

# Free support for Families in White City

Connecting Care for Children links up local NHS teams and services to help keep children as healthy and happy as possible.

If there are other free services you would like us to share please email [imperial.cc4c@nhs.net](mailto:imperial.cc4c@nhs.net)

## Free vitamins and money for food and milk

Find out how to apply for the NHS Healthy Start card here:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

With Healthy Start you can get free vitamins during pregnancy and for children under four.



## Recipes and advice on healthy living

Advice to help you and your family eat better and move more.

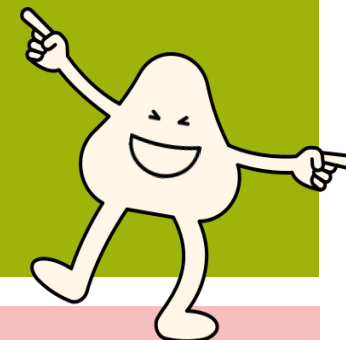


For healthy swaps and easy recipes:  
[www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)

Check out @FullTimeMeals on Instagram for affordable recipe videos

## Holiday activities with free meals

FREE fun events with free food during school holidays:  
[beta.lbhf.gov.uk/holiday-activities-and-food-programme](http://beta.lbhf.gov.uk/holiday-activities-and-food-programme)



## Local healthy living service

Information on local services and advice for healthy living:  
[beta.lbhf.gov.uk/holiday-activities-and-food-programme/information-parents/healthy-living](http://beta.lbhf.gov.uk/holiday-activities-and-food-programme/information-parents/healthy-living)



## Foodbanks

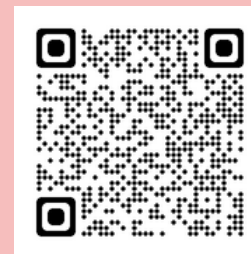
Here to help families in need. Find out about the vouchers system at Hammersmith and Fulham foodbank:  
[hammersmithfulham.foodbank.org.uk/get-help/](http://hammersmithfulham.foodbank.org.uk/get-help/)



The Hub @ 75 does more than food parcels, visit for more support.

## Free cooking lessons

Nourish Hub (20 mins on the bus from White City) has cooking courses and more  
[www.nourishhub.org.uk/](http://www.nourishhub.org.uk/)



QPR Community Trust runs family cookery classes. Email Sinead for more info: [sinead.friel@qpr.co.uk](mailto:sinead.friel@qpr.co.uk)

# What would make healthy eating as a family easier?

What are the challenges to eating healthily as a family?

Is there anything that has made a difference?