

Well London

Communities working together for a healthier city

www.london.gov.uk/welllondon

Active living



This is the first time that this type of joined-up approach to improving health has been tried on a regional scale. This Active Living Map is one of 14 different projects that will be delivered in local areas.

Work has already been done to understand the specific needs of each community, and some projects are already underway. Depending on the needs of the community, a selection of the following projects will be delivered in that area:

CADBE (Community engagement, assessment, design, brokerage, enterprise) – our groundbreaking research and evaluation framework is already helping us understand the health needs of local people.

Buywell – will make it easier to buy good quality, affordable and culturally sensitive food locally.

Eatwell – will increase rates of healthy eating and promote a sense of community through celebrating good food and practical activities like cook and eat clubs.

DIY Happiness – will use humour, creativity and evidence to provide practical advice and information that will increase people's ability to reduce both the physical and the psychological impact of stress, increase resilience, and build durable personal resources.

Healthy spaces – will make physical improvements to local green and open spaces, involving the local

community in every step from planning to implementation. **Activate London** – will increase physical activity levels through increasing the range of sports and active recreation activities available to communities.

Be Creative, Be Well – will use arts and cultural activity to help involve communities and individuals to improve environments and provide accessible physical activities.

Changing minds – will recruit and train local people with direct experience of mental ill health to deliver mental health awareness training in target communities.

Well London Delivery teams – are teams of volunteers in each area that will help people to make healthier choices.

Training communities – will train members of the community so they can be fully involved in supporting the delivery of the other projects.

Youth community – will make sure that children and young people are included in all aspects of the programme.

Mental well-being Impact Assessment – will enable people to identify the potential impacts on mental well-being of their proposals / projects / programmes.

WellNet – will establish a learning network for communities and professionals across all the projects including events, newsletters and web sites.

Well London

Well London is funded by the Big Lottery Fund. It will work with local people to transform health in twenty London neighbourhoods. The Well London programme will invest in local projects:

- Promoting mental health and well-being
- Improving healthy eating choices
- Promoting access to open spaces and increasing physical activity

Well London has been developed by a unique alliance of seven partners:



For more information on Well London and how to get involved please contact:

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Key



Physical activity and social clubs

A0	Day Centre	
A1	Health and Community Centre	
B0	Churchend & Roundwood Unity Centre	103 Church Road, NW10 9EG 020 8451 6079
B2	Stonebridge Older Persons Forum	Challenge House 1-2 Bank Buildings, High Street, Harlesden NW10 4LT
C1	Mission Dine Club	Flat 1 John Buck House, Fry Road, NW10 4BZ 020 8965 5797
C1	Roundwood Park Day Centre	Longstone Avenue, NW10 3TY
C2	Harles Methodist Church Hall & Community Rooms	25-27 High Street, NW10 4NE 020 8965 7454
C2	Abras-Associacao Brasileira No Reino Unido	96 Tubbs Road, NW10 4SB 020 8961 3377
C2	Harles Methodist Church Hall & Community Rooms	25-27 High Street, NW10 4NE 020 8965 7454
C2	Brent Positive Futures	Unit 51 Design Works, Park Parade, Harlesden NW10 4HT 020 7717 1691 positive.futures@crimeconcern.org.uk
C2	French Christian Community Bethel	Unit 57 Design Works, Park Parade, Harlesden NW10 4HT 020 8453 1470
C2	Methodist Church RoadPeace	23 High Street, Harlesden NW10 4NE
C2	Brent Linc	Design Works, Park Parade, Harlesden NW10 4HT
C2	Greater London Somali Community	Design Works, Park Parade, Harlesden NW10 4HT
C2	All Souls Church	1 Station Road, Harlesden NW10 4UJ
C2	Salvation Army	34 Manor Park Road, Harlesden NW10 4JJ
C2	Northwest 10 youth club	71 to 73 High Street, Harlesden NW10 4NS 07956 087588
C3	Community Centre	
D0	Kingshall Youth & Community Centre	155 Harlesden Road, NW10 2BE 020 8459 3487
D1	Capital City Academy	NW10 3ST 020 8838 8700 info@capitalcityacademy.org www.capitalcityacademy.org
D1	Willisden High	NW10 3ST 020 8838 8700 info@capitalcityacademy.org www.capitalcityacademy.org
D2	St Marks Church Hall	All Souls Avenue, Harlesden NW10 5AL 020 8960 3929
D2	Harlesden Assembly	34 Furness Road, Kensal NW10 4QE 020 8961 9425 evaliveth@btinternet.com
D3	Kenmont Play Centre	Valliere Road, NW10 6AL 020 8960 2274
D3	College Park Residents Association	12-14 Letchford Gardens, NW10 6AS 020 8968 4408



