

School's Out Get Active



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School's Out Get Active

We understand that it can be hard for parents to find things to keep the family busy and entertained during the school holidays, so this summer there is a huge variety of activities to take part in

The Healthy Lifestyles Team has a vast array of sports and physical activity programmes running during the six weeks which are free for children and young people who live or go to school in Barking and Dagenham.

There are a whole host of activities also taking place in the libraries, children's centres, youth centres and leisure centres in the 6 weeks holidays. Details of these programmes can be found below. Some may have a small cost to attend which is indicated in the information below.

Finally there is some information on some sports and physical activity sessions that run all year for children and young people linked into programmes run by the Healthy Lifestyle Team.

Booking

Please note that many of the activities must be pre-booked.

We are managing the bookings on the camps through Eventbrite. Rather than all courses being open for booking at once there will be a delay on the later courses being open for booking. Opening dates are included on the listings below. Most Sport and Physical Activity Sessions are £2 to attend unless otherwise indicated.

All multisport roadshows, basketball roadshows and cricket roadshows in the parks are free of charge.

All links for course and roadshows will be available at www.newme.london/schoolsout

To attend any of the other programmes please follow the directions indicated on each activity.

Terms and conditions

There are a number of terms and conditions associated with School's Out Get Active activities run by the Healthy Lifestyles Team. The key terms and conditions are:

- Children and young people must either live or go to school within Barking and Dagenham.
- Children and young people must be the age stated on the activity to attend; younger children may be asked to show evidence of their age.
- Failure to attend pre-booked activities without good reason or notifying the provider or the School's Out Get Active team, may lead to you being refused access to further activities
- Bookings for sports specific activities open approximately 2 weeks before the activity takes place. Bookings will be taken on a first come first place basis.

For further information and a full copy of the terms and conditions visit

www.newme.london/schoolsout, phone the School's Out Get Active Team on 020 8227 3070 or email schoolsout@lbbd.gov.uk



LEAN Beans club

Did you know that if we carry on as we are, nine out of 10 of today's children risk growing up with dangerous levels of fat in their bodies?

This can cause serious illnesses like heart disease, cancer and type 2 diabetes in later life. We all want our children to grow up to be happy and healthy adults but it can sometimes be hard to know how.

The Healthy Lifestyles Team are running the free LEAN Beans clubs to help local children and families move more, eat healthy and ultimately live a healthier life. We are currently looking for children and families of young people aged 5 to 12 to join us on one of our programmes, which run all year.

Each 10 week programme will provide useful information on healthy eating and exercise as well as tips and ideas on how to make healthier lifestyle choices.

The programme includes:

- Practical demonstrations, games and tips about healthy foods
- Cooking classes
- Exercise programmes
- Free leisure centre memberships for the whole family
- Supermarket vouchers

New sessions have been planned across the borough in different venues.

To watch the LEAN Beans video and for more information on the club visit www.newme.london/leanbeans.

If you are interested in signing up head to www.newme.london/familyeathealthyform, call 020 8724 8018 or email healthy.lifestyles@lbbd.gov.uk.



HENRY (Health, Exercise, Nutrition for the Really Young) is for parents and young children aged 0 to 5 who want to lead a healthier lifestyle.

Everyone is welcome and the only criteria is having a child within the eligible age range. The programme covers a range of topics including nutrition, physical activity, and parenting skills. All taught by our friendly and supportive team.

The course takes place for 2.5 hours a week and runs for 9 weeks.

A creche is provided for children. But children attending this programme must be accompanied by an adult.

The results we have received so far have been fantastic – at the end of the last programme:

100% of parents rated their family lifestyle 7 or higher (compared to just 38% at the beginning of the programme); and the amount of children eating five-a-day doubled.

To sign up to the programme complete the online form or call the Healthy Lifestyles team on 020 8724 8018.





STREET TAG

New Game set up for the Summer – work as a team or an individual to win prizes over the 6 week holiday

Sport prizes available as well as overall prizes at the end of the 6 week game

Can you walk or run from Parsloes Park to the Eiffel Tower in Paris (281 miles) or to Camp Nou in Barcelona (924 miles)

What is Street Tag

For communities, Street Tag is exceptional at bringing together families, neighbor's and communities to get out more, by turning their streets into a virtual playground, to increase residents' outdoor experience in walking, running and cycling more to earn rewards.

We make your street digitally fun and your neighbours fun to live with.

We do this through a smartphone app for families/residents to create a profile, there can be up to 6 players in each team. During the Street Tag experience, participants record their distance walked, ran or cycled by scanning virtual tags with their smartphone at various locations, watching their total distance accumulate to climb up on the local leaderboard, creating competition, being physically active, connecting with green spaces, an opportunity to rediscovering their area, and earning prizes.

Don't fear the cost of being healthy.

Access a thousand active experiences of your street in your pocket, anytime.

Find out how easy it can be.

[Download on App Store](#)

[Download on Play Store](#)

There are tags located all over the Borough

When you download the app all tags will be shown on the map which are within 1 mile of your location. Once you start moving the app will update the tags that are near you including those that you have scanned as you move around. Keeping the app open will allow you to gain points all the time you are moving around.



One Borough Festival

Saturday 20 July

11am to 9pm



FREE EVENT
car park
£3.50

Parsloes Park, Dagenham

THE FIZZ

BACK TO THE 80s

Prizes to
the best 80s
festival
outfit

80s tributes and bands • Stalls • Ultimate Children's Party
Meet Peppa Pig • Rides • Workshops

www.lbbd.gov.uk/oneboroughfest



Youth after party new for 2019!

Barking and Dagenham YOUTH PARADE

Line the route and cheer on our young people

Sunday 22 September
2pm to 7pm | Old Dagenham Park to Parsloes Park

FREE event

www.lbbd.gov.uk/youthparade



SOGA Summer 2019 Park Roadshows:

A full programme of multisport, basketball and cricket roadshows will be taking place in the parks over the summer. Attendance at the roadshows is free of charge but we do ask for people to register before coming – links will be available at www.newme.london/schoolsout from Monday 8 July 2019

Week One	AM - 9.30am to 12noon	PM - 1pm to 3.30pm	Basketball: 1.30pm to 3.30pm	Cricket – Times Vary
Monday 22 July	Valence Park	Marks Gate (Tantony Green)	Valence Park	Barking Park – 10.30am – 12noon
Tuesday 23 July	Central Park	Old Dagenham Park		
Wednesday 24 July	Barking Park	Barking Park		Mayesbrook Park – 10am – 12noon
Thursday 25 July	Mayesbrook Park	Newlands Park (Thames View)		
Friday 26 July	Parsloes Park	Valence Park		Parsloes Park – 1.30pm – 3.30pm

Week Two	AM - 9.30am to 12noon	PM - 1pm to 3.30pm	Basketball: 1.30pm to 3.30pm	Cricket – Times Vary
Monday 29 July	Marks Gate (Tantony Green)	Valence Park	Marks Gate (Tantony Green)	
Tuesday 30 July	Old Dagenham Park	Central Park		Central Park – 10am – 12noon
Wednesday 31 July	Barking Park	Barking Park		
Thursday 1 August	Newlands Park (Thames View)	Mayesbrook Park		Old Dagenham Park 1.30pm – 3.30pm
Friday 2 August	Valence Park	Parsloes Park		

Week Three	AM - 9.30am to 12noon	PM - 1pm to 3.30pm	Basketball: 1.30pm to 3.30pm	Cricket – Times Vary
Monday 5 August	Valence Park	Marks Gate (Tantony Green)		Barking Park – 1pm – 3pm
Tuesday 6 August	Central Park	Old Dagenham Park		
Wednesday 7 August	Barking Park	Barking Park		Valence Park – 12noon – 2pm
Thursday 8 August	Mayesbrook Park	Newlands Park (Thames View)	Mayesbrook Park	
Friday 9 August	Parsloes Park	Valence Park		Marks Gate – 10am – 12noon

