



# Stay Well Activities

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2013-2014

## PHYSICAL ACTIVITIES

<b>Yoga</b>	This activity seeks to increase joint flexibility, help with breathing difficulties, increase blood circulation and body fitness.	Wed Mon	Bonny Downs Ekta Project
<b>Tai Chi</b>	Exercise activity which encourages users to socialise and keep fit.	Thurs <small>Term time only</small>	RDLAC
<b>Short Mat Bowls</b>	An indoor activity promoting a light form of exercise.	Thurs Wed	Ascension NCA
<b>Light Exercise</b>	This activity helps to maintain flexibility for elders with physical disabilities.	Fri Thurs	Ekta Project Malayalee
<b>Body Fit Fitness</b>	This activity enhances circulation, muscle tone and general well being.	Thurs	Hartley
<b>Table Tennis</b>	Activity to engage older and younger people to build a sustainable group with shared common interests.	Sat	Hartley

## COMPLIMENTARY THERAPIES

<b>Reminiscence</b>	Workshop with elders who have mild to moderate memory problems such as Alzheimers and Dementia.	Thurs Thurs	Hibiscus Ascension
<b>Complimentary Therapies</b>	This activity enhances circulation, muscle tone and general well being. Also, provides healthy living information to participants.	Thurs	Hibiscus

## CHAIR BASED EXERCISE

<b>Aerobic and Chair Exercise</b>	A class for all wheelchair users to improve mobility, circulation, balance and muscle tone and general well being	Tue Wed Fri Fri	Hibiscus Bonny Downs Ekta Project NCA
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## DANCE CLASSES

<b>Line Dancing</b>	Encourages elders to socialise and keep fit.	Thurs	NACRC
<b>Quadrille Dance</b>	Encourages elders to socialise and keep fit.	Wed	Hibiscus
<b>Afternoon Tea and Dance</b>	Sessions are used to celebrate birthdays, anniversaries and cultural events.	Tue	Ascension
<b>Salsa</b>	Encourages elders to socialise and keep fit.	Thurs Fri Thurs	Bonny Downs Hartley NCA
<b>Zumba Fitness/ Meringue</b>	Encourages elders to socialise and keep fit.	Thurs	NACRC

## SOCIAL GROUPS

<b>Bingo</b>	An organised social activity to prevent isolation.	Tue Thurs	RDLAC NACRC
<b>Chess Club</b>	Activity to engage older and younger people to build a sustainable group with shared common interests.	Wed	Hartley
<b>Card Group</b>	Card games for retired members of Malayalee and Tamil origin to reduce isolation and promote social gathering.	Wed	Trinity

## COMPUTER SKILLS

<b>Computers for 50+</b>	Workshops to help users build their computer skills i.e. email, internet shopping and how to communicate online. It helps residents to stay in regular contact with their family (especially those living abroad) and improve communication.	Tue Need to book in advance	RDLAC
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## FOOD AND NUTRITION GROUPS

<b>Nutrition and Healthy Eating</b>	Healthy eating workshops for elders in a social setting.	Tue	Hibiscus
<b>Social Eating Club</b>	Participants get advice on physical activity and healthy eating.	Sat	Tamil Sangam
<b>Lunch Club</b>	Promotes healthy eating within budget.	Tue & Thurs	Ascension
<b>Healthy Cooking Sessions</b>	Provide advice and demonstration for healthier food options in a social setting and within budget.	Fri Monthly	Hartley NCA
<b>Coffee Mornings for Adults with Learning Disabilities</b>	This group meets at Trinity weekly, to socialise, take part in creative activities and make friends.	Thurs	Trinity

## ART AND CRAFT

<b>Needlework, crochet and knitting</b>	Workshop to help improve dexterity for those who suffer from Arthritis.	Thurs	Hibiscus
<b>Bayaan Asian Women's Group</b>	Craft and recreational activities for Asian women.	Fri & Sat	Trinity
<b>60+ Sisters Club</b>	Support group for women to share cultural interest. Members take part in poetry recitation, small plays etc.	Thurs	Malayalee
<b>Knitting, Embroidery &amp; Dressmaking</b>	Workshops to promote skills development and reduce isolation.	Thurs	Malayalee

