MORE THAN 165 FREE ACTIVITIES

TOWER HAMLETS

SUMMER ACTIVITIES 2018
Welcome to a summer of fabulous fun for children, young people, adults and the whole family.

This year, we have worked hard to put together a wide variety of interesting and exciting events and activities that will take place in our parks, on our estates, at the Urban Adventure Base activity centre and leisure centres across the borough.

Along with our partners who include Play Association Tower Hamlets and GLL Leisure, we want to make sure residents are able to take part in an ever growing range of community, cultural and leisure activities.

Knowing how to keep children and young people entertained through the school holidays can sometimes be daunting especially when things can cost so much. But we have an extensive range of fantastic, free and low cost activities that will keep everyone happy, without needing to spend a fortune.

You can try the free and subsidized swimming sessions at our leisure centres. Kids can also explore BMX biking, canoeing, athletics, football, food making and so much more.

Make the most of the long - and hopefully warm - summer days by visiting our wonderful award winning parks and open spaces. This year, the much-loved Victoria Park added another accolade to its long list of awards by being named Most Loved Local Park - in the Time Out Love London Awards.

A Great Day Out, another Vicky Park institution, returns this year on Saturday August 4 with live music, fairground rides, arts and crafts and many more activities.

If you aim to be more active and improve your fitness this year, check out one of our new outdoor gyms, which are due to open in July and August with events including sports, games and children’s inflatables.

From pickling workshops to wild food walks and pizza making, there’s something for everyone to try.

 Unsure where to start? Have a look through your Summer Activities 2018 guide. There are more than 165 free events on offer.

Here’s wishing you a great summer.

John Biggs
Mayor of Tower Hamlets

Cllr Amina Ali,
Cabinet Member for Culture,
Arts and Brexit
## Timeline of events

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<td>Fri 17 August</td>
<td>Adventure Club</td>
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<tr>
<td>Fri 17 August</td>
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<tr>
<td>Fri 17 August</td>
<td>Estates Football</td>
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<td>Fri 17 August</td>
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<tr>
<td>Fri 17 August</td>
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<td>Mon 20 August</td>
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<td>Mon 20 August</td>
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<td>Mon 20 August</td>
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<tr>
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<td>Breaking Barriers Football</td>
<td>Stepney Green Park, E1 3NG</td>
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<td>Wed 5 September</td>
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<tr>
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<td>Make Your Mark on Vicky Park</td>
<td>Victoria Park, E9 7HR</td>
<td>All</td>
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</table>
Sunday 24 June

Bandstand.
2pm-6pm. Victoria Park, E3
The Great Get Together Picnic - we invite you to join us for a picnic to celebrate all we hold in common. Inspired by Jo Cox (1974 – 2016), this nationwide event aims to celebrate all that unites us as communities. London Metropolitan Brass and Kix Jazz Orchestra will perform on the bandstand and you can learn about the sporting and community groups that use the park. For more information contact 020 7364 4504 or victoriapark@towerhamlets.gov.uk

Saturday 7 July

Bird Barmy Army
10am-12.30pm. Victoria Park, E3
Meet at The V&A building. Find out more about Vicky Park’s feathered friends in this guided tour lead by our resident ornithologist. No need to book. For more information contact victoriapark@towerhamlets.gov.uk

Sunday 8 July

Bowls Taster Day.
2-6pm. Victoria Park, E3
Meet at The Bowl’s Green. Come along, try your hand at a game of bowls and potentially become a member of the Victoria Park Bowl’s Club. Coaching sessions, music and soft drinks available throughout the afternoon. No need to book. For more information contact victoriapark@towerhamlets.gov.uk
Art in the Park, Kevin Harrison. 12noon-2pm. Outdoor Classroom, Victoria Park, E3
Join artist Kevin Harrison and make large expressive flowers and insects, butterflies, spiders or ladybirds from recycled wood. The work will then be put on permanent display in the garden. In partnership with Chisenhale Art Place. Suitable for all ages. No need to book. For more information contact victoriapark@towerhamlets.gov.uk

Girls Summer Basketball Weekender. 10am-3pm. 14yrs+ John Orwell Sports Centre, E1W
This is a friendly social summer tournament played over the weekend. All you need is a team of 7-12 female players plus entry fee £40 per team. For more information contact Pauline. Stewart@towerhamlets.gov.uk

Sunday 15 July

Memory Cape History Walk. 10:30am-12:30pm. Victoria Park, E3
Join the Community Park Rangers on a recorded audio trail around the park. Spaces are limited – to book or for more information contact 0207 364 4504 or email victoriapark@towerhamlets.gov.uk

Bandstand. 2-6pm. Victoria Park, E3
Music from WTW big Band and KIX jazz orchestra. For more information contact victoriapark@towerhamlets.gov.uk

Saturday 14 July

Girls Summer Basketball Weekender. 10am-3pm. 14yrs+ John Orwell Sports Centre, E1W
This is a friendly social summer tournament played over the weekend. All you need is a team of 7-12 female players plus entry fee £40 per team. For more information contact Pauline. Stewart@towerhamlets.gov.uk
Sunday 22 July

Bandstand. 2-6pm.
Victoria Park, E3
Music from the Ukulele Ska Collective. For more information contact victoriapark@towerhamlets.gov.uk

