

Well Newham Outreach Team



Information Table

30 May- 4 June 2022 (Mon-Sat)

Come and talk to our friendly team for advice on **improving your health** such as **stopping smoking**, being a **healthy weight**, getting a **vaccine**, **mental health** support, **financial support** and more. We also have **free vitamin D** supplements for over 65s.

DAY	LOCATION
Monday 30th May	Well Newham Vaccine clinic (5-11 years old) East Ham library 10:00 – 13:30 East Ham Library, E6 2RT
Tuesday 31st May	Health and Vaccine Bus Stratford library/Grove market 10:00 – 14:30 The Broadway Stratford E15 1NG (In front of Wilko) The Renewal programme (Food Bank) 10:00 - 14:00 395 High St North, E12 6PG East Ham
Wednesday 1st June	Health and Vaccine Clinic Sir Ludwig Guttman Health & Wellbeing centre 10:00 – 15:00 40 Liberty bridge Road, E20 1AS Health and Vaccine Bus – East Ham library 10:00 – 15:00 East Ham Library, E6 2RT
Thursday 2nd June	Bank Holiday
Friday 3rd June	Bank Holiday
Saturday 4th June	Well Newham Information Table Stratford Shopping Centre 10:00 – 16:30 54A Broadway, E15 1NG

**Locations may change at short notice. Follow @NewhamLondon on Twitter for details.*

For more information on support available in Newham visit

www.newham.gov.uk/healthylife