



EVERYONE

IS HERE TO HELP IN HACKNEY

Everyone Health is delivering a **FREE** healthy eating and lifestyle 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 special educational need or disability (SEND).

As part of the service, a **FREE** 10-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.

To find out more please get in touch:

Tel: 0333 3214 773

Email: eh.ankhackney@nhs.net
www.everyonehealth.co.uk/hackney



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The programme will run for 10 weeks. Each week, children, young people and their families attend a group-activity session for an hour or more at a local venue based in their community.

The sessions include:

- Help and advice from Everyone Health's specialist colleagues on topics including healthy eating, nutrition, exercise and wellbeing
- A range of enjoyable and informative activities, such as weekly recipe challenges, that help to develop practical skills to maintain a healthy lifestyle
- Fun games and group-exercise classes that encourage participants to become more active

A range of bespoke weight-management programmes are also available through Everyone Health for children and young people who would benefit from one-to-one support.

Everyone Health is supported by the London Borough of Hackney. If you would like to know more about its weight-management programme, please get in touch:

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