

Drop by!

TOWER HAMLETS

**GP CARE
GROUP** cic

LOCAL PEOPLE, LOCAL HEALTH

See a School Nurse during school holidays

Drop in clinic
Every school holiday
Wednesdays
from 11am to 1pm



Are you a young person aged 13-19?

You can drop in to see a nurse during school holidays for support on a wide range of concerns including anxiety issues, sleep problems, concerns about your diet or healthy eating options, self-harming and more.

Where? Spotlight: Langdon Park, 30 Hay Currie St,
London E14 6GN.

Dates for 2022/2023: 21 Dec | 28 Dec | 15 Feb | 5 April | 12 April |
31 May | 26 July | 2 Aug | 9 Aug | 16 Aug | 23 Aug | 30 Aug



SCAN ME

Scan the QR Code to learn more about the service



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