

# Summer fun in Newham

for Children and Young People



## HELLO FROM MAYOR ROKHSANA FIAZ

I am proud to announce our exciting summer programme which is filled with a variety of activities, guaranteed to keep you entertained over the holiday.

I know you've all been working super hard so we wanted to make sure this summer is full of fun. There is lots on offer for all ages, in every part of Newham including rowing, football, coding, gardening, arts and crafts, trips to the seaside and much more.

This year I was delighted to open the Shipman Youth Zone in Custom House and their summer programme enhances the offer already available at the other zones in Newham.

Our fantastic libraries are also once again taking part in the Summer Reading Challenge and I would encourage you to check out the activities they have planned, centred around being a Marvellous Maker, helping you unlock the creativity within.

For those youngsters eligible for our Holiday Activities and Food Programme, we have lots of great events where you can also get a free meal and snacks as well as having fun with your friends and even learning a new skill.

I hope you make the most of what is on offer and have a fab summer!



Rokhsana Fiaz OBE  
Mayor of Newham

@rokhsana\_fiaz  
@rokhsana\_fiaz



# Welcome



**Youth Empowerment Service:**  
A universal summer programme open to all children and young people aged 10-19 (up to 25 with SEND)

The Youth Empowerment Service has dedicated youth workers who support young people to access a safe and high quality summer programme full of fun and exciting activities as well as information, support and guidance.

Information about the sessions can be found on the <https://padlet.com/YESLBN/youth-empowerment-weekly-programme-r5x77y7xlyou>

To keep up to date with what is going on, make sure you follow each zone's Instagram account, as well as the Youth Empowerment Service's main Instagram account <https://www.instagram.com/lbnyes/>



## CONTENTS

**4** Sports and Leisure

**5** Holiday Activities and Food

**8** Libraries

**26** Youth Empowerment Services

**29** Special Educational Needs and Disabilities

**30** Nurseries, Children Centres and Play Schemes

**32** People Powered Places

**36** Health

**37** Crisis Counselling

**38** Wellbeing Support

**39** Community

# Sports and leisure

## Better Summer Holiday Activity Programme

Better Leisure is Newham Council's leisure service.

**Date:** 22 July to 2 September

**Time:** Please see website for further details

**Location:** Better leisure centres and parks across Newham

**Age:** 3-18 years (up to 25 years for SEND)

**Information:** Come for the adventure, stay for the fun! Whether it's with friends or with family, discover a world of fun for all ages and abilities this summer break. From multi-sports, cricket, inclusive badminton and tennis, to family fun swims, flume rides and swimming lessons, you're bound to find something to enjoy at your local Better leisure centre or local park.

**Contact:** [activecommunitiesnewham@gll.org](mailto:activecommunitiesnewham@gll.org)

**Website:** [www.better.org.uk/better-newham](http://www.better.org.uk/better-newham)

## BETTERPOINTS NEWHAM

### Explore Newham Summer Challenge

**Dates:** 22 July – 1 September

**Location:** Across Newham

**Age:** 14 +

**Information:** Get outside and get active this summer and take part in our six week summer holiday challenge, starting on Monday 22 July to Sunday 1 September. Download the BetterPoints app. Explore your parks and open spaces. Collect BetterPoints and earn virtual medals by walking, wheeling, cycling and running. Redeem BetterPoints for shopping vouchers or donate them to a local good cause.

**Contact:** [sale@betterpoints.uk](mailto:sale@betterpoints.uk)

**Website:** <https://newhambetterpointhealths.uk>

## Bikeworks

**Information:** All Ability Cycling Clubs are designed for people with physical, sensory or learning disabilities, people with health conditions and carers, to enjoy cycling by accessing an exciting range of adapted cycles, including tricycles, side-by-side cycles, wheelchair-platform cycles and recumbents. The regular club sessions offer a social and friendly place to meet other people. Our friendly experienced team will provide advice on the right fit of cycles and any adaptations.

The clubs are free to use.

**Contact:** [all.ability@bikeworks.org.uk](mailto:all.ability@bikeworks.org.uk)

**Dates:** Every Tuesday and Thursday over the summer

**Time:** 10am-1.30pm

**Location:** in front of the Velodrome in Queen Elizabeth Olympic Park

**Age:** all ages

**Date:** Every Friday over the summer

**Time:** 11am-1pm

**Location:** Central Park, East Ham, near the café, E6 3AJ

**Age:** all ages

## National Tennis Association Summer Holiday Tennis Camp

**Dates:** Tuesday 30 July, Tuesday 13 August, Tuesday 20 August

**Time:** 12noon – 2.30pm

**Location:** Stratford Park Tennis, West Ham Lane, London, E15 4PT

**Age:** 5-10 years

**Information:** This Team Challenge camp is for kids aged 5-10 with no prior experience needed. Players will be grouped by age and ability to learn technical and tactical skills through fun competitions and team challenges. Earn points for tennis achievements, teamwork, effort and attitude. Dress appropriately for the weather and bring a drink. All equipment, including rackets, will be provided. Our team look forward to seeing you on the court this summer.

**Contact:** [hello@nationaltennis.org.uk](mailto:hello@nationaltennis.org.uk)

**Website:** <https://bookwhen.com/nta-newham-redbridge>

## NEWHAM YOUTH CRICKET CLUB

### Cricket training for kids

**Date:** Tuesdays

**Time:** 5pm-7.30pm

**Age:** 7-13 years

### Open cricket session

**Date:** Thursdays

**Time:** 5.30pm-8pm

**Age:** 13-18 years

## Bowling Machine session - teaching children how to correctly bat a ball

**Date:** Fridays

**Time:** 5pm-8pm

**Location:** Flanders Playing Field, 118 Napier Road, E6 2SG

**Contact:** [pauldawson384@gmail.com](mailto:pauldawson384@gmail.com)

**Website:** <https://newhamcc.com/>



# Holiday activities and food

Free holiday activities and food for children and young people aged 4 to 16. There is something for everyone! Sports, drama, cooking, music, arts and craft, dance, fun day trips and much more. All clubs will also provide a delicious, healthy meal each day. Places are free for children and young people who receive benefits related free school meals.



For the most up-to-date information, scan the QR code.

## RIGHTS AND EQUALITIES (REIN)

The Holiday activities and food programme is commissioned by Newham Council and delivered by Rights and Equalities (REIN).

**Contact:** info@rein.uk.com serena@rein.uk.com  
020 3929 9869/07394027412/020 7473 5349

**Website:** www.reinuk.org

## REIN Sizzlin' Summer HAF programme

**Date:** 29 July-23 August

**Time:** 12noon-4pm

**Location:** The Mix, 1a Cumberland Road, E13 8LH

**Age:** 10-16 years

**Information:** Are you aged 10-16 and looking for fun this summer? Our four week Sizzlin' Summer HAF programme invites you to activate your adventurous side, expand your comfort zone and be ready for a summer packed full of excitement and fun. With a range of activities, trips, workshops and an end of summer bash. Make new friends, learn new skills and soak up the summer fun. Weekly excursions to exciting destinations, local and across the UK, to theme parks, indoor skydiving, go-karting, water parks and museums.

## REIN Sizzlin' Summer HAF Programme 2024:

**Dates:** 29 July – 23 August

**Time:** 12noon-4pm

**Location:** Lister Playing Fields, Cave Road, E13 9DX

**Age:** 10-16 years

**Information:** Join us for an unforgettable four week summer programme for young people aged 10-16. Our Sizzlin' Summer HAF blends a range of exciting multi-sport activities including football, basketball and non-contact boxing with arts and crafts, cooking sessions, weekly tournaments and so much more. Join us for trips, local and across the UK, to theme parks, indoor skydiving, go-karting, water parks and museums. Build friendships, share experiences, learn new skills and most importantly have fun.

## REIN Multi-sport mix summer programme 2024

**Date:** 22 July-30 August

**Time:** 5pm-8pm

**Location:** Lister Playing Fields, Cave Road, E13 9DX

**Age:** 10-19 years

**Information:** Are you 10-19 (25 yrs if SEND)? Do you live, go to school or college in Plaistow? If yes, multi-sport mix invites you to a summer full of excitement, fitness and the opportunity to experience a variety of summer fun activities. Meet new people, learn something new and make the most of your summer break. Interested in trips? We got this. Want to learn new skills? Try one of our workshops.

## REIN Adventurer's Summer Programme

**Date:** 22 July-30 August

**Time:** timings vary – please see website for more information.

**Location:** The Mix, 1a Cumberland Road, E13 8LH

**Age:** 10-19 years

**Information:** Aged 10-19 years (up to 25 if SEND)? Are you ready for a summer of fun and the opportunity to experience something new? Join the REIN Adventurer's Summer Programme for six weeks of fun and social activities. Take part in weekly trips, creative workshops, indoor/outdoor sports, arts and crafts, self-defence, gaming, VR and cooking, we have a range of fun activities for you to dive into.



# Holiday activities and food

## Bonny Downs Summer Scheme

**Date:** July 22 to August 9

**Time:** 10am-3pm

**Ages:** 8-14 years

**Information:** In partnership with Newham Holiday and Food Programme, we offer a three week summer programme from 22 July to 9 August between the hours of 10am – 3pm. Your child will enjoy engaging activities such as arts and crafts, cooking, music sessions, field games, inflatables, bouncy castle, trampoline, sports such as football, badminton, basketball and archery. Workshops such as boxing, skateboarding, gardening, gym, dance workshops and so much more. We also have two trips that take place during the summer.

**Location:** Flanders Field, 118 Napier Road, E6 2SG

**Contact:** Chrispin.phiri@bonnydowns.org

**Website:** <https://bonnydowns.org/>

## Hope 4 Humanity

Youth and women's empowerment project, ranging from social media training, app making skills, self defence and fitness.

**Date:** Saturdays

**Time:** 12noon-3pm

**Location:** Katherine Road Community Centre,  
254 Katherine Road, E7 8PW

## GO WILD! Summer scheme 2024

**Date:** 22 July-9 August

**Time:** 10am-3pm, Monday to Thursdays (trips off site 26 July, 2 August, Friday 9 August, open for celebration event)

**Location:** The Bobby Moore Pavillion,  
118 Napier Road, E6 2SG

**Age:** 9-16 years

**Information:** In partnership with Newham HAF, we offer a three week summer programme. Your child will enjoy engaging activities such as arts and crafts, cooking, field games, inflatables, bouncy castle, trampoline, games, sports such as football, badminton, basketball, music, boxing yoga, meditation, skateboarding workshops, personal training for young people, dance workshop and so much more. We will also have two trips (tbc). Limited HAF spaces available alongside ticketed spaces for non HAF children.

**Contact:** [youth@bonnydowns.org](mailto:youth@bonnydowns.org)

**Website:** <https://bonnydowns.org/>

## Glyn Hopkin Abbey Hub HAF scheme

**Date:** Monday 29 July to Friday 23 August

**Time:** 10am to 2pm

**Age:** 5-11 years

**Location:** Glyn Hopkin Abbey Hub, 6 Gay Road,  
Stratford, E15 2RN

**Information:** HAF scheme for young people with special educational needs. Providing lunch and a range of activities including: sports, arts and crafts, workshops, gardening and much more.

**Contact:** [bookings@theaaazone.com](mailto:bookings@theaaazone.com)

**Website:** [www.theaaazone.com](http://www.theaaazone.com)



## Playwheels Project

**Date:** Keir Hardie Recreation Ground, Tarling Road E16 1LQ – Mondays 29 July, 5, 12, 19 August.

**Priory Park, Grangewood Street, E6 1QZ** – Tuesday 30 July, Tuesday 6 August, Tuesday 13 August, Tuesday 20 August.

**New Beckton Park** – Wednesday 31 July, Wednesday 7 August, Wednesday 14 August, Wednesday 21 August.

**Plaistow Park, Greengate Street, E13 0BD** – Thursday 1 August, Thursday 8 August, Thursday 15 August, Thursday 22 August.

**Canning Town Recreation Ground, Prince Regent Lane, E16 3PB** – Friday 2 August, Friday 9 August, Friday 16 August, Friday 23 August

**Time:** 10am to 3pm

**Age:** 5-11 years

**Information:** Mobile playscheme in parks around Newham offering a variety of different activities every day in the summer. Activities include; team sports, arts and crafts, workshops and much more. Come along and socialise, make new friends, learn new skills, try out new activities. A healthy balanced lunch is provided as part of the HAF programme. Water will also be available throughout the session. An adult over the age of 18 will need to stay for the whole session with any child who is under the age of 8.

**Contact:** [playwheels@theaaazone.com](mailto:playwheels@theaaazone.com)

**Website:** [www.theaaazone.com](http://www.theaaazone.com)

# Holiday activities and food

## Terence Brown Arc Summer Playscheme

**Date:** Monday 29 July to Friday 23 August

**Time:** 10am to 3pm

**Age:** 7-11 years

**Location:** Terence Brown Arc, Hermit Road Park, Bethell Avenue, E16 4JT

**Information:** Summer playscheme. Providing a packed lunch and a range of activities including: sports, arts and craft, music, dance, workshops, gardening and much more. Unfortunately this scheme is not suitable for young people with special educational needs due to staffing levels.

