

Well London

www.london.gov.uk/welllondon

Well London is funded by the Big Lottery Fund. The aim is to work with local people to improve the health and wellbeing of Londoners in 20 neighbourhoods.

Well London is a partnership between seven organisations. Together they form the Well London Alliance.

- London Health Commission
- Central YMCA
- Groundwork London
- London Sustainability Exchange
- University of East London
- Arts Council England, London
- South London and Maudsley NHS Trust



Well London is all about feeling and being well, in mind and body. There are many aspects of our lives that influence how well we feel, that's why Well London focuses on the following themes:

- Healthy eating
- Physical activity
- Arts & culture
- Open spaces
- Mental wellbeing

There's a range of unique Well London events and activities taking place in your area, now and in the future. Just some of the activities taking place across London include: gardening and food growing, community feasts, sports sessions, and dance and art projects. All of the Well London activities are free and everyone is welcome.

There are also opportunities for local people to access free training and to volunteer. It's all about getting out, meeting people and having a good time.

For more information about what is happening in your area contact:

Kathleen Healy Groundwork Thames Valley
07985 976 205
kathleen.healy@groundwork.org

Or visit: www.london.gov.uk/welllondon



www.activelivingmap.org.uk

Active living

Cranford Hounslow

Key	
Health advice and information	
A0	Cranford Medical Centre
A0	Doctors Surgery
B0	Dunns Chemist
B1	The Surgery
C2	Beaver Pharmacy
C2	Chinchilla Centre for Health
C2	Community Nursing Office
C2	Doctors Surgery
C2	Sure Start
D1	Broad Walk Surgery
D1	Doctors Surgery
D1	Medico Pharmacy
D1	Parklands Surgery
D1	Shah Chemist
D2	MWH Practice
D2	The Surgery
D3	Medical Centre
E1	Bhogal Chemist
E2	A H Shah
E2	Boots The Chemists Ltd
E2	The Surgery
Art	
C1	Showbiz Promotions
C2	Africa Policy Research Network (Aporn)
C2	Beavers Library
C2	Hounslow Light Opera
C2	TW4 Carnival (annual event)
E4	Genesis Enterprise Initiative
Environment	
A1	Waye Avenue Allotments
A4	Faggs Road Allotments
C2	Chester Recreation Ground Gardening Group
C2	Hub Kitchen Garden
E2	Meadows Estate Open Spaces & Playground

