



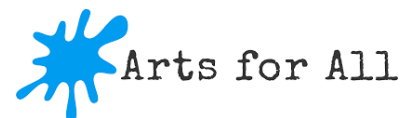
Tower Hamlets Arts LOCAL OFFER

For free kids' art activities in Tower Hamlets, check out Tower Hamlets Council events (like Victoria Park ranger-led sessions) and local community hubs like The Brady Arts Centre, The Create Place, or Oxford House for workshops (banner making, printmaking). Don't miss the Young V&A (Museum of Childhood) in Bethnal Green for hands-on creativity for under-8s, and the Museum of London Docklands for its free Mudlarks area and interactive exhibits.



<https://www.towerhamletsarts.org.uk/?cat=44&guide=events>

Arts for All



Arts For All is a community creative centre based in Shoreditch in the East End of London. We run creative clubs and classes for local people, and aim to build confidence through creative achievement. We run exciting clubs for all ages, working in many different art forms and materials.

An important part of our work is with local children and young people. With junior art and craft clubs and youth work as a priority, Arts For All is enriching lives. We encourage children to develop creative hobbies and interests, in an atmosphere of fun and laughter; and we offer a colourful, vibrant place for them to call their own!

https://www.localoffertowerhamlets.co.uk/young_peoples_zone/organisations/27683-arts-for-all

<https://www.artsforall.co.uk/copy-of-our-artwork>



Idea Store - Discover engaging activities, exciting events, and enriching resources for children and families at Idea Store. Join us for storytimes, creative workshops, and more—fun for all ages awaits

Talking Tips: Tips on developing speech and language for children.

<https://www.ideastore.co.uk>



Bow Families is a regular series of free, drop-in family art workshops run by Bow Arts. Sessions take place on the last Sunday of every month in the Bow Arts Courtyard, and are a wonderful opportunity for local families to get creative and try something new.

Each workshop is led by a professional Bow Arts' Artist, giving families the chance to get hands on and experiment with skills from gardening and papercraft, to painting and drawing, and takes place in an inclusive, friendly environment which is accessible to all abilities and age groups.

<https://bowarts.org/schools-colleges/bow-families>



Poplar HARCA offers diverse family-friendly arts & activities in Tower Hamlets, including creative sessions for little ones like Creative Tots and Story & Song Time, youth arts at Spotlight, plus general crafting and educational programs at community hubs like the Feldy, Linc Centre, and St Paul's Way Centre, with holiday programs also available through the council. Check Poplar HARCA's website and the Tower Hamlets Arts Guide for current schedules, covering everything from music and drama to gardening and family fun days.

<https://www.poplarharca.co.uk/get-involved/activities>



An East London Parent guide for family days out & services in Hackney Tower Hamlets Newham & Walthamstow.

<https://eastendkids.co.uk>



Discover is the UK's first Story Centre for children aged 0-11 and their families. As a not for profit organisation, our aim is to support a love of language, literature and stories.

<https://discover.org.uk/newham-stories-alternatives>



Tower Hamlets and beyond

What does London Have to offer?

London offers tons of free kid-friendly activities, from world-class museums like the Natural History Museum and Science Museum, to exploring vast parks like Hyde Park and Richmond Park, splashing at the Granary Square fountains, watching the Changing of the Guard, spotting Paddington Bear, and discovering street art or markets like Borough Market. You can also visit city farms, find unique play areas like Diana Memorial Playground, or wander through unique spots like Neal's Yard or the Crystal Palace dinosaurs.

Museums & Galleries

- <https://www.nhm.ac.uk/> <https://www.sciencemuseum.org.uk> : Dinosaurs, space exhibits, and hands-on fun (V&A Museum is nearby too).
- <https://www.britishmuseum.org/> Art and history, often with kid-focused trails or areas.
- <https://www.vam.ac.uk/young> : Specifically designed for children, focusing on creativity and play.
- <https://www.londonmuseum.org.uk/docklands/> : Learn about the city's history through interactive exhibits.
- ltmuseum.co.uk: Visit London Transport Museum in Covent Garden to discover 200 years of groundbreaking design and innovation.
- tate.org.uk: See some of the world's most exciting modern and contemporary art at Tate Modern. Enjoy innovative works that have shaped art as we know it. Our gallery is free to visit.

Parks & Playgrounds

- <https://www.royalparks.org.uk/visit/parks/hyde-park> /Kensington Gardens: Huge green spaces, Diana Memorial Playground (pirate ship!), and the Serpentine Lake.
- <https://www.kingscross.co.uk/granary-square> (King's Cross): Interactive fountains that light up and change.
- <https://www.queenelizabetholympicpark.co.uk/> : Modern playgrounds and water features.
- [Richmond Park](#): See wild deer roam.
- <https://coramsfields.org/> A unique park just for kids, with a farm and playground.

Landmarks & Sightseeing

- <https://www.changing-the-guard.com/> A classic London spectacle (check times).
- [South Bank](#): Street performers, skateboarders, and views of the Thames.
- <https://www.towerbridge.org.uk/> : Walk across or watch it open.
- [Sky Garden](#): Free panoramic city views (book in advance).

