

# Healthy Lives Team Families Update - DfE consultation on draft RSHE statutory guidance, free cycling club for girls and young women, Junior Parkrun and much more!

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**PLEASE FORWARD TO YOUR TEACHING STAFF AND PARENT CONTACTS**

**The Healthy Lives Team Families update contains helpful information and activities for your whole school community**

**This is the FAMILIES newsletter from The Healthy Lives Team.** Every month, on the first or second Friday, we share relevant information, activities and resources to support your families ongoing health and wellbeing.

**The HEALTHY LIVES TEAM** supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

We now have a [Healthy Lives Team webpage](#) where you can find out more about the team and access Healthy Schools resources and all our archived newsletters.

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## Consultation on our updated **Relationships, Sex and Health Education (RSHE) statutory guidance**



### **Department for Education (DfE) consultation on proposed RSHE statutory guidance**

The Department for Education are seeking views on proposed changes to the relationships education, sex education and health education statutory guidance, which are collectively known as RSHE. Views are welcome from parents, carers, school staff and others. The consultation closes on **11<sup>th</sup> July 2024**. The link to the draft guidance and the online consultation is provided below. If you need help to access the consultation documents or require them in a different format, please contact the DfE at [rsheguidance.consultation@education.gov.uk](mailto:rsheguidance.consultation@education.gov.uk).

[Read the draft guidance and complete the consultation here >](#)

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## TCS Mini London Marathon in Schools update

London Marathon Events have a glowing message for all of the schools that took part in the 2024 TCS London Marathon in Schools virtual event:

*"We want to say a HUGE CONGRATULATIONS to the children and young people who completed the 2024 TCS London Marathon in Schools and the teachers who organised this challenge in their schools and settings. We had more than 400,000 people enter the 2.6-mile challenge between 15 April and 10 May, which is incredible!*

*We've loved receiving your stories and photos, please keep them coming via our social media channels!..."*



## Mile End Parkrun

What is Mile End parkrun?

**A free, fun, friendly, weekly 5k community event.** Walk, jog, run, volunteer or spectate – it's up to you!

**When is it?**

Every Saturday at 9:00am.

**Where is it?**

The event takes place at **Mile End Park**. A link to the course and map is provided below.

**What does it cost to join in?**

Nothing - it's **free!** Please register before you first come along. Only ever register with parkrun once and please don't forget to bring a scannable copy of your barcode. If you forget it, you won't get a time. Request a reminder of your barcode below.

**How fast do I have to be?**

All participants take part for their own enjoyment. Please come along and join in whatever your pace!

**They are friendly!**

Every week participants can grab a post parkrun coffee in a local café - everyone is welcome!

[Parkrun course and map >](#)

[Find out more and register before your first run >](#)

[Request a reminder of your barcode >](#)

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## Mile End Junior Parkrun

**What is Mile End junior parkrun?**

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds).

**When is it?**

It is held every Sunday at 9:30am.

**Where is it?**

The event takes place in Mile End Park, 190 Burdett Road, London, E3 4HL. See [Course page](#) for more details.

**What does it cost to join in?**

Nothing - it's **free!** but please [register](#) before you first come along. Only ever register with parkrun once and don't forget to bring a **scannable** copy of your barcode ([request a reminder](#)). If you forget it, [you won't get a time](#).

**How fast do I have to be?**

The aim is to have fun. Please come along and join in whatever your pace!

**Mile End junior parkrun needs you!**

It is entirely organised by volunteers - email [mileendjuniors@parkrun.com](mailto:mileendjuniors@parkrun.com) to help.

**Safeguarding**

parkrun is committed to safeguarding and promoting the welfare of children and adults at risk. For our full safeguarding processes and policies, including how to report a concern, please see our [Safeguarding Hub](#).

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# YOUNG & ACTIVE TOWER HAMLETS



## Free Cycling Club for Girls

Come and learn to Cycle at your own pace from **qualified instructors**

**Every Saturday**  
**Starting from 8th June 2024**  
**Time: 10am-12pm**

**TH Cycling Club**  
**Mile End Stadium**  
Rhodeswell Road, London E14 7TW

Open to girls and young women 6-24 years  
**Beginners only**

For more information and to **register** please contact [info@newark.org.uk](mailto:info@newark.org.uk) or call 07958 085480

**GO! LONDON**  
CHANGING THE LIVES OF YOUNG PEOPLE

MAYOR OF LONDON  
GO! LONDON  
GO! LONDON  
GO! LONDON

Tower Hamlets  
Cycling Club

## Free Cycling Club for girls and young women

Come and learn to cycle at your own pace from qualified instructors. Open to girls and young women aged 6 to 24 years. The club is for beginners only.