Friends of Mile End Park Annual Dog Show. 11am-4pm.
Mile End Park, Events Field, Haverfield Road, E3
Organised by the Friends of Mile End Park in partnership with the Tower Hamlets Parks Department, this is a great day out for all the family. Attractions include fair rides, craft workshops, children’s activities, displays, information stalls and, of course, a fun dog show! Most activities are free. For more information or to enter your dog contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Monday 23 July

Duke of Edinburgh’s Award 5-7:30pm. Ages 14-25 yrs (programme begins from year 9)
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Programme support, expedition training, cookery and gym work available every session. Sessions and enrolment onto a DofE programme is free, no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or Urban.adventurebase@towerhamlets.gov.uk
Arts & Crafts Mask Making
11am-2pm
Mile End Children’s Park,
Locksley St, E13
Join us for a creative afternoon of
arts and crafts in a ‘drop in’ session
with 15 children at a time every
half hour. We’ll keep it rotating so
everyone gets a turn. Get cutting,
get sticking, get painting, and then
glitter it all up! Spaces are limited. For
more information or to book a place
contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Whitehorse Playground.
1pm-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department
in partnership with the Play
Association Tower Hamlets (PATH)
is providing free adventurous play
sessions for children aged 5-15.
Children under the age of 8 must
be supervised by their parents/
carers at all times. For more
information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Wednesday 25 July

Summer Fun Day and Millwall Gym Launch. 11am-4pm.
Millwall Park, E14
Have fun and be healthy! Come
and join us for a day of exciting
activities in the park and help us
launch the new outdoor gym.
Games, sports, arts and crafts,
children’s inflatables, and much,
much more. Fun for the whole
family! For more information
contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Whitehorse Playground.
1pm-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department
in partnership with the Play
Association Tower Hamlets (PATH)
is providing free adventurous play
sessions for children aged 5-15.
Children under the age of 8 must
be supervised by their parents/
carers at all times 020 7364 5227 or mileendpark@towerhamlets.gov.uk
Disability Awareness Day
11am-3pm  Victoria Park, E3
Meet us for a special event designed for children and young people with disabilities, with information and fun activities. For more information contact victoriapark@towerhamlets.gov.uk

Whitehorse Playground, 1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Mile End Park Stay & Play
11am-2pm
Mile End Play Pavilion, E3
These sessions are aimed at children aged 5 and under. Stay and play is a parent and toddler group in an informal setting where parents/carers and their children can have fun and meet new people. Parents/carers stay with their children throughout the session. The sessions offer a variety of activities and learning opportunities ranging from singing and dancing to painting and soft play. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Adventure Club – Open Access
4-8pm
Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

Arts & Crafts – Make Your Own Summer Post Cards
12noon-3pm
Mile End Children’s Park, E14
Join us for a creative afternoon of arts and crafts in a ‘drop in’ session with 15 children at a time every half an hour. We’ll keep it rotating so everyone gets a turn. Get cutting, get sticking, get painting, and then glitter it all up! Spaces are limited. For more information or to book a place contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk
**Adventure Club – Open Access.**
**4pm-8pm**
Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

**Sunday 29 July**

**Bandstand. 2-6pm**  
Victoria Park, E3  
Music from Corsican Brass.  
For more information contact victoriapark@towerhamlets.gov.uk

**Monday 30 July**

**Summer Fun Day and Ropewalk Gym Launch. 11am-4pm**  
Ropewalk Gardens, E1  
Please join us in getting to know our new gym equipment and take part in our free children’s activities. We will also have a gym instructor on site to assist with getting to know how to use the equipment. We would like to encourage residents to turn up and have a go on the new equipment. For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk.
Until Friday 3 August
Try Athletics.
10am-2pm. 8-16 yrs
Mile End Stadium,
Rhodeswell Rd, E3 4RR
Athletics coaching programme. Learn all the disciplines of athletics: sprints, endurance running, throws and jumps, delivered in partnership with Victoria Park Harriers and Tower Hamlets Athletics Club. Friday is competition day. Pre booking required. To book email Shenneth.brereton@towerhamlets.gov.uk

Adventure Sports Taster Days
9:30am-4pm. 8-11 yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT
Multi-activity taster days: climbing, canoeing & mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited. To book email Shenneth.brereton@towerhamlets.gov.uk

Duke of Edinburgh’s Award
5pm-7:30pm. 14-25 yrs
(programme begins from year 9)
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Programme support, expedition training, cookery and gym work available every session. Sessions and enrolment onto a DoE programme is free, no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

Estates Football
The Football Cage, Westferry Road, E14
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Kekoa Coaching are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session times contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681, Derek.bennett@towerhamlets.gov.uk
Tuesday 31 July

**Adventure Sports Taster Days.**
9:30am-4.00pm. 8-11 yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT
Multi-activity taster days: climbing, canoeing & mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited to book please email Shenneth.brereton@towerhamlets.gov.uk

