

Table with columns: Gnd ref., Organisation, Contact details, Organisation, Gnd ref., Organisation, Contact details, Organisation, Gnd ref., Organisation, Contact details, Organisation, Gnd ref., Organisation, Contact details. Lists various organisations and their contact information across Lambeth.

# Well London

Well London is funded by the Big Lottery Fund. It will work with local people to transform health in twenty London neighbourhoods. The Well London programme will invest in local projects:

- Promoting mental health and well-being
- Improving healthy eating choices
- Promoting access to open spaces and increasing physical activity

Well London has been developed by a unique alliance of seven partners:



South London and Maudsley NHS Foundation Trust

For more information on Well London and how to get involved please contact:

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Sue Peake, Springfield Community Flat T: 020 7720 2699 E: admin@springfieldcommunityflat.com

This is the first time that this type of joined-up approach to improving health has been tried on a regional scale.

This Active Living Map is one of 14 different projects that will be delivered in local areas.

Work has already been done to understand the specific needs of each community, and some projects are already underway. Depending on the needs of the community, a selection of the following projects will be delivered in that area:

**CADBE (Community engagement, assessment, design, brokerage, enterprise)** – our groundbreaking research and evaluation framework is already helping us understand the health needs of local people.

**Buywell** – will make it easier to buy good quality, affordable and culturally sensitive food locally.

**Eatwell** – will increase rates of healthy eating and promote a sense of community through celebrating good food and practical activities like cook and eat clubs.

**DIY Happiness** – will use humour, creativity and evidence to provide practical advice and information that will increase people's ability to reduce both the physical and the psychological impact of stress, increase resilience, and build durable personal resources.

**Healthy spaces** – will make physical improvements to local green and open spaces, involving

the local community in every step from planning to implementation.

**Activate London** – will increase physical activity levels through increasing the range of sports and active recreation activities available to communities.

**Be Creative, Be Well** – will use arts and cultural activity to help involve communities and individuals to improve environments and provide accessible physical activities.

**Changing minds** – will recruit and train local people with direct experience of mental ill health to deliver mental health awareness training in target communities.

**Well London Delivery teams** – are teams of volunteers in each area that will help people to make healthier choices.

**Training communities** – will train members of the community so they can be fully involved in supporting the delivery of the other projects.

**Youth community** – will make sure that children and young people are included in all aspects of the programme.

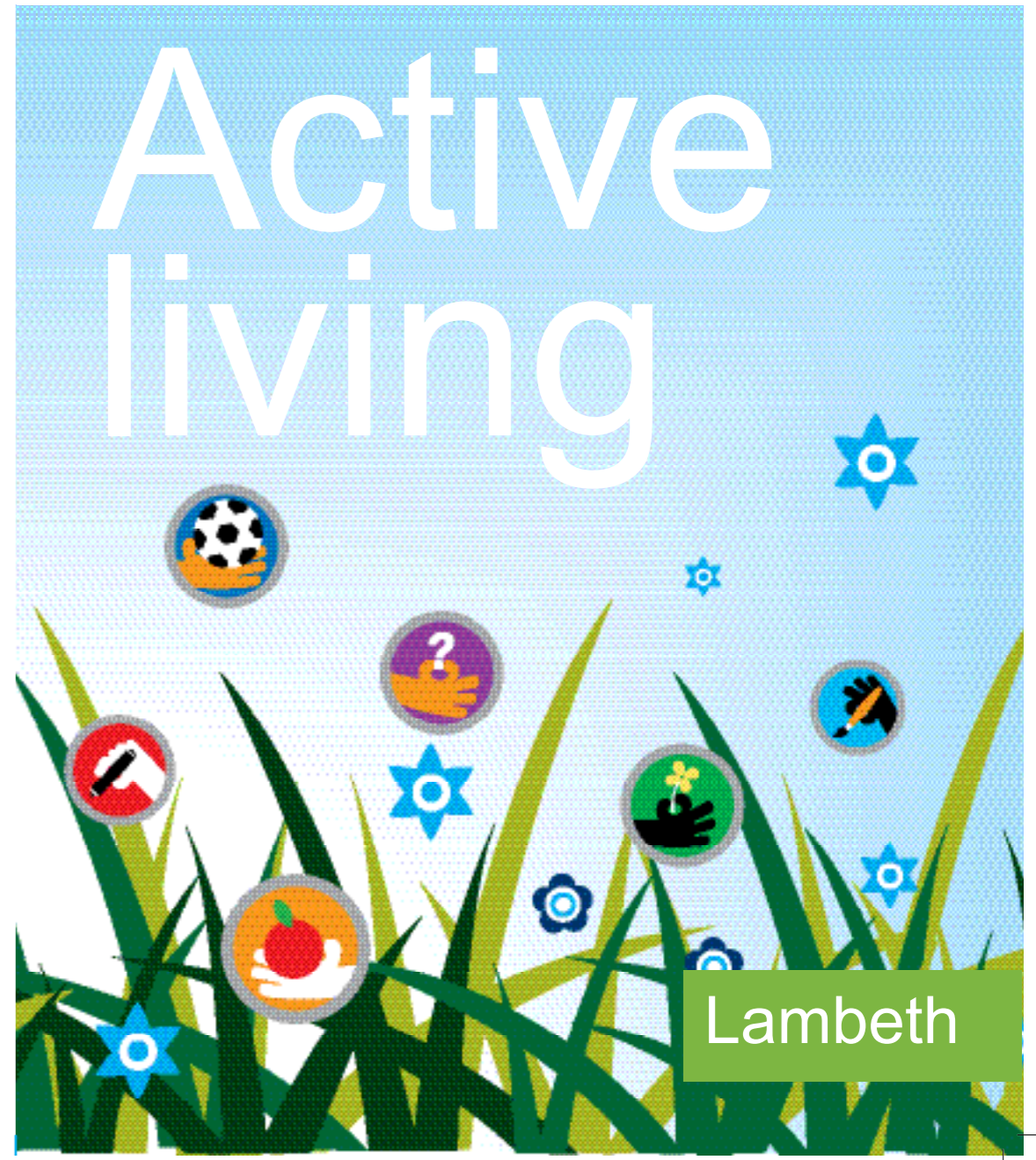
**Mental well-being Impact Assessment** – will enable people to identify the potential impacts on mental well-being of their proposals / projects / programmes.