C2	Food	Londis Food Stores & Post Office	69-71 Salisbury Road TW4 7NW 020 8569 6223
B1	Physical activity and social clubs	Cranford Women's Group	43 Woodfield Road TW4 6LL, 020 8897 9333
B1	Hounslow Muslim Art and Cultural Society	55 Woodfield Road TW4 6LL, 020 8759 2916	
B3	Heathrow Gymnastics Club	Green Lane TW4 6DH, 020 8569 5069	
C2	5-a-side Astroturf	TW4 6HR	
C2	8th Hounslow Brownies	TW4 6HJ	
C2	Africa Policy Research Network (Aporn)	Vista Business Centre, 50 Salisbury Road TW4 6JQ, 020 8538 0160, apornet@yahoo.co.uk, www.apornet.org	
C2	Bedfont Eagles Football Club	11 Sable Close TW4 7PD TW4 6HR	
C2	Community Sports Officer	TW4 7NW	
C2	Dance room (sprung floor)	TW4 6HJ	
C2	Football pitch (goals only)	1+2 Good Shepherd House, 360 Beavers Lane TW4 6HY, 020 8979 4277 www.good-shepherd.org.uk	
C2	Good Shepherd Church	360 Beavers Lane TW4 6HJ, 020 8570 1116/1821 kidsprojects@tiscali.co.uk, www.good-shepherd.org.uk	
C2	Good Shepherd Church Youth & Community Project	Ermine Centre, 18 Ermine Close TW4 7PW 020 8577 9552 TW4 6HJ	
C2	Home-Start Hounslow	TW4 7NW	
C2	Junior Youth Club	TW4 6HJ	
C2	Multi-use games area (MUGA)	TW4 7NW	
C2	Over 60's Club	TW4 6HJ	
C2	Places for People	1 Chinchilla Drive, Beavers Estate TW4 7PP 020 8814 3900, www.placesforpeople.co.uk	
C2	Sahil Multicultural Women's Association	18 Ermine Centre, Beaver's Estate Beaver's Lane TW4 7PW TW4 6HR	
C2	Sports changing rooms	The Hub, 103 Salisbury Road TW4 7NW 020 8570 8156	
C2	Sure Start Hounslow	Salisbury Road TW4 7NW	
C2	The Hub Youth Project	Vista Business Centre, 50 Salisbury Road TW4 6JQ, 020 8538 0100	
C2	Vista Building Gym	36 Springwell Road TW5 9EJ, 020 8572 0229	
D0	Heston Day Care Centre	55 Manor Avenue TW4 7JN, 020 8230 0571	
D2	Hindu Temple & Cultural Trust Centre	89 Rosemary Avenue TW4 7JW	
D2	The Undivided Indian Ex-Services Association	Beavers Lane Youth & Community Centre Cavalry Barracks TW4 6HD TW4 6HD	
D3	Army Welfare Service	Trust Headquarters, Phoenix Court, 531 Staines Road TW4 5DP, 020 8630 1000 Communications.Team@hounslowpct.nhs.uk	
D3	Barracks Youth Club	2 Poole Court, Poole Court Road TW4 7RE 020 8570 2537, www.rotary-ribi.org	
D4	Hounslow Primary Care Trust (PCT)	40 Rosemary Avenue TW4 7JF	
E1	The Rotary Club of Hounslow		
E2	Afro-Euro Cultural Link		

E2	Brahma Kumaris	216 Bath Road TW4 7DE, 020 8577 9529 www.bkwsu.org
E2	H S S Vikram	5 Rosemary Avenue TW4 7JE
E2	Madina Islamic Mission and Islamic Centre Heathrow	7 Dawn Close, Martindale Road TW4 7EN 07596 591 769
E2	Middlesex Shotokan Karate Association	20 Heathdale Avenue TW4 7HB 020 8230 1758, gilljujhar@hotmail.com
E3	Ahmadiyya Muslim Association	327 Martindale Road TW4 7HG 020 8577 0221, www.ahmadiyya.org.uk
E3	Family and Community Team	Hounslow Education Centre, Martindale Road TW4 7HE, 020 8583 4190
E3	Guru Nanak Nishkam Sewak Jatha (UK) London	134-142 Martindale Road TW4 7HQ 020 8570 4774/0393, mahon@gnnsj.com
E3	The Members of Church of God International	20 Cranbrook Road TW4 7BN
E4	Genius Enterprise Initiative	21 Drayton Close TW4 5EL
E4	Hounslow Heath Local Nature Reserve	450 Staines Road TW4 5AB, 020 8577 3664
Schools		
B1	Cranford Infant and Nursery School	Berkeley Avenue TW4 6LB
B1	Cranford Junior School	Woodfield Road TW4 6ND
C2	Beavers Community Primary School	Arundel Road TW4 6HR
E0	Springwell Junior School	Vicarage Farm Road TW5 0AG
E3	Hounslow Heath Infant and Nursery School	Martindale Road TW4 7HE
E3	Hounslow Heath Junior School	Selwyn Close TW4 7BD



