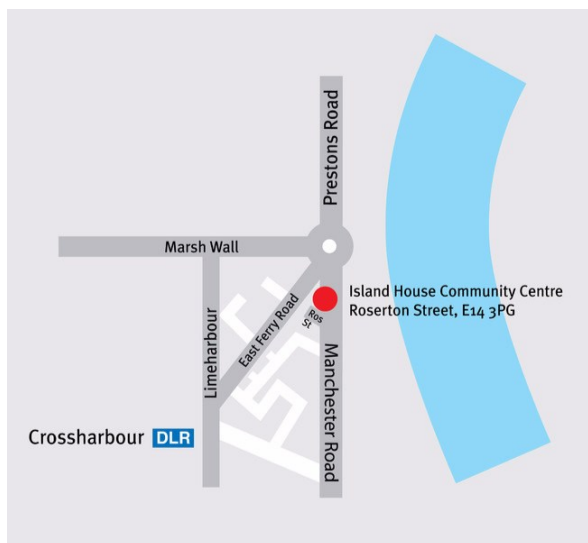


# Find us



ADDRESS:  
Island House Community Centre  
Roserton Street  
Isle of Dogs  
London E14 3PG

TEL: 020 7531 0310  
EMAIL: [admin@island-house.org](mailto:admin@island-house.org)

BY TRAIN  
**Crossharbour DLR**  
**South Quay DLR**  
**Canary Wharf Underground**

BY BUS  
The nearest buses serving Island House are:  
**277 & D7** (bus stop: "St John's Park")  
**D6** (bus stop: "Jack Dash House")  
**135 & D8** (bus stop: Asda)

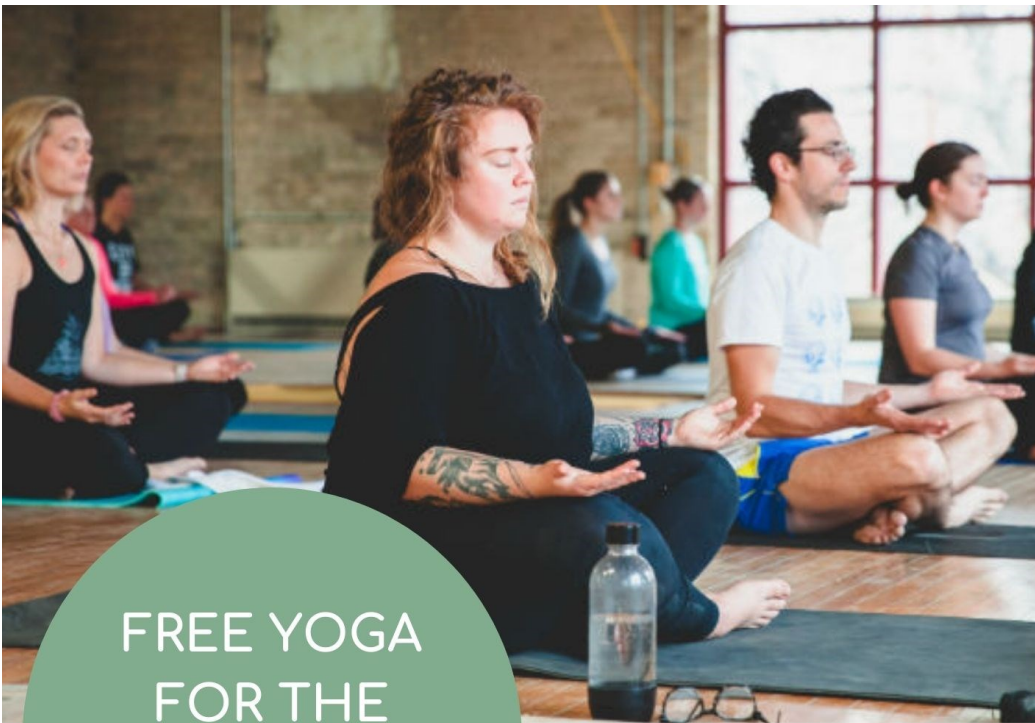
BY BIKE  
The nearest Santander Cycle docking station is:  
**Castalia Square, Cubitt Town**



island house  
community centre



PROJECT  
SESSIONS  
AT ISLAND HOUSE



FREE YOGA  
FOR THE  
WHOLE  
COMMUNITY

Mondays (mixed)  
6.30PM - 7:30 PM

Tuesdays (women only)  
6PM - 7PM

Move, stretch, breathe, relax...

