

# OUR LOCAL AREA

directory of  
services

Inside:

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- List of local services
- Removable activities calendar



supporting our  
community



Local Trust | Big Local

# Get involved!

## North Meets South programmes

### FREE Budgeting & Support with Money

Starting this in October we will be offering 1:1 financial advice session every Wednesday at Marks Gate Community Hub. For more information visit us at Marks Gate Community Hub.

To book appointments or for more information e: [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com) m OR [frederick@moneyaande.co.uk](mailto:frederick@moneyaande.co.uk)

### Dragon's Den Grant Scheme

It's Dragon's Den's time again! Marks Gate & North Chadwell residents and Organisations are invited to apply for funding to run a variety of activities to entertain and bring opportunities to our area. Applications will be open in October. For more information email: [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)

### FREE Counselling Service in Marks Gate

We offer 1:1 Counselling Sessions to Marks Gate & Chadwell Heath residents.

To register contact us on T: 07419285839 or visit Marks Gate Community Hub.

### Monthly Socials

Once a month we organise adults ONLY socials. Please save the following dates for our upcoming activities:

- **Sept 24th** Mindfulness and Meditation workshop
- **25<sup>th</sup> Nov** Live Football
- **Dec 17** Christmas Disco

We are always looking for people to support us with the planning of our monthly social activities for the community. To get involved contact us on 07419285839 or visit Marks Gate Community Centre.

## **FREE English & Math's Tuition for Marks Gate & North Chadwell Heath Residents**

As we start the new academic year, we are offering under 18's an opportunity to increase their academic attainment through local tuition providers. Please contact one of our tuition providers who will take you through their registration process. If there is a waiting list priority will be given to children achieving below average.

- **Kumon Maths & English Study Programme:** Catch-up and get ahead with Kumon delivering proven academic results. Location: Tolworth Parade, East Road, Chadwell Heath, RM6 6YJ. To register call 0788 6449 548 Email: [Chadwellheath@kumoncentre.co.uk](mailto:Chadwellheath@kumoncentre.co.uk)
- **Private Tuition Specialist:** PTS provides specialist tutoring in English & Maths for students from 4 to 18 years. We offer personalised tuition for Children with Dyslexia. Location: Marks Gate Community Hub. To register call 07957 478 274 E: [info@privatetuitionsspecialists.com](mailto:info@privatetuitionsspecialists.com)

### **NMS Volunteering**

Join our team of volunteers if you have a great idea for an activity that will benefit local people or are interested in using your skills to influence change in your area - we would love to hear from you! We are actively looking to hear from residents with any skill, we will be delighted to hear from volunteers with the following skills:

- Events Management
- Graphic Design & Marketing
- Experience of working with and running activities for under 5's

**Email:** [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)

### **Marks Gate Job Fair 14<sup>th</sup> Sept @ Marks Gate Community Hub**

You are invited to the LBBB Job Fair from 12 - 2pm

### **Christmas Market 3<sup>rd</sup> Dec 2022**

Are you a local entrepreneur looking to promote your services? Join us at our Christmas Market at St Marks Church. To book a stall email us at [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com).

# Places of worship + activities

## Eastern Avenue Baptist Church

Address: 119 East Rd, Chadwell Heath, Romford, RM6 6YJ

Email: 02085906510

Services:

- Sunday Morning Worship 10:30am
- Sunday evening prayer & Praise 6:30pm
- Little Chadders Play Group Mondays 10 - 11:30am
- Coffee Stop Tuesday 10am - 12pm
- Carpet Bowls Tuesdays 2 - 4pm
- Nimble Fingers Wednesdays 2 - 4pm
- Chair Exercise Fridays 2 - 3pm
- Age Concern Yoga Thursdays 2 – 3 pm
- Emergency Food Mon, Tues, Wed 10-12pm

## Islamic Prayers

Address: Marks Gate Community Hub, Rose Lane

Time: 12:30pm-2pm

Islamic prayers are held weekly for the Muslim community every Friday.

