

2026

Kick-start A Healthy 2026!

FREE MOT PHYSICAL HEALTH CHECK UPS

Free MOT-style full body health checks: height, weight, BMI, lifestyle advice, Q-Risk, and more available now.

[West Ham Lane - 12th Jan](#)

[John Scott Health Centre - 13th Jan](#)

[Trust HQ - 14th Jan](#)

[Wolfson House - 14th Jan](#)

[Grove View Health Hub - 15th Jan](#)

[John Howard Centre -19th Jan](#)

[East Ham Care Centre - 23rd Jan](#)

SUBSIDISED PILATES - TRUST HEADQUARTERS

[8 Week Subsidised Pilates Class at Trust HQ from 14 January. Just £2.50 per class! Spaces on the class are limited so sign up soon!](#)

[Click here to reserve your place>>](#)

Questions?

Contact the Engagement and Wellbeing Team
elft.employee.engage@nhs.net

SIGN UP FOR MORE WELLBEING UPDATES AND OFFERS

