

Well London

www.london.gov.uk/welllondon

Well London is funded by the Big Lottery Fund. The aim is to work with local people to improve the health and wellbeing of Londoners in 20 neighbourhoods.

Well London is a partnership between seven organisations. Together they form the Well London Alliance.

- ✿ London Health Commission
- ✿ Central YMCA
- ✿ Groundwork London
- ✿ London Sustainability Exchange
- ✿ University of East London
- ✿ Arts Council England, London
- ✿ South London and Maudsley NHS Trust



Well London is all about feeling and being well, in mind and body. There are many aspects of our lives that influence how well we feel, that's why Well London focuses on the following themes:

- ✿ Healthy eating
- ✿ Physical activity
- ✿ Arts & culture
- ✿ Open spaces
- ✿ Mental wellbeing

There's a range of unique Well London events and activities taking place in your area, now and in the future. Just some of the activities taking place across London include: gardening and food growing, community feasts, sports sessions, and dance and art projects. All of the Well London activities are free and everyone is welcome.

There are also opportunities for local people to access free training and to volunteer. It's all about getting out, meeting people and having a good time.

For more information about what is happening in your area contact:

Afsheen Kabir Rashid London Sustainability Exchange (LSx):
020 7234 9400
a.rashid@lsx.org.uk

Or visit: www.london.gov.uk/welllondon



www.activelivingmap.org.uk

Active living

Heath
Barking & Dagenham

Key



Health advice and information

A1	Shantys Ltd	Unit 3 Capricorn Centre Coppen Road, RM8 1HJ, 020 8595 7836
A2	Andrew Bass Pharmacy	1148 Green Lane, RM8 1BP 020 8592 1756
A3	The Surgery	259 Valence Wood Road, RM8 3AD 020 8517 9416
A3	Becontree Medical Centre	645 Becontree Avenue, RM8 3HP 0844 477 8681
A3	Community Health Clinic	641-645 Becontree Avenue, RM8 3HP
A4	Lloyds Homes	281A Wood Lane, RM8 3NH 020 8592 1613
A4	Lloyds Pharmacy	281 Wood Lane, RM8 3NL 020 8592 1613
A4	Five Elms Clinic	Five Elms Road, RM9 5TT 020 8517 1175
B1	Relationships Matter	10 Torrington Road, RM8 1ND
B2	Conns Chemist	5 Althorne Way, RM10 7AY 020 8593 6213
B2	Laburnum Health Centre	Althorne Way, RM10 7DF, 020 8517 0222
B2	Mastaa-Care Pharmacy Ltd	26 Whalebone Lane South, RM8 1BJ, 020 8592 2497
B2	The Surgery	1 Grosvenor Road, RM8 1NR 020 8592 1082
B4	Oxlow Lane Pharmacy	217 Oxlow Lane, RM10 7YA 020 8595 8527
B4	Phoenix Counselling Service	591 Heathway, RM9 5AZ
B4	The Surgery	585 Heathway, RM9 5AZ 020 8592 1771
C4	Doctors Surgery	7 Felhurst Crescent, RM10 7XT 020 8592 2323

C4	Oxlow Lane Clinic	281 Oxlow Lane, RM10 7YU 020 8592 2323
D4	Daybreak Drug Project	St. Lukes Church Dagenham Road RM10 7UP
E1	Modern Medical Centre	195 Rush Green Road, RM7 0PX 01708 741 872
E1	Safedale Pharmacy	82-84 Dagenham Road, RM7 0TJ 01708 741 537
E2	Doctors Surgery	261 Dagenham Road, RM7 0XR, 01708 728 261



Art

A0	Panjabi Sahit Sabha East London	70 Wadeville Avenue , RM6 6EU 020 8220 4789
A4	Focal Point Collective	Flat 29, Fred Tibble Court Weston Road , RM9 5UN
C2	Thames Gateway - London Partnership	Regeneration And Finance Unit Civic Centre, Rainham Road North RM10 7BN, 020 8215 3000



Environment

B1	Temple Avenue Allotments
C4	Frizlands Allotments



Food

B3	Morrisons	Wood Lane, RM10 7RA 020 8984 1630
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Physical activity and social clubs

B3	Heath Park Community Centre	Heath Park Hall, Rusholme Avenue, RM10 7PR 020 8592 8039
B3	Becontree Heath Centre	Seabrook Hall, Wood Lane, RM10 7RP, 020 8592 8751
C4	Wantz Day Centre	Wantz Hall, Rainham Road North, RM10 7DX 020 8592 2901
E2	Rush Green Luncheon & Leisure Centre	231 Dagenham Road RM7 0TP, 01708 733 191



