



Gardening & growing the food we eat & working together across the generations.



Healthy eating & cooking

Cooking lessons in purpose built kitchens with professional chefs. Nutrition and food budget workshops and obesity support groups. Breakfast, after school and holiday clubs.

Gardening & growing food

A gardening and growing space where children and adults can experience 'farm to fork'. A "wetland area" for learning, an orchard and a beehive.

Exercise, fitness & sports

Yoga and pilates, a trim-trail, 5-a-side football field, fitness sessions and dance.



Roots4Life
Charlton Manor Primary School
Indus Road
London SE7 7EF
Registered Charity No. 1165003 V1.1



We're all about...

**healthy eating & cooking,
gardening & growing food
& exercise, fitness & sports.**

The Centre

- Brand new community centre
- Café
- Teaching cooking kitchen
- 2 multi-use areas
- Garden and wetland area
- Raised beds and an orchard
- Grass amphitheatre

"It is health that is real wealth & not pieces of gold and silver."

– Mahatma Gandhi

The Charity

Roots4Life is a registered charity that helps people of all ages to live healthy and happy lives by improving their physical and mental well-being and resilience.

The Baker Centre is a community-hub based in south-east London, run by Roots4Life, that will deliver a range of activities in order to tackle childhood obesity and loneliness and isolation within the elderly community.



The Problem

Childhood obesity and loneliness and social isolation are two of the UK's most prominent health risks. They kill more people than smoking and costs more than police, fire, law courts and prisons put together.

Public services are unable to address the scale and severity of the situation but community-led prevention will be highly effective and can be delivered at a fraction of the cost.

'The Baker Centre' is a community hub that will provide a portfolio of integrated services. They will focus particularly on prevention and intervention activities that address obesity and loneliness across generations.

We want everybody to have...

- Improved physical and mental well-being.
- Better understanding, attitudes and behaviours around food, eating and exercise.
- Raised sense of community and more positive friendships.



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