

# Aberfeldy Centre Timetable



## Aberfeldy Neighbourhood Centre Timetable

Activity	Time
Cafe: A wide range of food prepared fresh on the premises. Outside catering also available upon request. Contact Kirk for more information on 07398 288 063	Monday to Friday 7am - 4pm
Abertots: 2 ½ - 5 years old pre-school. Please contact Abertots staff for more information on 07983 521 987.	Monday to Friday 8.45am - 12pm 12.45pm - 3.45pm
Women's Exercise Class : Visit session for more information Spaces limited	Monday 9:30am - 10:30am
Women's Arabic Class: Please visit the session to find out more information.	Monday 10am - 12.30pm Thursdays 10am - 1pm
Women's Diabetic health workshop: referral only via Aberfeldy GP practice	Monday's 10:30am-12:00pm
ESOL Classes- introduction to Entry 1 Speaking and Listening:run by New City College Telephone: 0207 510 7736	Monday 9:00am-12:00pm or 1:00pm-3:00pm & Thursday 12:30pm-3:00pm
Limehouse Project Advice Service: drop in session Telephone: 0207 538 0075	Mondays 's 2:00pm-4:30pm
Community Gardening come along and develop gardening skills ask Centre staff for more information	Monday -Friday from 2:00pm. Weekends all day
ESOL Classes- Entry 1 reading :run by New City College Telephone: 0207 510 7736	Tuesday 9:00am-3:00pm
Women's Exercise Class: Visit session for more information- limited spaces	Tuesday Session -9:30am- 10:30am
Over 50's Coffee morning provided by Neighbours in Poplar:Visit session for more information	Tuesdays's 10:30am-12:30pm
Oomph Physical activity sessions for older people	Tuesday 12:30am- 1:00pm

Activity	Time
Majorettes: Batton twirling activity. Please visit the session for more information	Tuesday 6:00pm-8:00pm
Health Visitors Child Health Clinic- drop in session for general health & parenting advice	Wednesday 9:30- 11am
Women's Circle: Please visit the session to find out more information	Wednesday 9.30am - 12.30pm
Limehouse Project Advice Service . Telephone for appointment 0207 538 0075	Wednesday 9:30-12:30pm appointments only
One Digital: Basic computer class for beginners group and individual sessions available: speak to reception staff for more information	Wednesday, Thursday & Friday 10:00am-12:00pm & 1:00pm-3:00pm
Women's Yoga session	Wednesdays 1pm-2pm
Line dancing: Please visit session for more information.	Thursday's 1:00pm-2:30PM
T4H Therapy Session:By appointment only.Contact Jayne Clavering 020 3069 7401/07534 763 480 Dyane 07947798685	Appointment only
Belle Dancers:Dance, Drama and Singing for Children aged between 5yrs-13Yrs. Plase visit the session for more information	Saturday 11am-2PM
MP Councilors Surgery 1st Friday of the Month and every 3rd and 4th Saturday	Friday 11am-1pm / Saturday 11am-1pm
Vietnamease Saturday School:contact Quan on 0207 538 4986	Saturday & Sunday 10:30am-12:30pm
Evagelical Gospel Ministry:Come along to session for more information	Sunday 11am-2PM

Private hire available: If you require space for an event, activity or party please contact 0207 987 5764. A minimum of two weeks notice is required.



## Useful Numbers

Poplar HARCA Head Office / Repairs	0800 035 1991 / 0207 510 0500
Abertots Playgroup	07983 521 987
Culloden Primary School	0207 364 1010
Vietnamese Cultural Group - Quang	0207 538 4986
Poplar HARCA Employment and Training	0207 510 9770
Domestic Violence Helpline	0800 279 5434
NHS Direct	0845 45 46 47
Housing Surgery telephone service for Poplar HARCA Residents call to speak to Housing Officer on Duty	0207 510 1500 or 0800 035 1991

## 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.

**ABERFELDY NEIGHBOURHOOD CENTRE,  
ABERFELDY STREET, POPLAR E14 0NU**

**0207 515 6794**

Lead contact: Jeanie Harrison