

Aim: To help all children and adults live well by reaching and maintaining a healthy weight

COMMUNITIES – understand and empower local people and strengthen local assets

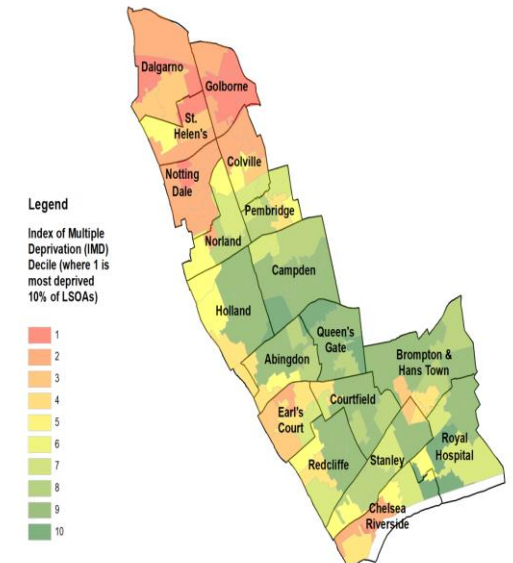
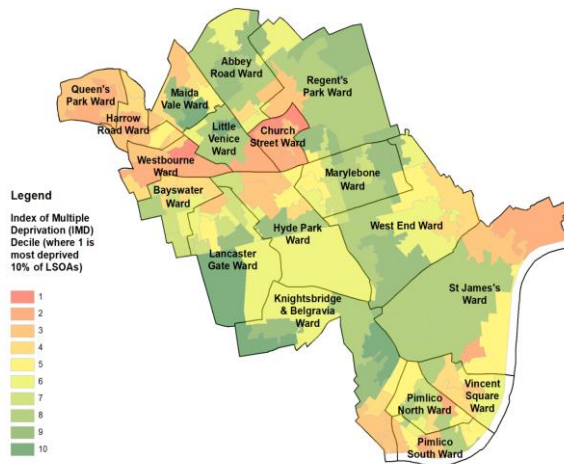
LIVING STANDARDS – ensuring the social circumstances in which people live are the foundations for healthy choices

PLACE – make being active and eating well the easiest choice

BEHAVIOUR CHANGE – shifting awareness, skills and attitudes to support healthy choices

SERVICES – Healthy weight conversations alongside effective, accessible, equitable and joined up services

IMPACT, PARTNERSHIP and GOVERNANCE



COMMUNITIES

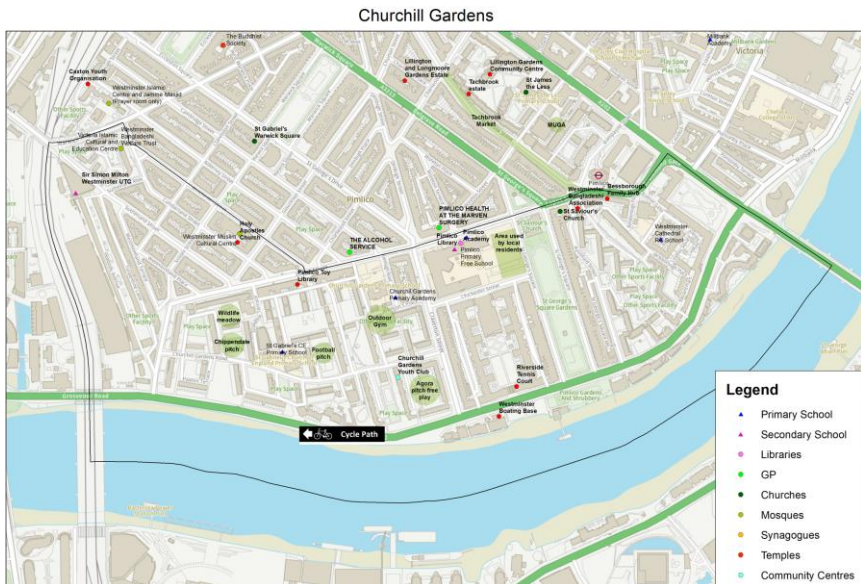
- To have focused community conversations in 9 target neighbourhoods¹ and with high risk² communities to improve our understanding of need and empower people to take action
- £50,000 pa in Change4Life grants given each year and local people linked with wider funding opportunities which strengthen neighbourhoods

