

Pembury Community Centre

September Timetable

Monday

10.00 – 16.00

Uprising Community Club

Social Group including tabletop games and so much more!

Call: 0798 488 7808

11.00 – 14.00

Jewellery Making for Adults (Term-time)

Spark your creativity in this fun, friendly jewellery making class for adults, where you'll learn simple techniques and craft your own beautiful pieces

Call: 0748 435 6541

13:00 – 15:00

Coffee Afternoon

Come and join our community for a relaxing cup of tea or coffee and biscuits
No need to sign up! just drop in!

16:00 – 19:00

Pembury Youth Activities

For young people ages 8 - 13 Years

Call: 0773 684 8110

Tuesday

9.30 – 12.00

SEND Parents Coffee Morning

A friendly space for parents/carers to connect, share, and get support over coffee. (Takes place on different Tuesdays, enquire in the centre)

Call: 0752 588 6658

10.00 – 11.30

Reading from the Start

(Stay & Play)

For children aged 0 - 4 Years Read, Play, Sing and make new friends

Call: 0774 051 5234

11.30 – 12.30

MRS Independent Living

Falls-prevention strengths and balance exercise class for over 50s

Email:

Natalie.pink@mrsindependentliving.org

Call: 0330 380 1013

13.00 – 14.00

Young Shall Grow

Stay strong, steady, and confident. This class uses targeted exercises to strengthen muscles, improve balance and mobility, and leave you feeling more energised and uplifted. For ages 55+

No need to sign up! just drop in!

12.00 – 16.00

St Mungo's

A wellbeing and learning space!

Email: emma.milburn@mungos.org

Call: 0752 295 5477

17.00 – 19.00

Peabody Drop-In Session

(First Tuesday of the Month)

Come and talk to us about your Wellbeing, Finances, Repairs etc

18.00 – 20.00

National Diabetes Prevention Programme

Call: 0775 629 3724

Wednesday

9.30 – 12.30

Kundakala Make & Mend

A space to learn how to sew!

Email:

ella@kundakala.org

Call: 0793 378 7129

10.00 – 11.00

Feldenkrais Exercise

Gentle floor exercise.

Improve your mobility

and vitality with the

Feldenkrais Method.

Call: 0778 082 2843

15.15 – 16.15

Precious Lives Food Distribution

No need to sign up! just come and queue

16:00 – 19:00

Pembury Youth Activities

For young people ages

8 - 13 Years

Call: 0773 684 8110

19.00 – 20.00

Zumba – Paid

Vibrant Zumba

classes! Drop in to

join!

Thursday

9.30 – 15.00

Linden Stay & Play

Baby and toddler sessions, play make and sing!

Call: 0207 254 9939

9.50 – 11.20

The New Age Games Programme

Free women-only Fusion class combining energising movement to build strength, confidence, and wellbeing. Part of Hackney Council's New Age Games Programme. For Hackney residents, ages 50+

Call: 0208 356 4897

11.30 – 15.00

Hula 4 Fun

Have fun exercising through hula hooping!

No need to sign up! just drop in!

13:30 – 15:00

Singing for the brain

NHS-run singing group supporting people living with Alzheimer's through music and connection

Email: adenike.saidu@nhs.net

15.30 – 17.30

Immediate Theatre

Drama workshops for young people ages

6 - 17 Years

Email: info@immediate-theatre.com

Call: 0207 682 3031

15.30 – 18.30

Family Games Night

A fun and welcoming evening for families to come together, play games, and enjoy quality time.

For all ages! Just drop in!

18:00 – 20.00

Treasure Boxing

(No session first Thursday of the month)

Boxing classes for

0 - 69 Years

Email: treasureboxingclub@gmail.com

18.45 – 20.45

Some Voices Choir

Sing your heart out with these choir rehearsals.

Email: sing@somevoices.co.uk

Friday

14.00 – 15.00

Dau Lu Qi Gong

Move softly and breathe deeply.

This gentle Qi Gong session supports

balance,

mobility, and inner calm

through mindful movement and

breath-led exercises.

