

POPLAR **HARCA**

St Paul's Way Centre & Bow Brew Café Timetable



www.poplarharca.co.uk
www.bowbrewcafe.org

St Paul's Way & Bow Brew Café Timetable

Activity	Time
Bow Brew Café - Speciality coffees and hot food	Monday - Friday 8.30am - 4.30pm
Fit for Good - Women only aerobics, in partnership with I AM TOWER HAMLETS	Monday 9.30am - 10.30am
Welfare Benefit Advice with Elaine: Appointment only	Monday & Wednesday 10am - 1pm
Women's Circle: Learn how to read & write in Arabic (women only class)	Monday 11am - 1pm
Spotlight Youth Provision: Personal & social development activities for young people aged 11 – 19yrs	Monday, Wednesday, Thursday, Friday and Sunday, 3.30pm - 7pm
Guitar for Children 4yrs - 12yrs, in partnership with Leaders in Community	Monday 4pm - 5pm
Violin Lessons for Children 4yrs - 12yrs, in partnership with Leaders In Community	Monday & Wednesday 4.30pm - 6.30pm
Zumba (Starting 31st October)	Tuesday 7pm - 8pm £1 per person per session
ESOL E1 & E2 Conversation Class: (Tower Hamlets College Course)	Tuesday 9.30am - 12pm
ESOL E2 Writing and E3 Speaking and Listening and Employability (Tower Hamlets College Course)	Tuesday 9.30am - 12.00pm and 1.00pm - 3.30pm & Friday 9.30am - 12.00pm and 1.00pm - 3.30pm
IT Suite - Open to all	Tuesday 9.30am - 11.30am
LiC Girls Group	Tuesday 3.45pm - 5pm
Ballet Class for Children aged 4 – 12 yrs	Tuesday 3.45pm – 4.45pm
Uechi-Ryu Karate: Beginners to advanced lessons. Suitable for 7yrs+	Tuesday & Friday 4.30pm – 6.30pm
Councillor Surgery with Cllr Shah Alam: Drop in, no appointment necessary	Tuesday 5pm – 6pm
ESOL E2 Functional Skills (Tower Hamlets College Course)	Wednesday 9.30am - 12.30pm & Thursday 1.00pm - 3.30pm

ESOL E1 Reading Skills (Tower Hamlets College Course)	Wednesday 1.00pm - 3.30pm & Thursday 9.30am - 12.00pm
Smart Training Childcare Course Level 2 & 3	Wednesday 9.30am– 12.30pm
Tower Hamlets Strengthening Families Parenting Programme: Referral only	Wednesday 10am - 1pm
Spotlight Leopold Project for 19+	Wednesday and Friday 7pm - 10pm
Poplar HARCA Housing Surgery: Drop in surgery for Poplar HARCA residents	Thursday 9.30am – 2.30pm
ESOL E1: Reading (Tower Hamlets College Course)	Thursday 9.30am – 12pm & 1pm – 3.00pm
Playpen Co-work + Crèche for children 6 months to 5 yrs, run by Leo Wood	Thursday 9.30am – 12pm
Bromley by Bow Walking Group	Thursday 10am - 12pm
NHS Weight Management and Nutrition Class, in partnership with Homerton Hospital: By referral only	Thursday 1pm – 3.30pm
ESOL E2: Functional Skills (Tower Hamlets College Course)	Thursday 1.30pm - 3.30pm
Welfare Benefits Advice by Bromley By Bow Centre: No appointment needed	Thursday 2pm – 5pm
Social group for 50+: Gardening, Daylight Cinema Club, arts and crafts and cultural outings	Friday 10am – 12pm
Seated Circuit - Gentle seated exercise class open to all, in partnership with I AM TOWER HAMLETS	Friday 12.30pm - 1.30pm
The Academy Private Tuition: For ages 6 – 18yrs	Saturday 10am - 5pm
Councillor Surgery - Cllr Rachael Saunders	2nd Saturday of the month 11am - 12pm
Councillor Surgery - Cllr David Edgar	4th Saturday of the month 11am - 12pm

If you require space for an event or activity please contact 0207 510 5600. A minimum of two weeks notice is required.

Useful Numbers

Poplar HARCA Head Office / Repairs	0800 035 1991 / 0207 510 0500
St Paul's Way Centre & Bow Brew Café	0207 510 5600
Mile End Children's Centre	0207 364 7557
Leader's in Community (LiC)	0207 987 8796
Poplar HARCA Employment and Training team	0207 510 9770
Domestic Violence Helpline	0800 279 5434
NHS Direct	0845 45 46 47

Classes

If you are interested in any of our classes please see a member of staff at the centre. If the classes are full we can put you onto a waiting list and contact you as soon as a space becomes available.

Term Time Activities

Some activities are term time only. Please contact individual groups for more information.

Private Hire

Halls, office space and meeting rooms are available for hire. Please call the centre for more information on charges and availability.

ST PAUL'S WAY NEIGHBOURHOOD CENTRE & BOW BREW CAFÉ
83 ST PAUL'S WAY, BOW E3 4AJ

0207 510 5600

Lead contact: Jeanie Harrison