



MATTHEW PENNYCOOK MP ON CHAMPIONS 4 CHANGE

"On Saturday 6 October I spent the morning at St. Thomas' Church in Charlton learning more about the work of Champions 4 Change (C4C) and also taking part in a training session.

Led by Director Scott O'Connor, C4C is aimed primarily at young people (*although they now also run a very successful over-40s session*) and runs a number of programmes – including programmes focused on young carers – designed to develop fitness, mental wellbeing and resilience through boxing. The young people involved in C4C can gain recognised qualifications as they progress and those who have done so have gone on to help train other children and adults.

C4C is a real asset for our area. Indeed, in my view it is the most impressive local social initiative that I have come across in the time I have served as the Member of Parliament for Greenwich and Woolwich. The potential benefits of the programmes that C4C offers, in terms of improved physical and mental health, diversionary activities and as a way for vulnerable young people to build self-esteem and gain professional qualifications, cannot be overstated.

At a time when young people are continuously portrayed in a negative light, it's important that we also focus on the positive things that young people are doing locally. C4C shows what can be achieved. It not only deserves more recognition but also more support."

WWW.CHAMPIONS4CHANGE.ORG.UK