

Support for Secondary Schools

01



Teen Thrive: Group Wellness Initiative

A series of six weekly, hour-long interactive group sessions that explore topics like maintaining a balanced diet, practicing mindfulness with food, understanding emotional triggers, and improving body image.

02



Teen Thrive: Support and Share Sessions

A fortnightly clinic where teens can come alone or with friends and discuss health goals, weight management, and ask questions. The clinic is open to both parent/teacher referrals and self-referrals by teens.

03



Teen Thrive: Study Edition

A session offered before, during, and after exam season to help teens optimize their diet and nutrition, specifically tailored for those who struggle with maintaining balance during their GCSEs.

04



Sugar Smart Assemblies

Interactive presentations that educate students on the health impacts of sugar, teaching them to spot hidden sugars and encouraging healthier choices to foster a school-wide commitment to reduced sugar intake.

05



Sugar Smart Brainstorming

Collaborative meetings focused on generating ideas to promote healthier eating in schools. These brainstorming meetings could involve discussions with caterers on improving menus or strategies to incentivize students to choose healthier options.

All of these programs are offered free of charge. Schools are only responsible for recruiting students and providing a space.

To discuss, email

clcht.ealinghealth4life@.net

or scan the QR code.



TEEN
Thrive
Eating
THE WELLNESS INITIATIVE

NHS
Central London
Community Healthcare
NHS Trust