



THE DROP – IN

Bereavement Centre

Registered charity number. 1161526



FOR BEGINNERS 10-WEEK PROGRAMME

WHERE: St. Marks Community Centre, 218 Tollgate Road, E6 5YA.

Train Station: Beckton DLR

Bus Route: 300 Canning Town to East Ham (via Beckton) or 262 Stratford to Beckton

WHEN: Every Thursday from 11.30 am – 12.30 pm

COMMENCES: Thursday 10th August 2017

ELIGIBILITY: This 10 week Pilates course is part of the Well-Being Programme run by the Drop-In Bereavement Centre for the over **50/60's** and is a **free** class for the local community residing in Beckton, Custom House, Freemasons, Silvertown and the Royal Docks, as well as Plaistow, Stratford, East Ham and Forest Gate. For anyone who is currently overcoming grief or has experienced loss/grief in the past. This Project is supported by the Royal Docks Trust (London), The Postcode Community Trust and Awards For All - The Big Lottery Fund.

CALL 0207 511 6444 TO RESERVE YOUR PLACE



LOTTERY FUNDED

Drop-In-Bereavement Centre, 187 Grange Road, Plaistow, London E13 0HA.

✉ dropinbereavement@btinternet.com 🌐 www.dropinbereavementcentre.btck.co.uk