Week Four	AM - 9.30am to 12noon	PM - 1pm to 3.30pm	Basketball: 1.30pm to 3.30pm	Cricket – Times Vary
Monday 12 August	Marks Gate (Tantony Green)	Valence Park		Parsloes Park – 10am – 12noon
Tuesday 13 August	Old Dagenham Park	Central Park	Old Dagenham Park	
Wednesday 14 August	Barking Park	Barking Park		Valence Park – 1.30pm – 3.30pm
Thursday 15 August	Newlands Park (Thames View)	Mayesbrook Park		
Friday 16 August	Valence Park	Parsloes Park		Barking Park – 1.30pm – 3.30pm

Week Five	AM - 9.30am to 12noon	PM - 1pm to 3.30pm	Basketball: 1.30pm to 3.30pm	Cricket – Times Vary
Monday 19 August	Valence Park	Marks Gate (Tantony Green)		Mayesbrook Park - 10am – 12noon
Tuesday 20 August	Central Park	Old Dagenham Park	Central Park	
Wednesday 21 August	Barking Park	Barking Park		
Thursday 22 August	Mayesbrook Park	Newlands Park (Thames View)		Marks Gate - 1.30pm – 3.30pm
Friday 23 August	Parsloes Park	Valence Park		

Week Six	AM - 9.30am to 12noon	PM - 1pm to 3.30pm	Basketball: 1.30pm to 3.30pm	Cricket – Times Vary
Tuesday 27 August	Old Dagenham Park	Central Park		
Wednesday 28 August	Barking Park	Barking Park		Barking Park – 10am – 12noon
Thursday 29 August	Newlands Park (Thames View)	Mayesbrook Park		
Friday 30 August	Valence Park	Parsloes Park	Valence Park	Central Park – 1.30pm – 3.30pm

Healthy Lifestyles Team - Sport and Physical Activities

All activities cost £2 per person, per camp (unless indicated)

Week 1 - 22 to 26 July 2019

Activity: Multi Sports – First Kicks

The multi sports holiday camp will encourage children to take part in a number of different sporting activities throughout the week. This will include attendance from a street dance coach who will teach the participants different routines during the week for a performance that will be shown to parents/carers on the last day of the camp. Our aim is to encourage confidence and help children build on their basic skills of running, jumping, throwing and co-ordination. These key skills will be incorporated over the week in a number of different multi-sport games.

Venue: Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

Dates: Tuesday 23 to Friday 26 July 2019

Time: 9am to 3.30pm

Age group: 5 to 17 years

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July

Activity: Cooking Workshops – Grains of Knowledge

Children will create fusion world dishes combining flavours to cook familiar and unfamiliar recipes using healthy alternatives and in season produce

Children will learn the importance of healthy and safe practices in the kitchen, safe food storage and food handling, measurements, understanding instructions, working as a team, respecting each other, experiencing food and cultures that are not familiar to them, learn tolerance and embrace the diversity and similarities of food and flavours – all in safe and encouraging environment.

For the duration of the workshop, the participants will have a recipe book in which they will write all the recipes that have been created and cooked over the duration of the workshop.

On the final day, parent carers and friends will be invited to come together to taste some of the dishes that the children would have made that week.

Venue: Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

Age: 8 to 14 years

Dates: Wednesday 24 to Friday 26 July 2019

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July



Activity: Futsal - Everyone Active

Everyone Active are working in partnership with Dagenham & Redbridge Football club, with the aim of getting more young people participating in Futsal activity. Futsal Camps are a great opportunity for young people to improve skills, learn to develop fundamentals of Futsal, make new friends and have fun.

These sessions will inspire, build confidence and motivate young people to play Futsal on a regular basis. They will build strength both mentally and physically. Futsal is also a great way of introducing young people the importance of teamwork and building relationships in sport. It teaches social skills which are vitally important as they grow.

The camps will be divided into Futsal related activities allowing participants to gain a basic understanding of the sport, learn new skills and work as a team. They will revise the fundamental skills including ball control, passing and movement with the ball, whilst learning how to defend and attack effectively, in game situations.

The camp will end with a mini futsal tournament, so participants can express their skills to play match play

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Age: 5 to 14 years

Dates: Friday 26 July 2019

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July

Week 2 - 29 July to 2 August 2019

Activity: Multi Sports – Becontree Primary - **FREE**

The camp will provide multi-sports activities for children aged 8-11 years. The camp will support and enhance skills already promoted by the school. The camp will encourage healthy competition, as well as inclusivity.

The skills taught build up those within school and can be furthered through independent practice in the local park.

Venue: Becontree Primary School, Stevens Road, Dagenham Essex RM8 2QR

Age: 8 to 11 years

Dates: Monday 30 July to Friday 2 August

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July



Activity: Multi Sports – Finesse Sports

The camp includes a range of different activities, i.e. street dance, fitness, orienteering activities, gymnastics, basketball, netball, bench-ball, tag rugby, football, hockey, athletics, Dodgeball, Swedish long-ball, rounders and many more.

Children and young people are placed in age appropriate groups and rotate around activities throughout the day. They will learn basic skills and participate in small sided games in the specific sports or fitness activity. On the last day of camp children will take part in a day of competition, the winning team will receive Medals. Children and young people are also aiming to get as many stars awarded to them throughout the week for good sportsmanship, being helpful and good behaviour.

Each individual will hopefully grow in confidence, develop resilience, increase their self-esteem, make new friends, learn new transferable skills and leave the camp with a new found passion for sport to sustain regular participation in physical activities.

Venue: Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

Age: 5 to 17 years

Dates: Wednesday 31 July to Friday 2 August

Time: 9.30am to 3.30pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July

Activity: BAD Progress Project- Family sports & Fun Day - **FREE**

The “Sports & Family Fun Day” will be a 3-hour event for young people with disabilities, their families and friends. The Progress Project’s overriding aim is to ensure that young people with disabilities have equal access to sports activities and live a healthier life by improving their physical fitness; -participants will build confidence, self-esteem and engage in a fun community event to connect with their peers and improve their physical / mental health.

Progress Project has excellent relationships with Ab Phab, Sycamore Trust Youth Clubs, Essex Cricket, Havering Tennis Club and West Ham Community through their current outreach and sports development work, therefore these groups will support the event which will include the following sports: -Football, Tennis, Cricket, Dance, Athletics and Multi-sports

Venue: Castle Green, Jo Richardson Community School, Gale Street, Dagenham RM9 4UN

Age: 5 to 17 years

Dates: Thursday 1 August

Time: 11am to 2pm

Booking: For more information and to book please email sportingfutures@bdpp.org.uk or call 07807 015343



Activity: Everyone Active – Futsal

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The camp will end with a mini futsal tournament, so participants can express their skills to play match play

Venue: Becontree Heath Leisure Centre, Althorne way, Dagenham RM10 7FH

Age: 5 to 14 years

Dates: Friday 2 August 2019

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July

Week 3 - 5 to 9 August 2019

Activity: Dodgeball camp – Ultimate Vision

Each day will have a selected theme which will help improve each player's dodge ball ability including learning the rules of dodge ball, throwing, catching and blocking skills. The end of the week will finish with the dodge ball championships (tournament day) where each player will receive a medal and certificate.

