



MEND in Tower Hamlets September 2016

Find out where we are running our **FREE** programmes this September 2016



Services

Programme	Description	Course length
MEND Mums	Interactive post natal weight management programme offering energy boosting workouts and helpful tips on nutrition for you and your baby (0-2years). A group programme with additional 1:1's with the Specialist Dietitian.	10 week
MEND 2-5	Weekly sessions run by a registered Nutritionist and Physical Activity Specialist. Offers practical chopping and tasting activities and games and exercises aimed at enhancing physical and social development for 2 – 5 years.	10 week
MEND 5-7	MEND 5-7 aims to raise awareness of healthy eating, improve self confidence and enhance physical and social development. Delivered by a qualified Physical Activity Specialist and Nutritionist.	10 week
MEND 7-13	For children aged 7-13 years who are above a healthy weight. The programme is linked to nutrition, physical activity and behaviour change. Delivered by a Specialist Dietitian and a Physical activity Specialist.	12 week
MEND Teens	A programme for 13-18 year old who are above a healthy weight. The programmes supports young people to make healthier choices through our teen specific activities. Delivered by a Specialist Dietitian and Physical activity Specialist.	12 week

MEND Mums – Starts w/c 19th Sept 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mission Practice Cambridge Heath Road, E2 9LS 10:00 - 11:30am</p>	<p>Isle of Dogs Children's Centre Stebondale Street, E14 3BX 10-11.30am</p> <p>Mile End Children's Centre 9 Bede Square, E3 4GY 1:00 - 2:30pm</p>	<p>East London Mosque, Maryam Centre Whitechapel Rd 10-11.30pm</p>	<p>Kobi Narul Settles Street, E1 1JP 9.15-10.45am</p> <p>Wapping Children's Centre 15 Chandler Street, E1W 2QL 1:00 - 2:30pm</p>	

MEND 2-5

Starts w/c 26th September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Woolmore Primary School Woomore Street, E14 0EW 9:00-10.00am</p>		<p>Our Lady and St Joseph Primary School Wade's Place, E14 0DE 9:15-10.15am</p>	<p>Lansbury Lawrence Primary School Cordelia Street, E14 6DZ 9.00-10.30am</p> <p>Bygrove Primary School Bygrove Street, E14 6DN 1-2.30pm</p>	<p>John Scurr Primary School Cephas Street, E1 4AX 9:00 - 10:00am</p> <p>Marner Children's Centre Devas Street, E3 3LL 10-11.30pm</p>

MEND 5-7

Starts w/c 26th September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>William Davis Primary School Cheshire Street, E2 6ET 3.00-4.30pm</p>	<p>Thomas Buxton Primary School Buxton Street, E1 5AR 3:45 – 5:15pm</p> <p>Mowlem Primary School, Mowlem Street, E2 9HE 3.30-5pm</p>	<p>Our Lady and St Joseph Primary School Wade's Place, E14 0DE 3.30-5pm</p>	<p>Osmani Primary School Vallance Road, E1 5AD 3.30-5pm</p>	<p>John Scurr Primary School Cephas Street, E1 4AX 1:30 – 3:00pm</p>

MEND 7-13

Starts w/c 19th September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swanlea School Brady Street, E1 5DJ 4-6pm	John Scurr Primary School Cephass Street, E1 4AX 9-11am		Columbia Road Primary School Columbia Road, E2 7RG 3.45-5.45pm		Mile End Leisure Centre Burdett Road, E3 4HL 11:30-1:30pm

MEND Teens

Starts w/c 19th September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Osmani Trust Underwood Road, E1 5AW 4:00 – 6:00pm	Mile End Leisure Centre Burdett Road, E3 4HL 1:30-3:30pm