- Release physical tensions, aches and pains
- Improve range of movement, balance and flexibility
- Increase strength and stamina
- Calm your mind and reduce stress

# Hatha Yoga

Island House, Roserton Street, E14 3PG / 020 7531 0310

# ENGLISH CLASS

Intermediate  
conversation classes  
with friendly tutors

FREE  
TO MEMBERS  
JOIN WHEN  
YOU ARRIVE

EVERY WEDNESDAY

2:00PM

Questions? Call Neide 07585 560 345

Living Room Club | 2nd Floor, Island House Community Centre | Roserton Street | Isle of Dogs | E14 3PG

LIVING ROOM *Events*



# GATHER FOR CONFIDENCE AND A CUPPA

Women join us for  
a time of sharing  
experiences and  
encouraging each other  
over a cuppa and cake

FREE  
TO MEMBERS  
JOIN WHEN  
YOU ARRIVE

**EVERY FRIDAY**  
**11:00 - 12:30**

**Call Amanda to join: 07927 492 774**

Living Room Club | 2nd Floor, Island House Community Centre | Roserton Street | Isle of Dogs | E14 3PG

LIVING ROOM *Events*




## MOOD BOOSTING MOVES

An uplifting blend of cardio, strength-building, and yoga for physical and mental wellbeing.

- Feel more energised
- Improve your balance
- Become stronger and more mobile
- Support your heart health
- Make new friends

\*Please note that most of the exercises in this class take place standing. If you are unable to stand, our Mindfulness in Motion class may be more appropriate for you.

 **Every Thursday  
11am-12pm**

 **Island House,  
Roserton St,  
E14 3PG**

 **020 7531 0310**

 **admin@island-  
house.org**

**Refreshments served after the session: 12pm-1pm**



## Mindfulness in Motion

Gentle chair-based movement, breathing exercises, and meditation to help release physical tension and facilitate relaxation.

- Increase mobility and flexibility
- Reduce stress
- Improve lung function
- Sleep better
- Make new friends



Every Thursday  
1pm-2pm



Island House,  
Roserton St,  
E14 3PG



020 7531 0310



admin@island-  
house.org

Refreshments served before the session: 12pm-1pm



Free, confidential, independent advice on welfare rights, housing, and debt, from basic advice and assistance to court and appeal level. Bengali speaking advice workers available.

### DROP IN SESSION

MONDAY

10AM - 12PM

Island House, Roserton Street, E14 3PG

(Off Castalia Square)

### TELEPHONE ADVICE SESSIONS

TUESDAY & WEDNESDAY

10AM - 12PM

**0207 987 9379**

Book appointments - General Advice - Discuss your case

Specialist advice in welfare rights, debt, and housing  
available by appointment





# LEARN IT SKILLS

Tips and tricks on how to use  
your phone, tablet, and laptop



Improve your digital skills on your phone, tablet or laptop,  
and learn tips and tricks to stay safe online

## Fridays

## 11am-12.30pm

cathy.weir@island-house.org /  
02075310310 / facebook.com/Islandhousecc

# GROWING IN CONFIDENCE

FREE 1-to-1 training available by appointment, created to  
improve your digital skills, increase your employment  
opportunities, and help you grow in confidence.

Free online training available in:

- Health & Safety
- Food hygiene
- Computer skills
- Health & Social care

Support also available with:

- Online applications
- Submitting documents
- CV writing
- Job search
- Online security



With thanks to our funders:



Call Cathy on **020 7531 0312** or email  
**cathy.weir@island-house.org** to book an appointment.  
Group sessions available upon request.

