



Get Involved

To find out more about and register for our Change4Life Clubs, please complete an enquiry form on our website or contact us:

Website: www.family-action.org.uk/change4lifeservice

Email: Change4LifeClubs@family-action.org.uk

Telephone: 020 8960 0744



Clubs

We understand that eating well and keeping active isn't always easy. Our Change4Life free six week club programmes are here to support expectant parents, children, young people and families, across Kensington and Chelsea and Westminster in finding ways they can include eating well and keeping active into their everyday lives. Please see the back of this leaflet for details of how to find out more or register to attend our clubs.

Start4Life Clubs

Discover and share ideas to eat well and move more in pregnancy and beyond!

For parents to be and birth partners. Focusing on simple, enjoyable, achievable ways to include physical activity and healthier eating into your everyday life.

Expectant parents



Change4Life Mini Clubs

Come and uncover those 'Sneaky Sugars' as well as fun activities you and your child can enjoy!

For 0-4 year olds to attend together with parents/carers. Focusing on simple, enjoyable and achievable ways your family can include physical activity and healthier eating into your everyday life.

**Age 0-4
+ parent /
carer**



Young People's Club

Come and tell us what you need to support you to eat well, move more and feel good!

For 11-19 year olds (*up to 25 for anyone with special educational needs or disabilities). Focusing on simple, enjoyable and achievable ways you can include physical activity and healthier eating into your everyday life.

**Age 11-19
(*25 with
SEND)**



Change4Life Kids Clubs

Come and discover how to be a Heart Rate Detective!

For 5-11 year olds to attend with their parents/carers. Focusing on simple, enjoyable and achievable ways your family can include physical activity and healthier eating into your everyday life.

**Age 5-11 +
parent /
carer**



**To join our fun,
free sessions today
enquire online or
give us a call on
020 8960 0744!**