- **When:** Every Saturday, starting from 8th June 2024, 10am-12pm
- **Location:** Tower Hamlets Cycling Club, Mile End Stadium, Rhodeswell Road, London, E14 7TW

For more information and to register please contact [info@newark.org.uk](mailto:info@newark.org.uk) or call 07958085480.

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## Bikeworks All-Ability Cycling Club

Bikeworks believes that cycling should be accessible and possible for everyone to enjoy. Their All-Ability Clubs are designed for people with physical, sensory or learning disabilities, people with health conditions and carers, to enjoy cycling by accessing an exciting range of adapted cycles. Including tricycles, side-by-side cycles, wheelchair-platform cycles and recumbents. The regular club sessions offer a social and friendly place to meet other people and their friendly and experienced team can provide advice on the right fit of cycles and any adaptations.

### Who can come to the club?

The clubs are free to access for young people and adults. Carers, family members and friends are encouraged to ride and enjoy the experience too! One to one support is not available at the All Ability Club. People with complex needs must be accompanied by a friend, carer or support worker. **If you are a group of more than four people please email: [all.ability@bikeworks.org.uk](mailto:all.ability@bikeworks.org.uk).**

**Location: Victoria Park.** They set up at the Lock House Gate entrance to the Park, where Parnell Road meets Jodrell Road, E3 2LA. There is a café with toilets nearby.

**Nearest Car Park:** St Marks Gate Car Park

**Time:** Every **Wednesday** from 9:30am – 1:30pm and **alternate Saturdays** from 10.00am – 12.00pm.

**Cost:** Free to attend.

**When:** The next two dates are: **Saturday 8th June** and **Wednesday 12th June**

[Visit the Bikeworks All-Ability website >](#)

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**Health Needs of Tower Hamlets White Other Population**  
8 January 2023 – 16 February 2023

Tower Hamlets Department of Public Health is seeking your help in identifying the health and social care needs of Tower Hamlets residents who self-construct ethnicity as 'white other':

- It will take no more than 30 minutes of your time
- Conversations will be held over the phone or via MS Teams
- Conversations will be at a time of your choosing
- You will be offered a £15 Love2shop gift voucher

To participate, please contact:  
Dr Cyril Eshareturi  
Tel: 07759303286  
Email: [Cyril.Eshareturi@towerhamlets.gov.uk](mailto:Cyril.Eshareturi@towerhamlets.gov.uk)

The best of London in one borough 

## The Department for Public Health in Tower Hamlets is seeking your help

Tower Hamlets Department for Public Health is seeking your help in identifying the health and social care needs of Tower Hamlets residents who self-identify ethnicity as 'white other':

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**To participate, please contact:**

Dr Cyril Eshareturi

Tel: 07759303286

Email: [Cyril.Eshareturi@towerhamlets.gov.uk](mailto:Cyril.Eshareturi@towerhamlets.gov.uk)

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## Youth Theatre: ages 5 – 18 (25 for SEND)

**Location:** Half Moon Theatre, 43 White Horse Road, E1 0ND

**Cost:** Youth Theatre sessions are £6 and they offer a concessionary rate of £3 per session.

The Youth Theatre groups are perfect for young people who are interested in drama, exploring theatre, and building their skills. **Over each 10 week term the groups create a performance for family and friends to watch, whilst building their confidence and engaging with their peers.** These take place at the Half Moon, where their weekly sessions and performances at the end of term take place in the theatre.

