

SHOP LOCAL, LOVE LOCAL



Get all your needs, from a paintbrush to a pair of shoes to a present, in Camberwell. Look for the Love Local sticker.

ARTS, CRAFT & MUSIC

- Blue Elephant Theatre
- Cowling & Wilcox
- Dash the Henge
- Gabriela Szulman
- Live at St Giles
- South London Gallery
- Urban Potters

CAFES & RESTAURANTS

- Asya Fish, Chips & Kebabs
- Bolu Kebab
- Brunchies *
- Café O Portugues
- Caffè Vape
- Culture Lebanese
- Falafel & Shawarma
- Fladda Fish & Chips
- Francesco's chicken
- Francesco's Pizza *
- Huong Viet *
- Juicebox@vegan kitchen
- Love Walk Cafe
- Lumberjack *
- Manayu
- Mazavaroo Club
- Mona
- New Dewanian
- Ortus
- Pizza Parseh
- Rock Steady Eddie's
- Theos Pizza
- Viet Cafe

SHOPPING & RETAIL

- Brights Printers & Stationers
- Card Corner
- Eleven SE5
- Elite Shoes
- Howard Bros
- Jumping Bean
- TTFN Vintage

SERVICES

- Crossthwaite Ave post office
- CutLaserCut
- Gordon Grove Metal Company
- M & H Dry Cleaners
- Susita's Shop Money Transfers
- WBC Promotional Supplies

URBAN FARMERS' MARKET

- Celtic Bakers
- La Tua Pasta
- Roka Brings Flowers
- Senses Massage
- Urban Farmers' Market on Sat

FOOD & GROCERY

- Betty's Bakery
- Cakes on the Corner
- Gladwells *
- Irene *
- Margaret's Cakes of Distinction
- Sophocles *
- Spice n Nice
- TFC Turkish Food Centre
- Toad Bakery

HAIR & BEAUTY

- Alberto's Hair *
- Gabby's Unisex Hair Salon
- Head to Toe
- Kalon
- KL Beauty
- Marbella Hair & Beauty Salon
- Off Cut Barbers
- Refined Male Grooming
- Sabina Hair and cosmetics
- The Union Black
- Top Nail & Beauty
- Tula Rose

HEALTH & WELLBEING

- Amy Cottrell Nutrition *
- Camberwell Dental Care
- Camberwell Lodge care home
- EasyGym *
- Herbal Source *
- One Dental *
- Osteopathy on the Green
- Pure Gym
- Rodney's Eyecare
- Support & Sustain Physio *
- Temple Bowling Club
- The London Acupuncturist *

PLANTS & GARDENS

- Alice McCabe
- Chase Gardens
- GH Design

PROPERTY

- 1st Choice Estates
- Conveenie
- Hunters
- Leone Property Services
- Urban Village Homes

PUBS & BARS

- Camberwell Arms
- Crooked Well *
- Grove House Tavern *
- Little Cellars *
- Stormbird
- The Bear
- The Hermits Cave
- The Joiners Arms *
- Veraison

GOOD

MAP

FEEL

HEALTH & WELLBEING
IN CAMBERWELL, LONDON

SUPPORTED BY

SE5FORUM
FOR CAMBERWELL



CAMBERWELL
LIFE

In partnership with
Southwark
Council

Feel good in Camberwell, London.

From art to yoga, medicine to music
find fantastic local feel-good places.

Health and wellbeing on your
doorstep.



A healthy history

It began when Londoners decided that the waters of the Camber Well were a remedy for life's ills. Ever since, Camberwell has been a cradle for medical discovery and innovation in the area of physical and mental health and wellbeing. It's no wonder that the Metropolitan Borough of Camberwell adopted the motto "All's Well" for their coat of arms in 1901.

The waters of Camberwell were said to be rich in iron and mineral salts. People from the City of London were sent here when they had life threatening diseases, like leprosy, for treatment by the church and clean, healing waters from the local wells. By the 18th century Camberwell's springs drew people from far and wide. The elegant Georgian terraces of Grove Lane and Camberwell Grove are a legacy of the area's prosperity in this period.

