Autumn 2026 Edition

Welcome Newham Newsletter

Free events, family activities, wellbeing support and local opportunities



This Month's Highlights:

- Community Giveaway Event
- Free Film Screenings
- Sunjata The Musical
- Workshops for Young People
- Free Yoga & Pilates
- Ageing Well Week Tennis

Looking for free activities, family events, wellbeing support, or ways to meet new people? This month we're sharing some of the best opportunities available across Newham, including free film screenings, community giveaways, youth activities, sports sessions and wellbeing support.

Building connections. Creating opportunities. Strengthening communities.

WE ARE NEWHAM.

Free Community Giveaway Event



Need clothes, children's items, books, or household goods?

Come along to the All4Free Community Giveaway, where you can take good-quality items home for free.

This autumn event celebrates 5 years of supporting the community and helping more than 2,000 people each year.

The event is open to anyone who may need a little extra support.
Available items may include:

- Baby items
- Children's clothing
- Shoes
- School uniforms
- Books
- Toys
- Kitchen items
- Smart clothing and workwear
- Household items

You'll also find:

- Free hot drinks and refreshments
- Children's play area
- Nursing room for parents with babies

A friendly and welcoming atmosphere
There are no questions asked. Simply come along and take what you need.

Date: Saturday 31 October
Time: 1:00pm - 3:00pm
Address: Methodist Church
Bryant Street, Stratford, E15 1RU

Free Community Giveaway Event



Date: Saturday 31 October
Time: 1:00pm - 3:00pm
Address: Methodist Church
Bryant Street, Stratford, E15 1RU

Everyone Is Welcome

Whether you are a refugee, a family on a low income, using a food bank, experiencing homelessness, or simply finding things difficult right now, you are welcome to attend.

Let's support one another, reduce waste, and help quality items find a new home.

Take what you need. Share what you can. Support our community together.

Free Film Nights at The Source Stratford



Looking for something fun to do? Come and watch a film for free at The Source Arts Venue, Stratford.

There are different films to enjoy. Some are exciting, some are based on true stories, and some are about famous people. On some evenings, you can also watch a short film made by a new filmmaker before the main film starts.

Free tickets are limited. Please book early.
If you book a ticket but cannot come, please cancel your ticket so another person can attend.



Exit 8 (2025)
Date: 27 October 2026
Time: 6:30pm - 9:00pm

A man is lost in a strange underground tunnel. As he tries to find a way out, unusual things start to happen. He does not know what is real and what is not.

A mystery film full of suspense and surprises.

Reality
Date: 3 November 2026
Time: 6:30pm - 9:00pm

Based on a true story. A woman working for the American government shares secret information with the media. She then faces serious consequences.

A powerful film about truth, choices and courage.



Free Film Nights at The Source Stratford



Sunjata The Musical!
Date: 30 October 2026
Time: 7:30pm - 9pm

A fun musical with music, dance, and storytelling.
Travel back in time and discover the story of Sunjata Keita, the founder of the Mali Empire in West Africa. Learn about the history, culture, and traditions of West Africa through exciting performances by talented musicians, dancers, and actors.

A great event for families and anyone interested in culture, history, and the arts.



Michael
Date: 10 November 2026
Time: 6:30pm - 9:10pm

The story of world-famous singer Michael Jackson. Follow his journey from performing with the Jackson 5 as a child to becoming one of the biggest music stars in the world.

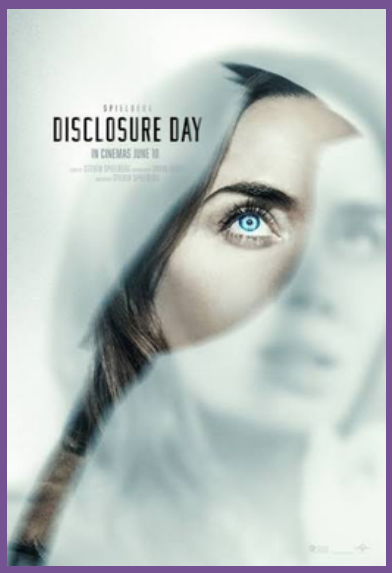
A great film for music fans.