For ages 18+. No need to sign up!

just drop in!

Saturday

10.30 – 14.00

Threads

Sewing classes for girls

Call: 0773 684 8110

11.00 – 16.00

Pembury Treasures

(Last Saturday of the Month)

Come sell items that you want!

Email:

ashes543@hotmail.co.uk

Sunday

10.00 – 14.00

Hackney Vineyard Church

14.30 – 20.30

Chef Kay's African Brunch

How to find us

Address:

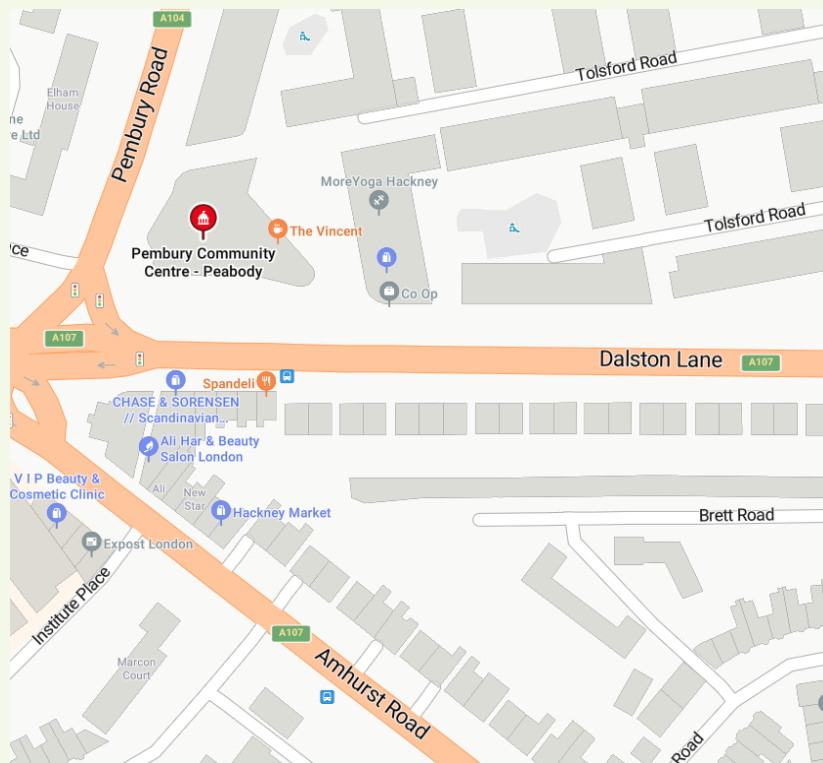
1 Atkins Square, Dalston Lane,
E8 1FA (Sat Nav: E8 1HL)

Bus routes

30, 38, 55, 56, 106, 242, 253, 254, 276

London Underground

Hackney Downs and Hackney Central



Our teams

Community Centre Team

Community Properties Lead:
Yasmeen Islam

Duty Operations Assistants:
Daniel, Nicholas, Shazia and Tina

Community Investment Lead:
Steve Nicola

Community Development Worker:
Susan Dobre (0774 051 5234)

Parent Advisor: Lorraine Bradshaw Cole
(0752 588 6658)

Youth Coordinator: Anslem Herelle
(0773 648 8110)

Youth Workers: Joel Malundama, Michael
Anuyagu and Abigail Burland

Threads Project Workers: Bola and Esther

Neighbourhoods Team

Head of Neighbourhoods: Ben Siegert

Area Manager: Dele Fatogun

Neighbourhood Managers: Guy Snowden
and Justin Gibbs

Get in touch

Pembury Community Centre

Phone:
020 3828 3500

Email:
peabodycommunity.bookings@peabody.org.uk

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

Parking:
01753 512603
(Mon-Fri, 9am-3pm)
permits@pcm-uk.co.uk

Contact Peabody

Phone 0300 123 3456
[peabody.org.uk/contact-us](https://www.peabody.org.uk/contact-us)