

Active living

Newham

Key

| Grid ref. | Organisation | Contact details |
|-----------|---|--|
| B0 | Physical activity and social clubs The Grassroot Community Centre | 66 Memorial Avenue, E15 3DB 020 7474 6376 |
| C1 | Eastlea Youth Centre | Exning Road, E16 4ND 020 7540 0400 |
| C2 | St Margaret and All Saints Church | 79 Barking Road, E16 4HB 020 7476 4129 |
| C2 | The Hub | 123 Star Lane, E16 4PZ 020 7473 5249 |
| C3 | River Christian Centre | Vincent Street, E16 1LZ 020 7476 1171 |
| C3 | St Luke's Community Centre | |
| C4 | St. Lukes Social Enterprise & Community Centre | 85 Tarling Rd, E16 1HN 020 7366 6305 |
| D1 | Cumberland Road & Voyce | 200 Chargeable Lane, E13 8DW 020 7474 4922 |
| D1 | Granwell Community Centre | Whitwell Road, E13 8DA 020 7474 9202 |
| D1 | New Avenues | 285-287 Barking Road, E13 8EQ 020 7476 3999 |
| D1 | New Granwell Community Centre | 97 Whitwell Road, E13 8DA 020 7474 5930 |
| D2 | Keir Hardie Methodist Church | 14 Plymouth Road, E16 1QB 020 7476 6500 |
| D3 | Coolfin Community Centre | |
| E3 | Cundy Community Centre | Hartington Rd, E16 3NP 020 7474 6056 |
| E3 | London City Mission | Varley Christian Centre, Varley Road, E16 3NR 020 7511 4677 |
| E3 | Parish Hall | |

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| A3 | Health advice and information Community Nurses Office | 2a Ettrick Street, E14 0PU 020 7515 5620 |
| A3 | Doctors Surgery | 50 Aberfeldy Street, E14 0NU 020 7515 5622 |
| A3 | Doctors Surgery | 2 Ettrick Street, E14 0PU 020 7515 5622 |
| A3 | Feldy Pharmacy | 35 Aberfeldy Street, E14 0NU 020 7537 3319 |
| A3 | The South Bromley Community Shop | 27 Aberfeldy Street, E14 0NU 020 7987 9580 |
| A4 | All Saints Health Centre | 12 Robin Hood Lane, E14 9PR 020 7093 3895 |
| C2 | Berg's Pharmacy | 28 Rathbone Market, Barking Road, E16 1EH 020 7476 5414 |
| C2 | Community Links | 105 Barking Road, E16 4HQ 020 7473 2270 |
| C2 | Comyns Close Clinic | 1 Comyns Close, E16 4JJ 020 7476 4860 |

