

FREE SUMMER ACTIVITY PROGRAMME.



25 July – 2 September 2022

Come and join in the wide range of free and fun sports and activities we have going on in Newham during the summer holidays. There's something for children of all ages as well as families and adults.

WE ARE NEWHAM.

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PRE-SCHOOLERS



Active Minis

This summer activeNewham have a range of free activities taking place across Newham for 3-5 year olds to keep them entertained. Join Mini Tennis, FUNdamental Movements, Mini Kickers and Mini Yoga sessions.

DATES/TIME

25 July - 26 August
11am-12noon

PLACE

- Beckton District Park (North), Tollgate Road, Beckton, E16 3SW
MEETING POINT: Playground
- Central Park, High Street South, East Ham E6 6ET
MEETING POINT: Park Cafe
- Keir Hardie Recreation Ground, Tarling Road, Canning Town E16 1LQ
MEETING POINT: Old Changing Rooms

- Plashet Park, Plashet Grove, Forest Gate E6 1DQ

MEETING POINT: Bowls Club

- Stratford Park, West Ham Lane, Stratford E15 4PT

MEETING POINT: Changing Rooms/
Covered MUGA

SESSIONS

● Mini Tennis

Serve, Volley, and Smash your way through Summer with this tennis session.

● FUNdamental Movements

Fun movement skills developing “building blocks” needed throughout children lives.

● Mini Kickers

Fun participation sessions that provide the ideal first step on a young person’s Football for Life journey.

● Mini Yoga

Simple yoga poses can be great to help kids get to know their bodies and work on balance and stretching.

TO BOOK



SCAN ME

[https://tinyurl.com/
NewhamSummer
Youthactivity](https://tinyurl.com/NewhamSummerYouthactivity)

CONTACT

E: sports@activenewham.org
T: 07741 293506

CHILDREN AGED 5+

BMX sessions

Free BMX sessions with Community Outdoor Group (COG).

DATES

25 July - 2 September

SESSIONS/TIMES/AGE

- Mondays and Wednesdays BMX
10am-12noon – under 10s
12-2pm – over 10s
- Fridays BMX SEND and Balance Bike
10-11am and **11am-12noon** – SEND
12-1pm and **1-2pm** – Balance Bike

PLACE

Gooseley Playing Fields (BMX Track), St Albans Avenue, East Ham E6 6HU

INFO

- No booking required. Just turn up.
- Please note: adults will need to attend to register children.
- Bikes and helmets provided.
- Please wear long sleeve tops, long trousers and full finger gloves.

CONTACT

E: info@cogcycling.co.uk



CHILDREN AGED 5+



Olympic & Paralympic Sports Sessions

Free activities for children and young people to start the celebration of the up and coming 10 year anniversary of London 2012. Come and try a variety of Olympic and Paralympic Sports with activeNewham. Sessions include combat sports (taekwondo, judo, karate, boxing), racquet sports (tennis, badminton, table tennis) and team sports (football, basketball, volleyball, hockey, handball, baseball/softball, rugby).

DATES

Monday - Friday
25 July - 26 August

TIMES/AGE

- 12-2pm – 5-11 years
- 2-4pm – 12-16 years

PLACE

- Beckton District Park (North), Tollgate Road, Beckton, E16 3SW
MEETING POINT: Playground
- Central Park, High Street South, East Ham E6 6ET
MEETING POINT: Park Cafe
- Keir Hardie Recreation Ground, Tarling Road, Canning Town E16 1LQ
MEETING POINT: Old Changing Rooms
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“My child really enjoyed it and wants to do it again.”

CHILDREN AGED 5+

Inclusive Activity

Come and try a variety of free taster sessions with activeNewham in a range of Paralympic sports for children and young people with disabilities.

