



Dates for the Diary

Autumn Term

Thursday 9th November – Reception
Phonics Workshop 9:00am & 2:00pm

Wednesday 15th November – Parent/Carer
Open Evening

Friday 17th November - Children in Need –
“Break the Rules” & donate £1

Attendance Matters

Congratulations to **2D** in Key Stage 1 with **98.28%** and **4T** in Key Stage 2 with **97.86%**

Class	Attendance
Class 2D	98.28
Class 2K	97.86
Class 4T	97.86
Class 5N	97.69
Class RR	97.62
Class 5A	97.60
Class 6D	97.41
Class 1KS	97.33
Class 6E	97.14
Class 6AM	96.67
Class 1L	96.43
Class 4N	95.93
Class 4G	95.86
Class 3G	95.67
Class 3R	95.52
Class 1H	95.00
Class 5H	94.81
Class FT Nursery	94.55
Class RB	94.17
Class RH	93.72
Class 2W	93.10
Class 3Z	92.00
Class AM	90.00
Class PM	86.67



Dear Parent/Carer,

Welcome back to the first week of Autumn 2. It has already been quite a fun packed, educational week. Today we held our second End Modern Slavery Awareness Day. We were re-visited by Guinness World Record recipient Gordon Miller and our children from Year 3 to 6 had the opportunity to not only learn more about modern slavery but also ask questions about Gordon’s achievements and mission to raise awareness.

Furthermore, The Rt Hon Dame Margaret Hodge re-visited our setting today. She was thoroughly impressed with the relationships between children and staff.

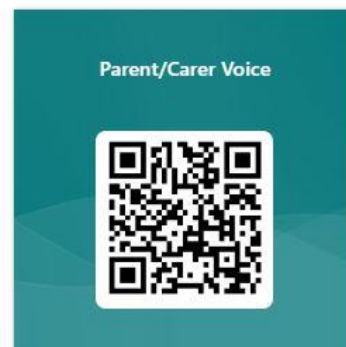
This weekend, being the 5th November, will see firework displays taking place. At this time of year, I always remind you to follow the firework safety code and also consider your pets during this period of loud noises and flashing light.

<https://www.visitlondon.com/things-to-do/whats-on/special-events/best-bonfire-night-fireworks-displays-london>



Our rescheduled Parent/Carer Open Evening with food tasting will be on Wednesday 15th November, new letters have been given out for you to make your appointment time slot. Please take this opportunity to look around the school building to familiarise yourself with the excellent learning that takes place from Nursery through to Year Six. I also remind you that if you bring your child/ren with you that they **MUST** remain with you during this time.

As you exit after your visit please scan the QR code and answer the short survey.



Have a very safe weekend and look forward to seeing you bright and breezy at 8:30 on Monday,

Michael Kaitell
Headteacher

Important Attendance Notice

I would like to take this opportunity to say welcome back and thank you to all the parents and children who returned after the half term break. This term sees the start of the colder weather and darker evenings drawing in. Whilst I appreciate these colder mornings make it harder for us and the children to get up and get going, I would like to stress the importance of children arriving on time for school. This week has seen a record high in lateness since the return to this academic year and whilst you as a parent may only see it is 10/15 minutes - children have to walk into their classroom once the lessons are already in full swing, meaning they are missing out on vital instructions and explanations as well as being very socially aware that they are late. This is also disrupting for the children who are on time and ready for their day.






If you are having any problems, please come and speak to me on duty or feel free to contact the school to make an appointment for us to discuss this and offer what support is needed.

Thank you

Carla Gross
Attendance Manager and Deputy Safeguarding Lead



Team Points

TEAM POINTS		
	Tigers	439
	Bears	1368
	Wolves	817
	Sharks	1438
	Komodo Dragon	453

Gold Award Debit Card Recipients

Each week we publish any recipients of the new Gold Award Debit Card.

Gold Award Recipients

Name	Class
John Hassan	RH
Ariela Ferizolli	1L
Sara Ali	1H
Brooke Brine	3R

School Uniform

School uniform can be purchased every Monday from 3:00-4:00pm in the dining hall.

In a hope to reduce the cost of school uniform, from September, you will have the option to purchase iron-on badges for plain white polo shirts and plain red jumpers. Badges will cost £1.20 and should make uniform more affordable.

