



Fun, free, activities in your local park

Spring Programme 10 May - 21 July 2019

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beckton Library					Social Walking Group 1.30 - 2.30pm		
Brampton Park						Football 1:30 - 2:30pm	
Britannia Village Green				Football 5 - 6pm			
Carpenters Cage			Basketball For Girls 4:30 - 5:30pm				
Central Park						Walking Yoga 10 - 11am Family Tennis 11am - 1pm	
Gooseley Playing Fields							Family Tennis 11am - 1pm
Jack Cornwell Community Centre					Football 4 - 5:30pm		
Odessa Road Open Space						Football 3 - 4pm	
Plaistow Park	Wallball 4:30 - 5:30pm						
Plashtet Park		Little Grubs 10am-12pm Tai Chi (55+) 11am - 12pm	Bowling for Beginners 2 - 4pm		Walking Yoga 10 - 11am		
Priory Park					Football 5 - 6:30pm		
Shipman Youth Centre		Football 4 - 5pm					
Stratford Park					Social Tennis 6 - 8pm		

Park locations and meeting points

Beckton Library, Beckton Globe 1 Kingsford Way,
London E6 5JQ
Meeting Point: Beckton Library at 1.15pm

Brampton Park, Masterman Road, East Ham, E6 3LB
Meeting Point: Multi Use Games Area

Britannia Village Green, Evelyn Rd, E16 1TU
Meeting Point: Multi Use Games Area

Carpenters Cage, 40 Warton Road, Stratford,
London E15 2JS
Meeting Point: Cage

Central Park, High Street South, East Ham, E6 6ET
Meeting Point: Café (Walking Yoga)
Tennis Courts (Tennis)

Gooseley Playing Fields, St Alban's Avenue,
East Ham, E6 6HU
Meeting point: Tennis Courts

Jack Cornwell Community Centre, Jack Cornwell Street,
Manor Park, E12 5NN
Meeting Point: Multi Use Games Area

Odessa Road Open space hard court, Odessa Road,
Forest Gate, E7 9BL
Meeting Point: Multi Use Games Area

Plaistow Park, Greengate Street, Plaistow, E13 0BD
Meeting Point: Multi Use Games Area

Plashet Park, Plashet Grove, E6 1BT
Meeting Point: Activity and Learning Zone (Little Grubs)
Café (Tai Chi and Yoga)
Bowling Pavilion (Bowling)

Priory Park, Grangewood Street, E6 1QZ
Meeting Point: Hard Court

Shipman Youth Centre, 340 Prince Regent Lane, E16 3JH
Meeting Point: Reception

Stratford Park, West Ham Lane, Stratford, E15 4DZ
Meeting point: Tennis Courts

Activity descriptions

Basketball for Girls– Ages 8 to 18
Shoot some hoops and try your hand at female basketball coached by professional players from London Lions.

Bowling – All Ages
Bowling taster sessions for new and beginner players.

Family Tennis – All Ages
Take to the tennis courts for free with our qualified coach to improve your skills whatever your Level or ability. Sessions designed for the whole family. Equipment provided.
Weekly sessions until the Autumn/Winter.
(No sessions on 6 and 13 July at Central Park)

Football – Ages 8 to 18
Get your kicks with ParkLives at our weekly open sessions for young people. Simply turn up and play!

Little Grubs – Under 5s
Parent and Child gardening and crafts – dress ready for messy outdoor activities!

Social Tennis – Ages 16+
Bring a racket, but provided if needed. Join others at the tennis courts for free social tennis. All standards welcome.
Weekly sessions until the Autumn/Winter.

Social Walking Group – All Ages
Short and longer walks led by a friendly group leader. No need to book, simply turn up and join in the fun. A great way to explore what's on your doorstep and make new friends, while improving well-being and confidence.

Tai Chi – Ages 55+
Cultivate your internal energy, mind and physical body in these unique and challenging sessions. To generate relaxation, Tai Chi practice requires a deep level of concentration and a focused mind, thus allowing the mind to lead and guide the body's energy.

Walking Yoga – Ages 55+
Perform yoga postures for the whole body before embarking on a walk which combines breathing and relaxation techniques.
(No sessions on 11 May, 1 June and 13 July at Central Park)

WallBall – Ages 8 to 18
A simple activity played similar to Squash but by hitting a ball against a wall with your hands.