

Change4Life Update

Children, Young People and Families
Voluntary Organisations Forum – 26 May 2021

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Change4Life Programme



TACKLING CHILDHOOD OBESITY TOGETHER

KEY AIM

To halt and reverse the rising trend in childhood obesity



HOW?

A whole-system partnership between local government, NHS and science, business and community sectors



KEY COMPONENTS

Services to support healthy lifestyles



Creating healthier local environments



Community engagement and co-design



Eat well

Move more

Live longer

Change4Life Grants



Naturally Active grants

19 grants offered - 10 in WCC & 9 in RBKC

Change4Life grants impact

No of children & young people reached – **1118**

No of families reached – **828**

No of sessions delivered - **295**

Activities

outdoor fitness
nature activities
outdoor play

gardening
nature volunteering
community sports

buggy walks
cycling
online dancing



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Physical Activity Grants



Local projects

Children, young people and families

UP to £1000

Summer holidays – Autumn half term

Opens today



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Services available



PARTNERS

- Workforce Training
- Nutrition and Physical Activity Advice Service
- Award Scheme
- Themed Neighbourhood Projects

FAMILIES and CHILDREN

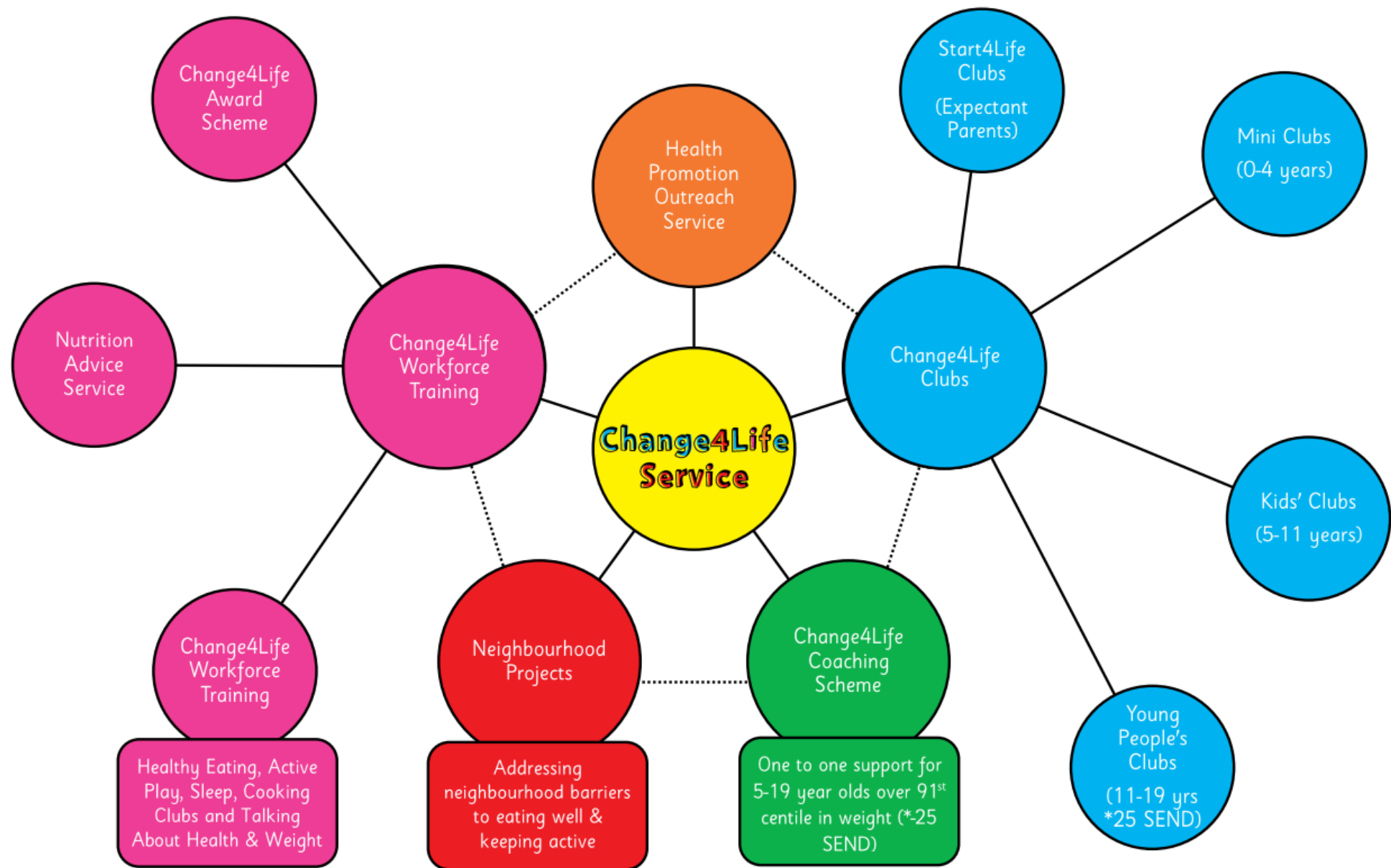
- Healthy Lifestyle Clubs
- Lessons, workshops and assemblies
- Health Promotion Service for young people aged 11-25
- Coaching Scheme



