



Waltham Forest Public Health Charter

Waltham Forest Council is committed to doing all it can to help residents stay healthy and well.

In 2015, we will focus on improving public health services for local residents with the aim of improving health and reducing health inequalities across the generations

We will ensure that

- Every pregnant woman and new born child has **access to a free bottle of Healthy Start Vitamins** to give their child the best start in life
- Every school and college has a **named school nurse**, providing regular drop in sessions and health checks in reception, year 6 and to those in their mid-teens
- Families can access new local services to help them achieve and maintain a healthy weight, such as **free swimming lessons for eligible children**, and **exercise classes available on referral** for adults
- **Free contraception** and **sexual health advice** is accessible to those who need it
- People with **drug or alcohol problems** get the **support** they need to make a healthy recovery
- Residents aged 40–74 are invited to a **free health check** every five years, which is designed to help prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia

Cllr Chris Robbins
Leader of the Council

Cllr Ahsan Khan
Cabinet Member for Health and Wellbeing