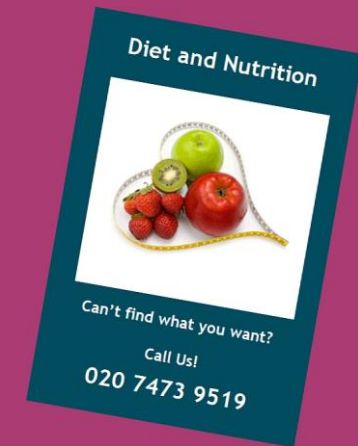


Diet & Nutrition Directory

The Healthwatch Newham guide to local diet and nutrition services.

Issue Date: 10 September 2014



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This guide has been produced by Healthwatch Newham, as part of its free information service.

Get more online  www.healthwatchnewham.co.uk/onlinedirectory/ or call  020 7473 9519.

Eating Disorders Association Adult Helpline

Diet & Nutrition

0845 634 1414

Profile:

Adult helpline for UK residents who wish to talk about eating disorders. Find out about help available locally for you, your friends, or your relatives.

Available Monday to Friday from 10.30 am to 8.30 pm. and Saturday from 1.00 pm to 4.00 pm

The Recovery Club

Diet & Nutrition

01603 753 310

transitions@b-eat.co.uk

Profile:

The club is a recovery-focused online discussion open to people with personal experience of eating disorders. The forum gives you an opportunity to share your feelings and thoughts as well as both give and gain support from other young people.

Weight Watchers Canning Town

Diet & Nutrition

Arc In The Park
Hermitt Road Recreational Ground
Bethell Avenue
London
E16 4JT

0845 345 1500

nmartin@weight-watchers.co.uk
www.weightwatchers.co.uk

Weight Watchers Forest Gate

Diet & Nutrition

Durning Hall Community Centre
Earlham Grove
London
E7 9AB

0845 345 1500

nmartin@weight-watchers.co.uk
www.weightwatchers.co.uk

Weight Watchers Stratford

Diet & Nutrition

Boardman House
64 Broadway
London
E15 1NG

0845 345 1500

gneil@weight-watchers.co.uk
www.weightwatchers.co.uk

Did you find what you wanted?

If you didn't find what you were looking for, phone the hotline or send an email.
Either way, we will do our best to help you get that result.

 020 7473 9519

 info@healthwatchnewham.co.uk

Disclaimer:

We endeavour to provide information that is accurate and up-to-date, however this cannot be guaranteed.
In order to assist us, please report any errors.

