

FREE AND AFFORDABLE

# Coin Street's Youth and Community Programmes



Sports | Arts & culture | Dance | Training | Gardening | Fitness | Wellbeing | Enterprise and employment support | Youth night | Community days | Senior activities

## For everyone in our community

FROM SEPTEMBER 2018

**RAMBERT**

Colombo Centre  
fitness & friendship in SE11

Coin Street   
community builders

# Timetable of activities

<b>Mondays</b>	<b>Jazz Dance</b> <i>From 3 September 10am-11am, Colombo Centre, £2, over 50s.</i> A great way to keep fit and learn some new moves. Just turn up.	<b>Young Leaders</b> <i>From 17 September 5pm-7pm, Coin Street neighbourhood centre, FREE, 12-19 year olds.</i> Become a young leader and make a difference in the community.	<b>Upgrade Yourself: Tutoring &amp; Mentoring</b> <i>From 1 October 5pm-7pm, (term time only), Coin Street neighbourhood centre, FREE, 10-18 year olds.</i> Peer tutoring in a variety of subjects to boost confidence and attainment. Just turn up.	<b>Upgrade Yourself: Enterprise</b> <i>From 1 October 6pm-8pm, Coin Street neighbourhood centre, FREE, 18-30 year olds.</i> A fun and inspiring enterprise, employment and learning programme. Just turn up.	<b>Employment Support</b> <i>From 17 September 6pm-8pm, Coin Street neighbourhood centre, FREE, all ages.</i> Not in education or employment? Career support with a Peabody employment advisor. Book in advance or just turn up.	<b>Thrive</b> <i>From 3 September 5.30pm-8.30pm, Coin Street neighbourhood centre, FREE, 16-25 years.</i> Are you a young woman 16-25 years wanting to build self-confidence? Join us for therapeutic creative workshops with Futures Theatre Company.
<b>Tuesdays</b>	<b>Dance Aerobics</b> <i>From 4 September 10.30am-11.30am, Colombo Centre, £2, over 60s.</i> Low-impact class perfect for improving fitness and flexibility. Just turn up.			<b>Gentle Gardening</b> <i>From 4 September meet at Colombo Centre, 11.30am-2pm, FREE, all ages, just turn up.</i> Everyone is welcome at our weekly gardening sessions. Meet new people, learn about growing vegetables, herbs and plants, enjoy trips and share healthy food. Lunch provided.		
<b>Thursdays</b>	<b>Dance Aerobics</b> <i>From 6 September 10am-11am, Colombo Centre, £2, over 60s.</i> Low-impact class perfect for improving fitness and flexibility. Just turn up.	<b>Employment Support</b> <i>From 20 September 10am-5pm, Coin Street neighbourhood centre, FREE, 18-24 years.</i> Not in education or employment? Career support with a Peabody employment advisor. Book in advance.	<b>Coffee Mornings</b> <i>From 6 September 11am-12.30pm, Colombo Centre, FREE, all ages.</i> Meet the Youth & Community Programmes team and other people for a cuppa and chat. Just turn up.	<b>Youth Night</b> <i>From 4 October, (term time only), Colombo Centre, FREE. Just turn up.</i> <i>4pm-6.30pm – 8-12 years: Activities include sports, games, cooking, trips and more.</i> <i>6pm-9pm – 12-19 years: Activities include sports, music production, cooking, gym and trips.</i>	<b>Community Choir</b> <i>From 13 September 6.30pm-7.30pm, Coin Street neighbourhood centre, FREE, all ages.</i> Want to sing, love singing or think you can't sing? All abilities welcome. Just turn up.	
<b>Fridays</b>	<b>Art Group</b> <i>Fortnightly from 21 September 11am-1pm &amp; 2pm-4pm, £2 per session or £3 for both, over 50s.</i> Let your creativity flow at our fortnightly art sessions led by a professional artist. Just turn up.			<b>Fitness Friday - Youth Gym &amp; Circuit Training</b> <i>From 7 September 5pm-7pm, (term time only), Colombo Centre, FREE, 12-19 year olds.</i> Youth fitness activities, enabling young people to access advice on fitness, enjoy exercise and understand how to use gym equipment effectively. Just turn up.		
<b>Saturdays</b>	<b>Feel Good Saturday</b> <i>From 8 September 11am-2pm, Colombo Centre, £2, over 50s.</i> Join us for our Feel Good Club for over 50s. Take part in fitness and wellbeing sessions plus enjoy a healthy lunch and a massage. Just turn up.			<b>NEW! Rambert Mercury Movers</b> <i>From 22 September 1.30pm-2.30pm, (term time only), Colombo Centre, £2, over 50s.</i> Fun accessible dance classes for over 50s, all abilities welcome. Just turn up.		
<b>Sundays</b>	<b>Family Fitness &amp; Fun</b> <i>From 23 September 11am-1pm, (term time only), Colombo Centre, £1 per child, families with children 5-10 years old.</i> Fun and creative sessions for all the family. Children aged 5-10 years can take part in a choice of contemporary dance classes with Rambert, arts and crafts or sports sessions. Parents are free to pop into the gym for a taster or just enjoy a cuppa and a chat with other local families. Just turn up.					