Venue: Ripple Primary School, Suffolk Road, Barking IG11 7QS

Time: 10am to 2pm

Age group: 5 to 14 years

Dates: Monday 5 to Wednesday 7 August

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 15 July



Activity: Athletics – Be Fit Today Academy

The academy is a multi-event athletics development programme, which introduces the fundamental skills of athletics to young people. It focuses not only on how fast someone runs, jumps or throws but more importantly, on developing the technical skills required to perform at full potential and move like a champion. Participants will be placed in groups depending on their ability and will learn athletic disciplines through fun games with a competition at the end of the programme.

Venue: Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

Time: 10am to 4pm

Age group: 5 to 17 years

Date: Monday 5 to Thursday 8 August

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 15 July

Activity: Boxing camp - Dagenham Police & Community Boxing Club

The course will include non-contact boxing coaching tuition along with important inputs around carrying knives and gang membership from local Police. There will also be fitness sessions and healthy eating and diet inputs from qualified professionals.

Free places will also be offered to up to 25% of the participants into the clubs existing club groups (age permitting)

Venue: Dagenham (Police & Community) Boxing Club, 218-224 Heathway, Dagenham RM10 8RE

Time: 10am to 4pm

Age group: 5 to 10 years

Dates: Monday 5 to Wednesday 7 August

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 15 July

Activity: Cooking - Kinder Kitchen

To celebrate the diversity of the residents of Barking and Dagenham, each day we will cook up a feast of cuisines from Europe, Africa, The Caribbean, India and South East Asia. We will use an array of fresh ingredients showing children how to cook healthy yet tasty dishes. Seeing that it is summer we will use fresh and local seasonal produce as much as possible. A fusion of flavours for all taste buds!

Venue: Jim Peters Stadium, Lodge Avenue, Mayesbrook Park, Dagenham, RM8 2JR

Time: 10am to 3pm

Age group: 5 to 17 years

Date: Wednesday 7 August (5 to 7 years)

Thursday 8 August (8-17 years)

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 15 July



Activity: Everyone Active – Futsal

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The camps will be divided into Futsal related activities allowing participants to gain a basic understanding of the sport, learn new skills and work as a team. They will revise the fundamental skills including ball control, passing and movement with the ball, whilst learning how to defend and attack effectively, in game situations.

The camp will end with a mini futsal tournament, so participants can express their skills to play match play

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Age: 5 to 14 years

Dates: Friday 9 August

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July

Week 4 - 12 to 16 August 2019**Activity:** Boxing camp - Dagenham Police & Community Boxing Club

The course will include non-contact boxing coaching tuition along with important inputs around carrying knives and gang membership from local Police. There will also be fitness sessions and healthy eating and diet inputs from qualified professionals.

Free places will also be offered to up to 25% of the participants into the clubs existing club groups (age permitting)

Venue: Dagenham (Police & Community) Boxing Club, 218-224 Heathway, Dagenham RM10 8RE

Time: 10am to 2pm

Age group: 11 to 14 years

Dates: Monday 12 to Wednesday 14 August

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 22 July



Activity: Street Dance – Carter productions

The street dance workshops will involve the young people learning a variety of street dance styles from professionals in the industry. There are a number of street dance styles and we will cover as many as possible to the young people. The young people will learn new dance styles, meet new friends, gain confidence and how to create their own choreography.

Venue: Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7LX

Time: 11am to 4pm

Age group: 8 to 17 years

Dates: Monday 12 to Wednesday 14 August

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 22 July

Activity: Everyone Active – Futsal

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The camp will end with a mini futsal tournament, so participants can express their skills to play match play

Venue: Becontree Heath Leisure Centre, Althorne way, Dagenham RM10 7FH

Age: 5 to 14 years

Dates: Friday 16 August

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July



Week 5 - 20 to 24 August 2019

Activity: Football – Barking Football Club

The football camp will consist of multi skill functions designed within fun, small sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive and respectful for all.

Venue: Barking Football Club, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

Time: 10.00am to 3pm

Age group: 5 to 17 years

Dates: Monday 20 to Thursday 23 August

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 29 July

Activity: Cheerleading – Finesse Sports

Finesse Cheerleading camp teaches participants the fundamentals of cheer, as well as simple fun routines and lessons! The skills covered during this camp will include hand, arm, and leg motions, basic formations and lines combined with a few general chants for rhythm and timing.

By the end of the week the participants will have had a lot of fun and become familiar with the basics of cheerleading while building self-confidence, coordination, discipline and positive self-esteem. The week concludes with a choreographed performance in which parents are invited to come and watch

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Age: 8 to 17 years

Dates: Monday 20 to Wednesday 22 August

Time: 1.00pm to 4.00pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 29 July

Activity: Cooking - Kinder Kitchen

To celebrate the diversity of the residents of Barking and Barking each day we will cook up a feast of cuisines from Europe, Africa, The Caribbean, India and South East Asia. We will use an array of fresh ingredients showing children how to cook healthy yet tasty dishes. Seeing that it is summer we will use fresh and local seasonal produce as much as possible. A fusion of flavours for all taste buds!

Venue: Jim Peters Stadium, Lodge Avenue, Mayesbrook Park, Dagenham RM8 2JR

Time: 10am to 3pm

Age group: 5 to 17 years

Date: Wednesday 22 August (5 to 7 years)

Thursday 23 August (8 to 17 years)

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 29 July



Activity: Everyone Active – Futsal

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The camp will end with a mini futsal tournament, so participants can express their skills to play match play

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Age: 5 to 14 years

Dates: Friday 24 August

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July

Week 6 - 27 to 30 August 2019

Activity: Karate – Elitez Karate Academy

Elitez Karate Academy gives young people a chance to learn the fundamentals of the martial arts discipline. The camp sessions are built around encouraging a positive frame of mind and team work which can lead to new friendship circles being established. The aim is to enforce a healthy lifestyle which is implemented long-term.

Karate encourages and builds self-respect and confidence in young people via various channels including fitness. The camp will include basic karate lessons as well as fitness aspects implemented within.

Venue: Marks Gate Community Centre, Rose Lane, Marks Gate, Romford RM6 5NJ **TBC**

Time: 10am to 2pm

Age group: 5 to 17 years

Date: Tuesday 27 to Thursday 29 August

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 5 August



Activity: Rugby - Dagenham Rugby club

The camp will include children and young people learning core rugby skills, fitness and fun related games. Every morning the children will participate in doing a wake up and shake up session that will help start the day in the best possible way. children will be taught teamwork, sportsmanship, discipline, respect and enjoyment

Venue: Dagenham rugby club, Central park, Dagenham RM10 7FJ

Age: 5 to 14 years

Dates: Tuesday 27 to Friday 30 August

Time: 9.30am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 5 August

Activity: Everyone Active – Futsal

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The camp will end with a mini futsal tournament, so participants can express their skills to play match play

Venue: Becontree Heath Leisure Centre, Althorne way, Dagenham RM10 7FH

Age: 5 to 14 years

Dates: Friday 30 August

Time: 10am to 3pm

Booking: Please book via Eventbrite

Link will be available at www.newme.london/schoolsout - booking opens 8 July



Leisure Centres and other Sports Providers

Activity: Summer Holiday Club – Future Youth Zone

Description: Future Youth Zone offers a safe, exciting and affordable state of the art facility during the school holidays, for young people ages 8 to 12 years. Future has fantastic activities on offer every single day including a range of sports, games, music, dance and drama, arts, and cooking sessions.

Venue: Future Youth Zone, Barking and Dagenham, 201-225 Porters Avenue, RM9 5YX

Time: (8am to 6pm) Full day | (8am to 1pm), (1pm to 6pm) Half day

Age group: 8 to 12 years

Date: **Summer holidays** Wednesday 24 July to Friday 30 August (**Excluding weekends**)

Cost: £14 full day and £8 half day

Booking: Pre book only. Through our website. www.futureyouthzone.org/young-people/holiday-club/

Activity: Dance Project, Civil Blood

Description Studio 3 Arts is looking for 25 young people to take part in a once-in-a-lifetime dance project this summer! You will work with Matthew Bourne's New Adventures dance company to create your own dance show based on the themes of Romeo and Juliet and perform it on stage at Sadler's Wells!

