

Poplar & Limehouse Health Trainers Activity Timetable

Quarter 1 April - June 2017



South East Ward Cluster – Limehouse, Poplar, Lansbury, Canary Wharf, Blackwall and Cubitt Town and Island Gardens

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Venue
Kettlebell (£1 fee) Venue: St. Matthias community centre Time: 11.00am – 12.00pm Staff: Tyrone 3		Legs, Bums & Tums (£1 fee) Venue: Barkantine Hall Time: 9.30am – 10.30am Staff: Tracy 1	Pilates/Barre (£1 Fee) Venue: Brownfield Cabin Time: 9.30am – 10.30am Staff: Tracy For: Women Starts 20/04/2017 1	Free Swimming with Pay & Play membership (Mixed - men & women) Call for more information Venue: Poplar Baths Time: 9.00am – 9.30pm BETTER www.better.org.uk 3	Zumba (£2 Fee) Time: 10.30am-11.30am Venue: Brownfield Cabin Staff: Dee 5	ASDA Community Room: 151 E Ferry Rd, Isle Of Dogs E14 3BT Barkantine Hall: Westferry Road, Isle of Dogs, E14 8SS Burcham Street Community Centre: 96 Burcham Street, Poplar E14 OHS Brownfield Cabin: St Leonard's Road, Poplar, E14 0QU Britannia Hotel Gym: 163 Marsh Wall, E14 9SJ Docklands Medical Centre: 100 Spindrift Ave, London E14 9WU George Green School: 100 Manchester Rd, Isle of Dogs, London E14 3DW Island House: Roserton St, Isle of Dogs, London E14 3PG Limehouse Practice: 11 Gill St, London E14 8HQ Poplar Baths: 170 E India Dock Rd, London E14 0ED St. Matthias Community Centre: St. Matthias Vicarage, London, E14 0AE Teviot Centre: Wyvis Street, Poplar, London, E14 6QD St John's Estate: Glengall Grove, London E14 3NE
Over 50's Dance Exercise Venue: Burcham Street Time: 10.00am – 11.00am 5		Armchair Yoga (£1 fee) Venue: Burcham Street Time: 10.00am – 11.00am 3	Bootcamp Venue: Barkantine Hall Time: 10.00am – 11.00am Staff: Tyrone 3	Healthy Eating on a Budget Venue: Brownfield Cabin Time: 9.30am – 11:30am Staff: Tracy Starts 28/04/2017 3	Burcham Street Gardeners (£1 Fee) Time: 10.00am – 12.30pm Venue: Burcham Street Centre 5	
Parents & Carers Coffee Drop in Venue: Poplar Baths Café Time: 12.30pm – 2.00pm Community Parents 5	Armchair Exercise Venue: St Johns Estate Time: 11.30am – 12.30pm Staff: Tyrone Starts 25/04/2017 3	Knit, natter and craft (50p fee) Venue: Brownfield Cabin Time: 2.00pm-4.00pm Staff: Tracy Starts 19/04/2017 5	Boxercise Venue: George Green School Time: 5.00pm – 6.00pm Staff: Raahil 3		Free Swimming with Pay & Play membership (Mixed - men & women) Call for more information Venue: Poplar Baths Time: 12.00pm – 5.30pm BETTER www.better.org.uk 5	
	Let's Dance (Ballroom dancing for all levels) Venue: Brownfield Cabin Time: 9.30am –10.30am 5	Antenatal Pilates Venue: ASDA Community Room Time: 9.30am – 10.30am Community Parents 5				
		PostNatal Pilates Venue: ASDA Community Room Time: 10.45am to 11.45am Community Parents 5				

KEY:

Women's Session

1

Men's Session

2

Mixed Session

3

Drop in Session

4

Community services

5

What is a Health Trainer?

Health Trainers are qualified to provide free guidance and support to enable you to lead a healthier lifestyle.

Health Trainers offer one-to-one, step-by-step motivational support on the following:

- **HEALTHY EATING**
- **PHYSICAL ACTIVITIES**
- **WEIGHT LOSS**
- **MENTAL WELL-BEING**
- **STOP SMOKING GROUPS**
- **REFERRAL TO ADVICE SERVICES**

How can someone access the Health Trainers?

Any adult 18+ in Tower Hamlets can access their local Health Trainers, either through self-referral or via a Health Professional such as your local GP.

Swimming

We will reimburse one swim session a week at swimming pools at GLL centres in Tower Hamlets.

Signposting

Health Trainers can find you support for:

- Welfare Advice
- Training and Employment
- Legal Advice

Contact Health Trainers for details: 020 75172600

Contact

Please call us on the number below to take part.

Address: 2nd Floor, Newby Place
Health and Wellbeing Centre
21 Newby Place-E14 0EY

Office: 020 7517 2600

Fax: 020 7517 2601

Service Manager:

Georgia

020 7517 2606/07809 207318

Email: Georgia.ramirez@nhs.net

Website:

www.poplarandlimehousehealthnetwork.com

Contact Health Trainers and Social Prescribers via Email:

- davina.ridsdale@nhs.net
- raahil.miah@nhs.net
- tyrone.josephine@nhs.net
- shahida.begum4@nhs.net
- tracy.tundervary@nhs.net

Health Trainers:

Tracy: 07809 207330

Raahil: 07809 207315

Tyrone: 07809 207326

Nazma: 07809 207335

Social Prescribers :

Davina (Dee): 07809 207311

Shahida: 07809 207323