

We deliver a variety of free training courses to support primary and secondary schools, early years settings, voluntary and community organisations, youth settings, play and leisure services, and relevant business in Kensington and Chelsea, and Westminster to model high standards of practice in relation to the promotion of healthy eating and physical activity.

Please see pages 2 and 3 for our list of upcoming training sessions. We also offer in-house training for your team at a date and time convenient for you. The following training sessions are now available:

- Change4Life Active Play and Sleep (Early Years), page 5
- Change4Life Active Play and Sleep (5-11 years), page 6
- Change4Life Active Play and Sleep (12-18 years), page 7
- Change4Life Healthy Eating and Nutrition (Early Years), page 8
- Change4Life Healthy Eating and Nutrition (5-11 years), page 9
- Change4Life Healthy Eating and Nutrition (12-18 years), page 10
- Change4Life Oral Health and Sugar Smart (Early Years), page 15
- Change4Life Oral Health and Sugar Smart (5-18 years), pages 11 and 13
- Every Movement Counts: A targeted approach for children with coordination difficulties, page 12
- Delivering an Active Curriculum, page 14

For more information

If you would like some more information regarding training or would like to arrange a session for your team, please contact:

Change4LifeTraining@healtheducationpartnership.com

The Change4Life Service aims to ensure that children, young people and families across Kensington and Chelsea and Westminster are supported to be healthy and happy in the communities where they live, learn and play. The Change4Life service is here to support expectant parents, children and young people aged 0-19, or 25 for young people with special educational needs or disabilities (SEND), and their families to eat well and keep active.

Visit the Change4Life Service website for further details:

<https://www.family-action.org.uk/what-we-do/children-families/change4lifeservice/>



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AUTUMN 2021

100% of those attending our training 'Agreed' or 'Strongly Agreed' that they would recommend the training to others

SEPTEMBER 2021

Change4Life: Active Play and Sleep (Early Years), page 5

Date: Tuesday 21st September

Times: 3:30pm-5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-274/>

Change4Life: Active Play and Sleep (5-11 years), page 6

Date: Monday 27th September

Times: 1:30pm-3:30pm

Audience: For staff working with 5-11 year olds in Kensington and Chelsea, and Westminster.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-389/>

Change4Life: Active Play and Sleep (12-18 years), page 7

Date: Wednesday 29th September

Times: 3:30pm-5:30pm

Audience: For staff working with 12-18 year olds in Kensington and Chelsea, and Westminster.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-978/>

Change4Life: Healthy Eating and Nutrition (Early Years), page 8

Date: Thursday 30th September

Times: 3:30pm-5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-280/>



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OCTOBER 2021

Change4Life: Healthy Eating and Nutrition (5-11 years), page 9

Date: Tuesday 19th October

Times: 1:30pm-3:30pm

Audience: For staff working with 5-11 year olds in Kensington and Chelsea, and Westminster.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-423/>

Change4Life: Healthy Eating and Nutrition (12-18 years), page 10

Date: Wednesday 20th October

Times: 3:30pm-5:30pm

Audience: For staff working with 12-18 year olds in Kensington and Chelsea, and Westminster.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-289/>

NOVEMBER 2021

Change4Life: Oral Health and Sugar Smart (5-18 years), page 11

Date: Wednesday 3rd November

Times: 10:00am-12:00pm

Audience: For staff working with 5-18 year olds in Kensington and Chelsea, and Westminster.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-269/>

Every Movement Counts: A targeted approach for children with coordination difficulties, page 12

Date: Thursday 4th November

Times: 3:30pm-5:30pm

Audience: Early Years practitioners, Reception and KS1 teachers, teaching assistants, and learning mentors.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-648/>

Change4Life: Oral Health and Sugar Smart (5-18 years), page 13

Date: Tuesday 16th November

Times: 3:30pm-5:30pm

Audience: For staff working with 5-18 year olds in Kensington and Chelsea, and Westminster.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-269-927/>



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Delivering an Active Curriculum, page 14

Date: Thursday 18th November

Times: 1:30pm-3:30pm

Audience: For staff working in Primary and Secondary schools.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-294/>

Change4Life: Oral Health and Sugar Smart (Early Years), page 15

Date: Monday 29th November

Times: 3:30pm-5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Format: Online

Booking: <https://healtheducationpartnership.com/all-events/change4life-879-331/>



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Active Play and Sleep (Early Years)

1. When and Where

Date: Tuesday 21st September

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Cost: FREE

2. Why

“A really informative and useful training session. We will utilise many of the physical activity ideas shared within our setting”

Training Overview:

The Change4Life service is available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working in early years and community settings to deliver and oversee a range of “active play” opportunities for 0-4 year olds. Participants will learn about the UK physical activity guidelines, the importance of physically active play and how to create environments, activities and resources that promote active play and keep children moving.