Uniform can also be purchased online:

www.schooluniformdirect.org.uk/schools/product-category/schools-and-clubs/hunters-hall-primary/

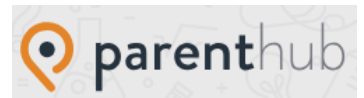
Or Telephone: 01992 763679 / Email: info@schooluniformdirect.org.uk



Parent Hub

We would like all parents/carers to join us on Parent Hub.

Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose "Add a School" and enter:

@HuntersHallIPS

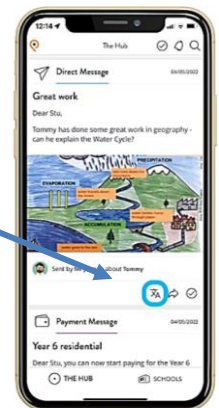
How to translate messages in the Parent Hub app (guidance for schools)

In the app, parents just tap the 'translate' button in the bottom right of a message.

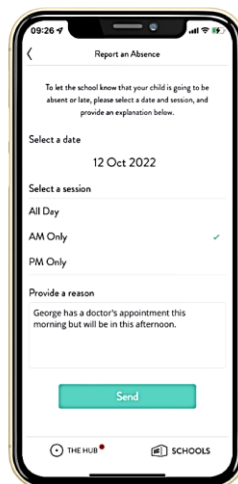
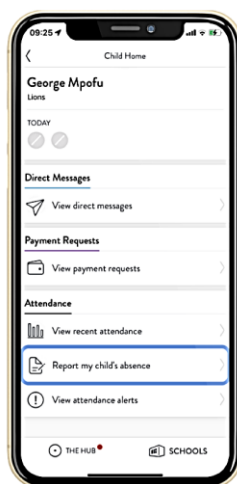
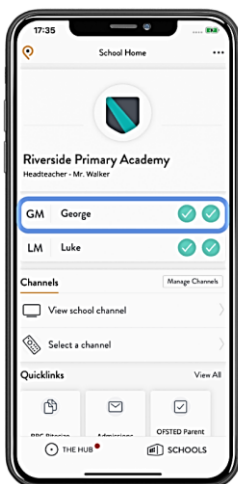
This applies to old messages, as well as new ones.

To find out more, click the link below for a useful guide.

<https://support.parenthub.co.uk/hc/en-us/articles/6172951020689-How-to-translate-messages-in-the-Parent-Hub-app>



Reporting absence



Uniform Reminder & PE Days 2023-2024

During the course of this academic year, we are phasing out some of our school uniform in an effort to make it more affordable for our parent body.

Our school uniform provider now sells school badges for £1.20 so that you are able to purchase plain white polo shirts/ plain red jumpers/cardigans and iron on the badge. (Our current provider will continue to sell their stock of red and grey uniform items and staff has been informed that it is a gradual phase out)

We have reduced the number of days that children require their school uniform by allowing them to wear their PE kit on two days of the week. (You will be notified if there is a special day such as school photographs so that you can ensure that children are dressed appropriately.)

School Uniform

White Polo Shirt (with logo/ iron-on badge)

Red jumper/ Cardigan (with logo/ iron-on badge)

Grey school trousers/ skirt/ shorts

Summer Dress

Plain black shoes/ trainers



PE Kit

Plain white t-shirt

Red shorts

Red/ Grey jogging bottoms

Red fleece

Black plimsolls



PE Days 2023-2024

PE Days

Year Group	PE Day 1	PE Day 2
Reception		Thursday
Year 1	Monday	Tuesday
Year 2	Monday	Wednesday
Year 3	Tuesday	Thursday
Year 4	Wednesday	Thursday
Year 5	Tuesday	Friday
Year 6	Tuesday	Thursday

Swimming is part of the national curriculum. Children in Year 4 and 6 are offered swimming lessons. From time to time, other selected pupils are given the opportunity.


Children must have a suitable swimming costume, a towel and a swimming hat.

This year, we will be operating a mobile swimming pool on the school site during June and July. |

CPR Video Link

Please watch and practise this important, potentially life saving, training. We have members of staff who are most grateful that CPR was delivered to their loved ones so I feel that empowering as many people as possible is a great thing to do.

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>



Information & support How you can help Shop What we do Donate here Donate more

Home > How you can help > CPR and defibrillators: how to save a life > How to do CPR

Learn CPR in 15 minutes for free with RevivR™

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day with RevivR, our fast, free and easy-to-use online training course.

[Start free online training >](#)

Who's Who? Miss Ede

Why do you work at Hunters Hall?