DATES/PLACE

- **Monday 25 and Tuesday 26 July**
Stratford Park, West Ham Lane,
Stratford E15 4PT
- **Monday 1 and Tuesday 2 August**
Central Park, High Street South, East
Ham E6 6ET
- **Monday 8 and Tuesday 9 August**
Keir Hardie Recreation Ground, Tarling
Road, Canning Town E16 1LQ
- **Monday 15 and Tuesday 16 August**
Beckton District Park (North), Tollgate
Road, Beckton, E16 3SW
- **Monday 22 and Tuesday 23 August**
Plashet Park, Plashet Grove, Forest Gate
E6 1DQ

TIME

12-2pm

AGE

8+

TO BOOK



[https://tinyurl.com/
NewhamSummer
Youthactivity](https://tinyurl.com/NewhamSummerYouthactivity)

CONTACT

E: sports@activenewham.org
T: 07741 293506

Disability Tennis Taster Sessions

Free tennis sessions with the National Tennis Association which cater for all types of disability and is all inclusive. We use special equipment, smaller courts and softer balls to ensure everyone gets to have a great tennis experience.

DATES

Saturdays
30 July
6, 13 and 20 August

TIME

3-4pm

PLACE

Stratford Park (Tennis Courts), West Ham Lane, Stratford E15 4PT

AGE

All ages

TO BOOK



<https://bit.ly/3yEPTrT>

CONTACT

E: alex@nationaltennis.org.uk

CHILDREN AGED 5+

Rowing

activeNewham are working with London Youth Rowing to provide free rowing sessions aimed at complete beginners, taking participants through land training exercises, equipment handling and on-water rowing boats.

DATES

- Week 1: **Monday 25, Tuesday 26, Thursday 28 & Friday 29 July**
- Week 2: **Monday 1, Tuesday 2, Thursday 4 & Friday 5 August**
- Week 3: **Monday 8, Tuesday 9, Thursday 11 & Friday 12 August**

TIME

10am-1pm

PLACE

Royal Docks Adventure, 1012 Dockside Rd, E16 2QT

AGE

12-16 years

TO BOOK



[https://tinyurl.com/
NewhamSummer
Youthactivity](https://tinyurl.com/NewhamSummerYouthactivity)

CONTACT

E: sports@activenewham.org
T: 07741 293506

StreetGames and London Youth Summer Celebration

Newham organisations are invited to celebrate 10 years since London 2012 by bringing children and young people to the StreetGames and London Youth Summer Celebration Multi-Sport Festival. Children and young people will have the chance to take part in over 25 different sports! Book your organisation in early to avoid disappointment.

DATE

Thursday 25 August

TIME

10.30am-4.30pm

PLACE

CopperBox Arena, Queen Elizabeth Olympic Park, E20 3HB

AGE

8-18 years (children and young people must attend with an organisation).

TO BOOK

[https://www.eventbrite.co.uk/e/
summer-celebration-event-
tickets-369036727787](https://www.eventbrite.co.uk/e/summer-celebration-event-tickets-369036727787)

FAMILIES

Commonwealth Games Festivals

activeNewham are providing free activities for children, young people and families to celebrate the Commonwealth Games. Come along and try a number of taster sessions in a variety of Commonwealth Games sports including badminton, table tennis, cricket, volleyball, basketball, boxing, judo, rugby and athletics.

DATES/PLACE

○ Saturday 6 August

Central Park, High Street South, East Ham E6 6ET

○ Sunday 7 August

Stratford Park, West Ham Lane, Stratford E15 4PT

TIME

12-4pm

AGE

5 years and over

TO BOOK



Book at: <https://tinyurl.com/NewhamSummerYouthactivity>

SCAN ME

CONTACT

E: sports@activenewham.org

T: 07741 293506

EARN EXTRA
BONUS
POINTS HERE



“I loved trying out the martial arts and the boxing. It was nice to be doing it outside instead of in a hall because it didn’t feel like everyone was watching me. So I was a bit more confident to give it a go.”



Women's European Football Championship Festival

Free football themed festival with Wapping Youth Football Club. Come along and have a go at football pool, inflatable football darts, football rounders, football tennis and fitness drills.

DATES/TIME

Saturday 30 July
12noon-4pm

AGE

5 years and over

PLACE

Central Park, High Street South, East Ham
E6 6ET

TO BOOK

No booking required. Just turn up.



Street Tag

Street Tag is a FREE fun, family-friendly game using your smartphone which encourages you to get out and about earning points for being active!

By participating you have a chance to explore and discover your local area, parks and green spaces. Walk, run, cycle and scoot, collecting virtual tags along the way! These tags are worth points that add up on your local leader board giving everyone the chance to win prizes. Street Tag helps to support an active lifestyle and improves mental wellbeing.

