



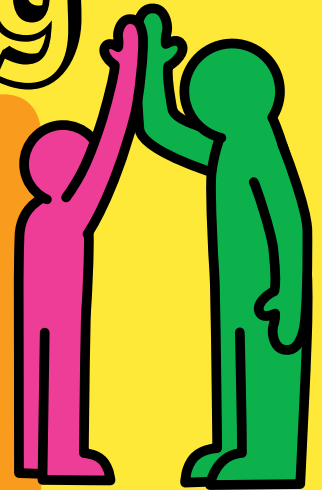
# get healthy stay healthy

Activities to help your children achieve and maintain a healthy weight are available across Hackney and the City.

There's lots of choice, from parks, adventure playgrounds, free swimming to healthy cooking and lifestyle courses.

Please note that the information within this leaflet is correct up until April 2019.

 Please contact services directly if you have any queries. For any general queries about healthy activities in Hackney and the City of London contact [public.health@hackney.gov.uk](mailto:public.health@hackney.gov.uk)



## Healthy activities in the City

### Swimming

Free swimming for under 3 year olds and low cost swimming for juniors aged 3-16 years is available at the Golden Lane Sport and Fitness Centre. A comprehensive learn to swim programme is also available, with weekly 30 minute swimming lessons offered to all ages for 50 weeks of the year.

Address: **Golden Lane Sport and Fitness, Fann Street, EC1Y 0SH.**

### Performance Tennis

The performance squad programme will run at Golden Lane Sport and Fitness on Thursdays from 16.00-17.00 for 7-9 year olds and 17.00-18.00 for 10-11 year olds (term time April – October only). £5.00 per session.

There will be a small assessment process to ensure the adequate level of ability, and parents can learn what their child may need to do to get into the squad.

### Dance

Wednesdays at Golden Lane Sport and Fitness. 16:00 – 16:45 for 5-7 year olds and 16:45 – 17:30 for 8-12 year olds. £5.00 per class. Tel: **020 7250 1464**  
Email: **GLLC-Sales@fusion-lifestyle.com**

### Gymnastics

Saturday mornings, 10:00-12:00 at Golden Lane Sport and Fitness for 5-12 year olds (session time dependent on ability – contact **Golden Lane Sport and Fitness** for further information).

### 1st City Scouts Group

The 1st City Scouts Group are one of the largest Scout Groups in North London with over 100 members.



The group was founded in 1908 and is the only group within the boundaries of the City of London. They welcome boys and girls of any faith aged between 6 and 18 into the group.

Thursdays at Sir John Cass Primary School, St. James' Passage, Dukes Place, London EC3A 5DE

Beaver Scouts (6-7 year olds) 18:30-19:30

Cub Scouts (8-10 year olds) 18:30-20:00

Scouts (10-14 year olds) 19:30-21:00

Contact details: **John Cronin**, Group President/Acting Group Scout Leader

**07774 426966**, [gsl@cityoflondonscouts.org.uk](mailto:gsl@cityoflondonscouts.org.uk) and <http://www.cityoflondonscouts.org.uk/>

### Youth Clubs

Details of youth club provision for 10-19 year olds with aspects of dance, sports and fitness are available at <http://fyi.cityoflondon.gov.uk>

### Youth Sessions in Aldgate

Weekly youth sessions in Aldgate are delivered by the London Borough of Tower Hamlets youth services during term time.

On Fridays, 18:00 to 20:00 at Artizan Community Library, Library & Community Centre, Artizan Street London E1 7AF

On Thursdays, 18:00 to 20:00 at Portsoken Community Centre (Green Box), Little Somerset Street, London, E1 8AH

Ages: 13 – 19 years, up to 25 years for special educational, needs and disabilities (SEND)

Contact details: [Hasan.Faruq@towerhamlets.gov.uk](mailto:Hasan.Faruq@towerhamlets.gov.uk) or telephone **020 7364 0892**.

## HENRY

(Health, Exercise and Nutrition for the Really Young)

The Best Start service with HENRY supports City and Hackney families with children aged 0-5 to have a healthy, happy start in life. The Healthy Families programme provides free healthy eating workshops and groups. HENRY also supports families to obtain free vitamins for children under 4, pregnant women and new mums through the Healthy Start programme and eligibility for fruit, vegetables and milk vouchers. For more information, contact

[hcsupport@henry.org.uk](mailto:hcsupport@henry.org.uk) or **07519 109876**. Details are also on the website at [www.henry.org.uk/hackney](http://www.henry.org.uk/hackney).