[To attend one of these groups, please join the waiting list >](#)

[More info about the groups >](#)

## FREE After School drama Clubs for young people in school years 7-9

The drama clubs run in three accessible community spaces around Tower Hamlets, so are perfect for those who live further from Half Moon Theatre. **These targeted groups act as an early intervention for vulnerable young people and use drama to build confidence, make friends and creatively engage with their peers.** Each term the young people explore topics which are relevant to them and create a 'sharing', which families and friends are invited to watch in an informal setting. The clubs run in the following locations:

- **Monday:** Harford Centre, 115 Harford Street, E1 4FG, **4.30pm – 6.30pm**
- **Wednesday:** Granby Community Centre, 37 St Matthew's Row, E2 6DT, **4.30pm – 6.30pm**

- **Thursday:** The Reach Community Centre, 11 Oliphant Street, E14 0GB, **4.30pm – 6.30pm**

To request a place on the FREE after school club, please send the details of the family member to [malachi@halfmoon.org.uk](mailto:malachi@halfmoon.org.uk), **Tel: 0207 709 8905**, so that they can get in touch directly. A family member will need to complete registration form too, but Malachi and their team can help with this over the phone if that's helpful.

## FREE Transitions into Secondary School programme for schools (4 locations around the borough)

This targeted programme is for children in Year 6, who will be moving to secondary school in September 2024. Children will be offered FREE after school clubs from June, a free summer school and then free after school drama clubs until they are in year 9. **Children will engage with critical thinking and decision making through drama.** Please show this opportunity to your child's teacher to follow up.

- **Monday:** Bernie Cameron, 32 Merchant St, Bow, London E3 4LX , **4:00pm – 6:00pm, 10<sup>th</sup> June – 8<sup>th</sup> July.**
- **Tuesday:** The Reach, 11 Oliphant St, London E14 0GB, **4:00pm – 6:00pm, 11<sup>th</sup> June – 9<sup>th</sup> July.**
- **Wednesday:** Sundial, 11 Shipton St, London E2 7RU, **4:00pm – 6:00pm, 12<sup>th</sup> June – 10<sup>th</sup> July.**
- **Thursday:** Half Moon Theatre, 43 White Horse Rd, Greater, London E1 0ND, **4:00pm – 6:00pm, 13<sup>th</sup> June – 11<sup>th</sup> July**

[Schools and parents can find out more here >](#)

## Redesigning the Youth Service - Parents' Survey



Tower Hamlets Council is investing £13.7 million into developing an exciting new youth service 'Young Tower Hamlets' for young people aged from 11-19 and up to 25 with SEND across the borough.

As part of our design process we have already collected a range of opinions and comments from over 900 young people, where they have shared what they think a modern, dynamic youth service should look like. Now, we are

seeking the views of parents, carers and caregivers. We would like to know what you think the new Youth Service should offer young people and what that offer should look like.

## Parents Survey - Help to redesign the Youth Service

- Tower Hamlets Council is investing £13.7 million into developing an exciting new youth service, 'Young Tower Hamlets', for young people aged from 11-19 and up to 25 with SEND across the borough.
- The council are seeking the views of parents, carers and caregivers and would like to know what you think the new Youth Service should offer young people and what that offer should look like.
- **There have been 204 responses from parents so far...**

[Access the survey link here >](#)



## The Healthy Steps Programme - NHS

Healthy Steps is a FREE 8-week email programme from the NHS aimed at families with children aged 5-11. It encourages families to eat better, move more and provides practical ideas, whilst still being budget conscious. You can sign up at any time by completing a short quiz about your current eating and physical activity habits, once complete you will receive tailored emails on reducing sugar, eating 5-a-day and meal planning. Families can also set goals or tasks for themselves to support their progress.

[Complete the quiz here to start your 8 week journey >](#)



## Healthy Start – free healthy food and vitamins

If you have children between the ages of 0-4, you may be eligible to access money for healthy food and milk. Healthy Start has switched from paper vouchers to card that can be used in the same way as a bank card. If you used to receive Healthy Start vouchers, you'll need to reapply.

If you're pregnant or have a child under the age of four in Tower Hamlets, you can also collect free vitamins from a Children's and Family Centre.

[Apply here >](#)

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**And remember...**





***"Love the life you live. Live the life you love"***

- Bob Marley



## **The Healthy Lives Team**

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at school, work, or at home.

Please feel free to share this email.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



## **Subscribing to this newsletter**

Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you or anyone you know would like to sign up to this newsletter, please use the following link.



[Subscribe to the Healthy Lives Families newsletter >](#)

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

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## Useful links

- [Latest government advice](#)
  - [NHS coronavirus advice](#)
  - [NHS 111 online coronavirus service](#)
  - [Tower Hamlets coronavirus advice and support](#)
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**Did you know that Tower Hamlets offers other email newsletters to keep you up to date on a variety of topics?**

[See the list and sign up!](#)