

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-12pm
Come along to crochet and meet new people.
Plaistow Library

Homework Club 3.30-4.30pm
Join us for study support and homework help.
Term Time only
Plaistow Library

PlayStation 4 Youth Session 4.30-5.30pm
An opportunity for Young people to play PS4 games (FIFA 18, Street Fighter Five, Naruto Shippuden) as well as board games stroke
Plaistow Library

UK Wall Ball 4.30-5.30pm
A fun social activity involving left to right co-ordination using a ball. Aimed at 8-18years old
Delivered by Active Newham
Plaistow Library

Crafty Makers 10-11am
Music and dance session for toddlers run by Plaistow Children's Centre
Jeyes Community Centre

Young at Heart 12-4pm
An over 50's social club.
Jeyes Community Centre

Tuesday

Sign & Speak 10.30-11.30am
Babies aged 6 to 18 months
An interactive session to help stimulate young babies sense of movement and response, delivered by Plaistow Children's Centre.
Plaistow Library

Newham Social Walk 10-11am
Meet at Plaistow Library & walk to Plaistow Park. Come back to the library for refreshments.
All ages welcome.
Plaistow Library

FREE ESOL Classes 9.30am-2pm
English classes for adult learners seeking to improve their English language. Registration required
Group 1: 9.30am-2pm
Including 30 min. lunch break
Group 2: 2.00-4.00pm
Plaistow Library

Plaistow Coffee Mornings 10:30am-12pm
An informal opportunity for you to find out what is Happening in your local area. Meet new people, Professional guests and local Stakeholders.
3rd Tuesday of the month at
Plaistow Library

Storytelling 10.30-11.30am
A fun interactive singing and story session for children up to five and their parents or carers
Plaistow Library

Art & Crafts 3.30-5pm
Free, fun craft sessions for children with their parents/carers.
Plaistow Library

Messy Play 9.30-11am
Explaore different activities including sand, water, paint, playdough and many more.
Jeyes Community Centre

Happy Living Club 1-5pm
An over 50's social club
Jeyes Community Centre

Chair Based Yoga 11.30am-12.30pm
A great yoga class for those with physical limitations based around exercise. From a chair.
4/10/2019-6/12/19
Plaistow Library

Wednesday

Do It Online 10am-12pm
8 weeks beginners computer classes.
Please contact the library to reserve a space.
Plaistow Library

Knit & Knatter 10am-12pm
Come along to knit, have a knatter over a cuppa and meet new people.
Plaistow Library

Women's Group 10.30am-12.30pm
Women only community social group for those who have had or have mental health conditions.
Plaistow Library

Life in Uk 12:30-2:30pm
12 week Life in the UK B1 & B2 ESOL classes.
*Please note there is a charge for this course. For more info please contact Franklin on 07931 965 584 or visit: www.familysupportnetwork.com
Term Time only
Plaistow Library

Unique Star 1.30-4.30pm
Dominoes Socialise, play domino or skittles and meet new people
Plaistow Library

Chess Club 3.30-5pm
Develop your skills, or learn to play chess. All levels of ability welcome.

FREE ESOL Classes 2.30-4.30pm
English classes for adult learners seeking to improve their English language. Registration required.
Plaistow Library

Salsa Gold 10-11am
Old is gold, shake the fun back into exercise with salsa
16/10/2019 -26/02/2020
Barking Road Community Centre

Learn to be Healthier and happier 1-3.30pm
16th October - Join us at this free 6 week cookery club to learn to cook food that improves your health and wellbeing! £10 refundable deposit will be required and the sessions are for residents aged 55 and over. Please contact Plaisitow Library to reserve your space

Thursday

Bounce and Rhyme Timeg 2-3pm
Singing with instruments, learning new rhymes and songs for everyone to enjoy with a story to unwind.
Plaistow Library

Councillor's Surgery 1-3pm
Plaistow South
Councillor Carleene Lee-Phakoe
3rd Thursday of the month
Plaistow Library

Games Club and Chess 3.45-6pm
Enjoy traditional games as well as Table Tennis. Chess is included from 5pm onwards
Plaistow Library

Yoga 5.45-7.45pm
Relax and learn inner peace with community yoga. £1.00 per session. Limited spaces available

Reading Group 6.45-7.45pm
Share your favourite books, discover new writers and enjoy great reads in a relaxed environment.
1st Thursday of the month at
Plaistow Library

Smart Womens 12-2.30pm
Group An over 50's social active group
Women only
Jeyes Community Centre

Pattern Line Dancing 11am - 12pm
A fun dance and a great way to improve your dance skills and fitness. All abilities welcome.
17/10/2019-27/02/2020
Barking Road Community Centre

Green Gym 11am-2pm
Greenway Community gardening.
Contact PSBL for further information on: 07957 534 908.

