

Accessible Activities in Tower Hamlets

Schedule of events
2021-2022



Day	Time	Activity	Cost	Location	Description	Contact
Monday	10 -12	Multi-sport Disability	Free	Mile End Leisure centre	This fun multi-sports club delivers sports suitable for everyone. As one of our best-attended clubs, the members at this club enjoy socialising and competing every week! These fun-filled sessions are open to all abilities and disabilities, and feature sports including basketball and Boccia, plus specialist taster sessions such as boxing, dance, golf and more.	shenneth.brereton@towerhamlets.gov.uk
	10:30 – 11:30	English National Ballet Exercise	Free	Queen Victoria Seamen's Rest	Not accessible for wheelchair users	Serena 07543 666 570
	12-1	Walking Netball	£2.15	Poplar Bath Leisure		Jeanette.Spenner@gll.org

	1:30 – 3	Keep fit to music	Free	St Hilda Community centre		
	1:30 – 2:30	Line Dancing	Free	Sonali Gardens		
Tuesday	11 -12:30	Multi-sport Disability	Free	Mile End Leisure centre	This fun multi-sports club delivers sports suitable for everyone. As one of our best-attended clubs, the members at this club enjoy socialising and competing every week! These fun-filled sessions are open to all abilities and disabilities, and feature sports including basketball and Boccia, plus specialist taster sessions such as boxing, dance, golf and more.	shenneth.brereton@towerhamlets.gov.uk
	10:30 – 12:30 term-time	Standing active session	£5	Online run by Green candle	Over 55.	admin@greencandle.com

11-12	Gentle Exercise		Somali Senior Citizens Club		020 3441 7654
11- 12:30	Healthy lifestyles	Free	Bromley by Bow Centre	Over 50s Meet a health trainer who will give tailored made exercise	Candice 07487724 557
10:30-11:30	Chair Exercise	Free	Latimer Church Hall	accessible	Serena 07543 666 570
12- 2	Keep Fit	Free	St Hilda Community centre		
1-2	Walking group	Free	Bromley by Bow Centre	Over 50s	Candice 07487724 557
1-3	West Ham Football Adults	Free	Stepney Green Park		shenneth.brereton@towerhamlets.gov.uk
2:15 - 3	Pilates (long term health needs)	£2	York Hall Leisure Centre		020 8980 2243

Wednesday	1 – 2	Walking group	Free	Carers Centre	For carers	tony@ccth.org.uk
	1-3	Inclusive all ability cycling clubs	Free	Victoria Park	Bikeworks have immense experiences with working with disabled people. Different type of bikes for wheelchairs users, reduced mobility, visually impaired. Equipment and services for PA and support workers.	all.ability@bikeworks.org.uk 020 8980 7998
	5:30 – 8pm	Swimming Disability	Free	Mile End Leisure Centre		shenneth.brereton@towerhamlets.gov.uk
	7:15-8:15	Yoga	£5	Bow Community Hub		bowcommunityhub@poplarharca.co.uk 020 7538 1265
Thursday	11:30 – 12:30	Chair Yoga	£1	Queen Victoria Seamen's Rest	Accessible	Serena 07543 666 570

	4:15-7:40	Swimming Disability		Poplar Baths LC		shenneth.brereton@towerhamlets.gov.uk
	9:30-10:30	Yoga	Women	St Paula Way Community Centre		020 510 5600
	10:30 – 12	Seated dance session	Free	Zoom run by Green candle Dance	For people with early stage dementia and carers/support worker/ PA	admin@greencandle.com
Friday	12:30-1:30	Gentle Exercise	Free	St Pauls Way Community Centre		
	1:30 – 3	Strength and Balance	Free	St Hilda Community centre		

	4-5:30	Swimming Disability		Tiller LC	Currently closed	
	6-7	Relaxation and Mindfulness	£3	The Cabin, Balfron Tower		Jayne.Clavering@poplarharca.co.uk 020 3069 7401
Saturday	9-12	Multi-sport club for 8-25 with a visual impairment		Whitechapel sports centre		Ginisha.Vekaria@rsbc.org.uk 020 3794 8309.
	10-12	Athletics (Disability)	Free	Mile End Leisure centre		peaty@aol.com

