



change 4 life



Neighbourhood Projects 2024-2025 Impact Report

Dalgarno - Earl's Court – Queens Park



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

About this report

- The purpose of this report is to provide a summary of the Change4Life Neighbourhood Projects, focusing on a review and impact of projects delivered in 2024-2025.
- Overview:
 - Neighbourhood Projects Aim and Objectives
 - Ward Selection
 - Ward key outcomes summary
 - Activity and outcomes by ward



Change4Life Neighbourhood Projects

Aim:

To co-produce a **health initiative** that will benefit local families most at risk of ill health

- To **co-deliver** the health initiative with local partners – now till summer 2025
- To look at **sustainability** of the initiative
- To increase **signposting** and referrals to C4L Service as well as other local services

Resources:

- Your engagement, commitment, local knowledge, staff time
- Public Health budget - **£5000**

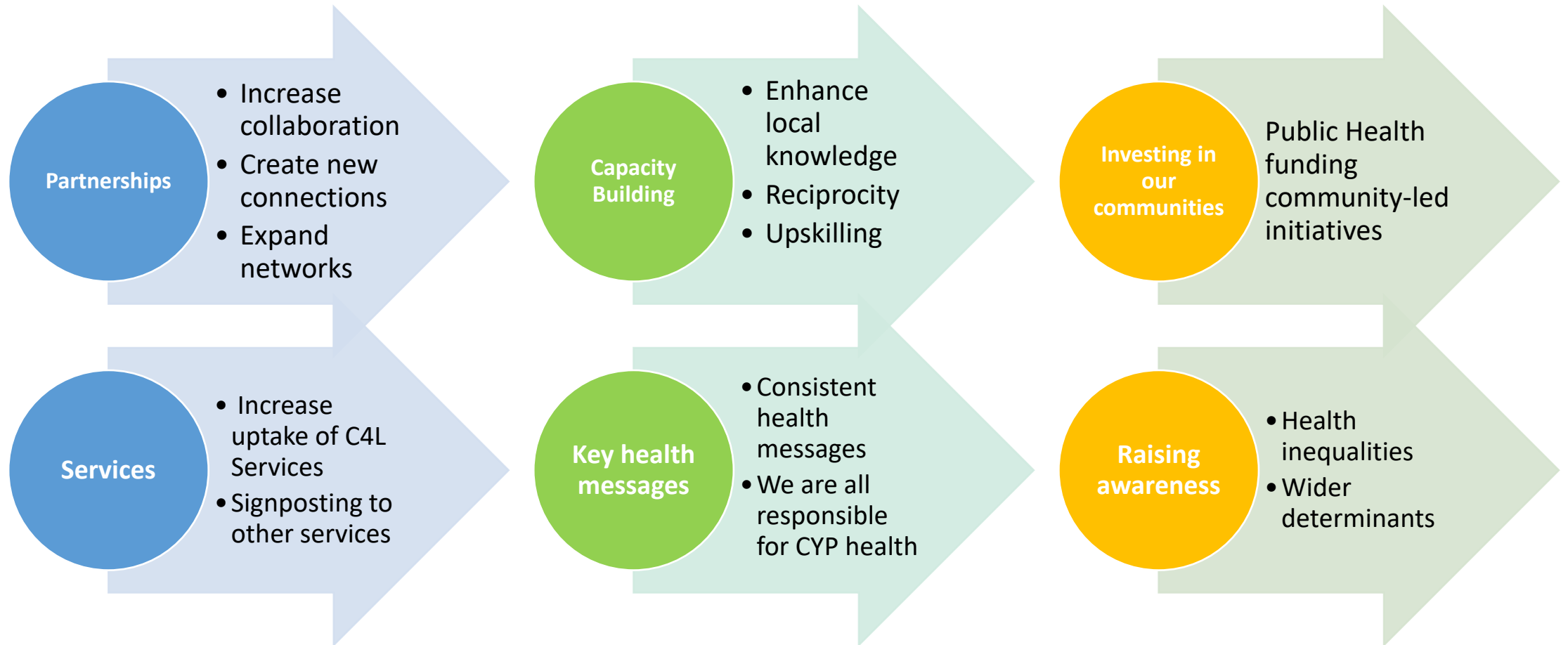


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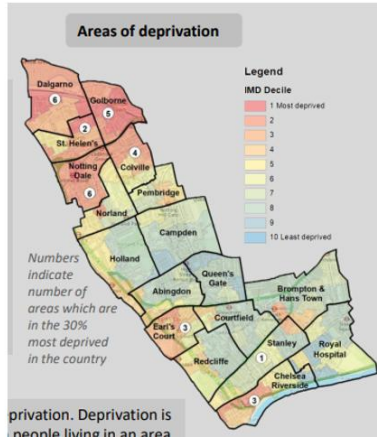
Change4Life Neighbourhood Project Outcomes



