

Newham Kids: Exercise & Services Guide

Newham Community Children's
Physiotherapy Service



Contact us

Newham Community Children's
Physiotherapy Service
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Download [Newham Physical Activity Map.pdf](#)



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

We care . We respect . We are inclusive

All ages

Bookonline for more details [Bikeworks Website](#)

6. London Youth Rowing

Address: 1012 Dockside Road, London E16 2QD

- ecoe@londonyouthrowing.com

7. Double Twist Dance School

Ballet lessons for children

Forest Gate Youth Centre - 07842 407 227

Sarah Bonnell School - 07792 450 372

8. Horse riding

Pony rides for £3 a lap on Saturdays and Sundays for children with additional needs/ASD.

Requirement: Age 3yrs+ & 1m (100cm) tall

Telephone: 0207 5113 917

Venue: 2 Claps Gate Lane, Beckton, E6 6JF

9. We make Footballers: Newham Academy

Address: Stratford School Academy, Upton Lane, London E7 9PR

Phone: 07817 864 712

For boys and girls, aged 4-12, of all abilities

10. Skating Haven Family Roller Skating

Located in: Newham Leisure Centre

Address: Newham Leisure Centre, 281 Prince

Regent Lane, London E13 8SD

Hours: Closed · Opens 1 pm Sun

Mobile: 07956 131 672

11. Lee Valley Ice Centre

Address: Lee Valley Ice Centre, Lea Bridge Rd, London E10 7QL

Phone: 0300 003 0624

Benefits of exercise

- Improves memory and attention.
- Has a positive impact on mental health. Helps maintain blood sugar levels.
- Reduces the risk of chronic diseases like type 2 diabetes.
- Strengthens bones.
- Helps in the development of strong muscles and endurance.
- Help maintain a healthy body weight and reduce fat

Way of increasing physical activity and exercise

- Make it fun! Children are more likely to exercise when the activity is enjoyable.
- Exercising with others can help children be more active.
- Helping your child set goals can encourage them to exercise more.



Guidelines

It is recommended that children aged between 5 and 17 years old should have at least 60 mins of moderate to vigorous intensity physical exercise per day.

Children aged 1-5 years should ideally have 180 mins of physical activity a day. This may include messy play, walking and swimming.

Children under 1 should have 30 mins of physical activity across the day. This may include tummy time and object play.

Services

1. Newham Ability Camp

A multisport club which aims to give children and young adults with disabilities first step into sports. They offer football, cricket, table tennis, athletics, volleyball, basketball, fencing, softball, archery, and many more.

- Age 6-18+
- Telephone: 07811671082



2. Swimming General + Sen

Free swim under 16s - Any centre, Newham, East Ham, Atherton (Newham residents)

How to apply:

1. Create a [Better Junior Resident membership](#)
2. Change the membership to pay as you go
3. Click the single payment option to obtain a free membership

3. Soft play

A soft play area is an indoor playground made for young children, where all the surfaces are padded with soft and spongy materials. Soft play centres offer your baby, toddler or child a safe environment to run, laugh and have fun with other children. This is available at any Better Leisure Centre in Newham.

1 free adult ticket per child (costs apply).
Available for children up to 10 years old.
Available at any Leisurecentre in Newham.

4. Trampoline- Flip out

Address: 281 Barking Road, London E6 1LB
Telephone: 020 3745 4144

5. Bikeworks

This is a cycle club that runs for all abilities for free. The sessions are designed for people with physical, sensory or learning disabilities, those with health conditions and carers.

They provide bicycles and adapted cycles. They hold sessions in E6 and E20, covering Queen Elizabeth Olympic Park and Central Park.