

Well London

Communities working together
for a healthier city

www.london.gov.uk/wellondon

Active living

Tower Hamlets

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

A1	Community Education Centre	
A2	Toc H	1a Bekesbourne Street, E14 7JQ 020 7790 3113
A3	Aberfeldy Neighbourhood Centre	Aberfeldy Street, E14 0NU 020 7515 6794
B3	Limhouse Youth Project	Limehouse Youth Centre, Limehouse Causeway, E14 8BN 07974 171 368 fatima.jagne@poplarharca.co.uk
C0	Fern Street Settlement	Fern Street, E3 3PS 020 7987 1949
C0	The Linc Centre	70 Fern Street, E3 3PR 020 7538 5748
C1	Burdett Neighbourhood Centre	Wallwood Street, E14 7BW 020 7538 2553
C2	Hind Grove Community Hall	Off Stainsby Road, Poplar, E14 6PJ 020 7538 3777 www.lbthartsandevents.info
C4	Holmes Place Health Club	Westferry Circus, E14 8RR 020 7513 2999 www.virginactive.co.uk
D1	Lansbury Harca Community Centre	5 Alton Street, E14 6BZ 02075150978
D2	Langdon Park Community School	Byron Street, E14 0RZ 020 7987 3575 www.gll.org.uk
D2	Langdon Park Sports & Community Centre	Byron Street, E14 0RZ 020 7987 3575w www.gll.org.uk
D2	Lansbury Lodge Women's Project	117 Ricardo Street, E14 6EQ 020 7515 7878 admin@llcp.org.uk
D1	Lansbury Neighbourhood Centre	5 and 20 Alton Street, E14 6BZ 020 7515 1005
D2	Lansbury Lodge Community Project	117 Ricardo Street, E14 6EQ 020 7515 7878 admin@llcp.org.uk
D2	Poplar Boys and Girls Club	75 Chrisp Street, E14 6LP 020 7987 2270
D2	Trinity Centre	119 East India Dock Road, E14 6DE 020 7987 1794
D2	Trussler Hall	78 Grundy Street, E14 6DR 020 7510 9770
D3	South Poplar & Limehouse Action for Secure Housing (SPLASH)	1 Wigram House Wades Place, E14 0DA 020 7515 8362 nazir.alam@splashcd.org
D3	St Matthias Community Centre	St Matthias Old Church, 113 Poplar, High Street, E14 0AE 020 7987 0459
D3	The Workhouse (Stoneyard Lane) Trust	112 Poplar High Street, E14 0AF 020 7510 7510