## SOCIAL SUPPORT GROUPS

<b>Carers Support Group</b>	This group meets weekly to offer peer support, advice and friendship. Activities include board games and trips.	Fri Sat	Hibiscus Tamil Sangam
<b>Interpretation and social visits</b>	Free translation, interpretation and social support for the Malayalee community.	When required	Malayalee
<b>Befriending at home</b>	Sessions for Asian elders in their own home to build their confidence to participate in the community.	When required	SubCo
<b>Peer Support Group</b>	This group helps vulnerable Asian elders in relation to healthy lifestyles, long term conditions, strategies for coping, reducing isolation and depression.	Thurs	SubCo
<b>Punjabi Men's Group</b>	Recreational activities, advice and support. This group meet daily to play cards, read newspapers in their own languages and to socialise.	Mon - Fri	Trinity
<b>Behnu-ki-Milan</b>	Recreational activities, advice and support for elderly Asian women.	Tues	Trinity
<b>Weekly Social Club</b>	A social club for short mat bowls, pool, darts. Tea & Coffee provided.	Fri	RDLAC
<b>Did you know Group</b>	Support group for adults with mild to moderate mental health needs.	Wed	Trinity

## OTHERS

<b>Massage for Older People</b>	Organised activity to help muscle spasms and stiffness.	Sat	Tamil Sangam
<b>Gardening / food growing</b>	Social activity to prevent isolation.	Summer period only	RDLAC
<b>Community Cafe</b>	Provide community space for physical activity and social care issues. It is largely attended by elders who take part in a range of activities and games.	Monthly	SubCo



**Stay Well Healthy Living Network** is funded by London Borough of Newham and coordinated by East Thames Group. The project is delivered by 12 organisations whose aim is to improve the health and wellbeing of Newham residents over 55 years of age.

**Ascension Community Trust**

Ascension Church Centre, Baxter Rd,  
Custom House, London E16 3HJ

**T:** 020 7511 1232

**W:** [www.ascensioncommunity.org.uk](http://www.ascensioncommunity.org.uk)

**Hartley Centre**

The Hartley Centre, 267 Barking Road,  
East Ham, London E6 1LB

**T:** 020 8472 0058

**E:** [paul.leslie@renewalprogramme.org.uk](mailto:paul.leslie@renewalprogramme.org.uk)

**Bonny Downs Community Assoc.**

Vicarage Lane, East Ham,  
London E6 6DQ

**T:** 020 8586 6868

**W:** [www.bonnydowns.org](http://www.bonnydowns.org)

**Hibiscus Caribbean &  
African Elderly Centre**

Buckingham Rd, London E15 1SP

**T:** 020 8519 6159

**E:** [soniahibiscus@yahoo.co.uk](mailto:soniahibiscus@yahoo.co.uk)

**Ekta Project**

The Froud Centre, 1 Toronto Avenue,  
London E12 5JF

**T:** 020 8514 5221

**W:** [www.ektaproject.org.uk](http://www.ektaproject.org.uk)

**The London Tamil Sangam**

369 High St North, Manor Park E12 6PG

**T:** 020 8471 7672

**W:** [www.ltsuk.org](http://www.ltsuk.org)

**East Thames**

29-35 West Ham Lane, Stratford,  
London E15 4PH

**T:** 020 8522 2000

**W:** [www.east-thames.co.uk](http://www.east-thames.co.uk)

**E:** [blandine.obale@east-thames.co.uk](mailto:blandine.obale@east-thames.co.uk)

**Malayalee Association of the UK**

671 Romford Road, Manor Park E12 5AD

**T:** 020 8553 4667

**W:** [www.mauk.org](http://www.mauk.org)

**Newham African and Caribbean  
Resource Centre (NACRC)**

627-633 Barking Road, Plaistow,  
London E13 9EZ

**T:** 020 8471 2258

**W:** [www.nacresourcecentre.com](http://www.nacresourcecentre.com)

**Newham Chinese Association  
(NCA)**

Beckton Community Centre, 14 East  
Ham Manor Way, London E6 5NG

**T:** 020 7474 7715

**E:** [newham2002@hotmail.com](mailto:newham2002@hotmail.com)

**Royal Docks Learning &  
Activity Centre (RDLAC)**

Albert Road, North Woolwich,  
London E16 2JB

**T:** 020 7476 9922

**W:** [www.rdlac.org.uk](http://www.rdlac.org.uk)

**SubCo Trust**

49 Plashet Road, Upton Park,  
London E13 0QA

**T:** 020 8548 0070

**W:** <http://www.aseg72.dsl.pipex.com>

**Trinity Community Centre**

East Ave, Manor Park,  
London E12 6SG

**T:** 020 8472 8947

**W:** [www.thetrinitycentre.org](http://www.thetrinitycentre.org)



