

# EVENTS

**mon 15 sept**

**11.30-3.30PM | HEART HEALTH CHECK DROP-IN**

How healthy is your heart? You might feel well today, but a quick check-up can help keep things that way. For one day only, Well One, Tower Hamlets Public Health and the NHS will be on site offering free checks for blood pressure, BMI and blood sugar, along with friendly support around smoking and alcohol. You'll leave with a mini report and advice that's personal to you.

**wed 17 sept**

**1.00-3.00PM | ELDERS TEA DANCE**

Step into an afternoon of music, raffles and high tea. Sip, dance, and show off your dance moves.

Age: 60+ | Fee: £6 p/p | Booking essential. RSVP via 020 7515 6794

**thurs 25 sept**

**3.30-8.00PM | KNITTING THE AIR: THE BIG REVEAL**

Join the Knitting the Air collective at an exclusive preview of their large scale knitted tapestry which visualises air pollution data in Poplar. Made by 130 local knitters, the work explores the quality of the air we breathe.

Please RSVP: [caroline@knittingtheair.co.uk](mailto:caroline@knittingtheair.co.uk) / 07921 074 801



## 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.

## JOIN THE COMMUNITY!

Stay in the know with activity alerts.



t: 020 7515 6794  
e: [feldy@poplarharca.co.uk](mailto:feldy@poplarharca.co.uk)  
a: 18 Aberfeldy Sq, E14 0XA  
w: [poplarharca.co.uk](http://poplarharca.co.uk)

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# WHAT'S ON THIS SEPT?



POPULAR **HARCA**



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

**9.30AM - 12.00PM**  
**SISTERS IN STRENGTH**  
Connect with other women to share experiences and find support.

**10.00AM - 12.00PM**  
**SOMALI SOCIAL: COFFEE MORNING**  
Share stories, laughter and warmth with the community.

**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

**5.00 - 6.00PM**  
**GOLDEN OLDIES**  
Relax, laugh, and connect with fellow seniors. Enjoy classic board games, lively chats, and shared interests in a friendly space that makes every week something to look forward to.

**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

**9.30AM - 12.30PM**  
**EASY COOKING**  
Learn to cook simple, tasty meals on a budget. Get practical tips, reduce food waste, and enjoy cooking. Start 23 Sept

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

**2.00 - 3.00PM**  
**FEMALE BODY CONDITIONING**  
Boost your mental health and motivation in a women-only workout led by East London NHS Trust.

**3.45 - 4.45PM**  
**HANDBALL UNLOCKED AFTER SCHOOL CLUB**  
Build skills, teamwork, and confidence while having fun with friends. Fast-paced action, exciting challenges, and plenty of energy.

**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

**9.30 - 11.30AM**  
**GET ONLINE WITH DIGITAL SKILLS**  
Improve your basic digital skills with The Hive Employment & Training. Sign up: 020 7510 9770

**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.

**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. Sign up: openmatpilates.com

thurs

**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.

**3.45 - 4.45PM**  
**PARENT & ME: COOKING**  
Rustle up some tasty meals in no time with the family. Fee: £1 p/family.

fri

**10.00AM - 1.00PM**  
**HALAQA**  
Female cultural forum.

**ENERGY ADVICE DROP IN**  
**10.00AM - 4.00PM**  
Get help with your living expenses and fuel costs. Runs fortnightly:12 + 26 Sept

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.

tues 1 sept

**1.00 - 3.00PM**  
**SINGING FOR THE BRAIN**  
Receive dementia support with singing to boost your brain function, led by the Alzheimer's Society.

mon 15 sept

**11.00AM - 1.00PM**  
**MEET YOUR COUNCILLOR: IQBAL HOSSAIN**

mon 29 sept

**9.30 - 10.30AM**  
**BEREAVEMENT SERVICE COFFEE MORNING**  
Connect with others who've experienced loss in a warm, supportive space. Share, listen, or simply be—with people who understand. City and East London Bereavement Service is here when you need it.

mon 29 sept

**2.00 - 4.00PM**  
**MEET YOUR COUNCILLOR: JAHED CHOUDHURY**

new: wed 17 sept + 8 oct

**6.30 - 8.00PM**  
**WELLNESS COACHING**  
Reconnect with your body and calm your mind. Through breathwork and mindful grounding, this programme supports release of stored tension, easing trauma while building resilience, balance and deeper self-awareness. Free introductory class: 17 Sept  
Session starts: 8 Oct for 10 weeks  
Fee: £20 per session. Discount for those on benefits - means based.