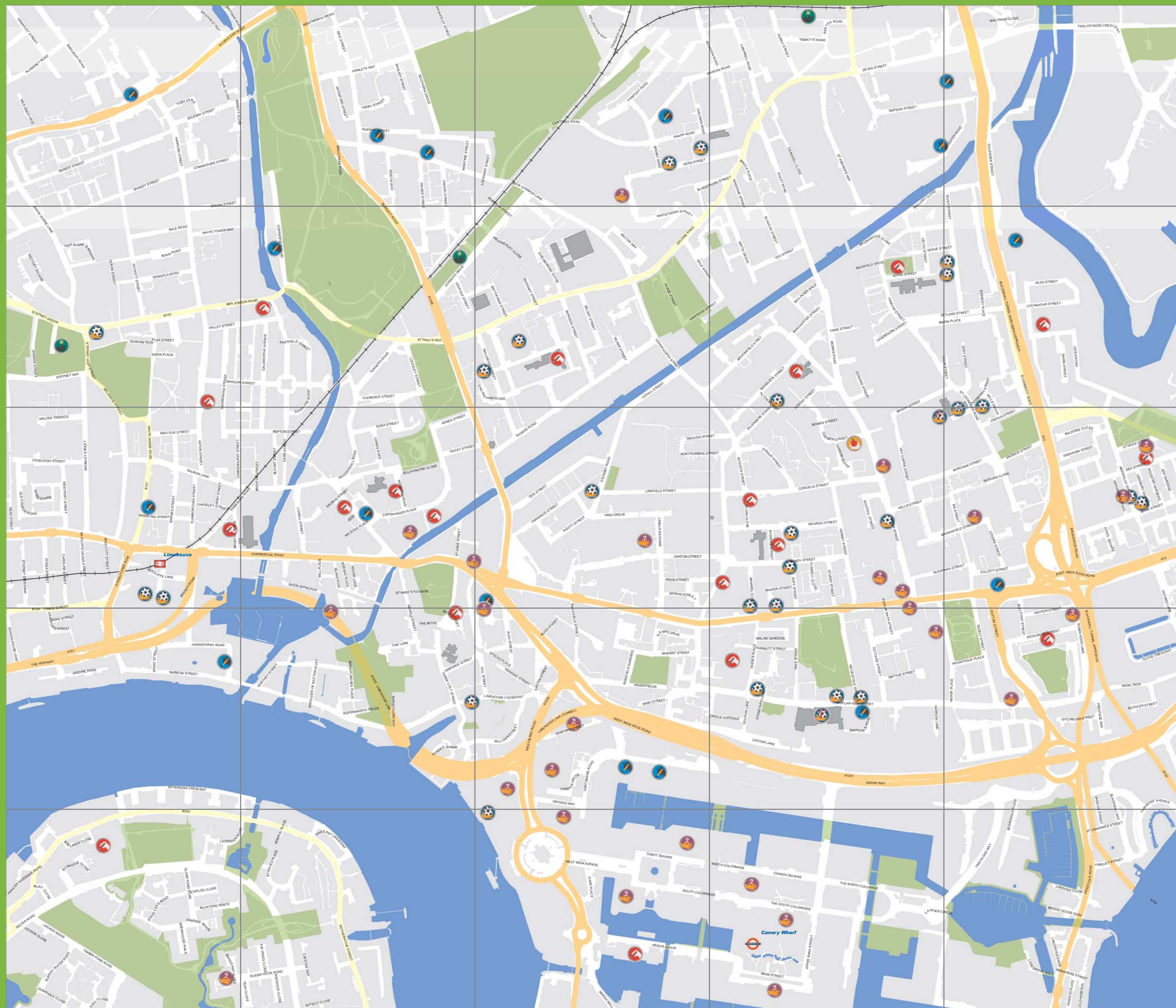
E1	The Teviot Action Group	177 Teviot Street, E14 6PY 020 7531 6171
E1	Teviot Community Hall	Wyvis Street 020 7987 5764
E2	Langdon Park Community Centre	35 Byron Street, E14 0RY
?	Health advice and information	
A3	Community Nurses Office	2a Ettrick Street, E14 0PU 020 7515 5620
A3	Doctors Surgery	50 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
A4	Personal Well Being Centre	25 Russia Dock Road, SE16 5NL 0845 458 9260
B2	Limehouse Project	Cheadle Hall, Off Salmon Lane, E14 7EY 020 7538 0075
B2	Mill Beam Ltd	817 Commercial Road, E14 7HG 020 7987 1398
B3	Florence Rothman	160 Basin Approach, E14 7JJ 020 7538 8890
C0	MIND - Bangladeshi Men's and Women's Project	Open House, 13 Whitethorn Street, E3 4DA 020 7510 1081 info@mth.org.uk
C2	The Surgery	74-78 Gough Walk, E14 6HR 020 7515 4701
C3	Doctors Surgery	Apartment 131, Eaton House, 38 Westferry Circus, E14 8RN 020 7719 0444
C3	Emmanuel Miller Centre	11 Gill Street, E14 8HQ 020 7515 6630
C3	Gill Street Health Centre	11 Gill Street, E14 8HQ 020 7515 2211
C3	Greig House Addiction Services	20 Garford Street, E14 8JG 020 7987 5660
C3	Yourbeing	67 Cannon Workshops, 3 Cannon Drive, E14 4AS 07968 956 780
C4	Boots The Chemists Ltd	15 Cabot Square, E14 4QT 020 7512 9138
C4	BUPA Wellness	16 North Colonnade, E14 4EU 020 7302 2740
C4	Doctors Surgery	14 Columbus Courtyard, E14 4DA 020 7302 2732