### Fitness Fun Programme

**Free** physical activity sessions for 7 to 11 year olds, before or after school, ranging from street dance to capoeira, in over 30 schools across Hackney. Contact your child's school or **Samina Tarafder** on **020 8356 3282** or

[Samina.Tarafder@hackney.gov.uk](mailto:Samina.Tarafder@hackney.gov.uk)



## Hackney Community Kitchens Programme

**Free** 6 week courses across 9 estates in Hackney in which families come together to prepare, cook and eat healthy affordable meals. The latest timetables are at

[www.hackney.gov.uk/healthy-hackney](http://www.hackney.gov.uk/healthy-hackney) or contact [henry.muss@hackney.gov.uk](mailto:henry.muss@hackney.gov.uk)

## ONE YOU Community Based £1 Fitness Classes

Hackney Council is supporting a programme of fitness classes for children and families in community venues across Hackney. To make it easier for parents to exercise there are family classes such as Zumba and taekwondo as well as some centres offering kids' classes at the same time as adult classes. The programme also includes women only sessions delivered by female coaches. Classes include kids' judo, kids' box-fit and kids' capoeira as well as body conditioning, pilates and circuit training for adults. All for only £1 or a donation. More information online at

[www.hackney.gov.uk/healthy-hackney](http://www.hackney.gov.uk/healthy-hackney) or search for your local class on [www.openplay.co.uk](http://www.openplay.co.uk).

## Young Hackney

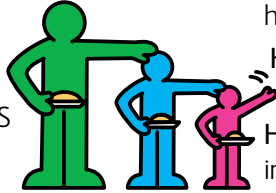
Young Hackney services are for children and young people aged 6-19, and up to 25 years if the young person has a special educational need or disability. Services are delivered across the borough through a network of Young Hackney hubs, playgrounds, community halls and schools. The service provides youth clubs and sports and citizenship activities, as well as offering help for children and young people who need additional support. The **hubs** are:

**Forest Road**, 29 Forest Road, E8 3BY

**The Edge**, 7 Woodberry Grove, N4 1ST

**Stoke Newington**, Chaucer Court, N16 8TS

**Concorde**, Kingsmead Way, E9 5PP



The Youth and School Sports Unit delivers sport and physical activities out of school hours, competitive school sport opportunities for young people who want to take part and fun activities that encourage the least active to exercise.

For details on all of these activities go to the website:

[www.younghackney.org](http://www.younghackney.org) or the Facebook page at

[www.facebook.com/younghackney](https://www.facebook.com/younghackney) or follow us on

Twitter @younghackney

## Young Hackney Inspire Sport and Physical Activity Clubs – free activities for young people with SEND

*Inclusion night @ Forest Road Hub*

Monday 18:00-20:00, 11-25 year olds

*Inspire adventure @ Shoreditch Park Adventure Playground*

Monday 16:00-17:15, 6-14 year olds

*Archery club @ King's Hall Leisure Centre*

Tuesday 16:00-17:00, all ages welcome

*Inspire Sports club @ Britannia Leisure Centre*

Thursday 16:00-17:15, 6-11 year olds

## Adventure playgrounds

Free, inclusive, supervised play for children aged 6-15. Open after school, on Saturdays and during school holidays. Please follow the link for more information on locations and opening times:

[www.hackney.gov.uk/parks-play-areas](http://www.hackney.gov.uk/parks-play-areas)

## Play streets

Children in Hackney are reclaiming the streets, thanks to a ground-breaking scheme enabling residents to close residential streets for a few hours to through traffic, turning them into play streets. Benefits include: allowing children to play near home, giving children the space to play energetically and increasing a sense of community by bringing neighbours together.

See [www.hackney.gov.uk/play-streets](http://www.hackney.gov.uk/play-streets) for more details.



*Fitness and sports club @ Britannia Leisure Centre*

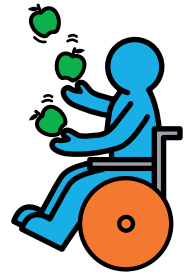
Thursday 16:00-17:30, 11-25 year olds

For more information contact

[YHSportsunit@hackney.gov.uk](mailto:YHSportsunit@hackney.gov.uk)

## Young Hackney Health and Wellbeing Team

Available to visit schools, youth groups and other young people's organisations to deliver health and wellbeing sessions including:



**Healthy Eating** – keeping a well-balanced and varied diet and how it contributes to mental and physical wellbeing.

**Healthy Living** – an introductory session looking at the importance of health, exercise and wellbeing for growth and development in all parts of an individual's life.