**Try Athletics.**
10am-2pm. 8-16 yrs
Mile End Stadium, Rhodeswell Rd, E3 4RR
Athletics coaching programme. Learn all the disciplines of athletics: sprints, endurance running, throws and jumps, delivered in partnership with Victoria Park Harriers and Tower Hamlets Athletics Club. Friday is competition day. Pre booking required. To book email Shenneth.brereton@towerhamlets.gov.uk

**Water Festival. 12noon-3pm**
Mile End Children’s Park, E14
To celebrate our Pools Playground reopening for summer, join us for an afternoon of water-filled fun and games. It’s sure to be a splash hit! For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

**Estates Football**
The Football Cage, Westferry Road, E14
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Kekoa Coaching are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session time contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk
Estates Football
MUGA, Bigland Street, E1 2ND
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Sporting Green FC are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session time contact Elias Miah on 07809 235211 or sgfc09@outlook.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Whitehorse Playground
1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Adventure Sports Taster Days
9:30am-4pm. 8-11yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Multi-activity taster days: climbing, canoeing and mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited. To book contact Shenneth.brereton@towerhamlets.gov.uk

Summer Fun Day in Poplar
11am-4pm
Poplar Recreation Ground, E14
Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s inflatables, and much, much more. Fun for the whole family! For more information contact 020 7364 5229 or mileendpark@towerhamlets.gov.uk
Try Athletics.
10am-2pm. 8-16 yrs
Mile End Stadium,
Rhodeswell Rd, E3 4RR
Athletics coaching programme. Learn all the disciplines of athletics: sprints, endurance running, throws and jumps, delivered in partnership with Victoria Park Harriers and Tower Hamlets Athletics Club. Friday is competition day. Pre booking required. To book email Shenneth.brereton@towerhamlets.gov.uk

Estates Football
The Football Cage, Westferry Road, E14
Beat the boredom this summer-free. The Tower Hamlets Sports Development Team and Kekoa Coaching are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session times contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Estates Football
MUGA, Bigland Street, E1 2ND
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Sporting Green FC are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session times contact Elias Miah on 07809 235211 or sgfc09@outlook.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Mile End Park Stay & Play
11am-2pm
Mile End Play Pavilion, E14
These sessions are aimed at children aged 5 and under. Stay and play is a parent and toddler group in an informal setting where parents/carers and their children can have fun and meet new people. Parents/carers stay with their children throughout the session. The sessions offer a variety of activities and learning opportunities ranging from singing and dancing to painting and soft play. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk
Try Athletics.
10am-2pm. 8-16 yrs
Mile End Stadium,
Rhodeswell Rd, E3 4RR
Athletics coaching programme. Learn all the disciplines of athletics: sprints, endurance running, throws and jumps, delivered in partnership with Victoria Park Harriers and Tower Hamlets Athletics Club. Friday is competition day. Pre booking required. To book email Shenneth.brereton@towerhamlets.gov.uk

Adventure Sports Taster Days.
9:30am-4.00pm. 8-11 yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT
Multi-activity taster days: climbing, canoeing & mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited to book please email Shenneth.brereton@towerhamlets.gov.uk

Whitehorse Playground
1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Estates Football
The Football Cage, West Ferry Road, E14
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Kekoa Coaching are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session times contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Estates Football
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Friday 3 August

Mile End Park Stay & Play
11am-2pm
Mile End Play Pavilion, E14
These sessions are aimed at children aged 5 and under. Stay and play is a parent and toddler group in an informal setting where parents/carers and their children can have fun and meet new people. Parents/carers stay with their children throughout the session. The sessions offer a variety of activities and learning opportunities ranging from singing and dancing to painting and soft play. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Off-Site Rock Climbing at Harrison’s Rocks. 8am-5pm. 11-19yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT
Off-site rock climbing at Harrison’s Rocks. Minibus to/from The Urban Adventure Base in Mile End Park. Participants must be members and regularly attend the Adventure Club at the Urban Adventure Base. For more information speak to staff at the Urban Adventure Base or contact urban.adventurebase@towerhamlets.gov.uk

Try Athletics.
10am-2pm. 8-16 yrs
Mile End Stadium, Rhodeswell Rd, E3 4RR
Athletics coaching programme. Learn all the disciplines of athletics: sprints, endurance running, throws and jumps, delivered in partnership with Victoria Park Harriers and Tower Hamlets Athletics Club. Friday is competition day. Pre booking required. To book email Shenneth.brereton@towerhamlets.gov.uk

Arts & Crafts at KEMP. 3-6pm
King Edward Memorial Park, E1W
All ages welcome. Tower Hamlets Parks Department in partnership with SPLASH Arts invites you to join us for a creative afternoon of arts and crafts. For more information contact 020 7364 5220 or KEMPproject@towerhamlets.gov.uk
Estates Football
The Football Cage, West Ferry Road, E14
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A Great Day Out. 11am-4pm
Victoria Park, E3, around the Bandstand
A Victoria Park institution and our flagship event! Truly a great day out for all the family to enjoy. A fun-filled festival with live music, from London Metropolitan Brass and the London Saxophone Choir, fairground rides, arts and crafts and many more activities happening throughout the day. No need to book. For more information contact victoriapark@towerhamlets.gov.uk

Sunday 5 August

Bandstand. 2-6pm
Victoria Park, E3
Music from the MINGUS Elastic Band. For more information contact victoriapark@towerhamlets.gov.uk

Monday 6 August

Sports Adventure 2 day Course
9:30am-4pm. 12-19yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Adventure Sports 2 day Course, Mon 6th & Tues 7th Aug, 9:30am-4pm each day at the Urban Adventure Base. Young people can work towards two accredited awards in rock climbing and canoeing and kayaking. Bring a packed lunch and change of clothes each day. For more information and to book contact Shenneth.brereton@towerhamlets.gov.uk
Duke of Edinburgh’s Award
5-7:30pm. 14-25yrs (programme begins from year 9)
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Programme support, expedition training, cookery and gym work available every session. Sessions and enrolment onto a DofE programme is free, no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk.