**Contact:** [bookings@theaaazone.com](mailto:bookings@theaaazone.com)

**Website:** [www.theaaazone.com](http://www.theaaazone.com)

## Little Manor Play Project Holiday Playscheme

**Date:** Monday 22 July to Tuesday 3 September (weekdays only)

**Time:** 8am-9am, breakfast club, 9am-6pm, holiday club

**Location:** Aston-Mansfield Community Centre, 1 Toronto Avenue, Manor Park, E12 5JF

**Age:** 5-12 years

**Information:** A fun packed programme of play sessions including a mixture of on-site activities and trips. Activities include sports, games, arts and crafts, cookery, experiments, drama and IT. There's something for everyone. Includes breakfast, lunch and snacks. Minimum of three trips per week. Ofsted registered.

## Glyn Hopkin Abbey Hub Summer Playscheme

**Date:** Monday 29 July to Friday 23 August

**Time:** 10am-3pm

**Age:** 5-11 years

**Location:** Glyn Hopkin Abbey Hub, 6 Gay Road, E15 2RN

**Information:** Summer playscheme. Providing a packed lunch and a range of activities including: sports, arts and craft, music, dance, workshops, gardening and much more. Unfortunately this scheme is not suitable for young people with special educational needs due to staffing levels.

**Contact:** [marie@theaaazone.com](mailto:marie@theaaazone.com)

**Website:** [www.theaaazone.com](http://www.theaaazone.com)

## WEST SILVERTOWN FOUNDATION

### West Silvertown Foundation Summer Scheme

**Dates:** 22 July-8 August

**Time:** 10.30am-3pm

**Location:** Britannia Village Hall

**Age:** 9-18 years (up to 25 years if SEND)

**Information:** Our annual Britannia Village summer scheme filled with sports, arts, creativity, fun, nutritional games and more. We have various activities with a hot lunch included. We also have workshops like DJing, hair braiding. We also have a petting zoo on the green for one of the days. Come and join us for a fun-filled summer.

**Contact:** [youth@wsfroyaldocks.org](mailto:youth@wsfroyaldocks.org)

**Website:** <https://wsfroyaldocks.org/>

### Fun in the sun

**Date:** 22 June-23 August

**Time:** 10am-2pm Kensington Primary School

11am-3pm, The Renewal Programme

Trips will be at various times

**Age:** 9-25 years

**Information:** Each day there will be a range of activities including non-contact boxing, archery, football, music, arts and crafts, board games, face painting, taekwondo, cake decorating, smoothie making, trip to Fairplay House, rowing, sailing, skiing, snowboarding and bowling

**Contact:** [joseph.richards@renewalprogramme.org.uk](mailto:joseph.richards@renewalprogramme.org.uk)/  
07861903114

**Website:** <https://www.renewalprogramme.org.uk/>



## Summer Reading Challenge

**The Summer Reading Challenge is here again in your local library, for children of all ages.**

From June to September, children taking part in 'Marvellous Makers' will receive stickers and prizes for the books they read which they can rate and record in their very own collector folder. Every child who completes the challenge this summer by reading six books or more will also get a Marvellous Maker medal and a certificate presented at school in the autumn term.



All children attending a Newham primary school are already signed up, so all you need to do is #KeepUpTheChallenge by visiting your local library. Children can also discover new stories, explore their creativity and take part in with some amazing free activities at any Newham library including arts and crafts, theatre and creative coding by signing up for events at [www.newham.gov.uk/libraryevents](http://www.newham.gov.uk/libraryevents)

**Why not become a super-creative Marvellous Maker this summer**

We have some fabulous free events to support the Challenge too, check them out here! Bookings required [www.newham.gov.uk/libraryevents](http://www.newham.gov.uk/libraryevents)

### BECKTON GLOBE LIBRARY

**Location:** Beckton Globe Library, 1 Kingsford Way, London, E6 5JQ  
**Contact:** [cn.becktonroyaldocks@newham.gov.uk](mailto:cn.becktonroyaldocks@newham.gov.uk)  
020 3373 0853  
<https://libraries.newham.gov.uk/home>

#### Marvellous table tennis

**Date:** 22 Jul, 8, 14 August  
**Time:** 2pm-3pm  
**Age:** all ages  
**Information:** Experience the thrill of table tennis - right in the library!

#### Marvellous Makers arts and crafts

**Dates:** 23, 25 Jul, 5, 13 Aug  
**Time:** 2pm-3pm  
**Age:** all ages  
**Information:** Get ready for an exhilarating journey through creativity! Each week, dive into a new and thrilling Marvellous Makers-inspired arts and crafts adventure.

#### Nintendo

**Date:** 24, 30 Jul, 14 Aug  
**Time:** 2pm-3pm  
**Age:** 6+  
**Information:** Get ready to have a blast and meet awesome new friends while playing a Nintendo game.

#### Marvellous chefs

**Date:** 26 Jul, 21, 29 Aug  
**Time:** 2pm-3pm  
**Age:** 6+  
**Information:** Unleash your inner gourmet. Join our Marvellous chefs for an extraordinary culinary adventure.

#### Marvellous Art - Comic Book workshop

**Date:** 29 Jul  
**Time:** 2pm  
**Age:** 8+  
**Information:** Get ready for a fun, artistic adventure with our comic book making workshop. Express your creativity by crafting your own Pokemon and comics. All material provided.

#### Chess

**Date:** 31 Jul, 19 Aug  
**Time:** 2pm-3pm  
**Age:** 8+  
**Information:** Will you be the next chess master?

#### Marvellous Makers Movers Matinee

**Dates:** 3, 10, 17, 24, 31 Aug  
**Time:** 2-3pm  
**Information:** Join us for a summer Saturday matinee. Contact the library for the title and details of the film.



# Libraries

## Marvellous Crafting - Joyful Journals

**Date:** 5 August

**Time:** 11am

**Age:** 7+

**Information:** Make a summer holiday diary to record all your adventures with colour and crafts expert Momtaz Begum-Hossain.

## Marvellous Makers – Coding Lego

**Date:** 6, 20 Aug

**Time:** 2pm-3pm

**Age:** 8+

**Information:** Enjoy making your LEGO creations even more marvellous with a spot of coding.

## Baby Lego

**Date:** 7, 14, 21, 28, 31 Aug

**Time:** 11am-12.30pm

**Age:** 0-4years

**Information:** Big chunky Lego play for babies.

## Marvellous Music with Marcus

**Date:** 12 Aug

**Time:** 2pm-3pm

**Age:** 6+

**Information:** Music making fun.

## Marvellous Stem Events - Robot Coding for Beginners

**Dates:** 20 Aug

**Time:** 3pm

**Age:** 5-7

**Information:** Learn about coding as we dive into fun, hands-on activities with interactive robots. Children will enjoy a story, discover real robots, and use simple coding to control their robots' movements, sounds, and lights.

## Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 27 August

**Time:** 2pm

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!

## Marvellous quiz

**Date:** 30 Aug

**Time:** 3pm-4pm

**Age:** 6+

**Information:** Can you beat the quiz master?



## CANNING TOWN LIBRARY

**Location:** 18 Rathbone Market, E16 1EH

**Contact:** [cn.customhousecanningtown@newham.gov.uk](mailto:cn.customhousecanningtown@newham.gov.uk)  
020 3373 0854

<https://libraries.newham.gov.uk/home>

## Booked Beyond Imagination

**Date:** 29 Jul, 5, 12, 19 Aug

**Time:** 12noon – 1pm

**Age:** 7-11years

**Information:** Are you a bookworm? Do you love stories? Have fun in our 'Booked Beyond Imagination' book club where we read, write and create stories and characters together.

## Sizzling Summer Storytime

**Dates:** 30 Jul, 6, 13, 20, 27 Aug

**Time:** 10.30am – 11.15am

**Location:** Custom House and Canning Town Community Neighbourhood Centre

**Age:** Under 5s

**Information:** Come along for our super storytime session. The perfect place to sing all of your favourite nursery rhymes, get moving with our active songs and tell stories together.

## Marvellous Art - Comic Book workshop

**Date:** 30 July

**Time:** 2pm

**Age:** 8+

**Information:** Get ready for a fun, artistic adventure with our comic book making workshop. Express your creativity by crafting your own Pokemon and comics. All material provided.

## Marvellous Movie Matinee

**Date:** 31 Jul, 7 Aug

**Time:** 1pm

**Age:** Parental guidance

**Information:** A Summer holiday treat awaits! Enjoy an enchanting movie matinee and make magical memories. Parents must attend with their children. Contact the library for the title and details of the film.

## Super Science Stars!

**Dates:** 1, 8, 15, 22 Aug

**Time:** 12noon-1pm

**Age:** 7-12 years

**Information:** Enjoy our science experiments where you can get your imagination going. Use your problem solving skills to connect everyday objects and make music/play games. Have fun making slime build models and enjoy coding/programming with Lego.

# Libraries

## Remarkable Rhyme Time

**Date:** 2, 9, 16, 23 and 30 Aug

**Time:** 4pm-5pm

**Age:** Under 5s

**Information:** Enjoy our remarkable rhyme time session with your little ones where we sing and move along to your favourite nursery rhymes. Then join us for our 'Stay and Play' session to have fun with a range of toys.

## Cool Crafts Club

**Date:** 3, 10, 17, 24, 31 Aug

**Time:** 4pm-5pm

**Age:** 5-11 years

**Information:** Come and join us for some fun activities to show off your most amazing artistic and creative skills.

## Marvellous Crafting - Joyful Journals

**Date:** 6 Aug

**Time:** 11am

**Age:** 7+

**Information:** Make a summer holiday diary to record all your adventures with colour and crafts expert Momtaz Begum-Hossain.

## Marvellous Author - There's Coriander in my Sugar Pot! with Rea Malhotra Mukhtyar

**Dates:** 14 Aug

**Time:** 2pm

**Age:** 4+

Listen to award-winning's Rea Malhotra Mukhtyar interactive story about a mum who just wants a little bit of peace and cleanliness... until she wakes up to a mess to end all messes! Who caused it? Should she even be this angry? And are all messes really a bad thing? Come find out in this tale of family fun for children their very tidy parents!

## Marvellous Stem Events - Robot Coding for Beginners

**Dates:** 20 Aug

**Time:** 11am

**Age:** 5-7

**Information:** Learn about coding as we dive into fun, hands-on activities with interactive robots. Children will enjoy a story, discover real robots, and use simple coding to control their robots' movements, sounds, and lights.

## Cupcake Creations!

**Date:** 28 Aug

**Time:** 2pm-3pm

**Age:** 5-11 years

**Information:** Show off your fantastic creative skills and decorate your own designs onto some yummy cupcakes.

## Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 29 Aug

**Time:** 2pm

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!



## CUSTOM HOUSE

**Location:** Prince Regent Lane, E16 3JJ  
**Contact:** CN.customcanningtown@newham.gov.uk  
020 3373 0855 or visit <https://libraries.newham.gov.uk/home>

### Marvellous Arts & Crafts

**Dates:** 27 Jul, 3, 10, 17, 24, 31 Aug

**Time:** 10.30am to 11.30am

**Age:** 5-10 years

**Information:** Create a unique craft to take home.

### Marvellous Art - Comic Book Workshop

**Age:** 8+

**Date:** 30 July

**Time:** 11am

**Information:** Get ready for a fun, artistic adventure with our comic book making workshop! Express your creativity by crafting your own Pokemon and comics. All materials provided.

### Marvellous Movie Matinee

**Date:** 1, 15, 29 Aug

**Time:** 1pm

**Age:** Parental guidance

**Information:** A Summer holiday treat awaits! Enjoy an enchanting movie matinee and make magical memories. Parents must attend with their children. Contact the library for the title and details of the film.

### Theatrical fun

**Date:** 5 Aug

**Time:** 3pm-4pm

**Ages:** 6-11 years

**Information:** Build your acting skills and boost your creative imagination.

### Marvellous Crafting - Joyful Journals

**Date:** 6 Aug

**Time:** 2pm

**Age:** 7+

**Information:** Make a summer holiday diary to record all your adventures with colour and crafts expert Momtaz Begum-Hossain.

### Marvellous Makers Treasure Hunt

**Date:** 10, 27 Aug

**Time:** 3pm-3.30pm

**Age:** 4+

**Information:** Your mission is to find the Summer Reading Challenge characters in the library. Can you find the treasure?

### Marvellous Authors - Silly Poems with Author Tasha Harrison

**Date:** 12 August

**Time:** 2pm

**Age:** 7+

**Information:** Join us for a laughter-filled poetry workshop from the author of Clementine Florentine! We'll start with funny poems and share some of our favourite silly words. Then, it's your turn to write a silly poem or a funny short story. Perfect for young wordsmiths and storytellers.

### Marvellous Junk Modelling

**Date:** 12 Aug

**Time:** 3pm to 4pm

**Age:** 5-10 years

**Information:** Let's get creative with a recycling craft session! Discover the joy of making something amazing from what we can find.

### Poets Playground

**Date:** 13 Aug

**Time:** 3pm-4pm

**Age:** 4+

**Information:** Join in with the rhyming fun to unlock the poet in you. Have fun making poems and listening to some. Parents are welcome too.

