



change 4 life

## AWARD & GRANT

BME Health Forum – Marina Kroyer – 27 Sep 2023

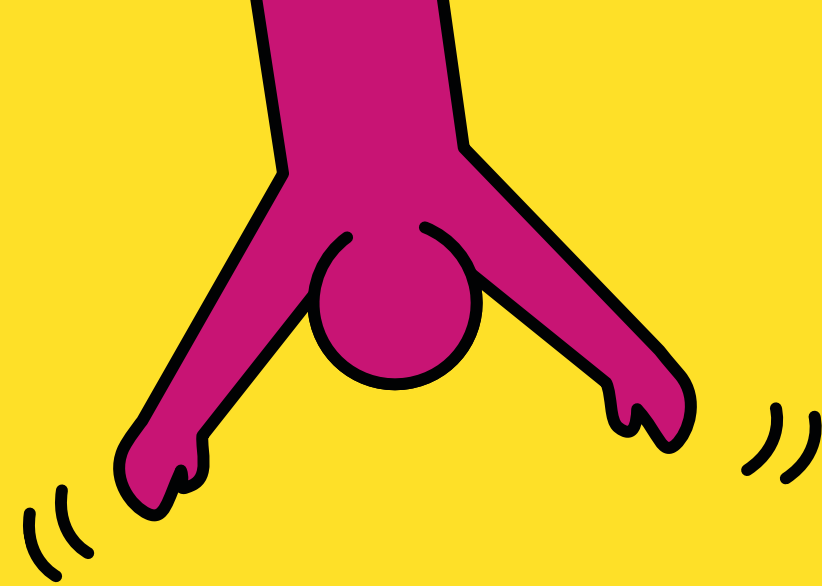
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# THE CHANGE4LIFE SERVICE

We aim to ensure children, young people and families across Kensington and Chelsea are supported to be healthy and happy in the communities where they live, learn and play.



Change4Life  
Training And  
Capacity  
Building

Change4Life  
Neighbourhood  
Projects

Change4Life  
Clubs and  
Coaching  
Scheme

Change4Life  
Award

Change4Life  
Grant

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# ABOUT THE CHANGE4LIFE AWARD AND GRANT

The scheme recognises, celebrates and financially supports organisations to deliver evidence-based projects that encourage children, young people, and families to move more, eat well and feel good.



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# THE BENEFITS

- The Change4Life grant (up to £1000 to support their project).
- Streamlined pathway.
- 1-2-1 support from the Change4Life Award Coordinator to complete the application.
- Prioritised access to support from specialists (Change4Life Dietician, Nutritionist and Physical Literacy Adviser)

