

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:

Hannah Crump: Groundwork London, 020 7922 1230, hannah.crump@groundwork.org.uk
David Reid: Peckham Voluntary Sector Forum, 020 7358 9777, david@peckhamforum.org.uk

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



Active living
www.activelivingmap.org.uk
Nunhead Southwark

Table of organisations and their contact details for the Nunhead area.

Active living map showing Nunhead Southwark with various activity icons.

Table of organisations and their contact details for the Peckham area.

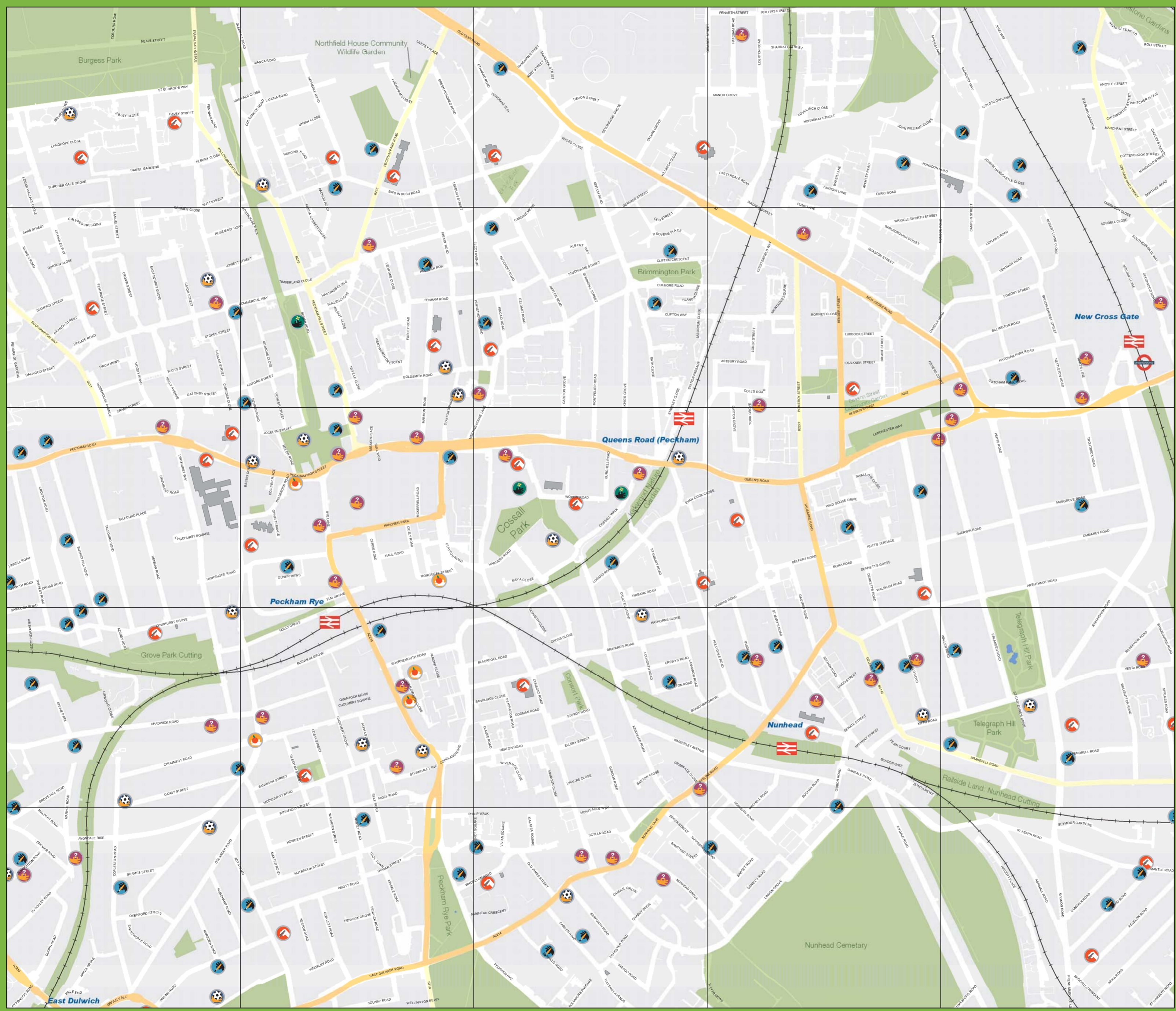
Key: Health advice and information, Art, and contact details for various services.

Table of organisations and their contact details for various locations.



A B C D E







0  
1  
2  
3  
4



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