Newham African Caribbean Resource Centre

The Newham African Caribbean Resource Centre is based in Plaistow. The centre benefits from a hall, which is available for hire, offices, a crèche, meeting and activity rooms.

Activities:

**African Dance**
Day and time: Thursday 10am - 11am
Suitable for: Over 50s
Cost: Free

**Africanistic Movement**
Day and time: Monday 12pm - 1pm
Suitable for: Over 50s
Cost: Small fee applies
Brief description: African dance steps for over 50s attending the lunch club

**Prostrate Awareness Clinic**
Day and time: Monday and Tuesday 2pm - 7.30pm
Suitable for: Adults
Cost: Free

**Deborah Day Dance Class**
Day and time: Saturday 10am - 12pm
Suitable for: All ages
Cost: Small charge applies
Brief description: Acting and drama lessons

**Domino Workshop**
Day and time: Tuesday 8.30pm - 10.30pm
Suitable for: All ages
Cost: Free
Brief description: Domino club available to everyone

**Judo**
Days and times: Friday 6pm - 8pm and Wednesday 8pm - 10pm
Suitable for: All ages
Cost: Small charge applies
Brief description: Self defence lessons available to everyone

**Lunch club**
Days and times: Wednesday and Thursday 10am - 3pm
Suitable for: Over 50s
Cost: £2.50 for lunch - no charge for activities
Brief description: Lunch club for the over 50s including various activities

**Social Night/Recreation**
Day and time: Friday 8pm - 11.30pm
Suitable for: Adults
Cost: Small charge for food - activities are free
Brief description: Social and recreational activities for adults

**Tai Kwon Doe**
Days and times: Monday 7pm - 9pm, Tuesday 8pm - 9pm, Wednesday 7pm to 8pm (women only)
Suitable for: All ages
Cost: Small charge applies
Brief description: Self-defence lessons for all ages

**Category(ies):** Socialising, Activities, Day centres

**Who it is for:** Afor Caribbean Elders in Newham

**Where available:** Local service covering: Newham (Greater London).

**How to access or apply for it:**
**Address:**
Barking Road
E13 9EZ
map

Telephone: **020 8471 2258**
Fax: 020 8503 4401
Email: david_nacrc@yahoo.co.uk

**Additional information:**
Wheelchair accessible: Yes
Accessible toilets: Yes
Available for private hire: Yes
Parking facilities: Yes

**Info. updated:** 11/07/2011

**About the service provider:**

**Contact info:** **Newham African Caribbean Resource Centre:** Barking Road, London, E13 9EZ.
**Telephone:** 020 8471 2258.
**Fax:** 020 8503 4401.

email them  Find them on a map

**Parent organisation:** **Newham African Caribbean Resource Centre**