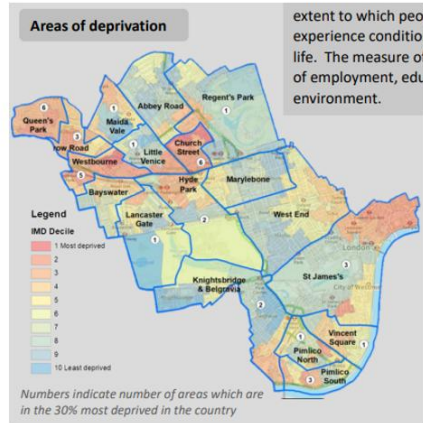
Selected Neighbourhoods 2024-2025

BI BOROUGH STATISTICS

KENSINGTON AND CHELSEA



WESTMINSTER



England – 21.3% of reception and **36.6%** year 6 children are overweight and obese
London – 20% of reception and **38.8%** of year 6 children are overweight and obese

Boroughs	RBKC		WCC
	17.9% Reception children are overweight and obese 37.4% Y6 children are overweight and obese		22.8% Reception children are overweight and obese 43.7% Y6 children are overweight and obese
Wards	Dalgarno	Earl's Court	Queens Park
NCMP data Reception children overweight or obese	27.6%	14.3%	26.2%
NCMP data Year 6 children overweight or obese	44.2%	36.8%	43.3%
Deprivation	High levels of deprivation with links to poorer quality of living.		

Health and wellbeing in Dalgarno

Demographics

- 7,211 residents 45.8% from a BAME background
- 25% are under 18, 14% are aged 65 years
- Men have a life expectancy of **76.17th** /18 in the borough. Women have a life expectancy of **84.17th** /18 in the borough
- 77.9% Main language is English. Polish then Arabic are the next most common languages

Social situation

- 35% of households are 1 person, 24% are one-family households and 41% are other household types
- 64.6% of properties are socially rented
- 24.1% of properties are overcrowded
- 381 of acts of Violence against the person were recorded in 2023
- 628 residents are digitally excluded in 2020
- 36.3% of work aged residents are economically inactive (retired, providing care, students or unable to work due to ill-health)
- 4.9% are Unemployed
- 20.3% of residents assessed their day-to-day activities as limited by long-term physical or mental health conditions

Health

- In the ward only 9% have been diagnosed with a GP as obese
- 16% residents are diagnosed with Anxiety
- 2% residents are diagnosed with a learning condition (COPD)
- 7.2% of babies are born with a low birth weight
- 7% residents are diagnosed with Diabetes
- 12% residents are diagnosed with Depression
- 7% residents are diagnosed with Asthma
- 5.2% of residents consider themselves in bad health while 1.8% consider themselves in very bad health

Assets

- 2 GP Surgeries
- 1 primary schools
- 2 hospitals / Specialist centres
- No secondary school/s
- 2 Pharmacies
- 1 higher education establishment/s
- No leisure centre/s
- No library
- 1 Church/s
- no Mosque/s
- no Synagogue/s
- no Temple/s
- 3 NHS or Private dentists

Environment

- 6 Restaurants and Cafe's and 3 Fast Food outlets (eg. takeaways)
- 5 Park, Play space or recreational ground
- 2 Formal Gardens (London squares and defined landscaped areas)
- Borough overviews can be found [here](#)

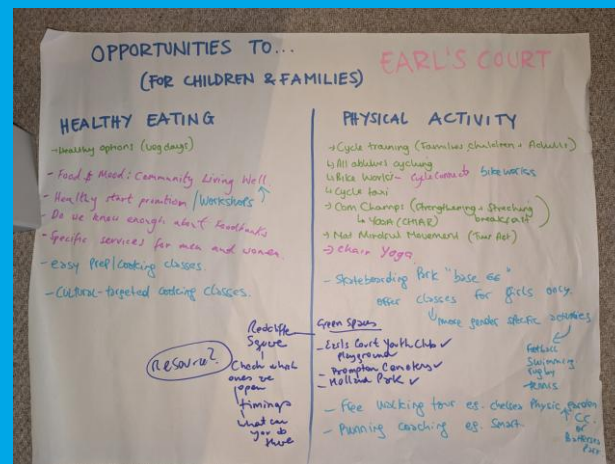
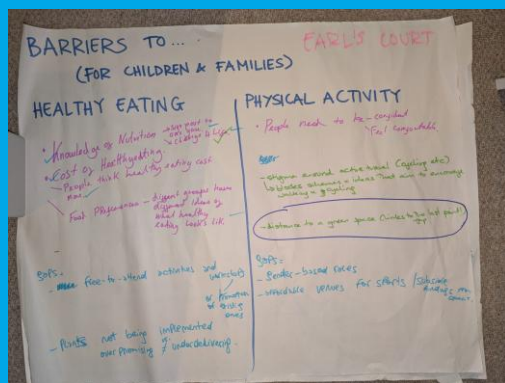
"The atmosphere has, over time, become more cosmopolitan and trendier pop up establishments have made themselves felt"