A

B

C

D

E

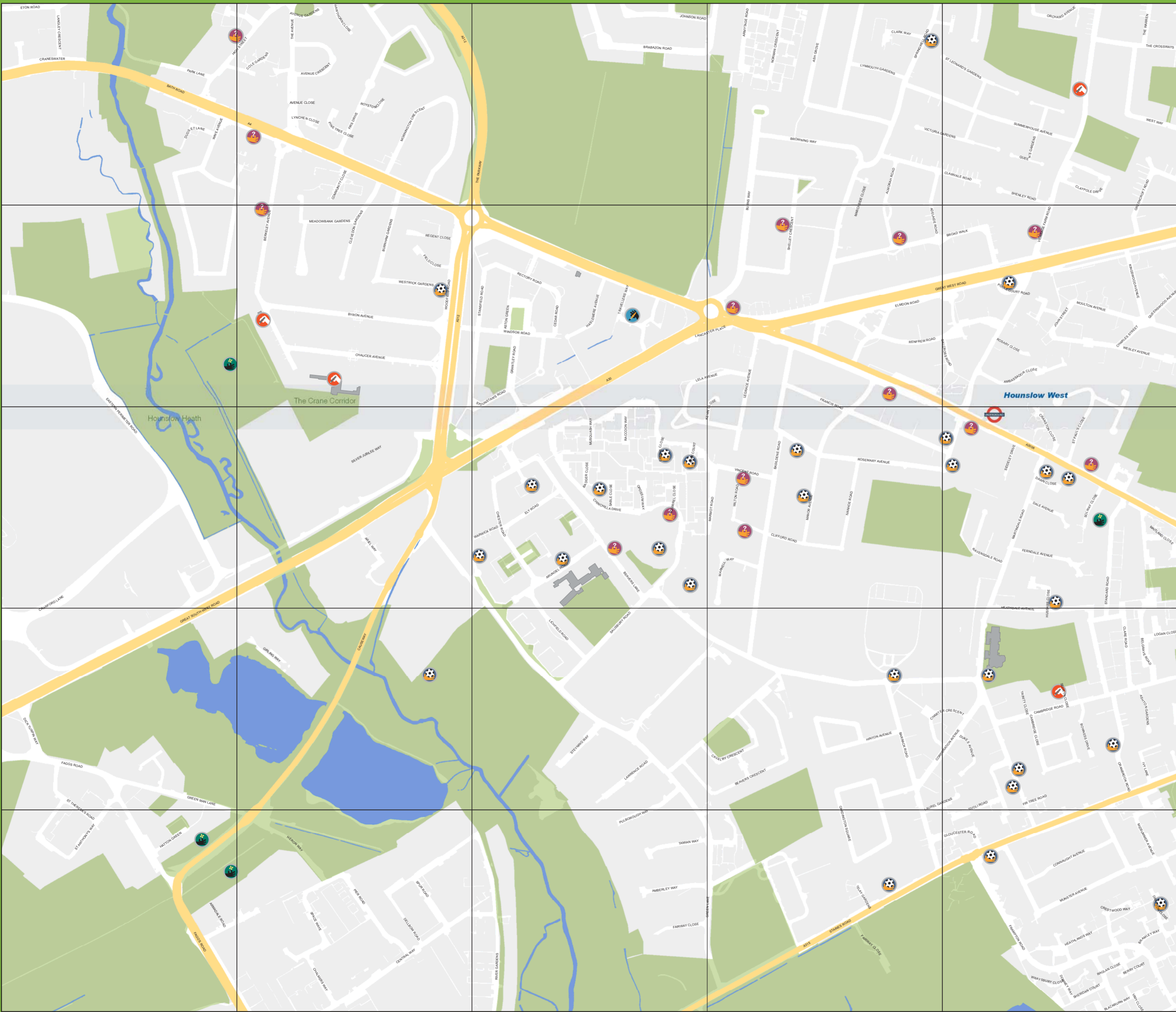
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This map provides information on all of the different facilities in your local area that can help you live a healthier lifestyle. Parks, allotments, gyms and sports centres, advice clinics and GP's surgeries, if it will help you get fit and healthy, it's on the Active Living Map.

We hope you find this map useful. Please send any comments you may have or any ideas on what you would like to see on future versions of this map to: alm-london@groundwork.org.uk

Key

-  Physical activity and social clubs
-  Health advice and information
-  Art
-  Environment
-  Schools
-  Food

Note: Occasionally two or more items may be situated in the same location, where this occurs you will only see one symbol on the map

Active Living Map