H is for Hawk
Date: 17 November 2026
Time: 7:00pm - 9pm

After the sudden death of her father, a woman turns to the ancient art of falconry, training a wild goshawk named Mabel to navigate her profound loss.

A moving story about family, healing, and finding hope.





Disclosure Day
Date: 24 November 2026
Time: 7:00pm - 9pm

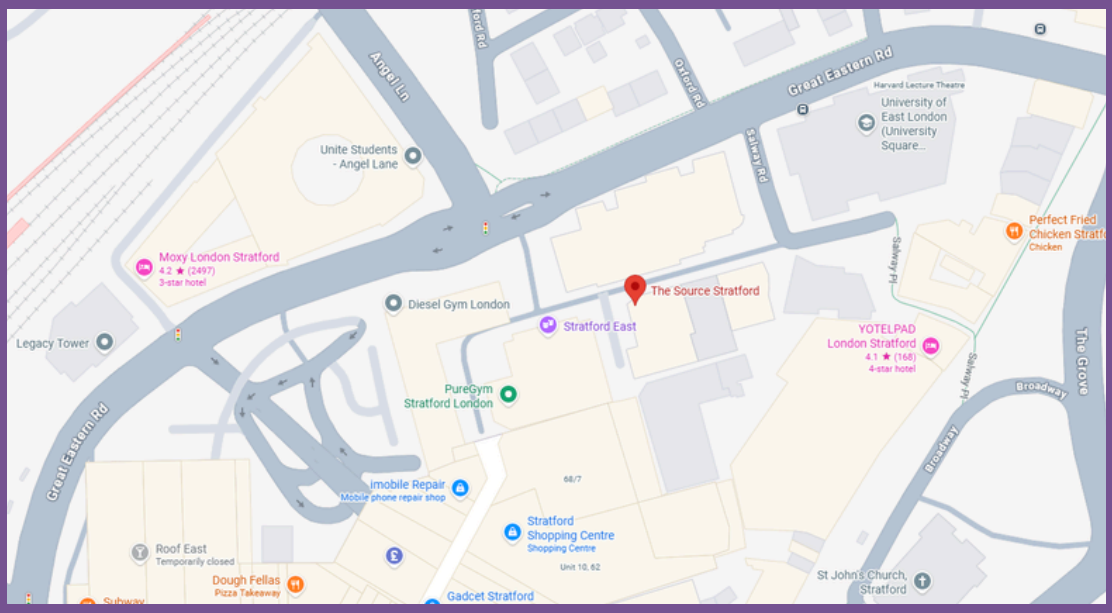
A cybersecurity expert discovers dangerous secrets and is forced to go on the run. Together with a weather scientist, they uncover a mystery that could change everything.

An exciting story full of secrets, suspense, and unexpected discoveries.

Free Film Nights at The Source Stratford

The Venue:

The Source Arts Venue Theatre Square, Stratford, E15 1BX



How to Book:

1. Choose the film you would like to watch.
2. Visit the booking website here
3. Reserve your free ticket.
4. Bring your ticket confirmation with you on the day.

If you cannot attend, please cancel your ticket so someone else can enjoy the film.

Why Come?

- Free evening out
- Enjoy great films
- Meet new people
- Visit a local arts venue
- Watch stories from around the world

Book your free ticket today and enjoy a movie night at The Source!

Time for Young People



Time for Young People is a free wellbeing and mental health support service for young people aged 10 to 25.

The service offers a safe and welcoming place where young people can get support, activities, learn new skills, and meet others.

Alongside support services, there are also free workshops and group activities throughout October.

These workshops can help you:

- Make new friends
- Build confidence
- Be creative
- Learn new skills
- Improve your wellbeing
- Have fun



No experience is needed. Everyone is welcome.

What should I do next?

Scan the QR code below to register for a workshop.

Location: 517-519 Barking Road, E13 8PS

No referral needed.
Just sign up and come along!

Ages 10 -15 years old

Event: What Makes Me, Me?

