

Neighbourhood Projects

Change4Life Service

The Change4Life service is a holistic health promotion and community-based approach to improve and promote the physical and emotional health and wellbeing of children and their families in RBKC and WCC.

The Change4Life service provides **training** support for organisations and businesses, Change4Life **clubs**, one-to-one **coaching** for children, young people and families, and **Neighbourhood Projects**.

What are Neighbourhood Projects?

Purpose: To mobilise all members of the community to co-create and implement local initiatives to eat well, move more and feel good.

Approach: The Neighbourhood Projects will be community-led – designed, created, and delivered by a Design and Implementation Group (DIG) made up of community members, services and organisations that have a role or interest in promoting and improving community health and wellbeing.

Process:

Key stakeholders, local networks and community members will be consulted to identify community opportunities and barriers to physical and emotional health and wellbeing. Each Neighbourhood Project will be different as they will be shaped by the local Design and Implementation Group to meet the needs of their community.

The Design and Implementation Group for each Neighbourhood Project will work through the following steps:

- Choose the theme of the Neighbourhood Project
- Design the NP
- Engage and work in partnership with the wider community
- Implement the Neighbourhood Project – run community events, disseminate health messages, run campaigns
- Reflect and evaluate the Neighbourhood Project



Neighbourhood Projects

How can you get involved?

We welcome and are seeking representation from all sections of the community. Everyone will be supported and develop new skills.

Join the DIG (Design and Implementation Group)		
Who can join?	What will you do?	What skills will you develop?
Local community members and representatives from neighbourhood organisations - schools, early years settings, community organisations, health, youth, play and leisure services.	<p>Support community-wide consultation to identify major community barriers to eating well and keeping active.</p> <p>Contribute to the compilation of a list of priorities for Neighbourhood Projects.</p> <p>Make final decision on Neighbourhood Project themes.</p> <p>Co-design and co-produce Neighbourhood Projects - plan, design and implement Neighbourhood Project activities with support from the Community Engagement Worker.</p> <p>Group members will work collaboratively sharing skills and supporting each other.</p>	<ul style="list-style-type: none"> • Co-designing and co-producing Neighbourhood Projects. • Enhanced understanding of and skills in communicating Change4Life key messages. • Enhanced skills in promoting Change4Life service campaigns. • Enhanced training and capacity building skills to support co-design and co-production.

Save the date:

First Design and Implementation Group meetings:

Dalgarno ward - **Thursday 22nd April** 2.00 – 3.30 p.m.

Notting Dale ward - **Monday 26th April** 2.00 – 3.30 p.m.

Westbourne ward - **Tuesday 27th April** 2.00 – 3.30 p.m.

Contact

If you would like to get involved or for more information, please contact:

Change4LifeNeighbourhoods@family-action.org.uk

