

# Well London

[www.london.gov.uk/welllondon](http://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:

John Bovenizer      Bellingham Community Project  
020 8461 2213  
[john@bcp.uk.net](mailto:john@bcp.uk.net)

Or visit: [www.london.gov.uk/welllondon](http://www.london.gov.uk/welllondon)



[www.activelivingmap.org.uk](http://www.activelivingmap.org.uk)

# Active living

## Key

### Health advice and information

A0	Doctors Surgery	Livesey Memorial Hall, 225 Perry Hill SE6 4HD, 020 8699 1062
A0	Sainsbury's Instore Pharmacy	Savacentre, Southend Lane SE26 4PU 020 8225 5029
A0	Wise Chemist	363 Sydenham Road SE26 5SL 020 8778 3506
A2	Pat Morecroft	123 Copers Cope Road BR3 1NY
A4	Vivian Yeo	53 Chaffinch Road BR3 4LX
B0	Bellingham Green Surgery	24 Bellingham Green SE6 3JB, 020 8697 7285
B4	Allcare Counselling Service	3-4 The Mews, High Street BR3 1BQ
B4	Beckenham Clinic	14 The Crescent BR3 1DU
B4	Bromley Family Planning Service	Beckenham Clinic, 14 The Crescent BR3 1DU
B4	Bromley NHS Primary Care Trust	Beckenham Clinic, 14 The Crescent BR3 1DU
B4	Michelle Silverthorne	3-4 The Mews, High Street BR3 1BQ
C0	South Lewisham Health Centre	50 Conisborough Crescent SE6 2SS 020 8698 8921
C3	The Beckenham Centre	Flat 1 Beverley House, Foxgrove Avenue BR3 5AZ
D0	South Lewisham Group Practice	50 Conisborough Crescent SE6 2SP 020 8698 8921
E0	Winlaton Surgery	139 Winlaton Road BR1 5QA, 020 8698 1810
E1	A F Browne Ltd	481-483 Bromley Road BR1 4PQ 020 8697 6677
E1	Day Lewis Pharmacy	467 Bromley Road BR1 4PH, 020 8698 3160
E2	Duncans Chemist	24 Bromley Hill BR1 4JX, 020 8460 1425

### Art

A0	The King Of Hearts Ltd	175 Moremead Road SE6 3LU 07611 183 727
B0	Sage Educational Trust	Elfrida Primary School, Elfrida Crescent SE6 3EN, 020 8461 4852
D1	Meadows Flat	10 Waterer House Beckenham Hill Road SE6 3PN, 020 8698 8696
E1	D & B Theatre School	Central Studios, 470 Bromley Road BR1 4PN 020 8698 8880 <a href="mailto:bonnie@dandbperformingarts.co.uk">bonnie@dandbperformingarts.co.uk</a>

### Environment

A4	Kings Hall Road	To north and east of railway tracks/ North of Turners Meadow Way and Rowden Road / Chaffinch Road BR3 4
B0	Firhill Road	147 Firhill Road SE6 3SH
B0	Leslie Silk	48 Overdown Road SE6 3ET
B1	Meadow Close	25 Meadow Close SE6 3NW
B1	Sedgehill Road	112 Sedgehill Road SE6 3QY
C0	Jim Hurren	71 Overdown Road SE6 3ET
C1	Dumps Adventure Playground	Oakview Road SE6 3QF, 020 8698 2991 <a href="mailto:barrie.tomkinson@lewisham.gov.uk">barrie.tomkinson@lewisham.gov.uk</a>
C1	Knapmill Way	39 Brookhouse Road SE6 3TS
D0	Oldstead Road	54 Oldstead Road BR1 5RD
E2	Kendale Road	Kendale Road BR1 4NH

### Physical activity and social clubs

A1	Bridge Leisure Centre Lewisham Indoor Bowls Club	SE26 5AQ <a href="mailto:bridge@parkwood-leisure.co.uk">bridge@parkwood-leisure.co.uk</a> <a href="http://www.leisure-centre.com">www.leisure-centre.com</a>
A1	Metroflex Gym Unit	A6 Broomsleigh Business Park, Worsley Bridge Rd SE26 5BN, 020 8697 7788
A2	Fitness First Health Club (Beckenham)	Fitness Exchange (Beckenham) BR3 1NZ <a href="http://www.fitnessfirst.co.uk">www.fitnessfirst.co.uk</a>
B0	Cherry Blossom Pre School	Playgreen Way SE6 3EN, 020 8697 6699
B0	Christchurch United Reform Church	15 Bellingham Green SE6 3HQ
B0	St Dunstan's Church Hall	Bellingham Green SE6 3JB, 020 8698 3291
B1	Base Zero Playgroup	69-85 Sedgehill Road SE6 3QN 020 8461 3510
B1	Sedgehill Community Centre	69-85 Sedgehill Road SE6 3QN 020 8314 9061
B1	Sydenham High School Gdst Sports Ground	Cornhill Sports Ground BR3 1RL, <a href="mailto:info@syd.gdst.net">info@syd.gdst.net</a> <a href="http://www.gdst.net/sydenhamhigh">www.gdst.net/sydenhamhigh</a>
B4	St Georges Church Hall	5-7 Albemarle Road BR3 5HZ, 020 8650 6459
C0	Bellingham Gateway Youth and Community Centre	185 Brookehouse Road SE6 3TT 020 8461 9310 <a href="mailto:shalena.haughton@lewisham.gov.uk">shalena.haughton@lewisham.gov.uk</a>
D3	Summerhouse Fields	Summerhouse Playing Fields BR3 5HG

