



KEY

Full descriptions and contact details for all listings are on the reverse of this map.

Community Hubs

- 01 Adult Learning College
- 02 Andrews Corner Community Group
- 03 Barking & Dagenham Progress Project
- 04 Becontree Church Centre (also known as Dawson Hall)
- 05 Becontree Community Hub
- 06 Becontree Leisure Centre
- 07 Carers Centre SA Ltd
- 08 Castle Point (Community Resources)
- 09 Church Elm Hub (In Dagenham Learning Centre)
- 10 Dagenham Ummah Welfare Trust
- 11 DABD (Disablement Association of B&D)
- 12 Emerald Cafe Bistro/Ekota Academy Hub
- 13 Fanshawe Community Centre
- 14 Future Youth Zone
- 15 Goodmayes Community Centre
- 16 Harmony Community Projects
- 17 Harmony House Dagenham
- 18 Heath Community Hub (previously William Bellamy)
- 19 Independent Living Agency (ILA)
- 20 John Smith House Consortium
- 21 Kingsley Hall Church and Community Centre
- 22 London Riverside Church
- 23 Madas (Make A Difference At Sandies)
- 24 Osborne Partnership
- 25 Parkside Community Association
- 26 Powerhouse Community Network
- 27 St Mary's Church Becontree
- 28 St Thomas' Church & food pantry
- 29 Valence House Museum and cafe
- 30 Valence Library
- 31 Vibe Dagenham

WHAT THIS MAP IS FOR

This is a map of the Barking and Dagenham Central Locality. The map has been designed by residents, for residents to identify community spaces and services that are low cost or free to use, support wellbeing, or help create connection.

If you are feeling isolated; if you are looking for the first steps to help; if you want to do something new but may find finances tight; use this map to see what's available to you in the locality.

The map has been developed in partnership with Kingsley Hall and Turn2us.

CLICK HERE TO SEE A DIGITAL VERSION OR TO GIVE SOME FEEDBACK ON THE MAP.



KEY

More details of all the listings can be found on this side. Each listing is cross referenced against the tags and categories below

CATEGORIES

- Housing
- Finance
- Social & Leisure
- Food
- Health
- Employability

TAGS

- Accessible
- Specialist Advice
- Family Friendly
- Free/subsidised Activities
- Safe Haven
- Warm Space

About Safe Havens

Places registered to provide a welcoming space for people to go to when they need immediate help e.g. if they are feeling intimidated, frightened, harassed or unwell.

About Warm Spaces

They are places you can go to meet up with other people and have a free cup of tea to stay warm, so you don't have to put the heating on at home.

About Community Hubs

Welcoming and safe places that make it easy for residents to talk to someone, find support to help themselves, access services when needed and help to be part of the community. They will provide information, advice and support with: Jobs, Training and Courses, Housing and Homelessness, Money and Debt. Multiple Community groups, local services and organisations deliver activities and events in Community hubs. Contact the hub to find out what's on.

LISTINGS

- 01 Adult Learning College** 24-1-247 Parsloes Avenue, RM9 5DF • 020 8270 4722 • <https://adultcollegeibbd.gov.uk> Wide range of free community learning courses (inc. welfare, wellbeing, digital skills, employability, ESOL). Free wellness sessions inc. pilates and acupuncture, 0-5 years health and talking therapies.
- 02 Andrews Corner Community Drop-in (old furniture shop)** 450-452 Becontree Avenue, RM8 3UA • 020 8227 1927 Place for connections, inc. Community drop-in & clothes swap shop on Wednesday AMs. 'Mens shed' on Tuesday and Thursday AMs (woodwork, carpentry and other DIY skills).
- 03 Barking & Dagenham Progress Project** 42-48 Parsloes Avenue, RM9 5NU • 07807 015343 • <https://www.bdpdp.co.uk> Where young people with disabilities (8-25) can meet new friends, get fit, learn new skills and have their voice heard in their forum and the wider community.
- 04 Becontree Church Centre** 330 Hedgemans Rd, RM9 6BX • 07963 771444 • <https://www.becontreechurch.com> Church Hub with a welcoming, open door policy. Daytime activities include friendship groups for over 60s (DABD Golden Years). Evening activities including affordable dance/music tuition for kids and a Friday night youth group (7-11s).
- 05 Becontree Community Hub** Stevens Road, Dagenham, RM8 2QR • 020 8724 1830 Community Hub providing information, advice and activities for the whole family (open Mon-Fri, 9-5). You can also book the sensory room for free!
- 06 Becontree Leisure Centre** Althorne Way, RM10 7FH • 020 3889 6238 <https://www.everyoneactive.com/centre/becontree-health-leisure-centre> Heavily discounted over 60s membership (£57 for the year), includes gym, swimming, aerobics classes. Coffee for a £1!

