



South Poplar and Limehouse Action for Secure Housing

Registered Charity: 1056985

**"It takes a Community to grow a child"**

We hope you had a great Easter holidays. There were lots of activities including trips to Wembley Arena, Bowling, Swimming, Glamis Rd Aventure Playground and a cooking session at Billingsgate Fish Market. Amrana took a team to the Mile End mini Olympics where they came 7th place - next time they will be the winners! Some boys went to Imran Khans Boxing Academy in Bolton and the Workhouse hosted a Badminton Tournament . Dulal and his friends had a BBQ on Will Crooks Estate; Mark and Anne, together with Sue and the Birchfield Tenants and Residents Association held a fantastic Royal Wedding Street Party and Asma and Noore published another book: Yummy Scummy Healthy Recipes while Asma led another of her popular healthy Family walks from Poplar to the Mudchute Park and Farm where everyone enjoyed a great picnic. Abdul Hasnath on Robin Hood Gardens is working his football team so that they win in their coming league games.

**Did you know about these local activities.....?!.**

**St Vincent's Estate Portacabin**

Mondays	10am - 12noon	ESOL for Ladies
Tuesdays	9.30a, - 10.30am	Exercise class
	1pm - 3pm	Ladies - afternoon sewing, gardening, crafts, cooking etc
Thursday	10am -12noon	ESOL Class
	5pm - 7pm	SPLASH PLAY CHILDREN age 8-13

**Birchfield - Saltwell St**

Mondays	7pm - 9pm	BI NGO - All welcome
Wednesdays	7pm - 8pm	Aerobics for Ladies

**Will Crooks - Wigram Hse**

Mondays	1pm - 2,30pm	I T for beginners
Tuesdays	9.30am - 11.30pm	ESOL with College Tutor
Wednesdays	10am - 12noon	Women Gardening
	11am - 12noon	Exercise Class
Thursdays	1pm - 3pm.....	Benefits Advice



"One of our many Royal parties!"

- \* Saturday (4th of each month) - 11am -12pm - Councillor Lutfa Begum Wigram House
- \* Monday (1st and 3rd each month) - 6pm - 7pm - Councillor David Edgar - I dea Store Chrisp St

### St Matthias Community Centre (Old Church)

Mondays	5.30pm - 7.30pm	Weight Watchers
	7.30pm - 9pm	Zumba
Tuesdays	10am - 12.30pm	Cook 'n' Chat
	4.30pm - 8pm	Majorettes
Wednesdays	10am - 12noon	Sure Start Play
	5pm - 7pm	SPLASH Play
Thursdays	11am - 3pm	Linkage Plus - over 50's
Fridays	11am - 3pm	Linkage Plus - over 50's

### Cottage St (St Matthias Estate)

Wednesdays	5pm - 7pm	Youth Club
Thursdays	5pm - 7pm	Youth Club

### Robin Hood Gardens Community Room

Tuesdays	5pm - 7pm	SPLASH Play
Thursday	11am - 2pm	Over 50's Exercise etc

Plus Resident led activities for all ages every day of the week.

### Workhouse Leisure Centre - next to Tower Hamlets College

Wednesdays	5pm - 6.30pm	NEW Homework sessions
	5pm - 8pm	Sports - open to all
Fridays	5pm - 8pm	Sports - open to all
Sundays	4pm - 8pm	Sports - open to all, Badminton, Football, Table Tennis.. etc.

Ring Alkhad on 0207 510 7799

## Coming Events.....:

### Jumble Sale

Saturday 21st May

In St Matthias Community Centre @ 11am - 1pm

### 40's Nite

Saturday 21st May - come in 40's costume.

In St Matthias Community Centre @ 7pm - 11pm

For further information ring Mandy on 0207 987 0257



### Will Crooks Fun Day

Sunday 5th June

"Big Lunch"

To celebrate the 90th Anniversary of Will Crooks death in 1921

### Meeting

Tuesday 17th May at 7pm in 1 Wigram House

To plan for the Half Term 30th May - 3rd June with Sunday's celebration of Will Crooks

Please come and help us plan some trips etc.

What would you and your family like to do during the Half Term?

Have your say! Help build an inclusive community!