Estates Football
The Football Cage, West Ferry Road, E14
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Estates Football
MUGA, Bigland Street E1 2ND
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Tuesday 7 August
Summer of Art. 12noon-4pm
Mile End Arts Pavilion, E3
A festival of creative workshops for all ages to take part in. Free for all the community to attend. For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk
Summer Fun Day and Shandy Park Gym Launch. 11am-4pm
Shandy Park, E1
Please join us in getting to know our new gym equipment and take part in our free children’s activities. We will also have a gym instructor on site to assist with getting to know how to use the equipment. We would like to encourage residents to turn up and have a go on the new equipment.
For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk

Estates Football
The Football Cage, West Ferry Road, E14
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For more information and session times contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Whitehorse Playground. 1-5pm
Whitehorse Playground, E1 OND
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For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Summer of Art. 12noon-4pm
Mile End Arts Pavilion, E3
A festival of creative workshops for all ages to take part and experience. Free for all the community to attend.
For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk
**Cardboard City. 12pm-3pm**
Mile End Children’s Park, E14 7EJ
Come and help build Mile End Park’s very own Cardboard City. You provide the imagination and we’ll provide the materials. Make your own den, house or castle – or any other building you like. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

**Whitehorse Playground. 1-5pm**
Whitehorse Playground, E1 OND
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**Adventure Sports 2 day Course, Weds 8 & Thurs 9 Aug, 9:30am-4pm each day, 12-19yrs. Urban Adventure Base**
Young people can work towards two accredited awards in rock climbing and canoeing and kayaking. Bring a packed lunch and change of clothes each day. For more information and to book contact shenneth.brereton@towerhamlets.gov.uk

**Estates Football**
The Football Cage, West Ferry Road, E14
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**Estates Football**
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**Thursday 9 August**

**Scones Baking Session**
**12noon-3pm**
**Mile End Children’s Park, E14 7EJ**
Come along and bake some sweet or savoury scones with us. Then you can either take them home or enjoy your park made scones in the sun. Book your little baker in for a 30 minute session. Four sessions with 15 children per session. Booking is essential. Spaces are limited. For more information or to book a place contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

**Whitehorse Playground. 1-5pm**
**Whitehorse Playground, E1 OND**
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**Summer of Art. 12noon-4pm**
**Mile End Arts Pavilion, E3**
A festival of creative workshops for all ages to take part and experience. Free for all the community to attend. For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk

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www.towerhamlets.gov.uk/summerevents
Off-Site Rock Climbing at Harrison’s Rocks. 8am-5pm. 11-19yrs
Urban Adventure Base
Off-site rock climbing at Harrison’s Rocks minibus to/from The Urban Adventure Base in Mile End Park. Participants must be members and regularly attend the Adventure Club at the Urban Adventure Base. For more information speak to staff at the Urban Adventure Base or contact urban.adventurebase@towerhamlets.gov.uk

Ecology Workshop
12noon-3pm
Mile End Ecology Pavilion, E3
Come along and join the Community Park Rangers in a range of ecology based activities such as pond dipping, sweep netting and bug hunts. Spaces are limited. For more information or to book contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Arts & Crafts at KEMP. 3-6pm
King Edward Memorial Park, E1W
All ages welcome. Tower Hamlets Parks Department in partnership with SPLASH Arts invites you to join us for a creative afternoon of arts and crafts. For more information contact 020 7364 5220 or KEMPproject@towerhamlets.gov.uk

Adventure Club – Open Access
4-8pm. 10-25yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free just turn up no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk
Estates Football
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Saturday 11 August

Summer Tree Walk
10:30-12:30pm
Victoria Park, E3
Join Dan Hall (Friend of Tower Hamlets Cemetery Park) for a walk and talk about some of the 4,000 trees in Victoria Park. Learn how to identify the many types of trees during the summer months. Spaces are limited. For more information or to book contact 0207 364 4504 or victoriapark@towerhamlets.gov.uk

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Sunday 12 August

Bandstand. 2-6pm
Victoria Park, E3
Music from the Graham Pike Quartet. For more information contact 0207 364 4504 or victoriapark@towerhamlets.gov.uk
Summer Fun Day and McDougall Gardens Gym Launch
11am-4pm
Sir John McDougall Gardens, E14
Please join us in getting to know our new gym equipment and take part in our free children’s activities. We will also have a gym instructor on site to assist with getting to know how to use the equipment. We would like to encourage residents to turn up and have a go on the new equipment. For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk