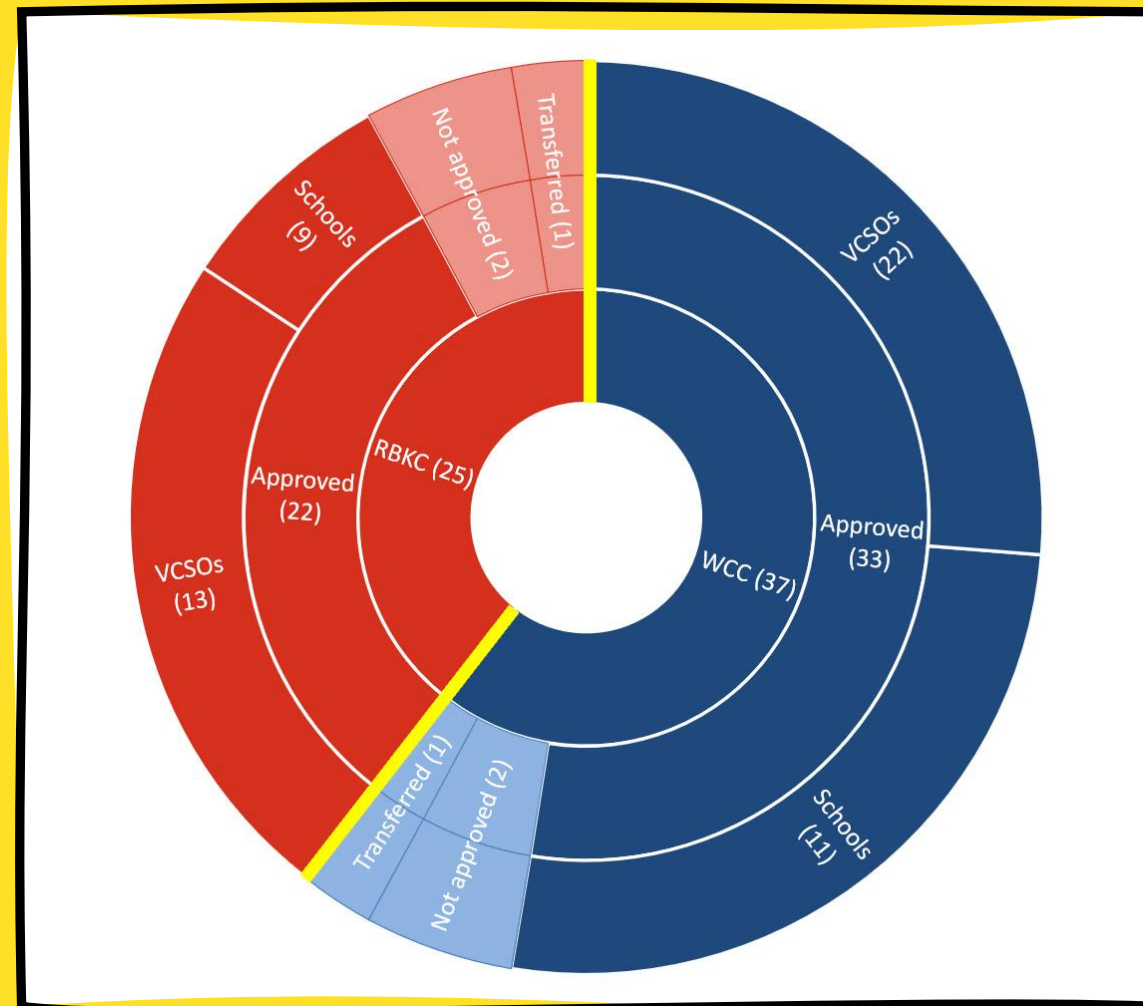
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# SUPPORT TO DATE

Year	Topic Breakdown	RBKC	WCC
2020/21	Physical Activity	9	10
	Healthy Eating & Wellbeing	11	8
	<b>Total Grants</b>	<b>20</b>	<b>18</b>
2021/23	Physical Activity	12	22
	Healthy Eating & Wellbeing	11	17
	<b>Total Grants</b>	<b>23</b>	<b>39</b>
2022/23	<b>Total Grants</b>	<b>22</b>	<b>33</b>



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# HIGHLIGHTS

## Project examples

- Food growing and healthy eating
- Physical Literacy resources
- Play sessions for toddlers
- Multi sports & after school clubs
- Range of physical activity sessions
- Photography walking group for children and young people
- Sports & active play equipment



## Diversity & inclusion

- Increase in applications from schools and Early Year settings
- Further activities for refugees and asylum seekers
- Increase in offer for children and young people with SEND
- Incorporating culture diversity
- Increase in offer for girls activities
- Increase in offer for children and young people from global majority groups
- Prioritise projects in socially deprived wards