# ONLINE FORM FILLING SUPPORT AVAILABLE

PERSONAL INFORMATION		
Last Name	First Name	Middle
Address	City	State
Phone	Email address	

## WE CAN HELP WITH:

- Blue badge application form
- Freedom pass form
- Taxicard form
- Pension Credit application form
- Applying for a parking permit
- Uploading documents online
- Reporting a change of circumstances

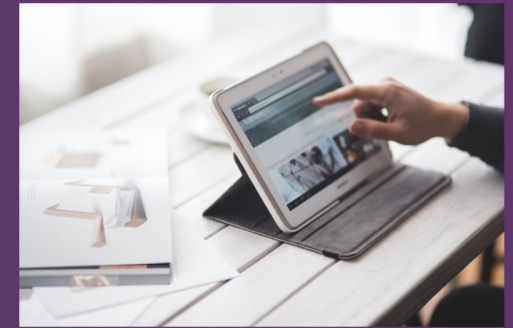


To book an  
appointment call  
0207 531 0312

Island House Community Centre  
Roserton Street, E14 3PG  
cathy.weir@island-house.org



NEW  
&  
FREE



Digital Drop-in  
Every Wednesday  
10.00am to 12.00

Just pop-in for 1-2-1 support

Need help & support with digital stuff?

Over 60 -travel cards

Freedom pass

Parking permits

UC journal

How to bid for homes

How to upload documents

How to report change of circumstances

Setting up an email account

Tel: 020 7531 0312/0310 [www.island-house.org](http://www.island-house.org)





# Circus skills with Good Friends

Learn circus skills in our free and fun group  
for over 50's.

It's a great way to meet new people and develop physical  
skills. Finish up with hot drinks and a friendly chat.



**Starting: Monday 15<sup>th</sup> of January**

**11.30am – 1.30pm**

**Island House, Roserton Street, E14 3PG**



Call or text **07944 966141** for  
more information or email  
[info@safh.org.uk](mailto:info@safh.org.uk)



BILLY'S PANTRY

# EMERGENCY FOOD PARCELS

CONTACT

020 7531 0310

[ADMIN@ISLAND-HOUSE.ORG](mailto:ADMIN@ISLAND-HOUSE.ORG)



**Island House Community Centre, Roserton Street, E14 3PG**

Food is a human right and is an immediate and tangible way to help  
someone. Billy's Pantry provides non-perishable food in jars, cans, bottles  
and sealed packets to anyone in need.

Donations welcome and gratefully received!

[www.island-house.org](http://www.island-house.org) / [www.facebook.com/islandhousecc](https://www.facebook.com/islandhousecc)





# Knit & Natter with... The Craft Club



Want to meet up for a cup of tea and a chat?



Do you want to learn some new crafts & share your skills too?

Join us every Monday  
for a knit & natter  
12.30pm-3.30pm

Island House Community Centre  
Roserton Street, E14 3PG  
020 7531 0310



## Improve your skills for work & take the next step in your career

Island House can provide free, impartial advice and support on finding the right opportunities to meet your needs. Whether you're looking to retrain and upskill, or need support in finding & applying for courses, we can help you start your journey!

Our support includes:

- Advice, guidance & support on finding the right training & careers opportunities for you.
- One to one appointments to complete application forms
- Help & support with identifying and overcoming any barriers
- Mobile phone sim card with FREE internet access, calls & texts.

### Eligibility Criteria

- ✓ Aged 19 years or over
- ✓ Living in London
- ✓ Legally resident in the UK
- ✓ Have a National Insurance Number

### To Register

- ☎ 0207 531 0312
- ✉ [cathy.weir@island-house.org](mailto:cathy.weir@island-house.org)
- 📍 Island House, Roserton Street, E14 3PG



MAYOR OF LONDON







# PILATES

AT  
ISLAND HOUSE COMMUNITY CENTRE

Saturdays

9.30am - 10.30am

NEW SESSION  
OPEN TO  
MEN & WOMEN



## BEGINNERS WELCOME!

Free community Pilates sessions on Saturday mornings.

No pre-booking required

Island House, Roserton Street, E14 3PG

[facebook.com/islandhousecc](https://facebook.com/islandhousecc)

Sponsored by



# WOMEN'S BOXERCISE

GET READY TO FIGHT!

