

Welcome Newham Newsletter

Hello and welcome to our April newsletter! We would like to highlight activities and events happening in the area that may be of interest to you.

If you know of something happening that you think would be a good idea to show case in the newsletter, please get in touch with the team.

Our faith calendar of the month



APRIL	
	Passover Celebrating the Exodus of the Israelites from Egypt.
	1 Hanuman Jayanti Celebrating the birth of Hanuman, the Monkey God.
	2 Maundy Thursday Commemorates the Last Supper of Jesus.
	3 Good Friday Commemorating Jesus' crucifixion.
	6 Easter Sunday Celebrating the resurrection of Jesus.
	8 Hanamatsuri A festival celebrating the birthday of Shakyamuni.
	12 Easter Day (Orthodox Christianity) Celebrated by Eastern Orthodox Christians.
	Vaisakhi A major Sikh festival celebrating the Khalsa's formation.
	14 Dr. B. R. Ambedkar's birthday anniversary
	19 Akshaya Tritiya An auspicious day in the Hindu calendar for new beginnings.
	21 First Day of Ridván A Bahá'í festival celebrating Bahá'u'lláh's prophethood.
	23 St George's Day Celebrating the patron Saint of England.
	29 Ninth Day of Ridván Celebrating Bahá'u'lláh's family joining him during Ridván.



*For your
elderly...*

Better Balance Falls Prevention Programme

The Better Balance programme aims to support **older adults in Newham** who want to:

- Feel steadier on their feet
- Reduce fear of falling
- Stay active and independent for longer

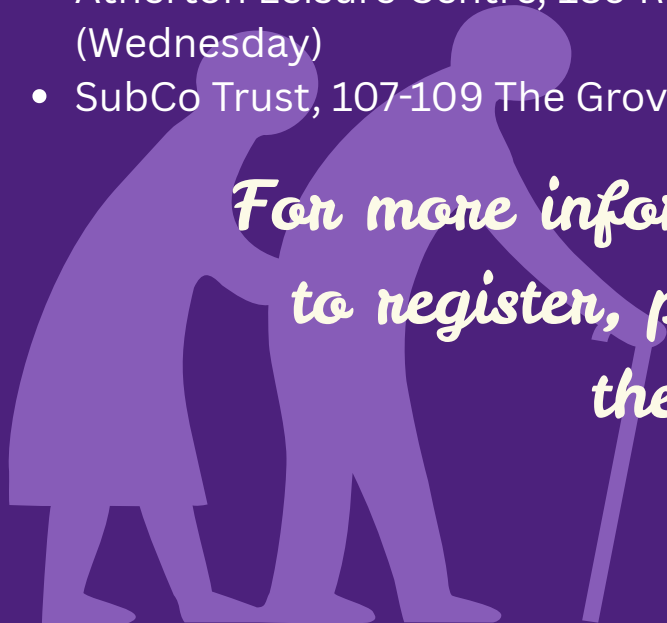
The **free programme** is for **6 weeks** to start with and includes a **weekly 45-minute group session** that will improve your strength, balance, and confidence through gentle, tailored exercises. You'll also get a simple home exercise plan to work through between sessions.

After each class, there's time to chat with others in the group and hear about other local activities. We also work with local community groups to make sure everyone feels welcome and supported, including help with translation and extra guidance if needed.

The classes take place at:

- African Caribbean Resource Centre, 627-633 Barking Road, E13 9EZ (Monday)
- Atherton Leisure Centre, 189 Romford Rd, London E15 4JF (Wednesday)
- SubCo Trust, 107-109 The Grove, London E15 1HP (Friday)

*For more information or
to register, please scan
the QR code:*



WELCOME
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Newsletter

For your
babies...

nutrition kitchen

helping families understand food



Newham London



NUTRITION KITCHEN NEWBIES



FOR NEW MOTHERS WITH A HISTORY OF
GESTATIONAL DIABETES

FREE HEALTHY EATING, BABY
MASSAGE & BABY YOGA CLASSES!

STARTING 28TH JAN
WEDNESDAY | 12:30 - 1:30PM

SHIPMAN FAMILY HUB & YOUTH ZONE
340 PRINCE REGENT LANE
LONDON, E16 3JH

Call or email to book:
020 3373 2555
familyhub@newham.gov.uk

New mothers are very welcome to join even
if you do not have gestational diabetes.