## Term time dates

- 10 September – 19 October 2018
- 29 October – 21 December 2018
- 7 January – 15 February 2019
- 25 February – 5 April 2019

## LOOK OUT FOR

### Community days

Coin Street organises regular fun-filled community days throughout the year, open to all.

### Holiday Clubs

We run holiday clubs for local children outside of term-time, packed full of fun activities to keep kids busy.

### Young at Heart 2019

*Seniors party 18 January 2019*

The neighbourhood's 'hot ticket' event with music, food, drink and fun.

### Rambert Dance

Our partnership with Rambert enables local people of all ages and abilities to access 12 dance or fitness classes for £30. The spring term starts in January with priority booking open from 29 October. For more information visit <http://www.rambert.org.uk/join-in/coin-street/>

### Family & children's centre

We run a children's nursery, a holiday play scheme during school holidays and family support sessions for local families. For more information call us on 020 7021 1600 or email [helpdesk@coinstreet.org](mailto:helpdesk@coinstreet.org)

### Contact us

For more information about our services and activities or how you can get involved contact our friendly Youth and Community Programmes team on 020 7021 1600 or email [helpdesk@coinstreet.org](mailto:helpdesk@coinstreet.org)

## MEET THE TEAM



### Head of youth and community programmes

Natalie, 020 7021 1662,  
[n.bell@coinstreet.org](mailto:n.bell@coinstreet.org)



### Sport and wellbeing at the Colombo Centre

Dan, 07946 132675,  
[d.gibbs@coinstreet.org](mailto:d.gibbs@coinstreet.org)



### Youth and adult programmes

Anna, 07827 242411,  
[a.glarin@coinstreet.org](mailto:a.glarin@coinstreet.org)



### Community champions and volunteering

Laura, 07557 740442,  
[l.reynolds@coinstreet.org](mailto:l.reynolds@coinstreet.org)



### Training, enterprise and employment advice

Harjinder, 07739 526606,  
[h.nijjar@coinstreet.org](mailto:h.nijjar@coinstreet.org)



### Gardening

Natalie, (via Laura on  
07557 740442)  
[n.mady@coinstreet.org](mailto:n.mady@coinstreet.org)

## FIND US

**Coin Street neighbourhood centre,**  
108 Stamford Street, London SE1 9NH

**Colombo Centre,** 34-68 Colombo  
Street, London SE1 8DP

**Hatfield Pitches,** next to Colombo  
Centre

020 7021 1600 | [www.coinstreet.org](http://www.coinstreet.org) | Twitter & Facebook: @CoinStreet

## Creating an inspirational neighbourhood

We run FREE and affordable community events and activities across the Waterloo and North Southwark neighbourhood. As a social enterprise, income generated from our commercial activities stays in the neighbourhood and is used to fund our services and look after our site which includes Bernie Spain Gardens and the Riverside Walkway.

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