### Schools

A0	Haseltine Primary School	Haseltine Road SE26 5AD
B0	Elfrida Primary School	Elfrida Crescent SE6 3EN
B1	Sedgehill School	Sedgehill Road SE6 3QW
B3	Worsley Bridge Junior School	Brackley Road BR3 1RF
C1	St Augustine's Catholic Primary School and Nursery	Dunfield Road SE6 3RD
C1	Watergate School	Lushington Road SE6 3WG
C3	St Mary's Catholic Primary School	Westgate Road BR3 5DE
D0	St John Baptist Southend Church of England Primary School	Beachborough Road BR1 5RL
E0	Bonus Pastor Catholic College	Winlaton Road BR1 5PZ
E0	Downderry Primary School	Downderry Road BR1 5QL
E0	New Woodlands School	49 Shroffold Road BR1 5PD



A

B

C

D

E

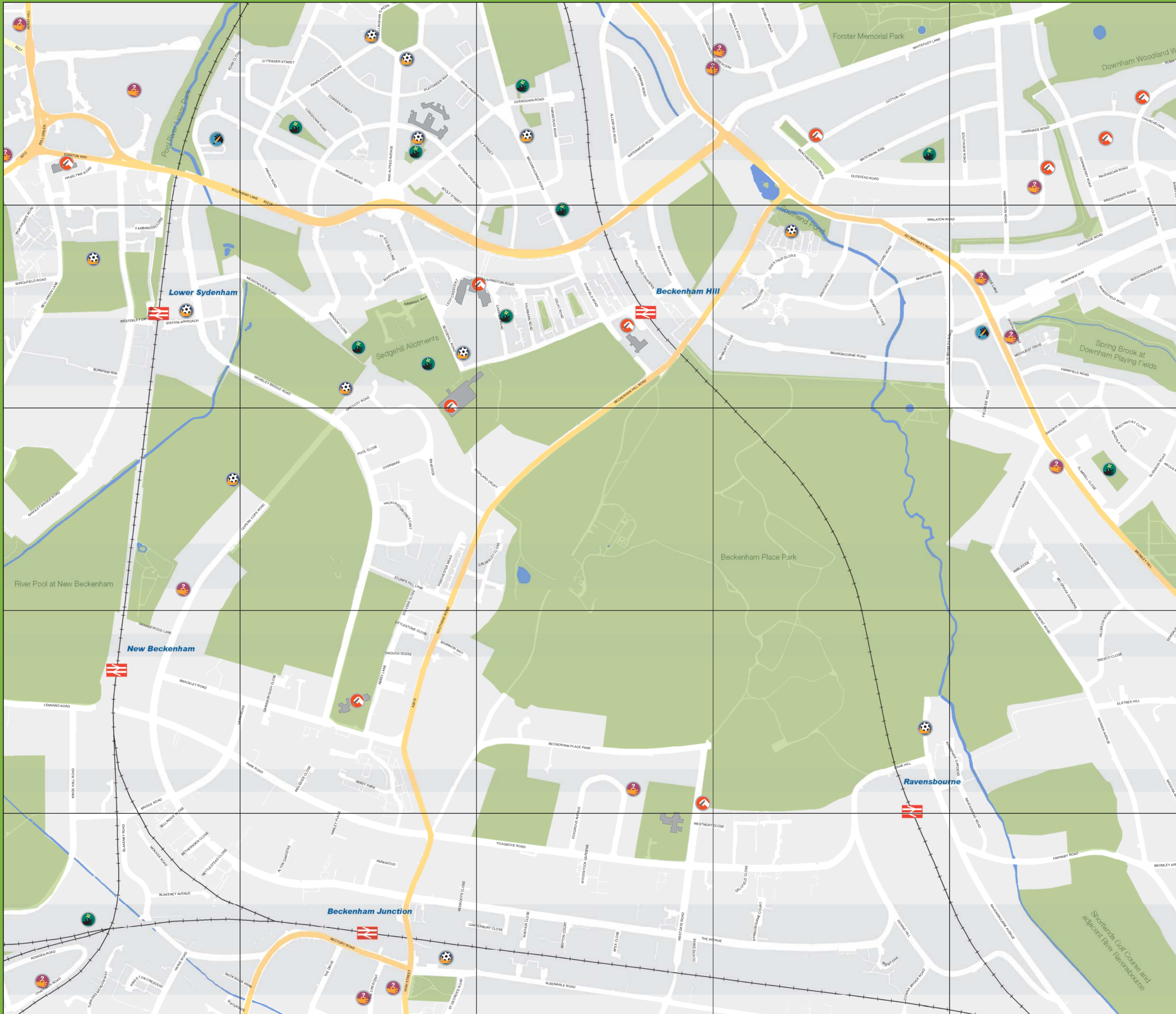
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This map provides information on all of the different facilities in your local area that can help you live a healthier lifestyle. Parks, allotments, gyms and sports centres, advice clinics and GP's surgeries, if it will help you get fit and healthy,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