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| C2 | Doctors Surgery | 1 Comyns Close, E16 4JJ 020 7476 4862 |
| C2 | Doctors Surgery | 121 Star Lane, E16 4QH 020 7476 4862 |
| C2 | Jetsol Pharmacy | The Hub, 123 Star Lane, E16 4PZ 020 7476 1667 |
| C2 | Newham South West Community Mental Health Team | The Hub, 123 Star Lane, E16 4PZ 020 7055 4400 |
| C2 | Sherman Chemists | 21 Hermit Road, E16 4HP 020 7476 4328 |
| C3 | St Luke's Health Centre | 2 St. Luke's Square, E16 1HT 020 7366 6430 |
| D0 | Balaam Park Centre | 113 Balaam Street, E13 8AF 020 8218 7400 |
| D0 | Doctors Surgery | 113 Balaam Street, E13 8AF 020 8472 1238 |
| D0 | Newham Primary Care Trust | 113 Balaam Street, E13 8AF 020 8218 7400 |
| D1 | Breakthrough Centre Ltd | 29 Adine Road, E13 8LL 020 7473 5540 |
| D1 | Esk Road Surgery | 12 Esk Road, E13 8LJ 020 7474 9002 |
| D1 | Harmony Family Centre | 30 Avenons Road, Plaistow, E13 8HT 020 7511 2800 |
| D1 | Newham Community Drugs Team | 2nd Floor Abbey House, 361 Barking Road, E13 8EE 020 7474 2220 |
| D1 | Newham Psychology & Counselling Services | Community House, 430 Barking Road, E13 8HJ 020 7445 7780 |
| D1 | Newham Youth Awareness Programme | 361 Barking Road, E13 8EE 020 7474 8830 |
| D1 | Newmans Chemist Ltd | 376 Barking Road, E13 8HL 020 7476 1326 |
| D1 | Western Ltd | 329 Barking Road, E13 8EE 020 7476 5214 |
| D1 | Whcm Forrest Counselling | Forrest House, 63 Rowntree Clifford Close, E13 8AB 020 7473 4060 |
| D4 | Appleby Centre | 63 Appleby Road, E16 1LQ 020 7445 7000 |
| D4 | The Surgery | 63 Appleby Road, E16 1LQ 020 7511 6009 |
| E0 | Doctors Surgery | 497 Barking Road, E13 8PS 020 8471 7160 |
| E0 | Doctors Surgery: Dr. R Higgins | 94 Essex Lodge, Greengate Street, E13 0AS 020 8472 4888 |
| E0 | R S Rattan Chemist | 524 Barking Road, E13 8QE 020 8472 5054 |
| E0 | Southcross Pharmacy Ltd | 10 Prince Regent Lane, E13 8QG 020 8471 3147 |
| E1 | Doctors Surgery | 1-9 Glen Road, E13 8RU 020 7476 3434 |
| E1 | Newham Community Nursing Team | York House, 409 Barking Road, E13 8AL 020 7445 7880 |

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| E1 | York House | York House, 409 Barking Road, E13 8A 020 7445 7810 |
| E2 | Cumberland Road Surgery | 179 Cumberland Road, E13 8LS 020 7476 1029 |
| E3 | Chapharm Pharmacy | 357 Prince Regent Lane, E16 3JL 020 7474 3527 |
| E3 | Citizens Advice Bureau | 71a Coolfin Road, E16 3AP 020 7540 4941 |
| E3 | Doctors Surgery | 16 Freemasons Road, E16 3NA 020 7476 2255 |
| E3 | Prince Regent Lane Surgery | 343 Prince Regent Lane, E16 3JL 020 7511 2980 |
| E4 | Day Lewis Pharmacy | 15-19 Freemasons Road, E16 3AR 020 7476 2254 |
| E4 | Newham PCT Pharmacy & Prescribing Team | Warehouse K, 2 Western Gateway, E16 1DR 020 7059 2400 |
| A0 | Environment West Ham Allotment Society Limited | E15 2RF 020 7515 4964 louise@westhamallotments.org.uk |
| C2 | Food Rathbone Street Market, Barking Road | Barking Road, Canning Town, E16 |
| D3 | Food Co-op at Hallsville Primary School | Hallsville Primary School, Radland Road, E16 1LN 020 7476 2355 |
| E0 | Kelland Road Mini-market, | Barking Road, Plaistow, London, E13 |
| B0 | Schools Key Stage 4 PRU | Hamilton Road Centre, E15 3AE 020 7473 0395 |
| B1 | Gainsborough Primary School | Gainsborough Road, E15 3AF 020 7476 3533 |
| B1 | Star Primary School | Star Lane, E16 4NH 020 7476 5336 |
| C1 | Eastlea Community School | Exning Road, E16 4ND 020 7540 0400 |
| C3 | Oasis Nursery School | 66 Burke Street, E16 1ET 020 7474 5263 |
| C3 | St Luke's Primary School | Ruscoe Road, E16 1JB 020 7476 3559 |
| D0 | Grange Primary School | Suffolk Road, E13 0HE 020 7476 5146 |
| D1 | Promised Land Academy | St Cedds Hall, E13 8SR 020 8471 3939 |
| D1 | Ravenscroft Primary School | Carson Road, E16 4BD 020 7476 2454 |
| D1 | St Helen's RC Primary School | Falcon Street, E13 8DD 020 7476 1785 |
| D2 | Keir Hardie Primary School | Edwin Street, E16 1PZ 020 7476 1284 |

