

Help is at hand

For details on Tower Hamlets Young Carers group, which provides support and for carers aged eight-18, call

AKTAR RAHIM ON 7364 5834



Funding to make a healthy borough

More than 100 projects have been funded in Tower Hamlets since the Healthy Borough programme began and by the end of the programme in March 2011, this number will have doubled.

WWW.ONETOWERHAMLETS.GOV.UK

News

Conference aims to cut obesity rates

BY STAFF REPORTER

A CONFERENCE looking at ways of tackling obesity in the borough attracted a high-profile guest speaker.

Professor Philip James, president of the International Association for the Study of Obesity (IASO) and Honorary Professor of Nutrition at the London School of Hygiene and Tropical Medicine, gave a speech at the event held at Christ Church, Spitalfields.

Almost 200 people from the public, private and voluntary and community sectors attended the conference, which discussed ways of encouraging people to lead more healthy lives.

Prof James, who has extensive international experience in dealing with major public health problems, spoke about the environmental factors that contribute to obesity. These include increasingly sedentary lifestyles and the lack of support for cycling.

He commended the Healthy Borough programme for its work in try-

ing to improve both the physical environment and access to healthier foods for residents.

Since 2008, the programme in Tower Hamlets has been working to make it easier for families to be healthy as part of the national Change4Life campaign.

The borough is one of nine designated Healthy Towns in the UK to receive government funding to promote physical activity and healthy eating while improving the local environment.

The conference was chaired by Kevan Collins, chief executive of Tower Hamlets Council, and Dr Ian Basnett, joint director of public health. Stephen O'Brien, chair of NHS Tower Hamlets, also spoke to the gathered audience.

Participants took part in workshops on topics such as healthy workplaces, active play and cycling.

For more information visit the Healthy Borough website at www.onetowerhamlets.gov.uk and click on the Healthy Borough links or call 7364 4528.



The young carers who enjoyed a trip to West End show Wicked

Wicked day for young carers

A GROUP of young carers took in a West End show while on a day trip to central London.

Around 30 children and young people and their families saw the musical Wicked, at the London Apollo Theatre in Victoria last month.

The trip was organised by the Tower Hamlets Young Carers' Group, which provides support and activities for carers aged between eight and 18.

Hunaida Bashraheil, 12, from Beth-

nal Green, said: "The day was fun and full of surprises."

Chloe Bowden, 13, from Bow, said: "It's really nice to be able to do things like this; it's a good way to get together."

Young people take the lead in deciding what activities the carers' group do. Since last October, when the group was formed, activities have included cooking sessions, a Hallowe'en party, a trip to the Museum of London Docklands, skateboarding and health checks.

Lead councillor for children, schools and families Abdul Asad said: "It's important young carers have the chance to do the things other young people without responsibilities can easily do."

Club-based activities take place at The Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 on Mondays from 6.30-8.30pm and Tuesdays, 5-7pm.

For details call Aktar Rahim on 7364 5834 or email akhtar.rahim@towerhamlets.gov.uk

Wed 10 March 2010

No Smoking day

020 7364 5016

nosmokingday.org.uk

Set your quite date: come and see what the free NHS stop smoking services can do for you at these locations:

8 March: ASDA from 11:30 - 2:30
Poplar Job Centre from 10:30 - 12:30
Commercial Road Job Centre from 10:30 - 12:30
9 March: Mile End Hospital from 11:30 - 1:00

10 March: Whitechapel market from 10:30 - 1:30
Watney market from 10:30 - 1:30
Whitechapel Idea Store from 10:30 - 12:30
William Place Dental Practice from 10:00 - 12:30