

Tower Hamlets

Draft Child Healthy Weight Directory

0-19 years old

Your guide to information and services for families in Tower Hamlets



LOCAL OFFER
@thlocaloffer localoffertowerhamlets.co.uk

Guide to information and services in Tower Hamlets for children and young people with Special Educational Needs and Disabilities (SEND) and all families in the borough



To find out more please visit the Local Offer website www.localoffertowerhamlets.co.uk or call us on 020 7364 6495 or email fis@towerhamlets.gov.uk

[Visit the Local Offer](http://www.localoffertowerhamlets.co.uk)

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

We have classified the sources of support as below:

- Clinical support
- Parenting support
- Physical activity support
- Healthy eating and cooking support
- Food access support
- Emotional health and well-being support
- Support for children with additional needs
- Parents, carers & family support

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](tel:02073646495) or fis@towerhamlets.gov.uk

Clinical support

Click [here](#) to visit the **GP Care group website** and access information about local GPs and health services including; Health Visiting, School Health & Well-being, out of hours services and advocacy & interpreting.

➤ **Health Visiting Team** : thgpcg.hvrecordsandreferrals@nhs.net or [0204 551 1414](tel:02045511414)

➤ **School Health & Wellbeing team** : thgpcg.schoolnurses@nhs.net or [0204 551 1414](tel:02045511414)

Baby feeding team: Email BHNT.B2BTH@nhs.net, call or text 07961 609 626 or 02035 942 591. Leave a message and someone will call you back. Click [here](#) to access their website.

Speech and language therapy: The service has an 'Eating & drinking' clinic which provides assessment and intervention for children and young people who have swallowing difficulties.

➤ Please call 0300 033 5000 or email thgpcg.spa@nhs.net

Paediatric Dietitians - Royal London Hospital

The team doesn't accept referrals for children with excess weight but do see children with concerns of faltering growth. 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 year)

Please use NHS E-referral service or 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 a year.

Barts Health complication from excess weight pilot (CEW): Referral criteria is BMI > 3.5 SDS above normal **AND** significant obesity-related medical comorbidity that would benefit from weight loss (eg type 2 diabetes, sleep apnoea ect.) that has not responded to treatment with specialist team. Click [here](#) to access referral form and email della.nye1@nhs.net

CAMHS: The team provide support with mental health difficulties such as depression, anxiety, eating disorders etc. GPs, schools, School Nurses and Social Workers can refer directly. Click [here](#) to access their website or call [02074262375](tel:02074262375) to talk to one of their team members.

Parenting support

Local Offer: Click [here](#) to access the parenting support page on the Local Offer 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 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 behavior.

➤ please email parenting@towerhamlets.gov.uk or call [020 7364 6398](tel:02073646398). Click [here](#) to visit their website

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](tel:02079877399) . Click [here](#) to visit their website and access their latest timetable.

Docklands Outreach Incredible Years Parenting Programme : They offer support for parents who have children aged 3-13 years with emotional and behavioural difficulties.

1. Please email info@dockout.org.uk or call [020 7538 1601](tel:02075381601). Click [here](#) to visit their website and complete their contact form.

Early Help: The 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](tel:02073645006) or click [here](#) to fill their contact form.

Physical activity support

Local Offer: Click [here](#) to browse the Local Offer and find a range of activities for people of all ages and ability. For young people, click [here](#) to access the Local Offer Young People Zone. This will include the following services and more:

Young People's Service: Tower Hamlets has 10 universal youth centres and 4 specialist youth provisions. This includes [Spotlight](#), [Newark](#), [Sporting Foundation](#) and more. Click [here](#) to find the nearest centre.

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

- Click [here](#) to choose a sport
- Click [here](#) to find out about swimming facilities
- Click [here](#) to 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 9h30am at Mile End Park. Click [here](#) to register.

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. Click [here](#) to access the list of centres and view their timetables.

