



Start Life Well FAQs

What is Start Life Well (Gold)?

An online programme aimed at promoting physical activity, healthy eating and wellbeing

How do you achieve Start Life Well (Gold) Award?

There are 3 routes to achieving Start Life Well (GOLD):

1. Start Life Well Gold is embedded in the NDNA PANCo qualification, so learners automatically achieve Start Life Well Gold when they gain PANCo status.
2. If you are already a qualified PANCo you can work towards achieving Start Life Well Gold for your setting
3. A person working in the setting can be nominated and will have the responsibility for completing the steps required to achieve the standard Start Life Well Award criteria, not Start Life Well Gold.

What's involved in achieving Start Life Well (GOLD) Award?

1. Complete a short e-learning course
2. Complete your self-assessment
3. Choose your project proposal & implement
4. Submit your portfolio of achievement (If you are completing the PANCo qualification this is part of your PANCo portfolio)
5. Complete your final evaluation

Is it online?

Yes

How long does it take to achieve?

Three months from the date of registration

How long does the award last?

The award is for the setting and lasts for 12 months

How does my setting maintain Start Life Well (GOLD) status after 12 months?

Purchase Start Life Well (GOLD) again and begin a new Start Life Well (GOLD) assessment & project portfolio (if you are a qualified PANCo the setting will achieve Start Life Well Gold)

How much does it cost?



**-Start
Life Well**

Start Life Well Gold + NDNA PANCo - £200 for NDNA members & £290 for non-members – [join us](#)

Start Life Well Gold (for qualified PANCo's) £69 for NDNA members & £99 for non-members – [join us](#)

Start Life Well standard award £69 for NDNA members & £99 for non-members – [join us](#)

Who is Start Life Well (GOLD) for?

PANCo's, Nursery owners, Managers and Team Leaders working in early years settings

Is Start Life Well (GOLD) suitable for settings in all nations?

Start Life Well (GOLD) is currently suitable for ENGLAND settings only

Will I receive a certificate?

Yes. On successful completion of the Start Life Well (Gold) Award Project Portfolio you will receive:

Start Life Well Award (Gold) Certification (valid for 12 months)

Are there any system requirements needed?

You will need Microsoft Word , Adobe Acrobat Reader, and web browsers such as Google Chrome, Apple Safari, or Internet Edge, in order to interact with the course.