

mon

9.15AM - 3.15PM

ESOL ENTRY LEVEL 2: READING

Build on Level 1 skills to improve your reading and vocabulary with New City College. Sign up: 020 7510 7510

9.30 - 11.30AM

SOMALI COFFEE MORNING

A warm, welcoming gathering rooted in tradition and community.

9.30AM - 12.00PM

SISTERS IN STRENGTH

Connect with other women to share experiences and find support.

11.00AM - 1.00PM

MEET YOUR COUNCILLOR: IQBAL HOSSAIN

Runs monthly: 23 Jun

2.00 - 4.00PM

MEET YOUR COUNCILLOR: JAHED CHOUDHURY

Runs monthly: 16 Jun

2.30 - 4.30PM

FELDY FELLAS

Join other men for walks, sports, and fun.

5.00 - 6.00PM

TREASURE BOXING CLUB

Kids aged 6-12 learn skills, improve fitness, and stay active while training. Sign up: info@treasureboxingclub.com

6.15 - 7.15PM

PILATES

Strengthen your core, build stamina, and improve flexibility with Open Mat Pilates. Make sure to bring your mat. Sign up: openmatpilates.com

tues

9.30 - 11.30AM

EASY COOKING

Learn to cook simple, tasty meals on a budget. Get practical tips, reduce food waste, and enjoy cooking.

9.30AM - 12.30PM

BRIGHTER FUTURES WITH HOPSCOTCH

Get support with work-related challenges. Tailored for women in work. Appt. only: 07414 768 300

9.30AM - 4.30PM

CLEAN SLATE FINANCIAL ADVICE - STARTS 17 JUN

Drop in from 9.30am 12.00pm | Appt. 1.00 - 4.30pm: 020 3540 7421

1.00 - 3.00PM

SINGING FOR THE BRAIN

Receive dementia support with singing to boost your brain function, led by the Alzheimer's Society. Runs monthly: 3 Jun + 1 Jul

2.00 - 3.00PM

FEMALE BODY CONDITIONING

Boost your mental health and motivation in a women-only workout led by East London NHS Trust.

5.30 - 8.00PM

OVERCOMING TRAUMA WITH NOUR

1-2-1 therapy session. Appt. only support@nour-dv.org.uk

5.45 - 6.30PM

DANCE FITNESS WITH GRACE & NUFFIELD HEALTH

Move, have fun, and stay active with upbeat music and easy-to-follow routines. Women only.

wed

9.30AM - 4.30PM

CLEAN SLATE FINANCIAL ADVICE - UNITIL 11 JUN

Get clear, practical financial advice with Clean Slate. Drop in from 9.30am 12.00pm | Appt. 1.00 - 4.30pm | Appt. only: 020 3540 7421

10.00AM - 1.00PM

CLAIM TO THE MAX WITH CITIZENS ADVICE

Receive confidential, impartial advice and support on issues like debt management and employment. Appt. only: 020 3855 5234

10.30 - 11.30AM

CREATIVE TOTS

Broaden your child's creativity through hands-on sensory. Suitable for ages 5 and under.

4.00 - 5.00PM

CHILDREN'S THEATRE PERFORMANCE CLUB

Expert-led acting classes to inspire your budding stars, ages 8-12 years, to help build their confidence and self-esteem with Say N.U.M. Fee: £3p/p.

4.00 - 6.00PM

TUTORS UNITED

Tutoring in English and maths for Year 4-6 primary school pupils from budget strapped families. Pre-booking: tutorsunited.org

6.00 - 7.00PM

STRETCH FITNESS WITH NICOLE BUNING

Enjoy full-body stretches to improve your flexibility and muscle strength. Make sure to bring your mat. Fee: £3 p/p

7.15 - 8.15PM

PILATES

Strengthen your core, build stamina, and improve flexibility with Open Mat Pilates. Make sure to bring your mat. Fee £5p/p Sign up: openmatpilates.com

thurs

9.30 - 11.30AM

GET ONLINE

Improve your basic digital skills with The Hive Employment & Training. Sign up: 020 7510 9770

10.00AM - 12.30PM

KNIT & KNATTER

Share your love of knitting with fellow crafters and troubleshoot knitting challenges together. Fee: £2 p/p

10.00AM - 4.30PM

HOMEOPATHY CLINIC

Explore natural ways to support your health with Homeopathy UK. Receive personalised plant-based remedies tailored to your health goals. Fee: £20 for initial consult, £10 each for three follow-ups. Appt. only: homeopathy-uk.org/treatment/clinics/

11.00AM - 12.00PM

YOGA

Transform your body and mind with balance, strength, and flexibility. For women only.