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 020 79877399. Click [here](#) to visit their website and access their latest timetable

Bromley By Bow Centre: Click [here](#) to access their 'Activities, Sports and Groups' section offering a range of physical activity opportunities for all the 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. Click [here](#) to access their webpage.

Healthy Eating & Cooking support

Local Offer: Click [here](#) to 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 020 7364 6398. Click [here](#) to find out more about the programme and how to join.

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 7 meals (3 recipes) and all materials required to participate in their 2-week course.

➤ Please click [here](#) to register interest.

Young People's Service: Tower Hamlets has 10 universal centre-based youth centres and 4 specialist youth provisions. Some centre including [Spotlight](#) offer Cook and Eat clubs. Click [here](#) to find the nearest centre.

Tower Hamlets Holiday Childcare Scheme: They provide childcare for children aged 3 to 13 years old during the school holidays, (excluding the Christmas break) and offer a range of physical activities and healthy eating sessions. Click [here](#) to access their webpage.

Digital resources to support with healthy eating/cooking:

- [Sign up to Change4Life Fruit and Veg boost](#)
- [Sign up to Change4life Cook Together](#)
- [Download the free food scanner app](#)
- [Get quick and healthy snack inspiration](#)
- [Check out the Veg Power Recipes](#)

Food access support

Local Offer: Click [here](#) to check the money matters and food assistance section of the Local Offer. This will include the following services and more:

Worried about money? Click [here](#) to download the **Cash First referral leaflet** to find locally available advice and cash first support options. You can also fill their digital form by clicking [here](#).

Healthy Start Scheme:

- 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. Please [click](#) here to visit their website and apply to the scheme .

Free School meals: Tower Hamlets offers a 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. Please click [here](#) for further information.

Food services in Tower Hamlets: Please click [here](#) to download information about local : Food banks, hot meals, community food pantries, affordable food coops and markets

Family Action 'Food on your doorsteps' initiative : They support families to access good-quality food at a low cost. Please call [0808 802 6666](tel:08088026666) or text: [07537 404 282](tel:07537404282) and click [here](#) to visit their website.

Little Village : They provide support with clothes, toys and equipment for babies and children up to the age of 5. Please click [here](#) to complete a referral form.

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: Support 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 & well-being support

Local Offer: Click [here](#) to browse the Local Offer and find out about support services near you. This will include the following services and more:

ChatHealth : Confidential messaging service for young people aged 11-19 years to access advice on all kinds of health issues, like sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns.

- The ChatHealth messaging number is [07507 332942](tel:07507332942) and click [here](#) to visit their website.

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 over voice or video call with a doctor. For further information please click [here](#).

Kooth Counselling service: Free online counselling and emotional well-being support for young people aged 11-25 years. Young people can access this service anonymously by signing onto the [Kooth website](#).

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](tel:02075381601). Click [here](#) to visit their website and complete their contact form.

Step Forward: support 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 personalized packages of support. For further information please click [here](#).

Early Help The Early Help Hub acts as a single point of access and works with families or young people who would like 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](tel:02073645006) or click [here](#) to fill their contact form.

Support for children with additional needs

Local Offer: click [here](#) to access 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 & The Parents Advice Centre are 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](tel:02073646489) or by email on TowerHamlets&City.SENDIASS@towerhamlets.gov.uk or pac@towerhamlets.gov.uk.

Children With Disability team: The team can arrange practical support, personal care in the home, short breaks, counselling and residential services. Click [here](#) to visit their web page. Please call [020 7364 2724](tel:02073642724) or email CWD.screening@towerhamlets.gov.uk

Disability Sport : The sport and physical activity team support the running of inclusive sport including swimming, cycling and multisport. Click [here](#) to browse available sessions.

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. Click [here](#) to access their website.

NAS Tower Hamlets Autism Support: Provides support to the parents or carers of children and young people with an autism spectrum disorder (ASD). Please click [here](#) to access their website. Please email thamssupport@nas.org.uk or call [020 8983 9367](tel:02089839367)

Sense : They are a national charity who offer free and impartial information about living with complex disabilities, including deafblindness. Please click [here](#) to access their website and the range of support available.