Estates Football
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Adventure Sports Taster Days
9:30am-4pm. 10+
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Multi-activity taster days: climbing, canoeing & mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited. For more information or to book contact Shenneth.brereton@towerhamlets.gov.uk
Duke of Edinburgh’s Award
5-7:30pm. 14-25yrs
(programme begins from year 9)
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Programme support, expedition training, cookery and gym work available every session. Sessions and enrolment onto a DofE programme is free, no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

Summer Fun at St Georges in the East. 11am-4pm
St Georges Gardens, E1
Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s Inflatables, and much, much more. Fun for the whole family! For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Tuesday 14 August

Adventure Sports Taster Days
9:30am-4pm. 10+
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Multi-activity taster days: climbing, canoeing & mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited. For more information or to book contact Shenneth.brereton@towerhamlets.gov.uk

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Whitehorse Playground. 1-5pm
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Wednesday 15 August

A Day By The Seaside. 11am-4pm
Mile End Park, Events Field, Copperfield Road
Bringing the seaside to the city! Attractions on the day will include donkey rides, arts and crafts, Punch and Judy, children’s rides, sports, sand and water play, face painting, helter skelter, trampolining and much, much more. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Adventure Club – Open Access
4-8pm. 10-25yrs
Urban Adventure Base, E3 4JT
Food, fun and activity for young people. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

Whitehorse Playground. 1-5pm
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Mile End Park Stay & Play
11am-2pm
Mile End Play Pavilion, E14 7EJ
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Whitehorse Playground
1-5pm
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Meadow Safari
10:30am-12:30pm
Victoria Park, E3
Join Ken Greenway (Friends of Tower Hamlets Cemetery Park) on a stroll to explore our meadow areas and the many flowers and mini beasts that inhabit them. Spaces are limited. For more information or to book, contact 0207 364 4504 or victoriapark@towerhamlets.gov.uk

Adventure Club – Open Access
4pm-8pm. 10-25yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free just turn up no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 0207 364 0925 or urban.adventurebase@towerhamlets.gov.uk

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**Friday 17 August**

**Adventure Club – Open Access**
4pm-8pm, 10-25yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free just turn up no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

**Bird Boxes & Feeders**
12noon-3pm
Mile End Children’s Park, E14 7EJ
Come along and build your very own bird box or bird feeder to take home and hang in your garden or balcony. We’ll provide the materials. For more information or to book contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

**Arts & Crafts at KEMP.**
3-6pm
King Edward Memorial Park, E1W
All ages welcome. Tower Hamlets Parks Department in partnership with SPLASH Arts invites you to join us for a creative afternoon of arts and crafts. For more information contact 020 7364 5220 or KEMPproject@towerhamlets.gov.uk

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[www.towerhamlets.gov.uk/summerevents](http://www.towerhamlets.gov.uk/summerevents)
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**Saturday 18 August**

**Pet First Aid. 10am-2pm**
**Victoria Park, E3**
Join a PDSA nurse for a course covering heat stroke, bandaging, bloating, poisoning, seizures, choking and resuscitation – a mixture of theoretical and practical information as well as opportunities for group discussion. All course attendees will receive a certificate of attendance. Refreshments will be provided. Spaces are limited. For more information or to book a place contact **0207 364 4504** or **victoriapark@towerhamlets.gov.uk**

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**Sunday 19 August**

**Outdoor Classroom Event – The Great Potato Pulling Competition. 12noon-2pm**
**Victoria Park, near St. Agnes Gate, Gore Road**
Pulling up potatoes is such a joy! Join us for pulling and sampling potato dishes. Free refreshments courtesy of the Pavilion Café. For more information contact **0207 364 4504** or **victoriapark@towerhamlets.gov.uk**
Summer Fun Day and Rounton Gym Launch. 11am-4pm
Rounton Road Open Space, E3
Please join us in getting to know our new gym equipment and take part in our free children’s activities. We will also have a gym instructor on site to assist with getting to know how to use the equipment. We would like to encourage residents to turn up and have a go on the new equipment. For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk

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Girls Multi Sports Summer Camp.
10am-3pm. 10 yrs
Haileybury Centre, E1
Come and have fun by participating in or learning a new sports/game and competition: Badminton, basketball, cycling, dodge ball, football, netball, uni hoc, volleyball, rounders plus @ Haileybury Centre with final fun Friday BBQ at the Urban Adventure Base Canoeing and wall climbing plus more. For more information and registration contact Pauline.stewart@towerhamlets.gov.uk
**Adventure Sports Taster Days**

9:30am-4pm. 10+
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT

Multi-activity taster days: climbing, canoeing & mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited. For more information or to book contact [Shenneth.brereton@towerhamlets.gov.uk](mailto:Shenneth.brereton@towerhamlets.gov.uk)

**Duke of Edinburgh’s Award**

5-7:30pm. 14-25yrs
(programme begins from year 9)
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT

Programme support, expedition training, cookery and gym work available every session. Sessions and enrolment onto a DofE programme is free, no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact [020 7364 0925](tel:02073640925) or [urban.adventurebase@towerhamlets.gov.uk](mailto:urban.adventurebase@towerhamlets.gov.uk)