2.00 - 3.00PM

WOMEN'S CRICKET

Showcase your skills, meet fellow female players, and enjoy the game together with Middlesex in Community. Registration required.

3.45 - 4.45PM

JUNIOR CRICKET

Foster the love for the game in a vibrant indoor setting With Middlesex in Community. Registration required.

fri

9.30 - 10.30AM

SIP AND SHARE

Enjoy a morning brew while sharing laughs and life insights.

10.00AM - 12.30PM

HALAQA

Female cultural forum.

10.00AM - 2.00PM

GARDEN HEALTH MASSAGE THERAPY

Relax with a massage and an introductory offer of 10 min for £5. Women only. Appt. only: 07534922163 Runs fortnightly: 6 + 20 Jun

ENERGY ADVICE DROP IN

10.00AM - 4.00PM

Get help with your living expenses and fuel costs. Runs fortnightly: 13 + 27 Jun

3.45 - 4.45PM

PARENT & ME: COOKING

Rustle up some tasty meals in no time with the family. Fee: £1 p/family.

sat

11.30AM - 12.45PM

SILVERBACK TAEKWONDO

Our dynamic martial arts classes build confidence, discipline, and strength through fun, high-energy training, teamwork, and skill-building exercises for ages 8-17. Fee: £20 p/month.

events

**13
JUN**

**FRI | 3.00 - 6.00PM
EID IN THE COMMUNITY**

Friends, families, and neighbours come together to take part in the festivities. Join us for a fun Community Eid Party—a celebration of cultures, community, and creativity to mark Eid al-Adha, or the Feast of Sacrifice, one of the two main Islamic holidays.

**25
JUN**

**WED | 1.00 - 3.00PM
LET'S TALK MEN'S MENTAL HEALTH**

Many men keep things to themselves without realising the impact. Honest conversations help us connect and remind us we're not alone. Here, you'll find a supportive space to talk, listen, and reflect. With help from Men's Mind Matters, you can explore healthier ways to cope, build self-awareness, and find tools to manage stress, anxiety, and low mood.

**30
JUN**

**MON | 9.30 - 10.30AM
BEREAVEMENT SERVICE COFFEE MORNING**

Connect with others who have experienced loss in a warm, supportive space. Share memories, listen, or simply be present—there's no pressure to talk. Enjoy a comforting cup of coffee and friendly conversation with people who understand and get support from the City and East London Bereavement Service.
Runs monthly: 28 Jul

**30
JUN**

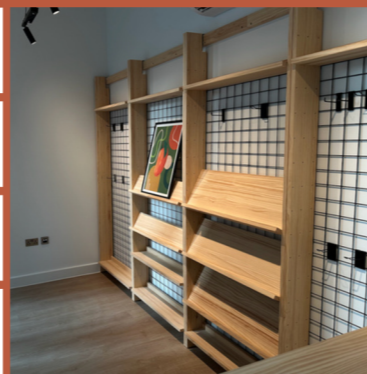
**MON | 11.00AM - 1.00PM
COMMUNITY SAFETY SUPPORT**

Speak to your Community Safety officers about ASB affecting your neighbourhood.



VENUE HIRE

Choose from five flexible spaces across two floors, with modern facilities, high-speed internet, and cutting-edge AV equipment for a seamless experience. We offer competitive rates tailored to your needs, with pricing adjusted for weekend and evening hires outside 9.00am - 5.00pm, Monday to Friday. Get in touch for a venue prospectus.



THE MARKET: A PERFECT BLANK CANVAS TO INTRODUCE YOUR BRAND

Our convenient short-term retail space, of 10sqm, is ideal for a small independent business looking to launch their brand. Contact the Feldy team to discuss hire options and rates.

'feldy



**WHAT'S ON
IN JUNE?**

JOIN THE COMMUNITY!

Stay in the know with activity alerts.



t: 020 7515 6794
e: feldy@poplarharca.co.uk
a: 18 Aberfeldy Sq, E14 0XA
w: poplarharca.co.uk