

Active living

Hammersmith & Fulham

Key

Health advice and information

A1	Hammins Chemist	73 Bloemfontein Road, W12 7DA, 020 8749 6844
A2	Bush Pharmacy	334 Uxbridge Road, W12 7LL, 020 8743 3535
A2	Doctors Surgery	336 Uxbridge Road, W12 7LL, 020 8743 5153
A2	Pestle & Mortar	88 Uxbridge Road, W12 7LL, 020 7603 9226
A2	Shepherds Bush Advice Centre	338 Uxbridge Road, W12 7LL, 020 7221 9970
A2	White City Health Centre	Australia Road, W12 7PH
A3	Babylon Health Ltd	57 Uxbridge Road, W12 8NR, 020 8743 1772
A3	Doctors Surgery	143a Uxbridge Road, W12 9RD, 020 8743 1511
A3	Druglink	The Old Coach House, 103a Devonport Road, W12 8PB, 020 8743 8060
A3	West London Centre for Counselling	137a Coningham Road, W12 8BU, 020 8749 2930
B0	My Pharmacy Ltd	10 North Pole Road, W10 6QL, 020 8969 0053
B0	The Scoliosis Association	Unit 2 Iveybury Court, 325 Latimer Road, W10 6RA, 020 8964 3460
B1	Pestle & Mortar	59 South Africa Road, W12 7PA, 020 7727 6882
B3	Caregrange Ltd	9 Goldhawk Road, W12 8QQ, 020 8743 1320
B3	E M S Pharmacy	194 Uxbridge Road, W12 7JP, 020 8749 6271
B3	Greenlight Pharmacy	228-230a Uxbridge Road, W12 7JD, 020 8749 6883
B3	Limegrove Pharmacy	66, Goldhawk Road, W12 8HA, 020 8740 9443
B3	Old Oak Surgery	St. Stephens House, 41 Uxbridge Road, W12 8LH, 020 8740 7328
B3	Phils Drug Store	187 Railway Arches, Shepherds Bush Market, W12 8DF, 020 8743 6186
B3	Threshold Housing Advice Centre	126 Uxbridge Road, W12 8AA, 020 8753 5910
C0	Pharmaclinix	132 Bramley Road, W10 6TJ, 020 7727 5470
C0	St Quintin Health Centre	St. Quintin Avenue, W10 6NX, 020 8960 5677
C0	The Medical Centre	80 Cambridge Gardens, W10 6HS, 020 8969 5517
C1	Doctors Surgery	226 Walmer Road, W11 4ET, 020 7243 0296
C1	Foreland Medical Centre	188 Walmer Road, W11 4EP, 020 7727 2604
C1	Latimer Surgery	1 Waynflete Square, W10 6UX, 020 8969 1242
C1	The Surgery	96 Sirdar Road, W11 4EG, 020 7727 9238
C1	Walmer Road Clinic	226 Walmer Road, W11 4ET, 020 7243 0296
C2	Faro Pharmacy	16 Swanscombe Road, W11 4SX, 020 7727 6350
C3	Boots The Chemists Ltd	5 The Boadway Concord Shopping Centre, Shepherds Bush Green, W12 8PP, 020 8743 8749
C3	Community Nurses Office	15/16 The Links West 12 Shopping Centre, Shepherds Bush Green, W12 8PP, 020 8749 1882
C3	Doctors Surgery	15/16 The Links Concord Shopping Centre, Shepherds Bush Green, W12 8PP, 020 8749 1882
C3	Morrison's Instore Pharmacy	114-116 West 12 Centre, Shepherds Bush, W12 8PH, 020 8743 9254
C3	Preventicum	The Shepherds Building, Rockley Rd, W14 0DA, 020 7605 6900
C3	Superdrug Stores Plc	92 Uxbridge Road, W12 8LR, 020 8743 5744
C4	Dearcare Ltd	35 Richmond Way, W14 0AS, 020 8749 0037
C4	Doctors Surgery	Milson Road Health Centre, 1-13 Milson Road, W14 0LJ, 020 7603 4131
C4	Doctors Surgery	A 74 Sterndale Road, W14 0HX, 020 7602 3797
C4	Forrest and Co	67 Blythe Road, W14 0HP, 020 7603 2763

