



The Healthy Lives Team supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

www.towerhamlets.gov.uk/signup

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

Here's a selection of fun activities for you and your family...



Spotlight Summer holidays

Spotlight youth service has put together a five-week summer programme to make sure that young people aged 11-19 are kept creative, active, and inspired during their summer holidays.

They are running a mix of online and face-to-face sessions covering music, dance, empowerment, careers advice, photography, construction and more, as well as offering free healthy meals four days a week to young people who need it.

This is in parallel to the Tower Hamlets Summer scheme offering of over 200 events both virtual and socially distanced, indoor and outdoor activities.

[Tower Hamlets Summer Events >](#)

[Summer Spotlight >](#)



Translated information now available

Translated communications are now available in up to 19 languages including Bengali, Somali, Chinese, and Arabic. They cover the following topics:

1. Test and Trace
2. Diabetes and Test and Trace
3. Face coverings

[Download documents >](#)



Christ the Redeemer, Rio de Janeiro, Brazil

This art deco statue in Rio de Janeiro is set atop the summit of Corcovado Mountain within the confines of the Tijuca National Park.

Go on this guided virtual tour, and enjoy 360° views of this new world wonder.

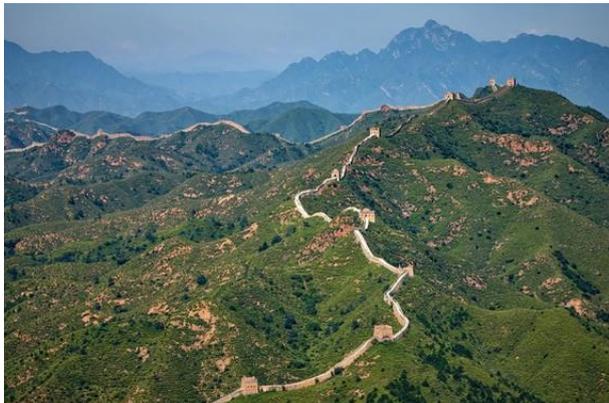
[Virtual tour >](#)



Free West End and Broadway Musicals

Andrew Lloyd Webber is no longer streaming his shows for free, but you can still listen to a selection of the best songs from some of the greatest musicals of all time, including Cats, The Phantom of the Opera and Evita.

[Musical fun >](#)



The Great Wall of China, Beijing, China

Trek across the ancient tracts of this wall on a virtual tour to see this remarkable man-made feat. The wall was designed to protect China from invaders. Built with thousands of watchtowers, they were able to keep a close eye on their northern border. Enjoy the sights the world has to offer from the comfort of your own home.

[Explore here >](#)



Gratitude Scavenger Hunt

It is always a great idea to try and remember the positive things in life. How about reminding each other of what you're grateful for? This **Gratitude Scavenger Hunt** is perfect for kids and adults to start finding little things to be thankful for and focusing on the good around us.

[Gratitude scavenger hunt >](#)



RHS School Gardening have lots of summer holiday activities

The RHS Campaign for School Gardening team are sharing activities for families and schools. There is something for everyone, including most recently teaming up with [Smart Energy GB](#) and TV Presenter, Helen Skelton, to create a checklist of 42 fun and energy-saving activities for you to take part in, one for each day of the holidays!

[RHS gardening >](#)



Mediterranean-style chicken casserole

Why not bring the Mediterranean to your kitchen this summer, with this yummy chicken casserole, using plenty of everyday items such as chicken stock, garlic and pepper.

[Mediterranean chicken >](#)



Birdsongs to help soothe you

Listening to nature, in particular bird song, can help lift your spirits and remind you that wildlife can be soothing and like a friend to you. Sit back, relax and listen to some calming birdsong from UK Nature Gifts.

[Birdsong for relaxation >](#)



Let's talk NHS Test and Trace

NHS Test and Trace is a national programme which ensures that anyone who develops symptoms of Covid-19 can be tested quickly. It also helps trace close recent contacts of anyone who tests positive for Covid-19 and notifies them so that they can stay at home and help stop the spread of the virus.

We know that not all of our residents will be as familiar with the programme as others. To help us understand how effective it will be in Tower Hamlets, we've designed a new survey to gauge:

- understanding of the symptoms of Covid-19
- awareness of NHS Test and Trace
- ability to self-isolate, along with any support residents may need to self-isolate
- any barriers our residents may face in engaging with the programme.

The findings will help us generate insights about the effectiveness of NHS Test and Trace locally, which we can use to support residents to engage with the programme.

The survey is simple and easy to complete and should take around 10 minutes.

[NHS Test and Trace survey >](#)



Workout Wednesday with Team GB

Are you ready to workout with Team GB? Team GB are the Great Britain and Northern Ireland Olympic Team, so they are experts in their field, and a perfect partner to help keep you in shape. The majority of the videos do not require any equipment and last between two and 20 minutes. The back catalogue of videos are free to access too.

[Team GB >](#)



Couch to 5K challenge

The BBC Sport and Public Health England's One You Couch to 5K smartphone app has been designed to get beginners running confidently in just nine weeks. The app progressively builds on previous efforts and time, which will help to inspire participants as to what they can achieve.

With motivational narrators such as 13-time Olympic and World Champion gold medallist Michael Johnson and Radio DJ Jo Whiley, there are a lot of reasons to get running.

[Couch to 5k >](#)



Get inspired with the BBC Activity Guide

Are you looking for inspiring activities to do? The BBC have produced a comprehensive guide of activities ranging from swimming, cricket, athletics, gymnastics, climbing, martial arts and many more.

Each sport covered includes interviews with stars from those sports, volunteering and coaching opportunities and information about local sports clubs near you.

[Fun activities here >](#)



British Academy Games Awards

This is a virtual edition of the 2020 British Academy Games Awards, where they celebrate the very best in games. The event took place in April and was the first BAFTA show in history to be a live-streamed online only ceremony. Categories include best animation, best British game and the game of the year, voted for by the public.

[Award show >](#)

And remember...



"The upward course of a nation's history is due in the long run to the soundness of heart of its average men and women."

Queen Elizabeth II



The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at home with your children, working from home or at school.

Please feel free to share this email.