- 07 Carers Centre SA Ltd** 334 Heathway, RM10 8NJ • 0208 593 4422 • <https://www.carerscentre.org.uk> Advice & support for adult & children carers (open Mon-Fri, 10-4). Young Carers group (8-19) is an opportunity to meet new friends, get training and enjoy respite activities.
- 08 Castle Point (Community Resources)** 163 Bennetts Castle Lane, RM8 3YJ • 020 8227 1927 • info@castlepoint.gov.uk A neighbourhood hub offering support and activities including community lunches, parent/toddler group, craft sessions, plus a successful volunteer programme.
- 09 Church Elm Hub @ Dagenham Learning Centre (Library)** Based in Dagenham Learning Centre (Library): 1 Church Elm Lane, RM10 9Q5 • Jacey (Wellbeing groups) 07577 067373, Elyse (Food club) 079542 20995 • <https://www.thechurchelmlibrary.com> Mon-Weds: Free wellbeing groups inc. cooking, craft and exercise. Thurs-Fri: Community food club (inquire about referrals).
- 09 Dagenham Learning Centre (Library)** 1 Church Elm Lane, RM10 9Q5 • 020 8227 3942 • <https://bit.ly/440B05x> Community Hub offering info, advice & support (Open Mon-Thurs, 9-7, Fri-Sat 9-5). Activities such as reading bee (5-13 years). Inc. a job shop and Hames and Money hub.
- 10 Create London: The White House** 884 Green Lane, RM8 1BX • 020 8220 1172, whitehouse@createandon.org • <https://www.whitehouseart.org> Community arts space, open to the public for workshops and events. Activities include painting every Wednesday from 6:30pm, monthly poetry group, seasonal garden parties, and after-school youth workshops.
- 11 Dagenham Ummah Welfare Trust** 5 Hewett Road, RM8 2XT • 07947426866, duwt@hotmail.co.uk • <https://duwt.org/> DUWT is a registered Islamic charity providing a range of community services inc. sport & fitness, parenting and youth activities. Islamic evening and weekend supplementary classes (small charge) and a monthly food bank (see website for details).
- 12 DABD (Disablement Association of B&D)** 42-48 Parsloes Avenue, RM9 5NU • 0330 054 2500 • <https://www.dabd.org.uk> DABD aims to provide everyone with equal access to opportunities in work, training, transport or social activities.

