

Well Newham Outreach Team



Information Table

30th May – 02nd June 2023 (Tue-Fri)

Come and talk to our friendly team for advice on **improving your health** such as **stopping smoking**, being a **healthy weight**, getting a **vaccine**, **mental health** support, **financial support** and more. We also have **free vitamin D** supplements for over 65s.

DAY	LOCATION
Tuesday 30/05/23	Well Newham Information Table (<i>One Stop Shop</i>) 10:00 – 16:00 East Ham Library, 328 Barking Road, E6 2RT
Wednesday 31/05/23	Well Newham Information Table 12:00 – 14:30 1000 Dockside, E16 2QU
Friday 02/06/23	Well Newham Hub 10:00 – 16:00 Plaistow Library, North Street, E13 9HN

**Locations may change at short notice. Follow @NewhamLondon on Twitter for details.*

In places of worship please follow religious rituals. For more information, visit our webpage.

For more information on support available in Newham visit

www.newham.gov.uk/healthylife