

**Do you want to get more active? Learn more about healthy eating? Lose weight and make positive lifestyle changes? Looking for group support to quit smoking? Find out more about mental and emotional wellbeing? Find out about support services such as drugs, alcohol or sexual health services near you?**

## If yes, get in touch with your local Health Trainers Team!!

Health Trainers are members of the local community who are qualified to provide free guidance around healthier living. They can offer information, one-to-one, step by step motivational support as well as activity groups. **They can also refer you to wider services such as debt advice, housing, employment and training amongst many others.**

## How can you access the Health Trainers?

Any adult 18+ in Tower Hamlets can access their local Health Trainers team through self-referral or via a health professional such as your GP

<p><b>North West Locality Health Trainers</b>                  Dr Sharmin Shajahan-Programme Manager                  Osmani Trust, The Osmani Centre, 58 Underwood Road E1 5AW                  (e) <a href="mailto:sharmin.shajahan@osmanitrust.org">sharmin.shajahan@osmanitrust.org</a>                  (t) 020 7247 8080 (f) 020 7247 6453 (w) <a href="http://www.osmanitrust.org">www.osmanitrust.org</a></p>	<p><b>North East Locality Health Trainers</b>                  David Griffiths-Health Trainer Project Manager                  Bromley-by-Bow Centre, St Leonard's Street E3 3BT                  (e) <a href="mailto:david.griffiths@bbbc.org.uk">david.griffiths@bbbc.org.uk</a>                  (t) 020 8709 9714</p>
<p><b>South West Locality Health Trainers</b>                  Jobrul Islam-Health Trainers Team Leader                  Stifford Centre, 2-6 Cressy Place E1 3JG                  (e) <a href="mailto:j.islam@stifford.org.uk">j.islam@stifford.org.uk</a>                  (t) 0207 790 3632</p>	<p><b>South East Locality Health Trainers</b>                  Georgia Ramirez-Team Leader                  Poplar and Limehouse Health and Wellbeing Network,                  Newby Place Health and Wellbeing Centre                  21 Newby Place E14 0EY                  (e) <a href="mailto:Georgia.ramirez@nhs.net">Georgia.ramirez@nhs.net</a> (t) 020 7517 2600</p>

## Health Trainers Activity Timetable

As part of their service, Health Trainer Teams deliver healthy lifestyle sessions within the community. These include physical activity and healthy eating sessions. Most of these sessions are free to access, and some have a small charge. The details of these sessions including charges, if any are listed in the activity timetables

