



bromley by bow centre

2009 – 2010

Activities and Courses

**Bromley by Bow
Centre, Marner Centre
and Tudor Lodge**



Welcome

The Bromley by Bow Centre has something for everyone!

Whether you are looking for a job, keen on developing your skills or want to improve your health and wellbeing you are sure to find the activity, course or service you are looking for. Why not drop in for a chat with one of our friendly advisors.

Help and Advice

A WIDE RANGE OF ADVICE

Free, confidential and impartial advice from the following services:

Health, Wellbeing and Exercise Advice

We have lots of support available to help improve your health, wellbeing and fitness. Our advisors are happy to discuss how our range of activities can work for you.

Time: Monday to Friday 9am – 5pm

Contact: 020 8709 9841

Email: freshstart@bbbc.org.uk

Welfare and Benefits, Debt, Housing and General Advice

Are you experiencing difficulties with benefits claims, housing issues, debt and finances, then worry no more. Come and meet our experienced Advice team who will be glad to help you.

- Individual benefits assessments
- Understanding the benefits system
- One to one practical help and advice on a wide range of benefit issues, debt, housing, consumer and general advice.

Time: Thursday 10am – 1pm

Contact: 020 8709 9737

Email: meriem@bbbc.co.uk,
naz@bbbc.org.uk or tahmina@bbbc.org.uk

Housing Advice

Poplar HARCA housing advisors are available for advice on all forms of tenancy matters at reception for tenants in these areas: Bow Bridge, Coventry Cross, Devon's and Lincoln Estates.

Time: Monday to Friday 9am – 5pm

Contact: 020 8980 0233

Employment Advice and Guidance Service

If you've not worked for a while, just started looking for a job or just left school, our Employment team know how to prepare you for getting the right job. Drop in for a chat any day, we always have new jobs on our vacancy boards.

- Employment Workshops
- Job search
- Career and employment opportunities
- One to one practical assessments to identify individual needs and to develop an action plan.

Time: Monday to Friday 9am – 5pm

Contact: 020 8709 9745

Email: employment@bbbc.org.uk

Learning Advice and Guidance Service

For information on the courses at the Bromley by Bow Centre and other local providers.

Time: Monday to Friday 9am – 5pm

Contact: 020 8709 9842

Email: learning@bbbc.org.uk

Legal Advice

The Bromley by Bow Centre in partnership with Hereward and Foster Solicitors, offers free legal advice and assistance in the following areas of law: ■ Housing ■ Crime

- Community Care
- Clinical Negligence
- Actions against the Police
- Employment
- Immigration (inc. Business Immigration)
- Family (inc. Child Care)
- Welfare Benefit
- Debt
- Mental Health
- Personal Injury

Time: Thursday 10am – 1pm

Contact: 020 8709 9737

Email: meriem@bbbc.co.uk,
naz@bbbc.org.uk or tahmina@bbbc.org.uk

Health, Wellbeing and Exercise

WELLBEING PROGRAMMES

Are you trying to eat better, exercise more, lose weight or manage a long term condition? Why not drop in for a chat and see which activities can help support you.

Smoking Cessation Advice

Please call for an appointment.

Weight Loss Advice

Please call for an appointment.

Exercise Advice

Please call for an appointment.

Sexual Health Advice

Please call for an appointment.

Women's Walking Group

Monday 2pm – 3.30pm

Men's Walking Group

Monday 3pm – 4pm

Swimming (women only)

Monday 10am – 12pm

Tuesday 1pm – 3pm

Swimming (men only)

Wednesday 12pm – 1.15pm

Contact: 020 8983 7987

Circuit Training

Tuesday 7pm – 8pm

Yoga

Wednesday 6.30pm – 8pm

Friday 1pm – 3pm

Contact: 020 8709 9841

FRESH START

Weight Management and Healthy Living Programme

A 12 week programme of exercise and activity, nutrition and life coaching.

Contact: 020 8709 9841

POLLEN

Pollen runs a range of environmental, horticultural and art related activities centred around our cut-flower garden and vegetable allotment beds.

Info: By referral from your GP.

Contact: 020 8709 9714

WORKING WONDERS ACTIVITIES

For those with Learning Difficulties & Disabilities.

- Art based care for people with learning difficulties, physical disabilities & elders including activities such as pottery, multi-media, mosaics, dance and movement.
- Through volunteering you can learn art and craft skills and gain important skills for moving into training and employment.

Time: Monday to Friday 10.30am – 12.30pm and from 1.30pm – 3.30pm

Contact: 020 8709 9841

ARTEAST

A visual arts enterprise providing opportunities for people with learning disabilities to participate and train in the arts – undertaking a range of commissions to deliver merchandising, shop window displays, t-shirt designs, banners, bags and public art.

Time: Tuesday 1.30pm – 4.30pm

Contact: 020 8709 9841

POTTERY

Our pottery course is just the thing for those wanting to develop their creative skills and perhaps escape the routine of life for a few hours each week.

Time: Tuesday 1pm – 3pm

Contact: 020 8709 9841

INSIDE OUT

Health and Wellbeing Complementary Therapy Services

Therapy sessions include: ■ Massage, Reflexology, Relaxation and Meditation

- Life coaching & personal development
- Weight management & Health appraisal
- Yoga, community gym session
- Counselling for stress and anxiety
- Nutritional Therapy

Location: Inside Out is based at 22 Stroudley Walk, London E3 3EW.