© 2024



Selecting the priorities

1. Understanding the area and community:
 - Joint community assets map
 - Celebrate what works well in our community
2. Understanding /co-design:
 - Carousel activity – opportunities, gaps and barriers
 - Group voting on top priorities
 - Action planning



Overview of Neighbourhood Projects 2024-2025 priorities

Dalgarno (RBKC North)

1. Swimming lessons for all - targeting women's only and children (including SEND))
2. Access to affordable healthy foods

6 meetings, active:
26 organisations
59 participants

Earl's Court (RBKC South)

1. Community Cooking Workshops
2. Active Travel – Local Walks
3. EC Re-development

6 meetings, active:
12 organisations
45 participants

Queens Park (WCC)

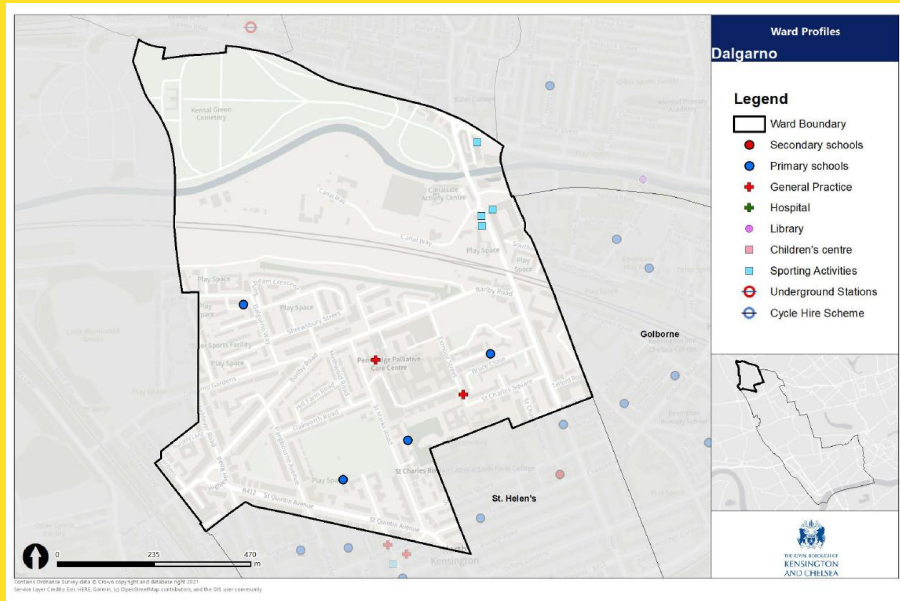
1. Community Safety
2. Free Swimming for all (targeting women's only)
3. Access to Affordable and Healthy Food

6 meetings, active:
17 organisations
42 participants

Dalgarno

Top priorities:

1. Swimming lessons for all (targeting women's only sessions and children (including SEND))
2. Access to affordable healthy foods

