

BONNY DOWNS COMMUNITY ASSOCIATION



Inside:

*Free or Low-cost
Advice + Food +
Exercise + Play +
Learn + Support +
Workshops +
more!*

Our activities & services for Newham residents | Spring 2026

Welcome! This programme lists BDCA's support services and activities for our local community, which are free or low-cost.

BDCA is a dynamic community-led charity based in East Ham, that has been serving Newham residents since 1998.

We provide a range of services for local people to:

- connect with neighbours
- improve their health and wellbeing
- access the support they need
- learn new skills
- give back to their community
- and celebrate life

This programme is correct at the time of printing (April 2026) but please always check our website for updates: bonnydowns.org/whats-on

We look forward to seeing you!



T: 020 8586 7070
W: bonnydowns.org

The Well Community Centre
49 Vicarage Lane
London E6 6DQ

Registered Charity
No: 1071625
Company Limited by
Guarantee No: 3625785



Last year, we had

63,079 HOURS ★ **2,712 PEOPLE** ★ **50+ LANGUAGES**
of services delivered ★ used our services ★ spoken by our visitors,
for our community ★ 26,616 times ★ from Akan to Yoruba



MAPS & VENUES

BDCA is proud to have transformed unused venues into meaningful spaces for our community's needs. All of our services and activities take place in these spaces:

The Well Community Centre & CommuniTEA Café

49 Vicarage Lane, London E6 6DQ

The WELLcome Hub

35 Vicarage Lane, London E6 6DQ

Bobby Moore Sports Pavilion & Flanders Playing Field

118 Napier Road, London E6 2SG

Grow Together Be Together Community Garden

111 Wellington Road, London E6 6EB

CONTENT

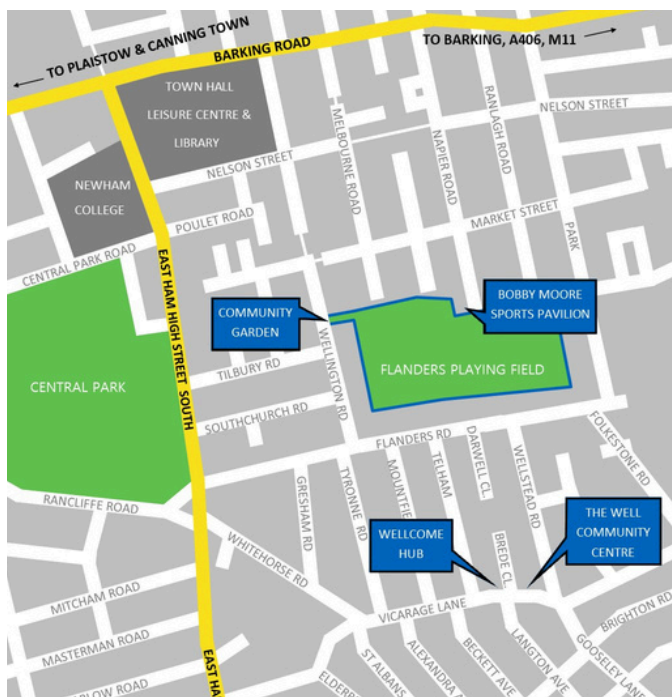
- Maps & Addresses 2
- Children & Families 3
- Community Support ... 4
- Sports & Fitness..... 5
- Over 55s..... 6
- Young People 7
- Community Garden..... 7
- Stay in Touch 8
- Support our Work 8

Our venues are also available for private hire for parties, events, training, classes and more. For more information, please visit bonnydowns.org/hire



“I’ve made new friends and connected with people from all walks of life.”

- BDCA Annual Survey 2025



CHILDREN & FAMILIES



“I have created bonds and friendship. It's been so valuable to both me and my children.”

- BDCA Annual Survey 2025



200 Children experienced the joy of receiving gifts - delivered by Santa, Elf and Rudolph!

- BDCA Annual Report 2025



We provide a range of services to support children and their families to meet their basic needs and thrive.