### The great big Marvellous sing-a-long

**Date:** 18 Aug

**Time:** 3pm-3.30pm

**Age:** all ages

**Information:** Warm up your vocal cords and have a marvellous time singing away! Fun for the family.

### Marvellous Stem Events - Robot Coding for Beginners

**Dates:** 20 Aug

**Time:** 1pm

**Age:** 5-7

**Information:** Learn about coding as we dive into fun, hands-on activities with interactive robots. Children will enjoy a story, discover real robots, and use simple coding to control their robots' movements, sounds, and lights.

### Marvellous Makers biscuit decorating

**Date:** 27 Aug

**Time:** 2.30pm-3pm

**Age:** 5+

**Information:** Have fun and decorate a delicious biscuit to take home. Please be allergy aware.

### Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 29 Aug

**Time:** 11am

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!



## EAST HAM LIBRARY

**Location:** 328 Barking Road, E6 2RT

**Contact:** CN.easthamlibrarymailbox@newham.gov.uk

020 3373 0827

<https://libraries.newham.gov.uk/home>

### Art and craft invention

**Date:** Thursdays 25 Jul, 1, 8, 15 Aug

**Time:** 12.30pm-1.30pm

**Age:** 5-12 years

**Information:** Unleash your creativity with our art and craft activity. From painting to exploring various materials and techniques.

### Bracelet making

**Date:** Friday 26 Jul, 9, 23 Aug

**Time:** 12noon-1.30pm

**Age:** 5-12 years

**Information:** Join us in making your favourite bracelet for yourself.

### Table tennis

**Date:** Fridays 26 Jul, 2, 9, 16, 23, 30 Aug

**Time:** 2-3pm

**Age:** 6-12 years

**Information:** Are you game? East Ham team will be the referee of the table tennis competition. Do you dare play among the best?

### Marvellous Lego

**Date:** 27, 29, 31 Jul, 3, 5, 7, 14, 17, 21, 24, 28, 31 Aug

**Time:** 11.30-1pm

**Age:** 3-12 years

**Information:** Dive into our LEGO activity! Build, create, and explore endless possibilities with colourful LEGO bricks. Perfect for all ages, this fun and imaginative session encourages creativity.

### Popcorn and movies

**Date:** Saturdays 27 Jul, 3, 10, 17, 31 Aug

**Time:** 3pm-4.30pm

**Age:** all ages

**Information:** Watch a heart-warming film suitable for all ages, complete with popcorn and comfy seating. Contact the library for the title and details of the film.

### Marvellous art craft

**Date:** Mondays, 29 Jul, 5, 12, 19 Aug

**Time:** 1.30-2.30pm

**Age:** 3-12 years

**Information:** Join Patchlarks for an interactive storytelling and writing workshop to get children fizzing with creative curiosity!

### Under 5s marvellous storytelling

**Date:** Wednesday 31 Jul, 7, 14, 21, 28 Aug

**Time:** 10am-10.45am

**Age:** 0-5 years

**Information:** Join us and enjoy nursery rhymes, games and stories.

### Marvellous Art - Comic Book workshop

**Date:** 31 Jul

**Time:** 11am

**Age:** 8+

**Information:** Get ready for a fun, artistic adventure with our comic book making workshop. Express your creativity by crafting your own Pokemon and comics. All material provided.

### Marvellous Prize Bingo

**Date:** Thursday, 1, 8 Aug

**Time:** 3-4pm

**Age:** 5-12 years

**Information:** Who wants to be the top bingo winner?

### Obstacles course

**Date:** Fridays 2, 9, 16, 23 Aug

**Time:** 3-4pm

**Age:** 7-12 years

**Information:** Challenge yourself with our obstacle course activity. Navigate through exciting challenges that test your energy.

### T-shirt art invention

**Date:** Monday 5, 19 Aug

**Time:** 3-4pm

**Age:** 6-12 years

**Information:** Design your very own t-shirt in and style (booking required)

**Contact:** cn.eastham@newham.gov.uk



# Libraries

## Lego coding (STEM activities)

**Date:** Tuesday, 6, 13, 20, 27 Aug

**Time:** 12noon-1.30pm

**Age:** 8-11 years

**Information:** Enjoy making your Lego creations even more marvellous with a spot of coding

## Mathletics

**Dates:** Tuesday 6, 20 Aug

**Time:** 2-3pm

**Age:** 5-12 years

**Information:** Where math meets athletics! Boost math skills through interactive games, challenges, and competition.

## Slippery Slime Invention

**Date:** Wednesday 7, 14, 21 and 28 Aug

**Time:** 2pm- 3pm

**Age:** 5-12 years

**Information:** Join our slime-making activity and mix glue, water to create colourful stretchy slime. Booking required.

**Contact:** 020 3373 0827 or email [cn.eastham@newham.gov.uk](mailto:cn.eastham@newham.gov.uk)

## Patchlark invention workshop

**Date:** 12 Aug

**Time:** 12noon – 1pm

**Age:** 5-12 years

**Information:** Join Patchlarks for an interactive storytelling and writing workshop to get children fizzing with creative curiosity!

## Marvellous Speller

**Date:** 13, 27 Aug

**Time:** 2pm-3pm

**Age:** 5-12 years

**Information:** Who will be the champion speller for a prize?

## Tote bag designing

**Date:** Thursdays 22, 29 Aug

**Time:** 2pm-3pm

**Age:** 6-12 years

**Information:** Join our bag designing workshop. Customise your own bag using paints and embellishments. Booking required.

**Contact:** 020 3373 0827 or email [cn.eastham@newham.gov.uk](mailto:cn.eastham@newham.gov.uk)

## Marvellous craft making

**Dates:** Saturday 3, 17, 31 Aug

**Time:** 11am-12.30pm

**Age:** 5-12 years

**Information:** Join our craft-making activity and unleash your creativity.



## Cupcake designing

**Date:** Saturdays 10, 24 Aug

**Time:** 1pm-2pm

**Age:** 3-12 years

**Information:** Get ready to decorate delicious cupcakes. With colourful frosting, sprinkles and toppings. Booking required.

**Contact:** 020 3373 0827 or email [cn.eastham@newham.gov.uk](mailto:cn.eastham@newham.gov.uk)

## Patchlark Invention Workshop

**Date:** 12, 24 Aug

**Time:** 2pm-3pm

**Age:** 5-11 years

**Information:** Join Patchlarks for an interactive storytelling and writing workshop to get children fizzing with creative curiosity!

## Marvellous Author: Eve Wersocki Morris and the Wildstorm Curse

**Date:** Thursday 15 Aug

**Time:** 2pm

**Age:** 7+

Join award-nominated and bestselling children's author Eve Wersocki-Morris for a super-interactive and spookily fun creative writing workshop! Sharpen your pencils to create your own mythical monsters and write them into a suspenseful story. Hear eerie extracts from Eve's magical mystery books, including Summer Reading Challenge Pick The Wildstorm Curse, to get your ideas soaring. There's no need to worry about perfect spelling, this workshop is all about your imagination - Eve is dyslexic but she's never let that stop her writing stories. Perfect for young writers and illustrators aged 7+ and especially enjoyable for those with dark imaginations!

## Marvellous Stem Events - Video Game Design

**Dates:** 21 Aug

**Time:** 11am

**Age:** 8-11

**Information:** Explore the evolution of video games from Pong to modern arcade hits! Children will dive into history and then create their own games in various styles using drag-and-drop software.

## Marvellous Theatre Shows - The Book Witch

**Location:** East Ham Library

**Dates:** 27 Aug

**Time:** 11am

**Age:** 7+

**Information:** Kira loves reading and visiting the library is her favorite. But words are disappearing from books, book monsters are appearing, and there might be a Book Witch. Join Kira and Barry the Bookworm to save the day. This heartwarming show for children ages 4+ explores the importance of libraries and sharing stories. It includes live music, puppetry, storytelling, key-word signing, and captions.

# Libraries

## FOREST GATE LIBRARY

**Location:** Woodgrange Road, E7 0QH  
020 3373 0856

**Contact:** CN.Forestgate@newham.gov.uk  
<https://libraries.newham.gov.uk/home>

### Marvellous Garden

**Date:** 29 July, 5, 12, 19 Aug

**Time:** 2pm-3pm

**Age:** all ages

**Information:** Join us for a fun and educational activity where children can create their own small garden.

### Marvellous arts and crafts

**Date:** 29 July, 3, 5, 10, 17, 19, 24, 31 Aug

**Time:** 4pm-5.30pm

**Age:** all ages

**Information:** Unleash your creativity with our summer-themed art and craft activity. From painting to exploring various materials and techniques.

### Under 5s Rhyme Time

**Date:** 30 July, 6, 13, 20, 27 Aug

**Time:** 11-12pm

**Age:** 0-4

**Information:** Join us for a lovely storytelling and sing along session with Forest Gate team.

### Marvellous Makers Talent Show

**Date:** 30 Jul

**Time:** 3.30pm-4.30pm

**Age:** all ages

**Information:** Are you ready to showcase your unique skills and entertain an enthusiastic audience? Whether you dance, recite poetry, play the guitar, sing, or have any other special talent, this is your moment to shine!

### Marvellous Makers treasure hunt

**Date:** 31 Jul

**Time:** 4pm-5pm

**Age:** all ages

**Information:** This fun-filled event is perfect for children to join and look for the character cards.

### Marvellous Art - Comic Book workshop

**Date:** 1 Aug

**Time:** 2pm

**Age:** 8+

**Information:** Get ready for a fun, artistic adventure with our comic book making workshop. Express your creativity by crafting your own Pokemon and comics. All material provided.

### Marvellous Storytelling

**Date:** 1, 8, 15, 22, 29 Aug

**Time:** 10.30am-11.15am

**Age:** 0-4

**Information:** Join us for a lovely storytelling and sing along session with Forest Gate team.

### Children's table tennis

**Date:** 1, 8, 15, 22, 29 Aug

**Time:** 3.30pm-5.30pm

**Age:** 7+

**Information:** Are you game? Forest Gate team will be the referee of the table tennis competition. Do you dare play among the best?

### Puzzle activity

**Date:** 2 Aug

**Time:** 12noon-1pm

**Age:** all ages

**Information:** Our Marvellous Makers will try to sort out Sudoku, Word Wheel, Word search and more.

### LEGO club

**Date:** 2, 9, 16, 23, 30 Aug

**Time:** 4pm-5.30pm

**Age:** 7+

**Information:** Show Forest Gate team your creativity and build the biggest or most amazing construction in the whole neighbourhood. We will be taking pictures of your work.

### Kids Movie Club

**Date:** 3, 10, 17, 24, 31 Aug

**Time:** 12.30pm-2pm

**Age:** 5+

**Information:** Come and watch your favourite films and enjoy delicious popcorn. Contact the library for the title and details of the film..

### Marvellous arts and craft

**Date:** 3 August

**Time:** 4pm-5pm

**Age:** all age

**Information:** Come and make a simple origami jumping frog.



# Libraries

## Sports Club for all Marvellous Makers

**Date:** 3, 10, 17, 24, 31 Aug

**Time:** 5.30pm-6.30pm

**Age:** 7+

**Information:** Join us for an exciting day filled with laughter, competition and lots of fun. We've got a fantastic line-up of activities including sumo, hoola-hooping and hilarious races that will keep everyone entertained.

## Marvellous Makers costume parade

**Date:** 6 Aug

**Time:** 3.30pm-4.30pm

**Age:** all ages

**Information:** Dress up as your favourite book or movie character. A prize will go to the winner.

## Coding session

**Date:** 7, 28 Aug

**Time:** 4pm-5pm

**Age:** 7+

**Information:** This session is perfect for our young makers who love to create, learn and design funny and innovative things.

## Marvellous Crafting - Joyful Journals

**Date:** 8 August

**Time:** 11am

**Age:** 7+

**Information:** Make a summer holiday diary to record all your adventures with colour and crafts expert Momtaz Begum-Hossain.

## Board games for families

**Date:** 9, 16 Aug

**Time:** 12noon-1pm

**Age:** all ages

**Information:** All your favourite games with prizes for everyone. All welcome.

## Marvellous bookmark

**Date:** 12 Aug

**Time:** 4pm-5.30pm

**Age:** all ages

**Information:** Children taking part in the Summer Reading Challenge can colour in this bookmark and fill it out to recommend a book to their friends.

## Under 5s Rhyme Time

**Date:** 13 Aug

**Time:** 11am-12noon

**Age:** Under 5s

**Information:** Join us for a lovely storytelling and sing along session with Forest Gate team.

## Marvellous Makers Disco

**Date:** 13, 20, 27 Aug

**Time:** 3.30pm-4.30pm

**Age:** all ages

**Information:** Get ready to dance at the Gate Library, where we'll groove to the most popular rhythms and enjoy music, fun and great company!

## STEM session

**Date:** 14 Aug

**Time:** 4pm-5pm

**Age:** 7+

**Information:** This session is perfect for our young makers who love to create, learn and design funny and innovative things.

## Marvellous Author - Create a Superstar Animal Story with Terri Chilvers

**Date:** 15 Aug

**Time:** 2pm

**Age:** 8+

**Information:** Join children's author Terry Chilvers as she shares her new book, Michael the Amazing Mind-Reading Sausage Dog. Create your own superstar animal and design your own book cover. All materials provided

## Marvellous Stem Events - Robot Coding for Beginners

**Dates:** 22 Aug

**Time:** 1pm

**Age:** 5-7

**Information:** Learn about coding as we dive into fun, hands-on activities with interactive robots. Children will enjoy a story, discover real robots, and use simple coding to control their robots' movements, sounds, and lights.