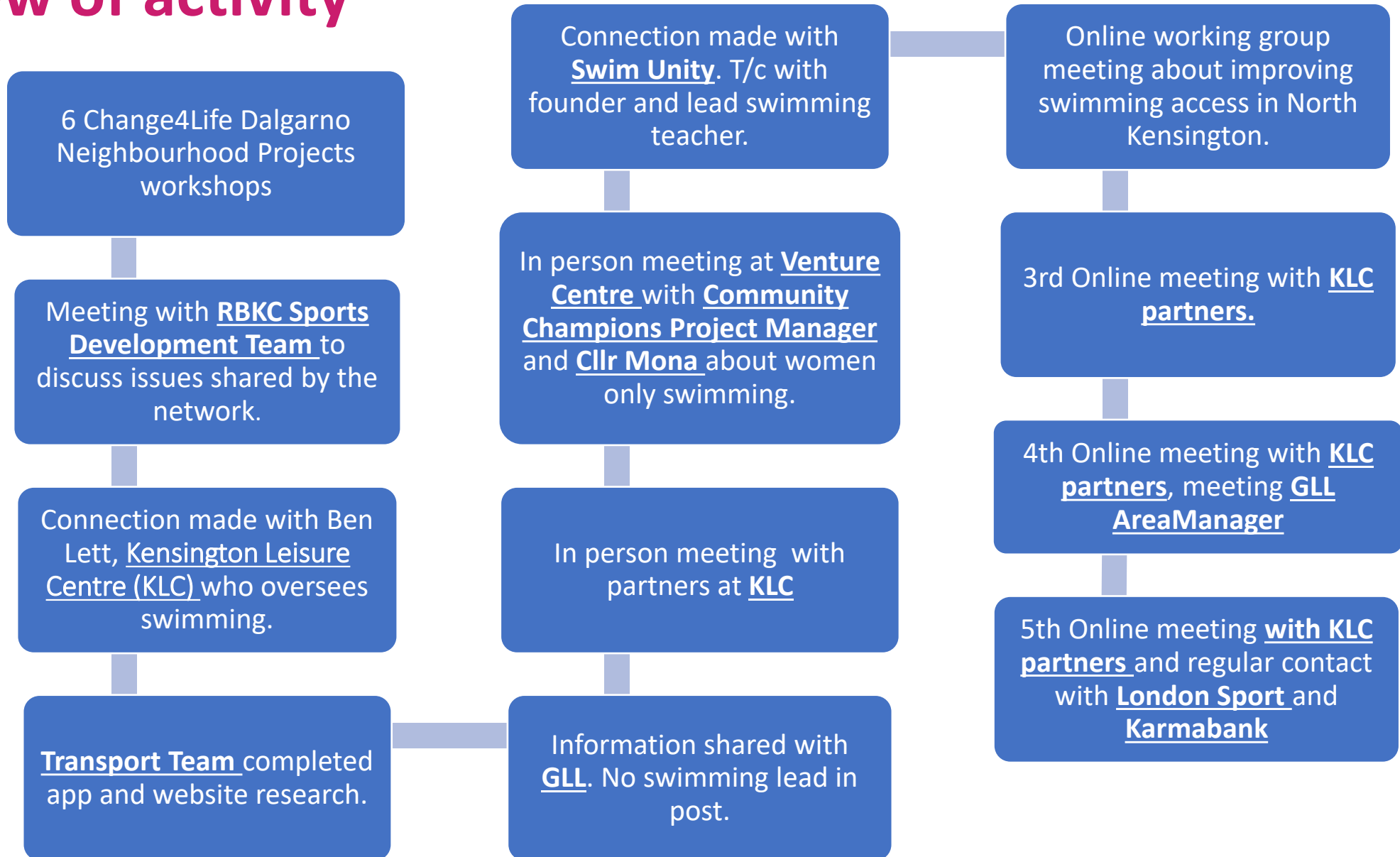


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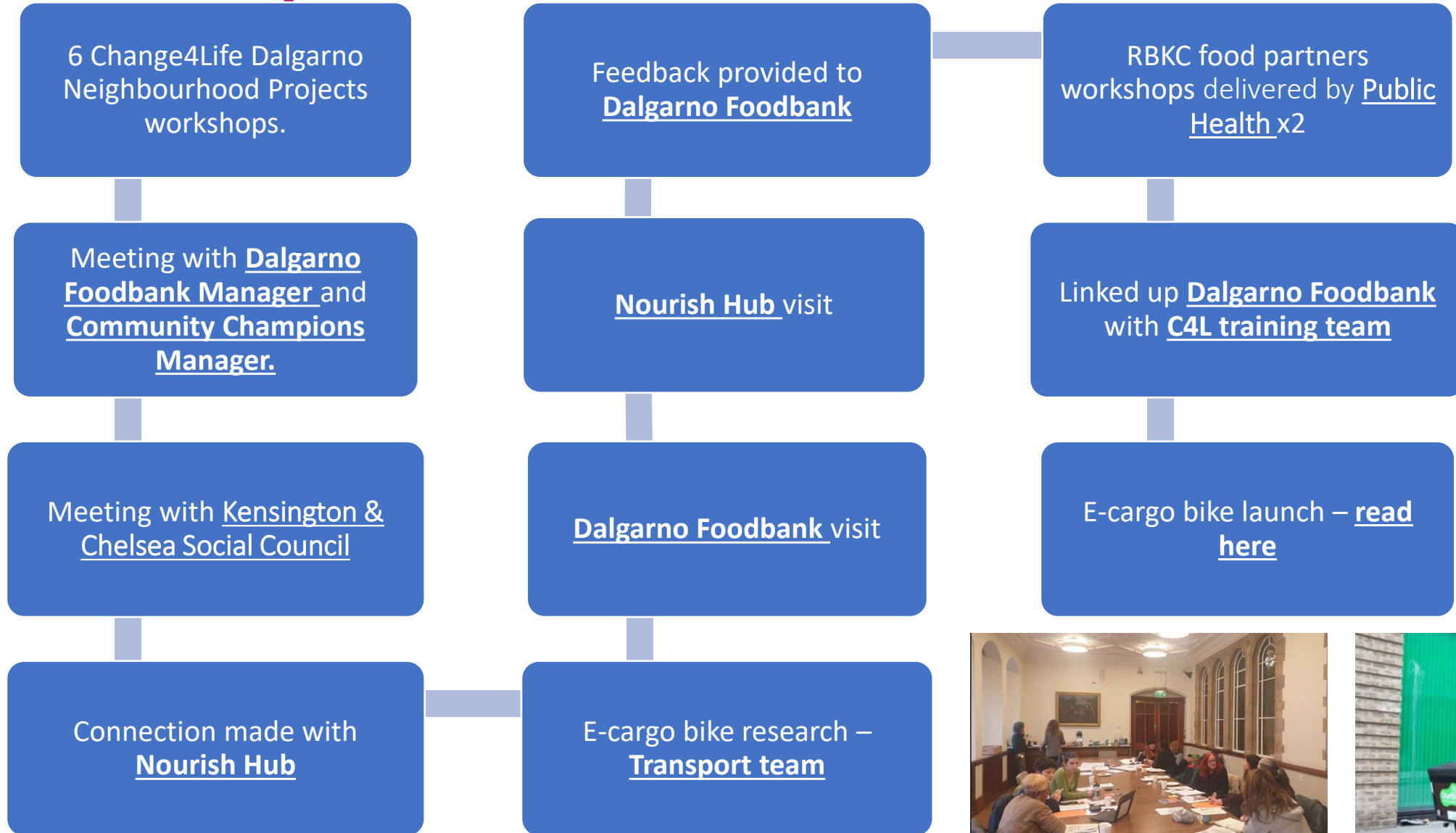


