

Healthy Living Directory

The Healthwatch Newham guide to local healthy living services.

Issue Date: 23 March 2016



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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 3866 2969.

5-A-Day Promotion

Diet & Nutrition

020 3373 6606

earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. Promotes the fruit and vegetable 5-A-Day healthy eating message. Useful tips on encouraging children enjoy fruits and vegetables and practical food making activity.

Bin the Bottle

Diet & Nutrition

020 3373 6606

earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. Children over the age of 1 year who are still using a feeder bottle will receive practical tips and guidance around stopping their child's bottle use to reduce the risk of dental caries and health problems.

Cooking Classes

Diet & Nutrition

020 3373 6606

earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. Provides parents/carers with practical skills and knowledge to prepare a healthy, balanced meal on a budget. During the session a meal will be prepared for the rest of the family to try at home. Sessions are by appointment only for those meeting the referral criteria and a referral is required (can be completed by your Health Visitor, GP, Midwife, Children's Centre staff or other).

Early Start Community Nutrition Team

Diet & Nutrition

020 3373 6606

earlystartnutrition@newham.gov.uk

Profile:

The Early Start Community Nutrition Team deliver a range of early intervention and preventative nutrition service for children aged 0-19 years, their families and pregnant women in Newham. The team excels in developing, delivering and evaluating education packages to parents and staff within health and educational services. Our specialist knowledge includes the most up to date information on feeding infants and toddlers, workshops on fussy eating strategies and practical cooking skills along with weight management intervention programmes. The team develops nutrition educational material which are suitable for the diverse and multicultural profile of Newham.

Eat Right Feel Bright

Diet & Nutrition

020 3373 6606
earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. A service offering five group workshops. Parents/carers will be encouraged to make positive changes to their diet and physical activity levels to support their family towards achieving and maintaining a healthy weight. Topics include physical activity, portion sizes, label reading, cooking tips and snacks and drinks. These workshops are for families who are ready and willing to make changes to their lifestyle.

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 10.30am to 8.30pm and Saturday from 1.00pm to 4.00pm.

Food and Nutrition for 1 to 5 Year Olds

Diet & Nutrition

020 3373 6606
earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. A 30 minute session providing parents/ carers with key facts to ensure your child is eating a healthy and balanced diet. The nutritionist will discuss mealtime routine, healthy snacks and drinks, fussy eating tips and top nutrition tips to prepare your child for starting nursery or school.

Freshly Squeezed

100 Sheringham Avenue
London
E12 5PE

Diet & Nutrition

su.davis@freshlysqueezed4d.co.uk
www.freshlysqueezed4d.co.uk/9.html

Profile:

The organisation promotes and encourages people of all ages and backgrounds to become fitter and healthier.

Introducing Solid Foods - Stage 1, 2 and 3

Diet & Nutrition

020 3373 6606
earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. A session on how to introduce your infant to first foods and family foods. The session will cover how and when to introduce food, ideal first foods, foods to avoid. Learn about introducing lumps, pieces and finger foods to your infant. The importance of self feeding and moving onto family foods will also be discussed and many other tips. Recipe ideas, menu planners will be available to families that attend.

Nutrition Advice One to One

Diet & Nutrition

020 3373 6606
earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. A service where parents-to-be, breastfeeding mums or parents/carers with children aged 0-19yrs have concerns about their child's eating patterns can obtain one-to-one advice. Sessions are by appointment only for those meeting the referral criteria and a referral is required (can be completed by your Health Visitor, GP, Midwife, Children's Centre staff or other).

Super Snackers Group

Diet & Nutrition

020 3373 6606
earlystartnutrition@newham.gov.uk

Profile:

From the Early Start Community Nutrition Team. For parents/carers with children aged 1-4 years. A group to encourage children to snack on healthier foods and form healthy eating habits. During the session you will prepare a healthy snack with your child to encourage positive mealtimes. A range of nutrition topics and tips will be covered.

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

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

Diet & Nutrition

0845 345 1500
nmartin@weight-watchers.co.uk
www.weightwatcherslocal.co.uk

Profile:

With 50 years of success behind us we understand how to make losing weight simple, delicious and fun; but we also understand how challenging it can be when you're facing it alone. Join us to lose weight, feel fantastic and achieve great things.

You can follow our healthy eating plan completely online with support from our unique community, or benefit from attending our lively meetings, for personal coaching and weight loss guidance.