## Summer Reading Challenge

**Date:** 23, 30 Aug

**Time:** 12noon-1pm

**Age:** All ages

**Information:** This activity enables you to keep a record of the books you're enjoying together and will help to spark conversations around reading with family and friends.

## Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 28 Aug

**Time:** 2pm

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!



## GREEN STREET LIBRARY

**Location:** 337-341 Green Street, E13 9AR  
020 3373 0857

**Contact:** Cn.greenstreet@newham.gov.uk  
<https://libraries.newham.gov.uk/home>

### Board games

**Date:** 29 Jul, 5, 12, 19, 26 Aug

**Time:** 11am-12noon

**Age:** 5+

**Information:** Traditional and modern board games for families.

### Magic Makers Dance Club

**Date:** 29 Jul, 5, 12, 19, 26 Aug

**Time:** 2pm-3pm

**Age:** All ages

**Information:** Dancing sessions for SEND families and friends.

### Magic Makers Dance Club

**Date:** 29 Jul, 5, 12, 19, 26 Aug

**Time:** 5.30pm-6.30pm

**Age:** All ages

**Information:** Dancing sessions for SEND families and friends.

### Messy play

**Date:** 30 Jul, 06, 13t, 20, 27 Aug

**Time:** 10.30am-11.30am

**Age:** 0-5

**Information:** Join us and enjoy some sensory style messy play.

### Creative art and crafts makers

**Date:** 30 Jul, 1, 6, 8, 13, 15, 20, 22, 27, 29 Aug

**Time:** 2pm-4pm

**Age:** 5+

**Information:** Show off your Marvellous Making skills at this special Summer Reading Challenge arts and crafts session.

### Magic Makers SEND art club

**Date:** 30 Jul, 6, 13, 20, 27 Aug

**Time:** 5.30pm-6.30pm

**Age:** all ages

**Information:** Creative crafts for SEND families and friends.

### Makers Mash Up

**Date:** 31 Jul, 7, 14,, 21,, 28 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Join us for this mix of activities for the whole family.

### Boccia Masters

**Date:** 31 Jul, 7, 14, 21, 28 Aug

**Time:** 2pm-3pm

**Age:** all ages

**Information:** Champions Boccia for families.

### Music Makers

**Date:** 31 Jul, 7, 14, 21, 28 Aug

**Time:** 3pm-4pm

**Age:** all ages

**Information:** Make fun music creatively with everyday resources.

### LEGO Makers Club

**Date:** 1, 8, 15, 22, 29 Aug

**Time:** 11am-12noon

**Age:** 5+

**Information:** Use your imagination to creatively build fun LEGO models.

### Marvellous Crafting - Comic Book workshop

**Date:** 2 August

**Time:** 2pm

**Age:** 8+

**Information:** Get ready for a fun, artistic adventure with our comic book making workshop. Express your creativity by crafting your own Pokemon and comics. All material provided. and games.

### Tots Time

**Date:** Fridays 2, 9, 16, 23, 30 Aug

**Time:** 10.30am-11.30am

**Age:** 0-5 years

**Information:** Enjoy a fun session of classic rhymes, stories and games.





# Libraries

## Bingo Magic

**Date:** Saturdays 3, 10, 17, 24, 31 Aug

**Time:** 4pm-5pm

**Age:** 5+

**Information:** Join this family friendly challenge to win fun bingo prizes.

## Family movie club

**Date:** Saturdays 3, 10, 17, 24, 31 Aug

**Time:** 6pm-7pm

**Age:** 5+

**Information:** Enjoy a family favourite film at the library selected by you.

## Thursday Children's Cinema

**Date:** 1, 15, 22, 29 Aug

**Time:** 5-6pm

**Information:** Attend to watch a family favourite film at the library.

## Marvellous Crafting - Joyful Journals

**Date:** 9 August

**Time:** 11am

**Age:** 7+

**Information:** Make a summer holiday diary to record all your adventures with colour and crafts expert Momtaz Begum-Hossain.

## Marvellous Author - K-pop Body Swap with Luan Goldie

**Date:** 12 August

**Time:** 2pm

**Age:** 8+

**Information:** Learn all about award-winning author Luan Goldie's latest novel, Skylar and the K-pop Headteacher, and take part in a wacky K-pop inspired adventure! When 11-year-old K-pop fan Skylar switches bodies with her strict 71-year-old headteacher, Ms. Callus, she navigates a hilarious world of dancing grannies and upended school rules, all while trying to swap back before her dream of meeting her favourite boyband, AZ8, complicates everything. Will Skylar risk being stuck as an old lady forever to meet her idols?

## Code Club - Lego WeDo

**Date:** 14 Aug

**Time:** 3-4pm

**Age:** 5+

**Information:** Use problem-solving, literacy and coding skills to complete each unit of our Lego WeDo robotic kits.

## Marvellous Stem Events - Getech Lego Discovery

**Dates:** 23 Aug

**Time:** 2.30pm

**Age:** 8-11

**Information:** Unleash your creativity by coding and building robots with Lego kits.

## Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 30 Aug

**Time:** 2pm

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!

## MANOR PARK LIBRARY

Manor Park Library is currently closed until further notice.

We apologise for any inconvenience. Please check <https://libraries.newham.gov.uk/home> for updates.



## NORTH WOOLWICH LIBRARY

**Location:** North Woolwich Library, 5 Pier Parade,  
North Woolwich, London, E16 2LJ  
**Contact:** cn.northwoolwichlibrarymailbox@newham.gov.uk  
020 3373 0843  
<https://libraries.newham.gov.uk/home>

### Arts and Crafts

**Date:** Mondays 29 Jul, 5, 12, 19 Aug  
**Time:** 4-5pm  
**Age:** 5+  
**Information:** Come and be creative with us!

### Marvellous Art - Comic Book Workshop

**Date:** 29 Jul  
**Time:** 11am  
**Age:** 8+  
**Information:** Get ready for a fun, artistic adventure with our comic book making workshop! Express your creativity by crafting your own Pokemon and comics. All materials provided.

### Nintendo Games Club

**Date:** Tuesdays 30 Jul, 6, 13, 20, 27 Aug  
**Time:** 4-5pm  
**Age:** 5+  
**Information:** Play Nintendo with other North Woolwich regulars.

### Play Library

**Date:** Tuesdays & Wednesdays, 30, 31 July, 6, 7, 13, 14, 20, 21, 27, 28 Aug  
**Time:** 10am-12pm  
**Age:** 0-5  
**Information:** Come and join the fun. Play or swap your toys.

### Bug hunting, sow and grow and arts and crafts with Mo

**Date:** 30 Jul, 13 Aug  
**Time:** 11am-12noon  
**Age:** 5+  
**Information:** Come along and join Mo to explore and discover nature, develop a scene of size, amount by observing and exploring the environment. Learn to grow your own flowers and enjoy arts and craft and unleash your creativity in a fun and enjoyable environment.



### Lego Club

**Date:** Wednesdays & Fridays, 31 July, 2, 7, 9, 14, 16, 21, 23, 28, 30 Aug  
**Time:** 4-5pm  
**Age:** 5+  
**Information:** Come along and use your imagination and building skills to make your own design. Families can learn and build Lego together.

### Board Games Club

**Date:** Thursdays, 1, 8, 15, 22, 29 Aug  
**Time:** 4-5pm  
**Age:** 5+  
**Information:** Have fun with traditional and modern board games.

### Saturday Lego Club

**Date:** Saturdays, 3, 10, 17, 24, 31 Aug  
**Time:** 4-5pm  
**Age:** 5+  
**Information:** Come along and use your imagination and building skills to make your own design. Families can learn and build Lego together.

# Libraries

## Creative Club – arts and craft with Jane

**Date:** 6 Aug

**Time:** 11am-12noon

**Age:** 5+

**Information:** Come along and spark your imagination by making your own musical instrument. Simple and safe to make, using everyday items you can find around the house.

## Slime Session with Parbin

**Date:** 15 Aug

**Time:** 3-4pm

**Age:** 5+

**Information:** Create your own slime! Remember to bring a tub to take your gooey masterpiece home safely.

## Marvellous Author - Superhero Adventures with Ellie Clements

**Date:** Friday 16 Aug

**Time:** 2pm

**Age:** 8+

Have you ever had a dream so remarkable and real, you woke up wondering if it was dream? Well, Sonny has! Meet author Ellie Clements and her world of superhero children - the Stupendous Sonny and the Wondrous Prune! Can you come up with a hero that fits in with their neighbourhood?

## Mario Kart Ultimate Knockout Tournament

**Date:** 20 Aug

**Time:** 4-5:30pm

**Age:** 6-12

**Information:** An action-packed tournament where the winner of each match up stays on. Will you be victorious and take home the grand prize!?

## Marvellous Makers summer session by Abi

**Date:** 22 Aug

**Time:** 4-5pm

**Age:** We have a lot of colourful odd socks, all you need is imagination! Join Abi as she guides you through making your own sock puppet friend from scraps of fabric, wool, glue, pom poms and a (clean) odd sock. All materials provided, space is limited so book early!

## Marvellous Stem Events - Getech Lego Discovery

**Dates:** 23 Aug

**Time:** 11am

**Age:** 8-11

**Information:** Unleash your creativity by coding and building robots with Lego kits.

## Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 27 Aug

**Time:** 11am

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!



## PLAISTOW LIBRARY

**Location:** North Street, E13 9HN

**Contact:** [cn.plaistow@newham.gov.uk](mailto:cn.plaistow@newham.gov.uk), 020 3373 0859

<https://libraries.newham.gov.uk/home>

### Messy Play

**Date:** Mondays, 29 Jul 5, 12, 19 and 26 Aug

Thursdays, 1, 8, 15, 22, 29

**Time:** Mondays 10am-11am

Thursday 1pm-2pm

**Age:** 0-5years

**Information:** Join us and enjoy some sensory style messy play.

### Arts and craft

**Date:** Monday 29 Jul, 5, 12, 19, 26 Aug

**Time:** 12noon-1pm

**Age:** 5+

**Information:** Show off your Marvellous Making skills at this special Summer Reading Challenge arts and crafts session.

### Get fit and stay healthy

**Date:** Monday 29 Jul, 5, 12, 19, 26 Aug

**Time:** 2pm-3pm

**Age:** 5+

**Information:** Fun, interactive fitness session for over 5s

### Storytime

**Date:** 30 Jul, 6, 13, 20, 27 Aug

**Time:** 10am-11am

**Age:** 0-5 years

**Information:** Enjoy an interactive storytime session.

### Bee Bot interactive play

**Date:** 30 Jul, 6, 13, 20, 27 Aug

**Time:** 11am-12pm

**Age:** 0-5years

**Information:** Enjoy coding for under 5s.

### Film club with popcorn

**Date:** 30 Jul, 6, 13, 20, 27 Aug

**Time:** 1pm-2.30pm

**Age:** all ages

**Information:** Spend your afternoon watching a family favourite film at the library. Popcorn provided. Contact the library for the title and details of the film.

### Chess Masterclass

**Date:** 30 Jul, 6, 13, 20, 27 Aug

**Time:** 2.30pm-3.30pm

**Age:** 5+

**Information:** Showcase your skills or learn to be a chess master.

### Stay and play

**Date:** 31 Jul, 7, 14, 21, 28 Aug

**Time:** 10am-11am

**Age:** 0-5years

**Information:** Enjoy some fun with soft play toys.

### Drama workshop

**Date:** 31 Jul, 7, 14, 21, 28 Aug

**Time:** 2pm-3pm

**Age:** 5+

**Information:** Enjoy exploring the world of creative arts and expression.

### Code Club

**Date:** 31 Jul, 7, 14, 21, 28 Aug

**Time:** 3pm-4pm

**Age:** 5+

**Information:** Enjoy coding while playing games.

### Scavenger Hunt

**Date:** 1, 8, 15, 22, 29 Aug

**Time:** 2pm-3pm

**Age:** 5+

**Information:** Hunt and find the clues to win prizes.

### Kids box fit session

**Date:** 1, 8, 15 Aug

**Time:** 5pm-6pm

**Age:** 5+

**Information:** Get fit and healthy with boxing for kids.

### Games Club

**Date:** 1, 8, 15, 22, 29 Aug

**Time:** 4pm-6pm

**Age:** 5+

**Information:** Enjoy some classic games and PS4 games.

### Table Tennis Club

**Date:** 1, 8, 15, 22, 29 Aug

**Time:** 6pm-7pm

**Age:** 5+

**Information:** Learn to play table tennis or compete with existing talent.

### Arts and craft

**Date:** 2, 9, 16, 23, 30 Aug

**Time:** 12noon-1pm

**Age:** 5+

**Information:** Show off your Marvellous Making skills at this special Summer Reading Challenge arts and craft session.

### Marvellous Art - Comic Book Workshop

**Date:** 2 August

**Time:** 11am-12noon

**Age:** 5+

**Information:** Come and join our creative workshops.

### Lego Club - Use your imagination

**Date:** 2, 9, 16, 23, 30 Aug

**Time:** 3.30pm-4.30pm

**Age:** 5+

**Information:** Use problem solving, logic and engineering skills to build creative Lego models. See what your imagination can come up with.

