

You can get help from healthcare professionals, who will be able to help if your child is overweight, obese or underweight.

School Nurse – provides first line advice on diet and exercise and can also refer you on to the following professionals:

GP – provides further assessment and advice on diet and exercise and can also refer you on to the following professionals:

Dietician – provides advice on healthy eating for children and families.

Paediatrician – assesses children for medical problems that may contribute to or result from them being overweight, obese or underweight.

LEAP (Lifestyle, Eat-Well, Activity, Positivity) – multidisciplinary service for children who are overweight or obese, made up of a dietician, a child psychologist, a paediatrician and a physiotherapist.

If you want more information about how to access healthy weight services you can contact your child's school nurse (through the school reception) or the dietetics department using the details below. As well as providing information about healthy eating and other healthcare services, they will also be able to offer advice on how to access a range of other opportunities, including physical activity programmes.

Dietetics Department, 0207 683 4267

Monday – Friday 9am-12pm

healthy weight for kids in hackney



Healthy weight activities available in Hackney

Please note that we will not be able to provide specific advice over the phone, but we will be able to direct you to the most appropriate service.

This leaflet is designed to tell you about the healthy weight activities available in Hackney. You can get in touch directly, using the contacts on this leaflet, or call the phone number on the back page if you want more advice.

Hackney has a fantastic resource of parks, open spaces, play areas, and leisure facilities, including a number of adventure playgrounds.

Some examples include:



Adventure Playgrounds

Free, supervised, adventure play spaces for children aged 5-14 at 7 sites around the borough, open after school, on Saturdays and during school holidays.

www.learningtrust.co.uk

020 8820 7590

Contact the playgrounds for opening times:

Apples and Pears, E2	020 7729 6062
*Evergreen, E8	020 7275 9004
Hackney Marsh, E9	020 8986 7245
Homerton Grove, E9	020 8985 9202
*Kidsactive, E5	020 8806 6149
Shakespeare Walk, N16	020 7249 8405
Shoreditch, N1	020 7729 3770

* These playgrounds give priority to children with special needs



Free Swimming

including free lessons for under 18s at the borough's 4 swimming pools.

www.gll.org/freeswimming

Britannia Leisure Centre	020 7729 4485
Clissold Leisure Centre	020 7254 5574
Kings Hall Leisure Centre	020 8985 2158
London Field's Lido	020 7254 9038

There is also a huge range of physical activity and healthy eating opportunities, specifically for children, including:



Fitness Fun Programme

Free physical activity sessions for 7-11 year olds, running before or after school in around 35 primary schools.

Contact your school directly or Samina Tarafder, 0207 683 4321 | samina.tarafder@chpct.nhs.uk

SHEL Multi-sports Camp

Subsidised Holiday camp for 8-12 year olds, including healthy eating and physical activity sessions.

Contact: Stephen Ogunjimi, 0207 427 2785 or 07985 111 237 stephen@generalworldsports.com

Healthy Lifestyles Project

Free 10 week family project for 7-13 year olds, combining healthy eating messages and physical activity sessions.

Contact: Des Ryner, 0207 613 9169 des@corehealthandfitness.co.uk

Food Skills Project

Free 6-week healthy cooking and eating course for year 6 children and their parents.

Contact: Claudia Manchanda, 0207 033 8506 claudia@shoreditchspa.org.uk

A full range of local healthy weight activity opportunities, including details of a wide range of sports clubs, can be found on our website:

www.fitchance.org
(soon to become www.wellchance.org)