C4	Marriage Care	1 Blythe Mews, Blythe Road, W14 0NW, 020 7371 1341
C4	Milson Road Health Centre	1-13 Milson Road, W14 0LJ, 020 8846 6262
C4	West London Travel Clinic	A 74 Sterndale Road, W14 0HX, 020 7602 3797
D0	ABC Pharmacy	196-198 Portobello Road, W11 1LA, 020 8969 1483
D0	Citizens Advice Bureau	140 Ladbroke Grove, W10 5ND, 020 7034 0300
D0	Clifford Evans Ltd	135 Ladbroke Grove, W11 1PN, 020 8749 0297
D0	Colville Health Centre	51 Kensington Park Road, W11 1PA, 020 7221 2650
D0	Cruse Bereavement Care	7 Thorpe Close, W10 5XL, 0870 122 2310
D0	Parkside Clinic	63 Lancaster Road, W11 1QG, 020 8383 6123
D0	The Dispensary	173 Ladbroke Grove, W10 6HJ, 020 7727 5323
D0	Womans Trust	111-117 Lancaster Road, W11 1QT, 020 8846 6251
D1	D R Evans Pharmacy	15 Elgin Crescent, W11 2JA, 020 7229 4553
D1	Nottinghill Medical Centre	14 Codrington Mews, W11 2EH, 020 7727 5800
D2	Community Nurses	73 Holland Park, W11 3SL, 020 8846 6201
D2	Community Nurses	16 Portland Road, W11 4LA, 020 7727 7711
D2	Doctors Surgery	73 Holland Park, W11 3SL, 020 7221 4334
D2	Doctors Surgery	16 Portland Road, W11 4LA, 020 7727 7711
D2	Hillcrest Pharmacy	104-106 Holland Park Avenue, W11 4UA, 020 7229 9558
D2	The Surgery	112 Princesdale Road, W11 4NH, 020 7727 2022
D4	Kensington Park Medical Centre	75 Russell Road, W14 8HW, 0844 477 8580
E1	Baywood Chemists Ltd	239 Westbourne Grove, W11 2SE, 020 7229 4553
E1	Community Nurse Office	241 Westbourne Grove, W11 2SE, 020 7229 5800
E1	Help Counselling Centre	57 Portobello Road, W11 3DB, 020 8964 5340
A0	Burlington Danes C Of E School	Wood Lane, W12 0HR, 020 8735 4950 janina.aiklen@burlingtondanes.org W12 0DF, 07908 788739
A0	Linford Christie Stadium	Fatima Community Centre, Commonwealth Avenue, W12 7QR, 020 8749 8017
A1	Day Centre	50 Commonwealth Avenue, W12 7QR, 020 8743 4545
A1	First Hand Ltd	W12 7DB, 020 8735 4900, lisa.cuss@gil.org
A1	Nubian Life Resource Centre Ltd	White City Community Centre, India Way, W12 7QT, 020 7727 6210
A1	Phoenix High School Sports Centre	Australia Road, W12 7PT, 020 8743 9958
A1	The White City Community Centre	59 Godolphin Road, W12 8JF, 020 8749 2371 W12 7PA, 020 8762 0865
A1	White City Childrens Project	22 Exhibition Close, Wood Lane, W12 7EE, 020 7605 0800, connexionspa2@lbhf-cyc.org.uk
A3	The Hut Association	Australia Road, W12 7NU, 020 8749 9099
B1	Queen Park Rangers Football Club	234b Uxbridge Road, W12 7JD, 020 8753 5941
B1	Social Services Day Centre	58 Bulwer Street, W12 8AP, 020 8749 9969
B1	Youth Link	12 Lime Grove, W12 8EA, 020 7603 2324
B2	White City Residents Association	
B3	Active Planet	
B3	Parish Hall	
B3	Shepherds Bush Families Project	
B3	Text Book Venues	
C2	Community Centre	

Physical activity and social clubs

A0	Burlington Danes C Of E School	Wood Lane, W12 0HR, 020 8735 4950 janina.aiklen@burlingtondanes.org W12 0DF, 07908 788739
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B3	Text Book Venues	
C2	Community Centre	

