**Health Improvement Team**

Hainault Health Centre

Manford Way

Chigwell

IG7 4DF

Tel: 0300 300 1579 Option 1

Email: [RedbridgeHITreferrals@nelft.nhs.uk](mailto:RedbridgeHITreferrals@nelft.nhs.uk)

09 October 2023

Dear Parents,

We, the Health Improvement Team attended your child’s school today to deliver a Healthy Lifestyle Workshop for all parents of children in Reception and Year 6. We also delivered a Healthy Lifestyle assembly for all Year 6 students.

With this letter, you should receive all the resources shared within these workshops. If you were unable to attend or your child missed the school assembly today, please contact us to book on to one of the following:

· **A Virtual** Healthy Lifestyle Session (online)

· **A 1-2-1 Virtual** appointment (online)

· **A telephone** appointment

· **A one-to-one face to face** appointment at your child’s school or local health centre

We also support with:

* Fussy Eating
* Weight Management (including referral to the FREE Active Stars programme)
* Underweight children (refer to GP or Nutrition & Dietetics Team)
* Eating Disorders or concerns with your child’s eating behaviour (we can refer to the Eating Disorders Team)

Please let us know if you require an interpreter or a British Sign Language interpreter — this can be arranged.

Contact us to book an appointment via: [RedbridgeHITreferrals@nelft.nhs.uk](mailto:RedbridgeHITreferrals@nelft.nhs.uk) or alternatively, call: 0300 300 1579 (Option 1) and ask for a member of the Health Improvement Team.

Yours sincerely,

Health Improvement Team

Redbridge Children’s Integrated Universal and Early Intervention Services

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