Friday

Jiggaree 10-11am
Music and dance session for toddlers run by Plaistow Children's Centre.
Term Time only
Plaistow Library

Life in Uk 10am-12pm
12 week Life in the UK B1 & B2 ESOL classes.
*Please note there is a charge for this course. For more info please contact Franklin on 07931 965 584 or visit: www.familysupportnetwork.com
Term Time only
Plaistow Library

Knit & Knatter 10am-12pm
Come along and have a knatter, whilst knitting and meeting new people.
Plaistow Library

Together we can 2-4.15pm
Social group for adults under 50 who have had a stroke. The club provides advice and support, outings and much more
Plaistow Library

Indian Care Community Association Of Newham (ICAAAN) 11.30am-2pm
An over 50's social club
Jeyes Community Centre

Chair Based Yoga 12-1pm
A great yoga class for those with physical limitations based around exercising. From a chair
04/09/2019-29/11/2019
Jeyes Community Centre

Resistant Band Pilates 12-1pm
ree Use resistant bands exercise to help improve flexibility, balance and posture.
06/12/2019-15/02/2020
Jeyes Community Centre

Chair Based Yoga 11.30am-12.30pm
A great yoga class for those with physical limitations based around exercise. From a chair
4/10/2019-6/12/19
Plaistow Library

Free Fitness Sessions at Newham Leisure Centre 11am-12pm
For over 55's only.
To Register your interest please call
Plaistow Library

Saturday

Newham Social Walk 10-11am
Meet at Plaistow Library & walk to Plaistow Park. Come back to the library for refreshments.
All ages welcome
Plaistow Library

Councillor's Surgery 10am-12pm
Plaistow North
Cllr. Zulfiqar Ali, Cllr. Daniel Lee-Phakoe, Cllr. Joy Laguda
1st 2nd 3rd Saturdays of the month
Plaistow Library

Councillor's Surgery 10-11am
Plaistow South
Cllr. Jane Barbara Lofthouse
1st and 3rd Saturday of the month
Plaistow Library

Cllr Neil Wilson
2nd & 4th Wednesday of the month
Newham Sixth Form College (NewVic), Prince Regent Lane Plaistow, E13 8SG

Yoga 10am-12pm
Relax and learn inner peace with community yoga. £1.00 per session. Limited spaces available
Plaistow Library

Digital Online Homework Support 10.30am-12.30pm
Laptops available to support your homework and learning needs.
Term Time Only
Plaistow Library

Creative Craft 11am-12.30pm
Fun craft sessions for children with their parents/carers.
Plaistow Library

Family Film Club 2-3.45pm
Enjoy past and present films in our community room.
Plaistow Library

Chatterbooks 2.30-3.30pm
A creative and fun reading group to inspire children to read for pleasure and develop confidence to talk in a group.
Plaistow Library

Table Tennis 3-5pm
Improve or show off your table tennis skills.
Plaistow Library

* - Please contact Plaistow Community Neighbourhood team on 0203 373 0859 or email CN.Plaistow@newham.gov.uk for more information.
* - Please contact Jeyes Community Centre on 020 337 32205 or e-mail CN.Jeyes.CommunityCentre@newham.gov.uk
* -Please contact Barking Road Community Centre on 020 8471 2258

Adult's Active Centres (AC) Over Fifties Children Citizens Assemblies Project Teenagers Open to all Get Healthy Get Active Programme (GAGH)

Plaistow Library - North Street, Plaistow E13 9HL
Jeyes Community Centre - James Close, Plaistow E13 9BB
Barking Road Community Centre - 627-633 Barking Road, Plaistow E13 9EZ