

Well London

Communities working together for a healthier city

www.london.gov.uk/welllondon

Active living

Croydon



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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Supported by The National Lottery through the Big Lottery Fund



Key



Physical activity and social clubs

B0	Croydon Mosque	525 London Road, Thornton Heath, CR7 6AR 020 8684 8200
C0	Bensham Day Centre	Queens House, Queens Road, CR0 2PR 020 8683 2335
C1	Broad Green Residents Association	57, St. Saviours Rd, CR0 2SN, 020 8240 7110
C1	Croydon Community Care	Hamway House, 251-253 London Road, CR0 2RL, 020 8251 0441
C1	Family Nurturing Centre	Palmcroy House 387 London Road, CR0 3PB 020 8239 7298
C2	Fitness First gym	99-101 London Road, CR0 2RF, 0870 898 0624
C2	Sure Start Broad Green	89 London Road, CR0 2RF 020 8649 8441, hsurestart@btconnect.com
C2	Welcare in Croydon	56A Mitcham Road, CR0 3RG, 020 8688 5151
C1	Westbury Community Project Saturday School	Byers Memorial Hall, 183 Handcroft Road, CR0 3LF, 020 8664 8101
C3	Croydon Youth Information & Counselling Service Ltd	132 Church Street, CR0 1RF, 020 8680 0404
C3	Unicorn Centre	78a Frith Road, CR0 1TA, 020 8649 7477
C4	Lantern Hall	190 Church Road, CR0 1SE, 020 8680 1373
D3	Holmes Place Health Club (Croydon)	44 Surrey Street, CR0 1RJ 020 8686 3700 / www.virginactive.co.uk
D3	Solutions Health & Fitness	1 Lansdowne Road, CR9 2BN 0208 6615353 / gymteam@shf.uk.com www.solutionsfitness.com
D3	YMCA sports gym	Marco Polo House, 3-5 Lansdowne Road, CR9 1LL, 0207 101 9960
D4	Braithwaite Halls	Central Library Croydon Clocktower, Katharine Street, CR9 1ET, 020 8253 1030
E3	Mind Fairfield Club	10 Altyre Road, CR0 5LA, 020 8688 1210



Schools

A0	West Thornton Primary School	Rosecourt Road CR0 3BS, 020 8684 3497
B1	Kingsley Junior School	Chapman Road, CR0 3NX, 020 8689 7688
B2	Kingsley Infants' School	Thomson Crescent, CR0 3JT 0208 6697688
B4	Parish Church C of E Junior School	Warrington Road, CR0 4BH, 020 8688 5764
C0	Elmwood Junior School	Lodge Road, CR0 2PL, 020 8684 4007
C3	New Life Christian School	5 Cairo New Road, CR0 1XP, 020 8680 7671
C3	Old Palace School of John Whitgift	Off John Whitgift, CR0 1AX, 020 8688 2027 schooloffice@oldpalace.croydon.sch.uk
C3	Selhurst Boys' High School	The Crescent, CR9 2LX, 020 8665 7989
C4	Duppas Junior School	Goodwin Road, CR0 4EJ, 020 8688 4975
D2	BRIT School for Performing Arts and Technology	60 The Crescent, CR0 2HN 0208 665 5242 / admin@brit.croydon.sch.uk
E2	Al-Khair School	109-117 Cherry Orchard Road, CR0 6BE 0208 6499964
D1	ALTE School	Open Gate Centre, 2 Union Road, CR0 2XU 020 8665 5533
D2	St Marys Catholic High School	Woburn Road, CR0 2AB, 0208 686 3837
D2	St Marys Catholic Infant School	Bedford Park, CR0 2AQ, 020 8688 2891 admin@st-marys-inf.croydon.sch.uk
D2	St Marys RC Junior School	Sydenham Road, CR0 2EW, 020 8688 4893
D3	Croydon College	Fairfield Campus, CR9 1DX, 020 8686 5700
E0	Broadmead Nursery and Infant School	366 Sydenham Road, CR0 2EA 020 86844003