Venue: Studio 3 Arts, Boundary Road, Barking Essex IG11 7JR

Time: 11.30am to 4.30pm

Age group: 13 to 19 years

Date: Taster day: Saturday 20 July

Project dates: Monday 22 July to Friday 16 August

Show date: Sunday 18 August

Cost: Free

Booking: Sharlene@studio3arts.org.uk

Activity: Dance Project

Description Take part in dance workshops, try out hip hop, breaking, street dance, afrobeat, jazz, contemporary, dancehall, salsa and Bollywood with industry professionals. No experience necessary.

Venue: Unit 46, Vicarage Fields Shopping Centre Barking (1st Floor)

Time: 10am to 4pm (split sessions by age – check for details)

Age group: 8 to 18 years

Date: Weekdays - Monday 5 August to Friday 30 August

Cost: Free

Booking: Sharlene@studio3arts.org.uk



Activity: Pool Inflatable Fun

Description: Summer Sessions Pool Inflatable

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 1pm to 2pm

Age group: 8 year olds and above

Date: 29 July, 5, 12, 19 and 26 August

Cost: £5 per session or £20 for 5 sessions

Booking: Call 020 3889 6238

Activity: Pool Inflatable Fun

Description: Summer Sessions with the Pool Inflatable

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 2pm to 3pm

Age group: 8 year olds & above

Date: 29 July, 5, 12, 19 and 26 August

Cost: £5 per session or £20 for 5 sessions

Booking: Call 020 3889 6238

Activity: Distance Badge Achievement Day

Description: Opportunity to gain distance achievements

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 1pm to 2pm

Age group: Ages 3 and above

Date: 30 July and 20 August

Cost: £3.30 for badges & certificates

Booking: becontreeswim@everyoneactive.com

Activity: Pool Inflatable Fun

Description: Summer Sessions with the Pool Inflatable

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 1pm to 2pm

Age group: 8 year olds & above

Date: 31 July, 7, 14, 21 and 28 August

Cost: £5 per session or £20 for 5 sessions

Booking: Call 020 3889 6238

Activity: Pool Inflatable Fun

Description: Summer Sessions with the Pool Inflatable

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 2pm to 3pm

Age group: 8 year old & above

Date: 31 July, 7, 14, 21 and 28 August

Cost: £5 per session or £20 for 5 sessions

Booking: Call 020 3889 6238

Activity: Swimming Crash Course

Description: Breaststroke Clinic

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 10am to 10.45am

Age group: Swim stages 4 and above

Date: 5 to 9 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Up to 10 metres

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 10.45am to 11.30am

Age group: Swimmers who can swim 5-10 metres

Date: 5 to 9 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Over 5 beginner

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 11.30am to 12.15pm

Age group: Children over 5 wishing to learn to swim

Date: 5 to 9 August 2019

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Adult Beginner

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 12.15pm to 1pm

Age group: Adults wishing to learn to swim

Date: 5 to 9 August 2019

Cost: 5 x 45 mins = £35.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Butterfly Clinic

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 10am to 10.45am

Age group: Stages 4 and above

Date: 12 to 16 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com



Activity: Swimming Crash Course

Description: Rookie Bronze

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 10.45am to 11.30am

Age group: Stage 7 & above wanting to learn lifesaving

Date: 12 to 16 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Water Smart

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 11.30am to 12.15pm

Age group: Stage 6 and above

Date: 12 to 16 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Front crawl Clinic

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 10am to 10.45am

Age group: Stages 4 and above

Date: 26 to 30 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Up to 10 metres

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 10.45am to 11.30am

Age group: For children who can swim between 5 to 10 metres

Date: 26 to 30 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com

Activity: Swimming Crash Course

Description: Over 5 beginners

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 11.30am to 12.15pm

Age group: Children over 5 wishing to learn to swim

Date: 26 to 30 August

Cost: 5 x 45 mins = £32.50

Booking: becontreeswim@everyoneactive.com



Activity: Becontree Gymnastics Club

Description: Open day includes fun sessions

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 1pm to 5pm

Age group: 4 years and above

Date: Sunday 25 August

Cost: £20

Booking: office.becontreegymnastics@yahoo.com

Activity: Becontree Gymnastics Club

Description: Fun sessions

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 12 noon to 5pm

Age group: 4 years above

Date: Tuesday 27 August

Cost: £20

Booking: office.becontreegymnastics@yahoo.com

Activity: Summer Swim Stars

Description: Summer programme for aspiring club swimmers

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 11am to 12pm

Age group: Swimmers in Stage 7 & above

Date: TBC

Cost: £32.50 for 5 weeks

Booking: Call 020 3889 6238 or neilgilmore@everyoneactive.com

Activity: Summer Swim Stars

Description: Summer programme for aspiring club swimmers

Venue: Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7LX

Time: TBC

Age group: Swimmers in Stage 7 & above

Date: Varied

Cost: £32.50 for 5 weeks

Booking: abbeyswim@everyoneactive.com



Libraries, Craft and other cultural activities

Activity: Singing Collective

Description Sing songs from a repertoire of popular music covering all genres. The group is led by Linton Bennett who has worked with artists across the music industry. No experience necessary.

Venue: Unit 46, Vicarage Fields Shopping Centre Barking (1st Floor)

Time: 6pm to 8pm

Age group: All ages (u13's to be accompanied by an adult)

Date: Every Tuesday

Cost: FREE

Booking: Turn up no booking required

Activity: Samba

Description Learn some Brazilian rhythms with Mestre Brian from Paraiso school of Samba. No experience necessary.

Venue: Unit 46, Vicarage Fields Shopping Centre, Barking. (1st Floor)

Time: 11am to 1pm

Age group: All (Family activity, parents to accompany children)

Date: Every Saturday

Cost: Free

Booking: Turn up no booking required

Week 1 – 20 July to 26 July 2019

Activity: Teddy Bear's Picnic

Description: Bring your teddy bears and picnics and enjoy an afternoon of games, teddy zip lining, children's craft activities and a bear hunt.

Venue: Valence House, Becontree Avenue, Dagenham RM8 3HT

Time: 11am to 3pm

Age group: Under 7 years

Date: Saturday 20 July

Cost: Free

Booking: Drop in.

Activity: Autism Hour: Teddy Bear's Picnic

Description: Bring your teddy bears and picnics and enjoy an afternoon of games, teddy zip lining, children's craft activities and a bear hunt.

Venue: Valence House, Becontree Avenue, Dagenham. RM8 3HT

Time: 10am to 11am

Age group: Under 7 years

Date: Saturday 20 July

Cost: Free

Booking: Drop in.



Activity: Garden workshop

Description: Junior area/Garden

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB

Time: 1.30pm to 3pm

Age group: Ages 5+

Date: Sunday 21 July

Cost: Free

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Family workshop Healthy Lunch box

Description: Healthy Lunch box

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB. Room 108

Time: 11am to 12noon

Age group: N/A

Date: Tuesday 23 July

Cost: Free

Booking: Drop in session. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Family workshop Be Sugar Smart

Description: Be Sugar Smart

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB. Room 108

Time: 2pm to 3pm

Age group: N/A

Date: Thursday 25 of July

Cost: Free

Booking: Drop in session. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Week 2 - 27 July to 2 August 2019

Activity: Bee Health Day

Description: A fun day and a chance to meet various bee and insect specialists and learn about bees and their importance. Various fun activities for families.

Venue: Eastbrookend Country Park, The Millennium Centre, Off Dagenham Road, Rush Green, Romford RM7 0SS

Time: 10am to 4pm

Age group: Open to all.

