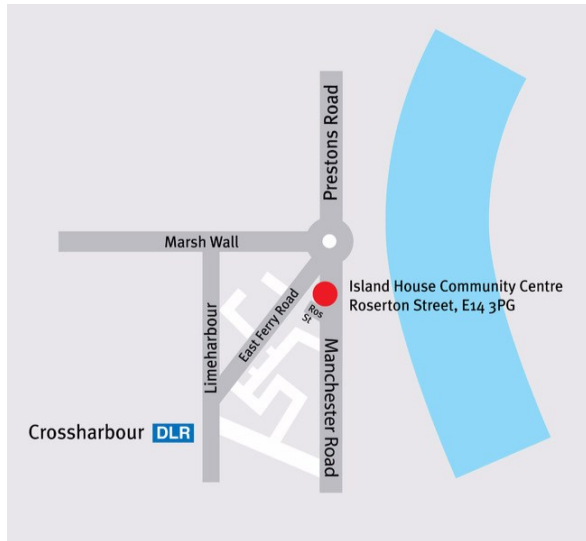


# Find us



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

TEL: 020 7531 0310  
EMAIL: [admin@island-house.org](mailto:admin@island-house.org)

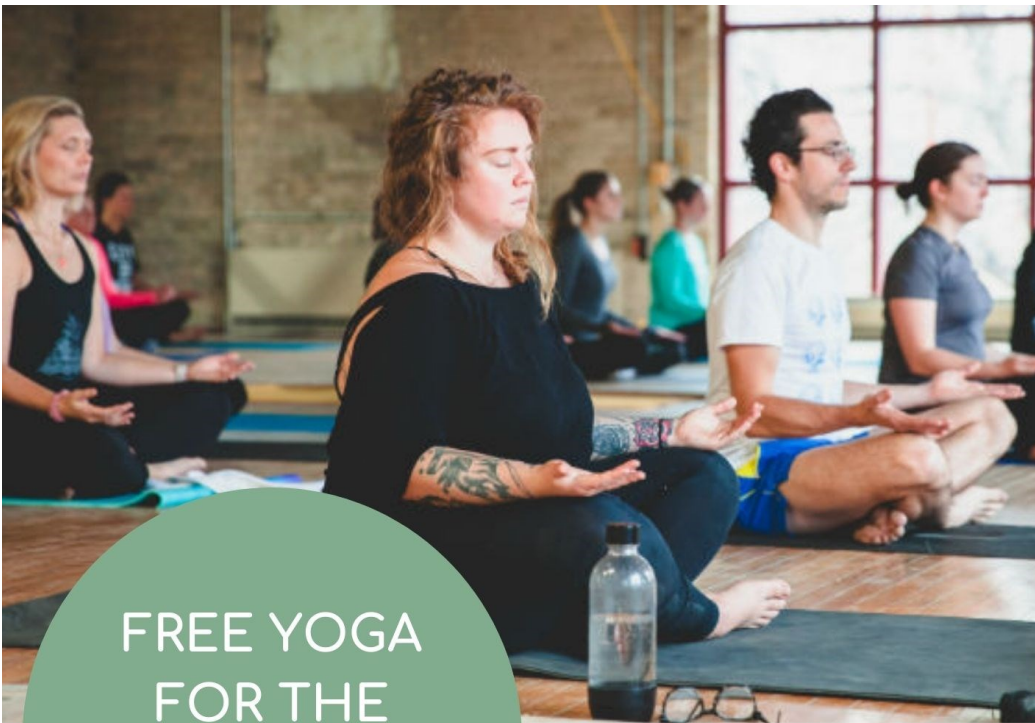
BY TRAIN  
**Crossharbour DLR**  
**South Quay DLR**  
**Canary Wharf Underground**

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**



PROJECT  
SESSIONS  
AT ISLAND HOUSE



FREE YOGA  
FOR THE  
WHOLE  
COMMUNITY

Mondays (mixed)  
6.30PM - 7:30 PM

Tuesdays (women only)  
6PM - 7PM

Move, stretch, breathe, relax...