Health advice and information

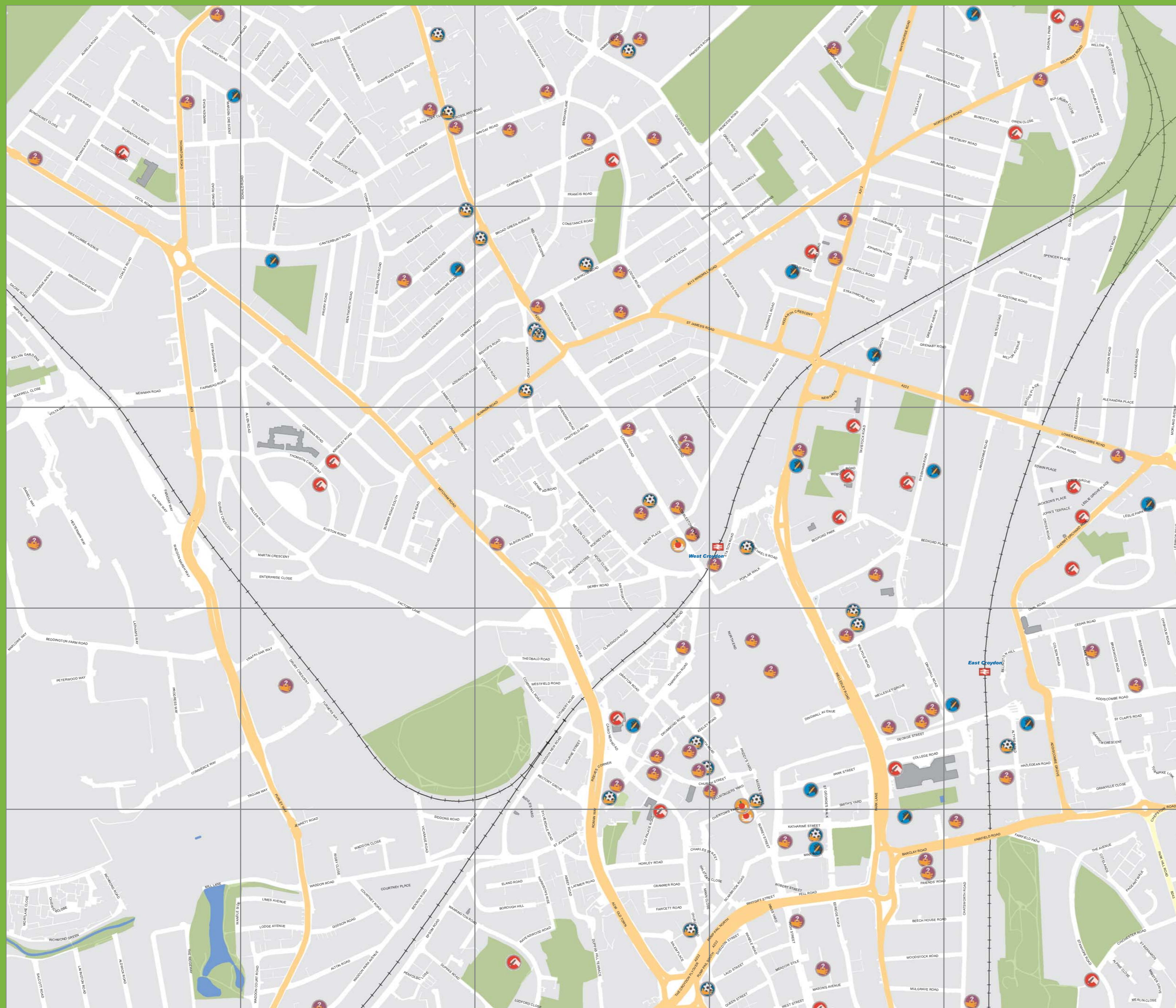
A0	Broughton Corner Medical Centre	87 Thornton Road, CR7 6BH, 020 8683 1277
A0	Homeopathic Clinic	41 Tankerton Terrace, Mitcham Road, CR0 3HL, 020 8684 1740
A0	Parade Pharmacy	A 299 Thornton Road, CR0 3EW 020 8684 2086
A0	Thornton Road Surgery	299 Thornton Road, CR0 3EW, 020 8683 1255
A2	Boots The Chemists Ltd	Unit F, 10 Daniell Way, CR0 4YJ 020 8686 1114
B0	Day Lewis Pharmacy	506 London Road, CR7 7HQ, 020 8684 2697
B0	Doctors Surgery	518 London Road, CR7 7HQ, 0844 477 3485
B0	Doctors Surgery	519 London Road, CR7 6AR, 020 8684 2161
B0	Doctors Surgery	501 London Road, CR7 6AR, 020 8684 1172
B0	London Road Medical Centre	Cavendish House, 515 London Road, CR 6AR 020 8239 9002
B0	Mayday Community Pharmacy	514 London Road, CR7 7HQ 020 8689 9345
B0	North Croydon Medical Centre	518 London Road, CR7 7HQ 020 8684 2190
B1	Greenside Surgery	Greenside Surgery, 88 Greenside Road, CR0 3PN, 020 8240 0072
B3	Sainsbury's Instore Pharmacy	Trafalgar Way, CR0 4XT, 020 8633 1843
B4	Cherry Tree	46 Waddon Park Avenue, CR0 4LU 020 8240 9240
C0	BUPA Wellness	32 Mayday Road, CR7 7HL, 020 8664 1720
C0	Chest Clinic	33 Mayday Road, CR7 7XN, 020 8401 3000
C0	Empowering the Family	3 Cameron Road, CR0 2SR, 0845 838 7410
C0	Off the Record	72 Queens Road, CR0 2PR, 020 8295 9660
C0	Queens Resource Centre	66a Queens Road, CR0 2PR, 020 8665 6470
C1	Broad Green Centre	Broad Green Centre 1-13 Lodge Road, CR0 2PD, 020 8684 2090
C1	Croydon Primary Care Trust	Broad Green Centre 1-13 Lodge Road, CR0 2PD, 020 8684 2090
C1	Crystal Centre for Children's Services	47 St. James's Road, CR0 2UR 0208 2746850
C1	Shivas Chemist	326 London Road, CR0 2TJ 02086841352
C1	Superchem	322-324 London Road, CR0 2TJ 02086899345
C1	Westways Resource Centre	49 St. James's Road, CR0 2UR 0208 7008500
C2	A - Z Pharmacy	20 London Road, CR0 2TA 020 8760 0035
C2	Age Concern Croydon	158-162 London Road, CR0 2TD 020 8680 5450 www.ageconcerncroydon.org.uk
C2	Community Paediatrics Service	12-18 Lennard Road, CR9 2RS 020 8274 6300
C2	Croydon Child & Adolescent Mental Health Service	78 London Road, CR0 2TB, 020 8700 8880
C2	Croydon Child & Adolescent Mental Health Service	Lennard Lodge, 3 Lennard Road, CR0 2UL 020 8700 8800
C2	Croydon Primary Care Trust	12-18 Lennard Road, CR9 2RS, 020 8274 6300
C2	Croydon Stop Smoking Service	89 London Road, CR0 2RF 0800 019 8570