# FOR THE SAKE OF FITNESS

2024  
New timeslot  
6pm-7pm

FREE Women's Boxercise  
Sessions every  
Thursday 6pm-7pm

[www.island-house.org](http://www.island-house.org) / 020 7531 0310







## Bereavement Support Group

Dealing with the loss of a loved one is one of the most painful things most of us will face. Everyone deals with bereavement differently and you may experience a whole range of emotions.

Join us on the last Friday of each month

Small hall at Island House

9.30am - 11.30am



## NUMBI ARTS

Wednesday 5pm—8pm

Thursday 5pm—8pm

NUMBI is a healing dance that happens in Somalia where one lets go of one's inhibitions and gets free. It is that ethos, with the emphasis on freedom, that inspired NUMBI founder, Kinsi Abdulleh, to set up the organisation.

Our vision is to provide a platform for collaborative cross-cultural exchange for artists working in theatre, visual arts/ photography, music/dance and film – that draws from the experience of Somali communities around the world.





# English Speaking Class

## Join the conversation

Practice your pronunciation skills, learn how to communicate more effectively, increase your confidence, and make some new friends along the way

Join us for informal group sessions every week and develop your English language skills in a friendly environment.



Every Thursday  
10am-11am

Call  
020 7531 0310 to enrol



One Housing



# ISLE OF DOGS COMMUNITY CHOIR

MAKE FRIENDS! NON AUDITION!  
ALL INCLUSIVE! JUST DROP IN! FUN & SOCIAL!  
ALL MUSICAL ABILITIES WELCOME

MONDAYS 19:00 - 20:45



ISLAND HOUSE  
COMMUNITY CENTRE  
Roserton Steet E14 3PG  
Crossharbour DLR

For more information, email  
[admin@livingsong.org](mailto:admin@livingsong.org)





# SUNDAY MANDARIN CLASSES



## 2023 -2024 Term dates

<b>Autumn term</b>	
10 / 09 / 2023	1st day of Autumn term
22 / 10 / 2023	Half term – closed
03 / 12 / 2023	Last day of term
<b>Spring term</b>	
07 / 01 / 2024	1st day of Spring term
11 / 02 / 2024	Half term – closed
17 / 03 / 2024	last day of term
<b>Summer term</b>	
28 / 04 / 2024	1st day of Summer term
26 / 05 / 2024	Half term – closed
07 / 07 / 2024	Last day of term



London Overseas Chinese School established in 2001 is a charity organization that mainly teaches Mandarin to students aged 5 to 15. The school is adopting a small class system with no more than 10 students per class. They are based on the level of the capability of students in their Mandarin, separated by beginner, intermediate & advanced (for GCSE exam) classes.

Tuition fee per year (32 weeks) is £350 per student (incl. textbook) and a discounted rate of £300 per student for residents of the London Borough of Tower Hamlets

School Contact: Mr. Huang

Telephone: 020-8318 0188 or 07768057200

Email: [gcxhuang@gmail.com](mailto:gcxhuang@gmail.com)

Class Hours: From 2PM TO 4PM every Sunday

School Web: <http://londonoverseaschineseschool.org/>

Registered Charity Number 1111336

Now located at:

Island House Community Centre, Roserton Street, E14 3PG



OPENING SUNDAY MAY 2ND 2021

# RIVERSIDE GYMNASTICS ACADEMY

AT ISLAND HOUSE COMMUNITY CENTRE  
ROBERTSON STREET, ISLE OF DOGS, LONDON E14 3PG

Gymnastics and cheerleading classes, led by friendly and experienced British Gymnastics qualified coaches, for boys and girls aged 3-17 years.

**CLASSES WILL RUN ON FRIDAYS AND  
SUNDAYS.**

CHILDREN WILL FOLLOW BG PROFICIENCY AWARDS AND WILL HAVE THE OPPORTUNITY TO COMPETE IN VARIOUS COMPETITIONS.

Enrolment is now open and spaces are limited. Please contact Riverside to enrol now or for more information. Once spaces are filled, you will be placed on the waiting list.

Phone: 07835202309

Email: [info@riversidegymnasticsacademy.co.uk](mailto:info@riversidegymnasticsacademy.co.uk)

Instagram: [@riversidegymnasticsacademy](https://www.instagram.com/riversidegymnasticsacademy)

