

Facilities available for parents

(Mayflower school)

- Debt Free London
- Parent sessions ASB
- Connecting Communities leaflet
- Adult walking basketball
- Mental health support
- Muslim women's support group
- Parent keeping child safe online
- Teen discussion group
- Training opportunities
- Triple P discussion
- Violence against women and young girls

(Manorfield school)

Poplar Harca

Poplar Union (Facilities)

WellOne (Poplar)

Local Offer - (TH) - Leisure and Youth Services/family services directory (range of services), search

Available 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.
- **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.
- **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.

- **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.
- **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.
- **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).
- **Splash Play:** These supervised, free sessions for children aged 8-13 include arts and crafts alongside sports and games.

Oxford House

Based in a converted Grade II listed building we use an amazing mix of spaces – including a cafe, dance studio, theatre, former chapel and work/hire spaces – to:

- Present a diverse creative programme with participation at its heart
- Run daily classes for all ages and backgrounds
- Tackle isolation by providing opportunities to come together, share and connect
- Run a community café, working closely with local suppliers
- Provide venue hire space for rehearsals, filming, meetings and events

Young & Talented (Saturday's Term Time)

Young & Talented is a theatre school with a difference. They embrace young people from all backgrounds and provide them with high calibre coaching and creative opportunities. Established in 2004, they support young people in unleashing their creativity and reaching their full potential across several artforms. Their Saturday School sessions are for ages 6 – 16 year olds during term time. The Triple Talent programme offers a 3-hour rotation (1 hour Acting, 1 hour Singing, 1 hour Dance) as well as choreography, song and script writing, leading up to a full production in term 3.

Y&T pride themselves in creating a dedicated, enthusiastic and very talented group of young performers. To find out more please click [HERE](#).

Grace & Poise Academy (Monday's and Wednesday's)

Grace & Poise Academy is the world's First Muslim Ballet School established in London in 2019. They have a unique 'Ballet to Poetry Syllabus' and are focused on educating and nurturing the whole child to develop harmony between their mind, body and soul, so they can leap

through life. G&P's work has been featured in The Times, Metro, BBC1 and BBC Radio Asian Network. You can find out more about their work [HERE](#).

Lisa Gilbert Academy of Ballet, (Thursday's)

Lisa Gilbert Academy of Ballet and Performing Arts is offers dance classes in a professional, caring and nurturing environment which allows students to reach their full potential. Students develop their technique, creativity, artistry and confidence while having fun and developing new friendships. Lisa Gilbert Academy offers classes in ballet, tap, modern, contemporary, musical theatre, dance and street jazz, all led by qualified tutors. Click [HERE](#) to find out more.

Be Well centre

Marnier Offer

Making Club

Wondermaths

Shine

Afterschool Clubs- Ruhul club - Young Entrepreneurs - Choir - Disney - Board games

Sports