

Your health and wellbeing

SOCIAL PRESCRIBING

Get support for issues affecting your health

The social prescribing service gives you time to explore life issues and challenges and puts you in touch with services and activities to support you in your local community.

When: By appointment at Bromley by Bow (Health) Centre, St Andrews Health Centre, St Paul's Way Medical Centre, Stroudley Walk Practice, Merchant Street Practice and XX Place

Where: Mile End East and Bromley by Bow

For: Age 18+ by GP referral or direct contact
socialprescribing.bbbc@nhs.net
0208 709 9848

MACMILLAN SOCIAL PRESCRIBING

Support for people living with and beyond cancer

The Macmillan Social Prescribing Service will put you in touch with local services and activities to help you get back on track following a cancer diagnosis.

When: Various. Please get in touch

Where: Tower Hamlets, Newham, Waltham Forest, City and Hackney

For: Age 18+
socialprescribing.cancer@nhs.net
0208 709 9736

FIT FOR LIFE

Weight management

Fit for Life is a free weight management programme. It helps you develop healthy eating habits and make physical activity part of your lifestyle and provides specialist support for up to a year.

When: Rolling 12 week programmes. Day and evening sessions

Where: Tower Hamlets, various locations

For: Age 18+ over 30 BMI (27.5 South Asian residents)

fitforlife@bbbc.org.uk
0208 709 9705

BECOME A HEALTH CHAMPION

Community Health Champions are volunteers who promote healthy lifestyles by inspiring others to take a more active role in their health.

When: Training runs 3 times a year

Where: St Pauls Way Medical Centre and locality

For: Age 18+ with a two hour commitment for a six month period

healthchampions@bbbc.org.uk
0208 709 9725 or 07538 188323

COMMUNITIES DRIVING CHANGE

Supporting you with taking a lead in your own health and wellbeing

This project aims to bring together residents and organisations to tackle issues that matter to their communities and bring about positive change. Activities include 100 Day Challenges, Community Health Information stalls and training opportunities.

When: Various. Please get in touch

Where: Various local communities

For: London E3 Area (or nearby)
communitiesdrivingchange@bbbc.org.uk
0208 709 9739

Activities, sports and groups

INCLUSIVE SPORT

Get into sport

Gain a nationally accredited qualification and improve skills and confidence so you can support people with disabilities to get involved in sport and physical activities. Training is open to disabled and non-disabled participants.

When: Rolling 12 and 15 week programmes. Get in touch

Where: Various areas depending on programme

For: Age 16+
inclusivesports@bbbc.org.uk
0208 709 9713 or 07460 862886

GARDENING AND HORTICULTURE

Our gardening and horticulture groups offer a great way to improve your health, learn new skills and meet more people.

When: Tuesdays and Thursday afternoon

Where: Bromley by Bow Centre

For: Open to all
horticulture@bbbc.org.uk
0208 709 9841

PHYSICAL ACTIVITY CLASSES

We offer a range of inclusive physical activity classes, sports and accredited training for people with a disability or long-term health condition.

When: Please contact us for current timetables

Where: Various areas depending on the programme

For: We offer classes for different needs and ages
inclusivesports@bbbc.org.uk
07460 862886 or 0208 709 9713

Looking for work or training?

SUPPORT TO FIND WORK

We help you gain new qualifications and develop your skills to get back into work or change your career completely.

When: Contact us to register for support

Where: Tower Hamlets, Hackney and Newham

For: Open to all with a right to work in the UK
employment@bbbc.org.uk
0208 709 9748

SUPPORT TO FIND TRAINING

Our friendly team helps build work confidence and find the right training to help you gain qualifications or learn new skills.

When: Days and times to suit you

Where: Tower Hamlets, Hackney and Newham

For: Supports a wide range of people
employment@bbbc.org.uk
0208 709 9748

FOR EMPLOYERS LOOKING FOR STAFF

Employing quality staff is a crucial part of running a successful business. Our Employment and Skills Team can help you find and recruit exceptional staff for a range of industries.

When: By appointment

Where: Tower Hamlets, Hackney and Newham

For: Anyone recruiting new staff
findstaff@bbbc.org.uk
0208 709 9748

Learn new skills

ENGLISH CLASSES (ESOL)

Increase your skills and knowledge to confidently communicate with others and participate in everyday life.

When: Drop in sessions Mon-Thurs 10-12pm and 2-4pm in Connection Zone

Where: Various. Please get in touch

For: Open to all
esol@bbbc.org.uk
0208 709 9744

COMPUTER SKILLS

Our Digital Inclusion classes will support you to use computers and get online by improving your confidence and teaching you the new skills you need.