# Libraries

## Games club and table tennis

**Date:** Saturdays, 3, 10, 17, 24, 31 Aug

**Time:** 3pm-5pm

**Age:** 5+

**Information:** Enjoy some classic games and PS4 games. Learn to play table tennis or compete with existing talent.

## Bingo

**Date:** Monday 5, 12, 19, 26 Aug

**Time:** 2pm-3pm

**Age:** 5+

**Information:** Get ready to win some fun prizes and challenge yourself.



## Marvellous Crafting - Joyful Journals

**Date:** 9 Aug

**Time:** 2pm

**Age:** 7+

**Information:** Make a summer holiday diary to record all your adventures with colour and crafts expert Momtaz Begum-Hossain.

## Marvellous Author - Farrah Riaz and the Twirly Wiggly Dance

**Date:** 13 Aug

**Time:** 2pm

**Age:** 4+

**Information:** Meet author Farrah Riaz as she tells a story from her childhood about finding your own groove, with the celebratory backdrop of a South-Asian Muslim wedding. Can Intisar's family show her that being herself is far more fun than being perfect?

## Hoola Hoop fun and dance

**Date:** Thursday, 15, 22 and 29 Aug

**Time:** 2pm-3pm

**Age:** 4+

**Information:** Hula hooping is a fantastic way to move your body and build confidence as well as being loads of fun. Come and join our hoop workshops where you'll be wowed with a spintastic demo from a professional hula-hooper then get to have a go yourself. Perfect for age 4+ (but littler ones welcome to watch).

## Marvellous Stem Events - Video Game Design

**Dates:** 21 Aug

**Time:** 2pm

**Age:** 8-11

**Information:** Explore the evolution of video games from Pong to modern arcade hits! Children will dive into history and then create their own games in various styles using drag-and-drop software.

## Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 30 Aug

**Time:** 11am

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!

## Marvellous Makers Party

**Date:** Saturday 14 Sept

**Time:** 1pm-4pm

**Age:** all ages

**Information:** Come along and celebrate all your achievements. Complete the Summer Reading Challenge with face painting, balloon modelling, fun activities.



## STRATFORD LIBRARY

**Location:** 3 The Grove, E15 1EL

**Contacts:** CN.Stratfordlibrarymailbox@newham.gov.uk  
020 3373 0826 or visit <https://libraries.newham.gov.uk/home>

### Table tennis competition

**Date:** Mondays, 29 Jul, 5, 12, 19 Aug

**Time:** 9am-5pm

**Age:** all ages

**Information:** Are you game? Stratford team will be the referee of the table tennis competition. Do you dare playing among the best?

### Marvellous colouring

**Date:** Mondays, 29 Jul, 5, 12, 19 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Let your imagination fly and combine all the colours to create the most amazing artwork. Stratford's team will be the judge of all participants and a prize will be given to the most creative artwork.

### Marvellous key ring making

**Date:** 30 Jul

**Time:** 11am-12noon

**Age:** all ages

**Information:** Stratford team has prepared an amazing craft session where you will test your artsy skills.

### Chess club

**Date:** Tuesdays, 30 Jul, 6, 13., 20, 27 Aug

**Time:** 5.30pm-7.30pm

**Age:** 6+

**Information:** Chess sessions where our expert tutors will teach you how to beat the most experienced chess players in the world.

### Marvellous Art - Comic Book workshop

**Date & Time:** Wednesda 31 Jul 2pm, Thursday 1 Aug 11am

**Age:** 8+

**Information:** Get ready for a fun, artistic adventure with our comic book making workshop. Express your creativity by crafting your own Pokemon and comics. All material provided.

### Makey Makey STEM session

**Date:** Wednesdays, 31 Jul, 7, 14, 21, 28 Aug

**Time:** 4pm-5pm

**Age:** 6+

**Information:** Ready for a challenge? Join us for an amazing STEM session where we will test your creativity and digital skills.

### Marvellous storytelling for under 5s

**Date:** Fridays, 2, 9, 16, 23, 30 Aug

**Time:** 10am-10.30am

**Age:** 0-4

**Information:** Join us for a lovely storytelling and singalong session.

### Marvellous origami making

**Date:** 2 Aug

**Time:** 11am-12noon

**Age:** 6+

**Information:** Stratford team has prepared an amazing craft session where you will test your artsy skills.

### Marvellous scavenger hunt

**Date:** Saturdays, 3, 10, 17, 24, 31 Aug

**Time:** 3pm-4pm

**Age:** 6+

**Information:** Come and join Stratford team in our summer hunt, help us find the clues hidden in the children's library and get ready for some amazing prizes for the fastest at finding the secret word.

### LEGO club

**Date:** Sundays, 4, 11, 18, 25 Aug, 1 Sept

**Time:** 12noon-1pm

**Age:** all ages

**Information:** Show Stratford team your creativity and build the biggest or most amazing construction in the whole neighbourhood. We will be taking photos of your work.



# Libraries

## Family film matinee

**Date:** Sundays, 4, 11, 18, 25 Aug, 1 Sept

**Time:** 1pm-3pm

**Age:** all ages

**Information:** Stratford team has chosen the best titles for the film session. Contact the library for the title and details of the film.

## Marvellous finger painting

**Date:** 6, 20 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Let your imagination fly and combine all the colours you most like to create the most amazing artwork. Stratford's team will be the judge of all participants and a prize will be given to the most creative artwork.

## Marvellous Crafting - Joyful Journals

**Date:** 8 Aug

**Time:** 2pm

**Age:** 7+

**Information:** Make a summer holiday diary to record all your adventures with colour and crafts expert Momtaz Begum-Hossain.

## Marvellous bracelet making

**Date:** 8, 30 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Stratford team has prepared an amazing craft session where you will test your artsy skills. Will your craft make it to the Hall of Fame?

## Marvellous Making rainbow fish

**Date:** 10 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Stratford team has prepared an amazing craft session where you will test your artsy skills.

## Marvellous Making butterfly wings

**Date:** 12 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Let your imagination fly and combine all the colours you most like to create the most amazing artwork. Stratford's team will be the judge of all participants and a prize will be given to the most creative artwork.

## Marvellous Author - Maria Motunrayo Adebisi and the Heart of Midnight

**Date:** 12 Aug

**Time:** 2pm

**Age:** 8+

**Information:** Join us for author Maria Motunrayo Adebisi's new book Koku Akanbi and the Heart of Midnight, a uniquely magical world inspired by West African mythology! Sent on a dangerous quest to find the three most powerful objects in the world, our hero Koku and his super-powered friends must save the day before it's too late. Create your own super-powered mythical heroes with an African twist!

## Marvellous Sensory Slime Play

**Date:** 13 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Join us for an exciting, multi-sensory experience for all ages, aiding creative, cognitive, social emotional and physical development.

## Marvellous Play-doh fun

**Date:** 15 Aug

**Time:** 3pm-4pm

**Age:** all ages

**Information:** Join us for an exciting, multi-sensory experience for all ages, aiding creative, cognitive, social, emotional and physical development.

## Marvellous wind chime making

**Date:** 16 Aug

**Time:** 3pm-4pm

**Age:** all ages

**Information:** Stratford has prepared an amazing craft session where you will test your artsy skills. Will your craft make it to the Hall of Fame?

## Marvellous badge making

**Date:** 21 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Stratford team has prepared a badge making session where you will test your artsy skills. Will your craft make it to Stratford's wall of fame?

## Marvellous Stem Events - Robot Coding for Beginners

**Dates:** 22 Aug

**Time:** 11am

**Age:** 5-7

**Information:** Learn about coding as we dive into fun, hands-on activities with interactive robots. Children will enjoy a story, discover real robots, and use simple coding to control their robots' movements, sounds, and lights.

# Libraries

## Marvellous Sensory Slime Play

**Date:** 23 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Join us for an exciting, multi-sensory experience for all ages, aiding creative, cognitive, social, emotional and physical development.

## Marvellous Bag Making

**Date:** 24 Aug

**Time:** 3pm-4pm

**Age:** all ages

**Information:** Stratford team has prepared an amazing craft session where you will test your artsy skills. Will your craft make it to Stratford's wall of fame?



## Lego club

**Date:** 25 Aug

**Time:** 12noon-1pm

**Age:** all ages

**Information:** Show Stratford team your creativity and build the biggest or most amazing construction in the whole neighbourhood. We will be taking pictures of your work!

## Family film matinee

**Date:** 25 Aug

**Time:** 1pm-3pm

**Age:** all ages

**Information:** Stratford team has chosen the best titles for the film session.

## Table tennis competition

**Date:** 26 Aug

**Time:** 9am-5pm

**Age:** all ages

**Information:** Are you game? Stratford team will be the referee of the table tennis competition. Do you dare play among the best?

## Marvellous colouring

**Date:** 26 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** Let your imagination fly and combine all the colours you most like to create the most amazing artwork. Stratford's team will be the judge of all participants and a prize will be given to the most creative artwork so do not miss out on the opportunity!

## Chess club

**Date:** 27 Aug

**Time:** 5.30pm-7.30pm

**Age:** 6+

**Information:** Chess sessions where our expert tutors will teach you how to beat the most experienced chess players in the world.

## Marvellous Theatre Shows - The Knowing Newham Hero Hunt

**Dates:** 28 Aug

**Time:** 11am

**Age:** All ages

**Information:** Join the "Knowing Newham Hero Hunt!" with Pakiki Theatre—an interactive theatre show for families. Discover Newham's amazing heritage and its incredible people through exciting storytelling. Accompany our Hero Hunters on a thrilling adventure using clues, maps, problem-solving, drama, fun facts, and time travel to uncover Newham's future heroes!





# Libraries

## Makey Makey STEM session

**Date:** 28 Aug

**Time:** 4pm-5pm

**Age:** 6+

**Information:** Ready for a challenge? Join us for an amazing STEM session where we will test your creativity and digital skills. Who will be the first to finish the challenge?

## Marvellous play-doh fun

**Date:** 29 Aug

**Time:** 3pm-4pm

**Age:** all ages

**Information:** Join us for an exciting, multi-sensory experience for all ages, aiding creative, cognitive, social, emotional and physical development.

## Storytelling for under 5s

**Date:** 30 Aug

**Time:** 10am-10.30am

**Age:** under 5s

**Information:** Join us for a lovely storytelling and sing along session with the Stratford team.

## Marvellous bracelet making

**Date:** 30 Aug

**Time:** 11am-12noon

**Age:** all ages

**Information:** The Stratford Library team has prepared an amazing craft session where you will test your artsy skills. Will your craft make it to Stratford's wall of fame?

## Scavenger Hunt

**Date:** 1 Sept

**Time:** 12noon-1pm

**Age:** all ages

**Information:** Come and join the Stratford team in our summer hunt, help us find the clues hidden in the children's library and get ready to get some amazing prizes for the fastest at finding the secret word!

## Lego club

**Date:** 1 Sept

**Time:** 12noon-1pm

**Age:** all ages

**Information:** Show the Stratford team your creativity and build the biggest or most amazing construction in the whole neighbourhood. We will be taking pictures of your work!

## Family film matinee

**Date:** 1 Sept

**Time:** 1pm-3pm

**Age:** all ages

**Information:** Stratford team has chosen the best titles for the film session.



# Youth Empowerment Services

## FOREST GATE YOUTH ZONE

**Location:** Forest Gate Youth Zone  
1 Woodford Road, E7 0DH

### Forest Gate Youth Zone Summer Programme

**Dates:** Tuesday- Fridays 23 July – 29 August

**Time:** 12-5pm

**Age:** 10-19 (up to 25 subject to timetable)

**Information:** Experience a fantastic range of on-site and off-site activities at our Youth Centre Summer Programme. Enjoy football with the West Ham Foundation, basketball coaching with London Lions U18 players, volleyball, non-contact boxing, and dance sessions with IMD Legion. Participate in Afro Dance workshops with East London Dance, Henna and Art sessions, photography projects, and podcast creation. Learn to film, edit, create music, and train in martial arts and self-defence. Don't miss our Newham Young Chef competition, beauty and makeup sessions, and Friday roller skate discos. Exciting trips include indoor skydiving, Water Wipe-out, Adventure Island, paintballing, and laser tag. Limited spaces - sign up now!

**Contact:** Zahra.maalow@newham.gov.uk

**Website:** <https://padlet.com/YESLBN/youth-empowerment-weekly-programme-r5x77y7xlyou>

**Insta:** @forestgateyouthzone

## BECKTON GLOBE YOUTH ZONE

**Location:** 1 Kingsford Way, E6 5JQ  
**Contact:** 020 3373 0853

### Beckton Youth Zone Summer Programme

**Date:** Tuesday to Friday, 23 July to 30 August

**Time:** 1pm-6pm

**Age:** 10-19 (up to 25 subject to timetabling)

**Information:** We have a wide range of onsite activities and workshops including cooking, pottery making and henna art. Our programme also offers a variety of off-site visits for young people, experiences like White Water Rafting at Lee Valley, working together to solve the puzzle that is an escape room, Adventure Island in Southend, Paradise wildlife park and BMXing at the Velopark. Our activities are chosen to provide variety, experience and learning opportunities for all of our young people.

