We are the Champions!

With thanks to the Change4Life Wider Partnership who have supported local people from their setting to become Change 4 Life Champions.
Individual Journeys

Here are some of the champions journey’s from:

- Scotswood Village Nursery
- Hadrian School
- St Bede’s RC Primary School
‘My Journey’ Art Project

Funded by Newcastle City Council’s Art Development Team and working with artist Sally Southern, the champions told their Change4Life journey in their own unique way.

Each individual piece of art was then embroidered onto a cloth background with a link to the name of the setting. 12 Champions took part, with lots of room to add more information to share the key messages ‘Eat Well, Move More, Live Longer’.
The Champions who were involved were from:

- Bridgewater Primary School
- Canning Street School
- Denton Burn Parent and Toddlers
- Hadrian School
- Riverside Community Health Project
- Riverview Nursery
- St Bede’s Primary School
- St John’s Primary School
- Sure Start West Riverside Parent’s Voice
- University of Newcastle
- West End Women and Girls Centre
- Westgate Hill Primary School
Collective achievements for the benefit of our communities
Billboard Project

14 Champions worked together with HealthWORKS and the City Council Arts Development Team to create an eye catching billboard that is displayed at the top of Hugh Gardens, Benwell.
We had great fun posing in different ways to show how easy and fun it is for everyone to move a bit more.

The billboard has been a talking point for lots of local people and a school has even brought some children to have a look at it.
Some of our local change4life champions

Supporting you to
Eat well  Move more  Live longer
2012
change
4 Life

Contact 0191 272 4244
Elswick Park Walk 4 Life

Elswick Park Walk 4 Life was developed by a group of champions in partnership with:

- Active Newcastle
- Edible Elswick Group
- HealthWORKS Newcastle
- Newcastle City Council Parks and Countryside
The Champions who developed the walk were from

- Ashfield Nursery
- Hawthorn Primary School
- Lillia Parent and Toddler Group
- Pendower Good Neighbour Project
- Scotswood Village Nursery
- St Paul’s Primary School
- West End Women and Girls Centre
300 local families attended the launch of the walk at Elswick Park.
Well done and thank you to the champions who were involved in this piece of work.
Lots of other activities were provided on the day
With thanks to the wider Change 4 Life partnership who provided activities on the day:

- Active Newcastle
- Bob Carpenter The Olympic Torch Barer
- Change 4 Life Champions
- Community Dental Service
- Edible Elswick
- Elswick Pool
- The Metrognomes
- NAPI
- Newcastle City Council Parks and Countryside
- Newcastle Nutrition
- Sally the Community Artist
- Sure Start West Riverside Food and Nutrition Team
- Sure Start West Riverside
- West Change 4 Life Health Trainer
- West End Women and Girls
- Your Homes Newcastle
Examples of some of the work the Champions have done in their settings:

- Scotswood Village Nursery
- St Bede’s RC Primary School
- Hadrian School
- Federation of Arthur’s Hill Primary Schools Moorside and Westgate Hill
- Broadwood Primary School
Quotes from local people who have attended some of the Champions sessions.

Working with the Change 4 Life Champions Support Worker and Health Trainer.

• “Wow! a fab group. I have learned so much and will be using the ideas at home with my own family, thank you”

• “Using the healthier recipes at home and getting the kids to help”

• “Thank you for holding the Champions session in December, my husband and me really enjoyed making the recipes and now we have some more ideas to make at home with the children”
Journey of a service user

“I don’t normally come to groups but the champion asked me to come, and I’m really pleased I did. I have learned a lot about what the kids should be eating and how much and I have now started to make healthier meals. I made sausage casserole for the first time and the kids loved it. I have been to a packed lunch workshop at my nursery run by the champion and learned about portion sizes with the Health Trainer, I was giving my kids way too much food.

I then got the information about the Elwsick park walk from my champion and again I wouldn’t normally have taken my children along but I did and they really enjoyed it, it was lovely to mix in the park with other families and a great free day out for me to enjoy with my two children.

Because of my champion I have had the opportunity when the children are at nursery/school to attend two different training courses which I am really enjoying.

I have lost weight and just joined the gym in HealthWORKS.

I would really like to become a champion myself and pass on what I have learned to the other mothers”.

A happy mum, Scotswood
Some of the Champions have been or are involved in;

• Food Hygiene Level 1 with Sure Start West Riverside
• Cooking on a budget with Newcastle Nutrition
• Match Fit Families with Newcastle United Community Foundation
• On the Go programme Active Newcastle
• Sharing Information and helped to develop a Money Management toolkit with Newcastle Council
• Healthier Lifestyles Programme with Newcastle Nutrition
• STEPS personal development course working in partnership with the Alliance from East Newcastle
• Halogen and Microwave cooking funded by Make Your Mark
• Working with the Citizens Advice Bureau around financial inclusion
• Sure Start West Riverside Parent’s Voice
• WestEnders; Some of the Champions are to feature in the second edition of Florrie the Geordie Housewife’s local history book.
This has all been made possible by:

- the collaborative work of the Change 4 Life in West Newcastle Wider Partnership
- local people who have given up their time to support their families, their communities and their local setting to embrace these key messages of ‘Eat Well, Move More, Live Longer’.