Impact on your Knowledge, Skills and Confidence:

- Communicate key messages about physical activity linked to national guidance
- Develop a repertoire of skills to support children to be physically active in appropriate environments
- Provide an understanding of the activity children need to support sensory and motor development for physical and emotional wellbeing, and later learning
- Sign-post children and families to local play and leisure opportunities

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-274/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Active Play and Sleep (5-11 years)

1. When and Where

Date: Monday 27th September

Format: Interactive online training via Zoom

Times: 1.30pm – 3.30pm

Audience: Staff working with 5-11 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

“The advice on physical activity guidelines was really useful for our staff to be able to inform children and young people about the amount of activity they should be doing. The game ideas were also great for delivery of online sessions.”

Training Overview:

The Change4Life service in Kensington and Chelsea, and Westminster supports children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working in schools and community settings to deliver and oversee a range of “active play” opportunities for 5-11 year olds. Participants will learn about the UK physical activity guidelines, the importance of physically active play and how to introduce games and resources that promote active play and keep children moving.

Impact on your Knowledge, Skills and Confidence:

This training will help you to:

- Communicate key messages about physical activity linked to national guidance
- Confidently facilitate a range of fun and creative activities to get children moving
- Motivate children to actively participate
- Sign-post children and families to local play and leisure opportunities

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-389/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Active Play and Sleep (12-18 years)

1. When and Where

Date: Wednesday 29th September

Format: Interactive online training via Zoom

Times: 3.30pm – 5.30pm

Audience: Staff working with 12-18 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

“The advice on physical activity guidelines was really useful for our staff to be able to inform children and young people about the amount of activity they should be doing. The game ideas were also great for delivery of online sessions.”

Training Overview:

The Change4Life service in Kensington and Chelsea, and Westminster supports young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life training course and aims to support staff working in schools and community settings to deliver and oversee a range of physical activity and ‘active play’ opportunities for 12-18 year olds. Participants will learn about the UK physical activity guidelines, the importance of physical activity and how to introduce games and resources that promote activity and keep young people moving.

Impact on your Knowledge, Skills and Confidence:

This training will help you to:

- Communicate key messages about physical activity linked to national guidance
- Confidently facilitate a range of fun and creative activities to get young people moving
- Develop and support young people to take a lead role in promoting physical activity
- Sign-post young people to local active and leisure opportunities

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-978/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Healthy Eating and Nutrition (Early Years)

1. When and Where

Date: Thursday 30th September

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families

Cost: FREE

2. Why

“Thank you very much for the training, it has been very helpful, informative and engaging”

Training Overview:

The Change4Life service is available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life core training offer which aims to support practitioners working in early years settings to provide families with evidence-based information about nutrition and healthy eating for children under 5 years old. It also aims to support practitioners to introduce actions that promote healthy eating and raise awareness of the local health services that are available to support families.

Impact on your Knowledge, Skills and Confidence:

- Feel confident using evidence-based information regarding nutrition to help promote healthy eating messages
- Introduce actions to encourage children and families to eat healthily based on examples of good practice
- Be aware of resource and further support to help embed healthy eating messages in your setting

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-280/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Healthy Eating and Nutrition (5-11 years)

1. When and Where

Date: Tuesday 19th October

Format: Interactive online training via Zoom

Times: 1:30pm – 3:30pm

Audience: Staff working with 5-11 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

“Thank you very much! This has been a very informative session!”

Training Overview:

The Change4Life service is available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life core training offer which aims to support practitioners working with 5-11 year olds to provide children and families with evidence-based information about nutrition and healthy eating. It also aims to support practitioners to introduce actions that promote healthy eating and raise awareness of the local health services that are available to support families.

Impact on your Knowledge, Skills and Confidence:

- Feel confident using evidence-based information regarding nutrition to help promote healthy eating messages
- Introduce actions to encourage children and families to eat healthily based on examples of good practice
- Be aware of resource and further support to help embed healthy eating messages in your setting

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-423/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Healthy Eating and Nutrition (12-18 years)

1. When and Where

Date: Wednesday 20th October

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Staff working with 12-18 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

“Really enjoyed the session and I will be recommending to colleagues.”

Training Overview:

The Change4Life service is available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life core training offer which aims to support practitioners working with 12-18 year olds to provide children and families with evidence-based information about nutrition and healthy eating. It also aims to support practitioners to introduce actions that promote healthy eating and raise awareness of the local health services that are available to support families.

Impact on your Knowledge, Skills and Confidence:

- Feel confident using evidence-based information regarding nutrition to help promote healthy eating messages
- Introduce actions to encourage children and families to eat healthily based on examples of good practice
- Be aware of resource and further support to help embed healthy eating messages in your setting

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-289/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Oral Health and Sugar Smart (5-18 years)

1. When and Where

Date: Wednesday 3rd November

Format: Interactive online training via Zoom

Times: 10:00am – 12:00pm

Audience: Staff working with 5-18 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

“Really enjoyable and interesting training, I will be recommending to my colleagues!”