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Dalgarno Swimming Women and children (including SEND) – overview of activity



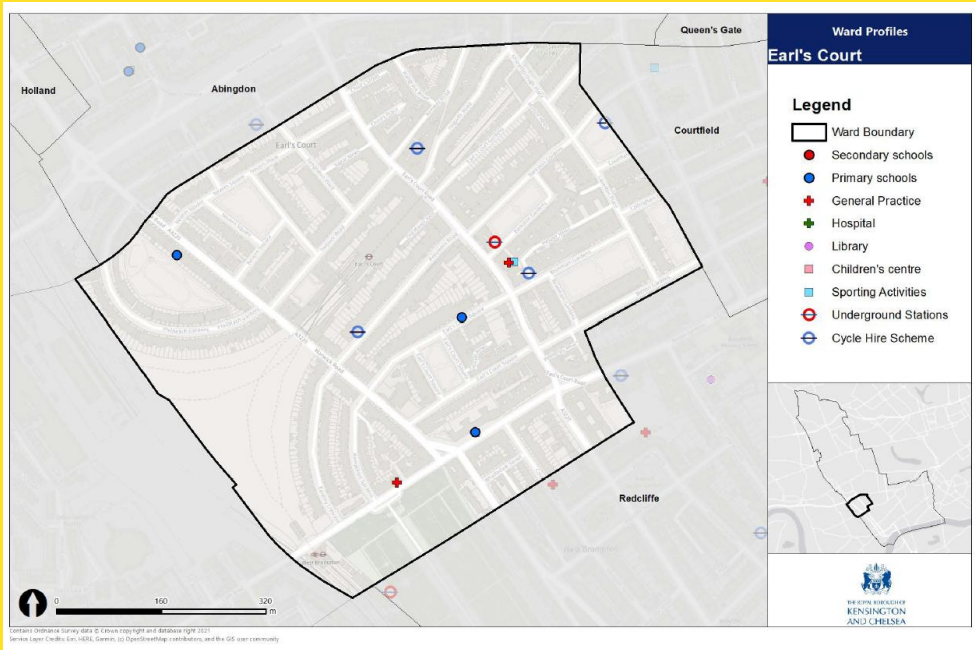
Dalgarno access to affordable healthy foods - overview of activity



Earls Court

Top priorities:

1. Community Cooking Workshops
2. Active Travel – Local Walks
3. EC Re-development



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Earl's Court cooking club

The aim of the sessions was to provide a safe, fun and inclusive environment where families could explore the world of cooking together, gaining new skills and confidence in preparing healthy, delicious meals.

- **5 sessions delivered with 7-8 volunteers each session**
- **5 partners actively engaged with the co-design and co-delivery**
- **33 participants**

Feedback:

