

# Lean Beans virtual programme

The LEAN Beans programme helps support families to lead a healthier lifestyle. It is a club all the family can join to learn, share and play.

The LEAN Beans programme equips families with the knowledge and skills to help lead a healthier lifestyle – making a healthy lifestyle the easy choice!

The programme is open to every child and their family in Barking and Dagenham.

The next virtual programme starts **Thursday 8 October 4.30pm to 5.30pm via Microsoft Teams** – All participants will need to do is download Microsoft teams through the App or Google store. Please follow instructions below on how to download the App and join Microsoft Teams.

If you need any more support, please don't hesitate to contact the healthy lifestyles team 020 8724 8018 or Natalie Wallis (Frontline Plus officer, Healthy lifestyles team) via email [Natalie.wallis@lbbd.gov.uk](mailto:Natalie.wallis@lbbd.gov.uk) who will be happy to assist.

## MS TEAMS SMART DEVICE LOGIN PROCESS

### Step 1:

Download the app from App Store for IOS devices these include iPhone / iPad / Macs.



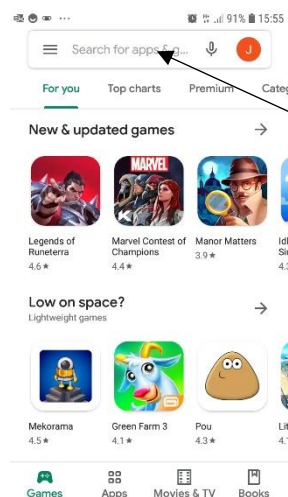
For Android devices its Google store.

Look for these icons on your mobile phone or tablet.

iPhone

Android

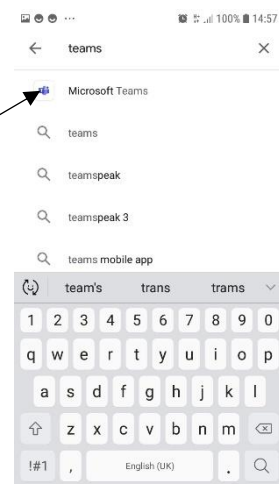
### Step 2:



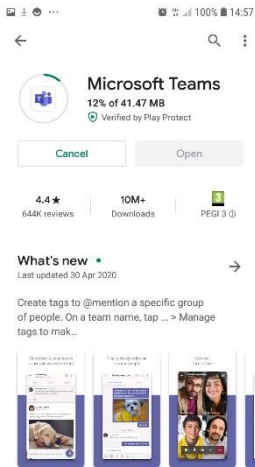
When you open the app store you will see a search bar at the top.

Type in Teams and click Microsoft Teams when it comes up in the list

This is the Teams logo to look for.



### **Step 3:**



Once you have clicked on the Teams app it will say install, click this and the app will download. Once it has installed press open, this will take you to the app on your phone or tablet.

You do not need to do anything further now

### **When you receive an email with some joining instructions to a meeting**

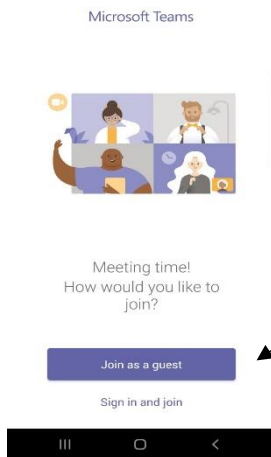
#### **Step 4**

You will be sent an email with a link that looks like this:

[Join Microsoft Teams Meeting](#)

Click on the link, this will direct you to the Teams app that you have just downloaded.

#### **Step 5**



Once you are on the Teams app you will see the option to join as a guest. Click this

## Step 6



Microsoft Teams



When you have joined as a guest enter your name and click. This will join you to The Get Together!!

Type your name, then select Join meeting.

NAME

Join as a guest

There will be a short period of time to wait whilst one of the organisers clicks to let you in to the get together – don't worry we can see you are waiting

So we can see and hear you click on the video camera and microphone icons when you enter the meeting – if they have a line through them it means they are off so click them again.

We hope to see you there!!