Date: Saturday 27 July

Cost: FREE

Booking: No booking. For more information, please contact Carol Edwards on 020 8227 2332 or email carol.edwards@lbbd.gov.uk



Activity: Big Butterfly Count

Description: Be part of the world's biggest butterfly survey and make beautiful creations to take home.

Venue: Valence House, Becontree Avenue, Dagenham RM8 3HT

Time: 11am to 3pm

Age group: Under 16 years

Date: Saturday 27 July

Cost: Free

Booking: Drop in

Activity: Bee Bonanza Family Fun Day

Description: Join the Park Rangers renovate and celebrate the small 'bee-garden' and create an accessible herb garden outside the Millennium Centre. Bring the whole family to enjoy a FREE fun-day of bee-themed activities: make bee-hotels and seed-bombs, learn about meadows and pollinators, go on a 'Bee-hunt' trail, talk to bee-keepers, see a virtual hive and explore the country park.

Venue: The Millennium Centre, Eastbrookend Country Park, Dagenham RM7 0SS

Time: 10am to 4pm

Age group: Family

Date: Saturday 27 July

Cost: Free Entry

Booking: N/A

Contact: Carol Edwards

Contact Number: 07866 129748

Activity: Garden workshop

Description: Junior area / Garden

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB

Time: 1.30pm to 3pm

Age group: Ages 5+

Date: Sunday 28 July

Cost: Free

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Family yoga

Description

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room G12

Time: 2pm to 3pm

Age group: Ages 5+

Date: Monday 29 July

Cost: Free

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722



Activity: Nature Detectives 'What Lies Beneath'

Description: Discover the amazing creatures living in the lakes at Eastbrookend. A free, family event where children (and adults) can have a go at pond-dipping and find out what lies beneath the surface.

Venue: The Millennium Centre, Eastbrookend Country Park, Dagenham RM7 0SS

Time: 10am to 12pm

Age group: Family

Date: Tuesday 30 July

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/nature-detectives-what-lies-beneath-tickets-64300153490>

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920

Activity: Bingo for children

Description:

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Conference room

Time: 2pm to 3pm

Age group: Ages 5+

Date: Tuesday 30 July

Cost: Free

Booking: 40 places available. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Summer Reading Challenge Roadshow

Description:

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 2pm to 4pm

Age group: All Ages

Date: Tuesday 30 July

Cost: Free

Booking: Drop in

Activity: Craft session

Description: Wooden Rockets / Alien Monster Head Bands

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 2pm to 4pm

Age group: All Ages

Date: Tuesday 30 July

Cost: Free

Booking: Drop in



Activity: Around the World Explorer Backpacks

Description: Explore Valence House Museum with our Around the World themes backpacks, filled with fun activities.

Venue: Valence House, Becontree Avenue, Dagenham RM8 3HT

Time: 10am to 4pm

Age group: Under 8 years

Date: Tuesday 30 July to Saturday 31 August

Cost: Free

Booking: Drop in

Activity: Victorian Playtime

Description: Make a rag rug and create your own peg doll as you step back in time with these Victorian activities.

Venue: Valence House, Becontree Avenue, Dagenham RM8 3HT

Time: 11am to 12.30pm and 1.30pm to 3pm

Age group: Under 12 years

Date: Wednesday 31 July

Cost: £2

Booking: Drop in

Activity: Creative Music Workshop

Description: The aim of this workshop is to allow kids/teen to use their creative skills/talent into something fun and enjoyable.

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 115

Time: 3pm to 5pm

Age group: Ages 9 to 15 years

Date: Wednesday 31 of July

Cost: Free

Booking: Please book your space. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Bee Walk

Description: Join the first Eastbrookend Bee Walk, as the Rangers and bee expert John Taylor from Bumblebee Conservation Trust (BBCT) survey for bumblebees along a 2km route through the park. Learn how to identify some of the most common species. Data gathered will be submitted to BBCT for ongoing population monitoring.

Venue: The Millennium Centre, Eastbrookend Country Park, RM7 0SS

Time: 11am to 1pm

Age group: Adults

Date: Thursday 1 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/bee-walk-with-bumblebee-conservation-trust-tickets-64300428312>

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129920



Activity: Hands on in the Herb Garden

Description: Discover more about the herbs in our garden and make your own lavender wand.

Venue: Valence House, Becontree Avenue, Dagenham. RM8 3HT

Time: 11am to 12.30pm and 1.30pm to 3pm.

Age group: Under 12 years

Date: Friday 2 August

Cost: Free

Booking: Drop in

Activity: Film Show

Description: Monsters vs Aliens

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 1pm to 3pm

Age group: All Ages

Date:

Cost: Free

Booking: 30 places available. thamesview.library@lbbd.gov.uk 020 8270 4164

Week 3 – 3 August to 9 August 2019

Activity: Autism Hour: Around the world Explorer Backpacks

Description: Explore Valence House Museum with our Around the World themes backpacks, filled with fun activities. An autism friendly session. Access via Margery Road entrance only.

Venue: Valence House, Becontree Avenue, Dagenham. RM8 3HT

Time: 4.30pm to 5.30pm

Age group: Under 8 years

Date: Saturday 3 August

Cost: Free

Booking: Booking essential: 020 8227 2034

Activity: Family Bushcraft

Description: Join London Bushcraft for a morning in the woods learning the essentials of survival in the wilds. This is an event for all the family, 7 years and up.

Time: 10am to 12noon

Age group: Family

Date: Sunday 4 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/family-bushcraft-tickets-64300532624>

Contact: Gareth Winn

Contact Number: 020 8227 2332



Activity: Garden workshop

Description: Junior area/Garden

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB

Time: 1.30pm to 3pm

Age group: Ages 5+

Date: Sunday 4 August

Cost: Free

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Family yoga

Description:

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room G12

Time: 2pm to 3pm

Age group: Ages 5+

Date: Monday 5 August

Cost: Free

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Nature Detectives 'We're going on a Bug Hunt'

Description: Join the Rangers on a mini-beast hunt at Eastbrookend Country Park in the search for spiders, bugs, beetles, snails, butterflies and dragonflies! If it crawls, jumps, glides, or flies, we will help you learn about its habitats, food and lifecycles. What's not to love?!

Venue: The Millennium Centre, Eastbrookend Country Park, Dagenham Road RM7 0SS

Time: 10am to 12noon

Age group: Family

Date: Tuesday 6 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/nature-detectives-were-going-on-a-bug-hunt-tickets-64302565705>

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920

Activity: Slim Workshop

Description: With Lloyd Warbey

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 2pm to 3pm

Age group: 5 to 11 years

Date: Tuesday 6 August

Cost: Free

Booking: 25 places available. thamesview.library@lbbd.gov.uk 020 8270 4164



Activity: Mega Model Making

Description: Build fishing boats and model cars as you discover more about Dagenham's industrial heritage.

Venue: Valence House, Becontree Avenue, Dagenham RM8 3HT

Time: 11am to 12.30pm and 1.30pm to 3pm

Age group: Under 12 years

Date: Wednesday 7 August

Cost: £2

Booking: Drop in.

Activity: Orchard Summer Picnic – Barking Park

Description: Join the Orchard Project and Park Rangers for a Summer picnic in our Community Orchard. Take part in a range of children's activities, enjoy a tour of the fruit trees, try your hand at watering and weeding the trees and sign up for further orchard events/training.

Some snacks will be provided but please do bring your own picnic food and a blanket or mat to sit on.

Venue: Barking Park

Time: 11.30am to 1.30pm

Age group: Family

Date: Wednesday 7 August

Cost: Free

Booking: N/A

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920

Activity: Green Fingers Friday

Description: Get your hands dirty in our garden, discover more about growing fruit and vegetables and plant something to take home and grow.