**WellNet** – will establish a learning network for communities and professionals across all the projects including events, newsletters and web sites.

# Well London

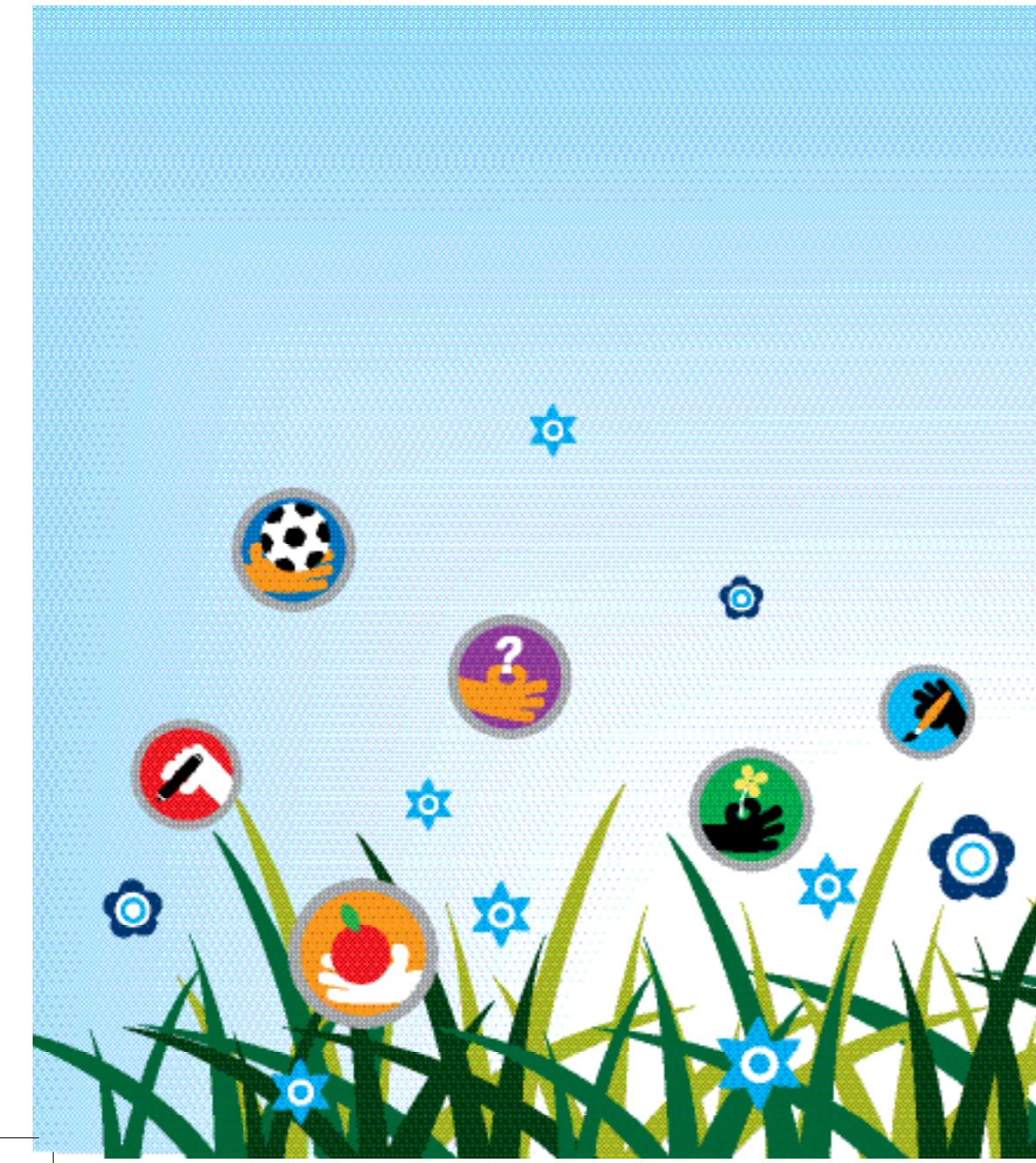
Communities working together for a healthier city

