

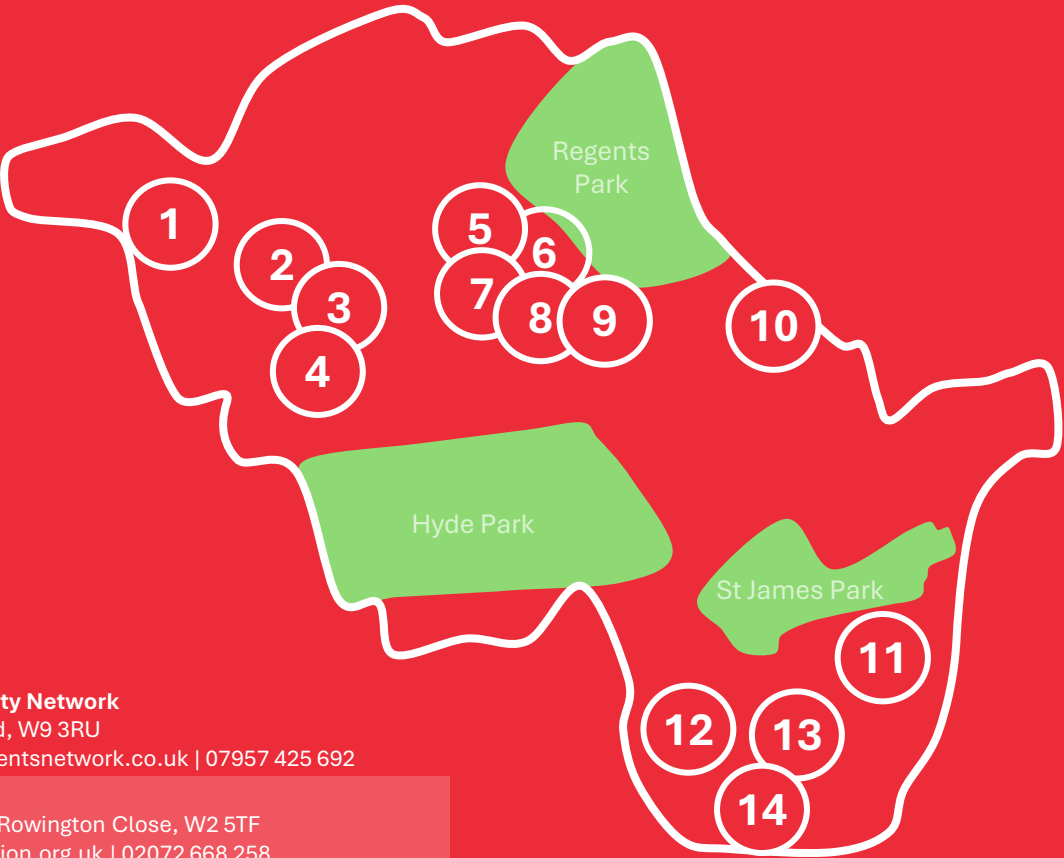
**Find a local Healthy
Hearts activity**



Join free healthy activities including exercise classes, Zumba, yoga, walking groups, health talks, sports sessions & lunch clubs.

You can also check your blood pressure, have a friendly chat about improving your health, and set personal goals.

Find a local Healthy Hearts activity



Tell It Community Network

- 1 472 Harrow Road, W9 3RU
admin@tellitparentsnetwork.co.uk | 07957 425 692

Grand Junction

- 2 Grand Junction, Rowington Close, W2 5TF
info@grandjunction.org.uk | 02072 668 258

Kulan Somali Organisation

- 3 The Stowe Centre, 258 Harrow Road, W2 5ES
info@kulankso.org | 07956 882 066

Westbourne Park Family Centre

- 4 Westbourne Park Baptist Church, Porchester Road, W2 5DX
info@wpfc.uk | 02077 276 019

MBS Centre

- 5 19 Samford Street, NW8 8ER
info@mbscentre.org | 02077 249 746

Mosaic Community Trust

- 6 Portman Centre, 12–18 Salisbury Street, NW8 8DE
habibahaque.mct@gmail.com | 07445 284308

Middle Eastern Women Society Organisation (MEWSO)

- 7 Church Street Neighbourhood Centre, NW8 8PT
office@mewso.org | 07780 983 152

Greenhouse Sports

- 8 35 Conway Street, NW1 5NS
info@greenhousesports.org | 02085 766 118

Hear Women

- 9 37 Chapel Street, NW1 5DP
info@hearwomen.org | 02036 649 519

Fitzrovia Community Centre

- 10 2 Foley Street, W1W 6DL
info@fitzroviacommunitycentre.org | 02075 808 680

Unfold

- 11 The Abbey Centre, 34 Great Smith Street, SW1P 3BU
hello@unfold.org.uk | 07591 405514

