

# Change4Life Clubs

Free four-week club programmes with food and fun physical activities for children, young people and families!

Clubs in Kensington and Chelsea		
<b>Kids' Club (5-11 years and a parent or carer)</b>	Venture Centre Playground Wiltshire Close, Chelsea SW3 2NS	Tuesdays 3 <sup>rd</sup> – 24 <sup>th</sup> August 2.30-3.30pm
<b>Young People's Club (11-19 years, up to 25 for people with SEND)</b>	Venture Centre Playground Wiltshire Close, Chelsea SW3 2NS	Tuesdays 3 <sup>rd</sup> – 24 <sup>th</sup> August 4.30-5.30pm
<b>Start4Life (expectant parents and birth partners)</b>	Cheyne Children's Centre 10 Thorndike Close, Chelsea SW10 0ST	Thursdays 5 <sup>th</sup> – 26 <sup>th</sup> August 10.00-11.00am
<b>Mini Club (0-4 years and a parent or carer)</b>	Cheyne Children's Centre 10 Thorndike Close, Chelsea SW10 0ST	Thursdays 5 <sup>th</sup> – 26 <sup>th</sup> August 10.00-11.00am
<b>Kids' Club (5-11 years and a parent or carer)</b>	Venture Centre 103a Wornington Road, North Kensington W10 5YB	Thursdays 5 <sup>th</sup> – 26 <sup>th</sup> August 3.00-4.00pm
<b>Young People's Club (11-19 years, up to 25 for people with SEND)</b>	Venture Centre 103a Wornington Road, North Kensington W10 5YB	Thursdays 5 <sup>th</sup> – 26 <sup>th</sup> August 5.00 – 6.00pm
Clubs in Westminster		
<b>Mini Club (0-4 years and a parent or carer)</b>	Queen's Park Children's Centre, 88 Bravington Rd, Westminster W9 3AL	Tuesdays 27 <sup>th</sup> July – 17 <sup>th</sup> August 10.00-11.00am
<b>Kids' Club (5-11 years and a parent or carer)</b>	Abbey Centre 34 Great Smith Street, Westminster SW1P 3BU	Mondays 2 <sup>nd</sup> – 23 <sup>rd</sup> August 2.00-3.30pm
<b>Young People's Club (11-19 years, up to 25 for people with SEND)</b>	Abbey Centre 34 Great Smith Street, Westminster SW1P 3BU	Mondays 2 <sup>nd</sup> – 23 <sup>rd</sup> August 2.00-3.30pm
<b>Start4Life (expectant parents and birth partners)</b>	Queen's Park Children's Centre, 88 Bravington Rd, Westminster W9 3AL	Wednesdays 4 <sup>th</sup> – 25 <sup>th</sup> August 1.30-2.30pm

To join a Change4Life Club, complete our online form  
at [www.family-action.org.uk/change4lifeservice](http://www.family-action.org.uk/change4lifeservice)  
call us on 020 8960 0744  
or email [change4lifeservice@family-action.org.uk](mailto:change4lifeservice@family-action.org.uk)



Find out more about free Change4Life clubs and family coaching at [www.family-action.org.uk/change4lifeservice](http://www.family-action.org.uk/change4lifeservice)