## Marks Gate Baptist Church

Address: 26 Danbury Cl, Mark Gate, Romford RM6 5HU

Services:

- Sunday Service 10.30am
- Coffee Morning + activities for the elderly (visit the church to learn more)

## On the Rocks International Ministries

Email: ontherockinter@outlook.com T: 07932 562569

On the Rock International Ministries is a life giving, mission sending, Christ exalting and spirit loving, multicultural community church, built on 3 pillars: discipling saints, engaging with the community through social activities and overseas mission.

## St Chad's Church

Address: 73 Eric Rd, Romford, RM6 6JH

Email: [churchoffice@stchads.church](mailto:churchoffice@stchads.church)

Services:

- Sunday Worship: 9 & 10:45am
- Play Group Mon 10 -11:30am at Eastern Avenue Baptist Church Hall
- Ignite Youth Group Mon 6:30-8pm (contact us for more details: [belinda@stchads.church](mailto:belinda@stchads.church))
- Community Café Tues 9:30 - 2:30pm
- Holy Communion or Morning Prayer Weds 10am
- Mature Companions Club last two Weds of the month 12-2pm
- Saturday Fitness Class 8 - 8:45am Contact Ella to register: 07789171012

## St Mark's Church

Address: Belben Court, 165 Rose Ln, Romford RM6 5NR

Email: [stmarkscofe@gmail.com](mailto:stmarkscofe@gmail.com)

Services:

- Sunday Service 11am
- Coffee Morning: Mondays - Fridays 10am-12pm
- Food + Clothes Bank: Mondays – Thursday drop-ins
- Breakfast Club with School drop-off Mon – Fri 7am -8am term time
- Cooking and Bible Study Tuesdays 5-7pm (term time)
- StayNPlay play Group Weds 12:30-2:30 (term time)
- Mental Health Support Group Thursdays Contact 07762430009
- Urban Promise Youth skills and employment support weekdays contact Luke to register E: [luke@urbanpromise.org.uk](mailto:luke@urbanpromise.org.uk)
- Fitness Classes Mon, Tues & Weds contact 07943532854

## Up & Coming Community Events at St Marks Church

- 29th October - Black History Month Party 6 -10pm
- 13th December - Carols on Rose Lane 6pm
- 3rd December- Christmas Market 10am-3pm
- 17th December - Messy Church 12.00-1.30
- 18th December - World Cup final with carols at half time

# Places of education

## ESOL Classes

Address: St Mark's Church, 165 Rose Ln, Romford RM6 5NR

English for **S**peakers of **O**ther **L**anguages (ESOL).

Free classes for ALL on Mondays at 10am-2pm

## LEYF Marks Gate Nursery and Preschool

Address: Rose Ln, Marks Gate, Romford RM6 5LL

Marks Gate Nursery and Preschool provide childcare and education to children from birth to 5 years old. Additional Services:

- Drop-in Food Bank
- Clothes and Toy Bank (coming soon)

## Money A+E Mentors

Address: Marks Gate Community Hub, RM6 5NJ

Gain a qualification in money management. Be introduced to tools to save money, whilst making friends in your local area.

Wednesdays 10am -12.30pm

## Free Tuition Classes

- Chemistry Lessons Contact 07448057268 to register
- Primary and GCSE English & Maths with SEND support contact 07957478274 to register
- Kumon English & Maths study programme contact 0788 6449 548 to register

## Eljoy Nursery at St Marks Church Rose Lane

Our staff are warm and supportive residents of Marks Gate. We have spaces and accepting registration for under 5's; Open Mon - Fri 8am-6pm

## Rose Lane Primary School

Address: Rose Lane, Marks Gate, Romford, RM6 5NJ

Here at Rose Lane Primary School, we aim for each child to achieve their full potential by providing an abundance of experiences and activities. Events are organised by the PTA, enquire at the reception.

# Places offering food and financial support

Eastern Avenue Baptist Church, Marks Gate Nursery and Preschool, St Mark's Church, Marks Gate Community Centre (budgeting and financial support also offered here), Marks Gate Relief Project.

