



Child Healthy Weight Directory of Support Services

0 -19 years old

Tower Hamlets

TOWER HAMLETS
**GP CARE
GROUP** CIC

LOCAL PEOPLE. LOCAL HEALTH



TOWER HAMLETS

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This directory aims to support professionals working with children, young people and their families to connect them to a range of services that support health and wellbeing, appropriate for their own individual needs.

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Your guide to information and services for families in Tower Hamlets



LOCALOFFER
@thlocaloffer localoffertowerhamlets.co.uk

Visit the Local Offer

Please note this is a non-exhaustive list, and we encourage practitioners to visit the Local Offer for up-to-date information on local services. Please contact the Family Information Service if you need support to navigate the directory: 020 7364 6495 or fis@towerhamlets.gov.uk

This document was last updated in September 2022. If you spot any errors, or would like to request to add or remove a service, please email the Tower Hamlets GP Care Group via amelie.gonguet@nhs.net or phoebe.kalungi@nhs.net.

Clinical support

Visit the [GP Care Group website](#) to access information about local GPs and health services including Health Visiting, School Health & Well being, Advocacy & Interpreting.

➤ **Health Visiting Team:** thgpcg.hvrecordsandreferrals@nhs.net or 0204 551 1414.

➤ **School Health & Wellbeing team:** thgpcg.schoolnurses@nhs.net or 0204 551 1414.

Baby Feeding Service. Provides a range of face-to-face and remote infant feeding support to local families. Please email BHNT.B2BTH@nhs.net, call or text 07961 609 626 or 02035 942 591.

Barts Health Community Health. Includes services for physiotherapy, occupational therapy, and speech and language therapy. There is an 'eating & drinking' clinic which provides assessment and intervention for children and young people who have swallowing difficulties. For more information call 0300 033 5000 or email the Single Point of Access (SPA) team on thgpcg.spa@nhs.net.

Barts Health Paediatric Dietitians. The team doesn't accept referrals for children with excess weight but do see children with concerns of faltering growth or allergies. Referral criteria are as follow:

- a fall across ≥ 1 weight centile spaces, if birth weight < 9 th centile
- a fall across ≥ 2 weight centile spaces, if birth weight between the 9th and 91st centiles
- a fall across ≥ 3 weight centile spaces, if birth weight ≥ 91 st centile
- weight ≤ 0.4 th centile for age, whatever the birth weight / BMI is ≤ 0.4 th centile (over 2 years).

For more information email royallondon.paedsdiet@nhs.net.

Barts Health Obesity Metabolic Clinic. Referral criteria is BMI > 3.5 SDS above normal or comorbidities like obstructive sleep apnoea (OSA), metabolic syndrome. Please note they do not see children under the age of 2 years and the waiting time is currently 1 year.

Barts Health complication from excess weight (CEW). This is a pilot clinic and referral criteria is BMI > 3.5 SDS above normal AND significant obesity-related medical comorbidity that would benefit from weight loss (e.g., type 2 diabetes, sleep apnoea etc.) that has not responded to treatment with specialist team. Referral forms are on their webpage and email gos-tr.cew@nhs.net for further information.

CAMHS website. The team provides support for those with mental health difficulties such as depression, anxiety, eating disorders etc. Call 0207 4262 375 to talk to one of their team members.



Parenting support

Browse the [Local Offer](#) to access the parenting support page to find support and sessions available near you. This will include the following services and more:

Parental Engagement Team. They offer a range of parenting programmes for parents and carers of children from birth – 19 years. It's an opportunity to share experiences, develop a greater understanding of child development, build positive relationships and learn skills to deal with challenging behaviour. Please email parenting@towerhamlets.gov.uk or call 020 7364 6398.

Toyhouse. They offer a range of projects for young children and their parents including the 'Mellow Parenting course' which helps mothers who are struggling with the challenges of parenting. Please email info@toyhouse.org.uk or call 020 79877399.

Docklands Outreach. They offer support for parents who have children aged 3-13 years with emotional and behavioural difficulties. Please email info@dockout.org.uk or call 020 7538 1601.

Early Help hub. The hub acts as a single point of access and works with families or young people who need extra support to deal with a difficult situation. Getting help early can stop things from getting worse and becoming harder to manage. Please call the Children Services Hotline on 020 7364 5006 or complete their online contact form.



Physical activity support

Browse the [Local Offer](#) and find a range of activities for people of all ages and ability. For young people, visit the [Local Offer Young People Zone](#).