Don't miss out, join the Street Tag community today! Download the Street Tag app on the App Store or Play Store. For more information, please visit www.streettag.co.uk

FAMILIES

Our Parks

Free Back to Exercise, Box Fit, Abs, Tums and Thighs and Bootcamp sessions are taking place across the borough. So turn up, tone up and get fit for free! Children are welcome to join with their parents.

HOW IT WORKS

1. Join FREE at www.ourparks.org.uk
2. Select park or search by your location
3. Choose and book a class
4. Get fit for FREE

All classes are run by experienced qualified coaches and accessible for all ranges of abilities.

CONTACT

E: getfitnow@ourparks.org.uk
T: 0800 111 4464

“The exercise classes I take part in with Our Parks are great. Every single class I attend the instructors are always prepared, the encouragement and motivation they give always makes me feel empowered. The classes are a great way to unwind and get healthy.”

DAY	CLASS	TIME	PARK
MON	Back to Exercise	6.30-7.30pm	Canning Town Recreation Ground, Prince Regent Lane, Custom House, E16 3PB
		10-11am	Plaistow Park, Greengate Street, Plaistow, E13 0BE
TUE	Box Fit	10-11am	Central Park, High Street South, East Ham, E6 6ET
	Abs, Bums and Thighs	6.30-7.30pm	Stratford Park, West Ham Lane, Stratford, E15 4PT
WED	Box Fit	10-11am	Canning Town Recreation Ground, Prince Regent Lane, Custom House, E16 3PB
	Abs, Bums and Thighs	6.30-7.30pm	Central Park, High Street South, East Ham, E6 6ET
FRI	Abs, Bums and Thighs	10-11am	Plaistow Park, Greengate Street, Plaistow, E13 0BE
SAT	Bootcamp	10-11am	Central Park, High Street South, East Ham, E6 6ET
			Stratford Park, West Ham Lane, Stratford, E15 4PT
SUN	Bootcamp	10-11am	Plaistow Park, Greengate Street, Plaistow, E13 0BE

WALKING GROUPS IN NEWHAM

activeNewham are delivering a number of weekly and fortnightly walks led by trained walk leaders and supported by Newham's volunteers.

The free walks take in Newham's rich and diverse heritage and history, showcasing the old and new, from old town halls and listed buildings, to new infrastructure and progressive developments.

INFO



Find out where your closest walking group is by visiting:
<https://www.newham.gov.uk/community-parks-leisure/physical-activity/3>

CONTACT

E: sports@activenewham.org.uk
T: 07741 293506

“The walks have been a great way to get me moving again after giving birth, without them I think I would have been less active. It’s nice to be able to do something that benefits me but that I can take baby to.”



Walking in Newham

SELF-LED WALKS

Newham has a number of lovely parks and open spaces to explore including a number of self-led walking routes that have been mapped across the following parks to help keep you active. Just follow the leaf signs!



- Canning Town Recreation Ground
- Central Park
- Memorial Park
- Plashet Park
- Stratford Park
- Royal Victoria Gardens
- Plaistow Park
- Beckton District Park South

ADULTS

StreetTT

StreetTT is a global community of street Table Tennis players that anyone can join. The StreetTT app connects players in a worldwide street championship and provides the tools to come together around any table, free. It is a community-run platform, mobile and web app, that seeks to unite and grow the 1000+ players within the street table tennis community.

Simply download the StreetTT app and find an opponent to play table tennis. Any player (16+) can create a free profile and submit their own match results, entering them into a global ranking of street players. Players can also win badges for achievements and activity.

DAY/TIME/PLACE

To get involved, just scan the QR code on the flyer or the table tennis tables at Hermit Road Recreation Ground, Central Park and Royal Victoria Gardens or turn up at one of the weekly coaching sessions:

- **Sundays, 1-2pm**
Hermit Road Recreation Ground,
Hermit Road, Plaistow E16 4JT
- **Sundays, 3-4pm**
Central Park, High Street South, East
Ham E6 6ET
- **Wednesdays, 5-6pm**
Royal Victoria Gardens, Pier Road, Off
Albert Road, North Woolwich E16 2NW

INFO

www.streettt.com/about



SCAN ME



All Ability Cycling Club

Drop-in cycling sessions with Bikeworks designed for people with learning, physical and/or sensory disabilities to enjoy cycling using a range of adapted cycles, including single/tandem tricycles, side-by-side cycles for two or more people, wheelchair platform cycles and go-kart style recumbent cycles.

