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Students in Peterborough schools have launched a new newsletter aimed at promoting a healthier lifestyle for young people. The Youth Health Champions (YHC's) newsletter has been put together by young people who are part of the Youth Health Champions programme and the council's Public Health team.

Published quarterly, the newsletter will focus on young people's lifestyle issues and opportunities to adopt healthier ways of living.

The Autumn 2015 edition has information about stopping smoking, as well as stories about St John's Ambulance first aid and the MoreLife holiday club.

YHC's work with young people in their school, academy or community by providing help and support while encouraging healthier lifestyles. YHCs can work towards the RSPH Level 2 Understanding Health Improvement course and can also explore personal areas of interest through different courses.

The first edition of the Youth Health Champions newsletter is available to download from the [Youth Health Champions page](#).