(for location details lookup the organisation in booklet)

## Places for social activities

Please refer back to 'Places of worship + activities' for more social activities

### Everyone Everyday

Address: Marks Gate, 111 Rose Lane, Marks Gate, Romford RM6 5NR

Everyone Everyday is a network of residents who are working together on different neighbourhood projects around the Borough to make everyday life better for everyone including cooking, making, learning, growing, fixing, trading, singing, playing, eating, and sharing.

Shop is open on the following days & time:

Tuesday & Thursday 10am - 4pm

Wednesday 12:30 - 6:30pm

Please note that opening hours are subject to change every quarter

### Wellgate Community Farm

Address: Collier Row Rd, Romford, RM5 2BH

We are open all year round, entrance to the farm is free. We provide mobile farm visits for schools, and events such as animal encounters and crafts, Farmer for a day and various open day events.

Services:

- Volunteering opportunities
- Café + Farm Shop
- Marks Gate allotment plots: available for rent
- Events + Activities:

Visit our website to learn more: [www.well-gatefarm.org](http://www.well-gatefarm.org)

# North Meets South

## Monday

### Free 1:1 Counselling

10am - 2pm

Appointments only. To book text  
07419285839/ visit Marks Gate  
community hub

### Zumba 7:30pm - 8:30pm

St Mark's Church Rose Lane

## Tuesday

### Messy Play 10 -11:30am

Marks Gate Community Hub

### Carpet Bowls 2- 4pm

Eastern Avenue Baptist Church. 119 East  
Rd, Chadwell Heath, RM6 6YJ

### Indoor Youth Club 3:30-7pm

(Coming Soon!)

### Street Dance for under 18's 3:30 – 6pm

Marks Gate Community Hub.

### Pilates 7:30 -8:30pm

St Marks Church

## Friday

### Chair based exercises

2 -3pm

Eastern Avenue Baptist Church. 119  
East Rd, Chadwell Heath, RM6 6YJ

### Marks Gate Boxing Club

- 5:30 - 7:45pm Under 18s  
age specific sessions.
- 8-9pm Over 18's  
Sessions

Advance booking ONLY - visit  
the club on Fridays to register

## Saturday

### Circuits Fitness 11am -12pm St

Mark's Church, Rose Ln.

Text 07506 402603 for more  
information.

On the days when there are no activities on the NMS calendar, visit Marks Gate Community Hub and St Mark's Church, as there are lots of free activities open to residents in the area.



# ACTIVITIES CALENDAR

## Wednesday

**Zumba** 10 -11am  
St Mark's Church.  
Text 07506 402603 to register

**StayNPlay** 12:30 – 2:45pm  
St Mark's Church

**Nimble Fingers and Board Games**  
2 - 4pm  
Eastern Avenue Baptist Church. 119 East Rd, Chadwell Heath, RM6 6YJ

**Money Management 1:1 Support**  
10am -12pm  
Marks Gate Community Hub

## Thursday

**Multi-Sport** at Tantony Green  
3:30 - 6pm  
Sport activities for under 18's

### Chair Yoga

2-3pm  
Eastern Avenue Baptist Church. 119 East Rd, Chadwell Heath, RM6 6YJ.

## Sunday

## Events

October Half term Multi-sport at Tantony Green

24<sup>th</sup> Sept Mindfulness Workshop

15<sup>th</sup> Oct Men's Social at Moby Golf

25<sup>th</sup> Oct Halloween half term crafts

27<sup>th</sup> Oct **Makeup** Workshop

November date tbc Dragons Den Voting Event

**3rd** Dec Christmas Market

**10th** Dec Festive Music Concert

17<sup>th</sup> Dec End of Year Disco & entertainment

# Marks Gate Community Centre

Open Mon-Fri, 9.00-5.00pm

## Monday

- Story & Rhyme 10:30 -11:15am
- Creative Arts: 1 – 4pm Lounge (1<sup>st</sup> Monday of the Month)
- Pennu Charity (themed sessions for over 60's) last Monday of each month 12 – 2pm Hall
- BRIC Advice and brief intervention drug and alcohol sessions (bookings only) 11 – 3pm Training room
- Community Catch-up & Super Market 5– 7:30pm Hall
- Chemistry Tuition Mondays 5 - 7:30pm
- Arabic Tuition (Adults & Children) Mondays 5 - 7:30pm