Westminster Bangladeshi Welfare Trust

- 12 Sherbourne House, Lower Ground Floor, Cumberland Street, SW1V 4LP
info@wbwt.org.uk | 07968 958885

Abdul Mageed Educational Trust

- 13 Grosvenor Hall, Vincent Street, SW1P 4HB/Church Street Library, 67 Church Street, NW8 8EU
info@amet.online | 07309 729 920

Sport4Health

- 14 St Gabriel's Parish House, Glasgow Terrace, SW1V 3AA
info@sport4health.co.uk | 07768 076459

Get involved in free healthy activities through local community organisations funded by Westminster City Council's Healthy Hearts campaign. Activities vary and are subject to availability

For more information about the looking after your heart health visit:
Westminster.gov.uk/healthy-hearts



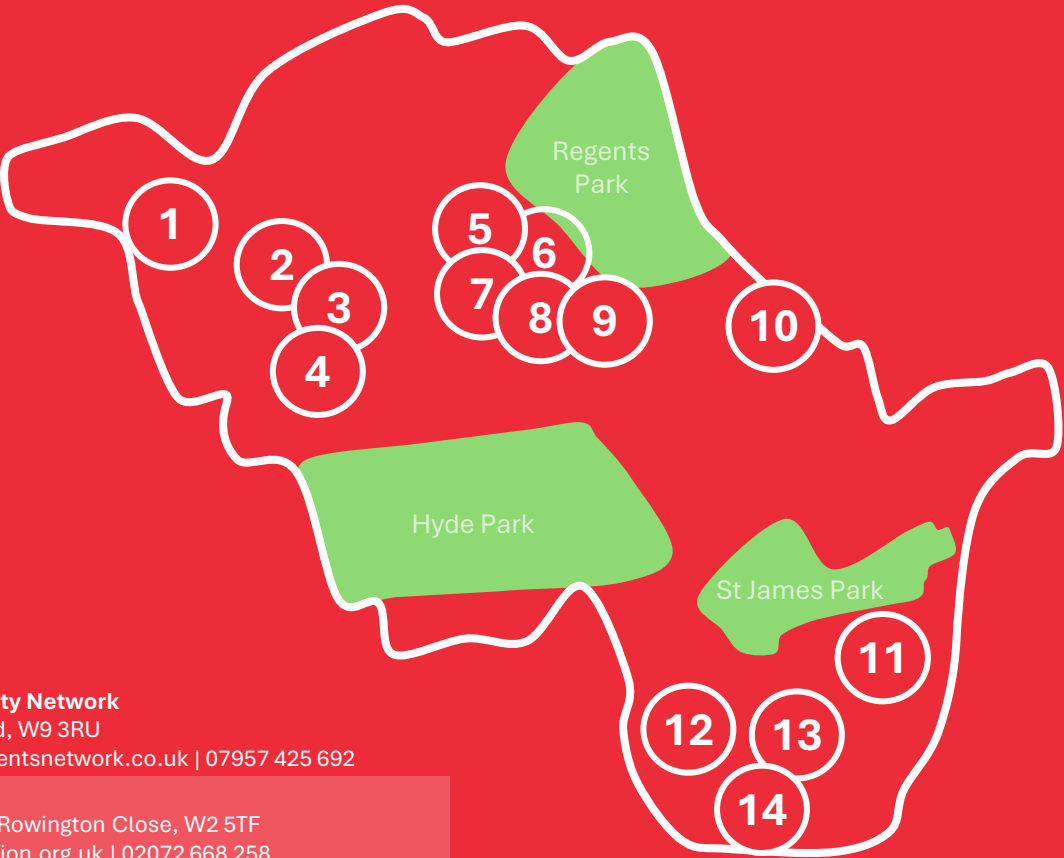
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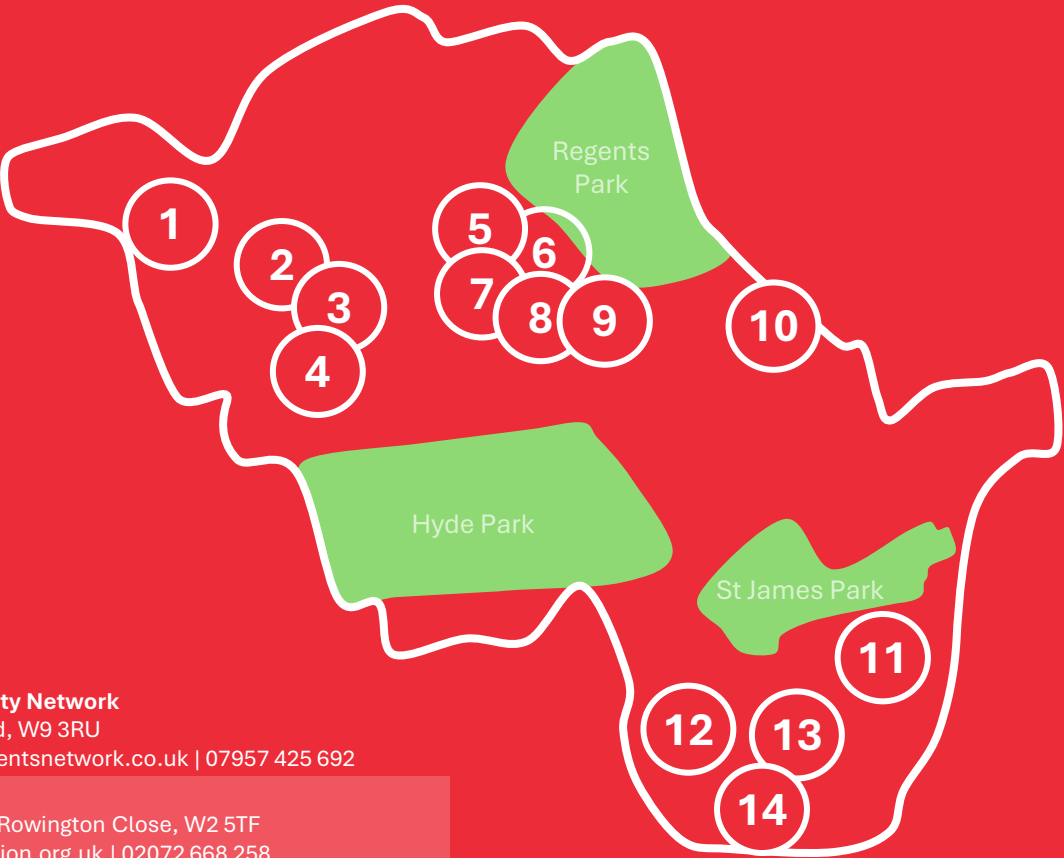
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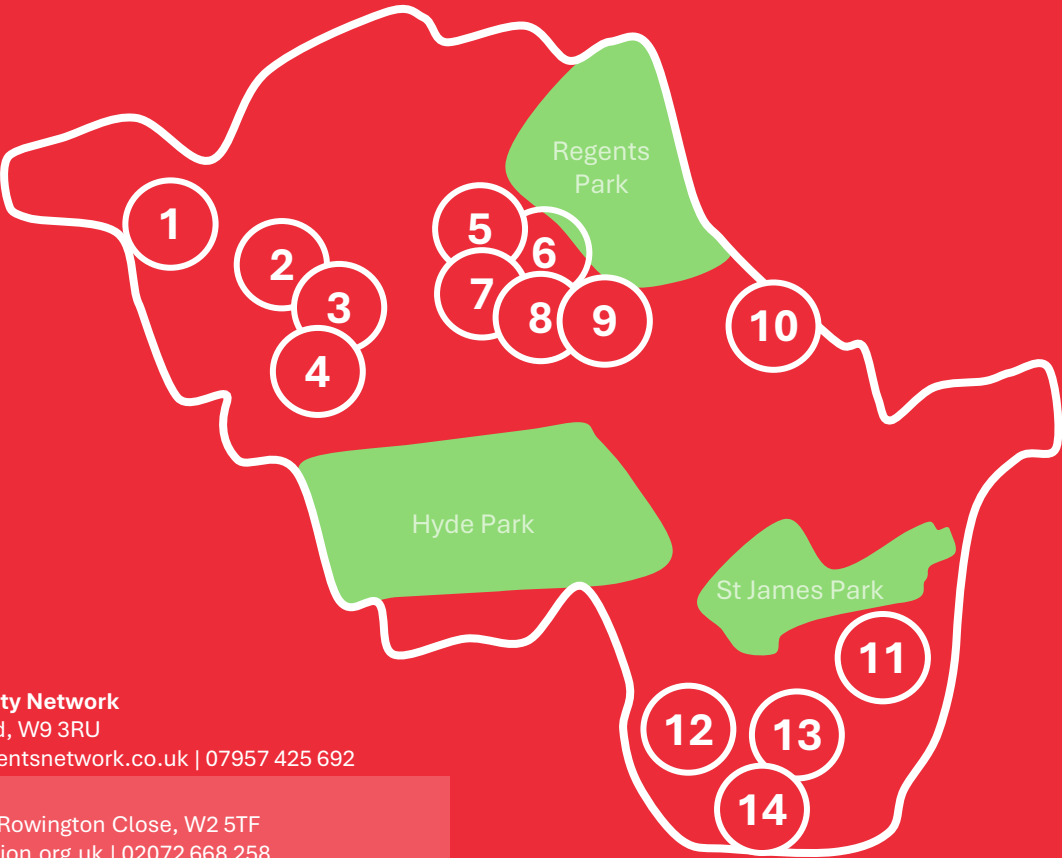
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