**Contact:** jordan.allen@newham.gov.uk

**Website:** <https://padlet.com/YESLBN/youth-empowerment-weekly-programme-r5x77y7xlyou>

**Insta:** @Becktonglobeyouthzone1bn

## LITTLE ILFORD YOUTH ZONE

**Location:** Little Ilford Youth Zone, 1A Rectory Road,  
Manor Park, E12 6JB

### Little Ilford Youth Zone summer programme

**Dates:** Tuesday to Friday 23 July-30 August

**Time:** 12noon-5pm

**Age:** 10-19 (up to 25 subject to timetabling)

**Information:** Join us this summer. As well as our onsite activities, our programme also offers some exciting off-site visits for young people. Experience the thrill of skydiving, the challenge of the escape rooms, a relaxing day of fishing. Join our day visit to Southend where you can explore the local attractions or take part in our visit to Young Drive where you can learn both motoring and navigating skills through off-road driving and quad biking in a safe and supervised environment. Each activity is designed to provide fun challenges, new experiences and lasting memories.

**Contact:** victor.wilcock@newham.gov.uk

**Website:** <https://padlet.com/YESLBN/youth-empowerment-weekly-programme-r5x77y7xlyou>

**Insta:** @littleilfordyouthzone1bn



# Youth Empowerment Services

## SHIPMAN YOUTH ZONE

**Location:** Shipman Youth Zone, 340 Prince Regent Lane, Custom House, E16 3JH

### Summer Programme

**Date:** Tuesday to Friday, 23 July-30 August

**Time:** From 1.30pm

**Information:** Join us this summer for our range of on-site activities from sports and games in the new sports hall to fitness, dance and wellbeing activities in the purpose built suites. Try music production tasters and dance workshops in the new studios as well as healthy eating and nutrition activities. Join in our social action projects and contribute to your community. Offsite visits include adventure based team building, snowboarding experiences and more. Our activities are designed with and for young people.

**Contact:** [Florina.stmarthe@newham.gov.uk](mailto:Florina.stmarthe@newham.gov.uk)

**Website:** <https://padlet.com/YESLBN/youth-empowerment-weekly-programme-r5x77y7xlyou>

**Insta:** @shipmanyouthzonalbn

## STRATFORD YOUTH ZONE

**Location:** Stratford Youth Zone Gerry Raffles Square, E15 1BG

### Youth Zone summer activities and HAF

**Date:** Tuesdays, Wednesdays, Thursdays and Fridays from 30 July 2024- 30 August 2024

**Time:** 2.30pm-6.30pm

**Age:** 11-17 years

**Information:** Stratford Youth Zone is offering open access youth activities for young people aged 11-17 in a safe, welcoming environment for young people to engage, enjoy, learn, grow and make friends. Activities may include but are not limited to sports, team games, challenges, cooking, trips and electronic gaming. If you are interested, please visit us on site, meet the team and we will sign you up in person.

**Contact:** [stratfordyz@newham.gov.uk](mailto:stratfordyz@newham.gov.uk)

**Website:** [www.instagram.com/stratfordyouthzonalbn/](http://www.instagram.com/stratfordyouthzonalbn/)



# Youth Empowerment Services

## Renewal Programme – Fun in the sun

**Date:** 22 July-2 August, 5 August-23 August

**Times:** Kensington Primary School, 10am-2pm

Young Carers Programme, 11am-3pm

**Age:** Kensington Primary School – aged 8-11

Young carers aged 5-17 (children aged 5-7 will need to be accompanied by a parent or guardian)

**Information:** Kensington Primary School – a range of activities including: non contact boxing, archery, football, tennis, taekwondo, arts and crafts, board games, face painting, cake decorating, henna art, gardening, climate change workshop, smoothie making, street dance, trip to Fairplay House.

Young Carers Programme: First aid, cookery mental health workshop, mixed sports. Trips include: skiing and snowboarding, canoeing, rowing and bowling

**Contact:** joseph.richards@renewalprogramme.org.uk

**Website:** <https://www.renewalprogramme.org.uk/>

## Caramel Rock Summer School

**Date:** 20, 21 and 22 August

**Time:** TBC

**Location:** 17-18 Lower Dock Walk, E16 2GT

**Age:** 9-18 years

**Information:** Practical fashion design will immerse you in the world of fashion and help you understand how to undertake the fashion design process. We will introduce you to the principles of fashion design and drawing and show you how to develop your ideas from drawing, research and experimentation. Additionally you will also take part in design development in preparation for learning sewing skills as well as basic pattern cutting.

**Contact:** 07494436950/0207 7476 3222

**Website:** [www.caramelrock.com/summer-school/](http://www.caramelrock.com/summer-school/)

## Youth summer sessions

**Dates:** 12,14,19,28 August

**Time:** 3-6pm

**Location:** Britannia Village Hall

**Age:** 9-18 years (up to 25 years if SEND)

**Information:** West Silvertown Foundation is hosting their annual summer sessions for young people. We will be offering activities such as baking, roller-skating, FIFA tournaments, sports, dance, arts and crafts and more. Our sessions are drop-in so no need to sign up beforehand.

**Contact:** youth@wsfroyaldocks.org

**Website:** <https://wsfroyaldocks.org/>

## I love BV Summer Scheme

**Date:** Monday to Thursday, 22 July – 8 August

**Time:** 10.30am-3pm

**Location:** Britannia Village Hall, E16 ITU

**Age:** 8-14 years

**Information:** a summer play scheme with games, sports, crafts and workshops with a free lunch.

**Contact:** youth@wsfroyaldocks.org

**Website:** <https://wsfroyaldocks.org/>

## DETACHED YOUTH TEAM

### Summer CrossFit Challenge for teens

**Date:** Every Monday from 29 July – 26 August

**Time:** TBC

**Age:** 14+

**Location:** The Dovetail, 22 Doran Walk, E15 2JL

**Information:** This exciting programme combines fitness, fun and friendship to keep you active and energised throughout the summer months.

**Contact:** Venetta 07773481118/Arnaud 07816370090

**Website:** Instagram @detachedyouthteamlbn

### Skate Gals & Pals

**Date:** Every Thursday from 1-22 August

**Time:** 3.30pm-5pm

**Age:** 10+

**Location:** Pool Street, Stratford, E20 2AF

**Information:** Whether you're a pro on wheels or just starting out, our summer skating extravaganza has something for everyone. Learn new tricks, improve your technique and become a skating superstar with the help of our expert instructors.

**Contact:** Venetta 0777348111/Arnaud 07816370090

**Website:** Instagram @detachedyouthteamlbn

### Multi-sports and football

**Date:** 1 August, 8 August and 15 August

**Time:** 5pm-7pm

**Location:** Priory Park, Grangewood Street, East Ham, E6 1QZ

**Information:** Detached Youth Team will be delivering a wide range of multi-sports activities for anyone aged 9-19 years in Priory Park. Activities will include basketball, table tennis, football and more.

**Contact:** Shaheed.miah@newham.gov.uk

simone.petters@newham.gov.uk

**Website:** Instagram @detachedyouthteamlbn

### Art in the Park – fabric painting art workshop

**Date:** 7 August and 14 August

**Time:** 4pm-7pm

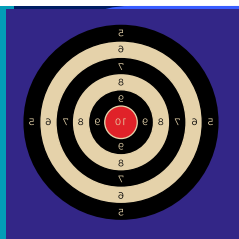
**Location:** Priory Park, Grangewood Street, East Ham, E6 1QZ

**Information:** Get creative and learn to spray paint like a pro at this interactive workshop. Customise and design your own t-shirts using a range of colours and stencils. Activities will also include canvas drawings, colouring and painting sessions.

**Contact:** mark.barnett@newham.gov.uk

simone.petters@newham.gov.uk

**Website:** Instagram @detachedyouthteamlbn



# Special educational needs and disabilities

## AMBITION ASPIRE ACHIEVE

### SEND Youth Club – Arc in the Park

**Date:** 29 July to 26 August

**Time:** Every Monday from 4pm-7pm

**Location:** Arc in the Park, Hermit Road Park, Bethell Avenue, London, E16 4JT

**Age:** 12-25 years

**Information:** Youth club for young people with special educational needs where they can engage in a range of creative, life skills and physical exercise activities. Young person supported on a one staff member to four young people ratio, unable to provide 121 support.

**Contact:** [liam@theaaazone.com](mailto:liam@theaaazone.com)

**Website:** [www.theaaazone.com/send-provision-arc](http://www.theaaazone.com/send-provision-arc)

### SEND Youth Club – East Ham

**Date:** 1 July – 29 July

**Time:** Every Thursday from 4pm-7pm

**Location:** Arc in the Park, Hermit Road Park, Canning Town, E16 4JT

**Age:** 12-25 years

**Information:** Youth club for young people with SEND, where they can participate in a range of creative life skills and physical exercise activities. Group relocated due to Newham College being closed. Young people are supported on a one staff member to four young people ratio. We are unable to provide 121 support.

**Contact:** [liam@theaaazone.com](mailto:liam@theaaazone.com)

**Website:** [www.theaaazone.com/send-provision-arc](http://www.theaaazone.com/send-provision-arc)

### Magic Care Moments Club

SEND club for children and adults to play and enjoy activities with non SEND children.

**Date:** Every Tuesday

**Time:** 5pm-6.30pm

**Location:** Green Street Library, 337-341 Green Street, E13 9AR

**Ages:** all ages

**Contact:** [evie.rose2@icloud.com](mailto:evie.rose2@icloud.com)

**Website:** <https://magiccaremomentsclub.co.uk/>

### SEND Youth Club – Abbey Hub

**Date:** 30 July to 27 August

**Time:** Every Tuesday from 4pm to 6pm

**Location:** Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford, E15 2RN

**Age:** 8-16 years

**Information:** Youth club for young people with special educational needs where they get to engage in a range of creative, life skills and physical exercise activities. Young person supported on a one staff member to four young people ratio, unable to provide 121 support.

**Contact:** [liam@theaaazone.com](mailto:liam@theaaazone.com)

**Website:** [www.theaaazone.com/send-provision-arc](http://www.theaaazone.com/send-provision-arc)

### SEND Short Breaks Family Day Trips / Stay & Play Activities

**Date:** 22 July – 2 September

**Time:** Various – See booking details

**Location:** Various locations – See booking details

**Information:** Newham Council is offering a number of family trips open to children with SEND and their immediate family. Families can book activities via the EEQU platform.

Contact information: [Leonora.Featherman@newham.gov.uk](mailto:Leonora.Featherman@newham.gov.uk)

**Website:** <https://eequ.org/search-learning-experiences?q=newham>



# Nurseries, children centres and playschemes

## ASTON MANSFIELD

### The Manor Youth – Transitional Youth Project

**Date:** Every Thursday and Friday from Thursday 25 July to Friday 30 August

**Time:** 10am – 6pm

**Location:** Aston-Mansfield Community Centre, 1 Toronto Avenue, Manor Park, E12 5JF

**Age:** 11-14 years

**Information:** A mixture of activity sessions and outings, planned in partnership with young people and workshop focused on life skills, covering topics such as keeping yourself safe online, negotiating peer pressure, self-defense, volunteering, citizenship and money management. Includes breakfast, lunch and snacks. Minimum of one trip per week. Ofsted registered.



## Newham Children's Centres

Children Centre Activities for Under 5s. Please see our activity calendars on [www.newham.gov.uk/childrens-centres](http://www.newham.gov.uk/childrens-centres). We provide a range of learning through play activities to help families understand and support their child development.

## ROYAL DOCKS LEARNING AND ACTIVITY CENTRE

### Summer Holiday Scheme

**Date:** 22 July to 1 September

**Time:** 10am-6pm

**Location:** RDLAC, Albert Road, London, E16 2JB

**Ages:** 4-12 years

**Information:** Wide range of fun and exciting activities for young children aged 4-12. With activities from arts and crafts to sports and cycling. External workshops for fun and exciting experiences like science workshops and magic shows and animal showcasing. We also provide trips to various locations such as cinema, bowling, theme parks.

**Contact:** 0207 471666 and [bookings@rdlac.org.uk](mailto:bookings@rdlac.org.uk)

**Website:** [www.rdlac.org/](http://www.rdlac.org/)

## PLAISTOW PRIMARY SCHOOL AND CHILDREN'S CENTRE

### Family Fun Day

**Date:** Friday 9 August

**Time:** 10am-1pm

**Location:** Plaistow Children's Centre

**Age:** all ages

**Information:** A family fun day that is £1 per child. Under 12 months are free. Many free activities including face painting, messy play crafts. Food stall and other items available. Enquire with centre for costs.

**Contact:** 0208 548 5620 option 3

**Website:** [www.plaistow.newham.sch.uk/default.asp](http://www.plaistow.newham.sch.uk/default.asp)

### Southend of Sea Family Trip

**Date:** 23 August

**Time:** TBC

**Location:** Southend on Sea

**Age:** all ages

**Information:** Family outing to the seaside. Please contact centre for further information regarding the cost and timings.