# Osmani Trust Health Trainers **Activity Timetable**

## Quarter 4: January to March 2016 (12 Weeks Programme)



### North West Ward Cluster – Weavers, Spitalfields and Banglatown, St Peters and Bethnal Green

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Venue
<b>Men's Gym &amp; Sauna – £1.50</b> Venue: Hayaa Fitness Gym Time: 10:00am – 12:00pm Staff: Shamimuz	<b>Drop-in /GP practice/ Personal Health Plan</b> Venue: Osmani Centre Time: 11:00am – 1:00pm Available Health Trainers	<b>Mixed Gym Session - £1.50</b> Venue: Whitechapel Sports Centre Time: 10:00am – 12:00pm Staff: Azir	<b>Men's Coffee Morning &amp; Keep Fit Class - £1.00</b> Venue: Osmani Centre Time: 10:00am – 12:00pm Staff: Azir	<b>Drop-in /GP Practice/ Personal Health Plan</b> Venue: Osmani Centre Time: 10:00am – 12:00pm Available Health Trainers	<b>Mixed 5K Park Run Session</b> Venue: Mile End Park Time: 9:00am – 10:00am Staff: Alan <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a>	<b>Bancroft TRA</b> 12 Wickford Street London E1 5QN  <b>Hayaa Fitness Gym – 7 Fieldgate Street, London E1 1JU</b>
<b>Beginners Cycle Session - Free</b> Venue: Meeting point at Osmani Centre Time: 11:00am – 12:00pm Staff: Alan	<b>Women's Aerobics - £1.00</b> Venue: Osmani Centre Time: 11:15am – 12:15pm Staff: Jade	<b>Monthly Women's Wellness Group (Closed session)</b> Venue: Osmani Centre Time: 10:00am – 1:00pm Staff: Jade	<b>Women's Gym &amp; Sauna - £1.50</b> Venue: Hayaa Fitness Gym Time: 10:30am – 12:30pm Staff: Rebeka	<b>Open Cycling Session - Free</b> Venue: Meeting point at Osmani Centre Time: 10:00am -12:00pm Staff: Alan	<b>Beginner's Cycle Session - Free</b> Venue: Meeting point at Osmani Centre Time: 2:00am – 4:00pm Staff: Azir	<b>Mile End Park – Rhodeswell Road, London E14 7TW</b>  <b>Osmani Centre - 58 Underwood Road, London E1 5AW</b>
<b>Drop-in /GP Practice/ Personal Health Plan</b> Venue: Osmani Centre Time: 11:00am – 12:00pm Available Health Trainers	<b>Women's Yoga - £1.00</b> Venue: Osmani Centre Time: 12:30pm – 1:30pm Staff: Rebeka	<b>Women's Walking Group</b> Venue: Meeting point at Osmani Centre Time: 10.30am – 12.00pm Staff: Jade	<b>Drop-in /GP practice/ Personal Health Plan</b> Venue: Osmani Centre Time: 2:00pm – 3:00pm Available Health Trainers	<b>Chair-Based Light Exercise Session for Older People 50+ (fortnightly)</b> Venue: St. Hilda's Centre Time: 11:30am – 12:00pm Staff: Shajue		<b>Spitalfields City Farm – Buxton Street, London E1 5AR</b>  <b>St Hilda's Centre – 18 Club Row, London E2 7EY</b>
<b>Alzheimer's Society BME Dementia Café (monthly)</b> Venue: London Muslim Centre Time: 12:00pm – 1:00pm Staff: Azir	<b>Walking Group - Free</b> Venue: Meeting point at Osmani Centre Time: 3:00pm – 4:00pm Staff: Alan	<b>Women's Pilates - £1.00</b> Venue: Osmani Centre Time: 11:30am – 12:30pm Staff: Rebeka	<b>Men's Social Club Drop in Session - Free</b> Venue: Osmani Centre Time: 2:30pm – 5:00pm Staff: Alan	<b>Walking Group - Free</b> Venue: Meeting point at Osmani Centre Time: 1:00pm – 2:00pm Staff: Shajue		<b>Whitechapel Sports Centre - 55 Durward Street, London E1 5BA</b>
<b>Table Tennis - Free</b> Venue: Osmani Centre Time: 2:00pm – 3:00pm Staff: Alan	<b>Drop-in/GP Practice / Personal Health Plan</b> Venue: Osmani Centre Time: 4:00pm – 5:00pm Available Health Trainers	<b>Drop-in/ Personal Health Plan</b> Venue: Osmani Centre Time: 3:00pm – 4:00pm Available Health Trainers	<b>Stop Smoking Support Group</b> Venue: Osmani Centre Time: 3:00pm – 4:00pm Staff: Azir	<b>Men's Badminton - £1.00</b> Venue: Whitechapel Sports Centre Time: 4:00pm – 5:00pm Staff: Azir		
<b>Women's Gym, Sauna &amp; Group Exercise Classes - £1.50</b> Venue: Whitechapel Sports Centre Time: 5:30pm – 7:00pm Staff: Shajue	<b>Women's Nia Fusion - £2.00</b> Venue: Osmani Centre Time: 6:30pm – 7:30pm Staff: Rebeka	<b>Drop-in / Personal Health Plan</b> Venue: Osmani Centre Time: 4:00pm – 5:00pm Available Health Trainers	<b>Women's Aerobics - £1.00</b> Venue: Bancroft TRA Time: 5.30pm – 6.30pm Staff: Jade	<b>Women's African Dancing - £2.00</b> Venue: Osmani Centre Time: 6:00pm – 7:00pm Staff: Shajue		