Venue: Valence House, Becontree Avenue, Dagenham. RM8 3HT

Time: 10am to 4pm

Age group: Under 12 years

Date: Friday 9 August

Cost: £2

Booking: Drop in.

Activity: Film Show

Description: Wall. E

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 1pm to 3pm

Age group: All Ages

Date: Friday 9 August

Cost: Free

Booking: 30 places available. thamesview.library@lbbd.gov.uk 020 8270 4164



Week 4 – 10 August to 16 August 2019

Activity: My Quick and Tasty Lunch Pack Recipes

Description

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Meeting room 4

Time: 2pm to 3pm

Age group:

Date: Saturday 10 August

Cost: Free

Booking: Booking Required. 10 places + parents barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Garden workshop

Description: Junior area/Garden

Venue: Barking Learning Centre. 2 town square, IG11 7NB.

Time: 1.30pm to 3pm

Age group: Ages 5+

Date: Sunday 11 August 2019

Cost: Free

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Mindfulness and Wellbeing Walk

Description: Take a peaceful walk through the Country Park, with a focus on being fully present in the natural surroundings and enjoying an awareness through all your senses.

Venue: The Millennium Centre, Eastbrookend Country Park, RM7 0SS

Time: 10:30am to 12 Noon

Age group: Adults

Date: Sunday 11 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/mindfulness-and-wellbeing-walk-tickets-64303146442>

Contact: Jerome Scorer

Contact Number: 07866 129 920

Activity: Photography workshop

Description: Photography workshop for young people learn how to use your smart phone to take perfect photos

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 115

Time: 2pm to 4 pm

Age group: Ages 9 to 15 years

Date: Monday 12 August 2019

Cost: Free

Booking: Booking required. barkinglibrary@lbbd.gov.uk / 020 8724 8722



Activity: Wiggly Wonders – Worms and Composting

Description: Find out why worms are natural 'superheroes' and see if you can discover the special recipe for making perfect compost.

Venue: The Millennium Centre, Eastbrookend Country Park, RM7 0SS

Time: 10am to 12 Noon

Age group: Family

Date: Tuesday 13 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/wiggly-wonders-worms-and-composting-tickets-64304003004>

Contact: Carol Edwards

Contact Number: 07866 129 748

Activity: Bingo for children

Description:

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 115

Time: 2pm to 3pm

Age group: Ages 5+

Date: Wednesday 13 August 2019

Cost: Free

Booking: Drop in. 40 places available. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Zoo Lab

Description:

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 2pm to 4pm

Age group: All Ages

Date: Tuesday 13 August

Cost: Free

Booking: Drop in

Activity: Orchard Summer Picnic – Central Park

Description: Join the Orchard Project and Park Rangers for a Summer picnic in our Community Orchard. Take part in a range of children's activities, enjoy a tour of the fruit trees, try your hand at watering and weeding the trees and sign up for further orchard events/training.

Some snacks will be provided but please do bring your own picnic food and a blanket or mat to sit on.

Venue: Central Park, Dagenham

Time: 11.30am to 1.30pm

Age group: Family

Date: Wednesday 14 August

Cost: Free

Booking: N/A

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920



Activity: Summer Cupcake Decorating

Description: Decorate cupcakes in this yummy workshop and make a fancy box for your cupcake creations.

Venue: Valence House, Becontree Avenue, Dagenham RM8 3HT

Time: 11am to 3pm

Age group: Under 12 years

Date: Wednesday 14 August

Cost: £5

Booking: Booking essential: 020 8227 2034

Activity: Creative Music Workshop

Description: The aim of this workshop is to allow kids/teen to use their creative skills/talent into something fun and enjoyable.

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 115

Time: 3pm to 5pm

Age group: Ages 9 to 15 Years

Date: Wednesday 14 of August

Cost: N/A

Booking: Please book your space. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Big City Butterflies - Butterfly Identification Training

Description: Join an expert from Butterfly Conservation and find out how identify different species of butterflies from their shape, colour and markings, and learn about their preferred habitats – led by May Webber, Butterfly Conservation

Venue: The Millennium Centre, Eastbrookend Country Park, RM7 0SS

Time: 10am to 4pm

Age group: Adults

Date: Thursday 15 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/big-city-butterflies-butterfly-identification-training-tickets-64304334997>

Contact: Carol Edwards 07866 129 748 / Jerome Scorer 07866 129 920

Activity: Autism Hour: Around the world Explorer Backpacks

Description: Explore Valence House Museum with our Around the World themes backpacks, filled with fun activities. An autism friendly session. Access via Margery Road entrance only.

Venue: Valence House, Becontree Avenue, Dagenham. RM8 3HT

Time: 4.30pm to 5.30pm

Age group: Under 8 years

Date: 15 August

Cost: Free

Booking: Booking essential: 020 8227 2034



Activity: Craft session

Description: Solar System colour – in window decorations

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 1pm to 3pm

Age group: All Ages

Date: Friday 16 August

Cost: Free

Booking: 30 places available. thamesview.library@lbbd.gov.uk 020 8270 4164

Week 5 – 17 August to 23 August 2019

Activity: Jewellery Making

Description: Take some inspiration from the museum collection and create some jazzy jewellery to take home.

Venue: Valence House, Becontree Avenue, Dagenham RM8 3HT

Time: 11am to 12.30pm and 1.30pm to 3pm

Age group: Under 12 years

Date: Saturday 17 August

Cost: £2

Booking: Drop in.

Activity: Garden workshop

Description: Junior area/Garden

Venue: Barking Learning Centre. 2 Town Square IG11 7NB.

Time: 1.30pm to 3pm

Age group: Ages 5+

Date: Sunday 18 August

Cost: N/A

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Family workshop Eating well for less

Description:

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 108

Time: 2pm to 3pm

Age group: All Welcome

Date: Monday 19 August

Cost: N/A

Booking: Drop in session. barkinglibrary@lbbd.gov.uk / 020 8724 8722



Activity: Nature Detectives 'What Lies Beneath'

Description: Discover the amazing creatures living in the lakes at Eastbrookend. A free, family event where children (and adults) can have a go at pond-dipping and find out what lies beneath the surface.

Venue: The Millennium Centre, Eastbrookend Country Park, Dagenham Road RM7 0SS

Time: 10am to 12noon

Age group: Family

Date: Tuesday 20 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/nature-detectives-what-lies-beneath-tickets-64304401195>

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920

Activity: Craft session

Description: Rocket Jump Up

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 2pm to 4pm

Age group: 5+

Date: Tuesday 20 August

Cost: Free

Booking: 30 places available. thamesview.library@lbbd.gov.uk 020 8270 4164

Activity: Orchard Summer Picnic – Pondfield Park

Description: Join the Orchard Project and Park Rangers for a Summer picnic in our Community Orchard. Take part in a range of children's activities, enjoy a tour of the fruit trees, try your hand at watering and weeding the trees and sign up for further orchard events/training.

Some snacks will be provided but please do bring your own picnic food and a blanket or mat to sit on.

Venue: Pondfield Park

Time: 11.30am to 1.30pm

Age group: Family

Date: Wednesday 21 August

Cost: Free

Booking: N/A

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920

Activity: Treasure Hunt

Description: Can you follow the clues and solve the puzzles to find the hidden treasure?

Venue: Valence House, Becontree Avenue, Dagenham. RM8 3HT

Time: 11am to 12.30pm and 1.30pm to 3pm

Age group: Under 12 years

Date: Wednesday 21 August

Cost: £2

Booking: Drop in.



Activity: Creative Music Workshop

Description: The aim of this workshop is to allow kids/teen to use their creative skills/talent into something fun and enjoyable.