## Tuesday

- BRIC Substance Misuse advice sessions 10 – 2pm Training room
- Knit and natter for the over 60's, weekly 10:30am – 12:30pm Lounge
- Youth Club 3:30 – 6:30 Hall

## Wednesday

- Community Food Bank weekly 11am – 1pm
- Arts and Crafts 2– 4pm Lounge

## Thursday

- Stay and Play 10 – 11:30pm Hall or Lounge
- Babbling Babes 1 – 2pm Hall or Lounge
- Baby Bank 10:30am – 2pm Training room
- Active Angels Baby & Me Fitness class 7:30-8:30pm Hall

## Friday

- Islamic Prayers (weekly) 12:30 – 2pm Hall
- Baby Bank 10:30 – 2pm Training room
- Boxing Club (weekly) 5:30 – 7:30 Hall
- Substance Misuse advice sessions 10 am – 2pm Lounge
- English & Maths Tuition 5-7pm

Sensory room available daily. Telephone the centre, walk in, or book in advance.

Saturday Hall hire available by booking only, contact the centre for more information 0208 2704 165.

**Up and Coming Events:** Black History Month celebrations, Diwali Celebrations dates tbc

## Marks Gate Relief Project

MGRP is predominantly an Asian Muslim women led initiative focusing on empowering and engaging women whilst giving them a platform to boost entrepreneurs and leadership skills.

Services:

- Food Bank
- Free hot meals and chats, last Mondays of the month 5-7:30pm at Marks Gate Community hub
- Community supermarket Mondays 5-7:30pm
- Clothing and toys bank
- Accessibility and mobility bank including wheelchairs, crutches, pushchairs, walking frames, etc.
- Inter-faith harmony discussions
- Fun cycling sessions (Summer - Autumn terms only)
- Women's Health (including Smear test Drive, Sanitary Hygiene support)
- Money support and debt advice
- General counselling for social/emotional support
- Arabic & Chemistry tuition Mondays at the Community Hub
- Women's health workshops 12<sup>th</sup> Sept & 17<sup>th</sup> Oct
- Cancer awareness workshops in Urdu 8<sup>th</sup> Sept

Email: [contactus@mgrp.org.uk](mailto:contactus@mgrp.org.uk) or visit us on Mondays at Marks Gate Community Hub 5-8pm

## Places to keep warm this Autumn

- St Marks Church Rose Lane Café Mon – Friday 10am -12pm
- Everyone Everyday Shop at Rose Lane
  - Tues & Weds 10am - 4pm
  - Thurs 12pm -6pm
- Eastern Avenue Baptist Church Tuesdays 10am -12pm
- Marks Gate Community Hub Library Weekdays 9am-5pm
- St Chads Church Eric Road Tuesdays & Wednesdays

**St Mark's Church Centre**  
**Rose Lane**  
**RM6 5AR**

**£2 per class**

**Zumba**  
**Monday 7:30pm**  
**Wednesday 10:00am**

**Pilates**  
**Tuesday 7:30pm**

**Outdoor Fitness**  
**Saturday 9:00am**  
**(Tantony Green,**  
**indoors in bad weather)**

**For more info text 07506402603**  
**Or email [info@iessence.co.uk](mailto:info@iessence.co.uk)**

## Free Counselling Service in Marks Gate

1:1 Counselling Sessions for Marks  
Gate & Chadwell Heath Residents

Contact TalkSpace  
Counselling to receive  
6 weeks Free  
confidential  
Counselling with a  
counsellor based at  
Marks Gate  
Community Hub



☎ 0741 9285 839



✉ [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)

# Resolve your Money Issues...

'It'll be helpful  
to every single  
person. Let's do  
this more!'  
- Shahid,  
attendee

... with  
**FREE**  
expert  
support.