Women's Session

Men's Session

Mixed Session

Inclusive Session (disabilities /mental health)

Please call **0207 247 8080** to take part in the Osmani Health Trainers Programme

Email: [healthtrainers@osmanitrust.org](mailto:healthtrainers@osmanitrust.org)

# Stifford Health Trainers Activity Timetable

Quarter 4: January to March 2016



## South West Ward Cluster – Whitechapel, St Dunstan’s, Stepney Green, Shadwell and St Katherines & Wapping

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Venue
<p>Women’s Zumba – <b>£1.00</b> Venue: Solebay Primary Academy Time: 9:15am – 10:15am Staff: Shabana</p>	<p>Health Trainers Info Stall Venue: Idea Store (Watney) Time: 10:30am – 12:00pm (Every fortnightly) Staff: Dobir</p>	<p>Body Conditioning - <b>£1.00</b> Venue: Maryam Centre Time: 2.00pm – 3:00pm Staff: Ruze</p>	<p>Women’s Keep Fit Venue: Exmouth Estate Hall Time: 10:00am – 11:00am Staff: Shabana</p>	<p>Health Trainers Info stall Venue: 1<sup>st</sup> Friday of each month - Maryam Centre 2<sup>nd</sup> Friday – Idea Store (Watney Market) 3<sup>rd</sup> Friday – Royal London Hospital (Stepney Way) Time: 12:00pm – 1:00pm Staff: Fahima</p>	<p>Alternative Therapy: Acupuncture, Cupping and Moxibustion – <b>T&amp;Cs apply</b> Venue: Stifford Centre Time: 3.00pm – 7.00pm Call Rena – 07852 198 641 <b>Appointment ONLY</b></p>	<p><b>Stifford Centre</b> – 2-6 Cressy Place, London, E1 3JG</p> <p><b>Tarling East Community Centre</b> – 63 Martha Street, London, E1 2PA</p>
<p>Women’s Aerobics – <b>£1.00</b> Venue: Tarling East Centre Time: 11:00am – 12:00pm Staff: Faarhena</p>	<p>Cook and Taste session - <b>£1.00</b> Venue: Tarling East Centre Time: 12.30pm – 2:30pm (6 weeks cookery club, starting from 12<sup>th</sup> Jan) Staff: Ruze</p>	<p>Stifford Legal Advice Service – Drop in Session Venue: Stifford Centre Time: 3.00-5.00pm Staff: Rayhan</p>	<p>Sit Fit Class (50+) Venue: Sonali Gardens Time: 11:00am - 12:00pm Staff:</p>	<p>Women’s Yoga Venue: Stifford Centre Time: 10:00am – 11:00am (Starting from 5<sup>th</sup> Feb) Staff: Fahima</p>	<p>Women’s Self-Defence Venue: Tarling East Centre Time: 3.00pm – 4:30pm Abjol – 07940 585 071 <b>T&amp;Cs apply</b></p>	<p><b>Harford Street Multi Centre</b> – Harford Centre, E1 4FG</p> <p><b>Idea Store (Watney)</b> – 260 Commercial Road, London, E1 2FB</p>
<p>Women’s Wellbeing Group (1<sup>st</sup> Mon of every month) Venue: Massingham Place Time: 10:30am – 12:30pm Staff: Shabana</p>	<p>Welfare Benefit Advice – Drop in Session Venue: Stifford Centre Time: 2.00-5.00pm Staff: Joynul</p>	<p>Legs, Bums and Tums - <b>£1.00</b> Venue: Tarling East Centre Time: 5:45pm – 7:00pm Staff: Mohima</p>	<p>Yoga Moves (Mixed) - <b>£1.00</b> Venue: Stifford Centre Time: 7:30pm – 9:00pm Staff: Dobir</p>			<p><b>Idea Store (Whitechapel)</b> – 321 Whitechapel Road, London, E1 1BU</p> <p><b>Exmouth Community Hall</b> – 39 Cornwood Drive, London, E1 0PW</p>
<p>Health Trainers Info stall Venue: Idea Store (Whitechapel) Time: 11:30am – 12:30pm (Every fortnightly) Staff: Mohima</p>	<p>Yoga (Men Only) Venue: Stifford Centre Time: 7:30pm – 9:00pm Staff: Shamim</p>					<p><b>Maryam Centre</b> – 45 Fieldgate Street, London, E1 1JU</p> <p><b>Sonali Gardens</b> – 79 Tarling Street, London, E1 0AT</p>
<p>Sit Fit Class (50+) Venue: Sonali Gardens Time: 2:15pm - 3:00pm Staff: Fahima</p>	<p>FMA – Fitness and Pad Work Venue: Tarling East Centre Time: 8.00pm – 9:30pm Abjol – 07940 585 071 <b>T&amp;Cs apply</b></p>					<p><b>Tower Hamlets Homes - Raynham House</b> – Massingham Street, E1 4EB</p> <p><b>Royal London Hospital</b> – Stepney way, E1 1BB</p>
<p>Men’s Badminton Venue: Ensign Youth Club Time: 6.00pm – 7:00pm Staff: Joynul</p>						<p><b>Solebay Primary Academy</b> – 11 Solebay Street, E1 4PW</p> <p><b>Ensign Youth Club</b> – Wellclose Square, London, E1 8HY</p>
<p>Boxercise - <b>£4.00</b> Venue: Tarling East Centre Time: 7.30pm – 9:00pm Staff: Shamim</p>						