Date: 21 October
Time: 2:00pm-3:30pm
Come and explore what makes you special and unique. Through fun activities and group discussions, you can learn more about yourself, share ideas, and celebrate being you.

Event: Pumpkin Crafts

Date: 28 October
Time: 2:00pm-3:30pm
Get creative with pumpkin-themed arts and crafts! Decorate, create, and have fun with friends. No experience needed, just bring your imagination and enjoy a fun afternoon.

Ages 16-25 years old

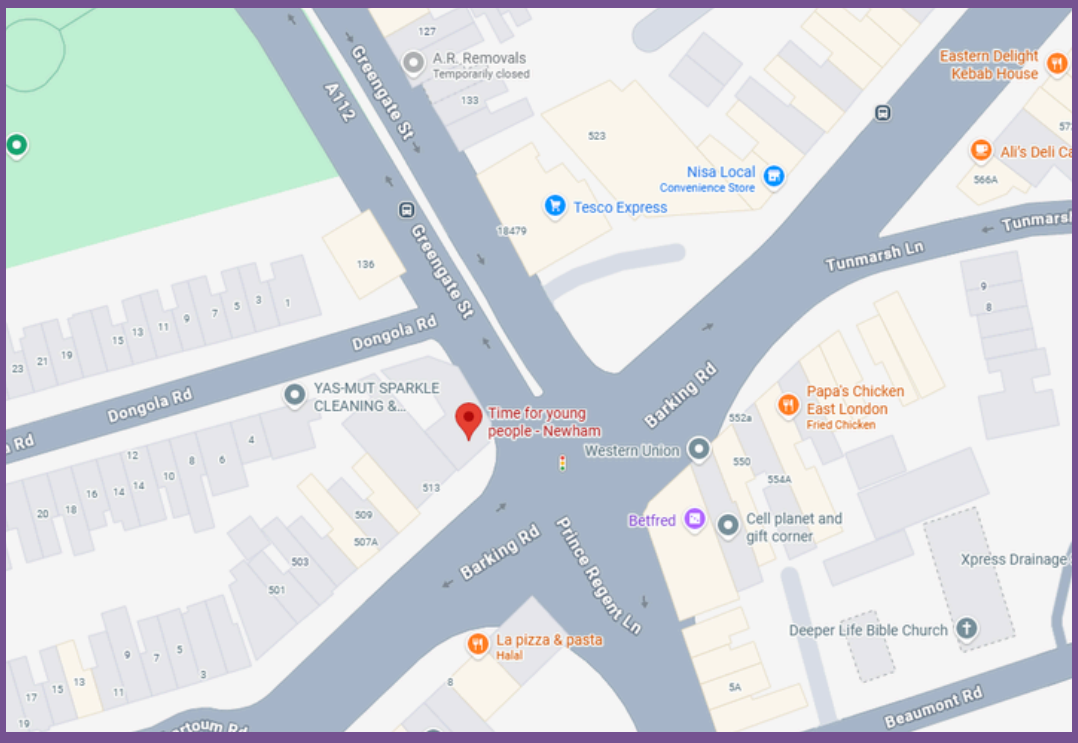
Event: Autumn Walk & Draw

Date: 27 October
Time: 2:00pm-3:30pm
Join us for a relaxed autumn walk and drawing session. Enjoy fresh air, meet new people, and capture the colours of autumn through sketching and creativity. No art skills are needed.

Ready to Join?

Scan the QR code to register your place. Spaces are limited, so sign up early!

Location: 517-519 Barking Road, E13 8PS



Half-Term Activities at Stratford Library

Join us at Stratford Library for a fun mix of Autumn Half-term activities for children and families! Enjoy seasonal crafts for Black History Month, Games, Halloween and Diwali, along with coding, chess, board games and storytelling.



