

Crawley Wellbeing scoops national recognition

Crawley Wellbeing has been awarded 'Supporter of the Month' by Change4Life in recognition of the great work the team does to improve health in the town.

The Change4Life November newsletter gives over a whole page to celebrating the work and achievements of Crawley Wellbeing, a free, friendly and impartial service that offers people a starting point towards adopting new healthier lifestyles.

The newsletter – sent to more than 400,000 families in England and Wales – describes Crawley Wellbeing as “an active Change4Life local supporter” and tells of its success in localising a national campaign over the summer.

It says: “As part of the really big summer adventure they distributed 600 Change4Life goody bags through family and children’s centres, community centres, summer fetes and summer day camps across Crawley.

“As well as the really big summer adventure voucher book, the goody bags were stuffed full of Change4Life resources – including several that Crawley Wellbeing has developed to address the needs of their local community, focussing on issues such as weight management and men’s health.”

The article also mentions Crawley Wellbeing’s hugely successful Weight off Workshops, its popular swimming referral programme, work at Junior Citizen 2011 and its Walk4Life Miles in Goffs Park and Worth Park – the two most downloaded walks in the country!

Councillor Lenny walker, Cabinet member for Leisure and Culture, said: “This is great recognition for the sterling work that Crawley Wellbeing does to make the town’s residents healthier and more active. I’d like to congratulate all the staff who have worked so hard to made this happen.”