Quirky & Fun

- [City Farms](#): Mudchute Farm, Vauxhall City Farm, Spitalfields Farm and Hackney Farm



In Tower Hamlets

- **Family Hubs and Children & Family Centres:** These centres serve as access points for various free services for families with children up to 19 (or 25 with SEND). They offer stay-and-play sessions, and can direct families to arts-related programmes in the borough.
https://www.towerhamlets.gov.uk/ignl/health__social_care/children_and_family_care/Early_Help/Children-and-Family-Centres/Children-and-Family-Centre.aspx
- **The Half Moon Theatre:** This dedicated young people's theatre in Limehouse offers professional theatre productions for children and an extensive Creative Learning programme. They run free drama and movement-based Creative Play sessions for babies and pre-school children and their parents/carers at various Family Hubs.
<https://www.halfmoon.org.uk>
- **Oxford House in Bethnal Green:** This arts and community centre provides a diverse creative programme, including the Young & Talented theatre school for ages 6–16, which covers acting, singing, and dance. <https://www.oxfordhouse.org.uk>
- **The Brady Arts and Community Centre:** This venue hosts various events, including "A Team Arts Education - Explore: Spring Art and Design Programme", offering a range of visual arts workshops. https://www.towerhamlets.gov.uk/ignl/community_and_living/halls_for_hire/Brady_Arts_community_centre.aspx
- **Holiday Childcare Scheme:** The Tower Hamlets Council runs a holiday childcare scheme during school breaks which includes a wide range of creative arts and crafts, street dance, and film-making activities for children aged 3-13.
https://www.towerhamlets.gov.uk/ignl/education_and_learning/extra-curricular_activities/Holiday_childcare/Holiday_Childcare_Scheme.aspx
- **Circus Skills:** Free circus skills sessions, such as juggling and balancing, are often available for children aged 5-8 (and up to 11 if accompanied by a parent/carer).
<https://www.localoffertowerhamlets.co.uk/events/36186-saturday-circus-club>
- **Splash Play:** These supervised, free sessions for children aged 8-13 include arts and crafts alongside sports and games. <https://www.thfamilyhubs.co.uk/Services/7241>
- **RichMix:** Rich Mix offers year-round creative engagement programmes for families, children, and young people. Regular family sessions provide access to creative activity.
<https://richmix.org.uk>



Tower Hamlets Sports

LOCAL OFFER

Tower Hamlets offers a wide range of sports and inclusive activities for children, particularly through the Local Offer for SEND (Special Educational Needs and/or Disabilities) and the Tower Hamlets Council services. Key provisions include SEND-specific multi-sports, swimming, basketball, and football, along with specialized clubs like Access Sport and Vallenge Community Sports Association for tailored, inclusive activities.

https://www.localoffertowerhamlets.co.uk/young_peoples_zone/events?page=1&per_page=10&search_event%5Bterm%5D=

BE WELL

HEALTH | WELLNESS | PLAY

LBTH (Tower Hamlets) offers extensive, affordable, and often free family sports activities through Be Well leisure centres and local parks. Key options include swimming (including inflatable sessions), soft play, athletics, football, and family-friendly classes like yoga and Zumba. Activities run throughout the year, with special holiday programmes for children and teens.

<https://be-well.org.uk/what-we-offer/kids-activities>



Leyton Orient Football Club, through its Trust and official soccer schools, offers a wide range of sports and activities for children, focusing on football development, school holiday camps, and community engagement.

<https://www.leytonorienttrust.org.uk>

Urban Adventure Base

Come along to Urban Adventure Base for a range of FREE activities, we provide a range of outdoor education and adventurous activities for young people. We are based in Mile End Park with direct access to the Mile End BMX track, Skate Park and the Regent's Canal for canoeing and kayaking. There is a fully accessible gym on site (Urban Gym), designed for young people with additional needs and disabilities. We also have rock-climbing walls and bouldering!

<https://www.youngtowerhamlets.org.uk/venues/urban-adventure-base>

junior parkrun

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds).

<https://www.parkrun.org.uk/mileend-juniors/>



Free LTA (Lawn Tennis) tennis and various sports for children in Tower Hamlets are available through Tower Hamlets Council and Courtside Hubs, including Barclays Free Park Tennis for families, LTA Youth coaching, and school holiday camps. Activities cover tennis, athletics, and cycling, aimed at ages 4–18. <https://www.lta.org.uk/play/free-park-tennis>

Toyhouse Active Physical Play

A free fun, inclusive active play session for parents/carers & their children under 5yrs to enjoy together. Opportunities to explore our soft play environment, climbing frames & imaginative play.

<https://www.localoffertowerhamlets.co.uk/events/35041-toyhouse-active-physical-play>

HAF Programme

In 2026, the Tower Hamlets Holiday Activities and Food (HAF) programme offers free, nutritious meals and fun activities (sports, arts, trips) for children aged 4–16 eligible for benefits-related free school meals. Programs run during Easter, Summer, and Christmas holidays. Eligible families receive a HAF code to book, with SEND-specific options available.

https://www.towerhamlets.gov.uk/ignl/education_and_learning/childcare-and-early-years-educ/Holiday-activities-and-Food-programme.aspx



Welcome to London Tigers in Tower Hamlets, where our mission is to create outstanding opportunities and provide unwavering support for the young people of Tower Hamlets. We believe in nurturing their potential, helping them realise their ambitions, and fostering personal development through the transformative power of sport and community engagement.

<https://londontigers.org/football-engaging-through-the-power-of-football>



Tower Hamlets is the council's youth service, working with all young people in the borough. You are free to join at youth centres and across the borough.

https://www.towerhamlets.gov.uk/ignl/education_and_learning/young_people/Young-Tower-Hamlets.aspx