

## **Local Services**

### **Toyhouse**

Fun, active play and healthy eating courses and resource pack for children aged 0 to 4 years and their parents. Visit [www.toyhouse.org.uk](http://www.toyhouse.org.uk), call 020 7987 7399 or email [info@toyhouse.org.uk](mailto:info@toyhouse.org.uk)

### **Breakfast clubs**

Breakfast clubs are available in most schools to give children a healthy start to the day. Speak to your local school.

Check the [MEND timetable](#) for the latest free programmes taking place around the borough.

### **Free cycle training**

Provided by Tower Hamlets council for adults and families who live or work in the borough. [Visit the cycling page](#) for more, call 020 7364 6940 or email [cycling@towerhamlets.gov.uk](mailto:cycling@towerhamlets.gov.uk)

### **Healthy Families Programme**

Parents of children aged under 11 can attend 5- to 6-week courses on healthy eating and active lives. Call the council's Parental Engagement Team on 020 7364 1952.

[parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)

## **Further Support**

### [ChatHealth](#)

ChatHealth is a 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, bullying, healthy eating and any general health concerns. The ChatHealth messaging number is 07507 332 942.

### [Kooth](#)

Kooth is a free online counselling and emotional well-being support service providing young people aged 11-25 years.

### [Health Spot](#)

Health Spot offers friendly, 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.