Dr Lettsom, founder of the Medical Society of London, established a botanical garden of rare plants, some of which can still be seen in Lettsom Gardens. In the 20th century Kings College Hospital and the Maudsley moved here. The area remains vital to the health of Londoners.

Brought to you by Camberwell.Life, three local organisations: SE5 Forum, Camberwell Arts, and Camberwell Society, collaborating with local independent businesses to celebrate our diverse High Street and make Camberwell a place we are all proud of.

Pick up your free copy of the Travel Guide to Camberwell at the community stall at Camberwell Green Saturday market and start to explore what Camberwell has to offer.

📍 @se5forum

🌐 www.camberwellsociety.org.uk

🌐 www.se5forum.org.uk

🌐 www.camberwellarts.org.uk

🌐 www.camberwell.life (to follow the map on google)

* NHS staff discount available



HEALTH & WELLBEING
IN CAMBERWELL



Feel good in Camberwell!
Wellbeing for your heart, mind and body.

DOCTORS

1. Brunswick Park Family Practice
2. Camberwell Green Surgery
3. Kings College Hospital
4. Maudsley Hospital
5. Parkside Medical Centre
6. Sir John Kirk Surgery
7. The Corner Surgery

DENTISTS

8. Camberdent
9. Camberwell Dental Care
10. Denmark Hill Dental Surgery
11. Denmark Hill Smiles
12. Kings Dental Clinic
13. One Dental
14. The Dental Practice

CHEMISTS

15. Butterfly Pharmacy
16. Davis chemist
17. Day Lewis
18. Fourways Pharmacy
19. Kembers Pharmacy
20. Lettsom Pharmacy
21. Peace Pharmacy
22. Sheel Pharmacy
23. Superdrug

SPORT

24. Bronx Boxing Club
25. Brunswick Park Tennis Courts
26. Burgess Park BMX
27. Burgess Park Community Sports Centre
28. Burgess Park Tennis Centre
29. Butterfly Tennis Club
30. Camberwell Swimming Baths and Leisure Centre *
31. Flaxman Sports Centre
32. Lynn AC Boxing
33. Myatt's Fields Sports Courts
34. Ruskin Park Sports Courts
35. Temple Bowling Club

WELLBEING

36. Amy Cottrell Nutrition *
37. Artichoke Pilates
38. Burgess Park Outdoor Gym
39. Camberwell Community Choir
40. Camberwell Library
41. Camberwell Lodge Care Home
42. Carnegie Library
43. EasyGym *
44. George Monkhouse Acupuncture
45. Herbal Source, Acupuncture & Healthcare *
46. Holland & Barratt
47. Longfield Hall
48. Lost in Yoga *
49. Osteopathy on the Green
50. Pure Gym
51. Rodney's Eye Care
52. Ruskin Park Outdoor Gym
53. Senses Massage **
54. Southwark Pensioners Centre
55. Support and Sustain Physio *
56. The Get Well Clinic Camberwell Acupuncture
57. The London Acupuncturist *
58. Winners Fitness *
59. Zen Yoga *

ARTS

60. Art In The Park
61. Blue Elephant Theatre
62. Cowling & Wilcox
63. Dash The Henge
64. Golden Goose Theatre
65. Jazzlive At The crypt
66. Live At St Giles
67. Sim Smith Gallery
68. South London Gallery
69. Theatre Peckham
70. The Remakery
71. Urban Potters

GREEN SPACES

72. Brunswick Park
73. Burgess Park
74. Camberwell Green
75. Dog Kennel Hill Open Space
76. Elam Street Open Space
77. Green Dale Fields
78. Lettsom Gardens
79. Loughborough Farm
80. Lucas Gardens
81. Myatt's Fields Park
82. Ruskin Park

* NHS Staff discount available - ask businesses for details

** Only available at the Saturday Urban Farmers' Market

Map compiled June 2024

YOUR LOCAL HEALTH
AND WELLBEING PLACES

79 → Loughborough Junction Station