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| D3 | Hallsville Primary School | Radland Road, E16 1LN 020 7476 2355 |
| E1 | Kaizen Primary School | Cumberland Road Playing Field, E13 8LH 020 7473 6890 |

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:



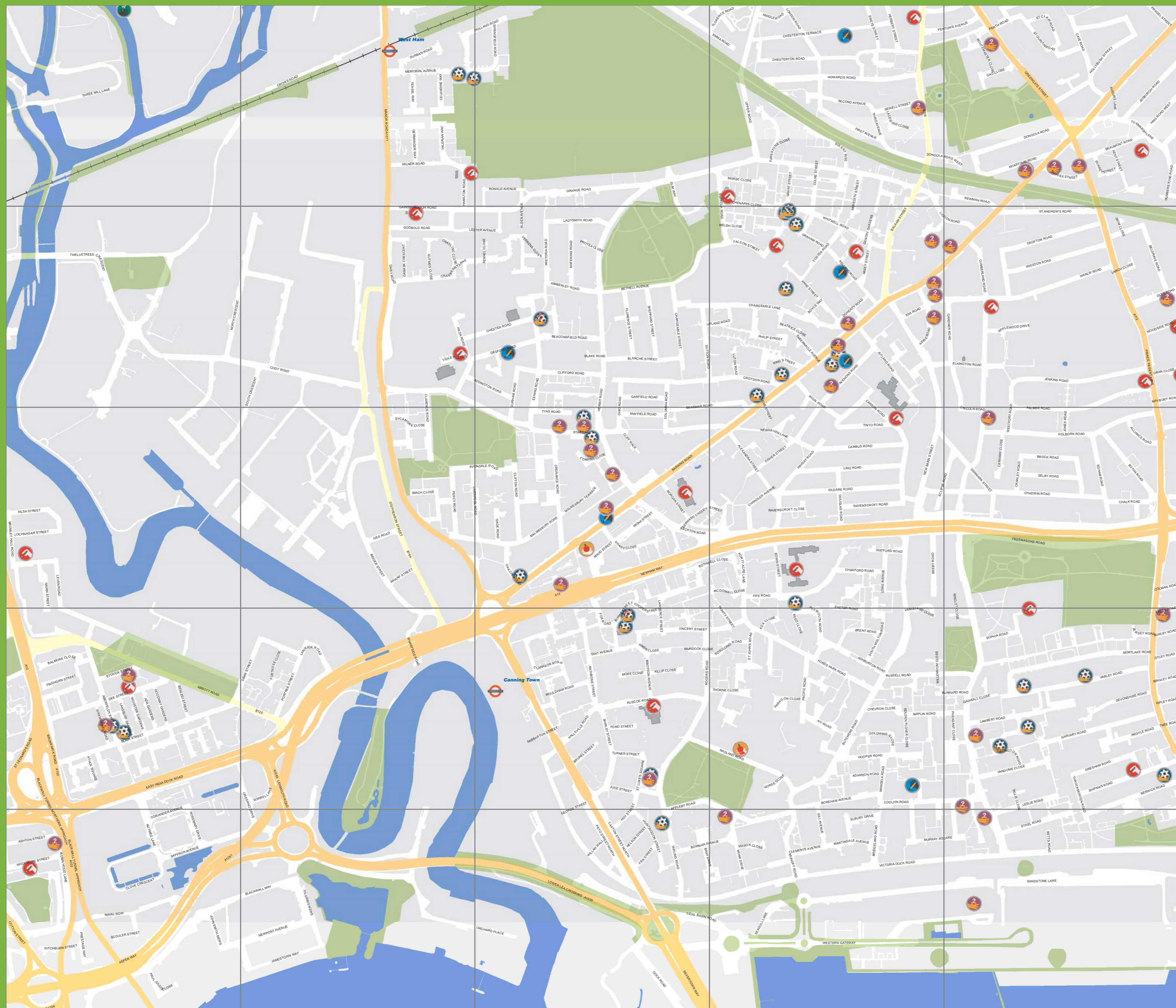
For more information on Well London and how to get involved please contact:

Karen Taylor, Arts Council, England
T: 020 7608 4170
E: karen.taylor@artscouncil.org.uk



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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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