Health advice and information

D3	Kenmont Play Centre	Valliere Road, NW10 6AL 020 8960 2274
D3	College Park Residents Association	12-14 Letchford Gardens, NW10 6AS 020 8968 4408
E4	Dalgarno Community Centre	1 Webb Close, W10 5QB 020 8969 6300
A0	Victims Support Brent Scheme	1 Morland Gardens, NW10 8DY 020 8965 1140
A1	Craven Park Health Centre	Craven Park Health Centre, Shakespeare Crescent, NW10 8XW 020 8965 0150
A1	Family Planning Services	Craven Park Health Centre, Shakespeare Crescent, NW10 8XW 020 8965 0150
A1	Craven Park Health Centre	Craven Park Health Centre, Shakespeare Crescent, NW10 8XW 020 8965 0151
A1	S & S Chemists	14 Stonebridge Shopping Centre, Stonebridge Park, NW10 8LT 020 8965 3562
B0	Capo Power Media Services	103 Church Road, NW10 9EG 020 8961 6550
B1	Asian Womens Resource Centre	108 Craven Park, NW10 8QE 020 8965 6550
B1	Greenhill Park Medical Centre	Greenhill Park, NW10 9AR 020 8965 7128
B1	Park Road Surgery	26 Park Road, NW10 8TA 020 8965 5255
B1	Craven Park Pharmacy	96 Craven Park Road, NW10 4AG 020 8961 1996
B1	Bright's Dispensing Chemist	118 Craven Park Road, NW10 8QD 020 8965 2112
B1	Serena Dispensing Chemist	7 Library Parade, Craven Park Road, NW10 8SG 020 8961 3653
B2	Cancer Black Care	79 Acton Lane, NW10 8UT 020 8961 4150
B2	Doctors Surgery	85-87 Acton Lane, NW10 8UT 020 8961 1183
B2	Harlesden One stop Shop	Challenge House 1-2 Bank Buildings, High Street, Harlesden NW10 4LT
B2	Fairlight Rehabilitation Unit	27-29 Fairlight Avenue, Harlesden NW10 8AL 020 8961 0740 cordelia.flick@nhs.net www.cnwl.org
C2	Brent Community Alcohol Service	25 Station Road, NW10 4UP 020 8961 7510
C2	The Brent Private Tenants Rights Group	115-117 High Street, NW10 4TR 020 7624 4330
C2	Freuchen Medical Centre	190 High Street, NW10 4ST 020 8965 5170
C2	Doctors Surgery	190 High Street, NW10 4ST 020 8965 5174

C2	Doctors Surgery	2-4 Buckingham Road, NW10 4RR 020 8965 6078
C2	Brent South Community Mental Health Team	The Courtyard, Avenue Road, NW10 4UG 020 8937 6360
C2	Way2Save	37-41 High St, Harlesden, NW10 4NE 020 8961 3057
C2	Cafe du Portugal	216 High Street, Harlesden, NW10 4SY
C2	Harlesden Fresh Fish	90 High Street, Harlesden, NW10 4SL
C2	Chana Chemist	96-98 High Street, Harlesden, NW10 4SL 020 8961 4525
C2	Catto Chemist	79 High Street, Harlesden, NW10 NS 020 8961 6406
C2	Harlesden Job Centre Plus	161 High Street, Harlesden NW10 4TL
C2	Sickle Cell Society	54 Station Road, Harlesden NW10 4UA 020 8961 7795
C2	Brent Sickle Cell And Thalasassaemia Centre	122 High Street, Harlesden NW10 4SP 020 8961 9005
C2	Clocktower Dental Surgery	1B Wendover Road, Harlesden NW10 4RX 020 8965 3665
C2	Mr G G LAI	83 High Street, Harlesden NW10 4NT 020 8965 0872
C2	Brent Mental Health Care African & Caribbean Resource Centre	Design Works, Park Parade, Harlesden NW10 4HT
C2	African & Caribbean Resource Centre	Design Works Room 4, Park Parade, Harlesden NW10 4HT 020 8961 7539 yetunde.adesanya@brent.gov.uk
C2	Arlington Care Association	25 Station Road, NW10 4UP
D0	Brahma Kumaris World Spiritual University	65 Pound Lane, NW10 2HH 020 8727 3350
D2	Wrotesley Road Surgery	9 Wrotesley Road, NW10 5UY, 08444 773479
E0	Slaverton Surgery	51 Slaverton Road, NW25HA 020 8459 1359
E0	Richards & Curtis Pharmacy	9 Sidmouth Parade, Sidmouth Road, NW2 5HG 020 8459 4393
E0	Community Nurses	51 Slaverton Road, Harlesden, NW2 5HA 020 8459 1360
E2	Lucy Burt	147 Bathurst Gardens, NW10 5JJ 020 8964 9840
A0	World Muzik Makers	38a, Bruce Road, London NW10 8QS 07597 590407
A1	Stoned Arts	Unit 15, The Shopping Precinct, Hillside, London NW10 8LT 020 8965 8181
B0	The Drama Workhouse	90A, Church Road, London NW10 9QH 020 8459 8286
B1	Mahogany Community Ventures Ltd	28 High Street, London, London NW10 4LX 020 8961 4446
B1	Total Rhythm Congo Music,	17a, Craven Park Road, London NW10 8SE 020 8961 5461
B1	Harlesden Library	Craven Park Road, Harlesden NW10 8SE 020 8965 7132