This will include the following services and more:

Find your nearest **Youth Centres**. Tower Hamlets has a range of youth provisions offering many fun and inclusive activities for young people. This includes [Spotlight](#), [Newark](#), [Sporting Foundation](#) and more.

Sport & Physical Activity team. They offer a range of physical activities, including targeted sessions for women and girls, and people with disabilities:

- [Choose a sport](#)
- [Find out about swimming facilities](#)
- [Find out about family cycling training session](#)

Parkrun Junior. A free, fun, and friendly weekly 2k event for juniors (4 to 14-year-olds). Every Sunday at 9.30am at Mile End Park. You need to register to take part!

Children and Family Centres. There are 12 centres across the borough offering a range of early interventions including sessions like baby massage and active stay and play sessions. View their timetables via the link.

Toyhouse. They offer a range of projects for young children and their parents including sessions like Toddler Play & Rhyme Time and Stay and Play sessions. Email info@toyhouse.org.uk or call 0207 987 7399.

Bromley By Bow Centre. Access their 'Activities, Sports and Groups' section which offers a range of physical activity opportunities for the whole family.

Tower Hamlets Holiday Childcare Scheme. They provide childcare for children aged 3 to 13 years during the school holidays (excluding the Christmas break) and offer a range of physical activities and healthy eating sessions.



Healthy eating & cooking support

Browse the [Local Offer](#) and find out what is happening near you. This will include the following services and more:

Healthy Families programme. Parents of children and young people can join this fun and informal course to find out how to make small changes that have a positive impact on family health. Includes practical tips and resources to build parents' confidence to make healthier choices and increase family activity. Healthy meals cooking sessions are included. The programme also offers 1-1 and targeted support for families. Please email Parentalengagement@towerhamlets.gov.uk or call 0207 364 6398.

Bags of Taste. Hands on cooking classes to improve confidence in eating well for less. They offer residents a free, delivered, ingredients bag and course materials, containing the food for seven meals (3 recipes) and all materials required to participate in their two-week course. Families can register online.

Find your nearest **Youth Centres.** Tower Hamlets has a range of youth provisions offering many fun and inclusive activities for young people. Some centres include [Spotlight offer Cook and Eat clubs](#).

Tower Hamlets Holiday Childcare Scheme website: They provide child care for children aged 3 to 13 years during the school holidays, (excluding the Christmas break) and offer a range of physical activities and healthy eating sessions.

Digital resources to support with healthy eating/cooking:

- [Sign up to Change4Life Fruit and Veg boost](#)
- [Sign up to Change4life Cook Together](#)
- [Simple, cost-effective recipe book for the whole family](#)
- [Download the free food scanner app](#)
- [Get quick and healthy snack inspiration](#)
- Check out the [Veg Power Recipes](#)
- For nutritional support during pregnancy and in the early years, visit the [Early Start Website](#), they offer free webinars and courses for parents on a range of topics!
- Check [Simply Veg for healthy cooking on a budget](#).



Food access support

Browse the [Local Offer](#) money matters and food assistance section.

This will include the following services and more:

Worried about money? Download the [Cash First referral](#) leaflet to find locally available advice and Cash First support options. You can also fill their online [digital form](#).

Visit the [Healthy Start Scheme website](#).

- ▶ Universal free vitamins for pregnant and breastfeeding women and children under the age of 4 years. Families can collect vitamins from their local children and family centres.
- ▶ Prepaid card to buy healthy food for low-income families with children under the age of 4 and pregnant and breastfeeding women.

Free school meals. Tower Hamlets offers universal free school meal provision for children in Reception & Year 1, 2, 3, 4, 5 and 6. For other years, benefits-eligible free school meals are available for some families. See [Tower Hamlets website](#) for further information.

[Tower Hamlets food support website](#). Access local food banks, hot meals, community food pantries, affordable food co-ops and markets.

[Family Action 'Food on your doorsteps'](#). They support families to access good-quality food at low cost. Please call 0808 802 6666 or text: 07537 404 282.

[Little Village](#). They provide support with clothes, toys and equipment for babies and children up to the age of 5.

[Social Prescribing Service](#). They can support families with issues around employment, benefits, housing, debt etc. They work within GP practices, contact the family's GP practice reception or email thgpcg.socialprescribing@nhs.net.

Residents' Support Scheme. Helps residents who are either in, or at risk of being in crisis, are in need of immediate help and have no source of financial support available to them. You can apply online or email lwpqueries@northgateps.com or call 020 7520 7217.



Emotional health & wellbeing support

Browse the [Local Offer](#) to find out about support services near you.

