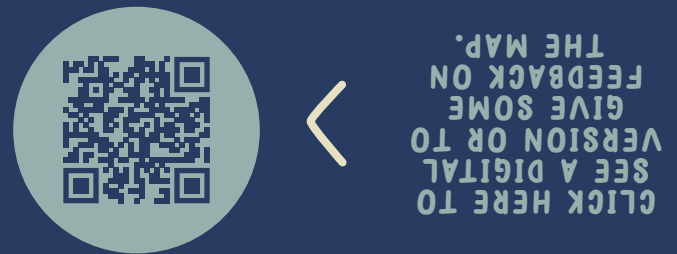




## KEY

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 Create London - The White House
- 11 Dagenham Ummah Welfare Trust
- 12 DABD (Disablement Association of B&D)
- 13 Emerald Cafe Bistro/Ekota Academy Hub
- 14 Fanshawe Community Centre
- 15 Future Youth Zone
- 16 Goodmayes Community Centre
- 17 Harmony Community Projects
- 18 Harmony House Dagenham
- 19 Heath Community Hub (previously William Bellamy)
- 20 Independent Living Agency (ILA)
- 21 John Smith House Consortium
- 22 Kingsley Hall Church and Community Centre
- 23 London Riverside Church
- 24 Madas (Make A Difference At Sandies)
- 25 Osborne Partnership
- 26 Parkside Community Association
- 27 Powerhouse Community Network
- 28 St Mary's Church Becontree
- 29 St Thomas' Church & food pantry
- 30 Valence House Museum and cafe
- 31 Vibe Dagenham



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

what's available to you in the locality.

but may find finances tight: use this map to see

first steps to help; if you want to do something new if you are feeling isolated; if you are looking for the

wellbeing, or help create connection.

services that are low cost or free to use, support

for residents to identify community spaces and

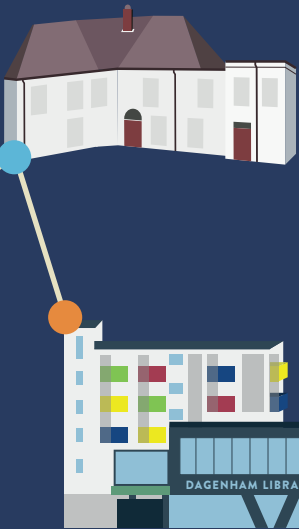
Locality. The map has been designed by residents,

This is a map of the Barking and Dagenham Central

## WHAT THIS MAP IS FOR

Barking and Dagenham  
Central Locality

## YOUR MAP OF LOCAL COMMUNITY SPACES



## 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

241-247 Parsloes Avenue, RM9 5DF • 020 8270 4722 • <https://adultcollege.lbdd.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.bdpp.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-heath-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 Bennets Castle Lane, RM8 3YJ • 020 8227 1927 • [info@castlepoint.gov.uk](mailto: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 9QS • Jocey (Wellbeing groups) 07577 067373, Elyse (Food club) 079542 20995 • <https://www.thechurchelmhub.com> Mon-Weds: Free wellbeing groups inc. cooking, craft and exercise. Thurs-Fri: Community food club (inquire about referral).

### 09 Dagenham Learning Centre (Library)

1 Church Elm Lane, RM10 9QS • 020 8227 3942 • <https://bit.ly/440BOSx>  
Community Hub offering info, advice & support (Open Mon-Thurs, 9-7. Fri-Sat 9-5). Activities such as reading beez (5-13 years). Inc. a job shop and Homes and Money hub.

### 10 Create London: The White House

884 Green Lane, RM8 1BX • 020 8220 1172, [whitehouse@createlondon.org](mailto:whitehouse@createlondon.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](mailto: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.

### 13 Emerald Café Bistro/Ekota Academy Hub

Goodmayes Cricket Pavilion, Goodmayes Park, Aberdour Road, IG3 9PG  
Emerald Café Bistro: 07426 092881/ Ekota Academy Hub: 07595 391743  
Friendly Community Café. Community sisters gathering once a month (Mums and their kids) and Home to Ekota Academy Hub (empowering communities through sports, education and opportunities).

### 14 Fanshawe Community Centre

Barnmead Road, Dagenham, RM9 5DX • 020 8595 0069 • <https://bit.ly/3PiW7qp>  
Community Centre that hosts a range of free and affordable activities – from martial arts, Childrens dance school and wellbeing groups inc. SEND groups and Slimming world. Community food club on the second Sat of the month.

### 15 Future Youth Zone

201-225 Porters Avenue, RM9 5YX • 020 3941 6722 • <https://www.futureyouthzone.org>  
Youth hub (8-19 years old or up to 25 for those with a disability, Open Mon-Sun). £5 annual membership / 50p per visit. You'll have access to: recording studio, hair and nail salon, gym, boxing, indoor climbing, employability, arts & crafts, football, cooking, dance and drama, film & media and skatepark. Babyzone Weds (free drop in, 0-4s & families). Opportunity to speak to trained counsellors.

### 16 Goodmayes Community Centre

616C Green Lane, IG3 9SE • 020 8590 1882 • <http://goodmayes-residents.org.uk>  
Safeguarding the residents in Goodmayes Ward and promoting cultural, economic and social wellbeing. Range of different activities inc. over-18s Friday night social group.

### 17 Harmony Community Projects

Concord House, 23-27 Kemp Road, RM8 1ST • 020 8597 1110 • <https://hcprojects.org.uk>  
Food bank, offering seasonal healthy lifestyle sessions for children and adults. Health clinic and other activities planned for the near future.

### 18 Harmony House Dagenham

Baden Powell Close, RM9 6XN • 020 8526 8200 • <https://www.harmonyhousedagenham.org.uk>  
Supporting older people through clubs, computer training, befriending services and handy person services. Running 3 nurseries for 0-5 year olds.

### 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](http://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](mailto:Admin@futuremc.org.uk)  
A resident-led community centre run for young people by young people.

### 22 Kingsley Hall Church & Community Centre

Parsloes Avenue, RM9 5NB • [info@khccc.com](mailto: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 2241 • [www.londonriversidechurch.com](http://www.londonriversidechurch.com)  
Activities inc. Parent & Toddlers (Weds-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-ltd.co.uk/aci](http://www.madas-ltd.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 • <https://www.osbornepartnership.org>  
Day support independence & employability service 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](mailto: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 10-1), 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 lunchtimes), 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 café

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 Subwize – drug & alcohol support group.