I've stayed working at Hunters Hall as I have had the opportunity to work in all Key Stages, from the youngest in the Nursery to now the oldest in year six.

What's your role?

Year 6 Year Group Leader and Teacher.

Favourite things...

Walking in the countryside.
Campfires.
Singing Bon Jovi songs.
Tunnocks teacakes.
Jason Momoa (Aquaman).

Own School Memories

I remember my friend and I tidying the role-play area when I was in Reception and my class teacher giving us both a Smartie!

I also remember travelling to the Isle of Wight in Year 5 for a week away and camping in Year 6. I loved them both!

Hopes & Dreams

To live closer to my family, in a house with a nature-filled garden and room enough to keep pigs!

How long have you been at Hunters Hall?

In January it will be 20 years!!!

Achievements to date (in order)

Gaining my degree BA Honours with Qualified Teacher Status in Primary Education.
Building and sleeping overnight in an igloo I made in Lapland.
Walked the Hadrian's Wall path.
Walked the coastline of the Isle of Arran.
Gaining my certificate in Leading a Forest School.



Football Team 3-0 against Godwin



New Traverse Wall



We are always looking to improve our outdoor learning environments. In the Pagoda Playground, you will see that Mr Brown has installed a new traverse wall.

There are a set of safety rules that our children know in order to keep themselves and others safe.

Fireworks can be fun but take extra care – plan ahead and always follow the firework code.

THE FIREWORK CODE

- Only buy fireworks that have a CE mark, from licenced retailers.
- Don't drink alcohol if setting off fireworks.
- Keep fireworks in a closed box and use them one at a time.
- Read and follow the instructions on each firework, using a torch if necessary.
- Light the firework at arm's length with a taper and stand well back.
- Always supervise children around fireworks.
- Never return to a firework once it has been lit.
- Light sparklers one at a time and wear gloves. Keep a bucket of water close by.
- Never give sparklers to a child under five years old.
- Don't put fireworks in pockets and never throw them.
- Don't let off fireworks after 11pm.
- Always keep pets indoors.

REMEMBER: Wherever possible, attend an organised firework display.

IF YOU ARE HAVING A BONFIRE:

- build the bonfire away from sheds, fences and trees
- never use paraffin or petrol on a bonfire
- make sure that the bonfire is out and surroundings are made safe before leaving.

There are almost 50 million people worldwide in some form of slavery on any given day, according to the Global Slavery Index, including tens of thousands of exploited persons in the UK. Today. Not historically. Children, women and men. Those appalling and shaming statistics, allied with reading the horrendous testimonies of dozens of survivors, compelled Gordon Miller to align his passion for cycling with his marketing and communications skill-sets to undertake personal challenges that would raise awareness of modern day slavery.

Modern slavery is all around us, often hidden in plain sight. People can become enslaved making our clothes, serving our food, picking our crops, working in factories, or working in houses as cooks, cleaners or nannies. Victims of modern slavery might face violence or threats, be forced into inescapable debt, or have their passport taken away and face being threatened with deportation.

Many people have fallen into this trap because they were trying to escape poverty or insecurity, improve their lives and support their families. Now, they can't leave.

Types of slavery today

Modern slavery takes many forms. The most common are:

- **Human trafficking.** The use of violence, threats or coercion to transport, recruit or harbour people in order to exploit them for purposes such as forced prostitution, labour, criminality, marriage or organ removal
- **Forced labour.** Any work or services people are forced to do against their will, usually under threat of punishment
- **Debt bondage/bonded labour.** The world's most widespread form of slavery. People trapped in poverty borrow money and are forced to work to pay off the debt, losing control over both their employment conditions and the debt
- **Descent-based slavery (where people are born into slavery).** A very old form of slavery, where people are treated as property, and their "slave" status has been passed down the maternal line.
- **Child slavery.** When a child is exploited for someone else's gain. This can include child trafficking, child soldiers, child marriage and child domestic slavery
- **Forced and early marriage.** When someone is married against their will and cannot leave. Most child marriages can be considered slavery
- **Domestic servitude.** Domestic work and domestic servitude are not always slavery, and when properly regulated can be an important source of income for many people. However, when someone is working in another person's home, they may be particularly vulnerable to abuses, exploitation, and slavery, as they might be hidden from sight and lack legal protection.