- 19 Heath Community Hub** Frizlands Lane, RM10 7HX • 020 8724 1924 Community Hub. (Open Mon-Fri, 9-5). Offering free activities ranging from baby massage (0-10 months) to Community food club and Citizens Advice. (Previously William Bellamy)
- 20 Independent Living Agency (ILA)** Unit 15, Dagenham Business Centre, 123 Rainham Road North, RM10 7FD 020 8593 6677 • www.independentlivingagency.org Open door policy, supporting disabled people to overcome barriers to participation in society. They provide floating support, cleaning, shopping, appointments, payroll services and more, as well as a Healthy living and healthy futures programme (cooking, get active and courses).
- 21 John Smith House Consortium** Bevan Avenue Barking IG11 9LL • 020 4568 9010 • Admin@futuremc.org.uk A resident-led community centre run for young people by young people.
- 22 Kingsley Hall Church and Community Centre** Parsloes Avenue, RM9 5NB • info@khccc.com • <https://khccc.com/> Community Hub with Café, Soft Play, Social Supermarket, Kinder Kapers Too Pre-school and Church. Weekly programme of activities for all ages. Email for more info.
- 23 London Riverside Church** Parsloes Avenue, RM9 5PT • 020 8593 6677 • www.londonsidechurch.com Activities inc. Parent & Toddlers (Wed-Fri: £2 per family per wk). Vulnerable adults group, Bereavement group, Friday Night Youth meeting, Sunday Youth Lounge & Holiday Hangouts (12-18yrs). Hosts StoreCity Foodbank (local agency referrals) and CAP Life Skills.
- 24 Madas (Make A Difference At Sandies)** 684c Becontree Avenue, RM8 3HD • 01708 767383 • www.madas-td.co.uk/aci Charity shop & Counselling services, inc. free talking therapies to adults. BACP registered.
- 25 Osborne Partnership** Osborne Centre, Osborne Square, RM9 5AU • 020 8592 5742 • <http://www.osbornepartnership.org> Day support independence & employability services for adults with learning disabilities. Activities inc. Community Tea-Room (10-2), clothes recycling shop, Heat to Eat (Tues & Thurs) offering £1 for a bowl of soup and roll and 'Meal Mate' (discounted meals).
- 26 Parkside Community Association** 176 Goodmayes Lane, IG3 9PP • 020 8590 7497, info@parksideca.org.uk • <https://parksideca.org.uk> Community space offering a wide range of affordable but not free activities, such as Zumba and an over 70s tea dance.
- 27 Powerhouse Community Network** Unit 3&4, 280 Oxlow Ln, Dagenham RM10 8LP • 020 8517 5827 • <https://phcn.org.uk> Activities inc. Food Bank (Tues 10-11), Sickle Cell Centre Drop-in (Tues & Thurs 11am), Coffee AMs to rough sleepers (weekly), Youth Academy, Sports & Community Leaders Forum.
- 28 St Mary's Church Becontree** Grafton Road, Dagenham RM8 3EX • 020 8592 2822, Scouting network (Cliff 020 8822 06188) Activities inc. Scouts, free guitar lessons, Community Café (Weds lunches), Chat and craft group, Community Gospel choir and Youth group. Plus, after-school club (£1 including hot meal) and Little Hands Toddler group runs from there (£5 per week).
- 29 St Thomas Church & food pantry** Burnside Road/Haydon Road Dagenham, RM8 2PA • <https://bit.ly/3X5XZ7A> Pop in for a cuppa, chat, listening ear and top up from the food pantry (Mon 1-3pm). Well-being groups planned for the near future.
- 30 Valence House Museum and cafe** Becontree Avenue, RM8 3HT • 020 8227 2034 • <https://valencehousecollections.co.uk> Explore and enjoy the Valence House museum, tea room, shop, archives & local studies centre and gardens. (Open Tues-Sat, 10-4). See website for details of free/subsidised events.
- 30 Valence Library** Becontree Avenue, RM8 3HT • 020 8270 6864 Variety of free activities including Healthy lifestyles sessions and Young at Heart (over 60s) - linedancing, arts & crafts. (Open Mon-Thurs, 10-5, til 7 on Tues and Sats 10-4).
- 31 Vibe Dagenham** 195-211 Becontree Avenue, RM8 2UT • 020 8227 5891 Mon-Weds: Ab Phab Youth Club (disabled and non-disabled disadvantaged young people aged 11-18 & 19-25). Sat: Purple Penguin (SEN). Tues-Thurs: LGBTQ+ Peer support. Also Subtwize - drug & alcohol support group.

YOUR MAP OF LOCAL COMMUNITY SPACES