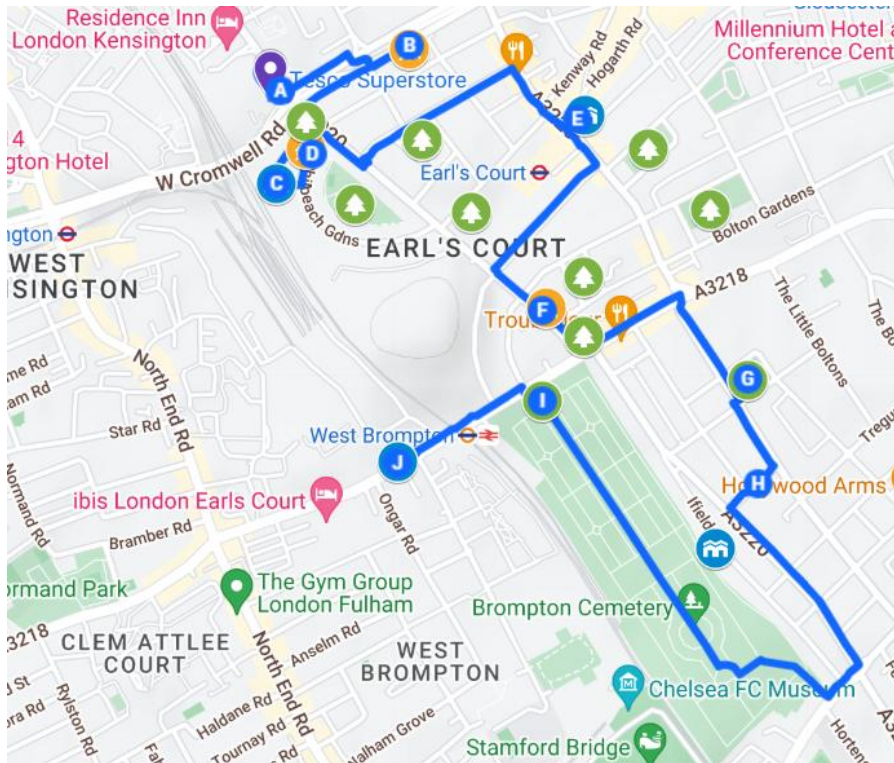
- 70% of parents said their child had learnt new cooking skills.
- 61% reported an increased interest in food.
- 51% said their child showed a greater willingness to try new foods and 52% reported an improved understanding of healthy eating.
- 100% felt more confident and better able to enjoy cooking with their child.
- 91% parents reported feeling inspired to try out new ingredients and flavours at home.
- 85% also noted that they had gained a broader awareness of nutritious and appealing recipes.



“The session today was very nice, my son had a great time, and he was excited, and he tried new food.” - Parent

Earl's Court Walks

1. Change4Life and Transport Team led two walkabouts around Earl's Court for the partners to enhance local knowledge of Earl's Court area, see green spaces and do a physical activity together with input from Sports and Activity Officer, RBKC Sports and Leisure Team. We completed the clean air survey as well.



- A Tesco Superstore
- B Snowflake School
- C Refettorio Felix at St Cuthbert's Centre
- D LEYF - Earls Court Nursery & Pre-School
- E 181a Earls Ct Rd, London SW5 9RD, UK
- F St Cuthbert with St Matthias Primary School
- G Redcliffe Square Gardens
- H 6 Redcliffe St, London SW10 9DS, UK
- I Brompton Cemetery
- J Conversation Corner (26 Lillie Rd)



Earl's Court Walks

2. Early Years walk to Holland Park

- Led by Change4Life and Earl's Court Community Champion Project Manager.
- **6 mums** and **8 children** attended – **18 people** all together including the 2 organisers and 2 Community Champions.
- The Community Champions followed up with Change4Life directly to set up Rhyme and Move training for the team.

3. Walk and Zumba for the older adults in Earl's Court

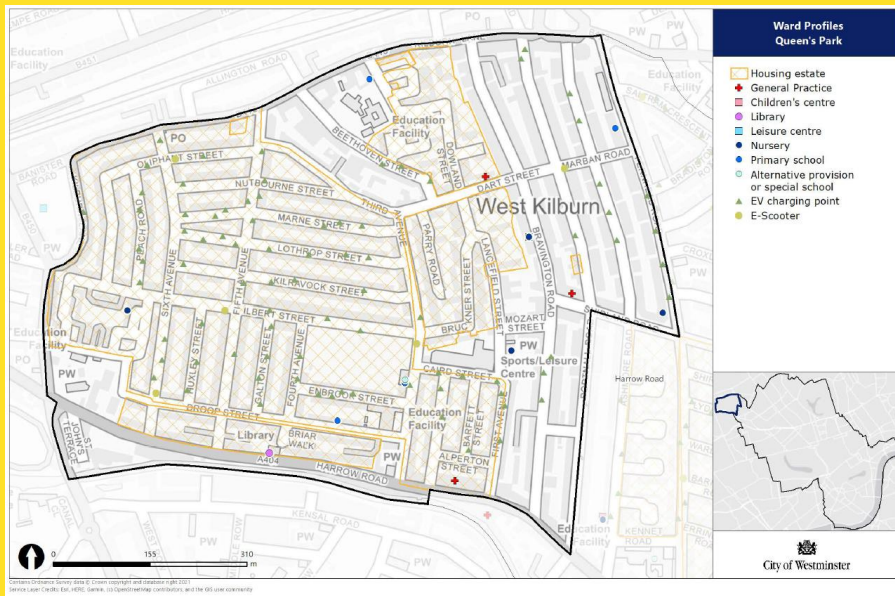
- Led by Public Health, RBKC Sports and Leisure team and Community Champions
- **23 participants**
- A gentle walk around Holland Park, with time to chat and enjoy the surroundings with refreshments provided afterwards.
- The aim was to offer something for everyone – movement, connection, and community.
- The event was designed to be inclusive and accessible, and we encourage residents to join in whatever way feels comfortable.



