

# Ageing Well Festival

**Saturday 4 October 2025, 10am to 4pm**

Newham Leisure Centre, 281  
Prince Regent Lane, E13 8SD

You are invited to attend this  
year's Festival to celebrate our  
residents aged 50+.

Find out about the activities  
and services in the borough;  
connect with other residents  
and learn how you can get  
involved with delivering and  
shaping services.

On the day you can expect:

- Health MOT's
- Vaccine clinics
- Newham's Got Talent
- Dance and exercise tasters
- Glass painting
- International Food Court  
and much more!

For more information, email  
[AgeingWell@newham.gov.uk](mailto:AgeingWell@newham.gov.uk)  
Or call 020 3373 0731

You can travel to the leisure  
centre by bus, including the 147,  
262, 304, 376 and 473.

Scan the QR code below for  
more information.