Women’s Session Men’s Session Mixed Session Drop in Session Inclusive Session (disabilities / mental health)

Please call **0207 790 3632/ 0207 791 5519** for further information or to register for any of the above session

# Bromley by Bow Centre Health Trainers **Activity Timetable**

Quarter 4: January to March 2016



## North East Ward Cluster – Bow East and West, Mile End, Bromley North and South

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Venue
Information Outreach Stall Venue: Bromley by Bow Health Centre Time: 10:00am – 11:30am Staff: Luckey	Wellness Walks Venue: Merchant Street Practice (meeting point) Time: 09.30am – 11.00am Staff: Luckey	Wellness Walks Venue: The Hub, Victoria Park (meeting point) Time: 09.30am – 11.00am Staff: Amy	Over 50s Wellness Walks Venue: Appian Court (meeting point) Time: 09.30am – 11.30am Staff: Ricky		Information Outreach Stall Venue: Tesco Bromley by Bow Time: 09:00am – 12:00pm Staff: Ricky	<b>Ability Bow:</b> St Paul's Church, St Stephen's Rd, E3 5JL <b>Appian Court:</b> 87 Parnell Rd, E3 2RS
Abs, Bums and Thighs <b>£1</b> Venue: The Linc Centre Time: 10:00am – 11:00am Tutor: Bianca Phillips	Wellness Walks Venue: St Stephen's Surgery (meeting point) Time: 09.30am – 10.30am Staff: Riarna	Over 50s Healthy Lifestyles Venue: BbBC Time: 10.30am – 11.30am Tutor: Krys Giaro	Information Outreach Stall Venue: St Stephen's Health Centre Time: 09.30am – 11.30pm Staff: Riarna		Information Outreach Stall Venue: Ideas Store Bow (First Saturday of each month only) Time: 11.00am – 13.00pm Staff: Riarna	<b>Bromley by Bow Centre (BbBC):</b> St Leonard's Street, E3 3BT <b>Francis Lee CC:</b> Clare House, 10 Hawthorn Avenue, E3 5PY
Advanced Cycling Venue: View Tube Time: 10.00am – 11.30am Staff: Riarna			Wellness Walks Venue: St Paul's Way Centre (meeting point) Time: 09.30am – 11.00am Staff: Khudeja	Men's Table Tennis Venue: BbBC Time: 10:00 – 11:00 Staff: Emran		<b>Ideas Store Bow:</b> 1 Roman Rd, E3 5ES <b>Mile End Leisure centre:</b> 190 Burdett Rd, London E3 4HL
Seated Exercise Venue: Francis Lee CC Time: 10.00am – 12.00pm Tutor: Bianca Phillips				Women's Keep Fit <b>50p</b> Venue: BbBC Time: 11.00am – 12.00pm Tutor: Asma Pathan		<b>MIND:</b> 13 Whitethorn Street London E3 4DA <b>Merchant Street Practice:</b> 5 Merchant Street, E3 4LJ