**Body Image** – addresses increasing concerns around weight and body image and the impact that celebrity and Instagram culture have on young people's self-esteem and emotional wellbeing.

**Dental Hygiene** – addresses the importance of healthy teeth, and how to look after them properly.

**Smoking Prevention** – raises awareness of how tobacco consumption affects the body, and the potential harms associated with smoking.

**Emotional Wellbeing** – equips young people with the necessary skills to manage their emotional responses, cope with stress in a healthy way and maintain a sense of perspective when under pressure.

For more information contact

[David.Wright@hackney.gov.uk](mailto:David.Wright@hackney.gov.uk)

## Hackney is going Sugar Smart!

On average adults eat and drink twice the recommended amount of 7 teaspoons of sugar each day whilst children consume three times the recommended amount of 5-6 teaspoons. We want Hackney to become Sugar Smart by helping people in the borough reduce their sugar intake. For more information visit: [www.hackney.gov.uk/sugar-smart](http://www.hackney.gov.uk/sugar-smart) or contact [jerry.hill@hackney.gov.uk](mailto:jerry.hill@hackney.gov.uk)



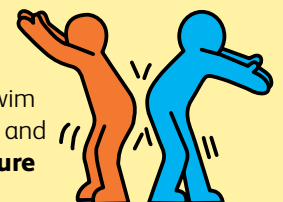
## Leisure centres

Hackney residents who are under 18 swim for free in the following Hackney pools, and includes some lessons: **Britannia Leisure Centre, Clissold Leisure Centre** and **Kings Hall Leisure Centre**. Please follow the link for more information on locations and opening times

[www.hackney.gov.uk/swimming-pools](http://www.hackney.gov.uk/swimming-pools)

To find out what activities are happening at Hackney's six leisure centres visit

[www.hackney.gov.uk/sports-and-leisure](http://www.hackney.gov.uk/sports-and-leisure)

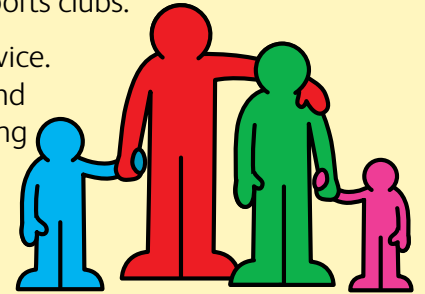


## General Family Information Services



Hackney's Family Information Service (FIS) can help you find healthy eating support and physical activities available at children's centres, schools and youth clubs. Find out more about what is happening near you at [www.learningtrust.co.uk](http://www.learningtrust.co.uk), call **020 8820 7590** or email [fis@learningtrust.co.uk](mailto:fis@learningtrust.co.uk) FIS are also on Facebook [www.facebook.com/hackneyfis](http://www.facebook.com/hackneyfis) [www.hackneyicare.org.uk](http://www.hackneyicare.org.uk) also has a list of all activities, including sports clubs.

FYi is the City of London's Family and Young People's Information Service. We provide information about healthy activities, parks, playgrounds and other facilities for families and young people in the City and surrounding areas. You can search online using our FYi Directory at [www.fyi.cityoflondon.gov.uk](http://www.fyi.cityoflondon.gov.uk), call us on **020 7332 3126** or email [fyi@cityoflondon.gov.uk](mailto:fyi@cityoflondon.gov.uk) We are also on Facebook: [www.facebook.com/CityFYi](http://www.facebook.com/CityFYi) and Twitter: [@CityFamilyInfo](https://twitter.com/CityFamilyInfo)



## Help and Advice

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

**School nurses** provide advice on diet and exercise.

**GPs** provide further assessment and advice on diet and exercise. Both can also refer you on to the following professionals:

**Dietitians** provide advice on any nutritional matter for children and families.

**Paediatricians** assess children for medical problems that may contribute to, or result from them being overweight, obese or underweight.

## Healthy Weight Services



Everyone Health is delivering a FREE healthy eating and obesity service to children and young people aged 5-19 in Hackney. It will also be available to those up to the age of 25 who have a special educational need or disability (SEND).

As part of the service, a FREE 12 week weight management programme is available to young people and their families across the borough. It offers support on healthy eating, physical activity and wellbeing.

If you would like to know more about the weight management programmes that are located across Hackney, please contact [eh.ankhackney@nhs.net](mailto:eh.ankhackney@nhs.net) or **0333 3214 773**.

For lots of ideas, recipes and games and to help you and your family become healthier, sign up for **Change4Life** at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)



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