<https://hopeforjustice.org/modern-slavery/>

<https://rideforfreedom.org.uk/>

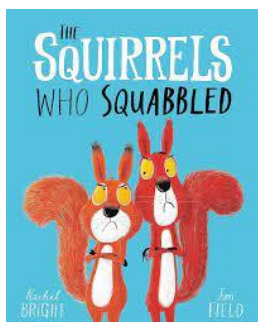
<https://www.antislavery.org/slavery-today/modern-slavery/>

Our Race and Social Justice Ambassadors along with Ride For Freedom have produced a short video highlighting the issues of modern slavery.

Watch it here: <https://youtu.be/Dd3P5PanCAk>

Reading for Pleasure Matters at Hunters Hall

For the next half term, a member of staff will be making their recommendations for great books that explore one of our core values. This week we look at **COLLABORATION**. At our school we know the importance of working together for a common goal, how we have to listen to each other, compromise and work through conflict in order to achieve success. This week's recommendations by Ms Caisey.



Reading interest: 4-8

'The Squirrels who Squabbled' by Rachel Bright and Jim Field is a story about two squirrels who have to learn to work together and cooperate if they are both going to survive the winter.



Reading interest: 8-12

'The Secret Lake' by Karen Inglis is like a modern 'Tom's midnight Garden'. This is a time travelling page turner. Travelling back in time, Stella and her brother Tom meet a terrified boy in a boat. Working together they have to find out how the past is connected to the present.



Reading interest: 10-adult

'The Goldfish Boy' by Lisa Thompson is just fabulous. It's about a boy with OCD who forces himself out of his bedroom as he turns detective and finds out why his next door neighbour went missing. In his quest for the truth, he has to, of course, work with lots of different people. It's funny, sad, and really well written.



Cajun-Chicken Tray Bake

Following on from the last post on Snippets.

Jamie Oliver's £1 wonders - With the cost of food and energy on the rise, Jamie's £1 Wonders features delicious recipes that won't blow the budget - all costing less than £1 a portion.

Try it out and let us know how you found it by [emailing the school office for the attention of Miss Ryan & Mrs Keane](#)

<https://www.jamieoliver.com/recipes/chicken-recipes/cajun-chicken-traybake/>



Year 3

In 3R, we followed an art tutorial which showed us how to draw an Egyptian pharaoh. First, we sketched lightly and then once we were happy with our outline we pressed harder on our pencil. Finally, we added fine details and coloured in our images.



By Luka (3R)



By Nicholas C (3R)



By Brooke (3R)



Be a Secret Santa

Christmas Present Appeal

You can help our appeal by donating a new gift to the school which will be presented to a child less fortunate.

For further information, speak to Miss Gosby (Parent Governor)

School Meal Roll Choice

From Monday 6th November the daily roll choice will be limited to the selection provided by the borough. Please see the choices below. Full menu can be found on the school website at the following link:

<https://www.huntershallprimary.org.uk/parents-carers/school-meals/>

Week 1 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham or Cheese	Ham or Cheese	Salmon or Cheese	Egg or Cheese	Chicken/Halal Chicken or Cheese

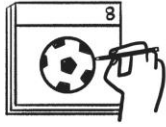
Week 2 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham or Cheese	Ham or Cheese	Tuna or Cheese	Egg or Cheese	Chicken/Halal Chicken or Cheese

New Ways November

New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

Toy Donations

School Council Members 2023-24



Second Hand Toy Donation

If you have any unwanted toys in good condition, please donate to the school.

Items such as...



Wooden Puzzles



Fidget toys



Sensory baby & toddler toys

1L	Olivia Nnadi
1H	Arthur Bnagur
1KS	Kayah Bailey
2K	Fiilip Militar
2W	Isabella Dawson
2D	Mikaeel Miah
3R	Altea Dehari
3G	Yemisi Kazim
3Z	Neringa Bartuseicuite
4G	Carla Constanciuc
4T	Domantas Seilius
4N	Mara Panaite
5A	Abbie Blewitt
5N	Alfie Hussey-Brett
5H	Theodor Dimitrov
6E	Amina Hussein
6D	Jannatul Salim (Janna)
6AM	Brian Nnadi

SCHOOL COUNCIL



Mental Health Support Team



Who are we?

We are four Education Mental Health Practitioner (EMHP), offering early intervention for young people with mild to moderate difficulties. Our team work closely with young people, parents, and school staff to think together about ways to improve mental wellbeing within your school environment

Who do we work with?

