

What's on – Barking Learning Centre Community Hub

Monday

- 09:00 - 19:00 Library Service *Computers turn off at 18:45
- 09:00 - 17:00 Talking Therapies
- 09:00 - 17:00 St Lukes Drug and Alcohol Help
- 09:30 - 11:00 Tots & Play Songs (for under 4's with parents)
- 10:00 - 13:00 Sewing Workshop
- 10:00 - 12:00 IT Class for beginners
- 11:30 - 13:30 The Source - Hot Lunch for rough sleepers
- 12:30 - 15:00 Young at Heart Bingo Session (Age 60+) *Subscription fee
- 13:30 - 14:30 The Source Clothes Bank
- 15:30 - 17:00 Reading Beez (term time only)
- 15:30 -18:30 Kumon class *Charges may apply

Tuesday

- 09:00 - 19:00 Library Service *Computers turn off at 18:45
- 09:00 -17:00 Stop Smoking Clinic
- 10:30 - 12:30 Lean Living Programme
- 11:30 - 13:30 The Source – Hot Lunch for rough sleepers
- 12:00 - 14:00 Community Food Club
- 13:30 - 14:30 The Source Clothes Bank
- 13:30 - 15:30 Young at Heart Arts and Crafts (Age 60+) *Subscription fee
- 15:30 - 17:00 Reading Beez (term time only)
- 15:30 - 18:30 Kumon Class *Charges may apply

Wednesday

- 09:00 - 17:00 Library Service *Computers turn off at 18:45
- 10:00 - 12:00 We Rise Coffee Morning (by appointment only)
- 11:30 - 13:30 The Source – Hot lunch for rough sleepers
- 12:30 - 15:30 Young at Heart Hoy (Age 60+) *Subscription fee
- 13:30 - 14:30 The Source Clothes Bank
- 15:30 - 17:00 Reading Beez (term time only)
- 15:30 - 17:30 Kumon Class *Charges may apply

Thursday

- 09:00 - 19:00 Library Service *Computers turn off at 18:45
- 09:00 - 17:00 Stop Smoking Clinic
- 09:30 - 10:25 Stay & Play Session
- 10:00 – 1:00 The Source – Homeless Outreach Support Worker
- 10:40 - 11:35 Stay & Play Session
- 11:00 - 13:00 The Source Healthcare Surgery
- 11:00 - 13:00 Community Food Club
- 11:30 –13:30 The Source – Hot lunch for rough sleepers
- 12:30 - 14:00 Lean Living Programme
- 12.30 - 15:00 Young at Heart Bingo Session (Age 60+) *Subscription fee
- 13:15 - 14:15 Babbling Babes
- 13:30 - 14:30 The Source Clothes Bank
- 15:30 - 17:00 Reading Beez (term time only)

Friday

- 09:00 - 17:00 Library Service *Computers turn off at 16:45
- 09:00 - 17:00 St. Lukes – Substance misuse and alcohol addiction service
- 10:00 - 10:45 All Around the World singing/interactive play for pre-school children
- 10:00 - 12:00 We Rise Coffee Morning (by appointment only)
- 10:00 - 12:30 IT Class for beginners
- 11:30 - 13:30 The Source – Hot lunch for rough sleepers
- 13:30 - 14:30 The Source Clothes Bank

Saturday

- 09:00 - 17:00 Library Service *Computers turn off at 16:45



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10:00 - 10:45 Dads Rock for pre-school children
10:00 - 12:00 Barking Toastmasters (every 1st, 3rd & 5th Saturday in the month)
10:00 - 15:00 Shpresa Programme
10:00 - 14:00 Kumon Class (weekly) *Charges may apply
10:15 - 12:45 & 12:15 – 14:45 NHS Diabetes Prevention Programme
11:00 - 12:30 Abbey Ward Councillors Meeting (every last Saturday of month - not August or December)
12:00 - 14:30 The Village Group Meeting

Sunday

10:00 - 16:00 Library Service *Computers turn off at 15:45
12:00 - 14:00 IT Class for beginners
14:00 - 15:00 Church Sermon

More information

Please note all sessions are free of charge unless otherwise stated

Babbling Babes - Learn and communicate through playing/singing (babies 0 -18 mths) – (Weekly Sessions) *Drop in

Barking Toastmasters Club - Educational Organisation that teaches public speaking and leadership skills (every 1st, 3rd and 5th Saturday of the month)

Community Food Club - Weekly support with groceries for those in debt or financial hardship. T&C's apply (Weekly Clubs) *Online referral subject to terms and conditions

Dad's Rock – Playgroup for children 0-4 with their dads, stepdads, granddads, uncles. Mums also welcome! (Weekly session every Saturday) *Drop in

IT Classes - To learn basic computer skills with trained digital champions (Weekly Classes) *Drop in

Kumon Classes - Private Maths and English tuition (Booking only)

LBBB Talking Therapies - Talking to a trained therapist who can help with common mental health problems like stress, anxiety and depression. (Booking only)

Lean Living Programme - 12 week programme, work with a lifestyle coach to increase physical activity levels and make healthy lifestyle choices (GP referral)

Reading Beez - Reading scheme for children aged 5 -11 years. Improve your reading and collect certificates/badges along the way. (Term Time only - Monday to Thursday) *Drop in

Sewing Workshop - Sewing for beginners *Drop in

Shpresa Programme - Organization for help and training for Albanian people in the UK (Weekly every Saturday) *Drop in

Songs Around the World - Singing session with songs from different countries (Weekly session every Friday) *Drop in

St. Luke's Alcohol and Substance misuse service - (By appointment only) *Drop in advice available

Stay and Play Play session - Learn and communicate through play - (18 mths - 4 yrs) (2 classes every Thursday) *Drop in

Stop Smoking Service Provides LBBB residents with help and support to quit smoking. (Referral via GP) *Drop in advice available

The Source - A charitable organisation (Barking Churches Unite) helping the homeless and rough sleepers get help and support with food, clothing, claiming benefits, healthcare. (Daily) *Drop in

The Village – Providing Emotional, Mental and Social spaces for parents within the Black Community. Tell stories, have some food and connect and learn from each other. (every 1st Saturday of the month) Drop in

Tots and Play Songs Playgroup for children 0-4 years (Weekly session every Monday) *Drop in

Volunteering - Volunteer opportunities available. Learn new skills, whilst assisting others and your local community. (**Ask Community Hub Staff for more information**)

We Rise Coffee Morning – Support Group for survivors of domestic abuse for women (By appointment only werisedah@gmail.com)

Young at Heart - (Over 60's group) – Enjoy some refreshments and socialising with other residents. Activities include cards, music & bingo. (Weekly Sessions) *Yearly subscription fee

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**For more information please speak to a member of
staff at Barking Learning Centre reception or call
0208 724 8725**



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