

Durning Hall

- Monday**
- Al-Altharyiyya (afterschool language lessons) **5-7pm**
 - Tender cubs (pre-school) **09.30am - 2.30pm**
 - Shpresa programme (mentoring+ Dancing workshops)**6-8pm**
 - East London school of dance ballet,modern,tap. 3-18yrs) **4-6pm**
 - Kick boxing **8 - 9.30**
 - AA intergroup second mon, every 2nd month **7 - 9.30pm**

- Tuesday**
- Al-Altharyiyya (afterschool language lessons) **5-7pm**
 - Tender cubs (pre-school) **09.30am - 2.30pm**
 - East London school of dance ballet, modern,tap. 3-18yrs) **4.30-7pm**
 - Beavers (boys 6-8yrs)**6 - 7.15pm**
 - The Wing Chun school (martial arts) **7.30-9.30pm**
 - Forest Gate Womens Institute. First Tues of the month.**7:30-9:30pm**
 - House of Grace **8-9:30pm**

- Wednesday**
- Al-Altharyiyya (afterschool language lessons) **5-7pm**
 - Tender cubs (pre-school) **09.30am - 2.30pm**
 - Kumon education (Maths+English for children)**3:45-6:45pm**
 - East London school of dance ballet, modern,tap. 3-18yrs) **4.30-6:30pm**
 - The Wing Chun school. (martial arts) **8-9pm**
 - Old Forest Gate residents.Last Weds of each Months **12 -2:30pm**

- Thursday**
- Way of holiness **7:30-9.30pm**
 - Teaching ministries **7:30-9:30pm**
 - El Shaddai . Last wed of the month **7-8pm**
 - Al-Altharyiyya (afterschool language lessons) **5-7pm**
 - Tender cubs (pre-school) **09.30am - 2.30pm**
 - Kick boxing **4-6pm**
 - England Shotokhan Karate-Do Federation
 - The Wing Chun school. (martial arts) every Tuesday **8-9pm**

- Friday**
- Irish elderly advice network**11am-1pm** +Social 1st of month 1- 4.30pm
 - House of Grace **8-9.30pm**
 - Charismatic prayer group.6-9.30pm
 - Global restoration church **7:30-9:30pm**
 - Al-Altharyiyya (afterschool language lessons) **5-7pm**
 - Tender cubs (pre-school) **09.30am - 2.30pm**
 - Think big (Drama class)**4:30-5:30pm**
 - Cubs (boys 8-10yrs) **6:30 - 8:15pm**
 - Scouts (boys 11-15yrs) **8-9:30pm**

- Folk in Motion (Wheel-chair dancing)every other Friday **5-6:30pm**
- House of love over 50's club **11am - 2pm**
- Ciagmi First and last Fridau of the month **7-9pm**
- Charismatic prayer group **6-9:30pm**
- East Africa muslim cultural group **12:30-2:30pm**
- Newham Gambian association **12:30-2:30pm**
- Pentecost Life ministries **7:30 -9:30**
- Powerhouse christian fellowship **7-9:30pm**
- Transition ministries. **8-9:30pm**

- Saturday**
- Christ exhibition ministries **8-9:30pm** (excluding the first Monday of the month)
 - Kumon educational (Maths +English for children) **9:30-11:30am**
 - East London school of Dance(ballet,-modern,tap 3-18yrs) **9:30am- 3:30pm**
 - Irish dance academy (all ages)**10am -12pm**
 - East London school of dance (Tap, adults) **10:45- 11:30am**
 - The Wing Chung school **3pm- 4pm**
 - AA **11:45 - 2:30pm**
 - Charismatic prayer group **6- 9:30pm**

- Sunday**
- Ruach Ha'Kodesh ministries (Love one another) **3:30 - 6:30pm**
 - Kick boxing **10:30am - 12:30pm**
 - House of grace **10am -12pm**
 - Way of Holiness **9-11am**
 - Ciagmi **11am- 2pm**
 - Christ reconcillation assembly **11.15-1.15pm**
 - Pentecost life ministries **11.15 -1:15pm**