Parents or Carers of pupils from reception to year 6 with mild-moderate levels of:

- **Anxiety** (e.g. fears, phobias, feeling panicky)
- **Challenging behaviour** (e.g. struggling to follow rules, temper tantrums, difficulty following requests)

Whole classes or year groups (delivering assemblies and workshops)



Aims of our Team

- Provide early psychological support
- Support the school's whole-school approach to wellbeing
- Signposting to specialist service

For more information please speak to your mental health lead or get in touch MHST.BD@nelft.nhs.uk



BREAKFAST CLUB



Our breakfast club is open term time only Monday to Friday, 7:45 to 8:30am.

No booking is required, you can turn up on the day and pay.

The charge is **£3** per day, you are required to accompany your child into our breakfast club and stay with them until they have been marked in on our daily register.

You are required to have the correct money for payment.

Please note that payments in advance are non-refundable and non-transferable therefore if you choose to pay in advance and your child does not attend you lose that money.



WANTED

SECOND HAND UNIFORM

DONATIONS NEEDED

A big thank you to everyone who has previously donated. We always need more good quality second hand uniform items. Has your child grown out of theirs? Please donate to the school and come along to one of our sales for bargain replacements!

Winter coats and shoes also welcome.

Please bring any donations in a bag to the school office.



Thank you



Are you struggling to afford your rent payments?



Do you have rent arrears?

Do you need help with a deposit?

Help is available through the London Borough of Barking and Dagenham's Discretionary Housing Payment (DHP) scheme

Visit <https://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/discretionary-housing-payments-dhp>

To find out more and apply online

You must be in receipt of Housing Benefit or Universal Credit housing costs to qualify for a DHP



Barking & Dagenham

Are you struggling with the rising cost of living?



Do you have utility debts?

Help is available to support the rising cost of living for energy & utility costs, food and other emergency need through the London Borough of Barking and Dagenham's Hardship schemes

Visit <https://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/hardship-payment-schemes/household-support-fund>

to find out more and apply online



Barking & Dagenham



MINI ROCKERS

FOR RECEPTION TO YEAR 2

Fun and inclusive in-school rock and pop band lessons, for Reception, Year 1 and Year 2. No experience or instrument required.



ROCK HEROES

FOR YEARS 3 AND 4

Fun and inclusive in-school rock and pop band lessons, for Years 3 and 4. No experience or instrument required.



ROCK ICONS

FOR YEARS 5 AND 6

Fun and inclusive in-school rock and pop band lessons, for Years 5 and 6. No experience or instrument required.

<https://www.rocksteadymusicschool.com/info-for-parents>

- ✓ **Learn to play in a band**
Learning an instrument should be fun. Your child can choose from the electric guitar, keyboard, drums or vocals and enjoy playing in a happy, supportive environment with their friends.
- ✓ **Lead by real musicians**
Your child's music teacher should also be their role model. Which is why all Rocksteady Band Leaders are carefully chosen, extensively trained musicians who know how to inspire a life-long love of playing music.
- ✓ **In school time**
Lessons are 30 minutes long and take place in school time with all instruments provided, making it hassle-free for parents.
- ✓ **From first notes to favourite songs**
The Rocksteady Programme is for all children aged 4-11 and is proven to progress musicianship, confidence and teamwork skills with no prior experience necessary.
- ✓ **With regular live performances**
Playing on stage is a huge confidence booster. With termly concerts at school assemblies, your child will be able to show off their progress to friends, teachers and parents with the rest of their band.
- ✓ **And happily affordable**
Rocksteady is one of the most hassle-free ways to learn an instrument on a rolling subscription that you can cancel at any time. It's risk free too – cancel in the first month and you'll get a full refund.