**Contact:** 0208 548 5620 option 3

**Website:** [www.plaistow.newham.sch.uk/default.asp](http://www.plaistow.newham.sch.uk/default.asp)



# Nurseries, children centres and playschemes

## SHERINGHAM NURSERY SCHOOL AND CHILDREN'S CENTRE

**Location:** Sheringham Nursery

**Contact:** 0208 553 2479

[mpcc@sheringham-nur.newham.sch.uk](mailto:mpcc@sheringham-nur.newham.sch.uk)

**Website:** [www.sheringham-nur.org.uk/childrens-centre/](http://www.sheringham-nur.org.uk/childrens-centre/)

### Stay and Play

**Date:** 22, 24, 29 and 31 July/5, 7, 12, 14, 21, 19, 28 and 29 August

**Time:** 10.30am to 12pm

**Ages:** Under 8s

**Information:** Drop in Stay and Play for children under 8 years old with their parents and carers. Fun and stimulating environment with developmentally appropriate activities to help improve children's personal, social and emotional skills. Great opportunity to meet other local families and have a change of scene and activities.

### Little Champions

**Date:** 23 and 30 July/6, 13, 20 and 27 August

**Time:** 10.30am to 12pm

**Ages:** Under 8s

**Information:** Drop in Stay and Play focusing on supporting children with additional needs

**Location:** Sheringham Nursery

**Contact:** 0208 553 2479

[mpcc@sheringham-nur.newham.sch.uk](mailto:mpcc@sheringham-nur.newham.sch.uk)

**Website:** [www.sheringham-nur.org.uk/childrens-centre/](http://www.sheringham-nur.org.uk/childrens-centre/)

### Trips

**Date:** 25 July/1 and 8 August

**Time:** 9am-2pm

**Ages:** Under 8s

**Information:** Please contact the centre for more information.

### Kiddie Cook

**Date:** 15 and 22 August

**Time:** TBC

**Ages:** Under 8s

**Information:** Please contact the centre for more information

### Drop in family support surgery

**Date:** 26 July/2, 9, 16, 23 and 30 August

**Time:** 9-11am

For parents/carers

**Information:** A chance to talk to our family support work about concerns, worries or questions you may have about your child/family situation.

## ST STEPHEN'S CHILDREN'S CENTRE

### Family Stay and Play

**Dates:** 30 July, 6 and 13 August

**Times:** 10.30am-11.30am

**Dates:** 31 July, 7 and 14 August

**Times:** 1pm

**Location:** Whitfield Road, East Ham, E6 1AS

**Information:** Join us for an enjoyable, stimulating and fun-filled active session with the whole family

**Contact:** 020 8586 0147

**Website:** [www.st-stephens-nurserychildrenscentre.org.uk](http://www.st-stephens-nurserychildrenscentre.org.uk)

### Pilates

**Date:** 29 July, 5 and 12 August

**Time:** 9.30am-10.30am

**Age:** Under 8s

**Information:** A form of exercise that focuses on balance, posture and flexibility. Call to book. Crèche available



# People Powered Places

Residents and local organisations are running lots of fun, free activities for children and young people over the summer – get involved!

These projects have been funded through the People Powered Places programme, Newham's flagship participatory budgeting programme.



Find out more about the projects and People Powered Places by scanning the QR code.

## Art for fun

An inclusive group open to all to make art, build your confidence and meet like-minded people. All art materials and light refreshments provided.

**Date:** Thursdays

**Time:** 10am-12.30

**Location:** St Mark's Church and Community Centre, 218 Tollgate Road, E6 5YA

**Ages:** all ages

**Contact:** ourartforfun@gmail.com

**Website:** <https://newhamco-create.co.uk/en/pages/people-powered-places>



## Awareness scriptwriting and drama

This project supports young people to explore their creative talents and through script writing and drama sessions.

**Dates:** 20 July, 3 August, 24 August, 7 September

**Time:** 11am-12noon

**Location:** East Ham Library, 328 Barking Road, E6 2RT

**Age:** 5-16 years

**Contact:** taheerasultana82100@gmail.com

**Website:** <https://newhamco-create.co.uk/en/ideas/script-writing-and-drama-for-awareness>

## Ayesha youth project

Ayesha Youth Project offers informative activities for girls and boys, such as talks on knife crime, drug use and healthy eating.

**Date:** Every Friday

**Age and time:** 8-12 years, 8pm-9pm

13-17 years, 9.30pm-10.30pm

**Location:** Unit 7, 56-62 Church Rd, London E12 6AF

**Contact:** ayeshayouthproject@gmail.com

**Website:** <https://newhamco-create.co.uk/en/ideas/ayesha-youth-project-ayp>

## BECKTON COMMUNITY PROJECT

### Beckton Community Project Youth Club

A youth club running a variety of activities such as table tennis, pool, computer games, archery and football.

**Date:** Every Saturday

**Time:** 3pm-5pm

**Location:** Windsor Park Community Centre, E6 6WG

**Age:** 7-18 years

**Contact:** [info@becktoncommunityprojects.org.uk](mailto:info@becktoncommunityprojects.org.uk)

**Website:** [www.becktoncommunityprojects.org.uk](http://www.becktoncommunityprojects.org.uk)

### Beckton Community Projects Fun Day

Family fun day with stalls and bazaar, BBQ, arts and crafts, henna, face painting, bouncy castle, competitions and more

**Date:** Saturday 5 August

**Time:** 1pm-6pm

**Location:** Windsor Park Community Centre, 20 Warwall, E6 6WG

**Ages:** all ages

**Contact:** [info@becktoncommunityprojects.org.uk](mailto:info@becktoncommunityprojects.org.uk)

**Website:** [www.becktoncommunityprojects.org.uk/projects](http://www.becktoncommunityprojects.org.uk/projects)

### Fit and Safe in Little Ilford

Summer fitness activities for families including relay races, games, fun activities and more

**Dates:** 5 July, 12 July, 2 August

**Time:** 4.30pm-5.30pm

**Dates:** 20 July, 31 August

**Time:** 10am-11am

**Location:** Little Ilford Park, E12 5NG

**Age:** 5-10 years and parents



# People Powered Places

**Contact:** Horst or Ulrike – 0747030250

**Website:** <https://newhamco-create.co.uk/en/pages/people-powered-places>

## Fitness for families

Kids to enjoy some multi-sports while mums get fit with dance fitness session

**Dates:** Saturdays

**Times:** 10am-11am

11am-12noon (this include a girls only fitness session for 11 years and older).

**Location:** Little Ilford School, Manor Park, E12 6JB

**Contact:** p.a.l.a.c.e@hotmail.com

**Website:** <https://newhamco-create.co.uk/en/pages/people-powered-places>

## MANOR YOUTH PROJECT

### Girls only boxing club

**Date:** Sundays

**Time:** 8.30am-10am

**Location:** Unit 7, 56-62 Church Road, E12 6AF

**Age:** 12-19 (25 with special needs)

### Mixed football club

**Date:** Tuesdays

**Time:** 5pm-7pm

**Location:** Little Ilford School, Manor Park, E12 6JB

**Age:** 5-16 years

### Boys football league

**Date:** Saturdays

**Time:** 11am-1pm

**Location:** Little Ilford School, Manor Park, E12 6JB

**Age:** 12-16 years

**Contact:** manoryouthproject@gmail.com

**Website:** <http://www.manorfc.com/>

### Youth FC –football sessions for girls with monthly mentoring

Football training and matches for girls ages 12- 18 years old

**Dates:** Thursdays

**Time:** Girls 12-15 – 7pm-8pm

Girls 15-18 – 8pm-9pm

**Contact:** emmanuelk472@gmail.com

**Website:** <https://newhamco-create.co.uk/en/ideas/youth-football-club>

**Location:** Newham Leisure Centre, 281 Prince Regent Lane, E13 8SD

## Masjid e Tauheed Youth Empowerment scheme Weekly youth club

A weekly youth club for girls and boys with fun and interactive activities.

**Date:** Every Saturday

**Time:** Under 12 boys – 4.30pm-6.30pm

10-18 years girls – 9.30am to 12.30pm

14 to 18 years boys – 6.30pm-9.30pm

**Location:** 236-238 High Street North, E12 6SB

**Contact:** sahir.saeed@masjidetauheed.org

**Website:** <https://newhamco-create.co.uk/en/ideas/masjid-e-tauheed-youth-empowerment-scheme>

## ClimateYouChange – Sustainable fashion and living

Join us for a fun day to look after our environment. Gain energy saving information, free sustainable samples and seeds. Fund for all the family.

**Date:** Saturday 22 July

**Time:** 3pm-5.30pm

**Location:** Katherine Road Community Centre, 254 Katherine Road, E7 8PW

**Ages:** all ages

**Contact:** [info@climateyourchange.org](mailto:info@climateyourchange.org)

**Website:** Climate You Change | Lower your carbon footprint

## LONDON YOUTH ROWING

Come down to the Royal Docks and learn how to row for free with London Youth Rowing

**Location:** London Regatta Centre, Dockside Road, E16 2QT

**Age:** 11-18 years

**Contact:** [Emuir@londonyouthrowing.com](mailto:Emuir@londonyouthrowing.com)

**Website:** <https://www.londonyouthrowing.com/>

## Beginner rowing sessions

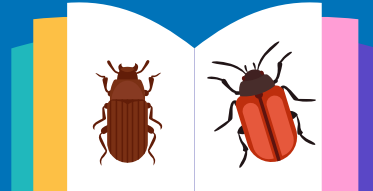
**Date:** Wednesday

**Time:** 4.30pm-6.30pm

## Intermediate rowing sessions

**Date:** Monday

**Time:** 4.30pm-6.30pm



# People Powered Places

## MBG Youth Fitness

Two hour health and fitness workshops taught by professional fitness

**Dates:** Wednesday and Friday

**Time:** 4pm-6pm

**Location:** 207-215 Leytonstone Road, E15

**Age:** 14-18 years

**Contact:** management@musclebasingym.com

**Website:** <https://newhamco-create.co.uk/en/>

## Eco-motive – so fresh, so clean

### Family litter picking sessions

Litter picking sessions for the whole family. Join us to clean up our neighbourhood.

**Dates:** 27 July, 17 August,

**Times:** 11am-3pm

**Location:** Meeting point, Canning Town Library, 18 Rathbone Market, E16 1EH

**Ages:** all ages

**Contact:** new\_ecomotive@yahoo.com

**Website:** <https://newhamco-create.co.uk/en/ideas/eco-motive-sustainability-waste-management-scheme>



## Newham All Stars Sports Academy

Take part in weekly basketball sessions taking place throughout the summer. Open to all levels.

**Date:** Mondays

**Time:** 4.30pm-6pm

**Age:** 10-14 years

**Date:** Thursdays

**Time:** 4.30pm-6pm

**Age:** 12-16 years

**Date:** Fridays

**Time:** 4.30pm-6pm

**Age:** 12-16 years

**Date:** Saturdays

**Time:** 9.30am-11am

**Age:** All ages

**Location:** UEL Sport Dock, University of East London, 4-6 University Way, E16 2RD

**Contact:** rheenabones@nassasports.org.uk

**Website:** <https://nassasports.org.uk/>

## Lofty Aim

Join a weekly youth club for boys and girls for some free fun activities.

Weekly youth club for girls

**Date:** Saturdays

**Time:** 2.30pm-5pm

Weekly youth club for boys

**Date:** Saturdays

**Time:** 6.30pm-9pm

**Location:** Unit 1, The Shade Centre, Church Road, E12 6AF

**Contact:** lionson.khan@gmail.com

**Website:** <https://theshade.org/projects/youth/>

## 7th Newham Salaam Scout Group

Arizon Youth Empowerment Project is for young people to upskill, train and learn new things over the summer and throughout the year.

**Date:** Every Friday

**Time:** 7pm-9pm

**Age:** 13-18 years

**Location:** Katherine Road Community Centre, 254 Katherine Road, E7 8PW

**Contact:** 7thnewham@gmail.com

**Website:** <https://newhamco-create.co.uk/en/ideas/youth-inspired>

## Inclusive Rhythms, dance, art and community

Registration required - Inclusive Rhythms, a dance and creative arts project for children aged 5-10 years with learning or physical disabilities, and their parents/carers. Places are limited to ensure the health and safety needs of participants, and must be booked via the Eventbrite.

**Date:** Saturday 13 July

**Time:** 2pm-3.15pm

**Location:** The Gate Library, Woodgrange Road, E7 0QH

**Date:** Saturday 10 August

**Time:** 2pm-3.15pm

**Location:** Forest Gate Community Garden, 136 Earlham Grove, E7 9AR

**Age:** 5-10 years

**Contact:** hello@embracespace.co.uk

**Website:** [www.eventbrite.co.uk/e/inclusive-rhythms-send-family-workshops-tickets-895219715267?aff=oddtcreator](http://www.eventbrite.co.uk/e/inclusive-rhythms-send-family-workshops-tickets-895219715267?aff=oddtcreator)

# People Powered Places

## Ashok's Vision International Engagement Circles

Engaging young people through projects relating to:

- Nature and biodiversity projects
- Youth engagement and volunteering opportunities
- Creative and artistic collaborations
- Youth led Mental wellbeing workshops

**Date:** Every Saturday

**Time:** 12noon-2pm

**Location:** Woodgrange Market, Woodgrange Road corner off Serbert Road E7

**Age:** 5-18 years

**Contact:** info@ashoksvisioninternational.org

**Website:** www.ashoksvisioninternational.org

## Nature Builders

Nature builders is an urban forest school which helps children to connect with nature through arts, crafts, games, practical skills, story-telling and mindfulness activities.