This will include the following services and more:

Kooth Counselling. Free online counselling and emotional wellbeing support for young people aged 11-25 years. Young people can access this service anonymously by signing up online.

Health Spot GP services for 11-25. Friendly and confidential medical appointments with a GP who is experienced in supporting young people with health needs. Appointments are every Tuesdays between 4pm-8pm via phone call or video call with a doctor.

Docklands Outreach. They provide practical and therapeutic support to children aged 3 - 21 years on a range of emotional and mental health difficulties. Please email info@dockout.org.uk or call 020 7538 1601.

Step Forward. Supports young people aged 11 – 25 years who are facing disadvantage. They provide a safe and welcoming space for young people to talk and put together personalised packages of support.

Early Help hub. Acts as a single point of access and works with families or young people who need extra support to deal with a difficult situation. Getting help early can stop things from getting worse and becoming harder to manage. Please call the Children Services Hotline on 020 7364 5006 or complete their online contact form.



Support for children with additional needs

Visit the [Local Offer](#) page dedicated to support children and young people with additional needs. This will include the following services and more:

SEND Information Advice and Support Service & Parents Advice Centre

Self-referring services offering advice, information and support to parents or carers of children and young people with special educational needs and disabilities (SEND) from birth to 25 years old.

They work closely with a range of other service providers, these include Health, Social Care and Citizens Advice Bureau. Advice can be provided in Bengali, Somali and other languages by request. You can contact both teams on 020 7364 6489 or by email on TowerHamlets&City.SENDIASS@towerhamlets.gov.uk or pac@towerhamlets.gov.uk.

Children With Disabilities team. The team can arrange practical support, personal care in the home, short breaks, counselling and residential services. Please call 020 7364 2724 or email CWD.screening@towerhamlets.gov.uk.

Disability Sport. View their timetable. The sport and physical activity team support the running of inclusive sport including swimming, cycling and multisport.

The Tower Project. Award-winning leading service provider for children and adults with a learning disability, sensory disability, autism, physical disability or health-related issue.

NAS Tower Hamlets Autism Support. Supports parents or carers of children and young people with an autism spectrum disorder (ASD). Please email FamilySupport.London@nas.org.uk or call 020 7377 8407.

Sense. National charity who offer free and impartial information and support to people living with complex disabilities, including deaf blindness.

Oral health support. Children with additional needs are at higher risk of poor oral health. In Tower Hamlets, the Kent community dental health service can provide support for those children. Please contact kentchft.oralhealthkent@nhs.net or complete their [online referral form](#).



Parents, carers & family support

Children and young people don't come on their own but as part of a family unit. Supporting parents and carers to look after their own health and wellbeing can have a positive impact on their children.



Tower Hamlets Connect. This is the new integrated information and advice service. It is a single point of access for adults requiring support with health, social care and social welfare, including housing, and benefits, consumer issues and general advocacy.

Physical health support:

Please visit [Managing your weight | Tower Hamlets Connect](#) for up-to date weight management service information.

Families can also check out the [Better Health NHS campaign](#) which offers lots of tools and resources around weight management and exercise.

Emotional health support:

Tower Hamlets Talking Therapies provides a range of psychological therapies and counselling services. They also offer a range of webinars including 'Food, mood & eating concerns' 'building confidence' 'stress management' etc. Please call 020 8475 8080 or use their online self referral form.

Mind in Tower Hamlets. A mental health charity that provides advice and support to anyone with a mental health or emotional issue. They also provide free counselling for Tower Hamlets' residents. Please call 020 7510 4247/4248 or email info@mithn.org.uk

Families can also check [Every Mind Matters](#) campaign which offers tips and resources for looking after your mental health and wellbeing.



Are you looking for a fun and rewarding way to improve your health?

Parkrun, food growing and community food projects are great ways to be active, learn interesting skills and meet new people. Check out some of the opportunities below:

Parkrun. A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! Every Saturday at 9am in Mile End Park. [Register online!](#)

Seeds for Growth project. Volunteering opportunities in community garden projects and community-based food co-ops.

[WEN Community Growing Food Network.](#) Join the network and find out about volunteering opportunities.

[Bromley By Bow Centre.](#) Access a range of opportunities including gardening and a local health matters project.

Can't find what you are looking for?