- Sunday**
- Powerhouse christian fellowship. 1-4:30pm
 - Charismatic prayer group.6-9.30pm
 - Teaching ministries **9:15 - 11:15am**
 - Transition ministries **12:30 -3pm**
 - Christ exhibiton ministries **2.15 -4.45pm**
 - El-Shaddai Church of God **9am - 12pm**
 - Nzila Kungo Ltd **12.30 -4pm**
 - Roman Catholic Mass **10am - 12.30pm**

The Froud Centre

- Monday**
- Imaan Preschool **9am-3:30pm**
 - Little Manor Play Project (5-11yrs) Term-time **3-6pm** Holidays **9am-6pm**
 - Stephen Timms MP Surgery, Monthly **10am-1pm**
 - Manor Park Social Club (Over 60s) **12:30-3:30pm**
- Tuesday**
- Imaan Preschool **9am-3:30pm**
 - Little Manor Play Project (5-11yrs) Term-time **3-6pm** Holidays **9am-6pm**

- Zumba Urban Flavours (Dance & Fitness) **6:30-7:30pm**
 - Sharif Sports (Football & Badminton) **7:30-9pm**
 - Disabled Peoples' Alliance Second Tues of month **10am-1:30pm**
- Wednesday**
- Imaan Preschool **9am-3:30pm**
 - Little Manor Play Project (5-11yrs) Term-time **3-6pm**
 - Brownies (Girls, 7-11yrs) **6-7.30pm**
 - Burn Fat & Tone (Keep Fit) **6-7pm**
 - Greenhill asphasia group **10am - 12pm**

- Tang Soo (Martial Arts)
 - L'Eglise Pentecotiste **6-8pm**
 - Sai Centre (Spiritual Development) **8-9:30pm**
- Thursday**
- Imaan Preschool **9am-3:30pm**
 - Little Manor Play Project (5-11yrs) Term-time **3-6pm**
 - PARIS LGBTQ youth group.(13-19yrs)6.30-8:30pm
 - Trinjan over 50's ladies group**1-3pm**
 - Choir **7.30-9pm**

- Friday**
- Imaan Preschool **9am-3:30pm**
 - Little Manor Play Project (5-11yrs) Term-time **3-6pm**
 - Manor Park school of dance (modern,ballet,tap,jazz age 5+) **4 -7 pm**
 - Over 60's keep fit. Gentle. Term time **10.30 - 11.30am**
- Saturday**
- African future development (maths english +science, 5-16yrs)**10am -3pm**
 - East African education(arabic for children)**1-3pm**

- M.I.C.S **9am-12pm**
 - Y.A.G (activities for SEN youth)13-25yrs **2-5pm**
 - R77 soccer school (football) Fridays **7-9pm**
 - Sai center. Spiritual development. **6-9.30pm**
- Sunday**
- East African education(arabic for children) **9 - 11am**
 - Islamic circle supplementary school **11am-1.30pm**
 - L'eglise pentecotiste **2-5pm**
 - Beckton Brethen **1- 4pm**

- Calvary Church of God **12 -12.30pm**
- Calvary Church (prayers and bible class) **1.45- 2.45pm**
- Calvary land of mercy (prayer group) **1.30 - 5.30pm**
- St Micheals Church **9:30am - 12.30pm**
- The redeemed christian church of god. **10am-12pm**

For more information, or to book a place on any of the activies taking place in our centres please either, ask at reception or visit our website.

Thank you!



OUR COMMUNITY CENTRES

We have two community centres

Durning Hall - Forest Gate
The Froud Centre - Manor Park

Our centres work in the heart of our community, they are used by a large amount of groups and individuals for activities ranging from faith groups to education projects, creative collaborations and much more!

If you are interested in joining a group or in hiring out one of the spaces then please **GET IN TOUCH**.

Either drop in to one of the centres and ask a member of staff, call us on the numbers provided or visit our website for more information!

Durning Hall opening hours:
9am-9:30pm, Monday - Saturday 9am - 6pm Sundays.

The Froud Centre opening hours:
9am-9:30pm, Monday-Saturday and 9am-6pm, Sundays.

GET INVOLVED

Like the sound of what we do and would like to be involved? **GREAT!** There are a number of ways that you can help out:

Volunteer: We are always looking for volunteers and have a number of exciting placements, from blogging to graphic design to working in the charity shop or helping out with childrens work.

Contact kitty.mounstephen@aston-mansfield.org.uk for more information

Follow us: Stay in touch with what we are up to by following us on social media or signing up to our newsletter.