DAY/TIME/PLACE

Fridays, 11am-1pm
Central Park - Central Park, High Street South, East Ham E6 6ET (by the café)

INFO

No booking needed. Just turn up.

For more information, visit:

www.bikeworks.org.uk/all-ability

CONTACT

E: all.ability@bikeworks.org.uk

T: 020 8980 9778 option 3

Sporting Memories Club

Come along, listen, and share sporting memories with older sports fans, and take part in fun activities. Free Refreshments provided.

DAY/TIME/PLACE

Wednesdays, 10am-12noon

East Ham Library, 328 Barking Road, E6 2RT

AGE

50+

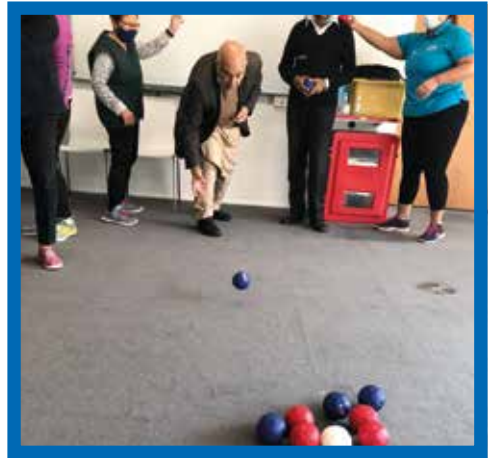
CONTACT

To register or for more information, contact:

E: Sports@activeNewham.org.uk

T: 07741 293506

“It is a healthy project and has made me healthier mentally and physically.”



Walking Basketball for Over 55s

DAY/TIME/PLACE

Thursdays, 10-11am

Basketball Court, Jack Cornwell Street, Manor Park E12 5NN (Court is opposite the Jack Cornwell Community Centre)

AGE

55+

TO BOOK



SCAN ME

<https://tinyurl.com/55PlusactivityNewham>

CONTACT

E: Sports@activeNewham.org.uk

T: 07741 293506

ADULTS



55+ Seated Yoga with Indira

DAY/TIME/PLACE

Fridays, 12.30-1.30pm

The Gate Library, Woodgrange Road, E7 0QH

AGE

55+

TO BOOK



SCAN ME

<https://tinyurl.com/55PlusactivityNewham>

Men's Walking Football for Over 55s

DAY/TIME/PLACE

Mondays, 10-11am

Newham Leisure Centre, 281 Prince Regent Lane E13 8SD

AGE

55+

TO BOOK



SCAN ME

<https://tinyurl.com/55PlusactivityNewham>

CONTACT

E: Sports@activeNewham.org.uk

T: 07741 293506

CONTACT

E: Sports@activeNewham.org.uk

T: 07741 293506

1. **Beckton District Park (North)**
Tollgate Road, Beckton, E16 3SW
2. **Canning Town Recreation Ground**
Prince Regent Lane, Custom House, E16 3PB
3. **Central Park**
Bartle Avenue, East Ham E6
4. **CopperBox Arena**
Queen Elizabeth Olympic Park, E20 3HB
5. **East Ham Library**
328 Barking Road, E6 2RT
6. **Gooseley Playing Fields**
St Albans Avenue, East Ham E6 6HU
7. **Hermit Road Recreation Ground**
Bethel Avenue, Plaistow E16 4JT
8. **Jack Cornwell Street**
Manor Park E12 5NN
9. **Keir Hardie Recreation Ground**
Tarling Road, Canning Town E16 1LQ
10. **Newham Leisure Centre**
281 Prince Regent Lane E13 8SD
11. **Plaistow Park**
Greengate Street, Plaistow, E13 0BE
12. **Plashet Park**
Plashet Grove, Forest Gate E6 1DQ



13. **Royal Docks Adventure**
1012 Docks Rd, E16 2QT
14. **Royal Victoria Gardens**
Pier Road, Off Albert Road, North Woolwich E16 2NW
15. **Stratford Park**
West Ham Lane, Stratford E15 4PT
16. **The Gate Library**
Woodgrange Road, E7 0QH

OUR PARTNERS



WAPPING YOUTH
FOOTBALL CLUB

