

[Day Centre for Women](#)

This runs [Monday from 10am to 2pm](#) with immense positive feedback to support the various needs of all age group from the diverse community within the London Borough of Newham and neighboring Boroughs. The activity includes various forms of exercises and keep-fit classes, interactive discussions on health issues, healthy lifestyle and dietary lessons, which are run by professional NHS and Newham Council members. We organise Annual celebrations and regular outings to many interesting places.