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Child Healthy Weight Care Pathway



Child Healthy Weight Care Pathway (0 – 19 years)

*Please note: Change4Life Services are open to all children and young people – focus is on fun activities to support families in eating well and keeping active.

Child Weight Concern Identified*



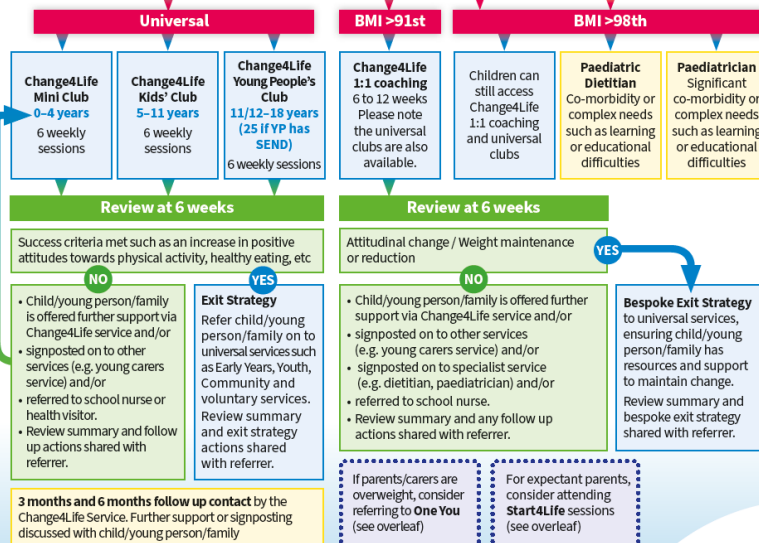
PROFESSIONAL REFERRAL – Schools, children and young people professionals (e.g. social and youth workers), dietitians, social prescribers, etc. **Underweight: If BMI <2nd centile please refer to GP**

SELF-REFERRAL National Child Measurement Programme letter / through promotion and publicity

ASSESSMENT by GP, Health Visitor or School Nurse If BMI >98th centile and no other complex needs or long term health conditions refer to C4L Service. Otherwise refer to Clinical Assessment below.

Contact Change4Life Service
Website: www.family-action.org.uk/change4lifeservice
Email: Change4LifeService@family-action.org.uk
Phone no: 0208 960 0744

Clinical Assessment will establish co-morbidity/underlying cause. If you are unsure whether to refer a child or young person to the Change4Life Service, please contact the service directly using contact details provided.



Supporting information

Change4Life Clubs: universal offer

Fun and interactive sessions that provide children, young people and families with the skills, knowledge and resources to support them in eating well, sleeping well, keeping active and increase their emotional wellbeing. The clubs will take a whole family approach and focus on simple, enjoyable and achievable activities.

Clubs	Start4Life Club	Change4Life Mini	Change4Life Kids' Club	Change4Life Young People's club
How long	6 weekly sessions	6 weekly sessions	6 weekly sessions	6 weekly sessions
Who for	Expectant mothers (partners are also welcome)	Children (aged 0-4 years) to attend together with parents/carers	Children (aged 5-11 years) to attend together with their parent/carers	Young people (aged 11-19 years or up to 25 years for SEND young people)
In partnership with	Family Hubs and Children's Centres	Family Hubs and Children's Centres	Schools and community organisations	Youth organisations and schools

Change4Life 1:1 Coaching Scheme

How long: Six-week personal plan with individualised goals.	Who for: children, young people (on or above 91st centile for weight) and their families.	What: 1:1 appointments to assess individual needs and develop a personal plan. The plan will be informed by a 'health check' that looks at diet, physical activity, sleep, and lifestyle.	Follow up: 1:1 meeting at six weeks to complete a post-plan 'health check', assess goals and discuss possibility of continuing with coaching for up to a further 6 weeks.
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Supporting information for adults

One You Healthy Lifestyle Service / One You Stop Smoking

For who: any adult (over 18) resident in RBKC or WCC is eligible for Healthy Lifestyle and Stop Smoking services (13+ years are eligible for stop smoking support only).

