

Ageing Well Festival

Saturday 26 September 2026, 10am to 4pm

East Ham Leisure Centre, 322 Barking Road, E6 2RT

Join this year's festival to celebrate our residents aged 50+.

Find out about the activities and services in the borough; connect with other residents and learn how you can get involved with delivering and shaping services.

On the day you can expect:

- Health checks
- Glass painting
- Newham's Got Talent
- International Food Market
- Strength and Flexibility for over 70's
- Dance and exercise activities and much more

For more information, email AgeingWell@newham.gov.uk

Or call 020 3373 0731

You can travel to East Ham Leisure Centre by bus, including the 5, 58, 101, 105, 115, 238, 325 and 474.

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For more
information



newham.gov.uk/AgeingWellFestival