Activity	Day	Date	Time	Age
Table tennis	Monday	26.10.2026	12.00-13.00	6+
Make your own tribe mask	Monday	26.10.2026	16.00-17.00	4+
Story-Time Rhyme & Autumn Colouring	Tuesday	27.10.2026	10.00-11.15	0+
Chess Club/ Game Club	Tuesday	27.10.2026	17.30- 19.30	6+
Create your own game	Wednesday	28.10.2026	10.00-11.30	5+
Table tennis	Wednesday	28.10.2026	12.00-13.00	6+
Code your game	Wednesday	28.10.2026	16.00-17.00	7+
Make your own rock or pine cone pet	Thursday	29.10.2026	11.30-12.30	4+
Chess Club/ Game Club	Thursday	29.10.2026	17.00-19.00	6+
Rhyme Time & Story Time & Autumn Dot-to-Dot	Friday	30.10.2026	10.00-11.00	0+
Spooky Halloween costume competition	Friday	30.10.2026	12.00-13.00	0+
Make your own Halloween Mask	Friday	30.10.2026	16.00-17.00	5+
Halloween Scavenger Hunt	Saturday	31.10.2026	12.00-13.00	5+
Design your own diya	Saturday	31.10.2026	16.00-17.00	7+
Lego games and challenges	Sunday	01.11.2026	12.30-13.30	3+
Autumn Movie Time	Sunday	01.11.2026	13.30-15.15	5+

Evolve Expressions Exhibition

Discover Evolve Expressions, a creative exhibition by Charlynne and Yvonne, where art and poetry come together to tell inspiring stories.



This colourful exhibition celebrates creativity, self-expression, and the power of words. Explore unique artworks and discover how art can inspire new ideas and conversations.

Free Black History Month Film Screenings

The New Black Film Collective is offering two free film screenings in Stratford as part of Black History Month.

After each film, there will be a panel discussion where you can hear more about the film and ask questions.

Venue:
The Lounge, The Type Building - 11 Chimney Walk, Sugar House Island, Stratford, London E15 2TP



Michael Screening + Panel

Date: Thursday 22 October
Time: 7:00pm

Follow the journey of Michael Jackson, from his early days performing with the Jackson 5 to becoming one of the world's biggest music stars.

A great film for music fans and anyone interested in the life of a global superstar.

You, Me & Tuscany Screening + Panel

Date: Thursday 29 October
Time: 7:00pm

Anna travels to Italy and stays in a villa without permission. A small lie leads to unexpected problems, friendship, and romance.

A warm and funny story set in beautiful Tuscany.



Don't Miss Out!
These screenings are free to attend, but spaces are limited. **Arrive early to secure your seat.**

Come to the venue early. Seats are available on a first come, first served basis.

Adults only (18+). No one under 18 can attend.

Stay Active in Newham



Looking for a gentle way to stay active and meet people in your community?

Newham libraries and community organisations offer **FREE** Yoga, Pilates, and movement classes for local residents.

These friendly sessions are suitable for beginners and take place in welcoming community spaces.

Taking a little time for yourself can make a big difference. These classes can help you:

- Feel healthier and more active
- Reduce stress and relax
- Improve strength, balance, and flexibility
- Meet new people in your area
- Boost your confidence and wellbeing

No special equipment or experience is needed. Everyone is welcome. Most classes are free, and some only require a simple registration on your first visit.

Beckton Globe Library



Address: 1 Kingsford Way, London E6 5JQ

Kundalini Yoga (30+)
Mondays, 6:30pm - 7:30pm
A yoga class suitable for all abilities. A great way to improve flexibility, relax, and support your wellbeing.

Chair Yoga (30+)
Tuesdays, 1:00pm - 2:00pm
A gentle seated yoga class, ideal for beginners or anyone looking for a low-impact way to stay active.

Chair Pilates (30+)
Wednesdays, 11:00am - 12:00pm
A gentle exercise class to improve strength, balance, and movement.

Social Walking Group
Fridays, 11:00am
Meet outside the library in Kingsford Square and enjoy a relaxed walk with others from the local community.

Walking Basketball (30+)
Saturdays, 11:00am - 12:00pm
Enjoy basketball at a slower pace in a fun and welcoming environment. Perfect for staying active while meeting new people.

Stay Active in Newham

Stratford Library

Address: 3 The Grove, London E15 1EL



Pilates
Mondays, 10:00am
A gentle exercise class that helps improve strength, posture, and balance.

Salsa
Mondays, 5:30pm
Enjoy music, movement, and dance in this fun and energetic class.