Queens Park

Top priorities:

1. Community Safety
2. Free Swimming for all
3. Access to Affordable and Healthy Food



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Swimming access for women, girls and children

- Meetings with Moberly management and Active Westminster
- Feedback gathered by community champions shared with management
- Female only lifeguard training and swimming teacher training promoted



Female Only LifeguardNPLQ
Course at Porchester Centre –
Sign Up by 10th June!

[READ MORE »](#)

21 May 2025



Swim for Free in Westminster

[READ MORE »](#)

21 May 2025

Queens Park community safety

WOMEN'S SELF-DEFENCE
Practical 1 Hour Self-Defence Sessions for Women Only!!
Led by a female professional martial artist

YOU WILL LEARN:

- Body language, Assertiveness, and De-escalation Tactics
- Distance Control and Exits
- Simple Blocks and Effective Strikes
- Breakaway Techniques
- Self-Defence Law and How To Improve Personal Safety

WEAR COMFORTABLE SPORTS CLOTHING. NO JEWELLERY.

EVERY WEDNESDAY **TIME:**
10, 17, 24 September 10:30am - 11:30am
and 1, 8, 15, 22 October Please arrive at 10:15am to sign in
(Be prompt! Late arrivals who miss the safety briefing will be unable to join the class)

LOCATION: St Jude's Community Hall, Queens Park, 67 Ilbert St., London W10 4QL

To sign up please complete the registration form following the QR code:

Priority will be given to those living in Queens Park.

Any questions?
Contact Change4Life Service: 020 8960 0744



- Self-defence trial class attended at Jisso Academy
- Followed by self-defence focus group attended by 8 women
- 6-week women's only course delivered by Joanna
30 women registered, 16 attended, average age 43

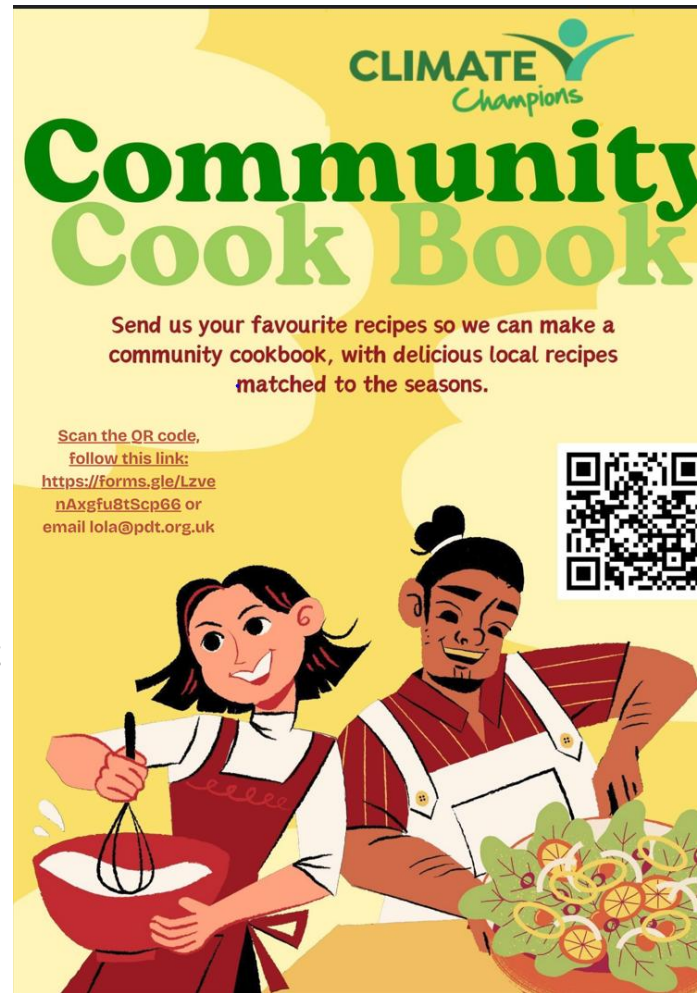
A total of 37 post-session evaluations were collected:

- **86%** of participants felt safer in everyday situations after the course.
- **95%** felt more confident in their ability to protect themselves.
- **100%** of participants would recommend the course to a friend.
- The feedback on the instructor's knowledge, teaching style, and workshop structure was overwhelmingly positive, with average ratings of **4.8-5** out of 5 for all elements.
- However, when it comes to apply the self-defence moves, more repetition is required for women to feel confident – average score **3.6 out of 5**.
- More sessions, longer duration requested by most women

