

Linc Centre Timetable



Linc Neighbourhood Centre Timetable

Activity	Time
Playgroup: Indoor & outdoor activities. For 2 – 5 year olds.	Monday to Friday 8.45am - 11.45am 12.30pm - 3.30pm
Internet cafe: Free internet access.	Monday to Friday 9am - 5pm Saturday 10am-2pm
Linc Cafe: Community Cafe	Monday to Friday 10am - 2pm
ESOL E2: Women only English class.	Monday & Wednesday 9.30am - 12pm & Thursday 1pm - 3.30pm
Exercise Class: Women Only. £1.00 per class with termly enrolments and payment.	Monday 10am - 11am
Crochet and Knitting: For all abilities.	Monday 10am - 12pm
Personal Training. Women only	Monday 11.15am - 12.15pm
Job Club: Help with job search including using computer facilities.	Monday 1pm - 3pm
Senior Youth Club: Personal and social development activities for youth.	Tuesday & Thursday 4pm - 7pm Wednesday & Friday 6pm - 9pm
Yoga Class: women only. £1.00 per Class with termly enrolments and payment.	Wednesday 10.30am - 11.30am
ESOL E3: Women only English class.	Tuesday 9.30am-12pm, Wednesday 1pm-3.30pm
ESOL E1: Women only English class.	Tuesday 9.30am-12pm, Wednesday 9.30am- 12pm & 1pm-3.30pm, Thursday 1pm-3.30pm
Women's Gathering Group: Meet other women to learn, plan and relax – children welcome.	Tuesday 1pm-3pm
Sewing Classes: Soft Furnishing.	Tuesday 1pm - 3pm
Fathers Forum: Meet Fathers from your community.	Tuesday 7pm - 9pm
Junior Youth Club: Activities for young people aged 8 to 13yrs.	Tuesday 6.30pm - 9.00pm Thursday 6.30pm - 9.00pm

Activity	Time
Housing Surgery: Advice from Poplar HARCA housing team.	Tuesday & Thursday 10 - 12 noon
Sewing Classes: Dress Making.	Wednesday 10am - 12pm
Welfare and Benefits Advice BBBC: Drop in services for advice on welfare and benefits.	Thursday 9.30am - 12.30pm
Healthy Cooking Calss	Thursday 10am - 11.30am until april Half term
Councillor Surgery: Meet your local Councillor.	Thursday 6pm - 7pm
Path. After school Play session for children.	Wednesday: 3.30pm - 6.30pm Friday: 3.30pm - 6.30pm
tutors united	Thursday 4pm - 6pm
Line Dancing: Over 50's line dancing.	Friday 1pm - 2.30pm
Sewing Classes: Soft Furnishing class.	Friday 1pm - 3pm
Arabic class: Women only.	Friday 10am -12pm
Girls Islamic Class: Islamic class for girls aged up to 16 years old.	Saturday 12pm - 2pm

Women and Girls Networking

Tuesday 9am - 5pm

Tai Chi: Yang style Tai Chi for beginners.	Saturday 10am -11pm
First Class Learning: Math, English study for children (7 -16 Yrs).	To support children with special need: Saturday 12 noon -1.30pm
Women's Islamic Talk: Islamic discussion for women.	Sunday 10am -11am

Useful Numbers



Poplar HARCA Head Office / Repairs	0800 035 1991 / 0207 510 0500
Linc Café	0207 068 0931
Lincoln Hall	0207 987 8057
Mile End Children's Centre	0207 364 7557
Poplar HARCA Employment and Training	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.

LINCOLN NEIGHBOURHOOD CENTRE,
FERN STREET, BOW E3 3PR

0207 538 5748

Lead contact: Sunara Begum

Private hire space available: If you require space for an event activity or party please call 0207 538 5748. A minimum of two week's notice is required.

