

Teviot Centre Timetable



Teviot Neighbourhood Centre Timetable

Activity	Time
Munchkins Playgroup: Pre-school for 2-5 years. Contact Munchkins staff on 0207 536 6377 for details. TERM TIME ONLY.	Monday to Friday 8.30am- 3.00pm
Munchkins Playgroup: After school club for 3-8 years. Contact Munchkins staff on 0207 536 6377 for details.	Monday to Friday 3.00pm - 5.00pm
Pathway to working with children Entry 3: Run by Tower Hamlets College TERM TIME ONLY.	Monday & Thursday 9.00am - 3.00pm
Ballet: Run by LiC. For children aged 4-12 years. Further details contact Momtaz on 0207 987 8796.	Monday 4.00pm-5.00pm
Arabic Class: Organised and run by the Teviot British Bangladeshi Association.	Monday to Wednesday 5pm -7pm Thursday & Friday 4.30pm - 6.30pm
Teviot Women's Bangladeshi Group: Please visit the session for more details.	Tuesday & Thursday 9.00am - 12.00pm
BBBC Advice and Guidance: Advice and guidance on courses and training.	Tuesday 9.00am - 1.00pm
Claim the Max – Benefits Advice: Citizen's Advice Bureau. BY APPOINTMENT ONLY. Contact 0207 247 1050	Tuesday 2.00pm - 5:00pm
Violin class: Run by LiC. For children age 4-12 years. Further details contact Momtaz on 0207 987 8796.	Tuesday 5.00pm - 6pm
Unity Homework / After School Club: Organised by the Teviot Action Group. Please visit session for more details.	Tuesday & Wenesday 3.00pm - 5.00pm
Melo Yelo - Knitting, Bingo and luncheon club. Call Patsy 07432 632 250	Tuesday 10.00am -2.00pm

Activity	Time
Lukki Lashley's Free Fitness session - Body conditioning	Wednesday 10.00am - 11.00am
Refelexolgy - Free taster massage session. Please contact reception to book an appointment.	Wednesday 11.30am - 1.30pm
T4H therapy session: By appointment only. Contact Jayne Clavering 020 3069 7401 / 07534 763 480. Dyane 07947798685	Appointments Only
Welfare & Benefits Advice: Open to all residents. Please contact reception to book an appointment. APPOINTMENT ONLY.	Thursday 10.15am - 2.45pm
Free Family Tennis sessions. For all ages. For more information please speak to centre staff	Thursday 3.30pm-4.30pm
Bengali Mother Tongue: Organised and run by Teviot British Bangladeshi Association. Contact 07904 427 9966 for more details.	Thursday & Friday 4.30pm - 6.30pm
Guitar Class: Run by LIC. For children age 4-12 years. Further details contact Momtaz on 0207 987 8796.	Thursday 4.30pm - 6.00pm
Ki Bon Do: Organised and run by Independent Ki Bon Do Association contact Danny Disley on 07863 214 785 for more details	Friday 6.30pm - 9.00pm
Idea Academy: Tuition for 12 - 19 year olds Contact Mustafizur Rahman on 0207 205 2811 for more info	Saturday 9.30am - 5.00pm

Private Hire Space Available: If you require space for an event activity or party please call 0207 987 5764. A minimum of two week's notice is required.



Useful Numbers

Poplar HARCA Head Office / Repairs	0800 035 1991 / 0207 510 0500
Munchkins Playgroup	0207 536 6377
Manorfield Primary School	0207 987 1623
Teviot Action Group (TAG)	0207 531 6171
Poplar HARCA Employment and Training	0207 510 9770
Ki-Bon - Do (Danny Disley)	07863 214 785
Domestic Violence Helpline	0800 279 5434
Tower Hamlets College	0207 510 7777

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.

Please check out our facebook page for upcoming events or activities:

Poplar HARCA Communities & Neighbourhoods

TEVIOT NEIGHBOURHOOD CENTRE,
WYVIS STREET, POPLAR E14 6QD

0207 987 5764

Lead contact: Jeanie Harrison