# King Edward Community Centre

Timetable and how to hire | Autumn 2026
Contact the organiser for details and to book

Peabody Community Foundation

## Monday

**9am-2.30pm Parents4Parents Community Project**
A variety of free courses and workshops to support parents.
Contact: 07923 426502
basildon.parent4parent@outlook.com

**4.30pm-6.30pm Impact Academies IT coding classes. 5-17 years (green room)**
Contact: Corina 07482 054260
basildon@impactacademies.co.uk

**5.30pm-9.30pm Jujutsu**
Self-defence for children and adults.
First lesson is FREE.
Contact: Adam Byne 07985 574112
adamb_wakarishin@hotmail.co.uk

## Tuesday

**6.30am-7.30am Totally Yoga 'Yoga for Strength'**
Booking essential. £6 for 6 week course
Funded by Active Essex
Contact: 07983 542222
totallyyoga@yahoo.com

**10am-11.15am Totally Yoga 'Flow & Glow' slower-paced class**
Booking essential. From £5/class.
Builds strength and unlocks mobility.
Kind to knees and wrists.
Contact: 07983 542222
totallyyoga@yahoo.com

## Tuesday

**11.30am-12.30pm Totally Yoga Mobility and Mindfulness chair-based Yoga**
6 week course £24. Booking essential.
Contact: 07983 542222
totallyyoga@yahoo.com

**12.30pm-2pm Toenail cutting clinic (green room)**
Last Tuesday each month.
Contact: 01268 294334

**1pm-3pm Community Cuppa**
Talks, activities, bingo, crafts, board games, cards and a chat with a friendly face. Contact through Facebook: CommunityCuppaSS15

**4.30pm-6.30pm Parents4Parents Community Project (term time)**
Teenzone Neurodivergent Youth/Family Support Project
Contact: 07923 426502
basildon.parent4parent@outlook.com

**7pm-8pm Totally Yoga 'Stretch & Sweat'**
High Intensity Interval Training with yoga flow. Weights optional. Booking essential. Classes from £5.

**8pm-9m Totally Yoga 'Soothe & Recharge'**
For mobility, relaxation, balance and breathwork. Booking essential.
Classes from £5.
Contact: 07983 542222
totallyyoga@yahoo.com

## Wednesday

**10am-1pm Shed Inside**
A creative, social space for making, mending and learning together. Crafts, furniture restoration, simple electronics. Good company and a cuppa! Free and everyone welcome.
Contact: hello@aceimpact.co.uk
01245 944321 or pop in to find out more.

**10.30am-12.30pm Laindon Memory Café**
Fortnightly:
11 and 25 November, 9 December
A safe space to relax, connect and share. Enjoy entertainment, a friendly chat, a hot drink and sweet treats in a supportive environment for you and your loved one.
Contact: laindonmemorycafe@gmail.com

**1pm-3pm KECC Knit & Natter**
Improve your skills in knitting, crochet and cross stitch.
Contact: Facebook KECC Knit & Natter

**4pm-8pm Impact Academies IT coding classes. 5-17 years (green room)**
Contact Corina: 07482 054260
basildon@impactacademies.co.uk

**7.30pm-8.30pm Totally Yoga**
**'Flex & Flow' for all levels.**
Links breath to movement. Challenging and fun. Booking essential.
Classes from £5
Contact: 07983 542222
totallyyoga@yahoo.com

## Thursday

**9.30am-10.30am Breath and balance fitness (main hall)**
Increase your strength and improve your posture.
Contact: 07986 550790
breathandbalancefitness.co.uk

**10am-11am Edible Laindon**
A community growing project where you can grow vegetables, meet neighbours and share skills. Meet at the raised beds. There'll be refreshments.
incredibleedible.org.uk
hello@aceimpact.co.uk
01245 944321
The project is run by ACE Impact.

**12pm-3pm Cosy Corner**
Join us for free tea and coffee, make friends, and support and advice.
No booking needed, just come along.
All welcome!

**6pm-7pm Totally Yoga**
**'Feel Good Flow'**
Booking essential. A dynamic yoga class, suitable for beginners.
Pay as you go £15/session.
Memberships from £40.

**7pm-8pm Totally Yoga**
**'Align & Unwind'**
For balance, strength and smooth, feel-good transitions. Booking essential.
Classes from £5.

**8pm-9m Totally Yoga**
**'Soothe & Recharge'**
For mobility, relaxation, balance and breathwork.
Booking essential. Classes from £5.
Contact: 07983 542222
totallyyoga@yahoo.com

## Friday

**10am-11pm Totally Yoga**
**'Align & Unwind'**
For balance, strength and smooth, feel-good transitions. Booking essential. Classes from £5.
Contact: 07983 542222
totallyyoga@yahoo.com

**11.15am-12.45pm Basildon Mind**
**'Yoga for Mental Health'**
Free class. Booking essential. Gentle stretching and relaxation, then tea and a chat. Contact: 07983 542222
totallyyoga@yahoo.com

**4.30pm-6.30pm Impact Academies**
**IT coding classes. 5-17 years**
Contact: Corina 07482 054260
basildon@impactacademies.co.uk

**5pm-7pm Youth Club for ages 10-18 years, AFT Youth Group**
Dancing, drama, hip-hop, sports.
Contact: Kelly 07701 365822

## Saturday

**9.30am-7.30pm Impact Academies**
**IT coding classes. 5-17 years**
Contact Corina: 07482 054260
basildon@impactacademies.co.uk

**5.30pm-7.30pm (fortnightly)**
**RCCG Rose of Sharon Parish**
(Redeemed Christian Church of God)
We're a family church. We love to care, relate with one another, the youth, children, adults, parents, single parents, and singles. We believe in miracles, prayer and saving grace of the Lord Jesus Christ. Contact: Godfrey (pastor) 07823 777216 godfreyc.nze@gmail.com rccgroseofsharonuk@gmail.com

## Saturday

**10am-3pm Style 6 Dance School (main hall)**

10am-11am Passion Lyrical (Juniors)
11am-12pm Style street (Juniors)
12pm-1pm Company class (All)
1pm–2pm Lyrical (Seniors)
2pm–3pm Street (Seniors)

Juniors aged 6-10
Seniors aged 11-16

Lyrical dance: elements of ballet, jazz and contemporary dance.
Style street: A blend of musical theatre and street dance with energy and passion.
Company class: A routine building session for juniors and seniors.

Classes from £6.00
First class free trial.

Have a fun dance experience, make friends, build confidence and perform on stage.

Contact:
Sonny 07777 108218
Style6@gmail.com

## Sunday

**9am-1pm The Church of the Pentecost (main hall)**
A multi-cultural community church
Contact: Deacon Robert Amoh
07888 831678 / Deacon Moses
07957 152181
copukbasildon@gmail.com