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 115

Time: 3pm to 5pm

Age group: Ages 9 to 15 years

Date: Wednesday 21 of August

Cost: Free

Booking: Please book your space

Activity: Film Show

Description: Flight of the Navigator

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 1pm to 3pm

Age group: All Ages

Date: Friday 23 August

Cost: Free

Booking: 30 places available. thamesview.library@lbbd.gov.uk 020 8270 4164

Week 6 – 24 August to 30 August 2019

Activity: Garden workshop

Description: Junior area / Garden

Venue: Barking Learning Centre. 2 Town Square IG11 7NB

Time: 1.30pm to 3pm

Age group: Ages 5+

Date: Sunday 25 August

Cost: Free

Booking: Please book your space. Up to 20 places. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Waste Warriors – Rubbish and Recycling

Description: Take part in a special treasure hunt for valuable resources hidden around the park and discover which everyday items are 'Treasure or Trouble'. Find out how litter impacts on wildlife and see if you could be a Champion for nature.

Venue: The Millennium Centre, Eastbrookend Country Park, Dagenham Road RM7 0SS

Time: 10am to 12noon

Age group: Family

Date: Tuesday 27 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/waste-warriors-rubbish-and-recycling-tickets-64304511525>

Contact: Carol Edwards

Contact Number: 07866 129 748



Activity: Bingo for children

Description:

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 115

Time: 2pm to 3pm

Age group: Ages 5+

Date: Tuesday 27 August

Cost: Free

Booking: Drop in. 40 places available. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Creative Music Workshop

Description: The aim of this workshop is to allow kids/teen to use their creative skills/talent into something fun and enjoyable.

Venue: Barking Learning Centre. 2 Town Square, IG11 7NB Room 115

Time: 3pm to 5pm

Age group: Ages 9 to 15 years

Date: Wednesday 28 August

Cost: Free

Booking: Please book your space. barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Craft session

Description: Alien monster funny face scenes

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 2pm to 4pm

Age group: All Ages

Date: Wednesday 28 August

Cost: Free

Booking: 22 places available. thamesview.library@lbbd.gov.uk 020 8270 4164

Activity: Big City Butterflies - Butterfly Walk

Description: Explore the park to find and identify different species of butterflies and learn about their preferred habitats – led by May Webber, Butterfly Conservation

Venue: The Millennium Centre, Eastbrookend Country Park, RM7 0SS

Time: 10am to 12.00 Noon

Age group: Adults

Date: Thursday 29 August

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/big-city-butterflies-butterfly-walk-tickets-64305141409>

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920



Activity: Family Salsa by Latin Love

Description: Junior area ground floor

Venue: Barking Learning Centre. 2 Town Square IG11 7NB

Time: 3pm to 4pm

Age group: All ages welcome

Date: Thursday 29 August

Cost: Free

Booking: more information at barkinglibrary@lbbd.gov.uk / 020 8724 8722

Activity: Film Show

Description: Home

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 1pm to 3pm

Age group: All ages

Date: 1pm to 3pm

Cost: Free

Booking: 30 places available. thamesview.library@lbbd.gov.uk 020 8270 4164

Activity: Tracey Sokoya Workshop

Description:

Venue: Thames View Library, Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LG

Time: 1.30pm to 2.20pm

Age group: 5+

Date: Saturday 31 August

Cost: Free

Booking: 10 places available. thamesview.library@lbbd.gov.uk 020 8270 4164

September 2019

Activity: Nature Detectives 'We're going on a Bug Hunt'

Description: Join the Rangers on a mini-beast hunt at Eastbrookend Country Park in the search for spiders, bugs, beetles, snails, butterflies and dragonflies! If it crawls, jumps, glides, or flies, we will help you learn about its habitats, food and lifecycles. What's not to love?!

Venue: The Millennium Centre, Eastbrookend Country Park, Dagenham Road

Time: 10am to 12noon

Age group: Family

Date: Tuesday 3 September

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/nature-detectives-were-going-on-a-bug-hunt-tickets-64305194568>

Contact: Carol Edwards 07866 129748 / Jerome Scorer 07866 129 920



Activity: Nature Trail

Description: Follow the clues and natural markers to find your way around this trail, discovering some fascinating features and local wildlife along the way.

Venue: The Millennium Centre, Eastbrookend Country Park, Dagenham Road RM7 0SS

Time: 11am to 12noon

Age group: Family

Date: Thursday 5 September

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/nature-trail-tickets-64305612819>

Contact: Jerome Scorer 07866 129 920

Activity: Wild Food and Medicinal Plant Walk

Description: Join the Rangers as we look at what nature's very own supermarket has to offer.

Venue: Millennium Centre, Eastbrookend Country Park, RM7 0SS

Time: 10:30am

Age group: Adults

Date: Saturday 7 September

Cost: Free

Booking: No Booking Necessary

Contact: Gareth Winn

Contact Number: 020 8227 2332

Activity: Family Bushcraft

Description: Join London Bushcraft for a morning in the woods learning the essentials of survival in the wilds. This is an event for all the family, 7 years and up.

Time: 10am to 12 Noon

Age group: Family

Date: Sunday 8 September

Cost: Free

Booking: via Eventbrite <https://www.eventbrite.co.uk/e/family-bushcraft-tickets-64305938794>

Contact: Gareth Winn

Contact Number: 020 8227 2332

Ongoing conservation activities

Activity: Conservation Volunteering – Eastbrookend and The Chase

Description: Help the Rangers manage various habitats for wildlife and keep the parks looking great for visitors. Tea and biscuits provided.

Venue: Meet at The Millennium Centre, Eastbrookend Country Park, Dagenham Road RM7 0SS

Time: 10am to 2pm

Age group: 16 years and above

Date: Every Monday

Cost: Free

Booking: Not necessary

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129748 / 07866 129920



Activity: Conservation Volunteering – Barking Park

Description: Help the Rangers maintain the community orchard, keep the lake clean and the park looking great for visitors. Tea and biscuits provided.

Venue: Meet at The Visitor Centre, Barking Park, Longbridge Road, Barking IG11 8SS

Time: 10am to 2pm

Age group: 16 years and above

Date: Every Tuesday

Cost: Free

Booking: Not necessary

Contact: Carol Edwards / Jerome Scorer

Contact Number: 07866 129 748 / 07866 129 920

Activity: Conservation Volunteering – Valence House Museum

Description: Help the Rangers care for the herb garden, 'victory plot' vegetable beds and fruit trees, and keep the gardens looking great for visitors. Tea and biscuits provided.

Venue: Meet at Valence House Museum Visitor Centre, RM8 3HT.

Time: 10am to 2pm

Age group: 16 years and above

Date: Every Wednesday

Cost: Free

Booking: Not necessary

Contact: Michèle van Veerssen

Contact Number: 07966 972214

Activity: Conservation Volunteering – Eastbury Manor House

Description: Help the Rangers look after the gardens of this National Trust property. The gardens include rose beds, wild flower meadow, walled garden, and Tudor herb garden. Tea, biscuits and complimentary lunch provided.

Venue: Meet at the Manor House café, IG11 9SN.

Time: 10am to 2pm

Age group: 16 years and above

Date: Every Friday

Cost: Free

Booking: Not necessary

Contact: Michèle van Veerssen

Contact Number: 07966 972214



Children's Centres

There will be a range of free activities running from children's centre's over the summer holidays. For more information check our website www.lbbd.gov.uk/residents/children-young-people-and-families/early-years-and-childcare/childrens-centres/find-out-whats-on-at-your-local-childrens-centres where you can search our event by date, centre name, time, service name and you will also find out where your nearest centre is.

You can also follow us on twitter @LBBDCCs for regular updates.