Our team can help provide **School Uniforms, Emergency Formula and Vitamins**. We also provide **advice, support and signposting** around immigration, housing, debt, benefits, form filling, and volunteering.

Unless otherwise stated, activities are free and you can turn up on the day. Most activities are closed during school holidays.

Contact: families@bonnydowns.org

<p>Youth Theatre Drama club for ages 6-11. £3 per child per session. Must book ahead at eequ.org/experience/6641</p>	<p>Tuesdays 4:30 - 6:30 pm</p>	<p>WELLcome Hub</p>
<p>Family Hub Activities, advice and support for families on low income</p>	<p>Thursdays 9:30 am - 12:30 pm</p>	<p>WELLcome Hub</p>
<p>Tots Haven Playgroup for parents / carers & under-5s</p>	<p>Fridays 10 - 11:30 am</p>	<p>The Well</p>

This project is possible thanks to:

Cadent
Your Gas Network



COMMUNITY SUPPORT



“I was helped with food bank and the family activities inspired me to refer my friends and neighbours to join BDCA.”

- BDCA Annual Survey 2025



70 people attended ESOL classes to improve their skills and prospects

- BDCA Annual Report 2025

We provide support to our neighbours in need to tackle the issues they are facing. We provide advice, support and signposting with immigration, finances, debt, form filling, volunteering, food, baby milk, free SIM cards and devices. Unless otherwise stated, our sessions are free and you can turn up on the day.

Contact: support@bonnydowns.org

ESOL Level 1 Beginners class in English speaking, reading and writing	Tuesdays 9:30 - 11 am	
ESOL Level 2 Improve your skills in English speaking, reading and writing	Tuesdays 11 am - 12 pm	
Food Club Low-cost food and household essentials. £5 per visit. For E6 residents only.	Tuesdays 11 am - 12:30 pm (10:30 am for over-60s)	WELLcome Hub
Food Bank & Community Hot Lunch Collect your Foodbank parcel, sit for a hot meal, and get advice and support.	Wednesdays 11 am - 1 pm	
NEWday Centre Support for homeless and vulnerably housed adults with no dependents	Monday to Friday 8 am - 2.30 pm	Bobby Moore Pavilion

This project is possible thanks to:



SPORTS & FITNESS



“I’ve become fitter, stronger, and more flexible, but I have also noticed a real boost in my mental health and overall wellbeing.”

- BDCA Annual Survey 2025



394 Women participated in physical exercise sessions

- BDCA Annual Report 2025

Keep fit, have fun and meet new friends through a wide range of **free sports and fitness** activities.

Contact: sports@bonnydowns.org

Booking in Advance

To manage demand, some sessions need to be booked in advance and booking closes 1 day before the session. To book, scan the QR code or visit bonnydowns.org/whats-on



Sessions For All at The Well

Pilates for All	Mondays 2:00 - 2:45 pm	<u>Must book in advance</u>
Yoga for All	Mondays 7:15 - 8:15 pm	Just turn up!

Women’s Sessions at The Well

Daytime sessions run term-time only

Aerobics	Mondays 6:00 - 7:00 pm	<u>Must book in advance</u>
Pilates	Wednesdays 9:15 - 10.15 am	<u>Must book in advance</u>
Bhangra Fitness	Wednesdays 5:00 - 5:45 pm	Just turn up!
Zumba	Thursdays 9:15 - 10 am	Just turn up!

Men’s Sessions at Flanders Playing Fields

Footy & Friends	Mondays 7:00 - 8:30 pm	Just turn up!
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Over 55s Sessions

Please see page 6 for our fitness activities tailored for over-55s

This project is possible thanks to:



OVER-55



We have a range of physical and social activities to help our older neighbours enjoy their retirement years. Unless otherwise stated, sessions are free and you can just turn up.

