

MAKING EVERY CONTACT COUNT



Signposting information ADULTS

STOP SMOKING

Quit Right Tower Hamlets

2 Stayner's Road, E1 4AH

Specialist stop smoking service. Includes specialist services for pregnant women and culturally sensitive services for people from the Somali, South Asian and migrant communities who chew tobacco or use paan.

Female advisors are available :

020 7882 8230

www.towerhamlets.gov.uk/stopsmoking

www.ash.org.uk

Local Pharmacies - 40 community pharmacies in Tower Hamlets help to support individuals to stop smoking

London Stop Smoking Programme

Providing enhanced telephone support for anyone in London wanting to stop smoking.

0300 123 1044

(9am to 8pm Mon-Fri 11am to 4pm Sat-Sun)

Ash

www.ash.org.uk

ALCOHOL

Speak with your GP or practice nurse

RESET

Tower Hamlets Drug & Alcohol Service

0208 121 5301

www.towerhamlets.gov.uk/drugs-alcohol-advice

www.alcoholconcern.org.uk/

PHYSICAL ACTIVITY

GLL leisure centres –

www.better.org.uk/leisure-centres

Bike Works (provides cycle training) –

www.bikeworks.org.uk/cycletraining

NHS Choices -

www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx

HEALTHY EATING

Local food co-ops in Tower Hamlets –

www.co-operation.coop/

NHS Choices –

www.nhs.uk/livewell/healthy-eating/pages/healthyeating.aspx

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ADULTS

HEALTHY WEIGHT

Speak with your GP or practice nurse
The GP or practice nurse can refer residents to Fit for Life who are obese with a BMI of 30 or over or have, or are at high risk of, diabetes and cardiovascular disease. For more information: www.bbbc.org.uk/fit-for-life

SEXUAL HEALTH

Tower Hamlets Contraception and Sexual Health Services –
020 7377 7870
bhnt.thcash@nhs.net

Ambrose King Centre,
The Royal London Hospital
020 7377 7307

NHS Choices -
www.nhs.uk/livewell/sexualhealthtopics/pages/sexual-health-hub.aspx

MENTAL HEALTH

Speak to your GP, who can refer to appropriate services
Compass Wellbeing, psychological therapies
020 7791 3661
info@compasswellbeing.co.uk
www.compasswellbeing.co.uk

Crisis intervention service (daytime)
020 8121 5499 or 020 8121 5487

Crisis team (Tower Hamlets mental health emergency, out of hours, 24 hour service)
020 3594 3179

Samaritans – 116 123; jo@samaritans.org

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YOUNG PEOPLE

SEXUAL HEALTH and SUBSTANCE MISUSE

Tower Hamlets Young People's Health and Wellbeing Service

Tel: **020 3954 0091**

email: compass.towerhamletsyphws@nhs.net

MENTAL HEALTH

Speak to your GP, School Nurse, Youth Worker or Teacher who can refer to appropriate services.

Compass Wellbeing, psychological therapies –
020 7791 3661

info@compasswellbeing.co.uk
www.compasswellbeing.co.uk

Childline

Call the freephone number or visit the website for confidential advice.

Tel: **0800 1111**

www.childline.org.uk

Step Forward

Free & confidential services for all young people aged 11-25, living in & around Tower Hamlets, East London

020 7739 3082

Email info@step-forward.org

Or drop in before 6pm, at 234 Bethnal Green Road, E2 0AA

Crisis intervention service (daytime) – 020 8121 5499 or 020 8121 5487

Crisis team (Tower Hamlets mental health emergency, out of hours, 24 hour service) –

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CHILDREN

MATERNITY SERVICES

Support and care throughout pregnancy, during birth and up to 28 days after birth.

020 7377 7000

www.bartshealth.nhs.uk/maternity

HEALTH VISITING SERVICE

Specially trained nurses to support you with your child's health and wellbeing, from new-born until your child is five years old.

020 3409 3972

<http://www.gpcaregroup.org/health-visiting.html>

FAMILY NURSE PARTNERSHIP(FNP)

Support for first time teenage parents, from pregnancy until their child is 2 years old, to assist with a healthy pregnancy, improve child health and development, and help parents plan their own futures.

020 8223 8601

www.compasswellbeing.co.uk/family-nurse-partnership

INFANT FEEDING SERVICE

The Infant Feeding Service offers support to all breastfeeding mothers in Tower Hamlets. The team of infant support workers are local mothers who have breastfed and who have specialist breastfeeding support skills who speak Sylheti / Bengali and Somali as well as English.

The service also offers antenatal breastfeeding support groups and breastfeeding drop in groups across the borough.

07961 609626

COMPASS WELLBEING

Support for parents, worried about their mood or relationships during pregnancy and the early years of their child's life. Referrals accepted via GPs, health visitors, midwives and parents themselves.

www.compasswellbeing.co.uk

CHILDREN CENTRES

If you have a child aged 0 to 5 years old you can receive free parenting support and information at your local children's centre.

Children's centre staff support families with young children, offering guidance and advice on: child development and school readiness, parenting skills, child and family health.

https://www.towerhamlets.gov.uk/ignl/education_and_learning/childcare_and_early_years_educ/Children_centres/childrens_centres.aspx

FAMILY INFORMATION SERVICE

Tower Hamlets Family Information Service (FIS) provides free, impartial information and advice on childcare as well as general information on a wide range of services for children, young people, parents and families.

020 7364 6495

https://www.towerhamlets.gov.uk/ignl/education_and_learning/childcare_and_early_years_educ/family_information_service.aspx

MY TIME ACTIVE

Children's weight management service

020 8323 1725

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ADDITIONAL REFERRAL INFORMATION

Idea Stores

Directory (information on community projects, health services, leisure facilities and more) – www.ideastoreonlinedirectory.org

In The Know

Directory to help residents plan and improve their mental wellbeing – www.healthwatchtowerhamlets.co.uk/news/in-the-know/

One You

Information on healthy lifestyles; test to enable people to focus on the right changes for them – www.nhs.uk/oneyou

Inspire Mental Health Recovery & Wellbeing Services

Self Referral & Referral by Health Professional
Call **0330 0538122*** to access all services or email: enquiry@inspire-wellbeing.org.uk Live chat at: www.inspire-wellbeing.org.uk

(*Calls will be charged at local network rates. Charges from mobiles will vary. Please check with your network provider)

NHS Health Check

From your GP Practice if you are between 40 - 74yrs and do not have a current long-term condition to check your risk of cardiovascular disease. These are offered every 5 years

Linkage Plus

Outreach organisations for anyone over 50yrs which provide support and activities based services. Aim to empower people to achieve a better quality of life by improving wellbeing and reducing social isolation. There are 5 centres in Tower Hamlets for more information:

<http://linkageplus.co.uk/contact-us/>