BEST START IN LIFE | family hub

SCAN TO CHECK POSTCODE DEPRIVATION AREA

NHS Central London Community Healthcare

GROWING WELL TOGETHER

A targeted Eat Well Be Active Early Years pilot program.
Partner with us by identifying and referring eligible families today.

WHO ARE WE LOOKING FOR?

Parents/carers with children aged 2-5 who meet at least one of the following:

- On a lower budget and/or;
- Eligible for 2-year funded childcare and/or;
- Living in an area of high deprivation in Merton. Scan QR code to check

WHAT DOES THE PROGRAM OFFER?

- Education through fun Family Activities
- Easy Recipes & Healthy Cooking Tips
- Fussy Eating Support
- Play and Movement Sessions

WHY REFER?

- Builds Parent Confidence
- 100% Free & Accessible
- Creates Lifelong Healthy Habits

Recruit families now!

Sessions running from: Newminster & Ivy Gardens Children Centre's & Best Start Family Hub

Refer: niamh.dunne6@nhs.net

Note: We accept all referrals. Those who don't meet the criteria will be added to a waitlist