



There is something for everyone.
 Being physically active has significant health benefits for hearts, bodies and minds. Whether you're walking, wheeling or cycling, dancing, doing sport or playing with your children, find out about the range of facilities and activities on offer across the borough to get and keep you moving.



Newham Physical Activity Map



There is something for everyone.

For more ways to keep active visit wellnewham.org.uk/advice/keeping-active

For free translation of this information, scan the QR code or call us on 020 3373 4000

CODE: LS2579025



<https://forms.office.com/Pages/ResponsePage.aspx?id=4Wk2NRiX-Eab7ZWvyHdsjx5e1RAzqBf0fGfK9L-3BUNzk4WDk3N09QTjdMQ0dEUeIC0EtjSEh1QjQIQCN0PWcu&origin=QRCode>

www.languageshop.org



Swimming at Newham Leisure Centre

Leisure Centres

From swimming pools, to gyms and group exercise classes, there is a variety of activities and sessions across the three leisure centres, which cater for beginners, to the more experienced!

Find your nearest Better leisure centre and try out the huge range of activities on offer.

better.org.uk/leisure-centre/london/newham



Newham Leisure Centre



Outdoor table tennis tables at Royal Victoria Gardens



BMX at Gooseley Playing Fields



Green Flag Award at Plashet Park

Newham Parks & Open Spaces

Newham has a number of lovely parks and open spaces to explore. Six of our parks have been awarded the coveted Green Flag Award status, recognising them as one of the country's best parks.

There are a range of facilities on offer including outdoor gyms, multi-use games areas, table tennis tables and play areas. They are free to use and open every day, from dawn till dusk.

Walking in Newham

Walking is simple, free and one of the easiest ways to get more active and become healthier.

For more information on walking activities, please visit wellnewham.org.uk/advice/walking

Cycling in Newham

Cycling is a great way to keep active, as well as a sustainable and environmentally friendly way to travel. There are many services that can help you to get cycling in Newham, whether that's help to hire a bike, buy a bike or places you can learn to cycle.

For more information, please visit wellnewham.org.uk/advice/cycling



Queen Elizabeth Olympic Park

Sports Facilities

	Map Ref.
Atherton Leisure Centre, 189 Romford Road, E15 4JF	D3
East Ham Leisure Centre, 324 Barking Road, E6 2RT	G5
Newham Leisure Centre, 218 Prince Regent Lane, E13 8SD	E6
UEL Sports Dock, University of East London, 4-6 University Way, E16 2RD	H8
Powerleague, Norwegian Playing Fields, Jenkins Lane, IG11 0AD	J6
London Aquatics Centre, Queen Elizabeth Olympic Park, E20 2ZQ	B4
Flanders Playing Fields, 118 Napier Road, East Ham, E6 2SG	H5
Copper Box Arena, Queen Elizabeth Olympic Park, E20 3HB	A3
Lee Valley Velodrome, Queen Elizabeth Olympic Park, Abercrombie Road, E20 3AB	A2
London Marathon Community Track, Queen Elizabeth Olympic Park, E20 2ST	A4
Lee Valley Hockey & Tennis Centre, Eton Manor, Queen Elizabeth Olympic Park, Leadmill Lane, E20 3AD	B2
Talent Central Cheerleading Gym, St Marks Industrial Park, 439 North Woolwich Road, E16 2B5	F9
Docklands Equestrian Centre, 2 Clapsgate Lane, E6 6JF	H6
East London Gymnastics Centre, 1 Triumph Road, E6 5LW	G7
Stratford Padel Club, 221 High Street, E15 2AE	B4
Royal Docks Adventure, 1012 Dockside Road, E16 2QT	F8
WakeUp Docklands, 1 Dock Road, D16 1AH	D8
The View Tube, The Greenway, Marshgate Lane, E15 2PJ	B4
City Mill Pool Street, Pool Street, London, E20 2AF	B4

Libraries

Beckton Globe Library, 1 Kingsford Way, E6 5JQ	G7
Canning Town Library, 18 Rathbone Market, Barking Road, E16 1EH	C7
Custom House Library, Prince Regent Lane, Custom House, E16 3JJ	E7
East Ham Library, 328 Barking Road, East Ham, E6 2RT	H5
The Gate Library, 2-6 Woodgrange Road, Forest Gate, E7 0QH	E2
Green Street Library, 337-341 Green Street, Upton Park, E13 9AR	F4
Manor Park Library, 685-693 Romford Road, Manor Park, E12 5AD	F2
North Woolwich Library, 5 Pier Parade, North Woolwich, E16 2LJ	G9
Plaistow Library, North Street, Plaistow, E13 9HL	E5
Stratford Library, 3 The Grove, Stratford, E15 1EL	C3

Community Centres*

Beckton Community Centre, 14 East Ham Manor Way, Beckton, E6 5NG	H8
Jack Cornwell Community Centre, Jack Cornwell Street, Manor Park, E12 5NN	H2
Katherine Road Community Centre, 254 Katherine Road, Forest Gate, E7 8PN	F4
The Well Community Centre, 49 Vicarage Lane, East Ham, E6 6DQ	H5

* This only includes centres who are part of the Newham Toilet Scheme and open their toilets for public use.

All information on this map is as accurate as possible but as it has been gathered from different sources, it cannot be guaranteed to be fully accurate. Although we have tried to ensure that the information is valid and correct.