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**Tuesday 21 August**

**Art Workshop. 12noon-3pm**
Mile End Arts Pavilion, E3

Join us for a creative afternoon of arts and crafts at a ‘drop in’ session with 10-12 children at a time. We'll keep it rotating so everyone gets a turn. Get cutting, get sticking, get painting, and then glitter it all up! Spaces are limited. For more information or to book a place contact [020 7364 5227](tel:02073645227) or [mileendpark@towerhamlets.gov.uk](mailto:mileendpark@towerhamlets.gov.uk)
Bandstand and Picnic
12noon-3pm
Island Gardens, E14
Join us with your picnic for an afternoon of music and games. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Whitehorse Playground. 1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Estates Football
The Football Cage, West Ferry Road, E14
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Kekoa Coaching are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session times contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Estates Football
MUGA, Bigland Street E1 2ND
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Sporting Green FC are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session time contact Elias Miah on 07809 235211 or sgfc09@outlook.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Girls Multi Sports Summer Camp
10am-3pm. 10yrs
Haileybury Centre, E1
Come and have fun by participating in or learning a new sports/game and competition: Badminton, basketball, cycling, dodge ball, football, netball, uni hoc, volleyball, rounders plus @ Haileybury Centre with final fun Friday BBQ at the Urban Adventure Base Canoeing and wall climbing plus more. For more information and registration contact Pauline.stewart@towerhamlets.gov.uk
Sporting Carnival
11am-4pm
Stepney Green Park, E1
Come along and get active for a healthier lifestyle. Taster sessions including athletics, football, tennis, volleyball, cycling, new age curling, trampoline, climbing wall, giant outdoor games, giant inflatables, arts and crafts and much more! Free for all ages. No need to book. For more information contact 020 7364 2681 or Derek.Bennett@towerhamlets.gov.uk

Wednesday 22 August

Estates Football
The Football Cage, West Ferry Road, E14
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Kekoa Coaching are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session times contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Whitehorse Playground. 1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times.

Estates Football
MUGA, Bigland Street, E1 2ND
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For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk
Mile End Park Stay & Play
11am-2pm
Mile End Play Pavilion, E3
These sessions are aimed at children aged 5 and under. Stay and play is a parent and toddler group in an informal setting where parents/carers and their children can have fun and meet new people. Parents/carers stay with their children throughout the session. The sessions offer a variety of activities and learning opportunities ranging from singing and dancing to painting and soft play. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Whitehorse Playground. 1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Estate Football
The Football Cage, West Ferry Road, E14
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Estate Football
MUGA, Bigland Street, E1 2ND
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Sporting Green FC are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session time contact Elias Miah on 07809 235211 or sgfc09@outlook.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Thursday 23 August
Adventure Club – Open Access
4pm-8pm. 10-25yrs
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free just turn up no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

Girls Multi Sports Summer Camp
10am-3pm. 10yrs
Haileybury Centre, E1
Come and have fun by participating in or learning a new sports/game and competition: Badminton, basketball, cycling, dodge ball, football, netball, uni hoc, volleyball, rounders plus @ Haileybury Centre with final fun Friday BBQ at the Urban Adventure Base Canoeing and wall climbing plus more. For more information and registration contact Pauline.stewart@towerhamlets.gov.uk

Friday 24 August

Girls Multi Sports Summer Camp
10am-3pm. 10yrs
Haileybury Centre, E1
Come and have fun by participating in or learning a new sports/game and competition: Badminton, basketball, cycling, dodge ball, football, netball, uni hoc, volleyball, rounders plus @ Haileybury Centre with final fun Friday BBQ at the Urban Adventure Base Canoeing and wall climbing plus more. For more information and registration contact Pauline.stewart@towerhamlets.gov.uk
Pizza Making Workshop  
12noon-3pm  
Mile End Children’s Park, E14 7EJ  
Join us for an afternoon of pizza making. Book your little cook in for a 30 minute session where our chefs will be getting messy rolling out dough, decorating and cooking some delicious little pizzas. Four sessions with 15 children per session. Spaces are limited. For more information or to book a place contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Arts & Crafts at KEMP. 3-6pm  
King Edward Memorial Park, E1W  
All ages welcome. Tower Hamlets Parks Department in partnership with SPLASH Arts invites you to join us for a creative afternoon of arts and crafts. For more information contact 020 7364 5220 or KEMPproject@towerhamlets.gov.uk

Breaking Barriers Football  
Tournament. 10am-4pm  
Stepney Green Park, E1  
This one day football tournament is targeted at U14 and U16 age categories and run in partnership with Celtic FC Foundation. Teams will have to pre-register. For more information contact 020 7364 2681 or Derek.Bennett@towerhamlets.gov.uk

Estates Football  
The Football Cage, West Ferry Road, E14  
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Kekoa Coaching are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session times contact David Annobil on 07552 190756, david@kekoacoaching.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Estates Football  
MUGA, Bigland Street E1 2ND  
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Sporting Green FC are delivering a series of free fun summer football camps for 8-16 years olds – just turn up and register. For more information and session time contact Elias Miah on 07809 235211 or sgfc09@outlook.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk
**Adventure Club – Open Access**  
4pm-8pm. 10-25yrs  
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT  
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free just turn up no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