- Release physical tensions, aches and pains
- Improve range of movement, balance and flexibility
- Increase strength and stamina
- Calm your mind and reduce stress

# Hatha Yoga

Island House, Roserton Street, E14 3PG / 020 7531 0310



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





# 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

# PUPPY CLASSES

MODERN, REWARD BASED TRAINING



RECALL



SETTLING



LOOSE-LEAD WALKING



LEAVE IT/DROP



SOCIALISATION

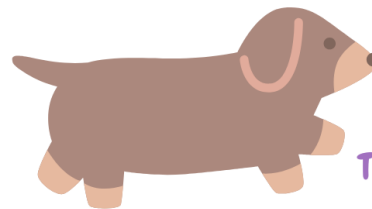


MUCH MORE!



## 5 WEEKS OF GROUP CLASSES WEDNESDAYS 7PM-8PM

\*THIS PROGRAM IS FOR PUPPIES BETWEEN 2 AND 5 MONTHS OLD\*



DON'T WAIT! COME ALONG AND LEARN WITH YOUR PUPPY TO GIVE THEM THE HEAD START THEY DESERVE.



ISLAND HOUSE COMMUNITY CENTRE  
ROBERTON ST, LONDON E14 3PG



PUPUPANDAWAYLDN

EMAIL TO BOOK YOUR SLOT!



ele@pupupandaway.co.uk





# Prenatal & Postnatal Yoga

## Reconnect & Restore:

**Yoga for Postpartum Mums with non-crawling babies (up to 6 months)**

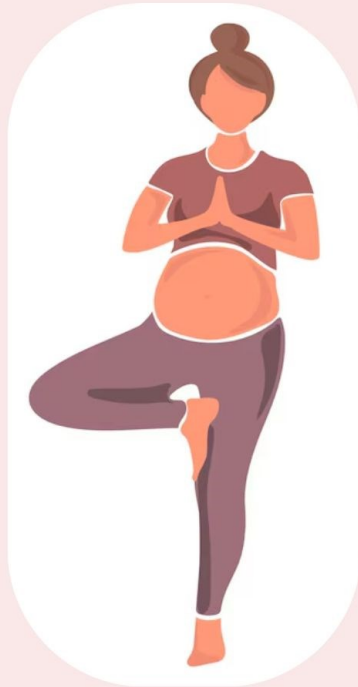
**Tuesdays 10.30am-11.30am**

This gentle yet empowering class is designed for postpartum mums with non-crawling babies. Rebuild core strength, release tension, and reconnect with your body through mindful movement, pranayama (breathwork), and supportive poses. Babies are welcome to join you on the mat for cuddles or rest nearby while you stretch, strengthen, and bond. Celebrate your resilience, nurture yourself, and connect with other mums in this restorative, baby-friendly practice.

## Empowered Pregnancy: Prenatal Yoga

**Tuesdays 12pm-1pm**

Designed for mums-to-be, this class offers a safe and nurturing environment to prepare your body and mind for childbirth. Using breathwork (pranayama), gentle stretches, and grounding poses, we focus on building strength, improving flexibility, and relieving pregnancy-related discomfort. Inspired by the connection between mother and baby, this practice supports your journey with mindful movement and relaxation techniques, helping you feel centred, strong, and prepared for the beautiful changes ahead.