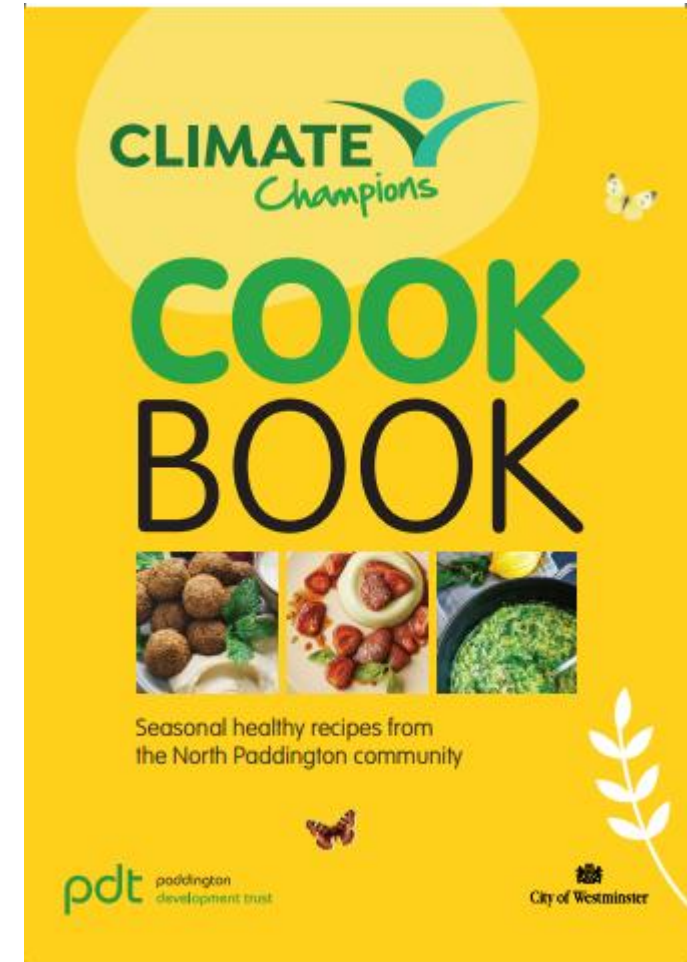
Participants highlighted the practical nature of the course, especially the hands-on techniques and drills. The sense of personal safety and empowerment gained through female only physical activity was a major draw. The women loved the instructor.

Affordable food offer

- Mapping
- Connecting with Granville Community Kitchen, Avenues and North Paddington Food bank.
- Community CookBook - Change4life provided a generic foreword about making healthy choices and a healthy second course and how to make changes for different people e.g. coeliac disease. We also promoted the cooking recipe campaign and cookbook.
- Meeting with Be Active Campaign, NPT Team
- 2 NPT Networking lunches attended



[Final-cookbook-PDF.pdf](#)



Healthier Choices from Michelle, Change4Life registered dietitian

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Change4Life supports children, young people and their families across Kensington and Chelsea, and Westminster to be healthy and happy in the communities where they live, learn and play. The programme aims to help families make small, sustainable yet significant improvements to their diet.

- A great second dish is plain unsweetened yogurt with fruit or you could have a simple starter instead such as carrot sticks and hummus or low fat cream cheese - a great way to add in an extra portion of fruit/vegetables
- When including fats in recipes -

tofu or egg with every meal

- For people with Coeliac disease and who need gluten free, check stock cubes and cereals for suitability. There are now lots of gluten free breads and pasta on the market and rice is naturally gluten free

26	cneapy.
27	In this cookbook, we've divided our recipes into the four seasons. We've also got a list at the top of each season of what fruit and vegetables are in season per month. All seasonal food lists are taken from the Association of UK Dietitians. www.bda.uk.com
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Feedback from 12 partners 2024-2025

In depth interviews

What worked well?

- **Strong overall model:** The Neighbourhood Project is highly valued by partners; it is welcoming, community centred, and effective at building trust, engagement, and shared purpose.
- **Partnerships strengthened / place-based practical local insights** - In-person, ward-specific working strengthened relationships that extend beyond the NP; partners valued walking tours and local mapping for practical insight.
- **Co-design process valued** - Partners praised the creative facilitation (colour-coding insights, group activities, mapping) and safe environment to contribute ideas; the process felt engaging and personalised to each ward.
- **In-person sessions & networking** - In-person meetings (with lunch, ice-breakers, walking) are seen as the “core” that drives attendance, trust and connection; several respondents want these kept.
- **Communication supports continuity** - Clear, timely, multi channel communication (emails, meetings, follow ups, whatsapp) maintained engagement and accountability, including for partners unable to attend.

Feedback from 12 partners 2024-2025

What could be improved?

- **Action orientation & ownership** - Desire for every attendee to **leave with a tangible action**, clearer ownership. Some partners naturally disengaged as their priorities did not match the priority areas targeted by the network.
- **Sharing partners contacts** - Recurring request for a **contact list** to sustain relationships and information-sharing.
- **Scheduling & time commitment** - Regular meetings built momentum, but time burden was a barrier; partners asked for pre-booked dates and shorter sessions or pre-work. Make explicit the time commitment for the year and set dates in advance.
- **Capacity constraints** - uneven participation over time, accessibility issues (timing/format).
- **Under utilised funding** – engage partners by giving the group more ownership on decisions on how the funding can be fully utilised.
- **Limited youth representation** – we need a new strategy on how to get input from youth organisations as they continue to be underrepresented.