When: Drop in Monday 11-1pm, Tuesday and Thursday 10-12pm

Where: Various, please enquire

For: Open to all
connectionzone@bbbc.org.uk
0208 709 9700

There is so much happening

If you're not sure what's right for you,
drop into our Connection Zone or call:

0208 709 9700

bbbc.org.uk

Visit our website for an up
to date calendar of activities

Bromley by Bow Centre, St Leonard's Street,
London, E3 3BT

Get help and advice

BENEFITS, HOUSING AND DEBT

We offer free of charge, generalist advice to Tower Hamlets residents on a wide range of issues including benefits, housing and debt.

When: Drop-in sessions at various locations. Please call or visit our website

Where: Tower Hamlets

For: Tower Hamlets residents

advice@bbbc.org.uk
0208 709 9757

SPECIALIST ADVICE

We work with a range of providers to offer free, specialist advice to Tower Hamlets residents on a wide range of issues including housing, employment and debt.

When: By appointment, please call or email

Where: Tower Hamlets and neighbouring boroughs

For: Tower Hamlets residents

advice@bbbc.org.uk
0208 709 9757

MONEY MANAGEMENT

Our one-to-one advice sessions help you to consider your income and expenditure and ways to save money and feel in control of your spending.

When: Appointments at various locations. Call or visit our website

Where: Tower Hamlets and neighbouring boroughs

For: Residents of Tower Hamlets and neighbouring boroughs

gettingonwithmoney@bbbc.org.uk
0208 709 9745

ENERGY ADVICE

Keep warm, manage bills and save money

Ourenergy advice service offers free, impartial advice to help you keep your home warm, stay on top of your bills and save money.

When: Call or email for an appointment at the Bromley by Bow Centre

Where: London

For: London residents

eastendenergyfit@bbbc.org.uk
0208 709 9745

Make new friends

CREATIVE ARTS

We hold all-ability creative workshops with local artists to enable people who live and work locally to meet each other and learn new skills.

When: Weekly programme. Please call or visit the website

Where: All areas

For: Particularly suitable for people with disabilities, those who are socially isolated and those aged 50 and over

arts@bbbc.org.uk
0208 709 9841 or 07908 659 669

EASTXCHANGE

Swap skills, time or experience

Our skills-sharing programme connects you with others. For every hour you spend helping someone, you will get an hour of help in return.

When: Drop into our weekly coffee session 1-2pm in the Connection Zone or call to find out more

Where: Tower Hamlets

For: Open to all to join

eastxchange@bbbc.org.uk
0208 709 9714 or 07951 034656

Adult social care

DAYTIME ACTIVITIES AND WORKSHOPS

Our Social Care service promotes independence and learning through activities and gives people the opportunity to develop new social networks and friendships.

When: Weekly schedule of workshops and activities. Please call or visit the website

Where: All areas

For: Adults with a range of learning and physical disabilities and mental health support needs

socialcare@bbbc.org.uk
0208 709 9841 or 07908 659 669

ONE-TO-ONE COMMUNITY SUPPORT

We offer one-to-one support to help our clients with learning and physical disabilities and mental health support needs access the community and lead more independent lives.

When: We devise programmes directly with individuals

Where: All areas

For: Adults with a range of learning and physical disabilities and mental health support needs

socialcare@bbbc.org.uk
0208 709 9841 or 07908 659 669

Start a new business

ENTERPRISE START UP SUPPORT

Start a new business

Our award-winning support programme for emerging social enterprises in East London helps get great business ideas off the ground.

When: Contact us or visit our website

Where: Tower Hamlets, Hackney and Newham

For: Anyone with a business idea that has a clear social purpose

socialenterprise@bbbc.org.uk
0208 709 9722

Knowledge and learning

BROMLEY BY BOW INSIGHTS

The Insights team helps people, organisations and communities to share the Centre's principles, model and learning.

What: Monthly insight tours, regular seminars, consultancy, bespoke training and workshops available on request

Where: National and international. Regular tours and study visits at the the Centre

For: Open to all

insights@bbbc.org.uk
0208 709 9741

Enjoy our spaces

CONNECTION ZONE

The Connection Zone is an important part of Centre life, connecting people with services and projects taking place in the Centre, the health practices and in the local community.

When: Drop-in and open access 9-5pm every day except Thursday 9-4pm

Where: Bromley by Bow Centre

For: Open to all

connectionzone@bbbc.org.uk
0208 709 9700

CAFÉ

The Unity Kitchen café is a social enterprise providing practical training for working in the hospitality and catering industry and a route into employment.

When: Monday to Friday 8.30-4pm

Where: Bromley by Bow Centre

For: Open to all

cafe@bbbc.org.uk
0208 983 1725