Gym at Newham Leisure Centre

Parks

	Map Ref.
Barking Road Recreation Ground, Barking Road, East Ham, E6	H4
Beckton District Park North, Tollgate Road, Beckton, E6	F7
Beckton District Park South, Stansfield Road, Beckton, E6	F8
Brampton Park, Masterman Road, East Ham, E6	F6
Canning Town Recreation Ground, Prince Regent Lane, Custom House, E16	E7
Central Park, High Street South, East Ham, E6	G5
Cundy Park, Victoria Dock Road, Custom House, E16	E8
Forest Lane Park, Magpie Close, Forest Gate, E7	D2
Gooseley Playing Fields, St Alban's Avenue, East Ham, E6	H6
Hermit Road Recreation Ground, Hermit Road, Plaistow, E16	C6
Keir Hardie Recreation Ground, Tarling Road, Canning Town, E16	7D
King George V Park, King George Avenue, Custom House, E16	F7
Lister Gardens, Upper Road, Plaistow, E13	D5
Little Ilford Park, Church Road, Manor Park, E12	H2
Lyle Park, Bradfield Road, Silvertown, E16	D9
Memorial Recreation Ground, Memorial Avenue, West Ham, E13	C5
New Beckton Park, Savage Gardens, East Ham, E6	G8
Plaistow Park, Greengate Street, Plaistow, E13	D5
Plashet Park, Plashet Grove, Forest Gate, E7	F4
Priory Park, Grangewood Street, East Ham, E6	F4
Royal Victoria Gardens, Pier Road, North Woolwich, E16	9H
Star Park, Star Lane, West Ham, E16	C6
Stratford Park, West Ham Lane, Stratford, E15	C4

Open Spaces

Abbey Gardens, Bakers Row, Stratford, E15	C4
Abbey Lane Open Space, Abbey Lane, Stratford, E15	B5
Chandos Road Open Space, Chandos Road, Stratford, E15	B2
May Green, Watson Street, Plaistow, E13	D5
New City Green, New City Road, Plaistow, E13	E5
Odessa Road Open Space, Odessa Road, Forest Gate, E7	D2
Sandal Street Play Area, Sandal Street, E15	C4
Valetta Grove Open Space, Valetta Grove, Plaistow, E13	D5
Warwall Amenity Space, Warwall, E6	H7
East Ham Nature Reserve, Norman Road, East Ham, E6	H6
Cody Dock, 11c South Crescent, Cody Road, Canning Town, E16 4TL	B6

Other parks

The following parks are managed by authorities other than London Borough of Newham	
Thames Barrier Park, North Woolwich Road, London, E16 Managed by the London Development Agency	9E
Three Mills Green, Three Mills Lane, E3 Managed by Lee Valley Regional Park Authority	B5
West Ham Park, Upton Lane, E7 Managed by the City of London Corporation	D4
Queen Elizabeth Olympic Park, E20 Managed by the London Legacy Development Corporation	A3
Wanstead Flats, Centre Road, E7 Managed by City of London Corporation	D1/E1



Key to facilities

	BMX		Sports facility
	Bowling green		Swing boxes
	Cafeteria		Table tennis
	Cheerleading		Tennis court
	Cricket pitches/nets		Water sports
	Cycle speedway		Water/sand play/paddling pool
	Equestrian Centre		Brompton bike hire
	Equipment locker		Santander cycle hire
	Football pitch		ViewTube cycle hire
	Gymnastics		Toilets
	Library		Radar key toilets
	Multi-use games area		Changing toilets
	Outdoor gym/Trim Trail		Capital ring walk
	Play area		Cycle route
	Rugby pitch		Cycle route Q22
	Running track		
	Skateboard park		



Tennis courts at Little Ilford Park

Tennis in Newham

Tennis is a great form of exercise, and anyone can play, whatever your ability or age. Newham Parks Tennis provides a wide range of coaching opportunities for all levels of play.

To book a court, or for more information on programmes, please visit newhamparkstennis.org.uk



Swing boxes at Plashet Park

Swing Boxes

Swing Boxes, which are free to use, can be found in Central Park, Plashet Park and West Ham Park and comprise of an adjustable weights bench containing dumbbells and kettlebells from 1-20 kilograms. Swing Boxes are unlocked using the Swing Fitness app, which hosts a wide range of instructive exercise videos to support residents to exercise safely and progress their fitness.

For more information on Swing Boxes, please visit swingfitness.com

Get Active, Get Healthy

There are a range of free physical activity sessions for adults, aged 35+ taking place in your local library. From yoga and Zumba, to walking basketball and chair-based exercise.

For more information, please visit your local library or look online at newham.events.mylibrary.digital

Equipment Lockers

Fancy a game of football, basketball or table tennis but don't have your own equipment? We have five free equipment lockers located at Plaistow Park, Plashet Park, Royal Victoria Gardens, Stratford Park and Warrior Square. To use the equipment, download the free Equip app. Take your equipment free of charge, close the door and enjoy! Then use the app to put your equipment back when you're finished.

BetterPoints Newham

Earn BetterPoints and win prizes for walking, wheeling, cycling and running. Spend them at participating local and national retailers or donate them to charity. Taking part is easy. Download the app, register with a Newham postcode, pop your phone in your pocket, get outdoors and start earning rewards.

For more information, please visit newham.betterpoints.uk

Our Parks

Our Parks is a great initiative that brings fun and inclusive outdoor exercise sessions to select parks across Newham. These sessions are led by qualified fitness coaches, ensuring a safe and effective workout experience for everyone. All residents have to do is sign up and book sessions online for FREE.

Visit ourparks.org.uk/borough/london-borough-newham to view the full programme of sessions in Newham.

Parkrun

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning at 9am at Beckton District Park South and Victoria Dock.

To register or for more information, please visit parkrun.org.uk

More Ways to Keep Active

For more ways to get and keep active, please visit wellnewham.org.uk/advice/keeping-active



Outdoor gym equipment at Forest Lane Park



Play equipment at Barking Road Recreation Ground