0744



## Clubs

Our Change4Life Healthy Lifestyle clubs provide five-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. Focusing on simple, enjoyable and achievable ways families can include physical activity and healthier eating into their everyday lives.

**Start4Life Groups (For expectant parents)**

**Change4Life Kids Clubs (For 5–11 year olds to attend together with their parents/carers)**

**Change4Life Mini Clubs (For 0–4 year olds to attend together with parents/carers)**

**Young People's Health Promotion Service (For 11–19 year olds (up to 25 for anyone with special educational needs or disabilities)**



## Neighbourhood Projects

Neighbourhood projects aim to involve all members of the community to create a local movement 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](http://www.family-action.org.uk/change4lifeservice)

[change4lifeneighbourhoods@family-action.org.uk](mailto: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.healtheducationpartnership.com/change4life-training](http://www.healtheducationpartnership.com/change4life-training)

[change4lifetraining@healtheducationpartnership.com](mailto:change4lifetraining@healtheducationpartnership.com)

