

St Luke's Church: New Starz Healthy Living

St Luke's Church received a grant of £4,999 to deliver a programme focused on educating children and their parents on the benefits of a healthy lifestyle, including diet and exercise, through performing arts. Children were supported to create their own show around the theme of healthy living combined with workshops for parents to further the learning.

- **37** children and their parents improved their knowledge around healthy living
- **62%** of participants felt healthy living was more important to them and the felt encouraged making it a priority in their family
- Parents reported their children's self-confidence had grown throughout the activities
- Participants are better able to identify unhealthy foods and make healthier choices
- Children developed teamwork and communication skills



Sam's Story

Sam, aged 9, has issues with asthma, his weight and confidence. His mother enrolled him on the project as she was worried about his lack of interaction with peers and she wanted his confidence to improve. Sam suffers with a stammer when he is anxious but, with support from the trainers, he was given a main part in the showcase and learned his lines well. His mother felt confident to leave him at the sessions after the first few weeks. Sam has become much more confident in himself, having overcome some of his anxieties and stated he is more likely to try new things in the future.