

Race and Health: Moving for Health
Residents session on 18 September at 6-7:30pm

Resources

No	Name	Learn more
1.	Better Point Newham Challenge	https://newham.betterpoints.uk/
2.	Leisure Centres in Newham (GLL)	better.org.uk/newham
3.	Leisure Centres (GLL) concessionary memberships	https://www.better.org.uk/monthly-membership/better-hf-conc
4.	Live Well Newham	https://www.better.org.uk/livewell-newham
5.	Child Weight Management	https://www.better.org.uk/leisure-centre/london/newham/atherton-leisure-centre/newham-xplore
6.	Live Well Newham Weight Management Programme self-referral portal	https://www.better.org.uk/self-referral
7.	Get Active Get Healthy: Manor Park	https://services.thejoyapp.com/en/listings/3813-manor-park-get-active-get-healthy-programme
8.	Get Active Get Healthy: East Ham	https://services.thejoyapp.com/en/listings/3684-east-ham-library-exercise-classes-for-over-35s
9.	Get Active Get Healthy: Plaistow	https://services.thejoyapp.com/en/listings/5575-plaistow-neighbourhood-get-active-get-healthy-exercise-classes
10.	Get Active Get Healthy: Stratford	https://services.thejoyapp.com/en/stratford1
11.	Get Active Get Healthy: Forest Gate	https://services.thejoyapp.com/en/listings/3754-the-gate-library-activities-for-residents
12.	Newham Park Tennis	https://newhamparkstennis.org.uk/
13.	Newham Park Tennis Membership	https://newhamparkstennis.org.uk/Membership/Join
14.	Free Tennis	https://plashet.newhamparkstennis.org.uk/GetInvolved/FreeTennis
15.	Well Newham:	https://www.wellnewham.org.uk/ https://www.wellnewham.org.uk/advice/food
16.	Joy (residents can self-refer or you can refer someone else)	https://services.thejoyapp.com/