The following services are here to help families to find and access the right local support services for them

- **Family Information Service.** Do you need support navigating the Local Offer? Please contact the Family Information Service who will help you find what you are looking for: 020 7364 6495 or fis@towerhamlets.gov.uk
- **Community Navigators.** Located in the Idea Stores, they can support families to identify needs, set goals and access the right support service. To set up an appointment, please contact navigators@towerhamlets.gov.uk
- **Social Prescribing.** They support families with volunteering, employment, benefits, housing, debt, physical activity etc. Social Prescribers currently work within GP practices, contact your GP practice reception to access the service or email thgpcg.socialprescribing@nhs.net

Parent networks and support groups

Parent groups are a great way to meet other parents for practical and emotional support. Groups also provide opportunities to share experiences, become involved in local issues and ensure your voice is heard.

Parent and Carer Council (the PCC) is Tower Hamlets' main family forum. The PCC provides a platform where parents can share information about education, health and community safety in the borough and collectively help shape the services that are available to families in the borough.

For further information and to find out how to join the PCC or associated groups and activities (e.g. the Dads' Network, Home Educators' Forum, the Somali Parents Support Group and SEND Independent Parent Forum) visit: www.towerhamlets.gov.uk/parentcouncil or email: parentcouncil@towerhamlets.gov.uk



Healthy weight digital resources

Sign up to the local **Tower Hamlets newsletters:**

- [Healthy lives team newsletter](#)
- [Families Matter E-bulletin](#)

Support during pregnancy

- [Tommy's charity](#) offers support and information about having a safe and healthy pregnancy, from conception to birth.
- [First Steps Nutrition Eating Well in pregnancy practical guides.](#)

Support for children under 1 year

- [UNICEF Baby Friendly Initiative](#) for support around breastfeeding and infant feeding.
- [BASIS](#) for evidence-based safe sleep information.
- [Born to move app](#) encourages play and interaction to help babies learning and development.
- [Baby buddy app](#) offers self-care tools to help parents build their knowledge and confidence during the early stages of parenting.
- [Dental check by 1 website](#) supports with visiting a dentist before your baby's first birthday.

Support around starting solids:

- [Start4Life](#) has lots of information and videos about when to start and what food to start with.
- Download the [NHS Introducing solids guide](#) and the [First Step Nutrition booklet eating well in the first year of life](#) for lots of easy and inspiring recipes.
- Watch the [Care Confident 'Solid Foods' video](#) available in both English and Bengali.



Support being active

- **For children under 5.** [BBC Tiny Happy People](#) and [Hungry Little Minds](#) have loads of fun activity ideas for children aged under 5 years. Download the [Physical activity infographic](#) from birth to 5 years.
- **For children over 5.** Better Health Healthier Families activities, [UK Active Kids](#) and [kids work out to do at home](#) have inspiring ideas to get children moving in a fun and interactive way. [Download the Physical activity infographic](#) from 5-19 years.

Support around sleep

- [Check healthy sleep tips](#) for children and young people or visit the [NHS page](#) to get support with sleep problems.

Does my child need a supplement?

Babies from birth to one year should be given 8.5 to 10 micro-grams of Vitamin D if they are breastfed or formula-fed and having less than 500ml of formula a day.

All children aged six months to four years should be given a supplement containing vitamins A and C and D, such as [Healthy Start vitamins](#) (unless drinking a minimum of 500ml of formula a day). In Tower Hamlets vitamins are free for all and can be collected from your nearest [children and family centres](#).

All adults and children over the age of four should consider taking a daily supplement containing 10 micrograms of Vitamin D especially during autumn and winter. [See more information on Vitamin D.](#)

Multicultural Nutrition

- [South Asian Eatwell guide](#)
- [African & Caribbean Eatwell guide](#)
- [BHF Healthy Heart Recipe Finder](#) – You can filter the recipes into which cuisine you want to find e.g. South Asian etc.
- [Healthy Eating for South Asian community booklet.](#)

Additional nutrition guides are [Vegetarian Eatwell Guide](#) and [Vegan Eatwell Guide](#).



Support Around Healthy Eating

- **For children under 5:** check [Early Start](#) and [First Steps Nutrition](#) and download [Good food choices and portions sizes for 1-4](#) and [Eating well snacks for 1-4 years](#).
- Check [NHS Eat Well Guide](#).
- [Sign up to Better Health Healthier Families Fruit and Veg boost](#).
- [Sign up to Better Health Healthier Families Cook Together](#).
- [Download the free food scanner app](#).
- [Get quick and healthy snack inspiration](#).
- [Check out the Veg Power Recipes](#).