Activity: Children's Centre's summer services

Description: A range of activities for families with children including Toddler Talk, Little Rhyme Makers, Play with a Story, Babbling Babes, Baby Massage, Make and Shake, Baby Feeding café, parents' forum activities.

Venue: Various across the borough

Time: Please contact centre

Age group: All families welcome

Date: Throughout summer holidays, please contact centre for details

Cost: Most free, please contact centre

Booking: Most drop-in but numbers are limited. Please contact the centres for further information.

- Becontree Children's Centre 020 8724 1830
- Gascoigne Children's Centre 020 8724 1147
- Leys Children's Centre 020 8724 1983
- Marks Gate Children's Centre 020 8724 6091
- Sue Bramley Children's Centre 020 8724 6619
- William Bellamy Children's Centre 020 8724 1924
- Heathway Centre (for children with disability) 020 8724 5500



Activities available all year

Activity: Euro Dagenham Youth football training

Description: football training for boys and girls 5 to 15 years old

Venue: Jim Peters Stadium, Mayesbrook Park, Dagenham RM8 2JR

Time: 10am to 12 noon Saturday's and Mondays 5.30pm onwards dependent on age

Age group: 5 to 15 years

Date: Immediate start

Cost: £7.00 per week

Booking: Walk ups accepted, for more detail contact 07825 760542 or email eurodagenhamfc@yahoo.co.uk

Activity: Junior Football coaching

Description: Football delivered by Dagenham & Redbridge FC

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm

Age group: 5 to 8 years

Date: Monday from September

Cost: on registration

Booking: 020 3889 6238

Activity: Junior Football coaching

Description: Football delivered by Dagenham & Redbridge FC

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 5pm to 6pm

Age group: 9 to 12 years

Date: Monday from September

Cost: on registration

Booking: 020 3889 6238

Activity: Becontree Gymnastics Club

Description: Gymnastics classes

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm or 5pm to 6pm

Age group: 4 years and above

Date: Tuesday from September

Cost: on registration

Booking: office.becontreegymnastics@yahoo.com

Activity: Badminton coaching

Description: Junior coaching delivered by experienced coach

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm

Age group: 8 to 15 years

Date: Wednesday from September

Cost: on registration

Booking: 020 3889 6238



Activity: Becontree Gymnastics Club

Description: Gymnastics classes

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm or 5pm to 6pm

Age group: 4 years and above

Date: Thursday from September

Cost: on registration

Booking: office.becontreegymnastics@yahoo.com

Activity: Racket Pack

Description: Junior Badminton England coaching programme delivered by experienced coach

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm

Age group: 5 to 11 years

Date: Friday from September

Cost: £3 per session

Booking: 020 3889 6238

Activity: Junior Futsal coaching

Description: Futsal coaching delivered by Dagenham & Redbridge FC

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 5pm to 6pm

Age group: 8 to 12 years

Date: Friday from September

Cost: £1 per session

Booking: 020 3889 6238

Activity: Social Cycling with Vandome Cycles

Description: Learn to Ride / Rider Development / Park Rides

Venue: Jim Peters Stadium, Mayesbrook Park, RM8 2JR

Time: 4.30pm to 6.30pm

Age Group: All ages

Date: Every Wednesday

Cost: FREE

Booking: Yes for learn to ride 020 8220 3075 or email info@vandomecycles.co.uk

Activity: BMX Cycling with Barking and Dagenham Cycling Club

Description: BMX Cycling – must have your own BMX bike

Venue: BMX Pump Track, Tantony Green, Marks Gate RM6 5NA

Time: 10am to 11am

Age Group: 8 to 16 years

Date: Every Saturday

Cost: FREE

Booking: No, just turn up



Activity: Athletics – Be Fit Today Athletics Academy

Description: Be Fit Today Academy(BFTTA) is an exciting revolutionary track club which focuses on unearthing unharnessed potential. Every young person has the ability inside to excel in a sport. We provide a training foundation which allows you to excel in any sport or career.

There are no limits to what you can achieve. Our team is led by elite Great Britain international coaches and will not only shape sportspeople but also instil a winning mind-set for life.

Venue: Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

Day and Times: Mondays and Tuesdays 5.30pm to 7pm / Saturdays 10.30am to 12pm

Age group: 6 to 17 years

Cost: £65 per child membership per year

Booking: admin@befittoday.co.uk or call 020 7101 5049 / 07931486098

Activity: Junior Gym Session

Description: Gym based fitness training and programme design

Venue: Becontree Health Leisure Centre, Althorne Way, Dagenham RM10 7FH

Venue: Abbey Leisure Centre, Booby Moore Way, Barking IG11 7HW

Time: 4pm to 6pm (11.30am to 1pm School holidays only) Monday to Friday
2pm to 4pm Saturday and Sunday

Anytime as long as you come with an adult member

Age group: 11 to 15 years old

Date: Ongoing

Cost: £4.30 per person, per session borough residents.

Booking: For booking and membership information contact Becontree Heath Leisure Centre 033 3005 0491 or Abbey Leisure Centre contact 033 3005 0489

Activity: Jolly Jungle

Description: The Jolly Jungle has a soft play area, a ball pit and the highest safe slide for miles around. A great place for toddlers and children up to the age of 12 to let off some steam. After the fun, sit and relax in the cafe which serves hot and cold refreshments.

Venue: Becontree Health Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: 10am to 6pm

Age group: 1 to 12 years and height restriction under 1.48cm

Date: 21 July to 30 August 2017 (Weekdays only)

Cost: £1.55 Under 1s, £5.20 ages 1 – 3 years, £6.20 Over 3s – Adult £1.90

Booking: No need to book, just turn up

Activity: The Idol – Children's soft play area

Description: Transport yourself and your children into an imaginary world where babies and toddlers can play in a snakeskin ball pit and children can climb into the giant body of *The Idol*, look through its eyes and leap from the white-knuckle drop slide. *The Idol* is the borough's newest soft play centre designed by the Turner-prize nominated artist, Marvin Gaye Chetwynd.

Venue: Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7HW

Time: Monday to Friday 10am to 7pm (only 2 hours per session)
Saturday and Sunday 9am to 6.30pm

Age group: 1 to 12 years and height restriction under 1.48cm

Date: Ongoing

Cost: £1.55 Under 1s, £4.15 ages 1 – 3 years, £5.20 Over 3s, per 2 hour session.



Booking: No need to book, just turn up

Activity: Aquatics Programme

Description: Our award winning aquatics programme has something for everyone including group lessons for children aged three years and above. There is also adult and baby/toddler sessions, swimming squads for competition and fitness or fun with the Barking and Dagenham Aquatics Club

Venue: Abbey Leisure Centre, Booby Moore Way, Barking IG11 7HW and Becontree Health Leisure Centre, Althorne Way, Dagenham RM10 7FH

Time: Various times

Age group: 0 years and above

Date: Ongoing

Cost: various costs

Booking: For booking and membership information contact Becontree Heath Leisure Centre 033 3005 0491 or Abbey Leisure Centre contact 033 3005 0489

Activity: Park Run

Description: Park run is a 2k run for children and young people aged between 4 and 14 held in Central Park, Dagenham every Sunday at 9am. Barking and Dagenham junior parkrun takes place every week on a Sunday at 9:00am. It is free to take part, but you should register in advance. The aim is to have fun. Please come along and join in whatever your pace!

Venue: Parsloes Park, Gale Street, Dagenham (Next to Future Youth Zone).

Time: 9am

Age group: 4 to 14 years

Date: Every Sunday

Cost: Free

Booking: please register before your first visit. <https://www.parkrun.org.uk/barkinganddagenham-juniors/> Only ever register with parkrun once. Don't forget to bring a printed copy of your barcode

