



## St Paul's Way Centre & Bow Brew Café Timetable

### 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	111

### 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 a 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



[www.poplarharca.co.uk](http://www.poplarharca.co.uk)  
[www.bowbrewcafe.org](http://www.bowbrewcafe.org)

## St Paul's Way Community Centre and Bow Brew Café Timetable – September 2018 onwards

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	<b>Bow Brew Café</b> – Specialty coffees and hot food 8:30am – 4:30pm	<b>Bow Brew Café</b> – Specialty coffees and hot food 8:30am – 4:30pm	<b>Bow Brew Café</b> – Specialty coffees and hot food 8:30am – 4:30pm	<b>Bow Brew Café</b> – Specialty coffees and hot food 8:30am – 4:30pm	<b>Bow Brew Café</b> – Specialty coffees and hot food 8:30am – 4:30pm	<b>Café Closed</b>	<b>Café Closed</b>
	<b>ESOL</b> E1 & E3 9:30am – 12:00pm <i>Hall 1 &amp; 2</i>	<b>ESOL</b> E1 & E3 9:30am – 12:00pm <i>Hall 1 &amp; 2</i>	<b>ESOL</b> E1 & E3 9:30am – 12:00pm <i>Hall 1 &amp; 2</i>	<b>Playpen Co-Work &amp; Crèche:</b> For children to 6months to 5 years, run by Leo Wood. £15 per session. <i>Bow Brew &amp; Crèche</i>	<b>Fit for Good:</b> Women only aerobics. £2 per session. Run by I AM TOWER HAMLETS 9:30am – 10:30am <i>Hall 1 &amp; 2</i>	<b>The Academy:</b> Private Tuition for ages 6 – 18year olds. Prices found with Academy staff. 9:00am – 5:00pm <i>Hall 2</i>	
	<b>Welfare Benefit Advice with Elaine:</b> Appointment only 10:00 – 1:00pm <i>Meeting room</i>	<b>IT Suite:</b> Open to all for use 9:30am – 11:30am <i>IT Suite</i>	<b>Welfare Benefit Advice with Elaine:</b> Appointment only 10:00am – 1:00pm <i>Meeting room</i>	<b>Stay &amp; Play:</b> Parents to have fun with their little ones 9:30am - 11:00am <i>Hall 1 &amp; 2</i>	<b>OOMP!</b> : Elders friendly exercise session 10:30am – 11:30am <i>Hall 1</i>	<b>Councillor Surgery:</b> Cllr Asma Islam 2nd Saturday of the month 11:00am – 12:00pm <i>Bow Brew Café</i>	
		<b>TWIST Employment Programme</b> 10:00am – 12:00pm <i>Bow Brew Café</i>		<b>Bromley by Bow Walking Group</b> 10:00am – 12:00pm <i>Bow Brew Café</i>	<b>Coffee Morning:</b> Drop in for local residents to enjoy arts & crafts over tea, biscuits banter 11:30am – 12:30pm <i>Bow Brew Café</i>	<b>Councillor Surgery:</b> Cllr David Edgar 4th Saturday of the month 11:00am – 12:00pm <i>Bow Brew Café</i>	
				<b>Blind Aid (Visually Impaired) Coffee Morning</b> (fortnightly) 11:00am – 1:00pm <i>Bow Brew Café</i>	<b>Women's Circle:</b> Learn how to read & write in Arabic (women only class) 10:30am – 12:30pm <i>Hall 1</i>		
PM	<b>ESOL</b> E2 & E3 12:30pm – 3:30pm <i>Hall 1 &amp; 2</i>	<b>ESOL</b> E2 & E3 12:30pm – 3:30pm <i>Hall 1 &amp; 2</i>	<b>ESOL</b> E2 & E3 12:30pm – 3:30pm <i>Hall 1 &amp; 2</i>	<b>One Digital Programme:</b> Learn to use computers for everyday needs 12:30pm – 3:30pm <i>IT Suite</i>	<b>Spotlight Youth Provision:</b> Personal & social development activities for young people aged 11 – 19yrs 3:30pm – 7:00pm <i>Hall 1 &amp; 2</i>		<b>Spotlight Youth Provision:</b> Personal & social development activities for young people aged 11 – 19yrs 3:00pm – 6:00pm <i>Hall 1 &amp; 2</i>
	<b>Violin Lessons:</b> For children 4yrs – 12yrs. £5 per session. (led by Leaders in Community) 4:30pm – 6:30pm <i>IT Suite</i>	<b>Uechi-Ryu Karate:</b> Beginners to advanced lessons. £5.50 per session. Suitable for 7yrs+ 4:30pm – 6:30pm <i>Hall 1</i>	<b>Violin Lessons:</b> For children 4yrs – 12yrs (in partnership with Leaders in Community) 4:30pm – 6:30pm <i>IT Suite</i>	<b>Aspiring Minds:</b> Coffee afternoon with Mind 2:00pm – 4:00pm <i>Bow Brew Café</i>	<b>Uechi-Ryu Karate:</b> Beginners to advanced lessons. £5.50 per session. Suitable for 7yrs+ 4:30pm – 6:30pm <i>Hall 1</i>		
	<b>Spotlight Youth Provision:</b> Personal & social development activities for young people aged 11 – 19yrs 3:30pm – 7:00pm <i>Hall 1 &amp; 2</i>	<b>Tutors United</b> Maths and English support for years 4, 5 and 6. 4:00pm – 6:00pm <i>IT Suite</i>	<b>Spotlight Youth Provision:</b> Personal & social development activities for young people aged 11 – 19yrs 3:30pm – 7:00pm <i>Hall 1 &amp; 2</i>	<b>Welfare Benefits Advice with Bromley by Bow Centre:</b> No appointment needed 2:00pm – 4:00pm <i>Meeting room</i>	<b>Spotlight Leopold Project:</b> Social spaces for 19+ 7:00pm – 10:00pm <i>Hall 1 &amp; 2</i>		
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