Support with fussy eating:

- [Watch the HENRY Healthy Eating right from the start video](#) and check their [Top Tips for fussy eating](#).
- [See & Eat website](#) provides practical tips and activities to help your child eat a more diverse diet.
- [Child Feeding Guide website](#) aims to guide families toward happy mealtimes and healthy children.

Support with accessing food and eating well on a budget

- The Healthy Start scheme supports pregnant women and children under 4 years in receipt of certain benefits and tax credits to buy healthy food. All pregnant women under 18 years automatically qualify. Visit the [Healthy Start website](#) to see if you are eligible.
- Tower Hamlets provides free school meals to all children attending primary school (from reception to year 6). Please contact your child's school or visit [Tower Hamlets directory](#) for further information.
- Visit the [Tower Hamlets community food project](#) to find out about local food support.
- Download the [First Step Nutrition Eating Well](#) recipe book for simple and cost effective meal ideas for the whole family.
- Check the [BDA Top Tips to eating well for less](#).
- Download the [QLIO app](#) – food sharing app aims to share food surplus and reduce food waste.
- Visit [Simply Veg](#).



Support for children with SEND

- [The National Autistic Society](#) provides information and guidance for parents of children with ASD experiencing eating difficulties.
- The charity [Contact](#) provides resources to support families with disabled children. Visit their [Feeding and Eating](#) page for support and guidance.
- [brushmyteeth.ie](#) provides supportive videos for children with additional needs around toothbrushing.
- [Activity Alliance](#) and [Disability Rights UK](#) have created a guide to support more disabled people to enjoy an active lifestyle. [Download their PDF](#). Check out the [BBC Get Inspired page](#) to help you find the right activity.

Support for young people

- Join the [Tower Hamlets Young People Zone](#) to keep up with the latest news happening in Tower Hamlets.
- [Health for Teens](#) provides information and support specific to adolescents including lifestyle, relationships, feeling and general health topics.
- Download the [Smash App](#) which supports young people aged 13-24 to access cheaper and more nutritious take away options.
- Join the [Bite Back 2030 movement](#) campaign to support every young person growing up in the UK to access healthy nutritious food. Watch their [YouTube Video](#) highlighting the choking effect of food advertising on our food choices!

Support around Oral Health

- Visit the [Kent Community Health Dental Service website](#) for additional oral health resources.
- Watch the [Care Confident 'Oral Health'](#) video available in English and Bengali and the [HENRY growing up with healthy teeth video](#).
- Find a local NHS dentist on the [NHS website](#). NHS dental treatment is free for children under 18 or under 19 and in qualifying full-time education, and for women during pregnancy up until baby's first birthday.



Support around emotional health and wellbeing:

- [Young minds](#) provides young people and parents with tools and resources to look after their mental health and wellbeing. They have a particularly [useful guide to support young people around body image](#).
- [Kooth Counselling service](#) offers free online counselling and emotional well being support for young people aged 11-25 years.
- Have a look at the [five ways to wellbeing](#), evidence suggests trying these things could help us feel more positive and improve our mental health and well being.
- [Every Mind Matters](#) offers tips and resources for looking after your mental health and well being. [Access their self care page](#) dedicated to young people.
- [BEAT](#) charity provides support to people suffering from eating disorders. They have a free Youthline, where young people can get confidential advice – call 0808 801 0711 or email fyp@beateatingdisorders.org.uk.



Resources & training opportunities for professionals

Support for schools & educational settings:

For resources and teaching materials about healthy eating, taste education, cooking, food and farming for children and young people, visit the following websites:

- [Our Healthy Year](#)
- [Food - a fact of life](#)
- [Taste Education](#)
- [Veg Power – School Zone](#)

E-learning resources for professionals

- [Make Every Contact Count](#)
- [Cultural Competence](#)
- [All Our Health on Childhood Obesity](#)
- [Children's Oral Health](#)
- [National Child Measurement Programme](#). This includes a conversation framework and five audio recordings to help with having supportive and constructive conversations with parents about their child's health.

Local training opportunities:

- [Motivational Interviewing](#) – A course delivered via CPEN.
- UNICEF Baby Friendly Training "Breastfeeding and Relationship Building" (contact: hannahspiring@nhs.net).
- 'Healthy Weight Healthy Nutrition' from the Institute of Health Visiting – a course for practitioners working with children under 5 years, delivered by the Child Healthy Weight team (contact: amelie.gonguet@nhs.net).
- 'Children and young people nutritional health' from the School and Public Health Nurses Association is a course for practitioners working with children over 5 years, delivered by the Child Healthy Weight team (contact: amelie.gonguet@nhs.net).