**Date:** Monday and Thursday

**Time:** 3.30pm-5.30pm

**Ages:** 5-11 years

**Location:** Up Garden, 1-4 and 5 Eric Close laundry yard entrance, Forest Gate, E7 0AY

**Contact:** zotovalaura@gmail.com

**Website:** <https://newhamco-create.co.uk/en/ideas/nature-builders>

## Residential trip to Isle of Wight

**Date:** 24-28 August

**Age:** 16-17 years

To attend, please contact [ayeshayouthproject@gmail.com](mailto:ayeshayouthproject@gmail.com)

**Location:** Unit 7, 56-62 Church Road, London, E12 6AF

**Contact:** Afsar Ali [ayeshayouthproject@gmail.com](mailto:ayeshayouthproject@gmail.com) 07961013222

**Website:** [www.ayeshayouthproject.org.uk](http://www.ayeshayouthproject.org.uk)



## Magic Care Moments Club

Weekly art and dance classes open to children with autism and Special Educational Needs and children in mainstream school.

**Date:** Mondays and Tuesdays

**Time:** 5- 6.30pm

**Location:** Green Street Library 337-341 Green Street, E13 9AR

**Contact:** Evie Rose [evie.rose2@icloud.com](mailto:evie.rose2@icloud.com)

**Website:** <https://magiccaremomentsclub.co.uk/>

## Newham cricket club

Join Newham Youth Cricket Club for free training and matches for children aged 7-18 years

Cricket Training

**Date:** Tuesdays

**Time:** 5 - 7.30pm

**Ages:** 7 - 13 years

Open Cricket Session

**Date:** Thursdays

**Time:** 5.30 - 8pm

**Ages:** 13 - 18 years

Batting session

**Date:** Fridays

**Time:** 5 - 8pm

**Ages:** All ages

**Location:** Flanders Playing Field, 118 Napier Rd, London E6 2SG

Contact [pauldawson384@gmail.com](mailto:pauldawson384@gmail.com)

Website <https://newhamcc.com/>

## Hope 4 Humanity - Youth and Women Empowerment Project

Free and interactive activities including social media training, app making skills, self defence, fitness and self defence classes.

**Date:** Every Saturday

**Time:** 12-3pm

**Age:** All ages

**Location:** Katherine Road Community Centre, 254 Katherine Road, E7 8PW

**Contact:** [hopeforhumaniti@gmail.com](mailto:hopeforhumaniti@gmail.com)

**Website:**

<https://hope4humanity.org.uk/h4h-youth-women-empowerment-project>

Visit the Well Newham website to access health and wellbeing information for all ages from healthy mind and healthy body to healthy money and healthy home.

[www.wellnewham.org.uk](http://www.wellnewham.org.uk)

## School Health Service (SHS)

School Health's Young Carers organise events for young people aged 5-18 who have caring responsibilities. Info: Visit: <https://www.newhamconnect.uk/Services/3580> for more information.

The School Health Service (SHS) is part of the Children's Health 0-19 Service and support children, young people (aged 5-19) and their families, who live in Newham. We provide information and support for a wide range of health issues including: oral health, healthy growth, managing stress, improving sleep, healthy relationships as well ensuring the right support is in place in school for children with long term health conditions.

[www.newham.gov.uk/schoolhealthreferral](http://www.newham.gov.uk/schoolhealthreferral) or email [schoolhealth@newham.gov.uk](mailto:schoolhealth@newham.gov.uk)

Check out our pages on Newham Connect for more details about our offer <https://www.newhamconnect.uk/Services/3580>

## National Health Service

**Phone: 999 for emergencies**

**Phone: 111 (free from a landline or mobile phone)**

**Online: 111.nhs.uk (for assessment of people aged 5 and over only)**

To get the right advice or treatment you need for physical or mental health. The advice is available 24 hours a day, 7 days a week.

## National Child Measurement Programme (NCMP)

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11). We are running parent information workshops in person for anyone who may have any questions and meet members of the school health service that will be providing the NCMP in your child's school. If you have an enquiry about the National Child Measurement Programme, please call 0300 303 5678 or email [enquiries@nhsdigital.nhs.uk](mailto:enquiries@nhsdigital.nhs.uk).

## ChatHealth

ChatHealth is a confidential text messaging service in Newham that enables children and young people (aged 11-19) to contact the school health service and get advice from a qualified nurse about anything to do with their health and wellness.

The service is available between 9-5 pm Monday to Friday (except bank holidays) and you should expect a response to your text within 24 hrs.

Text the service on: 07507 326645

## Filming Health Videos

We have been busy with children and young people making short films providing health information. Check them out on YouTube using the links below.

If you want to get involved in creating short films or interested in getting involved behind the camera, contact us on [schoolhealth@newham.gov.uk](mailto:schoolhealth@newham.gov.uk)

### School Readiness-Early Years

<https://youtu.be/RK85GXs3qVo>

### Vision and Hearing for 4/5 year olds

<https://www.youtube.com/watch?v=YQK0nmSpFE0>

### Thinking Inside the Box- A Health Visiting Story

<https://youtu.be/LxBNTudWyCw>

### Family Nurse Partnership

[https://youtu.be/NSQX9C7u3\\_s](https://youtu.be/NSQX9C7u3_s)

## Shine – Sexual Health & Relationship Advice

**Location:** Sir Ludwig Guttmann Health and Wellbeing Centre (Stratford) West Ham Lane Health Centre

**Contact:** 020 8496 7237 [www.alleast.nhs.uk](http://www.alleast.nhs.uk)

Clinics are for young people 21 years and younger and are discreet, confidential and services are completely free to young people living in Newham. Advice and information includes:

- Hormonal contraception - pills, patches, contraceptive injections, IUS (coil), implants and vaginal rings
- Emergency contraception (the morning after pill – taken within 5 days/120 hours of unprotected sex)
- Screening for sexually transmitted infections (STIs)
- Condoms and c-cards (condom cards)
- Support to access other services, such as abortion services if necessary.

Shine educational programmes can include sessions such as:

- Sex and the risks – STIs, pregnancy and contraception
- relationships
- Recognising abuse in relationships
- Sex and the law
- Building self esteem
- Assertiveness and saying no.

## Shine All East NHS

Relationship and sex education service for 21 and under. Shine provides free advice, support, education and information for healthy and safe relationships. Providing 1-1 or group sessions to support the relationships and sex education of vulnerable young people. Shine also provides a free, confidential and non-judgemental young people's sexual health clinic every Wednesday. No appointment needed, just show up and sign up.

**Date:** Every Wednesday

**Time:** 4.15pm-7.15pm

**Location:** 84 West Ham Lane, E15 4PT

**Age:** Up to 21 years

# Crisis and counselling

## Adult Social Care

020 8430 2000 (Select option 2), 9am-5pm,  
Monday-Thursday & 9am-4.45pm, Friday  
<https://www.newham.gov.uk/health-adult-social-care>  
The team consists of qualified and experienced social workers, approved mental health professionals (AMPH) and safeguarding workers to respond to urgent safeguarding concerns. The Emergency Duty Team provides support in an emergency out-of-hours: evenings, overnight, weekends and Bank Holidays. An emergency is anything that cannot wait until the next day. The team will provide emergency support to: children and families and anyone over the age of 18.

## ASK User-led Mental Health Group

Arts and crafts activities for children promoting good mental health

**Date:** 18 July

**Time:** 5pm-7pm

**Location:** Plaistow Library, North Street, E13 9HL

**Contact:** asksandra.amoah@gmail.com

**Website:** <https://newhamco-create.co.uk/en/>

## Children's Social Care

999 if a child is at risk of serious harm, abuse or neglect

**Contact:** 020 3373 4600 (Option 1) for Children's Social Emergency Monday to Thursday, 9am to 5.15pm or Friday 9am to 5.00pm

**Out of Hours Phone:** 020 8430 2000

Make a request online or request support or protection of a child.

**Website:** <https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=7>

## Child Line

**Contact:** 0800 1111

0808 800 5000 for adults concerned about a child

**Website:** [www.childline.org.uk/](http://www.childline.org.uk/)

Childline is a counselling service for children and young people up to their 19th birthday provided by the National Society for the Prevention of Cruelty to Children. Children can get help and advice from a counsellor (by phone or online) about a wide range of issues.

## Crisis Line

**Contact:** 020 7771 5888

The crisis line is provided by East London NHS Foundation Trust (ELFT) to support people living in Newham. It is available 24 hours a day including weekends and Bank Holidays.

Callers will be given support and advice from mental health professionals. The service aims to provide the right care at the right time and prevent people spending unnecessary time at the Emergency Department. The Crisis Helpline can:

support and help you if you have mental health problems, provide accurate information and advice about local mental health services and communicate with other services or teams on your behalf, if you wish for support in a non-directive way, or empower and encourage you to take control.

@NHS\_ELFT's Newham Mental Health Crisis Line phone number updates: 24hr Mental Health Crisis Line number from today is 020 7771 5888.

**Contact:** The Newham Home Treatment Team no. is now: 020 7540 6759.

Full details: <https://tinyurl.com/jd6v2vb3>

@Gill\_NHS

@NHSNewhamCCG

@MindITHN

@NewhamLondon

## Hestia Domestic Violence Support

999 if you are in immediate danger

0808 196 1482 - this number is also available after 6pm for emergencies

**Email:** [InfoNewhamDSV@hestia.org](mailto:InfoNewhamDSV@hestia.org) or

**Website:** [www.hestia.org/newham](http://www.hestia.org/newham)

These services are still running and a professional support worker can be contacted by phone on the above numbers.

## Family Advocacy

**Contact:** 020 8519 8312 between 10am - 4pm

Advocacy is when you get support to:

- Share your views, wishes and feelings
  - Be listened to and understood
  - Access and understand relevant information
  - Explore choices and options
  - Make informed choices and decisions about your life
  - Access services
  - Defend and promote your rights and responsibilities
  - Speak out about issues that matter to you and be valued and included in your community.
- <https://www.bizseek.co.uk/the-family-advocacyproject-020-8519-8312>

## XYLA

**Date:** Every Friday from 28 June (for 12 weeks)

**Time:** 6pm

**Ages:** 4-17 years

**Location:** St Bartholomew's Church, E6 3BA

**Information:** The Healthy Futures programme is a fun learning opportunity to engage the whole family in the benefits of a healthy lifestyle and explore how to incorporate healthy eating and moving more into everyday life. This free programme includes 12 weekly fun, interactive sessions for parents/carers and children. All of the sessions are run by qualified health coaches who will support you on your journey.

**Contact:** 0333 577 3011

**Website:** <https://bit.ly/3nD42D0>

# Wellbeing support

## Change Grow Live Charity

**Contact:** 0800 652 3879

**Website:** [www.changegrowlive.org/local-support/find-a-service](http://www.changegrowlive.org/local-support/find-a-service)  
Advice and support on drug or alcohol issues.

## Kooth

**Contact:** 020 3984 9337

**Website:** [www.kooth.com](http://www.kooth.com)  
[contact@kooth.com](mailto:contact@kooth.com)

[www.koothplc.com/contact-us](http://www.koothplc.com/contact-us)

Please note Kooth is accessible throughout the school holidays. Kooth is available if you're aged 11 to 18 years, and offers: a live chat function so young people can contact a qualified counsellor. Scheduled and drop-in counselling sessions available all year round (including evenings and weekends) and anonymous support.

## Samaritans

**Contact:** 116 123 for free

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org/](http://www.samaritans.org/)

Samaritans is a charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout. Whatever you're going through, a Samaritan will face it with you. The service is available 24 hours a day, 365 days a year.

## Switchboard LGBT+ Helpline

**Contact:** 0300 330 0630

Information, support and referral service for lesbians, gay men, and bisexual and trans people, and anyone considering issues around their sexuality and/or gender.

**Website:** <https://switchboard.lgbt/how-we-can-help>



## Repair Café and Community Clothes Swap Event

**Date:** 27 July

**Time:** 11am-2pm

**Age:** all ages

**Location:** Cundy Community Centre,  
42 Hartington Road, E16 3NP

**Information:** Repair Cafés are a place for reuse and repairs to happen. Whether this be repairs to electrical devices, clothing or bicycles, an expert repairer will share their skills to repair your broken item, talking you through the repair as it happens. Repair cafes are a perfect opportunity to add a new lease of life to items that could have ended up in the bin, plus a great chance to learn a new skill that you can put to practice on a future repair yourself.

## Newham Housing: Community Fun days for tenants and leaseholders

**Dates:** 24 and 31 July, 7 and 14 August

**Time:** 12noon-5pm

**Locations:** 24 July – Sandal Street Play Area,  
Sandal Street, E15 3NN

30 July – Priory Park, Grangewood Street, E6 1QZ

7 and 14 August – Brampton Park, Masterman Road, E6 3LB

**Ages:** all ages

**Information:** We will be bringing fun for all, alongside the opportunity for residents to meet staff from across the housing service and other parts of the organisation. We would love to have you join us for food, fun and games, music, giveaways, and much more!