Chair-Based Exercise
Wednesdays, 11:15am
A gentle class designed for older adults or anyone who prefers seated exercises.

Zumba
Thursdays, 6:00pm
A lively dance workout that makes exercise fun.

Yoga
Thursdays, 6:00pm
Relax, stretch, and improve your wellbeing through gentle movement and breathing exercises.

Tai Chi
Fridays, 9:30am
Slow, flowing movements to improve balance, flexibility, and relaxation.



Ageing Well Week: Tennis for Over 50s

Looking for a fun way to stay active and meet new people?

As part of Ageing Well Week (26 October - 1 November), Newham Parks Tennis is offering special tennis activities for residents aged 50+.

Whether you're new to tennis or have played before, everyone is welcome.

- Stay active and healthy
- Meet new people in your community
- Improve balance, fitness, and wellbeing
- Enjoy tennis at your own pace
- Try something new in a friendly environment

No experience is needed!

Ageing Well Week: Tennis for Over 50s

Scan the QR code to book or find out more.

Free Walking Tennis Taster Sessions
Walking Tennis is a slower version of tennis with no running or jumping, making it perfect for beginners and adults aged 50+.

Date: Tuesday 27 October
Time: 1:00pm - 2:00pm
Location/Address: Central Park

Date: Thursday 29 October
Time: 9:00am - 10:00am
Location/ Address: Stratford Park

Try it for free and see if you enjoy it!

Meet local players, enjoy a friendly game, and stay for a cup of tea afterwards.



Everyone is welcome, whatever your ability level.
Get Active, Stay Connected

Ageing Well Week is a great opportunity to stay active, make new friends, and enjoy the outdoors. Why not give tennis a try?

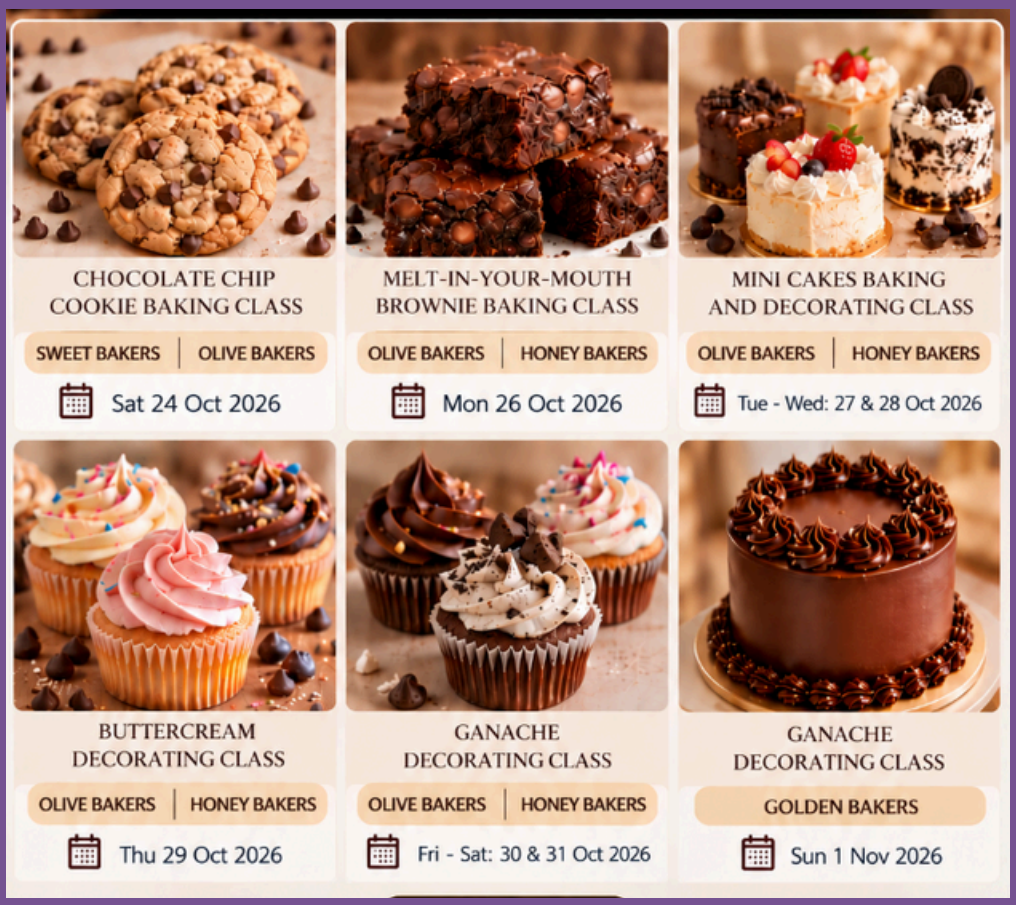
Scan the QR code to book your place and get involved.

