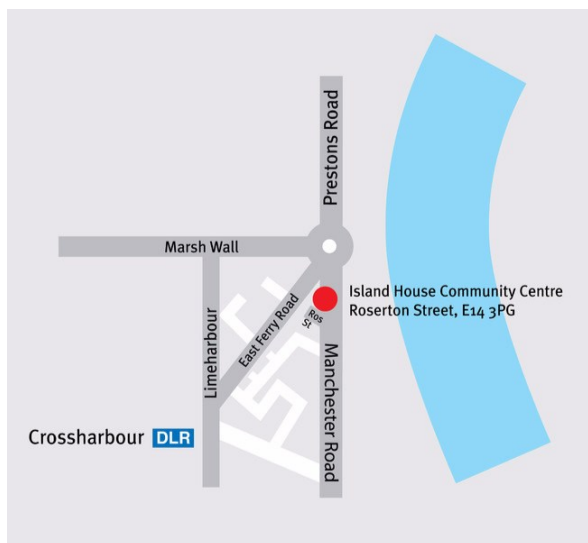


Find us



ADDRESS:
Island House Community Centre
Roserton Street
Isle of Dogs
London E14 3PG

TEL: 020 7531 0310
EMAIL: admin@island-house.org

BY TRAIN
Crossharbour DLR
South Quay DLR
Canary Wharf Underground

BY BUS
The nearest buses serving Island House are:
277 & D7 (bus stop: "St John's Park")
D6 (bus stop: "Jack Dash House")
135 & D8 (bus stop: Asda)

BY BIKE
The nearest Santander Cycle docking station is:
Castalia Square, Cubitt Town



island house
community centre



PROJECT
SESSIONS
AT ISLAND HOUSE

Hatha Yoga

Group sessions learning
the fundamentals of
yoga

Learn techniques such as:

Savasana
Triangle pose
Warrior pose
Cobra pose
Tree pose
Sun salutation sequence

Mondays (mixed)
6.30PM - 7:30 PM

Tuesdays (women only)
6PM - 7PM

Main Hall
Island House Community Centre
Roserton St, E14 3PG



From 31st January
Ladies sessions
will start at
6pm



For more information
admin@island-house.org / 020 7531 0310



ENGLISH CLASS

Intermediate
conversation classes
with friendly tutors

FREE
TO MEMBERS
JOIN WHEN
YOU ARRIVE

EVERY WEDNESDAY
2:00PM

Questions? Call Neide 07585 560 345

Living Room Club | 2nd Floor, Island House Community Centre | Roserton Street | Isle of Dogs | E14 3PG

LIVING ROOM *Events*

GATHER FOR CONFIDENCE AND A CUPPA

Women join us for
a time of sharing
experiences and
encouraging each other
over a cuppa and cake

FREE
TO MEMBERS
JOIN WHEN
YOU ARRIVE

EVERY FRIDAY
11:00 - 12:30

Call Amanda to join: 07927 492 774

Living Room Club | 2nd Floor, Island House Community Centre | Roserton Street | Isle of Dogs | E14 3PG

LIVING ROOM *Events*





MOOD BOOSTING MOVES


An uplifting blend of cardio, strength-building, and yoga for physical and mental wellbeing.

- Feel more energised
- Improve your balance
- Become stronger and more mobile
- Support your heart health
- Make new friends

*Please note that most of the exercises in this class take place standing. If you are unable to stand, our Mindfulness in Motion class may be more appropriate for you.

 **Every Thursday
11am-12pm**

 **Island House,
Roserton St,
E14 3PG**

 **020 7531 0310**

 **admin@island-
house.org**

Refreshments served after the session: 12pm-1pm



Mindfulness in Motion

Gentle chair-based movement, breathing exercises, and meditation to help release physical tension and facilitate relaxation.

- Increase mobility and flexibility
- Reduce stress
- Improve lung function
- Sleep better
- Make new friends



Every Thursday
1pm-2pm



Island House,
Roserton St,
E14 3PG



020 7531 0310



admin@island-
house.org

Refreshments served before the session: 12pm-1pm



Free, confidential, independent advice on welfare rights, housing, and debt, from basic advice and assistance to court and appeal level. Bengali speaking advice workers available.