WELCOME
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Newsletter

To learn
English...



University of
East London

Free English conversation club

Open Registration

for intermediate level English
language learners



Club Highlights



Dear All,

We are offering free English Conversation sessions for intermediate level English language learners.

If you would like to improve your English, please join our new free English Conversation Club delivered by UEL student volunteers.

When:

Tuesdays 11 - 1 pm

31st March, 7th April, 14th April, 21st April

Where:

The Neighbourhood Hub, Childhood and Social Care Building, Water Lane campus

i Register & Info

- Please email Carolyn on cconway@uel.ac.uk to register interest.

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For your
family...



East End
COMMUNITY FOUNDATION



Newham Young Carers presents...

Family Fun Day!






Free easter egg for
first 50 children
through the door!

Join us for a fun-filled day
for the whole family!

Freshments will be provided,
and everyone is welcome!



FREE Activities Including:

-  Face Painting
-  Henna
-  Family Tai Chi
-  Arts and Crafts
-  Bouncy Castle



Friday 10th April



11am - 2pm



The Renewal Programme
395 High Street North
E12 6PG

Newham Community Renewal Programme Ltd. Registered in England and Wales as a charity (275796)



395 High Street North, E12 6PG



02084716954



renewalprogramme.org.uk



info@renewalprogramme.org.uk

For your
children...

Easter Holidays Activities




Free Youth Programmes


THIS EASTER

**FREE MEAL
INCLUDED**

8 – 11 Years

 Kensington Primary School
Kensington Avenue,
Manor Park E12 6NN

 Monday 30th March
Tuesday 31st March
Wednesday 1st April
Thursday 2nd April
Tuesday 7th April
Wednesday 8th April

 10am - 2pm

**You must be in receipt of free school meals and
receive benefits to access this programme**

Activities:

- Arts and Crafts
- Jewellery Making
- Henna Art and Face Painting
- Smoothie Making
- Archery
- Fencing
- Non-contact Boxing
- Football and Basketball
- Knitting and crochet

Sign up

To sign up, scan the QR code to the right or use the
link renewalprogramme.org.uk/haf26

SCAN ME



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For your
children...

Easter Holidays Activities



Newham London

JUNIOR

TENNIS CAMP

**Stratford Park
Gooseley Playing
Fields**

**30th March- 3rd April 2026
10:00am-2:00pm
5-10 / 11-16 years**

Action packed holiday
camps with team
challenges, tennis skills,
games and prizes.



SCAN THE QR CODE TO
BOOK OR CLICK ON THE
LINK BELOW

[HTTPS://NATIONALTENNIS.ORG.UK/CAMPS/LONDON/](https://nationaltennis.org.uk/camps/london/)

CONTACT FOR FURTHER INFORMATION-
HELLO@NATIONALTENNIS.ORG.UK

LTA
YOUTH



WELCOME
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For your
children...

Easter Holidays Activities



Newham London

HAF FUNDED

TENNIS CAMP

**Stratford Park
Gooseley Playing
Fields**

30th March - 3rd April 2026

10:00am - 2:00pm

5-10 years

Action packed holiday
camps with team
challenges, tennis skills,
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SCAN THE QR CODE
TO BOOK OR CLICK ON THE
LINK BELOW

[HTTPS://EEQU.ORG/NATIONALTENNISASSOCIATIONNEWHAM](https://eequ.org/nationaltennisassociationnewham)

CONTACT FOR FURTHER INFORMATION -
HELLO@NATIONALTENNIS.ORG.UK

LTA
YOUTH



WELCOME
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For your
children...

Easter Holidays Activities



Hoopz Easter Break Activity

Hoopz is a Pan-disability Basketball activity delivered by
Access Sport in partnership with Basketball England

Where / When

- Tuesday 31st March 2026 10 AM - 12 PM
Star Park MUGA, Star Lane, E16 4HW
- Thursday 2nd April 2026 2 PM - 4 PM
Gibbons Recreation Ground, NW10 9BX
- Wednesday 8th April 2026 10 AM - 12 PM
Star Park MUGA, Star Lane, E16 4HW
- Friday 10th April 2026 2 PM-4 PM
Gibbons Recreation Ground, NW10 9BX

Free Fun outdoor activity for boys & Girls
5-25 years old

Register: <https://tinyurl.com/EasterHoopzActivity>

More Information email:
Hoopz@accesssport.co.uk 02079939883



*For young
Carers...*



Are you a Young Carer?

