



In partnership with



Press Release
23rd June 2009

Winners of national Health for Kids awards go to Downing Street

Innovative projects that promote children's health and wellbeing were invited to a special presentation at Downing Street today.

Project leaders and children involved in each of the ten projects – winners and runners up of the five categories - attended the Health for Kids awards reception hosted by the Prime Minister. Winners were presented with an award plaque and certificate as well as receiving £1000 from Health for Kids for their project.

The Prime Minister said: "I am delighted to welcome the Health for Kids award winners and runners up to Downing Street today to celebrate the fantastic contribution they are making to children's health and wellbeing."

"We know how important it is to make sure young people get off to the best possible start in life which is why we launched our Child Health Strategy earlier this year and will continue to invest in initiatives such as our Change4Life programme and Sure Start Centres to support children and parents to lead a healthier lifestyle.

"All of the Health for Kids award winners have come up with innovative ways to encourage youngsters to lead healthier and happier lives, whether it's through healthy eating, getting more active or raising awareness of the dangers associated with drugs and alcohol. The great work they are doing is making a real difference to young people and I would like to congratulate them all."

Winning initiatives included:

- A programme by **Youth Action Wiltshire** to help young carers to prepare and eat healthier meals
- **Southwark Tigers**, a cheerleading club in London run by parents and volunteers that keeps children active
- **Time for Me**, a programme by Barnardo's children's charity in the Midlands that supports children who live with drug or alcohol dependants
- The **Healthy Lifestyle Enterprise Project** run by Halton Healthy Schools programme for children to develop their business and social enterprise skills with a healthy living theme
- An initiative about alcohol awareness led by young people through the **Stewartry Youth Issues Unit** in Castle Douglas, Scotland.

Each initiative was recognised for its outstanding contribution to the health of children and young people, covering a range of health topics including: personal and social health, healthy eating, physical activity, and emotional health and wellbeing, and safety.

The national Health for Kids awards, this year in partnership with the British Heart Foundation, received over 600 entries to the 2009 programme and presented sixteen awards in total (a winner, runner up and highly commended for each category) to excellent projects from official organisations, schools, voluntary organisations and community groups.

Terri Woodhams from the Health for Kids awards says; "We have received a very high calibre of entries this year, from so many innovative initiatives, each helping to change children's attitudes and behaviours towards healthy living and promote health and well being. Every entry has been through a rigorous judging process, including a presentation to a panel of expert judges. They should all be very proud of their achievements."

ENDS

Notes to Editors:

The national Health for Kids awards, this year for the first time, in partnership with the British Heart Foundation is an excellence programme that aims to celebrate and reward individuals, teams and groups who have made a real difference to child health through healthy eating and physical activity initiatives as well initiatives that tackle tough issues including obesity; emotional health; drug and alcohol misuse; safety; or helping young people get wise about sex and relationships. There are five categories in the national Health for Kids awards. Details of each category and an online entry form are available at www.hfkawards.co.uk

The British Heart Foundation (BHF) is the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information. The BHF relies on donations of time and money to continue its life-saving work.

Our stakeholders are the Food Standards Agency; the National Health Schools Programme (a Department of Health/Department of Children, Schools and Families joint initiative); The Welsh Network of Healthy School Schemes; Health Promoting Schools, Learning and Teaching Scotland; The Royal Society for Public Health, the leading voluntary youth organisation in the UK - Clubs for Young People and Take a Break magazine.

*For further information about the Health for Kids awards or the initiatives featured in this notice please contact **Terri Woodhams on 0845 130 1078 or Mobile: 0775 983 1679, or email terri@hfkawards.co.uk***