DROP IN SESSION

MONDAY

10AM - 12PM

Island House, Roserton Street, E14 3PG

(Off Castalia Square)

TELEPHONE ADVICE SESSIONS

TUESDAY & WEDNESDAY

10AM - 12PM

0207 987 9379

Book appointments - General Advice - Discuss your case

Specialist advice in welfare rights, debt, and housing
available by appointment





NUMBI ARTS

Wednesday 5pm—8pm

Thursday 5pm—8pm

NUMBI is a healing dance that happens in Somalia where one lets go of one's inhibitions and gets free. It is that ethos, with the emphasis on freedom, that inspired NUMBI founder, Kinsi Abdulleh, to set up the organisation.

Our vision is to provide a platform for collaborative cross-cultural exchange for artists working in theatre, visual arts/ photography, music/dance and film – that draws from the experience of Somali communities around the world.



GROWING IN CONFIDENCE

FREE 1-to-1 training available by appointment, created to improve your digital skills, increase your employment opportunities, and help you grow in confidence.

Free online training available in:

- Health & Safety
- Food hygiene
- Computer skills
- Health & Social care

Support also available with:

- Online applications
- Submitting documents
- CV writing
- Job search
- Online security



With thanks to our funders:



Call Cathy on **020 7531 0312** or email **cathy.weir@island-house.org** to book an appointment.
Group sessions available upon request.

ONLINE FORM FILLING SUPPORT AVAILABLE

PERSONAL INFORMATION		
Last Name	First Name	Middle
Address	City	State
Phone	Email address	

WE CAN HELP WITH:

- Blue badge application form
- Freedom pass form
- Taxicard form
- Pension Credit application form
- Applying for a parking permit
- Uploading documents online
- Reporting a change of circumstances



To book an
appointment call
0207 531 0312

Island House Community Centre
Roserton Street, E14 3PG
cathy.weir@island-house.org



LEARN IT SKILLS

Tips and tricks on how to use
your phone, tablet, and laptop



Improve your digital skills on your phone, tablet or laptop,
and learn tips and tricks to stay safe online

Fridays
11am-12.30pm

cathy.weir@island-house.org /
02075310310 / facebook.com/Islandhousecc

**NEW
&
FREE**



**Digital Drop-in
Every Wednesday
10.00am to 12.00**

Just pop-in for 1-2-1 support

Need help & support with digital stuff?

Over 60 -travel cards

Freedom pass

Parking permits

UC journal

How to bid for homes

How to upload documents

How to report change of circumstances

Setting up an email account

Tel: 020 7531 0312/0310 www.island-house.org



BILLY'S PANTRY

EMERGENCY FOOD PARCELS

CONTACT

020 7531 0310

ADMIN@ISLAND-HOUSE.ORG



Island House Community Centre, Roserton Street, E14 3PG

Food is a human right and is an immediate and tangible way to help someone. Billy's Pantry provides non-perishable food in jars, cans, bottles and sealed packets to anyone in need.

Donations welcome and gratefully received!

www.island-house.org / www.facebook.com/islandhousecc



WOMEN'S BOXERCISE

GET READY TO FIGHT!

**FOR
THE
SAKE
OF
FITNESS**

2024
New timeslot
6pm-7pm

FREE Women's Boxercise
Sessions every
Thursday 6pm-7pm

www.island-house.org / 020 7531 0310



Circus skills with Good Friends

Learn circus skills in our free and fun group
for over 50's.

It's a great way to meet new people and develop physical
skills. Finish up with hot drinks and a friendly chat.



Starting: Monday 15th of January

11.30am – 1.30pm

Island House, Roserton Street, E14 3PG

Call or text 07944 966141 for
more information or email
info@safh.org.uk





Improve your skills for work & take the next step in your career

Island House can provide free, impartial advice and support on finding the right opportunities to meet your needs. Whether you're looking to retrain and upskill, or need support in finding & applying for courses, we can help you start your journey!

Our support includes:

- Advice, guidance & support on finding the right training & careers opportunities for you.
- One to one appointments to complete application forms
- Help & support with identifying and overcoming any barriers
- Mobile phone sim card with FREE internet access, calls & texts.