Training Overview:

The Change4Life service is available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life core training offer which aims to support staff working with 5-18 year olds to provide children, young people and families with evidence-based advice about oral health, healthy eating and reducing sugar. It also aims to support staff to introduce actions that promote oral health and sugar reduction and raise awareness of the local health services that are available to support children and their families.

Impact on your Knowledge, Skills and Confidence:

- Feel confident using evidence-based information regarding oral health to help promote key messages
- Introduce actions that promote oral health and support children and families to reduce the amount of sugar in their diet
- Be aware of resources and further support to help embed oral health and sugar smart messages in your setting

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-269/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Every Movement Counts

A targeted approach for children with coordination difficulties

1. When and Where

Date: Thursday 4th November

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Early Years practitioners, Reception and KS1 teachers, teaching assistants, and learning mentors

Cost: FREE

2. Why

“I thoroughly enjoyed the course and the activities were fun and helpful”

Training Overview:

The Change4Life service available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session will enable attendees to target and support children to improve their coordination skills. The programme aims to teach movement skills that better equip children for dealing with everyday situations from dressing themselves and eating to writing, all of which contribute to greater confidence and self-esteem.

Impact on your knowledge, skills and confidence:

- Increase understanding of the difficulties children face and the support they need to learn and move effectively
- Develop a skill set to provide a comprehensive menu of activities for sensory and motor development
- Explore strategies, environments and resources to support children reach their potential

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-648/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Oral Health and Sugar Smart (5-18 years)

1. When and Where

Date: Tuesday 16th November

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Staff working with 5-18 year olds in Kensington and Chelsea, and Westminster

Cost: FREE

2. Why

“Really enjoyable and interesting training, I will be recommending to my colleagues!”

Training Overview:

The Change4Life service is available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life core training offer which aims to support staff working with 5-18 year olds to provide children, young people and families with evidence-based advice about oral health, healthy eating and reducing sugar. It also aims to support staff to introduce actions that promote oral health and sugar reduction and raise awareness of the local health services that are available to support children and their families.

Impact on your Knowledge, Skills and Confidence:

- Feel confident using evidence-based information regarding oral health to help promote key messages
- Introduce actions that promote oral health and support children and families to reduce the amount of sugar in their diet
- Be aware of resources and further support to help embed oral health and sugar smart messages in your setting

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-269-927/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Delivering an Active Curriculum

1. When and Where

- Date:** Thursday 18th November 2021
- Format:** Interactive online training via Zoom
- Times:** 1.30pm to 3.30pm
- Audience:** Staff working within Primary and Secondary schools
- Cost:** FREE

2. Why

“Brilliant training! We were given some great examples such as understanding how to bring physical activity into each of our standard lessons.”

Training Overview:

The Change4Life service in Kensington and Chelsea, and Westminster supports children, young people and families most at risk of poor health outcomes to eat well and keep active.

This course will enable participants to integrate physical activity effectively within the school curriculum. Participants will learn about the physical activity guidelines and the role in which schools and educational settings can play in supporting young people to be more active. There will be a range of resources shared, to be used within classrooms, assemblies, playgrounds and more. Participants will get the chance to practise facilitating some examples of these resources within the session.

Impact on your Knowledge, Skills and Confidence:

- Use a whole school approach to contribute towards children achieving the national recommended guidelines for physical activity
- Embed physical activity within teaching and learning, including ideas for active lessons and assemblies
- Understand how physical activity enables learning and achievement across the curriculum
- Use a toolbox of resources to create a more physically active curriculum

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-294/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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Oral Health and Sugar Smart (Early Years)

1. When and Where

Date: Monday 29th November

Format: Interactive online training via Zoom

Times: 3:30pm – 5:30pm

Audience: Early Years Practitioners or staff working with 0-4 year olds and their families.

Cost: FREE

2. Why

“It was lovely to attend this course and I gained more information and knowledge of this topic. Thank you very much.”

Training Overview:

The Change4Life service is available in Kensington and Chelsea, and Westminster to support children, young people and families most at risk of poor health outcomes to eat well and keep active.

This session forms part of the Change4Life core training offer and aims to support practitioners working in early years settings to provide families with evidence-based advice about oral health, healthy eating and reducing sugar for children under 5 years old. It also aims to support practitioners to introduce actions that promote oral health and sugar reduction and raise awareness of the local health services that are available to support families.

Impact on your Knowledge, Skills and Confidence:

- Feel confident using evidence-based information regarding oral health to help promote key messages
- Introduce actions that promote oral health and support families to reduce the amount of sugar in their diet
- Be aware of resources and further support to help embed oral health and sugar smart messages in your setting

3. How

To Apply: <https://healtheducationpartnership.com/all-events/change4life-879-331/>

For more information, or if you have any questions, please contact:

Change4LifeTraining@healtheducationpartnership.com



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