



MEND in Tower Hamlets January 2018

Find out where we are running our **FREE** programmes this January 2018



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 15th Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<p data-bbox="434 372 763 644">John Scurr Primary School Cephas Street, E1 4AX 9:00 - 10:30am</p>			

MEND Mums – Starts w/c 22nd Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>East London Mosque, Maryam Centre Whitechapel Rd, E1 1JQ 10:30am- 12:00pm</p> <p>St Paul's way Surgery First Floor 11 Selsey Street, London E14 7LJ 1:00 - 2:30pm</p>		

MEND 2-5

Starts w/c 15th Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Smithy Street School Smithy St, London E1 3BW 9:00-10:00am	Marner Primary School Devas St, Bow, London E3 3LL 3:00-4:30pm	Our Lady and ST Joseph Wades Place, Poplar, London, E14 0DE 9:00-10:00am Mile End CC 9 Bede Square, London E3 4GY 1:30-3:00pm	Mayflower Primary School Upper North Street, London E14 6DU 9:00-10:30am	

MEND 2-5

Starts w/c 22nd Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	Bygrove Primary School 10 Bygrove St, Poplar, London E14 6DN 9:00-10:30am			

MEND 5-7

Starts w/c 15th Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Harry Gosling Primary Fairclough Street, London E1 1NT 3:30-5:00pm			Manorfield Primary School Wyvis St, Poplar, London E14 6QD 3:30-5:00pm	

MEND 7-13

Starts w/c 15th Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		Halley Primary Halley Street, London E14 7SS 3:30-5:00pm		

MEND Teens

Starts w/c 15th Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	Sir John Cass Redcoat Stepney Way, London E1 0RH 3:30-5:00pm			

MEND Teens

Starts w/c 22nd Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	George Green Secondary Sch. 100 Manchester Road E14 3DW 11:00-1:30pm			