

News from Neighbours in Poplar

Issue 7 – January 2022



Our LinkAge Plus Outreach Workers are still working!
We are happy to help with any of the following matters:

- ✓ Parking Permits
- ✓ Claiming Benefits
- ✓ Housing Issues
- ✓ Telephone Befriending
- ✓ Pension Credits

Contact one of our Outreach Workers for help:

Dyane	07947 798685
Matilda	07985 778333
Muna	0207 531 0190
Ali	07947 605 473
Serena	07543 666 570
Office Landline	0207 531 0190

What Went On Last Month...

On the 10th December, students from Our Lady and St. Joseph's choir came and sang some Christmas Carols for our Friday Hub attendees. Their conductor even played the guitar!

Before we took a break in December, Neighbours in Poplar hosted a Christmas Party in St. Matthias Community Centre. Over 73 of our clients turned up, despite the cold. We had many young volunteers from Valero who came to help, one of the youngest being 9! Georgie B kept everyone entertained with his Mo-Town and Christmas singing. A lot of our mobile clients were up on their feet, enjoying a dance and Conga. Even Mother Christmas made a visit, with gifts for all (thanks to one of our generous donors)!

John Biggs and his team of Councillors also visited. They delivered Christmas Meals for clients to take home and enjoy. It was a very successful day!



Neighbours in Poplar Activities Timetable

Winter 2021/22

If you are interested in any activities please call 0207 531 0190 to register.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Serena English National Ballet Balance Exercise 10:30am – 11:30am <i>Annabel Close, QVSR,</i> <i>E14 6DF</i>	Serena Chair Exercise 10:30am – 11:30pm <i>Latimer Church, E1 4LS</i>	Hub - Dyane Exercise, Bingo and Lunch included 9:30am – 1pm <i>Saltwell St., E14 0DZ</i>	Serena (Chair Yoga) 10:30am – 11:30am <i>Annabel Close, QVSR,</i> <i>E14 6DF</i>	Hub – Mandy Exercise, Bingo and Lunch included 11am – 3pm <i>St. Matthias, E14 0AE</i>	Dyane (Gardening) 9am – 1:30pm <i>Saltwell St., E14 0DZ</i>
Ali Men’s Fitness Class 7pm – 8pm The Workhouse	Ali IT Surgery 11am – 1pm Wigram House, E14 0DA	Ali Football Club 7pm – 9pm Bromley By Bow/ Mabley Green	Ali IT Surgery 11am – 1pm Wigram House, E14 0DA	Ali IT Surgery 11am – 1pm Wigram House, E14 0DA	Women’s Fitness Class 3:30pm – 5pm Meet up point outside the Workhouse
	Hub – Myra Exercise, Bingo and Lunch included 11am – 2:30pm <i>St. Johns – IOD</i>	Ali Men’s Fitness Class 8pm – 9pm The Workhouse	Hub - Myra Exercise, Lunch and Bingo included 11am – 2:30pm <i>Saltwell St., E14 0DZ</i>		Sunday Sr. Christine Lunch Club Last Sunday of every month Saltwell St. E14 0DZ
	Bingo 12pm – 2pm Aberfeldy				
	David (Digital Art) 2pm – 4pm <i>The Guildroom</i>				

***COVID Response Project - Hot Meals every Wednesday and Sunday**
 Help with deliveries appreciated from 11:45am – 12:45pm
 Vegetable Preparation Every Tuesday and Friday from 9am -10:30am

***Food Bank – Thursdays from 11am – 1pm in**
 St. Matthias Community Centre
 Only residents from E14