



# 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](http://www.parklives.com) or [www.newham.gov.uk/parklives](http://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                  |                              |                                    |           |                               |  | <b>Basketball</b><br>1:30-2:30pm             |
| BRITANNIA VILLAGE GREEN        |                              |                                    |           | <b>Football</b><br>5-6pm      |  |  |
| CENTRAL PARK                   |                              |                                    |           |                               |  | <b>Walking Yoga</b><br>10-11am<br>From 5 May |
| JACK CORNWELL COMMUNITY CENTRE |                              |                                    |           |                               | <b>Football</b><br>4:30-5:30pm               |  |
| ODESSA ROAD OPEN SPACE         |                              |                                    |           |                               |  | <b>Basketball</b><br>3-4pm                   |
| PLAISTOW PARK                  | <b>Athletics</b><br>5-6:30pm |                                    |           | <b>Basketball</b><br>6-8pm    |  |  |
| PLASHET PARK                   |                              | <b>Little Grubs</b><br>10am-12noon |           | <b>Cycling</b><br>10am-12noon | <b>Walking Yoga</b><br>10-11am<br>From 4 May |  |
| PRIORY PARK                    |                              |                                    |           |                               | <b>Football</b><br>5-6:30pm                  |  |
| SHIPMAN YOUTH CENTRE           |                              | <b>Multi-Sports</b><br>4-5:30pm    |           |                               |  |  |
| STRATFORD PARK                 |                              |                                    |           |                               |  | <b>Basketball</b><br>12noon-1pm              |

Activities are subject to change so please check the website to register and for up to date information: [www.parklives.com](http://www.parklives.com)