C2	Smoking Cessation Service	12-18 Lennard Road, CR9 2RS 020 8666 0370
C2	The Surgery	26 Lennard Road, CR0 2UL, 020 8680 2270
C2	Welcare in Croydon	56a Mitcham Road, CR0 3RG 020 8688 5150
C3	Barkers Chemist	105 Church Street, CR0 1RN, 020 8688 0835
C3	Cranstoun Drug Services	100 Church Street, CR0 1RD, 020 8686 7500
C3	Kants Chemist	66 Church Street, CR0 1RB, 020 8688 0888
C3	Relate	9/16 Ramsey Court Church Street, CR0 1RF 020 8680 1940
C3	Tamworth Road Resource Centre	37 Tamworth Road, CR0 1XT, 020 8700 8700
C3	The Croydon Pastoral Foundation	4 Frith Road, CR0 1TA, 020 8760 0670
D0	Access Ability Centre	Access-Ability 28 Boulogne Road, CR0 2QT 020 8664 8860
D1	Doctors Surgery	87 Whitehorse Road, CR0 2JJ, 020 8684 1162
D1	Lloyd George	63-65 Whitehorse Road, CR0 2JG 02086842914
D1	Whitehorse Medical Practice	87 Whitehorse Road, CR0 2JJ, 020 8684 1160
D2	Croydon Drug Interventions Programme	Cygnat House, 12-14 Sydenham Road, CR0 2EE, 0845 0560100
D2	Croydon Resource Centre & Support Services	St Mary's Catholic Church, 70a Wellesley Road, CR0 2AR, 020 8686 1220
D2	Integrated Mental Health Services	Carolyn House, 22-26 Dingwall Road, CR9 3RT, 020 8700 8750
D3	Boots The Chemists Ltd	12-18 Whitgift Centre, CR9 1SN, 020 8688 6021
D3	Boots The Chemists Ltd	77 George Street, CR0 1LD, 020 8688 0806
D3	Boots The Chemists Ltd	Unit 65-66 Centrale Shopping Centre, CR0 1TY, 020 8726 0294
D3	Combe International Ltd Chemists	A M P House, Dingwall Road, CR9 2AU 020 8680 2711
D3	Croydon Alcohol Counselling Service	28 Wellesley Road, CR0 2AD, 020 8667 9500
D3	Croydon Community Mediation	29-33 Church Street, CR0 1RH 020 8255 2460
D3	St Clare Chemist	21 Norfolk House, George Street, CR0 1LG 020 8688 9133
D3	Superdrug Stores Plc	104-109 Whitgift Centre, CR0 1US 020 8681 5035
D4	Croydon NHS Walk-In-Centre	45 High Street, CR0 1QD, 020 8666 0560
D4	Doctors Surgery	49-51 Friends Road, CR0 1ED 020 8688 0532
D4	Doctors Surgery	Leon House, 233 High Street, CR0 9XT 020 8274 6000
D4	Optimax Laser Eye Clinic	103-105 High Street, CR0 1QG 020 8686 6140
D4	Quit Smoking Centre	16-18 Barclay Road, CR0 1JN, 0845 408 0160
E0	Naraines (Selhurst) Ltd	8 Selhurst Road, SE25 5QF, 020 8684 1329
E0	Selhurst Medical Centre	27 Selhurst Road, SE25 5QA 020 8684 2010
E1	Allcorn Pharmacy	197 St. James's Road, CR0 2BZ 020 8684 1659
E1	St James Medical Centre	189a St. James's Road, CR0 2BZ 020 8684 5353
E2	Croychem Pharmacy Ltd	38 Lower Addiscombe Road, CR0 6AA 020 8681 0767
E3	Doctors Surgery	59 Addiscombe Road, CR0 6SD 020 8688 1213