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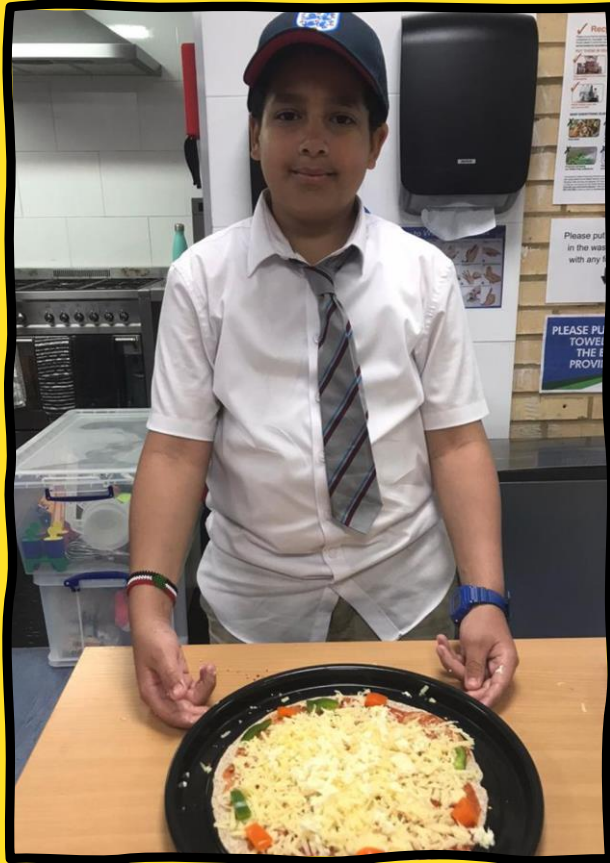
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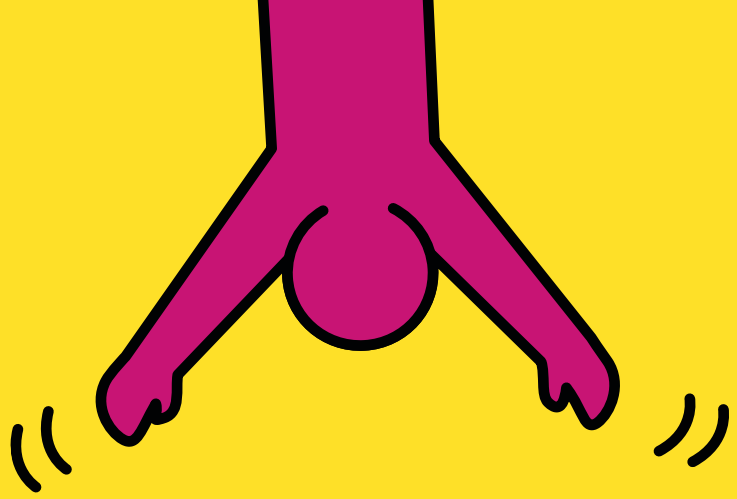
# GRANT ELIGIBILITY

- Work in Kensington and Chelsea and/or Westminster.
- Have a UK VAT-registered charity, community interest company or company to be eligible to receive funds from the council.
- Have a UK-registered bank account.
- Have a proven track record of delivering services to children, young people, and their families.
- If reapplying, the evaluation of your previous application must be submitted.

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## THE WIDER SERVICE

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# UNIVERSAL CLUBS

A five-week programme which supports and develops participant understanding and knowledge of the of eating well, sleeping well, keeping active and increasing their emotional wellbeing.

- FREE Start 4 Life Clubs for Expectant Parents and Birth Partners
- FREE Mini Clubs for Children aged 0-4 years and Parents/Carers
- FREE Kids' Clubs for Children aged 5-11 Years and Parents/Carers
- FREE Young People's Club for ages 11-19 Years (up to 25 for people with SEND)

Contact: [Change4LifeTraining@healtheducationpartnership.com](mailto:Change4LifeTraining@healtheducationpartnership.com)



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# HEALTH PROMOTION OUTREACH

Free educational workshops for community settings on key nutrition and physical activity topics. Bespoke sessions can also be developed at request. Topics include:

- Healthy Eating
- Physical Active
- Oral Health and Sugar Smart

Contact: [Change4LifeWorkshop@healtheducationpartnership.com](mailto:Change4LifeWorkshop@healtheducationpartnership.com)



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# TRAINING

Change4Life workforce training is available to staff working with children, young people and families in Kensington and Chelsea and Westminster. The training aims to support staff to create happy and healthy settings in which children and young people can live, learn and play.

Topics: Healthy Eating, Physical Active, Oral Health and Sugar Smart

Contact: [Change4LifeWorkshop@healtheducationpartnership.com](mailto:Change4LifeWorkshop@healtheducationpartnership.com)



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Thank you  
**Any Questions?**

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