

London Borough of Newham

COMMUNITY
NEIGHBOURHOODS



Free

Community Neighbourhood link workers

Get involved in exciting FREE activities
happening in your local area

Community Neighbourhood link workers support older and
disabled residents to get more involved in their community.

Turn over for more information



Community Neighbourhood link workers host loads of fun events for older and disabled people. They can also tell you about other activities and clubs happening in your area that may be of interest to you.

Community Neighbourhood link workers can support you to:

- develop new skills
- improve your health and wellbeing
- make new friends
- become more active in your community
- start up clubs and courses
- build new community groups.

Examples of clubs and activities on offer include:

- Coffee mornings
- Active Minds Cafe
- Diabetes Support Club
- Salsa and quadrille dancing
- Forever Young club for over 50's
- Knit and Natter
- Computer and tablet classes
- Yoga
- Health and Wellbeing Cafe

To sign up for an activity:

Email: chsocailcare@newham.gov.uk

Call: **020 8430 2000**

Or for more information visit:

[www.newham.gov.uk/
adultsocialcare](http://www.newham.gov.uk/adultsocialcare)