Weight Watchers Forest Gate

Durning Hall Community Centre
Earlham Grove
London
E7 9AB

Diet & Nutrition

0845 345 1500
nmartin@weight-watchers.co.uk
www.weightwatcherslocal.co.uk

With 50 years of success behind us we understand how to make losing weight simple, delicious and fun; but we also understand how challenging it can be when you're facing it alone. Join us to lose weight, feel fantastic and achieve great things.

You can follow our healthy eating plan completely online with support from our unique community, or benefit from attending our lively meetings, for personal coaching and weight loss guidance.

Weight Watchers Stratford

Boardman House
64 Broadway
London
E15 1NG

Diet & Nutrition

0845 345 1500
gneil@weight-watchers.co.uk
www.weightwatcherslocal.co.uk

With 50 years of success behind us we understand how to make losing weight simple, delicious and fun; but we also understand how challenging it can be when you're facing it alone. Join us to lose weight, feel fantastic and achieve great things.

You can follow our healthy eating plan completely online with support from our unique community, or benefit from attending our lively meetings, for personal coaching and weight loss guidance.

Acorn FC

Newham Leisure Centre
281 Prince Regent Lane
London
E13 8SD

Exercise

07956 680029
acornfcsoccercoaching@mail.com
www.acornfc.co.uk

Profile:

The football club runs training provides positive learning programmes to impact the lives of youngsters.

Active Newham

The Old Dispensary
30 Romford Road
E15 4BZ

Exercise

dan.hooper@activenewham.org.uk
www.activenewham.org.uk

Profile:

Active Newham supports the local community to achieve healthier lifestyles through leisure, park, art, volunteering facilities and community engagement programmes. They also have lifestyle advisors based at 15 GP surgeries taking referrals, undertaking analysis, measurements and signposting into activity.

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The Old Dispensary
30 Romford Road
London
E15 4BZ

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dan.hooper@activenewham.org.uk
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Back to Netball

Wanstead Leisure Centre
Langley Crescent
London
E11 2LZ

Exercise

07854 090628
Lucy.hantson@englandnetball.co.uk

Profile:

Back to netball, coach led sessions, learn the basics and start playing again. 7/8pm free of charge but it's outside.

Basic Sports & Fitness

21a Sebert Road
London
E7 ONG

Exercise

John@BasicSportsandFitness.com
www.basicsportsandfitness.com

Profile:

The organisation empowers young people and adults through provision of non-contact sports, fitness, supplementary education and life skills.

Community Links Chandos

Profile:

Healthy sessions include Bootcamp, Feed the Future and Yoga.

Exercise

sally.muylers@community-links.org

Community Links Royal Docks

Asta Community Hub
Camel Road
London
E16 2DE

Exercise

020 7476 5023
tracey.smith@community-links.org

Profile:

Healthy sessions include Zumba, Workout and Gym classes.

Durning Hall Community Centre

Durning Hall
Earlham Grove
London
E7 9AB

Exercise

020 3740 8100
Jennifer.Millman@aston-mansfield.org.uk

Classes Include:

East London School of Dance (Ballet, Modern, Tap, 3-18yrs), Monday 4-9pm, Tues 4:30-9pm, Saturday 9:30am-3:30pm
Irish Dance Academy, Saturday 10am-12 noon
Kick Boxing, Monday 8-9:30pm, Thursday 4-5pm, Sunday 10:30am-12:30pm, Women's Basketball, Monday 6:30-7:30pm
Urban Krav Maga (Self Defence), Tuesday 8-9pm
Tan Soo Do, Saturday 1:30-3pm

East Ham Active

Profile:

Free activities for 14+ years! Includes Walking Football, Dance, Martial Arts, Cricket, Table Tennis and much more!

Exercise

020 8586 7070
www.bonnydowns.org.uk/sports

INUF Ithaca House

27 Romford Road
London
E15 4LJ

Profile

Projects include INUF Wanderers Football Project, INUF Multi-Sports Project and Yoga.