Eligibility Criteria

- ✓ Aged 19 years or over
- ✓ Living in London
- ✓ Legally resident in the UK
- ✓ Have a National Insurance Number

To Register

- ☎ 0207 531 0312
- ✉ cathy.weir@island-house.org
- 📍 Island House, Roserton Street, E14 3PG

Knit & Natter with... The Craft Club



Want to meet up for a cup of tea and a chat?



Do you want to learn some new crafts & share your skills too?

Join us every Monday
for a knit & natter
12.30pm-3.30pm

Island House Community Centre
Roserton Street, E14 3PG
020 7531 0310



Bereavement Support Group

Dealing with the loss of a loved one is one of the most painful things most of us will face. Everyone deals with bereavement differently and you may experience a whole range of emotions.

Join us on the last Friday of each month
Small hall at Island House

9.30am - 11.30am



mindfulness matters

Develop simple techniques and take part in a range of free activities to combat anxiety and depression.

Learn gentle strategies to connect mind, body & soul, whilst improving your mental & physical wellbeing

Every Tuesday
6.30PM - 7.30PM

Island House Community Centre, Roserton Street, E14 3PG
020 7531 0310 / admin@island-house.org



English Speaking Class

Join the conversation

Practice your pronunciation skills, learn how to communicate more effectively, increase your confidence, and make some new friends along the way

Join us for informal group sessions every week and develop your English language skills in a friendly environment.



Every Thursday
10am-11am

Call
020 7531 0310 to enrol



Practise your singing



Make new friends

Isle Of Dogs VOICES

Join our rehearsals!

ISLAND HOUSE COMMUNITY CENTRE
Roserton Street E14 3PG
Crossharbour DLR
MONDAYS 19:00-21:00

Open to anyone regardless of
experience or musicality!
Send us a message

✉ IODVoices@gmail.com
f Isle of Dogs Voices
i IODVoices



SUNDAY MANDARIN CLASSES



2023 -2024 Term dates

Autumn term
10 / 09 / 2023 1st day of Autumn term
22 / 10 / 2023 Half term – closed
03 / 12 / 2023 Last day of term

Spring term
07 / 01 / 2024 1st day of Spring term
11 / 02 / 2024 Half term – closed
17 / 03 / 2024 last day of term

Summer term
28 / 04 / 2024 1st day of Summer term
26 / 05 / 2024 Half term – closed
07 / 07 / 2024 Last day of term



London Overseas Chinese School established in 2001 is a charity organization that mainly teaches Mandarin to students aged 5 to 15. The school is adopting a small class system with no more than 10 students per class. They are based on the level of the capability of students in their Mandarin, separated by beginner, intermediate & advanced (for GCSE exam) classes.

Tuition fee per year (32 weeks) is £350 per student (incl. textbook) and a discounted rate of £300 per student for residents of the London Borough of Tower Hamlets

School Contact: Mr. Huang

Telephone: 020-8318 0188 or 07768057200

Email: gcxhuang@gmail.com

Class Hours: From 2PM TO 4PM every Sunday

School Web: <http://londonoverseaschineseschool.org/>

Registered Charity Number 1111336

Now located at:

OPENING SUNDAY MAY 2ND 2021

RIVERSIDE GYMNASTICS ACADEMY

AT ISLAND HOUSE COMMUNITY CENTRE
ROBERTSON STREET, ISLE OF DOGS, LONDON E14 3PG

Gymnastics and cheerleading classes, led by friendly and experienced British Gymnastics qualified coaches, for boys and girls aged 3-17 years.

**CLASSES WILL RUN ON FRIDAYS AND
SUNDAYS.**

CHILDREN WILL FOLLOW BG PROFICIENCY AWARDS AND WILL HAVE THE OPPORTUNITY TO COMPETE IN VARIOUS COMPETITIONS.

Enrolment is now open and spaces are limited. Please contact Riverside to enrol now or for more information. Once spaces are filled, you will be placed on the waiting list.

Phone: 07835202309

Email: info@riversidegymnasticsacademy.co.uk

Instagram: [@riversidegymnasticsacademy](https://www.instagram.com/riversidegymnasticsacademy)