PLACE

- Changes made in each of the 9 priority neighbourhoods¹ (high streets, parks and housing estates) to enable healthy eating and physical activity (including play) and address resident-reported barriers to change.
- More than 75% of our state and private schools taking best practice action to support healthy behaviours of their pupils and community.
- Every hospitals, leisure centre, Family Hub, youth and community centre will provide healthy, affordable food and opportunities to be active.
- Walkable neighbourhoods and infrastructure that supports active travel.
- System-wide policies e.g. advertising, planning, local plan support healthy choices for residents

Churchill Gardens

Priorities
 1) Access to affordable food
 2) Family cooking skills – low budget & healthy



Demographics

43% ethnically diverse residents

20% are children (under 18), 14% are aged 65 and over)

Following English, Arabic and other EU languages most spoken

Social situation

17% households lone parent families

4% of households have no internet access

26% of households on Government Benefit

1 in 20 households at risk, or in financial crisis

38.8% of children are eligible for free school meals (higher than borough)

Health

23%* Reception children overweight/obese (3rd highest ward)

43%* Y6 children overweight/obese (2nd highest ward)

5.8% of adults are obese (WSIC)

1,742* have a long-term limiting illness.

obesity, diabetes, hypertension and depression are common and higher in some BAME communities

8%* of residents assess their health as bad or very bad

Assets

5 nurseries
 4 primary schools
 2 secondary school

1 leisure centre
 1 childrens centre
 1 library

Community champions programme & Community Health Workers

Environment

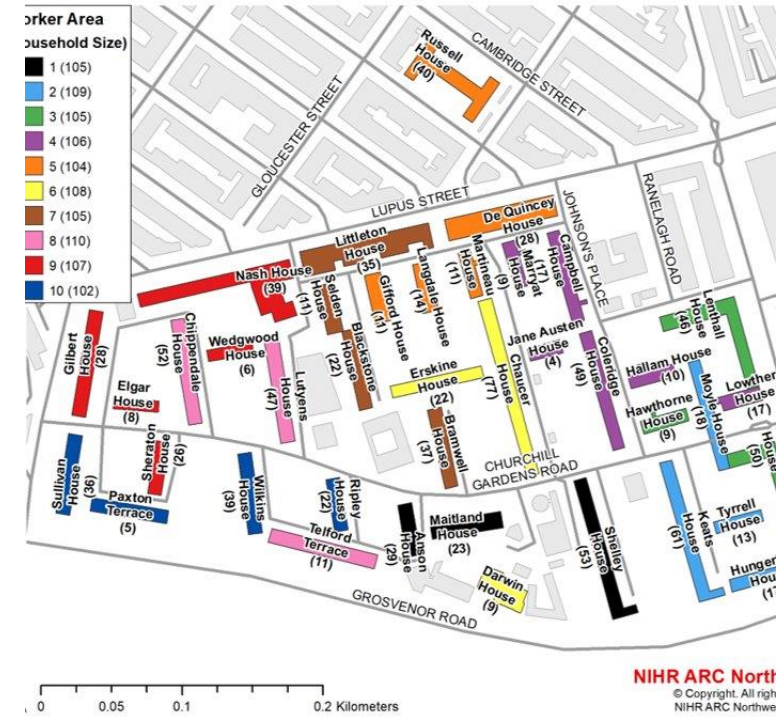
Top 3 Resident Priorities:
 Safety/Security
 Unemployment
 Street Cleaning

89 Restaurant and Café's and 21 Fast Food outlets

* Data relates to Churchill Ward

Communities

Churchill Gardens - Community Health Worker Coverage



Understanding:
Ward profile
Local engagement
Assets mapping
Barriers / Gaps
Opportunities

Empowering:
Co-production
Partnerships
Delivery
Funding
Facilitating connections



Free! change 4 life Westminster

Ages 6+ Family Cookery Taster Session

Free healthy eating and cooking session for children and parents!

- Healthy, tasty, low cost
- Everything provided!
- Tips for healthier eating and cooking

MONDAY 26TH SEPTEMBER 2022
4PM - 6PM
LOCATION: ST JAMES THE LESS CHURCH, MORETON STREET, SW1V 2PS

CONTACT: INFO@OUTBREAK.ORG.UK
0784081818 FOR BOOKING LINK



COMMUNITY SPORTS DAY FOR LOCAL RESIDENTS

Do you want to have fun and enjoy trying new sports near your home's green spaces?

WESTMINSTER, CHURCHILL GARDENS SQUARE

13TH AND 20TH AUGUST, 10AM-5PM

ACTIVITIES AVAILABLE ON THE DAY:
DANCE
DOUBLE BASKETBALL
BOXING
OTHER ACTIVITIES AND GAMES



Healthy Early Years Partnership
Kensington and Chelsea,
and Westminster



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