



Youth and Community Programmes at Coin Street

For everyone in our community

Sports • Arts and Culture • Dance
Young Leaders • Gardening • Fitness
Wellbeing • Enterprise and Employment Support
Community Champions • Mentoring

What's on September 2019 - April 2020



Timetable

Term dates

2019

Monday 9 September – Friday 18 October

Monday 28 October – Thursday 19 December

2020

Monday 6 January – Friday 14 February

Monday 24 February – Friday 3 April

Mondays

Jazz Dance
Colombo Centre
10-11am. 18+ years.
£2/£5*

A great way to keep fit and learn some new moves.
Must register first.

Stretch and Tone or Pilates
Colombo Centre
11am-12pm. 18+ years.
£2/£3/£5*

Improve your flexibility and core muscle strength.
Must register first.

Upgrade Yourself: Tutoring and Mentoring
Coin Street neighbourhood centre
5-7pm. 10-18 years.
(term time only)
FREE*

Peer tutoring to boost confidence and achievement.
Must register first.

Young Leaders
Coin Street neighbourhood centre
From 16 Sept every fortnight
6-7pm. 12-19 years.
(term time only) **FREE***

Make a difference in the community. Run your own projects, events and campaigns. Just turn up.

Community Champions
Coin Street neighbourhood centre
6-8pm.
18+ years. **FREE***

Learn more about campaigning and community activism. Includes training and funding opportunities.
Must register first.

Enterprise Support
Coin Street neighbourhood centre
6-8pm. 18-30 years. **FREE***

For new businesses, start-ups or people with a business idea. Advice, workshops, mentoring and access to free market space.
Must register first.

Tuesdays

Dance Aerobics
Colombo Centre
10-11am or 11am-12pm.
50+ years.
£2/£5* (per session)

Low impact class for improving fitness and flexibility.
Must register first.

Gentle Gardening
Colombo Centre
11.30am-2pm. All ages.
FREE*

Meet new people, learn about growing vegetables, herbs and plants. Lunch provided.
Just turn up.

Wednesdays

Community Spin and Circuit Class
Colombo Centre
10-11am. 18+ years.
£2/£5*

A new way to keep fit, build stamina and strengthen your muscles. Must register first.

Thursdays

Dance Aerobics
Colombo Centre
10-11am. 18+.
£2/£5*

Improve fitness, flexibility and have fun! Must register first.

Coffee Mornings
Colombo Centre
11am-12pm.
All ages. **FREE***

Chat to our team over a cuppa.
10-minute massage sessions by donation.
Just turn up.

Community Singing/Choir
Coin Street neighbourhood centre
5.30-7.30pm. All ages.
(term time only) **FREE***

Two-part class with voice warm up, rounds and harmonies. All abilities!
Just turn up.

Employment Support
Coin Street neighbourhood centre
5.30-7.30pm.
18+. **FREE**

Career support. Call Harjinder to book an appointment.

Thursdays

Youth Night
Colombo Centre
4-6.30pm. 8-12 years.
6-8pm. 13-19 years.
(term time only).
FREE*

Includes football, basketball, table tennis, arts and crafts plus trips.
Just turn up.

Fridays

Over 50s Art Group
Coin Street neighbourhood centre
From 20 Sept every fortnight
11am-1pm and 2-4pm.
50+.
£2/5* (one session)
£3/7* (both sessions)

Art sessions led by professional artists. Explore art through a variety of mediums. Just turn up.

Fitness Friday - Youth Gym and Circuit Training
Colombo Centre
5-7pm. 12-19 years.
(term time only).
FREE*

Access professional advice on fitness followed by boxing and circuits. Must register first.

Saturdays

Feel Good Saturday
Colombo Centre
10am-1.15pm or
11.15am-2.30pm.
50+ years.
£2* (per session)

Fitness, spin class and stretch. Lunch and mini-massage included.
Must register first.

Rambert Mercury Movers
Colombo Centre
1.30-2.30pm.
50+ years.
(term time only)
50+ £2*

Accessible dance class.
All abilities.
Must register first.

Sundays

Family Fitness and Fun
Colombo Centre
10-11.30am 5-8 years
(siblings under 5 welcome)
11.30-1pm. 8-13 years.
(term time only) **FREE***

Rambert dance classes, arts, crafts and sports sessions. First session has activities for siblings under 5.
Must register first.

*To access activities register first at Coin Street or Colombo Centre. Our programme prioritises people living in North Lambeth and North Southwark at £2/£3. We offer limited classes at £5 for visitors.

Look out for:

Employment Support

Coin Street neighbourhood centre

Appointment based. (18+ years) **FREE**

Not in education or employment? Get one-to-one advice, help with CV writing and other support.

Seniors Tea Dance at Colombo Centre

Friday 15 Nov, 2-5pm 50+

£2 to Macmillan Cancer Support

DJ Smooth brings great tunes to this special event. Book in advance.

Colombo Community Gym

Get fit and healthy with a no contract monthly gym and spin membership, the best value locally at **£15.95 a month**.

Rambert Spring Term

Priority booking* from Monday 21 Oct

Rambert offer a wide range of dance and yoga classes for all ages, including Family and Youth Yoga. Full programme www.rambert.org.uk/join-in/coin-street

*Priority booking is for Coin Street places in selected classes at £30 a term. Call 020 8630 0600 to see if you're eligible.

Community Christmas Panto

Join us for some festive fun on a trip to see a pantomime.

Rambert Tickets

As part of our partnership, we have free tickets to Rambert performances. Interested? Get in touch.

www.coinstreet.org



/CoinStreet



@CoinStreet

RAMBERT

Colombo Centre

fitness & friendship in SE1

Coin Street

community builders

Coin Street Community Builders is a social enterprise working in Waterloo and North Southwark, London. From a derelict site in 1984, we have created a thriving, diverse, vibrant and welcoming place for people to live, work and play.

Meet the team



Natalie

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Daniel

Sport, wellbeing and activities at the Colombo Centre
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Anna

Arts and creative programmes
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Laura

Community Champions, gardening and volunteering
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Harjinder

Training, enterprise and employment advice
07739 526606
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Contact us:

For more information, how to register or to book a place contact **020 7021 1600** or **community@coinstreet.org**

Coin Street neighbourhood centre

108 Stamford Street, London SE1 9NH

Colombo Centre

34-68 Colombo Street, London SE1 8DP

Rambert

99 Upper Ground, London SE1 9PP