

Well Newham Outreach Team

Information Table

30th Aug – 3rd Sep 2022 (Tue-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
Tuesday 30/08/22	Newham Community Fun Day (<i>fun activities, games for kids, food and ice cream for all</i>) 12:00 – 17:00 Carpenter's Estate, 17 Doran Walk, E15 2JL
Wednesday 31/08/22	Well Newham Information Table 10:00 – 16:00 Stratford Centre Shopping Mall, E15 1NG
Thursday 01/09/22	Newham Community Fun Day (<i>fun activities, games for kids, food and ice cream for all</i>) 12:00 – 17:00 Sandal St, E15 3NN
Friday 02/09/22	The Renewal Programme (Food Bank) 10:30 - 14:00 395 High St North, E12 6PG, East Ham
Saturday 03/09/22	Newham Unlocked Festival (<i>fun activities, games for kids, food and ice cream for all</i>) 12:00 -17:00 New Beckton Park, Savage Gardens, E6 5NB

**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