Exercise

humaira-h@inuf.org
www.inuf.org/ithaca-house

Newham College Sports & Fitness Team

Exercise

020 8257 4540
sports@newham.ac.uk

Classes Include:

Boxing / Fitness, 5-6pm Monday @ East Ham Campus, E6 6ER (FREE)
Netball, 5-6pm Tuesday @ Copper Box Arena, E20 (£1)
Fun Female Fitness, 5-6pm Wednesday @ Stratford Campus, E15 4HT (£1)
Female Only Cricket, 7-9pm Wednesday @ East Ham Campus, E6 6ER (FREE)
Table Tennis, 4:40-6:00pm @ East Ham Campus, E6 6ER (£1)

Newham Swords Fencing Club

Exercise

Newham Leisure Centre
281 Prince Regent Lane
London
E13 8SD

fencing@newhamswords.co.uk
www.newham.gov.uk/EntertainmentandLeisure/Sports
ClubsHub/NewhamSwordsFencingClub.htm

Profile:

The club run fencing courses for youth and adults.

Plaistow Park Community Centre

Exercise

63 Queens Road West
London
E13 0PE

07916327541

Profile:

Offers Zumba classes in Newham.

Salem Health Project

Exercise

St Luke's Community Centre
Tarling Road
London
E16 1HN

Paul.Bokelo121@hotmail.com
<http://salemhealthproject.org.uk/wordpress/>

Profile:

Salem Health Project is a community organisation that promotes health for Black Minority Ethnic communities.

Skiptrix Exercise Classes For The Whole Family

The Hub
123 Star Lane
London
E16 4PZ

Exercise

07904 625402
5starphysique@gmail.com

Profile:

Skiptrix® is a compilation of Jump Rope skills blended with aerobic style march sequences, combined with a warm up and cool down.

Take 12 in the Park

Exercise

take12.org

Profile:

Take on 12 hours or 12 kilometres of activity in the Queen Elizabeth Olympic Park. Visit the iconic facilities, use the open spaces and try a range of activities through the Active People Active Park programme. It is the perfect way for all ages and abilities to get active, have fun and explore Queen Elizabeth Olympic Park.

The Froud Centre

The Froud Centre
Toronto Avenue
London
E12 5JF

Exercise

0203 740 8100
Jennifer.Millman@aston-mansfield.org.uk

Classes Include:

Manor Park School of Dance (Modern, Ballet, Tap, Jazz, Age 5+) Friday 4-7pm
Indian Dance (All ages) Sunday 11:30am-12:30pm
Smashing Mums (keep fit) Tuesday 10-11am
Zumba Urban Flavours (Dance/Fitness) Tuesday 6:30-7:30pm
Sharif Sports (Football & Badminton) Tuesday 7:30-9pm
Burn Fat & Tone (Keep Fit) Wednesday 6-7pm
Tang Soo (Martial Arts) Wednesday 7:30-9pm
Over 60s Keep Fit (Gentle) Term-Time, Friday 10:30-11:30am
Tai-Chi (All Levels and Ages) Friday 7:30-9pm

The London Playing Fields Foundation

73 Collier Street
London
N1 9BE

Exercise

0845 026 2292
enquiries@lpff.org.uk
<http://lpff.org.uk/>

Profile:

We are the leading body for the protection, provision and promotion of playing fields in London. We believe that protecting playing fields improves the lives of local people, especially those from disadvantaged and under-represented groups.

The London Tamil Sangam (Healthy Living Projects)

369 High Street North
London
E12 6PG

Exercise

020 8471 7672
srilekha.set@gmail.com
www.LTSUK.org

Profile:

Sessions include Chairbased Exercise, Bollywood Dance, Zumba Dance, Relaxation and Breathing Exercises.

The Stay Well Project

29-35 West Ham Lane
London
E15 4PH

Exercise

020 8522 2247
Blandine.Obale@east-thames.co.uk
www.east-thames.co.uk/staywell

Profile:

The Stay Well Healthy Living Network aims to maintain and improve the active lifestyles of the over 50's, within Newham.

Women-Only Lunch Time Exercise Class

Carpenters and Docklands Centre
98 Gibbins Road
London
E15 2HU

Exercise

020 8534 4121

Profile:

Thursdays 1pm to 2pm. The classes are in a large indoor sports hall where privacy is guaranteed. They will involve a mixture of aerobics, step and circuit training led by our experienced professional instructor.

Zumba Classes in Newham

Plaistow Park Community Centre
63 Queens Road West
London
E13 0PE

Exercise

07916327541
www.salsapam.com

Profile:

ARMS, HIPS, LEGS, BEAT, RHTYHM!!! Join the Salsa Pam Dance Zumba party and you'll soon be caught up in the latin dance fever, dancing, laughing and moving non stop; without realising your loosing up to 700 calories in one hour!!

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 3866 2969

 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.

