




A free programme that helps Warwickshire families live healthier lives

The Change Makers Healthy Lifestyles Programme teaches families about good nutrition, staying active and other healthy living topics through seven fun, interactive weekly sessions. The whole family can get involved in activities like preparing and tasting new foods and playing group games, as well as getting lots of practical advice, guidelines and tips on healthy lifestyles.



Change Makers also offer a one-off workshop for parents/carers that provides a general overview of healthy living, including useful tips and a Q&A session.

The workshop and programme take place at community venues across the county. The programme is rolling and can be joined at any point.

For families with more complex needs, one-to-one support from the Change Makers team is available.

Change Makers services are available for free to all families with a child/young person who goes to school in Warwickshire.