

**Health Spot  
City and Hackney**



# Friendly & free health and wellbeing appointments for young people

**TONY BRAVO**  
Substance Misuse  
Dealing Intervention Worker  
Young Hackney Substance  
Substance Misuse Service

**DR NEHA PANDHI**  
GP  
Richmond Road  
Practice

For young  
people aged

**11–25**

**AUGUSTE PERL**  
Assistant Youth Worker  
Condom Distribution Scheme  
Young Hackney

**CHARLENE BROWN**  
Senior Youth Support and  
Development Worker  
Forest Road Youth Hub

# Friendly & free health and wellbeing appointments for young people

## What is Health Spot City and Hackney?

Health Spot City and Hackney offers young people (ages 11–25) health and wellbeing support, guidance and information in the spaces and places that young people are!

## Where is it?

Upstairs at the Young Hackney Forest Road Youth Hub, 29 Forest Road, E8 3BY

## What can you get an appointment for?

- Physical Health
- Mental Health
- Sexual Health
- Drug and Alcohol Use
- Anything else you're worried about

## Can I bring a friend?

Yes! You're welcome to bring a friend, or ask one of our friendly youth workers to support you in an appointment.

## How do I book an appointment?

You can drop into the hub anytime and speak to a Youth Worker or email us on:



**HealthSpot@hackney.gov.uk**  
or visit

**[bit.ly/healthspotcandh](https://bit.ly/healthspotcandh)**  
for more information



### MONDAY

**6–8pm:** Health & Chill plus access to free condoms

**6.30–7.30pm:** Careers & Life Goals (fortnightly)

### TUESDAY

**3–7pm:** Sexual Health (STI testing, contraception & advice)

**6–8pm:** Wellbeing & employability workshops

### THURSDAY

**4–8pm:** GP appointments

**6–9pm:** Mental health check-ins

### FRIDAY

**6–8pm:** Drugs & alcohol advice (monthly)

**3–7pm:** Stop Smoking Support