**Money Know How**  
is a **FREE** workshop  
where you will learn:

- Budgeting
- Saving skills
- Benefits info
- Confident money mindset



**Everyone is welcome.**

Weds 12th Oct · 11:00-13:00  
Marks Gate Community Centre  
Rose Lane RM6 5NJ



More info:  
contact Frederick  
[frederick@moneyaande.co.uk](mailto:frederick@moneyaande.co.uk)  
07898 654428



@moneyae

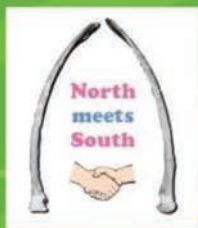


@moneyaande



[moneyaande.co.uk](http://moneyaande.co.uk)





# WELCOME

## Activities for the over 50's

Eastern Avenue Baptist Church

119 East Road, Chadwell Heath, Romford, RM6 6YJ

**Carpet Bowls**  
Tuesdays  
2pm to 4pm

**Nimble Fingers**  
Wednesdays  
2pm to 4pm

(crochet/knitting)

**Chair Based Exercise**  
Fridays  
2pm to 3pm

(fully qualified instructor)

**Contact:**  
**Marilyn**  
**07778663377**

# Local Opportunities

## Food Club

The community food club gives you access to £20 worth of groceries each week and will explore support to help you through challenges you may be facing. Membership requirements apply, so for more information contact 020 8274 1983 or email [cfc.mg@lbbd.gov.uk](mailto:cfc.mg@lbbd.gov.uk) Wednesdays 11.00-1.00pm

## The Baby Bank HQ

Raising funds to relieve child poverty and protect our planet through the use of textiles. Do you need our support? Drop in sessions at the community Hub. Thursdays and Fridays 10.30-2.00pm

## Teaching Assistant Jobs

Are you looking to build a career in the teaching industry? Do you have GCSE English & Math's Grade C or above? Contact Kiran to apply for a TA role locally. E:[kiranbhangal@yahoo.co.uk](mailto:kiranbhangal@yahoo.co.uk) T: 07957478274 We are also keen to hear from newly qualified teachers.

## Pennu Charity

Themed sessions for the over 60s, promoting good health and wellbeing of the elderly. Last Monday of every month. 12.00-2.00pm, Marks Gate Community Hub

## Creative Makers Club

Learning how to design, restore, and recycle with handmade products.

- Jewellery Making
- Fashion Restoring and Re-Designing
- Decoupage Home Items
- Creative Art on Canvas

Marks Gate Community Hub  
Last Monday of the Month 1.00-4.00pm

## Volunteering Vacancies

The following organisations are looking to recruit volunteers

- Urban Promise
- Marks Gate Relief Project
- Marks Gate Community Hub
- St Marks Church
- St Chads Church
- Wellgate Farm

## ABOUT NORTH MEETS SOUTH

North Meets South Big Local (NMS) is one of the 150 communities across England chosen to be part of the Local Trust's innovative programme that aims to achieve lasting change by providing a mixture of funding, finance and support. NMS was established in 2014 with £1 Million allocated from the Big Local Lottery Fund, through the Local Trust, that could be spent in any way local people chose over the following 10 years.

NMS is now a partnership governed by residents, with activities organised by residents and for residents in Marks Gate and North Chadwell Heath. As NMS Big Local enters the final stages of its funding support from the Local Trust, in January 2021, they published their 2021-2022 Local Plan. This Plan focuses on supporting sustainable projects which will exist beyond the lifespan of the organisation.

STAY UP TO DATE WITH THE LATEST EVENTS,  
PROGRAMMES AND TRIPS HERE:



@north.m.south



@NorthMeetsSout4



@Catherine NMS worker

[www.nmsbl.org.uk](http://www.nmsbl.org.uk) T: 0741 9285 839



supporting our  
community



Local Trust | Big Local