

HEALTH PARTNER

**WORKING IN PARTNERSHIP
TO IMPROVE THE HEALTH AND
WELLBEING OF THE COMMUNITY
OF NORTH KENSINGTON**

www.grenfell.nhs.uk



Fit for Life CIC and the Health Partners programme

Fit for Life CIC is working in partnership with the NHS, Residents Associations and other community, voluntary and faith organisations to support communities in North Kensington in building a healthier future.

The aim of the Health Partners Programme is to:

- strengthen the wellbeing of individuals, families and the community
- improve the understanding of basic health information and services so people can make good health decisions

- develop and deliver services that are culturally sensitive
- engage with the community to help share health messages.

“We are really passionate about helping to improve the health, fitness and wellbeing within North Kensington and are overjoyed to be part of an amazing initiative and partnership with the health partners. We think the work the health partners are doing is fantastic and we are looking forward to contributing!”

Christopher Herbert, Head Coach & Founder

Find out more by visiting
www.grenfell.nhs.uk

What we do

You can contact Fit for Life CIC if you need support and advice to help you with your physical and emotional health and wellbeing.

We are currently working to:

- Provide a range of health, fitness and sport programmes, mentoring and wellbeing
- Increase the range of activities we can provide for the community including boxing, boxfit and running and exercise groups
- help educate individuals and families to the benefits of living a healthier and active lifestyle.

Contact us to learn more and find out how you can get involved

Telephone: **07949 162 082**

Email: **info@fitforlifeyouth.co.uk**

Web: **www.fitforlifeyouth.co.uk**

**Supporting
the NHS**