Women's Aerobics <b>50p</b> Venue: BbBC Time: 10.30am – 11.30am Tutor: Asma Pathan	Men's Gym <b>£1</b> Venue: Mile End Leisure Centre Time: 12:00pm – 13:00pm Tutor: Asma Pathan	Badminton <b>£1</b> Venue: Mile End Leisure Centre Time: 13:00pm – 13:40pm Tutor: Asma Pathan	Women's Gym (Group exercise) <b>£1</b> Venue: Ability Bow Gym Time: 13.00pm - 13.45pm Tutor: Chantelle Marcel-Clement	Zumba <b>£1</b> Venue: Tredegar Community Centre Time: 11.30pm – 12.30pm Tutor: Hena Akhtar	<b>Sunday</b>	<b>St Pauls Way Centre:</b> 99 St. Pauls Way, Bow, London, E3 4AJ <b>St Stephen's Health Centre:</b> William Place, E3 5ED
Cook & Eat <b>£1</b> 5 week course (Pre-book) Venue: The Centre, Maha Building Time: 12.00pm – 14.00pm Staff: Luckey & Emran	Cook & Eat; Shop Well, Eat Well 5 week course (Pre-book) Venue: BbBC Time: 17.30pm – 20.00pm Staff: Ricky and Riarna		Cook & Eat <b>£1</b> 5 week course (Pre-book) Venue: Francis Lee CC Time: 13.00pm – 15.00pm Staff: Ricky & Leslyn	Positive Steps - Ability Bow Venue: BbBC Time: 14.00pm – 15.00pm Tutor: Drew Nicholls		<b>The Centre:</b> Maha Building, 32 Merchant Street, E3 4PZ <b>The Hub:</b> Crown Gate East, Victoria Park, Grove Road, London, E3 5TB
Seated Stress management; Breath and Stretch (MIND service users only) Venue: MIND Time: 18:30pm - 19:30pm Tutor: Astra Farquharson	Women's Yoga <b>£1</b> Venue: BbBC Time: 18.00pm – 19.00pm Tutor: Astra Farquharson	Women's Zumba <b>£1</b> Venue: The Centre Maha Building Time: 18.00pm – 19.00pm Tutor: Helen Ayemotse	Information Outreach Stall (MIND service users only) Venue: MIND Time: 18.00pm – 19.00pm Staff: Leslyn	Body Combat <b>£1</b> Venue: St Paul's Way Centre Time: 14:00pm – 15:00pm Tutor: Bianca Phillips		<b>The Linc Centre:</b> 70 Fern Street, Bow, E3 3PR <b>Tredegar Community Centre:</b> 333 Morville Street, E3 2DZ
						<b>View Tube:</b> The Greenway, Marshgate Lane, E15 2PJ

Women's Session

Men's Session

Mixed Session

Drop in Session

Inclusive Session

(disabilities / mental health)

Please call **0208 709 9845** to take part in the 12 week Bromley by Bow Health Trainers programme