Contact: Duncan 020 3022 5007

Courses

ADVICE ON COURSES

For further information about all courses at the Bromley by Bow Centre and other training providers in East London, contact the Learning Ambassadors.

Location: At reception

Time: Tuesday 10am – 12pm

Contact: 020 8709 9842

Email: learning@bbbc.org.uk

SKILLS FOR LIFE COURSES

Each year over 400 people study to improve their English, maths and computer skills at our Centre. Drop in for a chat and see what we can do for you.

Family Learning Courses

A range of courses focusing on story telling, creative art and that support parents' language skills and allow parents and children to learn together.

ESOL Courses

ESOL Entry level to higher level

A range of ESOL courses from beginner, to intermediate and advanced with a health or job focus.

Numeracy

A range of numeracy courses from beginners to Level 2.

VOCATIONAL COURSES

We offer a variety of vocational courses with nationally recognised qualifications. These may lead to employment and progression to next level of qualification.

NVQ Childcare: Level 2

This will give you an employment level qualification to work under supervision in childcare settings (2 days per week for 3 terms including a work experience placement and 1 session per week for additional skills).

NVQ Childcare: Level 3

For those who are working in childcare settings and who are in a supervisory role or working towards becoming a supervisor (1 day per week for 3 terms).

NVQ Customer Service: Level 1 & Level 2

This will give you the qualification to work in customer and public service under supervision (2 days per week for 3 terms including a work experience placement).

NVQ Information, Advice & Guidance: Level 2

The qualification to work in the field of advice and guidance under supervision (2 days per week for 3 terms including a work experience placement and 1 session week for additional skills).

NVQ Health and Social Care: Level 2

This level 2 qualification allows you to work under supervision in settings where adult care is important (2 days per week for 3 terms including a work experience placement and 1 session per week for additional skills).

NVQ Health and Social Care: Level 3

For those who are working in care settings and who are in a supervisory role or working towards becoming a supervisor (1 day per week for 3 terms).

Additional Support is available for those studying vocational courses:

- Study skills support
- Employment support workshops
- Additional ESOL and Literacy programme
- Dedicated employment worker to support learners in seeking employment.

ARTISTS CLASSES

Artists' Studio Classes

Stone Carving, Stained Glass and Pottery classes are taught by the Bromley by Bow Centre's resident artists.

Time: Run on a Saturday once a month.

Children's Centre

ACTIVITIES FOR FAMILIES

If you are a parent or carer, our Children's Centre can provide the following activities and services. These are based either at the Bromley by Bow Centre or the Marnier Centre.

Child and Family Health Services

Ante-natal classes and development.

Parents Advice, Parents and Father's Forums, Parent and Toddler Activity and More!

The Children's Centre supports a wide variety of activities support and advice sessions and forums for parents.

Boom, Bang, Bees

Parent & toddler group with activities to help children develop their speech and language.

Homeopathy for Parents with Young Children

A homeopathic service is available for parents with young children.

Family Support

One to one counselling or drop in service for families having difficulties or needing advice.

Teenage Parents

Advice & guidance.

Bow Kids Club

After school club.

Training Opportunities and Employment Guidance

Advice & guidance for parents.

Welfare and Benefits, Financial, and Housing advice

Advice & guidance for parents.

Contact: Akash 020 8709 9716
or please pick up a timetable at reception.

Young People's Programme

SIGNS OF LIFE

An art group for young people aged 8 – 19, working on exciting commissions for schools, health centres and the Olympic Park.

Contact: 020 8709 9709

Email: thesignsoflifegroup@gmail.com

UNDERCOVER GARDENERS

Horticultural and environmental project for 8 – 13 year olds from the Bow Bridge and Lincoln Housing Estates.

Time: Runs on Saturdays

Contact: 020 8709 9714

Email: lisac@bbbc.org.uk

DROP IN IT AND HOMEWORK CLUB

After school, why not drop in to our state of the art computer suite to do your homework, play computer games and keep in touch with friends.

STREETS OF GROWTH

Streets of Growth is a young persons' centred organisation offering a wide range of activities and programmes to support young people.

Location: Streets of Growth is based at 31 Stroudley Walk, London E3 3EW.

Contact: 020 8980 0050

Email: mail@streetsofgrowth.org

Website: www.streetsofgrowth.org

Enjoy!

PIE IN THE SKY CAFÉ

Perhaps the best kept secret in Bromley by Bow. The Pie in The Sky Café welcomes the return of our renowned chef Ellen Taylor. Ellen and her team have on offer a great range of breakfasts and lunches at reasonable prices. Don't miss the famous thalis available most Friday lunchtimes.

Time: Monday – Friday 8.30am – 3.00pm

Information

NOT SURE WHERE TO START?

The Centre's reception team will be delighted to introduce you to an advisor who can have a chat about the many activities and services we offer. We are sure that you will find something to enjoy at the Centre. We are also always keen to hear about ideas for new activities that we might run at the Centre. Why not drop in for a chat today?

Address: Bromley by Bow Centre,
St Leonard's Street, Bromley by Bow,
London E3 3BT

Telephone: 020 8709 9700

Website: www.bbbc.org.uk