A range of **coach trips** and **celebration events** also take place throughout the year. Get in touch with Michelle for details.

Contact: over65s@bonnydowns.org

Chatty Tuesdays

The Well	10 am - 12 pm	Coffee Morning
	10:30 am - 12 pm	Arts & Crafts
	1:30 - 3 pm	Darts

Over-55s Exercise

The Well	Chair-based Pilates	Mondays 12:00 - 1:00 pm
	Women's Zumba Gold	Mondays 1:15 - 2:15 pm
	Indoor Bowls £2 per person per session	Wednesdays 10:30 - 12:30 pm

People Living with Dementia & their Carers

WELLcome Hub	Tuesdays 1:30 pm	Singing for Joy
	Tuesdays 2:30 pm	Tea Break
	Tuesdays 2:45 - 3:30 pm	Chair-based Yoga

Workshops at The Well

Monthly Writing Workshop Led by local published author Luan Goldie for new and experienced writers of all ages.	10:30 - 11:30 am on: 13 th May 3 rd June 1 st July
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"I don't feel as lonely as before. I look forward to days I come to BDCA and enjoy all the activities"

- BDCA Annual Survey 2025



180 older people enjoyed our over 65s social activities, celebration events and day trips"

- BDCA Annual Report 2025

This project is possible thanks to:



YOUNG PEOPLE



"I have created bonds and friendship. It's been so valuable to both me and my children."

- BDCA Annual Survey 2025

Our free wellbeing workshops aim to inspire, connect and empower local young people. Sessions **must be booked in advance**: scan the QR code or visit bonnydowns.org/whats-on/#youth



Contact: youth@bonnydowns.org

Youth Sessions at Bobby Moore Pavilion

Gym with Personal Trainer	Age 8 - 14	Thurs 6:30 - 7:30 pm
	Age 15 - 18	Thurs 7:30 - 8:30 pm
Football	Age 8 - 14	Thurs 7:30 - 8:30 pm
	Age 15 - 18	Thurs 6:30 - 7:30 pm

Youth Sessions at The Well Community Centre

Youth Theatre	Age 11 - 18	Wed 4:30 - 5:30 pm
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This project is possible thanks to:



JOHN LEWIS
& PARTNERS

COMMUNITY GARDEN



Our Grow Together Be Together Community Garden is an urban oasis where neighbours can relax, socialise and boost their wellbeing. Whether you're a novice or an experienced gardener, just turn up and join in planting, harvesting and even cooking the produce in our outdoor kitchen!

Contact: garden@bonnydowns.org

Open Garden Sessions Free entry for all	Fridays 10 am - 1 pm
	Saturdays 10 am - 1 pm

This project is possible thanks to:



HIRE OUR SPACES



All of our spaces are available to hire! If you are looking for a venue for your one-off event, party, regular activity or sports club, get in touch! For info, visit bonnydowns.org/hire

For bookings or queries, please email info@bonnydowns.org or call our office on 0208 586 7070 and select option 1.

The hire income we receive supports our charitable work, so booking with us benefits your community!



STAY IN TOUCH!

For updates, sign up to our E-Newsletter: bonnydowns.org/subscribe

You can unsubscribe at any time.

Follow us on our social media:

 [@bonnydowns](https://www.facebook.com/bonnydowns)

 [@bdca247](https://www.instagram.com/bdca247)

 [Bonny Downs Community Association](https://www.linkedin.com/company/bonny-downs-community-association)

Can you help us to support your neighbours in need?

- **£10** could pay for an emergency food parcel for an adult visiting our food bank
- **£25** could give fuel top up for a family without heating
- **£50** could cover 1 hour of venue for our debt advice
- **£100** could help a family buy school uniforms

To donate, please visit:

localgiving.org/charity/bdca

To become a Friend of Bonny Downs:

bonnydowns.org/friend

To volunteer your time:

bonnydowns.org/volunteer

To support as a company:

bonnydowns.org/corporate-support