Call 0330 113 0330

Your Local Community Spaces



- KEY** Full descriptions and contact details for all listings are on the reverse of this map.
- ◆ Community Hubs
 - Adult Learning College
 - Andrews Corner Community Group
 - Barking 4 Dagenham Progress Project
 - Beaufree Church Centre (also known as Fowler Hall)
 - Beaufree Community Hub
 - Beaufree Leisure Centre
 - Careers Centre SA Ltd
 - Castle Point (Community Resources)
 - Church Elm Hub (in Dagenham Learning Centre)
 - Dagenham Learning Centre (Library)
 - Create London - The White House
 - Dagenham Ummah Welfare Trust
 - DABD (Disability Association of 840)
 - Emerald Cafe Bistrot/Ekala Academy Hub
 - Fontham Community Centre
 - Future Youth Zone
 - Goodmays Community Centre
 - Harmony Community Projects
 - Harmony House Dagenham
 - Health Community Hub (previously Wilson Bakery)
 - Independent Living Agency (ILA)
 - John Smith House Consortium
 - Kingsley Hall Church and Community Centre
 - London Riverside Church
 - Nadas (Make A Difference At Sandies)
 - Osborne Paedership
 - Parkside Community Association
 - Powerhouse Community Network
 - St Mary's Church Beaufree
 - St Thomas' Church & food pantry
 - Valence House Museum and cafe
 - Valence Library
 - Vibe Dagenham



CLICK HERE TO
SEE A DIGITAL
VERSION OF THE
MAP.
GIVE SOME
FEEDBACK ON
THE MAP.



The map has been developed in partnership with
Kingsley Hall and Turnus.

If you are feeling isolated, if you are looking for the
wellbeing, or help create connection.
services that are low cost or free to use, support
residents to identify community spaces and
Local. The map has been designed by residents,
for residents to identify community spaces and
wellbeing, or help create connection.

What this map is for
The is a map of the Barking and Dagenham Central
Local. The map has been designed by residents,
for residents to identify community spaces and
wellbeing, or help create connection.

WHAT THIS MAP IS FOR

Barking and Dagenham
Central Locality



YOUR MAP OF LOCAL COMMUNITY SPACES

KEY

More details of all the listings can be found on this side. Each listing is cross-referenced against the tags and categories below

CATEGORIES

- Housing
- Finance
- Social & Leisure
- Health
- Employability

TAGS

- A Accessible
- T Specialist Advice
- F Family Friendly
- E Free/subsidised Activities
- S Safe Haven
- W Warm Space

About Safe Havens

Places registered to provide a welcoming space for people to go to when they need immediate help e.g. if they are feeling intimidated, frightened, harassed or unwell.

About Warm Spaces

They are places you can go to meet up with other people and have a free cup of tea to stay warm, so you don't have to put the heating on at home.

About Community Hubs

Welcoming and safe places that make it easy for residents to talk to someone, find support to help themselves, access services when needed and help to be part of the community. They will provide information, advice and support with: Jobs, Training and Courses, Housing and Homelessness, Money and Debt. Multiple Community groups, local services and organisations deliver activities and events in Community hubs. Contact the hub to find out what's on.

LISTINGS

01 Adult Learning College

267-317 Patten Avenue, RM9 5DF • 020 8270 4722 • <http://adultlearningcollege.gov.uk>
Wide range of free community learning courses inc. welfare, wellbeing, digital skills, employability, ESOL. Free welfare sessions inc. jobless out-of-accapanture, 0-5 years health and talking therapies.

02 Andrews Corner Community Drop-In (old furniture shop)

406-408 Becontree Avenue, RM8 3JX • 020 8227 7307
Place for connections, inc Community drop-in & clothes swap shop on Wednesday AMs. 'Meat shed' on Tuesday and Thursday AMs (woodwork, carpentry and other DIY skills).

03 Barking & Dagenham Progress Project

62-68 Patten Avenue, RM9 5AG • 020 871 51343 • <http://www.bdp.org.uk>
Where young people with disabilities (9-25) can meet, new friends, get fit, learn new skills and have their voice heard at their fairs and the wider community.

04 Becontree Church Centre

120 Hoptonway, RM8 8BE • 020 8703 77144 • <http://www.becontreechurch.org.uk>
Church Hub with a welcoming, open door policy. Daytime activities include Friendship groups for over 60s (DABO Golden Years), evening activities including affordable dinner/drink, SATS for kids and a Friday night youth group (7-11).

05 Becontree Community Hub

Stevens Road, Dagenham, RM8 2JH • 020 8726 1833
Community Hub providing information, advice and activities for the whole family (open Mon-Fri, 9-5). You can also book the sensory room for free!

06 Becontree Leisure Centre

Albion Way, RM15 7JH • 020 3889 6230
RM15 Leisure and Fitness Centre provides a range of leisure and fitness activities. Heavily discounted over 80s membership (£37 for the year), includes gym, swimming, aerobics classes. Coffee for a £1!