A Young Carer is a young person aged 5-17 yrs who helps to look after someone because of:

Drug or alcohol misuse

Disability

Illness

Long-term physical illness

At the Young Carers Project, we provide FREE support, advice and activities to support young carers

- Providing young carers with a break through weekly drop-in sessions at East Ham Library every Monday and Wednesday from 4-6:30pm
- Youth forums, allowing young carers to share their thoughts
- Information and advice
- Access to trips and activities

Find out more

Email or phone us at
info@newhamcarerscommunity.org.uk
020 3954 3143

Scan the QR code or head to the link:
renewalprogramme.org.uk/new-youth-services-page/



For young
Carers...

You are a young carer if you:

Help look after a family member (your mum, dad, brother, sister or a grandparent)

Help them with daily tasks such as getting dressed or getting out of bed

Help them with getting medicine or going with them to the doctors or hospital

Help with housework, shopping or making meals for them

Helping them speak with or translate to others

Managing the family budget

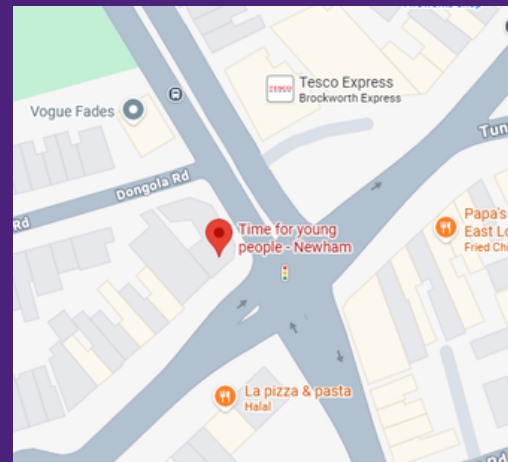


WELCOME NEWHAM

Newsletter

Time

for young people



**Address: 517 -519
Barking Road, E13 8PS**

Focus: Emotional well-being, including help with anxiety, depression, and building resilience.



providing free, drop-in mental health and emotional wellbeing support for young people (often aged 10-25)

Day	Time	Service
Monday	2pm - 6pm	Drop-In Wellbeing Support for ages 8-15
Tuesday	2pm - 3pm	Decompression Space - all ages
	4pm - 5:30pm	Workshop for young people aged 16 -25 years old
Wednesday	2pm - 3:30pm	Decompression Space - all ages
	2pm - 4pm	Workshop for young people aged 16 -25 years old
Thursday	2pm - 6pm	Drop-In Wellbeing Support for ages 16-25
	2pm - 4pm	Decompression Space (Chill Zone)
Friday	10am - 3pm	Decompression Space (Chill Zone)

WELCOME
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Newsletter

Youth

Empowerment Zone



Beckton Globe Youth Zone

Kingsford Way, Beckton,
E6 5JQ

Forest Gate Youth Zone

Woodford Road, Forest Gate
E7 0DH

Little Ilford Youth Zone

Little Ilford Centre, 1A Rectory
Rd, Manor Park
E12 6JB

Shipman Youth Zone

340 Prince Regent Lane,
Custom House
E16 3JH

Stratford Youth Zone

Theatre Square, Stratford
E15 1BX

*For more information,
please scan:*



Beckton Globe Youth Zone

TUESDAY	WEDNESDAY	THURSDAY
3-5PM UNIVERSAL SESSION 3.30-4.30PM PODCAST SESSION	3-5PM UNIVERSAL SESSION 5-6PM ROYAL FALCONS 6-8:30PM UNIVERSAL SESSION	3-5PM UNIVERSAL SESSION 3:30-4:30PM COOKING SESSION 6-8:30PM SENIOR SESSION 17+
	FRIDAY	
	YOUTH ZONE CLOSED	



Forest Gate Youth Zone

Forest Gate Youth Zone Weekly Timetable

TUESDAY

3pm - 7pm

Gaming Hall - PS5, Table Tennis, Pool, Foosball

Sports Hall - Roller Skating then Basketball

IT Room - PS5 (Racing Sim)

Kitchen - BHAO: Afro Caribbean Cuisine

WEDNESDAY

3pm - 7pm

Gaming Hall - PS5, Table Tennis, Pool, Foosball

Sports Hall - Basketball | 5pm - 8pm

Music Studio: Therapeutic Music

IT Room - PS5 (Racing Sim)

