



Fun, free, activities in your local park

Spring Programme 23 April - 15 July 2018

Time to get into the park!

Newham Council in partnership with Coca-Cola Great Britain is delivering another fantastic programme of free, daily ParkLives activities and events for all ages to enjoy including athletics, cycling, basketball, walking yoga and multi sports. There will also be parent and child gardening, nature and craft workshops called Little Grubs.

The spring programme runs between **23 April** and **15 July 2018**. There is something for everyone and beginners are especially welcome.

The summer programme will begin **Monday 23 July** and run through to **Sunday 2 September 2018**

For more information please call **0800 227 711** or visit www.parklives.com or www.newham.gov.uk/parklives

Activities are taking place in these parks in Newham:

Brampton Park, Masterman Road, East Ham, E6 3LB
Meeting point: Multi Use Games Area

Britannia Village Green,
49-53 Hanameel Street, Silvertown, E16 1UA
Meeting point: Multi Use Games Area

Central Park, High Street South, East Ham, E6 6ET
Meeting point: Cafe

Jack Cornwell Community Centre,
Jack Cornwell Street, Manor Park, E12 5NN
Meeting point: Multi Use Games Area

Plaistow Park, Greengate Street, Plaistow, E13 0BD
Meeting point for basketball: Multi Use Games Area
Meeting point for athletics: Children's play area

Plasht Park, Plasht Grove, East Ham, E6 1BT
Meeting point for cycling: Multi Use Games Area
Meeting point for Little Grubs: Rangers building
Meeting point for walking yoga: Cafe

Priory Park, Grangewood Street, East Ham, E6 1QZ
Meeting point: Hard court

Shipman Youth Centre,
340 Prince Regent Lane, Custom House, E16 3JH
Meeting point: Reception

Stratford Park, West Ham Lane, Stratford, E15 4PT
Meeting point: Multi Use Games Area

Activity descriptions

Athletics – Ages 14 to 19

Fun games and activities including stamina / endurance / circuit / boot camp style training.

Basketball – Ages 14 to 19

Shoot some hoops with coaches from activeNewham and NewVlc.

Cycling – All ages

An inclusive and adapted cycling session with all equipment provided. (26 April, 3 May, 10 May, 17 May only)
Under 18s to be accompanied by an adult

Football – Ages 14 to 19

Get your kicks with ParkLives at our weekly open sessions for young people. Simply turn up and play!

Little Grubs – All ages

Parent and child gardening, nature and craft workshops – dress ready for messy outdoor activities!

Multi Sports – Ages 14 to 19

Try different sports such as basketball, cricket, football, and lots more!

Walking Yoga – Ages 18+

Perform yoga postures for the whole body before embarking on a walk which combines breathing and relaxation techniques.

Timetable of activities: 23 April -15 July 2018

PARK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRAMPTON PARK						Basketball 1:30-2:30pm
BRITANNIA VILLAGE GREEN				Football 5-6pm		
CENTRAL PARK						Walking Yoga 10-11am From 5 May
JACK CORNWELL COMMUNITY CENTRE					Football 4:30-5:30pm	
ODESSA ROAD OPEN SPACE						Basketball 3-4pm
PLAISTOW PARK	Athletics 5-6:30pm			Basketball 6-8pm		
PLASHET PARK		Little Grubs 10am-12noon		Cycling 10am-12noon	Walking Yoga 10-11am From 4 May	
PRIORY PARK					Football 5-6:30pm	
SHIPMAN YOUTH CENTRE		Multi-Sports 4-5:30pm				
STRATFORD PARK						Basketball 12noon-1pm

Activities are subject to change so please check the website to register and for up to date information: www.parklives.com