07 Carew Centre SA Ltd

17A Heathway, RM10 9H1 • 0208 393 6422 • <http://www.carewcentre.org.uk>
Advice & support for adults & children carew centre (open Mon-Fri, 10-4), Young Carew group (9-13) is an opportunity to meet new friends, get swimming and enjoy leisure activities.

08 Castle Point (Community Resource)

163/165 North Castle Lane, RM8 3YJ • 020 8227 1927 • <http://www.castlepoint.gov.uk>
A neighbourhood hub offering support and activities including community lunch, gym/toddler group, craft sessions, plus a successful volunteer programme.

09 Church Elm Hub @ Dagenham Learning Centre (Library)

Based in Dagenham Learning Centre (Library), 1 Church Elm Lane, RM10 9DZ • Young Wellbeing group 07577 047373, Open Food bank 079342 20555 • <http://www.thechurchelmhub.com>. Mon-Wed: Free wellbeing group inc. cooking, craft and exercise. Thurs-Fri: Community food club (inquire about referral).

10 Dagenham Learning Centre (Library)

1 Church Elm Lane, RM10 9DZ • 020 8227 1942 • <http://www.dagenham.gov.uk>
Community Hub offering info, advice & support (open Mon-Thu, 9-7, Fri-Sat 9-5). Activities such as reading law (5-13 years), inc. a job shop and Homeless and Money help.

11 Create London: The White House

64a Queen's Ave, RM8 7JG • 020 8220 1172, www.createlondon.org.uk • <http://www.whitehouse.org.uk>
Community arts space, open to the public for workshops and events. Activities include painting every Wednesday for 30pm, monthly party group, seasonal garden parties, and after-school youth workshops.

12 Dagenham Unmolested Welfare Trust

3 Heath Way, RM8 2JH • 02047512688, www.dunmolested.co.uk • <http://dunmolested.org/>
DWT is a registered Islamic charity providing a range of community services inc. sport & fitness, parenting and youth activities. Islamic evening and weekend supplementary classes (arrail chapel) and a monthly food bank (see website for details).

13 DABO (Disability Association of B&D)

62-68 Patten Avenue, RM9 5AG • 020 871 2500 • <http://www.dabodagenham.org.uk>
DABO aims to provide everyone with equal access to opportunities in work, training, transport or social activities.

14 Emerald Cafe Baital/Boko Academy Hub

Greenway Cricket Pavilion, Greenway Park, Hanning Road, RM10 9PE
Emerald Cafe Baital 020 8702 8817, Greenway Academy 020 8709 7917
Friendly Community Cafe, Community centre gathering once a month (lunch and three kids) and Home to Boko Academy Hub (empowering communities through sports, education and opportunities).

15 Feakewee Community Centre

Greenwood Road, Dagenham, RM9 5JH • 020 8703 0243 • <http://www.feakewee.org.uk>
Community Centre that holds a range of free and affordable activities – from martial arts, Children dance school and wellbeing groups inc. SENI groups and Shimmer world. Community food club on the second Sat of the month.

16 Future Youth Zone

301-205 Patten Avenue, RM9 5JH • 020 3945 1722 • <http://www.futureyouthzone.org.uk>
Youth hub (8-16 years old) set up to 25 for those with a disability. Open Mon-Sun. £5 annual membership / 50p per visit. You'll have access to: recording studio, bar and real sofas, gym, boxing, indoor climbing, employability, arts & crafts, football, cooking, dance and drama, film & media and sleepover. Delivery West (free drop in, 9-4) & families. Opportunity to speak to trained counsellors.

17 Goodmayes Community Centre

879C Green Lane, SS1 9SE • 020 8580 1882 • <http://www.goodmayeswellbeing.org.uk>
Self-empowering the residents in Goodmayes Wood and promoting cultural, learning and social wellbeing. Range of different activities inc. over 18s Friday night social group.

18 Harmony Community Projects

Greenwood House, 21-27 Sunny Road, Hub 102 • 020 8697 1110 • <http://www.harmonyproject.org.uk>
Food bank, offering seasonal healthy lifestyle sessions for children and adults. Health clinic and other activities planned for the near future.

19 Heavey House Dagenham

Stoke Newell Way, RM9 5JH • 020 8226 8200 • <http://www.heaveyhouse.org.uk>
Supporting older people through clubs, computer training, befriending services and handy parcel services. Running 3 nurseries for 0-5 year olds.

