

Trussler Centre Timetable



Trussler Neighbourhood Centre Timetable

| Activity | Time |
|---|---|
| MP's Office: Drop in session for more information or to make an appointment with Jim Fitzpatrick MP please contact Joytera or Louise on 0207 536 0562. | Monday to Friday 9.30am - 4pm |
| Scouts Group (age 8yrs - 14yrs). Various activities for the children to do. | Monday & Wednesday 5.30pm - 8.30pm |
| Shoujin Karate: For 5+ Beginners to Advance Karate. For more information please contact Raphael on 07886 495 135. | Tuesday 5.15pm - 6.15pm & Thursday 5.15pm – 7.15pm |
| Kenshukai Karate: For more information please contact Dimitry on 07789 961 674. | Tuesday 6.15pm - 7.15pm Saturday 10am - 12.30pm |
| AA (Alcoholics Anonymous) sessions: For people who need support. | Tuesday 7.30pm - 10pm |
| Physical Play: Run by Chrisp Street Children's centre. A chance to socialise with other parents and children. | Friday 10.30am – 12pm |
| MP Surgery with Jim Fitzpatrick: By appointment only. Occurs 1st, 2nd and 4th Friday of each month | Friday 3.30pm to 6.30pm |
| Councillor's Surgery (Rajib Ahmed): Drop in Surgery (Every 1st and 3rd Saturday of the month) | Saturday 12pm – 12.45pm |
| Councillor's Surgery (Shiria Khatun): Drop in Surgery (Every 2nd and 4th Saturday of the month) | Saturday 11am - 12.30pm |
| Learning Academy: English & Maths Tuition Visit Session for More Info | Sunday 10am - 2pm |

Our dedicated E&T team creates hundreds of employment and training opportunities every year.

Employment Support

If you are looking for work, our experienced IAG (Information, Advice & Guidance) employment advisors will work with you on a one-to-one basis to and in groups to empower you to achieve your goals. Our support is tailored around individual's need and our team will assist you to:

- Explore different career options
- Create a CV
- Support you with job searching
- Find work experience and volunteering opportunities
- Help you with job applications and interview techniques
- Meet the employer' sessions

Call us on 0207 510 9770 to book an appointment with one of our team.

Training

We offer a wide range of free training courses designed to help you get the skills and qualifications you need. Many of these training courses are designed in partnership with employers and linked to live job vacancies.

Employers

We work closely with employers from across a number of different sectors, working in partnership to develop innovative programmes to help them recruit local people.

Case Studies & Testimonials

We help approximately 250 local residents into work every year and we're proud of the service that we offer.

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

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|--------------------------------------|-------------------------------|
| Poplar HARCA Head Office / Repairs | 0800 035 1991 / 0207 510 0500 |
| Sure Start | 0207 364 2856 |
| Kenshukai Karate - Dimitry | 07789 961 674 |
| Poplar HARCA Employment and Training | 0207 510 9770 |
| Shoujin Karate | 07886 495 135 |
| 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.

TRUSSLER HALL,
GRUNDY STREET, POPLAR E14 6DR

0207 510 9770

Lead contact: Jeanie Harrison