**Summer Fun Day and Pollards Gym Launch. 11am-4pm**  
Pollard’s Square  
Please join us in getting to know our new gym equipment and take part in our free children’s activities. We will also have a gym instructor on site to assist with getting to know how to use the equipment. We would like to encourage residents to turn up and have a go on the new equipment. For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk

**Make Your Mark On Vicky Park**  
11:30am-1:30pm  
Victoria Park, E3  
Meet at the Outdoor Classroom, near St Agnes Gate, Gore Road. Help our community park rangers carry out some practical conservation in the park. No need to book. For more information contact victoriapark@towerhamlets.gov.uk
Mile End Park Stay & Play
11am-2pm
Mile End Play Pavilion, E3
These sessions are aimed at children aged 5 and under. Stay and play is a parent and toddler group in an informal setting where parents/carers and their children can have fun and meet new people. Parents/carers stay with their children throughout the session. The sessions offer a variety of activities and learning opportunities ranging from singing and dancing to painting and soft play. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Summer Fun Day and Jollys Gym Launch. 11am-4pm
Jollys Green, E14
Please join us in getting to know our new gym equipment and take part in our free children’s activities. We will also have a gym instructor on site to assist with getting to know how to use the equipment. We would like to encourage residents to turn up and have a go on the new equipment. For more information contact 0207 364 5227 or mileendpark@towerhamlets.gov.uk

Whitehorse Playground. 1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association for Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Estates Football
The Football Cage, West Ferry Road, E14
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Estates Football
MUGA, Bigland Street, E1 2ND
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Wednesday 29 August

Sports & Healthy Living Day
11am-3pm
Victoria Park, E3, at the Opera Field
Get out in the fresh air and participate in a wide range of fun-filled activities to promote a healthy lifestyle. No need to book. For more information contact victoriapark@towerhamlets.gov.uk

Women & Girls Olympic Ride
11am-3pm, 8yrs+
Victoria Park, E3. Opera Field, West Park
Female only bike tour of local area and the Queen Elizabeth Olympic Park for confident cyclists only. There is a minimum height requirement of 1.37m (4’6’) for riders, bikes and safety equipment will be provided. Spaces are limited. For more information or to book a place contact 020 7364 2433 or Pauline.Stewart@towerhamlets.gov.uk.

Adventure Sports Taster Days
9:30am-4pm. 10+
Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Multi-activity taster days: climbing, canoeing & mountain biking on each day. All participants must be reasonably proficient cyclists. Please bring a packed lunch and change of clothes. Bookings limited to one day per person. Spaces are limited. For more information or to book contact Shenneth.brereton@towerhamlets.gov.uk
Whitehorse Playground. 1-5pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

Estates Football
MUGA, Bigland Street, E1 2ND
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Pickling Workshop
12noon-3pm
Mile End Children’s Park, E14 7EJ
Join us for an afternoon of pickling. Book your little cook in for a 30 minute session where our chefs will create their very own jar of pickled onions, beetroot etc. Four sessions with 15 children per session. Spaces are limited. For more information or to book a place contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk
Whitehorse Summer fun day
11am-6pm
Whitehorse Playground, E1 OND
Tower Hamlets Parks Department in partnership with the Play Association
Tower Hamlets (PATH) is providing free adventurous play sessions for children aged 5-15. Children under the age of 8 must be supervised by their parents/carers at all times. For more information contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

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Estates Football
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**Friday 31 August**

**Adventure Club – Open Access**  
4pm-8pm. 10-25yrs  
Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT  
Food, fun and activity for young people aged 10-25. Activities include mountain biking, canoeing, kayaking, indoor rock climbing, gym sessions, in-line skating, skateboarding and cookery with a home cooked meal for all every session. Sessions are free just turn up no booking required, a registration and consent form must be completed by parent/guardian on arrival. For more information contact 020 7364 0925 or urban.adventurebase@towerhamlets.gov.uk

**Ecology Workshop**  
12noon-3pm  
Mile End Ecology Pavilion, E3  
Come along and join the Community Park Rangers in a range of ecology based activities such as pond dipping, sweep netting and bug hunts. Spaces are limited. For more information or to book contact 020 7364 5227 or mileendpark@towerhamlets.gov.uk

**Arts & Crafts at KEMP. 3-6pm**  
King Edward Memorial Park, E1W  
All ages welcome. Tower Hamlets Parks Department in partnership with SPLASH Arts invites you to join us for a creative afternoon of arts and crafts. For more information contact 020 7364 5220 or KEMPproject@towerhamlets.gov.uk

**Estates Football**  
The Football Cage, West Ferry Road, E14  
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Estates Football
MUGA, Bigland Street, E1 2ND
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Sporting Green FC are delivering a series of free fun summer football camps for 8-16 year olds – just turn up and register. For more information and session time contact Elias Miah on 07809 235211 or sgfc09@outlook.com or Derek Bennett on 020 7364 2681 Derek.bennett@towerhamlets.gov.uk

Saturday 5 September

Teddy Bear’s Picnic
9:30am-12:30pm. 0-3yrs
Victoria Park, E3
An event especially for our mini park users! Bring your favourite teddy and a picnic and enjoy storytelling, fun games and interactive music. Spaces are limited. For more information or to book, contact 0207 364 4504 or victoriapark@towerhamlets.gov.uk