20 Health Community Hub

Heathway Lane, RM10 9H1 • 020 8726 1924
Community Hub, (Open Mon-Fri, 9-5). Offering free activities singing, hours baby massage (8-10 months) to Community food club and Citizens Advice. (Previously Millers Bellamy)

21 Independent Living Agency (ILA)

Unit 15, Doghouse Business Centre, 123 Ruckers Road, RM10 9D
020 8223 0277 • www.independentlivingagency.org
Open door policy, supporting disabled people to overcome barriers to participation in society. They provide floating support, clearing, shopping, appointment, payroll services and more, as well as a healthy living and healthy future programme (looking get active and insured).

22 John Smith Music Consortium

Daven Avenue, Barking RM11 7G • 020 8568 8610 • <http://www.johnsmithmusic.org.uk>
A modern led community centre run for young people by young people.

23 Kingsley Hall Church & Community Centre

Patten Avenue, RM8 2JH • 020 8702 8817 • <http://www.kingsleyhall.org.uk>
Community Hub with Cafe, Soft Play, Social Support, Older Peoples Tea Room and Church. Weekly programme of activities for all ages. Email for more info.

24 London Riverside Church

Patten Avenue, RM9 5JH • 020 8993 2341 • www.londonriversidechurch.org.uk
Activities inc. Parent & Toddler (Wed-Fri, 10-12) per family per wk. Vulnerable adults group. Bereavement group, Friday Night Youth meeting, Sunday Youth Lounge & Holiday Hangover (12-18yrs). Hosts StreetCity Foodbank (local agency referrals) and CAF Life Skills.

25 Males (Make A Difference At Sonday)

406, Becontree Avenue, RM8 3JG • 01 708 757361 • www.males.org.uk
Charity shop & Counselling services, inc. free talking therapies to adults. BACP registered.

26 Osborne Partnership

Osborne Centre, Osborne Square, RM9 5JH • 020 8702 5763 • <http://www.osbornepartnership.org.uk>
Diy support independence & employability service for adults with learning disabilities. Activities inc. Community 'So-Runs' (10-2), clothes recycling shop, Meet to Eat (Team & Thrive) offering £1 for a bowl of soup and roll and 'Meet Mate' (bi-monthly meals).

27 Parkside Community Association

119 Cassinians Lane, RM9 5JH • 020 8991 7400 • <http://www.parkside.org.uk>
Community space offering a wide range of affordable but not free activities, such as Zumba and on over 70s tea dance.

28 Powerhouse Community Network

148-154, 200 Drove Ln, Dagenham, RM10 8JF • 020 817 77827 • <http://www.powerhouse.org.uk>
Activities inc. Food Bank (Tues 10-1), Skills Cell Centre Drop-in (Tues & Thurs 11am), Coffee AMs to reach sleepers weekly), Youth Academy, Sports & Community Leaders Forum.

29 St Mary's Church Bereavement

Barking Road, Dagenham, RM8 3JX • 020 8702 2622, www.stmarys.org.uk
Activities inc. Soles, free guitar lessons, Community Cafe (Wed lunchtimes), Chat and craft group, Community Gospel choir and Youth group. Plus, after-school club (ET) including hot meal and Little Heads Toddler group run from there (£3 per week).

30 St Thomas Church & food pantry

Spanish Road, Hopton Road, Dagenham, RM8 2JH • <http://www.stthomas.org.uk>
Pop up for a coffee, chat, listening ear and top up from the food pantry (Mon T-3pm). Well-being groups planned for the near future.

31 Valence House Museum and cafe

Bereavement Avenue, RM9 5JH • 020 8227 2034 • <http://www.valencehousemuseum.org.uk>
Explore and enjoy the Valence House museum, tea room, shop, archives & local studies centre and gardens. (Open Tues-Sat, 10-4). See website for details of free/subsidised events.

32 Valence Library

Bereavement Avenue, RM9 5JH • 020 8227 5854
Variety of free activities including Healthy Lifestyle sessions and Young at Heart (over 60s) - bookmaking, arts & crafts. (Open Mon-Thu, 10-5 on Tues and Sat 10-4).

33 Wise Dagenham

195-211 Becontree Avenue, RM8 3JH • 020 8227 8811
Mon-Webs: AB Photo Youth Club (disabled and non-disabled disadvantaged) young people aged 11-18 & 19-25). Sat. Purple Penguin O&M. Tues-Thurs: LGBT+ Peer support, Alan Sutherland - drug & alcohol support group.