October Half-term Baking Classes

Looking for a fun activity during half-term? DG Cakes Cake Academy is running baking and cake decorating classes for children, young people, and adults.



October Half-term Baking Classes



Learn new baking skills, get creative in the kitchen, and make delicious treats to take home.

Classes include:

- Chocolate Chip Cookie Baking
- Brownie Baking
- Mini Cake Decorating
- Buttercream Decorating
- Ganache Decorating

Suitable for different age groups, from young children to adults.

- Ages 5-7
- Ages 8-13
- Ages 14-19
- Adults

Visit www.dgcakes.co.uk to book your place.

Learn • Create • Bake • Grow

A fantastic opportunity to learn new skills, meet people, and enjoy some tasty fun this half-term!

Black History Month at Newham Libraries

Join Newham Libraries this October for a programme of free Black History Month events celebrating Black history, culture, creativity, and achievement.



Take part in talks, poetry, storytelling, and cultural events while learning more about Black history and heritage.

Scan the QR code or click here to view all events, booking information, and venues.

Many events are free and open to everyone.

Free Family Art Activities at Art in the Docks

Looking for something fun and creative to do with your family?
Art in the Docks is hosting a series of free arts and crafts workshops for children and families during October and November. All materials are provided and no experience is needed.

Address: Art in the Docks, 25 Shackleton Way, E16 2XJ

Collage Kids Club
Date: 24 October
Time: 10:30am - 12:30pm

Create your own colourful collage and let your imagination run wild in this fun, relaxed workshop for children and families. Free to attend and all materials are provided.

Autumn Lantern Making
Date: 26 October
Time: 1:30pm - 3:30pm

Create a beautiful autumn lantern using paper, leaves, and seasonal colours. A fun activity for children and adults to enjoy together.

Haunted House Card Making
Date: 30 October
Time: 1:30pm - 3:30pm

Design and make your own spooky fold-out haunted house card complete with ghosts, bats, and Halloween surprises. Perfect for the half-term holidays.

Halloween Dance & Rhythm Session
Date: 31 October
Time: 10:30am - 12:30pm

Move, dance, and have fun at this family-friendly Halloween themed session. Suitable for all ages and completely free.

Visit: www.artinthedocks.com/upcomingevents for the latest information, booking details, and new activities

Free Family Art Activities at Art in the Docks

Address: Art in the Docks,
25 Shackleton Way,
E16 2XJ

Free Community Art Workshops

Join a welcoming group of local artists and creative people at Art in the Docks.

Whether you're a complete beginner or an experienced artist, these sessions are a great opportunity to learn new skills, work on your own projects, and meet like-minded people.

Date: Fortnightly Mondays
Time: 6:30pm - 8:30pm

Free to attend. Just bring your creativity.

Day of the Dead Community Celebration

Celebrate the changing seasons with a special community event and parade.

Enjoy art, culture, creativity, and community spirit at this family-friendly celebration. A great opportunity to connect with local residents and take part in a unique cultural event.

Date: 7 November
Time: 4:00pm - 6:00pm

Save the date and join the celebration!

Art in the Docks offers free creative activities for children, families, and adults throughout the year. Whether you enjoy painting, crafts, making new friends, or trying something different, there are plenty of opportunities to get involved.

Visit: www.artinthedocks.com/upcomingevents for the latest information, booking details, and new activities

