

Hi!

We are Connecting Care for Children (CC4C) from Imperial College Healthcare NHS Trust, based at St Mary's Hospital. Our team is made up of junior doctors, GPs, consultant paediatricians (hospital doctors for children), co-ordinators and volunteers. We are focused on improving the health and wellbeing of children and young people in North West London. This is partly achieved by the eight joint child health clinics we run with local GPs.

We are also passionate about raising awareness of how to overcome the challenges of maintaining a healthy diet throughout childhood.

Our aim is to educate children, young people and parents on:

- What is a healthy diet?
- Affordable ways to maintain a healthy diet as a family
- How to access resources that can support families
 - We can provide information on local charities, food banks, fruit and veg vouchers, online platforms etc

What we can offer to your pupils and their parents:

- Assemblies or lessons for pupils
- After school cooking clubs
- Informal Q&A sessions with parents
- Leaflets detailing resources available to families

Our research has found that areas which families would like information on include:

- Local support
- Recommended nutritional/vitamin intake
- How to encourage young people to make healthier food choices when not at home (e.g. not spending their money on unhealthy snacks/drinks)
- Reasonably priced and tasty food alternatives for young people with allergies/intolerances

We would be happy to cover any other topics that your school or pupils would like more information on.

Please get in touch with any questions or to arrange a session, email imperial.cc4c@nhs.net.

For more information about what we do at CC4C please visit our website at: <https://www.cc4c.imperial.nhs.uk/about-us>.

Best wishes,

The Connecting Care for Children team