Activities & events

Our projects comprise a variety of activities which aim to support and enhance your health & wellbeing and independence. We believe that enabling people to have the tools to manage their own wellbeing, with opportunities for social interaction is an important foundation for wellbeing.

We provide a whole range of exciting opportunities and interesting approaches to better health:

- Nordic walking
- Digital Inclusion (computers, internet, smart phones, tablets/ipads)
- AgeWell
- A voice for older people
- Appian Court Resource Centre

Some of our other health services include:

- Healthy cooking & eating cooking clubs;
- Health workshops;
- Ty Fit (dynamic chair based exercise),
- Zumba groups;
- Smovey classes;
- Art and crafts
- Social activities including tea dances, cultural outings, trips;
- Signposting to health information and other services through outreach;
- Day and Resource Centre opportunities;
- Cancer awareness raising through outreach
- Outreach Services
- Navigator Services

These are delivered through a range of projects and stand alone activities:

- AgeWell (Hackney), Century Court (Hackney), Cancer awareness (Tower hamlets), Appian Court Resource Centre (Tower hamlets), Linkage Plus (Tower hamlets), Nordic Walking (Hackney, Newham & Tower hamlets)

Category(ies): Socialising, Independent living, Activities, Health & wellbeing

Who it is for: Older people in East London

Where available: Local service covering: Hackney, Newham, Tower Hamlets (Greater London).
### How to access or apply for it:
For more information about our health and wellbeing services please email us at info@ageukeastlondon.org.uk

### Info. updated:
02/07/2015

### About the service provider:

**Contact info:** Age UK East London  
**Telephone:** 0208 981 7124.

- [Email them](#)
- [Visit their website](#)

**Parent organisation:** Age UK East London

Providers directory: [http://www.housingcare.org/service/provider-27113-age-uk-east-london.aspx](http://www.housingcare.org/service/provider-27113-age-uk-east-london.aspx)