Saturday 1 September

Bird Barmy Army
10am-12.30pm
Victoria Park, E3
Meet at The V&A building
Find out more about Vicky Park’s feathered friends in this guided tour lead by our resident ornithologist. No need to book. For more information contact victoriapark@towerhamlets.gov.uk

Sunday 16 September

Memoryscape History Walk
10:30am-12:30pm
Victoria Park, E3
Join the community park rangers on a recorded audio trail around the park. Spaces are limited. For more information or to book contact 0207 364 4504 or victoriapark@towerhamlets.gov.uk.
**Sunday 23 September**

**Wild food Walk. 11am-1pm**
Victoria Park, E3
Join Ken Greenway (Friends of Tower Hamlets Cemetery Park) on a walk where you will learn about and forage for seasonal wild food. See, taste, smell, collect and eat! Spaces are limited. For more information or to book contact 0207 364 4504 or victoriapark@towerhamlets.gov.uk

**Sunday 30 September**

**Make Your Mark on Vicky Park**
11:30am-1:30pm
Victoria Park, Meet at the Outdoor Classroom, near St Agnes Gate, Gore Road, E9
Meet at the Outdoor Classroom, near St Agnes Gate, Gore Road. Help our Community Park Rangers carry out some practical conservation in the park. No need to book. For more information contact victoriapark@towerhamlets.gov.uk
Better, in partnership with the London Borough of Tower Hamlets, continues to support swimming for residents. Take advantage of a host of swimming opportunities at your local pool with the offers listed below, available to Better leisure centre members. If you are not a member, simply find your local leisure centre and sign up online, or just come into the centre and we’ll do the rest.

**Free Swim Friday**
All Tower Hamlets residents can swim for free at the borough’s pools on Fridays from 9am until close*. Available to all prepaid and Pay & Play Better members.

**Free Swim Saturday for Families**
Enjoy a free swim with the whole family from 12noon until closing time* during public sessions. Available to families resident in Tower Hamlets.

**Kids for a Quid**
This great value 'Kids for a Quid' special offer runs from Monday to Saturday. You can get fit, pick up skills, meet friends or just have fun – you’ll still be quids-in!

**Free Swimming for Better Swim School Students**
We want you to improve your swimming as quickly as possible, so if you are on Better Swim School you can come and test your new skills for free during all public swim times.

**Free Swimming for Under 16s**
Tower Hamlets continues to make swimming accessible for under 16s from Monday to Saturday before 10am (school holidays) and on Saturdays before 10am (term time) all during public swim sessions.

**Women and Girls Swimming Programme**
Tower Hamlets’ women and girls are encouraged to swim with more than 15 single-sex swimming sessions taking place every week for only £1.25 per session.

**Swimming for Over 60s**
Residents aged 60 and above can swim for only £1 during all off peak public sessions.

* Closure of public swim time, which varies per centre.
Addresses

1. Bigland Street
   E1 2ND

2. Ecology Pavilion
   Haverfield Road off Grove Road,
   E3 5TW

3. Haileybury Youth Centre
   Ben Jonson Rd, London E1 3NN

4. Island Gardens,
   Saunders Ness Road, London
   E14 3EA

5. John Orwell Sports Centre
   Tench Street, Wapping, London
   E1W 2QD

6. Joshua Street
   Poplar, E14 0RD

7. King Edward Memorial Park
   Glamis
   E1W 3EQ

8. Mile End Arts Pavilion
   Clinton Rd, E3 4QY

9. Mile End Children's Park
   Locksley Street
   Playground, E14 7EJ

10. Mile End Park
    Haverfield Road
    E3 5BH

11. Mile End Park
    Events Field
    Burdett Road
    E3 4TN

12. Mile End Stadium
    190 Burdett Rd, Mile End, E3 4HL

13. Millwall Park
    Stebondale Street
    London
    E14 3BX

14. Our Lady and St Joseph Primary School
    Poplar High Street,
    E14 0DE

15. Pollard Square
    Ivimey Street,
    Bethnal Green, E2 6LQ

16. Poplar Recreation Ground
    5 Hale St, Poplar,
    E14 0BX

17. Ropewalk Gardens
    Golding Street
    E1 1QH

18. Rounton Park
    Campbell Rd
    E3 4DP

19. Shandy Park
    Bale Rd
    E1 4QJ

20. Sir John McDougall Gardens
    Westferry Road
    E14 3ST

21. St Georges Gardens
    The Highway,
    London E1W 3BP

22. Stepney Green Park, E1 3NG

23. Victoria Park
    The Hub Building,
    Grove Road, E3 5PE

24. Victoria Park
    Bandstand
    Crown Gate East,
    Grove Road, E3 5PB

25. Victoria Park
    Bandstand
    Crown Gate East,
    Grove Road, E3 5TB

26. Victoria Park
    Bandstand
    Crown Gate East,
    Grove Road, E9 5HD

27. Victoria Park, near the V&A building
    Grove Road,
    E3 5TB

28. Westferry Rd
    Isle of Dogs,
    E14 8LW

29. Whitehorse Adventure Playground
    White Horse Road,
    E1 0ND