	Alternative Saturday 1-3	Inclusive all ability cycling clubs		Victoria Park	<p>Bikeworks have immense experiences with working with disabled people.</p> <p>Different type of bikes for wheelchairs users, reduced mobility, visually impaired. Equipment and services for PA and support workers.</p>	<p>all.ability@bikeworks.org.uk</p> <p>020 8980 7998</p>
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How to get there

Venue	Address	Accessibility	Distance from public transport
Latimer Church Hall	Latimer Church, Ernest St, London E1 4LS	Level	<p>Stepney Green – 4 minute walk</p> <p>309 – 2 minutes walk</p>
Poplar Bath Leisure	170 East India Dock Road, Poplar, E14 0ED		<p>All Saints – 1 minute</p> <p>D6 1 minute</p>

St Hilda Community centre	18 Club Row, London E2 7EY		Shoreditch High Street – 3 minute walk 8 4 minute walk
Sonali Gardens	18 Sutton St, London E1 0AG		Shadwell 4 minutes Bus 15 – 2 mins
Stepney Green Park	Stepney Way, London, E1 3DG	Level access to park	Stepney Green 25 205
York Hall Leisure Centre	Old Ford Road, Bethnal Green, E2 9PL	Disabled toilet, parking, changing, lift and poolside access	Bethnal Green 3 minutes D3 309 1 minute
Carers Centre	21 Brayford Square, Stepney Green, London E1 0SG	Ramp, level access, hearing assistance system, fixed loop, accessible toilets	135 339 bus – 2 minutes Shadwell – 8 minutes
Brownfield Community Centre	Balfron Tower, 82 St. Leonards Rd, London E14 0QU		309 3 minute

John Orwell	Tench Street, Wapping, E1W 2Q	<p>Step free access entrance and ground floor gym.</p> <p>Accessible include, low row, chest press and free with weights.</p> <p>No level access to all equipment</p> <p>Accessible toilets</p>	<p>Wapping – 6 minutes</p> <p>D3 -4 minutes</p>
St Pauls Way Community Centre	83 St Paul's Way, London E3 4AJ	Step free access and accessible toilets	<p>309 2 minutes</p> <p>Mile End 15 minutes</p>
Tiller LC	Tiller Road, Isle of Dogs, E14 8PX	<p>No level access from changing area to swimming pool</p> <p>Hoist for wheelchair users</p> <p>No step into swimming pool</p> <p>Handrail on both sides</p> <p>Accessible showers and toilets</p>	<p>Mile End</p> <p>Limehouse</p> <p>Bus -150 metres walk</p> <p>Currently closed</p>

The Cabin, Balfron Tower	Balfron Tower, 82 St. Leonards Rd, London E14 0QU		Blackwall 15 minutes 309 4 minutes
Whitechapel sports centre	Durward Street, Whitechapel, E1 5BA	Adapted for wheelchairs Accessible toilets and changing	Whitechapel station 1 minute 254 walk 3 minutes
Mile End Stadium	190 Burdett Road, Mile End, E3 4HL	Level access to swimming pool Wet side chair available pool platform lift Handrail on both sides Step free access main gym Level access to all equipment Staff received training in assisting disabled people Accessible toilets and changing areas	Mile End station 9 minute walk D6 – 3 minutes
Victoria Park	Grove Road, Bow, London, E9 7DE	Accessible toilets Accessible entrance	277 425 bus – 2 minutes

Ability Bow	St. Stephen's Road London E3 5JL	<p>Every item of the gym equipment is fully accessible, and easy to use, whatever your physical ability.</p> <p>Not only does this make the exercise experience smooth for the user, but the innovative technology is far more effective - whether it be to assist those undergoing a rehabilitation process, or whether to progress the more advanced user.</p> <p>Currently offering 4 weeks live online exercise session (50 mins)</p>	Bus 8 2 minutes
St George	221 The Highway, Wapping, E1W 3BP	Currently closed	D3 2 minutes Shadwell 5 minutes
Queen Victoria Seamen Rest	121-131 E India Dock Rd, London E14 6DF	Accessible entrance and restaurant. Accessible toilets	<i>All Saints DLR 5 mins</i> <i>D6, 15, 115 3 minutes</i>
Bromley by Bow Centre	St Leonard's Street London E3 3BT	Level access, accessible toilets	<i>Bromley by bow station 3 minute walk</i> <i>D8 1 minute</i>