

Mytime Active offers a range of free healthy lifestyle services across Tower Hamlets. Our sessions provide nutritional advice and guidelines, alongside fun exercise games and activities. All sessions are tailored to participant needs and capabilities and are delivered in local community venues such as Children Centre's and schools.

MEND Mums

Who?

Post-natal women with a baby up to 2 years and with a BMI ≥ 25

When?

Once a week, for 1.5 hours, for eight weeks.

What?

A fun and interactive post natal weight management programme for new mums incorporating energy boosting workouts and great nutrition tips to help establish healthy habits for life.



MEND 2-5 years



Who?

Children aged 2-5 years and their parents/carers.

When?

Once a week, for 1 hour, for ten weeks.

What?

All activities are linked to nutrition, active play or behaviour change. Including: healthy family habits, portion sizes, reading food labels, food exposure techniques and reducing screen time.

MEND 5-7

Who?

Children aged 5-7 years and their parents/carers.

When?

Once a week, for 1.5 hours, for ten weeks.

What?

All activities are linked to nutrition, active play or behaviour change. Including: understanding fats and sugars, goal setting and rewards.



MEND 7-13



Who?

Children aged 7-13 years who are above a healthy weight, and their parents/carers.

When?

Once a week, for 2 hours, for twelve weeks.

What?

All activities are linked to nutrition, physical activity or behaviour change. Including: learning to read food labels, an interactive supermarket tour and goal setting.

MEND Teens

Who?

Young people aged 13-18 years who are above a healthy weight, and their parents/carers*

When?

Once a week, for 2 hours, for twelve weeks.

What?

All activities are linked to nutrition, physical activity or behaviour change. Including: adapted teen specific content, eating out survival guide and making healthier choices.

*Parental involvement not mandatory at every session



Workforce Training

The aim of the training is to ensure that front line staff are able to identify people who are overweight/obese or at risk of becoming overweight/obese and to enable them to provide effective first line advice and appropriate signposting.

Modules include:

Raising the Issue of Weight

Active Playtimes

Nutritional Guidelines

Cooking on a Budget

Mytime Active is the UK's leading provider of family healthy lifestyle and weight management programmes in local communities.

Our programmes, training and resources are based on detailed research and evidence and tailored to the communities where they are delivered.

For more information contact:

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