Support our charity shop: We have a wonderful charity shop, please take the time to have a browse, all proceeds go directly back to our local community through the work that we do. We are always looking for donations so think of us the next time you are having a clear out!

Talk about us: Simple, spread the word – let people know that we are here and tell them about the services we offer.

Visit us: Keep your eye on our website and notice boards for news of upcoming events. Take part and invite your friends and neighbours.

HELP US TO CREATE STRONGER COMMUNITIES

COMMUNITY INVOLVEMENT UNIT

Aston-Mansfield has a team dedicated to working with and strengthening Newhams voluntary community. The CIU offer a number of services as well as a wealth of guidance and advice for groups just starting out or those looking to grow and make themselves more resilient.

Services include:

- **A monthly newsletter.** Stay connected with the voluntary sector and publicise your group through our targeted monthly email, including news on events, training opportunities and jobs within the borough.
- **Subsidised office space.** We have affordable office spaces available to rent in three hour slots, to help you start up and run your group.
- **1-2-1 advice and guidance.** We meet with individuals and groups and advise them on governance, development and capacity building.
- **Research and evaluation.** We are specialists in advising on and carrying out research and evaluation pieces for community and voluntary sector groups.
- **Training events** – We deliver low cost training events aimed at capacity building, development and governance of small groups.

For more information on all of our services please
Visit the website: www.aston-mansfield.org.uk
Email us: caroline.rouse@aston-mansfield.org.uk
Or Ask at reception.

Aston-Mansfield
Our activities and
centres programme

CONTACT US

Durning Hall Earlham Grove Forest Gate London E7 9AB	The Froud Centre 1 Toronto Avenue Manor Park London E12 5JF	
020 3740 8100	02084782468	

www.aston-mansfield.org.uk

Facebook: **Aston-Mansfield**

Twitter: **A_Mcomms**

email : aston-mansfield@outlook.co.uk

Registered Charity number: 220085

YOUTH WORK

Aston-Mansfield run the following groups, come and join us any time all are FREE!

PARIS

A group for LGBT+ young people aged 13-19. We meet weekly for activities and to hang out with like minded people. (Thursdays). Get in touch to join in.

Young Achievers Group

A free group for young people with special educational needs and disabilities aged 16-25. We meet at the Froud centre every Saturday 1pm-5pm.

Transitional Youth

A group for 11-13 year olds making the transition from primary school to secondary. Arts, crafts, dance and music. We meet at The Jack Cornwell community centre in Manor Park 3.30 – 6pm every Monday.

Harold Road Youth Club

A youth group in the heart of green street, join us for fun, sports, arts crafts and just hanging out. Bring your own ideas too!
Wednesdays: 6:30-9:30pm. Fridays: 7:30-10:30pm at the Harold Road centre.

For more information on all youth groups:

- Ask at reception

- Or contact the youth team:

Email : paul.morgan@aston-mansfield.org.uk

Call or text: 0795 049 0034

CHILDREN AND FAMILIES WORK

Aston-Mansfield work in Newham, supporting families and children through our various low to no cost schemes:

Little Manor Play Project

Breakfast and afterschool play sessions for primary school aged children, with a focus on learning through play.

Holidays with Little Manor

We offer a full timetable of activities over the Summer and Easter holiday periods, including trips, outdoor play and arts and crafts.

Toronto Playground

Our safe and exciting playground is one of Manor Park's best kept secrets. It is enclosed and set back from Toronto Avenue, making it perfect for contained activities for children aged 2-12 years. Best of all, it is open seven days a week and supervised at peak times!

For more information on our children's work

- Ask at reception,

- Or contact the childrens team:

Email: loyda.best@aston-mansfield.org.uk

Call : 020 3355 3981

HIRE OUR SPACES

We have lots of spaces and we would love our local community to use them!

We have various rooms to hire across our two sites. From large event space to smaller meeting rooms and offices.

We offer competitive rates and low prices for non-for-profit and voluntary groups.

Our spaces are available to hire for either short or long term contracts.

For more information on the rooms we have available please get in touch.

- Ask at reception.

- Check on our website

-Send us an email:

Email:

Froud Centre: buildings.fc@aston-mansfield.org.uk

Durning Hall: buildings.dh@aston-mansfield.org.uk