Schools

A0	Furze Infants' School	Bennett Road, RM6 6ES
A2	Robert Clack School	Gosfield Road, RM8 1JU
A3	Grafton Infants' School	Grafton Road, RM8 3EX
A3	Grafton Junior School	Grafton Road, RM8 3EX
A4	Five Elms Primary School	Wood Lane, RM9 5TB
A4	St Joseph's Catholic Primary School	Connor Road, RM9 5UL
B0	St Edward's CofE Comprehensive School, Language College and Sixth Form Centre	London Road, RM7 9NX
B2	All Saints Catholic School and Technology College	Terling Road, RM8 1JT
B3	William Bellamy Infant School	Frizlands Lane, RM10 7HX
B3	William Bellamy Junior School	Frizlands Lane, RM10 7HX
B4	Trinity School	Heathway, RM10 7SJ
D4	Eastbrook Comprehensive School	Dagenham Road, RM10 7UR
E1	Rush Green Infants' School	Dagenham Road, RM7 0TL
E2	Rush Green Junior School	Dagenham Road, RM7 0RL
E2	Barking College	Dagenham Road, RM7 0XU



A

B

C

D

E

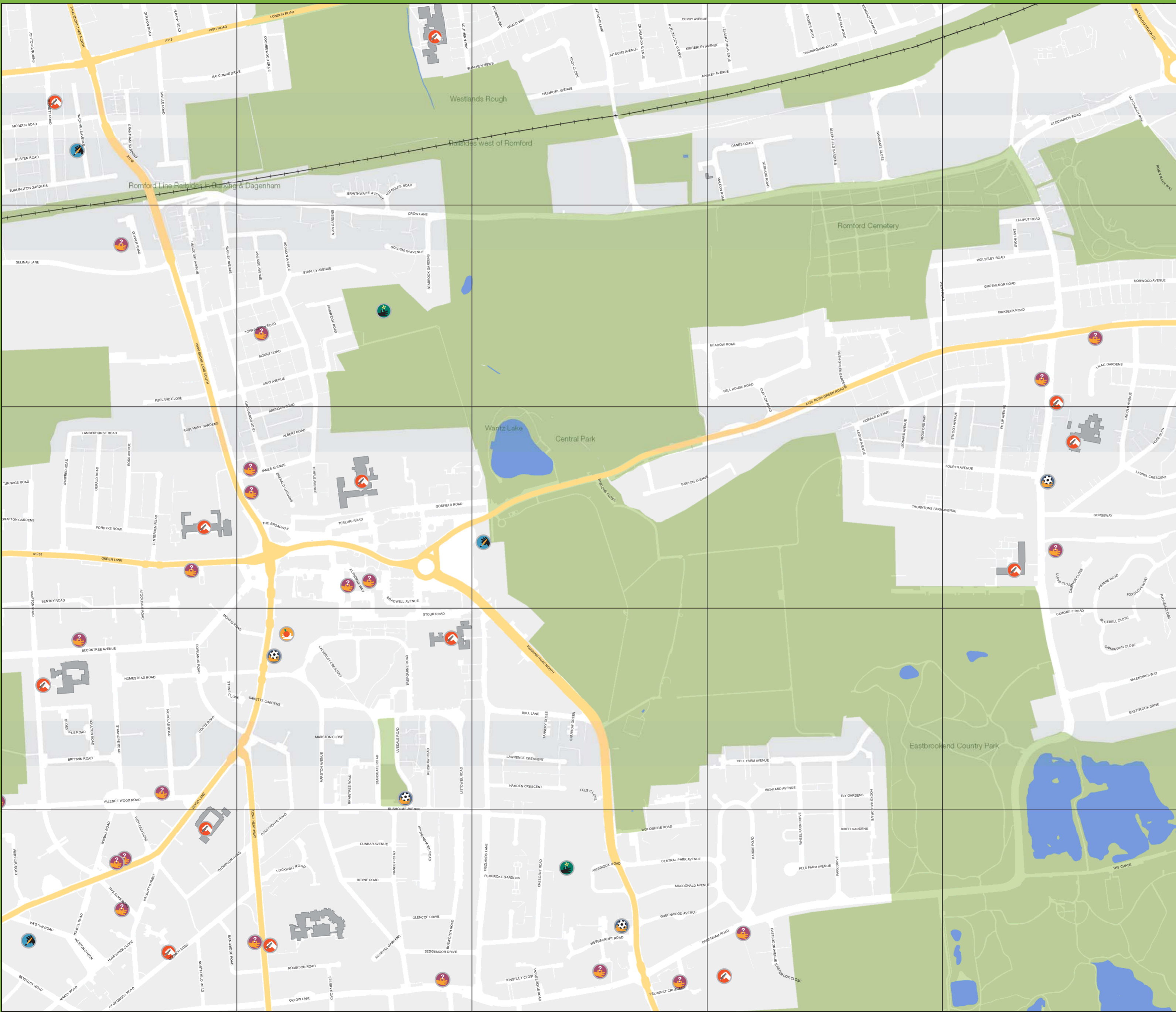
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3







4



This map provides information on all of the different facilities in your local area that can help you live a healthier lifestyle. Parks, allotments, gyms and sports centres, advice clinics and GP's surgeries, if it will help you get fit and healthy, it's on the Active Living Map.

We hope you find this map useful. Please send any comments you may have or any ideas on what you would like to see on future versions of this map to: alm-london@groundwork.org.uk

Key

-  Physical activity and social clubs
-  Health advice and information
-  Art
-  Environment
-  Schools
-  Food

Note: Occasionally two or more items may be situated in the same location, where this occurs you will only see one symbol on the map

Active Living Map