

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