**FREE 4 week course**

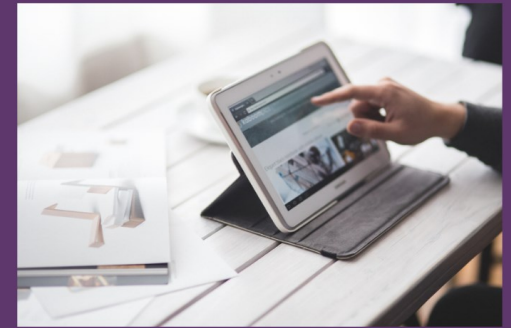
Starting: 14th January 2025

For more info or to book your place scan the QR code:



Island House Community Centre  
Roserton St, E14 3PG

**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](http://www.island-house.org)



# 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 15<sup>th</sup> 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](mailto:info@safh.org.uk)




## 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

 **Every Thursday  
11am-12pm**

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

 **020 7531 0310**

\*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.

 **admin@island-  
house.org**

**Refreshments served after the session: 12pm-1pm**

# social STRETCH

Gentle chair-based movements to help build strength, mobility, and flexibility. With breathing exercises and guided relaxation to release tension and stress.



- Increase mobility and flexibility
- Build strength
- Improve lung function
- Reduce stress
- Make new friends

All chair-based (suitable for anyone able to sit)

Ideal for elderly people, and those with health conditions and injuries that restrict physical movement.

ISLAND HOUSE COMMUNITY CENTRE  
ROBERTON STREET, E14 3PG  
020 7531 0310

Thursdays  
1pm-2pm

Join our community for a hot drink and a chat before the class, from 12-1pm, if you like



NEW SESSION  
OPEN TO  
MEN & WOMEN

# PILATES

AT  
ISLAND HOUSE COMMUNITY CENTRE

Saturdays  
9.30am - 10.30am



## BEGINNERS WELCOME!

Free community Pilates sessions on Saturday mornings.

No pre-booking required

📍 Island House, Roserton Street, E14 3PG

📘 [facebook.com/islandhousecc](https://www.facebook.com/islandhousecc)

Sponsored by

**MOU  
NTA  
NVIL**



## 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](mailto:cathy.weir@island-house.org)** to book an appointment.  
Group sessions available upon request.

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](http://www.island-house.org) / [www.facebook.com/islandhousecc](https://www.facebook.com/islandhousecc)



## 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



One Housing





OPENING SUNDAY MAY 2ND 2021

# RIVERSIDE GYMNASTICS ACADEMY

AT ISLAND HOUSE COMMUNITY CENTRE  
ROBERTON 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](mailto:info@riversidegymnasticsacademy.co.uk)

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



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

# 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



# SUNDAY MANDARIN CLASSES

## 2024 -2025 Term dates

### Autumn term

08 / 09 / 24 1st day of Autumn term  
20 & 27 / 10 / 24 Half term holiday school close  
08 / 12 / 24 School breaks up at 3.50 pm

### Spring term

05 / 01 / 25 1st day of Spring term  
02 / 02 / 25 Half term holiday – school close  
16 / 03 / 25 School breaks up at 3.50 pm

### Summer term

27 / 04 / 25 1st day of Summer term  
25 / 05 / 25 Half term holiday – school close  
06 / 07 / 25 School breaks up at 3.50 pm



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.

Tuition fee per year (32 weeks) is £380 per student (incl. textbook) and a discounted rate of £330 per student for residents of the London Borough of Tower Hamlets

School Contact: Mr. Huang

Telephone: 020-8318 0188 or 07768057200

Email: [qcxhuang@gmail.com](mailto:qcxhuang@gmail.com)

Class Hours: From 2PM TO 4PM every Sunday

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

Registered Charity Number 1111336



Now located at:

Island House Community Centre, Roserton Street, E14 3PG





# ISLE OF DOGS COMMUNITY CHOIR

MAKE FRIENDS!

NON AUDITION!

ALL INCLUSIVE! JUST DROP IN! FUN & SOCIAL!  
ALL MUSICAL ABILITIES WELCOME

MONDAYS 19:00 - 20:45



ISLAND HOUSE  
COMMUNITY CENTRE  
Roserton Steet E14 3PG  
Crossharbour DLR

For more information, email  
[admin@livingsong.org](mailto:admin@livingsong.org)



## 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