Oral health support : In Tower Hamlets , the Kent community dental health service can provide oral health support for children with additional needs. Please contact kentchft.oralhealthkent@nhs.net and a referral form can be found [here](#).

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](tel:02073646495) or fis@towerhamlets.gov.uk
- **Community Navigators :** Located in the [Idea Stores](#), they can support families 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

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 well-being can have a real positive impact on their children.

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, exercise as well as smoking cessation.

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](tel:02084758080)

[Mind in Tower Hamlets](#) is a community 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](tel:02075104247) 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.

Visit [Tower Hamlets Connect](#) : This is the new integrated information and advice service. Single point of access for adults requiring support with health, social care and social welfare, including housing, and benefits, consumer issues and general advocacy.



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

Parkrun, Food Growing and Community Food Project are a great way to be active, learn interesting skills and meet new people. Check out some of the opportunities below:

Park Run : A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! Every Saturday at 9:00am. Click [here](#) to register.

Seeds for Growth project: volunteering opportunities in community garden projects and community-based food co-ops. Please click [here](#) to visit their website and get in contact.

WEN Community Growing Food Network : Click [here](#) to join the network and find out about volunteering opportunities.

Bromely By Bow Centre: They offer a range of opportunities including gardening and a local health matters project. Click [here](#) to access their website.

Sign up to the local Tower Hamlets newsletters:

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

Support during pregnancy

- [Tommy's charity](#): 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](#): 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 loads of easy and inspiring recipes
- Watch the [care confident 'Solid Foods' video](#) available in both English and Bengali

Healthy Weight Digital Resources

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**: [Change4life 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 the [NHS page on how much sleep do children need](#) and Click [here](#) to get some healthy sleep tips for children and young people

Does my child need a supplement?

- 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 one should consider taking a daily supplement containing 10 micrograms of Vitamin D especially during autumn and winter. More information on vitamin D can be found [here](#)

Support around Healthy Eating

- **For children under 5**: check [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 Change4Life Fruit and Veg boost](#)
- [Sign up to Change4life 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 support your child eat a more diverse diet
- [Child Feeding Guide website](#) aims to guide families toward happy mealtimes and healthy children. You can [also download their app](#) to support learning around healthy eating and math for children aged 3-10 years

Multicultural Nutrition

- [Vegetarian Eatwell Guide](#)
- [Vegan Eatwell Guide](#)
- [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 eg South Asian etc.
- [Healthy Eating for South Asian community booklet](#)

Support with food access 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 [NHS Top Tips](#) to eating well for less
- Download [the OLIO app](#) – food sharing app aims to share food surplus and reduce food waste.

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. Click [here](#) to download their PDF. Check out [BBC get inspired page](#) to help you find the right activity.

Support for teenagers

- 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 adolescent 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](#) campaigning 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!
- Consult the [NHS Sleep Tips](#) for teenagers.

Support around emotional health and wellbeing

- [Young minds:](#) provide young people and parents tools and resources to look after their mental health and wellbeing. They have 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 [5 ways to wellbeing](#), evidence suggests trying these things could help us feel more positive and improve our mental health and wellbeing.
- Every [Mind Matters](#) offers tips and resources for looking after your mental health and wellbeing.
- [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.

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 can 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

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: 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](#) – 2-days course delivered via CEPEN
- UNICEF Baby Friendly Training “Breastfeeding and Relationship Building (contact: hannahspiring@nhs.net)
- ‘Healthy Weight Healthy Nutrition’ from the Institute of Health Visiting –5 weeks course for practitioners working with children under 5 years, delivered by the Child Healthy Weight team (contact: amelie.gonguet@gmail.com)
- ‘Children and young people nutritional health’ from the School and Public Health Nurses Association – 2-days course for practitioners working with children over 5 years, delivered by the Child Healthy Weight team (contact: amelie.gonguet@gmail.com)