

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 2023/24: 25 Oct | 27 Dec | 3 Jan | 14 Feb | 3 April | 10 April
| 29 May | 24 July | 31 July | 7 Aug | 14 Aug | 21 Aug | 28 Aug



SCAN ME

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