What: Healthy Lifestyle service: One to one health assessment and a choice of healthy lifestyle interventions such as weight management, healthy cooking and wellbeing workshops. All clients have access to a free online physical activity sessions.

Stop Smoking service: one to one stop smoking support with free nicotine replacement therapy.

- Residents can refer themselves or can be referred by a professional
- Referrals via phone or email: [020 3434 2500](tel:02034342500) / hello@oneyoukensingtonandchelsea.org.uk / hello@oneyou-westminster.org.uk or visit the websites at <https://oneyou.rbkc.gov.uk> and <https://oneyou.westminster.gov.uk> to find out more

Supporting Information about the physical activity offer

ActiveWestminster Website and Activity Finder tool helps find physical activity, leisure, and sport opportunities, clubs and sessions for all ages. This can be used as a signposting tool: <https://active.westminster.gov.uk/>

For further information on physical, leisure and sports opportunities in RBKC please visit <https://www.rbkc.gov.uk/leisure-and-culture>

Universal Clubs



All clubs are open to all regardless of weight and delivered over a programme of six weekly **fun** sessions that provide children, young people, and expectant parents with the skills, knowledge and resources to support them in eating well, sleeping well, and keeping active and increase their emotional wellbeing.



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In partnership with	Family Hubs and Children's Centres	Family Hubs and Children's Centres	Schools and community organisations	Youth organisations and schools



Coaching Scheme



How long: Six week personal plan with individualised goals

Who for: Children and Young People (5-19yrs) on or above the 91st centile for weight and their families

What: One-to-one appointments to assess individual needs and support the development of a personal plan informed by a 'health check' undertaken to assess diet, physical activity, sleep, and lifestyle patterns and measure Body Mass Index.

Follow up: 1:1 meeting at six weeks to complete a post-plan 'health check', assess personal plan goals and discuss possibility of continuing with coaching for up to a further 6 weeks.



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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. Neighbourhood Projects will take place in the following three wards; Notting Dale, Dalgarno and Westbourne

Approach: The Neighbourhood Projects will be community-led – designed, created, and delivered by Design and Implementation Group made up of community members, services and organisations from each ward and who 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 each of the wards (Notting Dale, Dalgarno & Westbourne) Design and Implementation Group to meet the needs of their community.



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Neighbourhood Projects

change
4 life

Next DiG meetings:

Tuesday, 22nd June Westbourne 11:00 am - 12:00 noon

Wednesday, 23rd June Dalgarno 10:00 am – 11:00 am

Wednesday, 23rd June Notting Dale 1:00 pm – 2:00 pm



We would love to hear from you and have you join us. To take part, please email Austra Welburn, C4L Community Engagement Worker

Change4LifeNeighbourhoods@family-action.org.uk



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Workforce Training



Physical Activity and Sleep:

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 and young people moving.

Healthy Eating and Nutrition

Evidence-based advice about nutrition and healthy eating, and how to introduce actions that promote healthy eating.

Oral Health and Sugar Smart

Evidence-based advice about oral health, healthy eating and reducing sugar. How to introduce actions that promote oral health and sugar reduction and raise awareness of the local health services.



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Bespoke Training



Physical Activity, e.g.

- Purposeful Physical Play
- Every Movement Counts, A targeted approach for Children with Coordination Difficulties
- Developing an Active Curriculum

Healthy Eating and Nutrition, e.g.

Menu planning

Tips on shopping within budget

Different food groups

Healthy snacks

Ways to encourage young children to eat



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Contact Details



To find out more about becoming involved in Neighbourhood Projects, accessing Workforce Training or how to refer to our clubs, please contact us directly by email or via our website at: www.family-action.org.uk/Change4LifeService

Neighbourhood Projects: Change4LifeNeighbourhoods@family-action.org.uk

Workforce Training: Change4LifeTraining@healtheducationpartnership.com

Universal Change4Life Clubs: Change4LifeClubs@family-action.org.uk

Coaching Scheme: Change4LifeClubs@family-action.org.uk

Change4Life Programme: mkroyer@westminster.gov.uk



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