



# CHARTERHOUSE ROAD AND DALSTON LANE NEWSLETTER



## WEEKLY EXERCISE/DANCE CLASS FOR OVER 50'S FREE



Every Friday 3 – 4pm. Exercise class every Friday at Charterhouse Road Community Centre, open to over 50's. Join us for feel good exercise with a fun dance twist, suited to all levels and includes chair-based gentle practice. Come along to improve your health and wellbeing with our trainer Lizzie!



## COMMUNITY WHATSAPP GROUP QR CODE

Stay in the know of upcoming activities and events on Charterhouse Road. Scan this QR code to join. Your number will be visible to other members in the group, and only admins can post.



### Bingo Night Bonanza!

Grab your lucky dabbers and join us for a rollicking evening of fun at our weekly Bingo Night! Whether you're a seasoned player or just looking to try your luck, our friendly games are the perfect midweek treat. This Week's Catchphrase: "Legs Eleven, 11!" Stand by for cheers and a bit of fun banter whenever this famous call goes out!

#### Details:

- When: Every Wednesday, from 6:30 pm to 9:00 pm
- Where: Charterhouse Road Community Centre, 57 Charterhouse Road, E8 2RE
- Cost: Each bingo book is just £3 for 6 games, and flyers are available at £1 each.
- Prizes: They vary each week, adding to the thrill!

This event is for those aged 18 and above. Please remember to gamble responsibly.

Refreshments will be available, making for a perfect evening of community fun and games.

Don't Miss Out: Bring a friend and double the fun!

£12.50 Membership Per Month

No under-16s allowed



## CHARTERHOUSE ROAD COMMUNITY GARDEN

Our community garden has been flourishing with assistance from the community.



We are looking at reviewing some of our plant boxes and we are looking for volunteers to join the caring hands of the current volunteers who has been doing an amazing job in keeping things spick and span. If you're interested in volunteering in the garden, contact Abbey from Southern Housing (SH) at 07745 658 932.

## A BIG THANK YOU

We would like to say a heartfelt thank you to Alphatrack Systems Ltd for their generous support in providing the community centre with: A brand new fridge freezer, A new cooker, and funding that helped us host a wonderful Christmas Meal last year for local residents.



## UPCOMING CROCHET WORKSHOP

Look out for dates or contact Abbey or Paola for more info and how to join to learn or practice crocheting with your community.



## CARIB EATS

Every Friday from 12 pm to 3 pm at Dalston Lane Community Centre, Lewis Place, E8 1NU, Carib Eats, a Caribbean canteen for the over 50s, provides a vibrant community dining space that offers affordable, nutritious meals in a warm and welcoming environment.

Their mission is to nourish communities and spread Caribbean culture through delicious, authentic food.

Contact Ali at 07958 060 947 or [hello@caribeats.org](mailto:hello@caribeats.org) to learn more.



# YOUTH/AFTER SCHOOL CLUB



🎬 Calling all young creatives aged 10–16!

This summer, take part in Hackney Youth: Our Voice on Screen – a fun, FREE filmmaking project where you get to tell your story, your way. Join a series of hands-on workshops in your local community and learn how to storyboard, film, edit and perform. You'll work with real filmmakers, explore topics that matter to you – like friendship, identity or mental health – and create a short film to be shared at a special screening event.

No experience needed – just your voice, your ideas, and your imagination!

📍 Charterhouse Road Community Centre, E8 2RE

📅 Starting from August 2025

🎟️ Free to join – limited spaces available

To find out more or sign up, contact Unity Support Network CIC at [info@unitysupportnetwork.co.uk](mailto:info@unitysupportnetwork.co.uk)

Let's make something amazing together!



## CHARTERHOUSE ROAD FOOD GIVEAWAY

🍎 Free Food Giveaways This Summer!

Throughout July and August, we'll be holding weekly food giveaways for all residents of Charterhouse Road.



📅 Every Friday (TBC)

⌚ From 12pm to 4pm



📍 Charterhouse Road Community Centre

No need to register – just come along and collect what you need. Everyone is welcome. Want to get involved?

We're looking for local volunteers to help with early deliveries and set-up. Volunteers are needed from 10am.

If you'd like to help, contact MJ on 07359 431441.

To stay updated on exact delivery dates, ask to be added to the Charterhouse Road Community WhatsApp group or broadcast list.

Let's support each other and make this summer count!



# FAMILY COOKING CLASSES FREE

Starting this summer at Charterhouse Road community centre. Inviting parents/guardians and their young people to join us for an exciting family 6-session cooking course this summer. Explore tasty and healthy recipes alongside your children, helping to improve their confidence in the kitchen. The cooking skills course will be delivered by an experienced Eat Club chef, and the community will then eat together the food they have lovingly made. Dates not yet set but sign-ups are needed due to limited spaces. Contact Abbey for more info on dates/times and to register your interest!



## IMPROVEMENTS TO OUR COMMUNITY CENTRE

UNS kindly organised for Wates to brighten our community space. Thanks to Wates Property Service volunteers and volunteers from our community, the centre had a vibrant uplift this June. Over the past year, we have also installed WIFI, replaced the chairs and tables and improved the bathrooms, creating a brighter and more inviting space for our community to use and enjoy.



Keep up to date.  
Follow us on  
<https://e-voice.org.uk/unisupportnetworkcic/>



## GET INVOLVED

Want to volunteer on any of the projects? Want to be the next great bingo caller? Want to put your green fingers to great use? Want to assist in providing activities to our kids and elders in the community? Want to be an editor for the following newsletter or feature in our following newsletter?

Contact Miranda on 07359431441 and Abbey 07745 658 932 to discuss opportunities. Volunteering with Elders, Vulnerable Adults, and Children will require an Enhanced DBS, these can also be obtained via Southern Housing.