E3	Neela Choudhury	1 Blake Road, CR0 6UH, 020 8688 5890
E3	The Witness Service	The Law Courts, Altyre Rd, CR9 5AB 020 8760 1970
E4	CRI Drugs Intervention Project	The Magistrates Court, Barclay Road, CR9 3NG, 020 8681 4812
E4	The Executive Medical Centre	24 Chatsworth Road, CR0 1HA 020 8688 3430
A0	IDMC Gospel Choir	56 Marden Crescent, CR0 3ER 020 8664 8424
B1	Apsara Arts	17, Fairholme Road, CR0 3PG 020 8665 6594
B1	Broad Green Library	89 Canterbury Road, CR0 3HH 020 8726 6900 / broadgreen@croydon.gov.uk
B1	Diwa Dance Group	17, Fairholme Road, CR0 3PG 020 8665 6594
C3	Architecture Foundation (Croydon), The	Art & Design Centre, 43 Tamworth Road, CR0 1XU, 020 7253 3334
C3	The Architecture, Art & Design Centre	43 Tamworth Road, CR0 1XU, 020 8686 6663
D1	Congolese Voluntary Organisation (Cvo)	Cornestone House, 14 Willis Road, CR0 2XX 020 8665 7042
D1	Crisp	Cornestone House, 14 Willis Road, CR0 2XX 020 8665 4737
D1	Croydon Somali Community Association	Cornestone House, 14 Willis Road, CR0 2XX 020 8665 0921
D1	Exit Theatre Company	2 Tavistock Grove, CR0 2BH, 020 8406 1497
D1	Roundabout	Cornestone House, 14 Willis Road, CR0 2XX 020 8665 0038
D1	Sova Croydon Young People's Project	Cornestone House, 14 Willis Road, CR0 2XX 020 8665 6668
D4	Croydon Clocktower	Arts & Community Development, Katharine Street, CR9 1ET, 020 8253 1030
D2	Croydon Resource Centre	70A, Wellesley Road, CR0 2AR 020 8686 1222
D2	Croydon Supplementary Education Project	32-34 Sydenham Road, CR0 2EF, 020 8686 7865
D3	London Mozart Players	Suite 306, Park House, 22 Park Street, CR0 1YE, 020 8686 1996
D4	Fairfield Halls	Park Lane, CR9 1DG, 020 8681 0821
E0	BRIT School For Performing Arts & Technology	60 The Crescent, CR0 2HN 020 8665 5242 / admin@brit.croydon.sch.uk
E2	Croydon Mencap	60-61, Leslie Park Road, CR0 6TP 020 8662 9201
E3	Finborough Seminars	Tolley House, 2 Addiscombe Road, CR9 5AF 020 8686 9141
E3	Warehouse Theatre	62, Dingwall Road, CR0 2NF, 020 8681 1257
C2	Euro Fruiters	31 London Rd, CR0 2RE 020 8298 1615
D3	Surrey Street Market	Surrey Street, CR0 1RG

A B C D E







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1
2
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

Active Living Map

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