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:



South London and Maudsley NHS Foundation Trust

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

Abigail Gilbert, Hammersmith and Fulham PCT
T: 020 3313 7236
E: abigail.gilbert@hf-pct.nhs.uk

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



D3	Norland Place School	162-166 Holland Park Avenue, W11 4UH 020 7603 9103
D3	The Cardinal Vaughan Memorial RC School	89 Addison Road, W14 8BZ, 020 7603 8478
E0	St Mary of the Angels RC Primary School	Shrewsbury Road, W2 5PR, 020 7641 4482
E1	Colville Primary School	Lonsdale Road, W11 2DF, 020 7229 6540
E2	David Game College	69 Notting Hill Gate, W11 3JS, 020 7221 6665
E1	The Pembridge Villas Surgery	45 Pembridge Villas, W11 3EP, 020 7727 2222
E1	Westbourne Grove Medical Centre	241 Westbourne Grove, W11 2SE, 020 7229 5800
E2	Boots The Chemists Ltd	96-98 Notting Hill Gate, W11 3QA, 020 7727 3185
E2	Calder Chemist	55-57 Notting Hill Gate, W11 3JS, 020 8743 5442
E2	Dennis & Co	12 Pembridge Road, W11 3HL, 020 7727 4441
E2	The Surgery	17 Pembridge Road, W11 3HG, 020 7221 0174
A2	Athletes of the Heart Ltd	68, Adelaide Grove, W12 0JL, 020 87432682
A2	Early Music Network	31 Abdale Road, W12 7ER, 020 8442 4972
A2	Takeaway Festival of Do-It-Yourself-Media Team	29 Loftus Road, W12 7EH, 020 8932 2652
A2	The Music House For Children	Luft Hall, 310, Uxbridge Road, W12 7LJ 020 8749 3255
A3	Bridging Arts	26 Ellingham Road, W12 9PR, 07940 222 048
A3	Flutter Theatre	21 Hetley Road, W12 8BA, 020 8749 9010
A3	Somali Arts Association	77b Coningham Road, W12 8BS, 020 7602 3703
A4	Purple Fish Productions	197 Goldhawk Road, W12 8EP, 020 8748 7947
A4	Scribes UK	2nd Floor, 36 Brackenbury Road, W6 0BB 0207 3713339
B0	Onthisnight Community Interest Company	60 Eynham Road, W12 0HA, Finddamanian@onthisnight.com
B3	Alternative Theatre Company	The Bush Theatre, Shepherd's Bush Green, W12 8QQ, 020 8740 6562
B3	Poet Strides	52 Coverdale Road, W12 8JL, 020 8740 9818
B3	Bigs And Writers	16 Granville Mansions, Shepherds Bush Green, W12 8QA, 020 8600 3032
B4	F-ire Collective Ltd	129b Sulgrave Road, W6 7PX, 020 8741 7676
B4	In The Picture	147 Hammersmith Grove, W6 0NJ, 07973 624501
B4	React	36 Agate Road, W6 0AH, 020 8834 7213
B4	Sewa Education	55C Agate Road, W6 0AL, 020 7806 5407
B4	W11 Opera For Young People	C/O Sophie Warner, 7 Melrose Terrace, W6 7RL 020 7603 3039
C3	St Mungo's Community Housing Association	1-3, Rockley Road, W14 0DJ, 020 8743 6814
C3	Taxi Pata Pata African Arts	Flat 81, Woodford Court, 33 Shepherds Bush Green, W12 8QZ, 020 8743 0302
C4	Blythe Neighbourhood Council	Masbro Centre, 87, Masbro Road, W14 0LR 020 7605 6812
C4	Chinese Waist Drum Dance Band	1 Redan Street, W14 0AD, 020 7603 7665
C4	Hammersmith & Fulham Arts & Education Forum	23-29 Faroe Road, W14 0EL, 07837 830548
C4	Justwrite	Masbro Centre, 87 Masbro Road, W14 0LR 020 7605 0800
C4	Oxygen	40 Netherwood Road, W14 0BJ, 020 7603 1172
C4	Shamaa Dance Company	113B Sinclair Road, W14 0NP, 020 7602 3600