# Poplar & Limehouse Health Trainers **Activity Timetable**

Quarter 4- January - March 2016



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Venue
<b>Cycling (intermediate)</b> Venue: Viewtube Time: 9:15am – 10:00am Staff: Tyrone (Please call before you attend)	<b>Gym</b> Venue: The International Britannia Hotel Time: 10:00am – 11:30am Staff: Raahil	<b>Aerobics (£1 Fee)</b> <b>Crèche Available (£1 Fee)</b> Venue: Barkantine Hall Time: 9:30am – 10:30am Staff: Tracy	<b>Pilates/Barre (£1 Fee)</b> Venue: Brownfield Cabin Time: 9:30am – 10:30am Staff: Dee	<b>Healthy Eating on a budget</b> Venue: Brownfield Cabin Time: 9:30am – 11:00am Staff: Dee & Tracy From 22 <sup>nd</sup> Jan – 26 <sup>th</sup> Feb	<b>Zumba (£2 Fee)</b> Time: 10:30am-11:30am Venue: Brownfield Cabin Staff: Dee	<b>Barkantine Practice:</b> 121 Westferry Rd, Isle of Dogs, London E14 8JE  <b>Barkantine Hall:</b> Westferry Road, Isle of Dogs, E14 8SS  <b>Burcham Street Community Centre:</b> 96 Burcham Street, Poplar E14 0HS  <b>Brownfield Cabin:</b> St Leonard's Road, Poplar, E14 0QU  <b>Britannia Hotel Gym:</b> 163 Marsh Way, E14 9PL  <b>Docklands Community Organisation:</b> 111 Mellish Canary Wharf E14 8PJ  <b>Docklands Medical Centre:</b> 100 Spindrift Ave, London E14 9WU  <b>Mile End Leisure Centre &amp; Stadium:</b> 190 Burdett Road, Mile End London, E3 4HL  <b>Limehouse Practice:</b> 11 Gill St, London E14 8HQ  <b>Teviot Centre:</b> Wyvis Street, Poplar, E14 6QD  <b>View Tube:</b> The Greenway, Marshgate Lane, E15 2PJ
<b>Cycling Advanced</b> Venue: Viewtube Time: 10:00am – 12:00pm Staff: Tyrone	<b>Strictly Sequence Dancing (women only)</b> <b>Starts 19<sup>th</sup> January</b> Venue: Brownfield Cabin Time: 9:30am – 10:30am	<b>Post-natal Weight Management Programme</b> Venue: Newby Place Time: 10:00am – 11:30am Staff: Shahida (Please call before you attend)	<b>Kettlebell Workout</b> Venue: Newby Place Time: 11:00am – 12:00pm Staff: Raahil	<b>Healthy Lifestyle Advice Drop in</b> Venue: Newby Place Time: 1:30pm – 3:00pm Staff: Dee & Tracy		
<b>Keeping Healthy with Diabetes Through Exercise/Diet (Open to non-Diabetics) (For women)</b> Venue: Docklands Community Organisation Time: 10:00am – 11:00am Staff: Tracy & Dee	<b>Dance Exercise for Over 50's</b> Venue: Burcham Street Time: 10:00am – 11:00am (£1 Fee)	<b>Armchair Yoga (£1 fee)</b> Venue: Burcham Street Time: 10:00am – 11:00am Staff: Georgia	<b>Walking Group</b> Venue: Limehouse Practice Time: 1:30pm – 3:00pm Staff: Tracy			
<b>Women's Swimming</b> (Please call before you go) Venue: Mile End Leisure Centre Time: 10:15am – 12:15pm	<b>Dynamic Yoga £5 Fee</b> Venue: Brownfield Cabin Time: 6:30pm – 7:30pm	<b>Zumba</b> Venue: Teviot Centre Time: 10:00am – 11:00am Staff: Tyrone In partnership with Poplar Harca	<b>Dynamic Yoga £5 Fee</b> Venue: Brownfield Cabin Time: 12:30pm – 1:30pm			
		<b>Walking Group</b> Venue: Docklands Medical Centre Time: 11:00am – 12:30pm Staff: Tracy & Dee				
		<b>Bootcamp High Intensity Workout</b> Venue: Barkantine Practice Time: 2:00pm – 3:00pm Staff: Raahil				
		<b>Food 4 Thought -Mindfulness &amp; Healthy Eating</b> Venue: Newby Place Time: 5:45pm – 6:45pm Staff: Georgia				

Women's Session	
Men's Session	
Mixed Session	
Community Session	

**Please call 0207 517 2600 to take part in the Poplar & Limehouse Health Trainers programme**

\*Please note sessions are free unless stated otherwise