D4	Boots The Chemists Ltd	Unit 14, 1 Canada Square, E14 5AX 020 7719 1178
D4	Boots The Chemists Ltd	Unit 15 Jubilee Place, Canary Wharf, E14 5NY 020 7519 6187
D2	Boots The Chemists Ltd	18-20 Vesey Path, E14 6BT 020 7987 5364
D2	Chrisp Street Health Centre	100 Chrisp Street, E14 6PG 020 7515 4860
D2	Lansbury Dispensing Chemist	173 East India Dock Road, E14 0EA 020 7987 1875
D2	Neighbours in Poplar (NIP)	172 East India Dock Road, E14 0EH 020 7987 0257
D2	Poplar HARCA	167a East India Dock Road, E14 0EA 020 7510 0500 info@poplarharca.co.uk
D3	Newby Place Health Centre	21 Newby Place, E14 0EY 020 7515 8890
D4	Reframe Counselling	25 Canada Square, E14 5LQ 0800 783 2980
E2	Doctors Surgery	21 Brownfield Street, E14 6ND 020 7987 2774
E3	Arms Chemist	259 Poplar High Street, E14 0BE 020 7987 3493
?	Art	
A0	Centre of the Cell	3.40 Medical Sciences Building, Queen Mary University Of London, 327 Mile End Road, E1 4NS 020 7882 6349
A0	People's Palace Projects	Queen Mary, London University, 327 Mile End Road, E1 4NS 020 7882 3195
A0	East End Collaborations	School Of English & Drama, Queen Mary, London University, 327 Mile End Road, E1 4NS 020 7882 5196
A0	Split Britches	Queen Mary University Of London, School Of English And Drama, 327 Mile End Road, E1 4NS 07957 246 748
A2	Half Moon Young People's Theatre	43, White Horse Road, E1 0ND 020 7265 8138
A2	London Jupiter Orchestra	57, White Horse Road, E1 0ND 020 7790 5883
A3	Operest: Opera East London	84, Horseferry Road, E14 8DY 020 7345 9254
B0	Look Theatre Productions Ltd	202A, Bow Common Lane, E3 4HH 07715 257 169
B0	Topical Broadcast	20 Ropery Street, E3 4QF 07989 938 028
B1	Matt's Gallery	42-44 Copperfield Road, E3 4RR 020 8983 1771

B2	Bantumusic Band	145, Salmon Lane, E14 7PG 07931 897 023
C0	Braziers International Artists Workshops	164, Swaton Road, E3 4ER 020 7515 4798
C2	Friends Of Stitches In Time	Limehouse Town Hall, 646 Commercial Road, E14 7HA 020 7987 6164 mail@stitchesintime.org.uk
C2	Limehouse Town Hall Consortium Trust	Old Limehouse Town Hall, 646 Commercial Road, E14 7HA 020 7537 6065
C2	Stitches In Time	Limehouse Town Hall, 646, Commercial Road, E14 7HA 020 7987 6164 mail@stitchesintime.org.uk
C2	Version Group (The Boxing Club)	Old Limehouse Town Hall, 646 Commercial Road, E14 7HA 07712 648 733
C3	Museum In Docklands	No. 1 Warehouse West India Quay, Hertsmere Road E14 4AL 020 7001 9800
C3	SS Robin Trust	West India Quay, 6, Hertsmere Road, E14 4AE 020 7538 0652
C3	The Prenelle Gallery	Dutch Barge Prins, West India Quay Hertsmere Road E14 4AE 020 7093 0628
D0	Limehouse Art Foundation	Studio 301, Towcester Road, E3 3ND 07779 305 055
D3	Splash Arts	St Matthias Community Centre, 113 Poplar High Street, E14 0AE 020 7515 7503
E0	Coventry Cross Project	6 Brimston House, Devas Street, E3 3LW
E1	Trini Lit-Fete	Unit 6 Container Futures, 44 Gillender Street, E14 6RP 020 7987 3111
E2	Wadajir Somali Community	229, East India Dock Road, E14 0EG 020 7001 7646
?	Environment	
A1	Stepping Stones Farm Allotments	Stepney Way, E1 3DG
B1	Ackroyd Drive Allotments	Land between Ackroyd Drive and Railway Arches, E3
D0	Reeves Road Allotment Society	Purdy Street, E3
?	Food	
D2	Chrisp Street Market	Poplar, E14 6AQ, info@chrispstreet.org.uk

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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