A B C D E

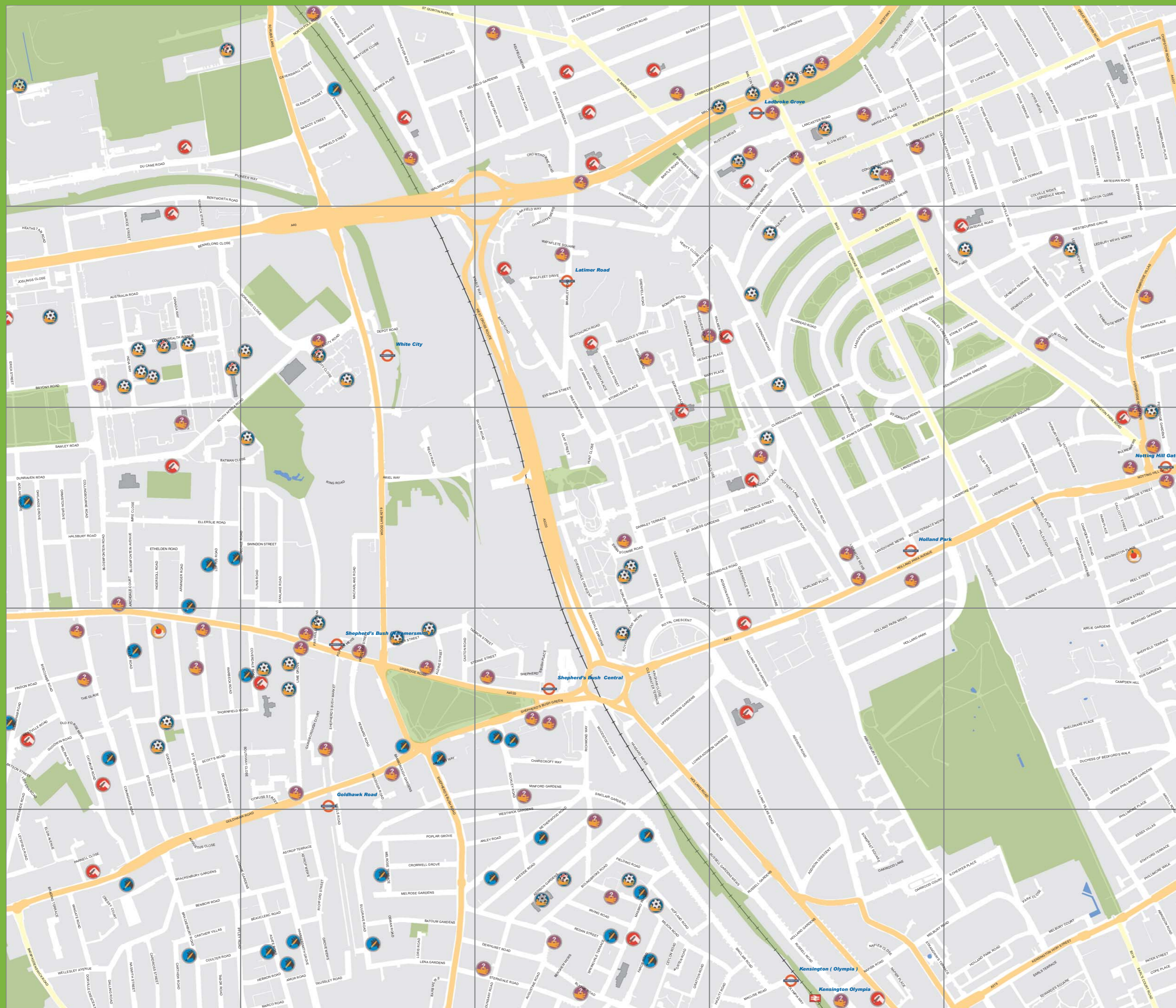
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This map provides information on all of the different facilities in your local area that can help you live a healthier lifestyle. Parks, allotments, gyms and sports centres, advice clinics and GP's surgeries, if it will help you get fit and healthy,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