[www.london.gov.uk/welllondon](http://www.london.gov.uk/welllondon)



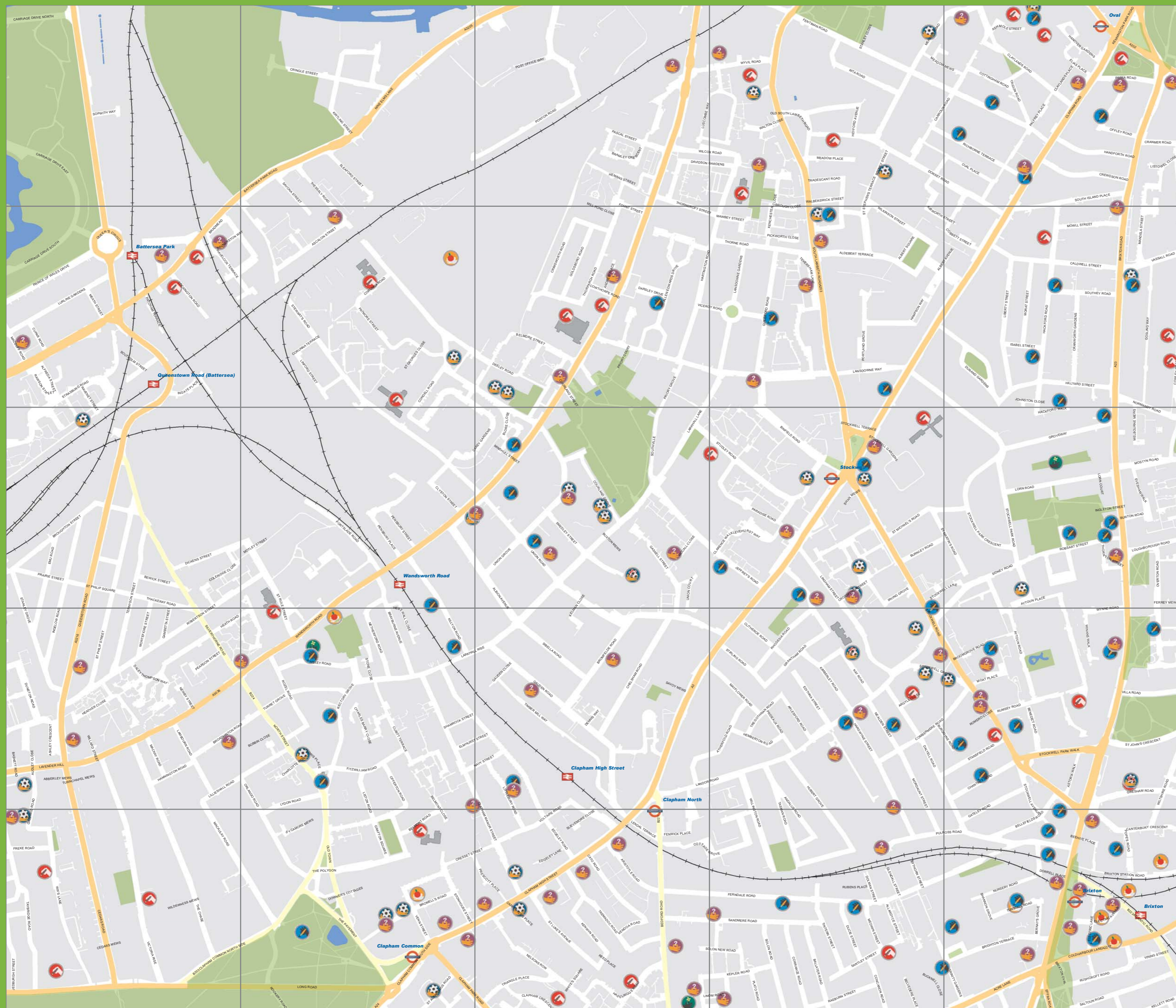
Lambeth

Supported by **The National Lottery** through the Big Lottery Fund



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This map provides information on all of the different facilities in your local area that can help you live a healthier lifestyle. Parks, allotments, gyms and sports centres, advice clinics and GP's surgeries, if it will help you get fit and healthy, it's on the Active Living Map.

We hope you find this map useful. Please send any comments you may have or any ideas on what you would like to see on future versions of this map to: [alm-london@groundwork.org.uk](mailto:alm-london@groundwork.org.uk)

### Key

-  Physical activity and social clubs
-  Health advice and information
-  Art
-  Environment
-  Schools
-  Food

# Active Living Map

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