Kitchen - Baking

THURSDAY

3pm - 7pm

Gaming Hall - PS5, Table Tennis, Pool, Foosball

Sports Hall - Roller Skating then Volleyball

IT Room - PS5 (Racing Sim)

Kitchen - Healthy Cooking Skills

Gym Studio: Non Contact Boxing | 5:30PM - 7:30PM

FRIDAY

2pm - 6pm

Gaming Hall: PS5, Table Tennis, Pool, Foosball

Sports Hall: Dodgeball then Basketball

IT Room: PS5 (Racing Sim)

Football Pitch: West Ham Foundation Football | 4:30pm - 6:30pm



WELCOME
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Newsletter

Little Ilford Youth Zone

Tuesday 17th March

3.00-5.00pm

Drop-in Session

3.00-5.00pm

Better Multi Sports

3.00-4.45pm

Newham Music

Wednesday 18th March

3.00-5.00pm

Drop-in Session

3.00-4.45pm

Volleyball Session

11-15 Yrs

6.30-9pm

Drop-in Session

6.30-7.30pm

Boxing keep fit class

6.30-8.45pm

Basketball session 18+

Little Ilford Youth Zone

Thursday 19th March

3.00-5.00pm

Drop-in Session

6.00-8.00pm

Drop-in Session

Friday 20th March

3.00-5.00pm

Drop-in Session

6.30-9.00pm

Drop-in Session

the
VR ROOM



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EMPOWERMENT

**YOU
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EMPOWERMENT

Membership is free, and so are all our activities! Plus, we provide all the equipment you need.

Shipman Youth Zone

SHIPMAN

PROGRAMME 23RD - 27TH MARCH

YOUTH ZONE

YOUTH
ZONE

CHILL MONDAY

23 MARCH

DOST ESOL
3:30-5:45PM
DOST YOUTH
SESSION
6:00-8:00PM



FLOW STATE TUESDAY

24 MARCH

UNIVERSAL SESSION
3:30 - 8:00PM
VOCAL ACADEMY
5:15 - 6:00PM
MUSICAL THEATRE
6PM - 8PM

enjoy!

WEDNESDAY NIGHT LIVE

25 MARCH

UNIVERSAL SESSION: 3:30 - 5:30
TABLE TENNIS CLUB: 4 - 5:30
NEWHAM MUSIC STUDIO
SESSIONS: 4:00PM - 5:15PM
(UNDER 13S)
MUSIC STUDIO SESSIONS:
5:15PM - 6:30PM (AGES 14-17)
NIGHT CLUB
6:30PM - 9:00 (18+)

THURSDAY LOCK IN

26 MARCH

GYM
4:00 - 5:30PM
SEND INCLUSION SESSION
4:00 - 5:30PM



THE WEEKEND RESET FRIDAY

27 MARCH

UNIVERSAL SESSION
12:30 - 2:30PM
3:30 - 6:00PM
MATHS TUITION PROGRAMME
MUSIC PRODUCTION
T-SHIRT DESIGNING & PRINTING
3:30 - 6PM
YOUTH CITIZEN ASSEMBLY
4 - 6:00PM



Stratford Youth Zone

**YOU
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EMPOWERMENT

Stratford Timetable

Tuesday 3rd

Open Access

Youth Session

3.00-5.30

Arts and Crafts

(poke Art)

Homework Club



Wednesday 4th

Well-Tech Weds

3.00pm - 5.30pm

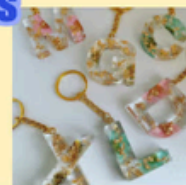
Immersive Room, Gaming

Massage Chairs

VR Headsets

Planning seeds

Girls Group



Monday 2nd
Community Pantry
3.30pm - 5.30pm

Thursday 5th
Youth Pantry
3.00-6.00pm

Study Space Games

Evening Session
5.30pm -7.00pm



Friday 5th
Open Access Youth
Session
3.00-5.30pm
Food Friday



Evening Session
5.00pm - 8.00pm

session
Evening
6.00pm - 8.00pm
18+ SEND & NEET
SESSION



Stratford Youth Zone
@ The Source
Theatre Square
E15 1BX

 **@stratfordyouthzonenbn**

