**PLAISTOW COMMUNITY NEIGHBOURHOOD ACTIVITIES**

**Monday**
- English conversation Club 10-11am
  - Friendly conversation class to help improve English language skills. Term Time only
  - Plaistow Library
- Crochet Club 10am-11am
  - Come along to crochet and meet new people.
  - Jeyes Community Centre
- Homework Club 3.30-4.30pm
  - Join us for study support and homework help.
  - Plaistow Library
- PlayStation 4 Youth Session 4.30-5.30pm
  - An opportunity for young people to play PS4 games. 10am-11am. Please book and meet games at Plaistow Library

**Tuesday**
- Sign & Speak 10.30-11.30am
  - Babes aged 6 to 10 months
  - An interactive session to help stimulate young babies sense of movement and response, delivered by Plaistow Children's Centre
  - Plaistow Library
- Crafty Makers 10-11am
  - Come along to crochet and have a knatter, whilst knitting and meeting new people.
  - Jeyes Community Centre
- FREE ESOL Classes 9.30am-2.45pm
  - English classes for adults to learn to improve their English language skills. Registration required
  - Group 1: 9.30-10.30am including 30 min. break Group 2: 11.30-12.30pm
  - Plaistow Library
- Happy Living Club 1-5pm
  - An over 50's social club and over. Please contact Plasitow Library to reserve a space.
  - Plaistow Library

**Wednesday**
- Do IT Online 10am-12pm
  - 8 weeks beginners computer classes
  - Please contact the library to reserve a space.
  - Plaistow Library
- Musical Fingers 10-11am
  - Fun social activity involving left to right co-ordination.
  - Plaistow Library
- FREE ESOL Classess 10.30am-12.30pm
  - Women's Group
  - Women only community group social for those who have had or have mental health conditions.
  - Plaistow Library
- Life in U.K. 1.30-2.30pm
  - 12 week Life in the UK B1 & B2 ESOL classes.
  - Please note that there is a charge for this course. For more info please contact Franklin on 07931 965 584 or visit: www.familysupportnetwork.org.uk
  - Term Time only
  - Plaistow Library
- Fun Singing with Instruments 2.30-3.45pm
  - A fun interactive singing and story session for all ages.
  - Plaistow Library

**Thursday**
- Bounce and Rhyme Timet 2-3pm
  - Singing with instruments, learning new rhymes and songs for everyone to enjoy with a story to unwind.
  - Plaistow Library
- Councilor's Surgery 1-3pm
  - Plaistow South
  - Councilor Caroline Lee-Phakoe 2nd Thursday of the month
  - Plaistow Library
- Games Club and Chess 3.45-4.45pm
  - Play chess with friends in a group.
  - Plaistow Library
- Yoga 4.5-7.45pm
  - Enjoy traditional games as well as Table Tennis.
  - Plaistow Library

**Friday**
- Music and dance session for toddlers run by Plaistow Children's Centre
  - Term Time only
  - Plaistow Library
- Councilor's Surgery 10-11am
  - Plaistow North
  - Councilor Caroline Lee-Phakoe, 1st and 3rd Thursday of the month
  - Plaistow Library
- Knit & Knatter 10am-12pm
  - Come along and have a knatter, whilst knitting and meeting new people.
  - Plaistow Library

**Saturday**
- Newham Social Walk 10am-11am
  - Meet & Plaistow library & walk to Plaistow Park.
  - Come back to the library for refreshments.
  - All ages welcome
  - Plaistow Library
- Councilor’s Surgery 10am-11am
  - Plaistow North
  - Cllr. Neil Wilson 10am-11am
  - Plaistow Library
  - Plaistow South
  - Cllr. Jane Barbara Lofthouse
  - 2nd and 4th Saturday of the month
  - Plaistow Library
- Active Centres (AC) Over Fifties
  - North Street, Plaistow E13 9HL
  - James Close, Plaistow E13 9BB
  - 627-633 Barking Road, Plaistow E13 9EZ

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* - Please contact Plaistow Community Neighbourhood team on 0203 373 0859 or email: CH.PlaislowCommunityCen@newham.gov.uk for more information.
** - Please contact Jeyes Community Centre on 020 337 0155 or e-mail CH.JeyesCommunityCen@newham.gov.uk
*** - Please contact Barking Road Community Centre on 020 8471 2180

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**Digital Online**
- Homework Support Laptops available to support your homework and learning needs.
  - Term Time Only
  - Plaistow Library
- Creative Craft
  - Fun craft sessions for children with their parents/care.
  - 10am-12.30pm
  - Plaistow Library

**Friday**
- Chatterbooks 2.30-3.30pm
  - Enjoy past and present films in our community room.
  - Plaistow Library
- Chappelle 2-4pm
  - £1.00 per session. Limited spaces available.
  - Plaistow Library

**Saturday**
- Family Film Club 2.30-3.45pm
  - Enjoy family films in our community room.
  - Plaistow Library
- Table Tennis 3-5pm
  - Improve or show off your table tennis skills.
  - Plaistow Library