

Change4Life West and East Newcastle

Change4Life West Newcastle aims to improve the nutrition of families through healthy eating initiatives, increase participation in physical activity and improve the emotional health and well being of families in the East and West end of Newcastle. This will be achieved by focusing on children, young people and their families to help reduce and prevent obesity.

Please feel free to contact the Co-ordinator if you have any queries or would like further information.

**Katie Lehmann**Change4Life East Newcastle Co-ordinator  
Food Nation, 28 Hawthorne House  
Heaton Road, Newcastle upon Tyne, NE6 1SD

**Tel:** 0191 276 0595

**Email:** katie.lehmann@foodnation.org

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**Kath English** Change4Life (West Newcastle) Co-ordinator HealthWorks Newcastle, Health Resource Centre Adelaide Terrace, Benwell, NE4 8BE **Tel:** 0191 272 4244

**Email:** [kath.english@hwn.org.uk](mailto:kath.english@hwn.org.uk)