Supported by **The National Lottery** through the Big Lottery Fund



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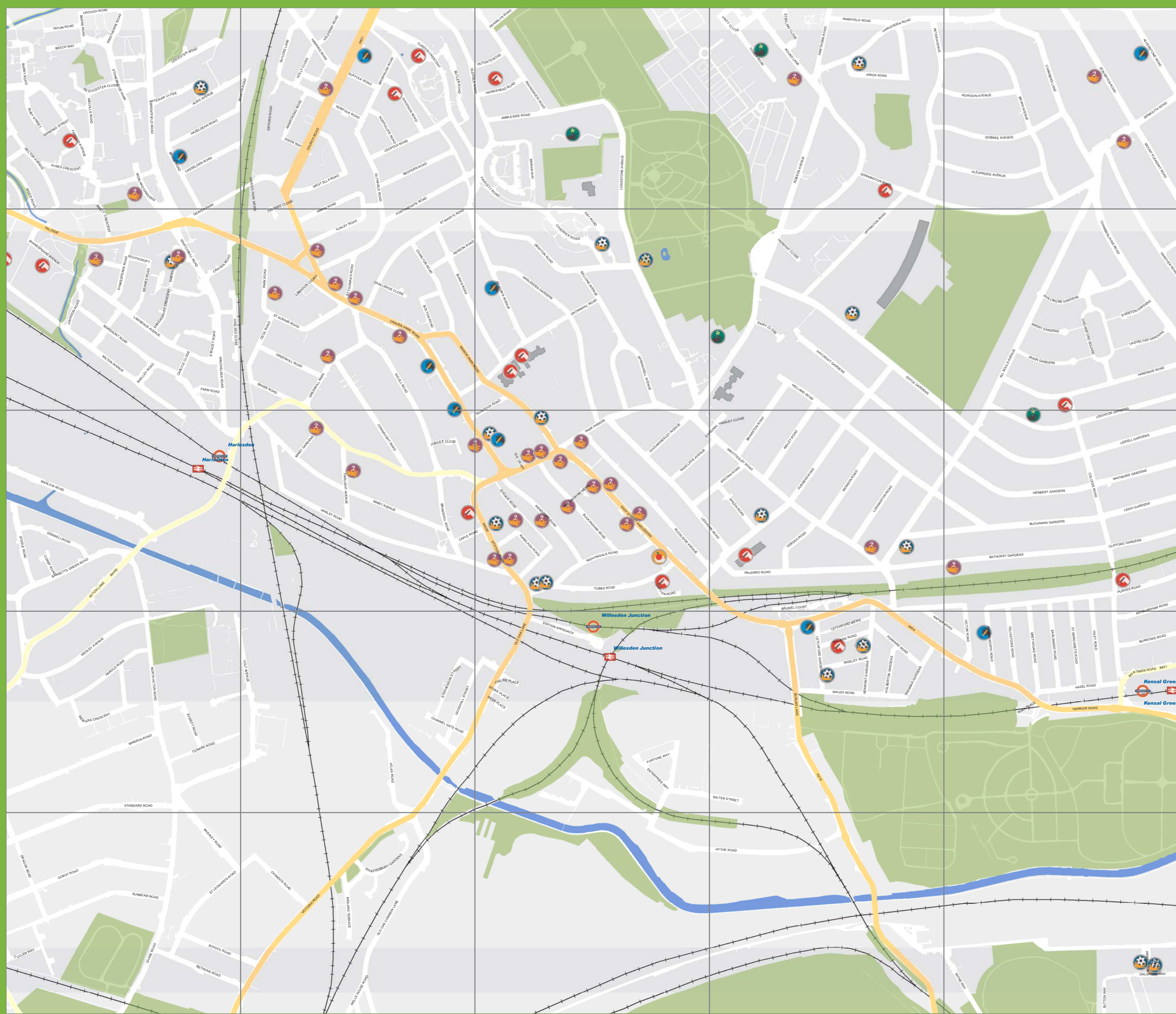
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This map provides information on all of the different facilities in your local area that can help you live a healthier lifestyle. Parks, allotments, gyms and sports centres, advice clinics and GP's surgeries, if it will help you get fit and healthy,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

Active Living Map

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