



CASTLE POINT PROGRAMME

WINTER 2024

STAYING CONNECTED



MONDAY

Community Bees

Come along and learn new skills and make friends. Learn to sew, crochet or embroider. If you would like to join this group please ask Marisa.

Knit and Natter, 10-12. Friendly space to knit, chat and make friends, Refreshments provided.

Winter warmer lunch provided, soup and toasted sandwich.

TUESDAY

Wellbeing Cafe: 10:00-11:30am - A chance to stay connected and encourage one another. £1, refreshments provided. Bring your lunch if you're staying for chair exercise,

Men's Group: 12:30-2:30pm - Friendly men's group, lunch £3
Come along and make friends.

Chair Exercise 1.15-2.15 - Moving to the beat.

Strengthening, cardiovascular, great to improve your flexibility. Gentle seated exercise.

Winter warmer lunch, soup and sandwich.

Andrew's Corner 2.30-4pm - drop in for a cuppa, make new friends, or visit our pop up clothes swap.

WEDNESDAY

Creative English 9.30-11.30 - Come and learn practical English and make friends.

Craft Group 10-11.30 - Come along and try easy crafts and make friends. Refreshments provided £1

Community Cafe: 1-2:30pm - Quizzes and Nostalgic Memories Group. Come and make new friends.

Cafe style lunch 11.30-1.30.

THURSDAY

Come along to Andrew's Corner 9:00-12:00pm You'll receive a warm welcome, tea, coffee and a friendly chat. Visit our pop up clothes shop.

Tots and Tinies 10-11.30 Parent and Toddler Group £1

Taste and See, 12-1pm. Healthy meal demonstration and tasting session.

Winter warmer lunch, soup and a toasted sandwich.

Quiet Craft: 1- 3:00pm - Tea and coffee provided

FRIDAY

Pilates 9.45-10.45

£7 per session

Zoom Gardening Club: 4-5pm - Chat about gardening problems and learn practical gardening tips - Zoom number: 82202168980 password - thehub



SATURDAY

Men's Shed: 9:30-12:30pm - Woodworking, carpentry and other DIY skills - for more info call Chris Page: 07837 732134
450-452 Becontree Ave, RM8 3UA



SUNDAY

Join us for church: 10:25-12:15pm - Each week we meet together in person, (Mayfield School, Pedley Road, Dagenham RM8 1XE or find us live on our YouTube channel @lifelinechurch2531) to celebrate our faith in Jesus. Whatever your faith, you are welcome to come and join us.

Teas and Coffees: 12:30 approx - join us after the meeting for tea and coffee outside Mayfield School Hall

Have you ever wondered about the meaning of Life?

Have you ever thought that there has got to be more to life than this? Sounds like you should consider doing an Alpha course!

Call 020 8597 2900 or email info@lifelinechurch.co.uk to find out when the next course is starting, or, fill in the slip and hand it in at Castle Point:



I would like to know more about the next Alpha course:

Name: _____

Contact Number: _____

Share
thoughts
questions
doubts
hopes
fears

Alpha



Lifeline Church

Castle Point is a Connecting Place of LifeLine Church.

We believe the world we're living in is a corrupted version of what God had in mind for us. Sadly, sin and selfishness have taken over and we need someone to rescue us - in response to this, God sent Jesus. We believe Jesus can restore to us what God originally intended.

We'd love to get to know you and for you to meet this amazing God who changes everything.

Join us on a Sunday morning at 10.25am, at Mayfield School (Pedley Road, Dagenham RM8 1XE – see map on the back), or watch via YouTube livestream: <https://bit.ly/LifeLineSunday>

You can also find out more at www.lifelinechurch.co.uk, call 020 8597 2900 during the working week, or email info@lifelinechurch.co.uk to find out more.



MENU

Toasted Sandwiches £2.00
Homemade Soup and toast £2.00
Scrambled eggs on toast £2.00
Jacket Potato and Salad £4.50
Choice of Homemade Cakes

CAFE OPENING TIMES

Monday 9.30-2pm Lunch 11.30-1.30
Tuesday 9.30-2pm Lunch 11.30-1.30
Wednesday 9.30-2pm Lunch 11.30-1.30
Thursday 12-1.30 Lunch 12-1.30



Castle Point - We're here to help!

We know that life can be very difficult at times.

Please do reach out and speak to us if you'd like advice or just someone to chat with. We'll happily speak to you in person, or give us a call on 0208 227 1927.

Let us know if you need support in any way: we may be able to help!

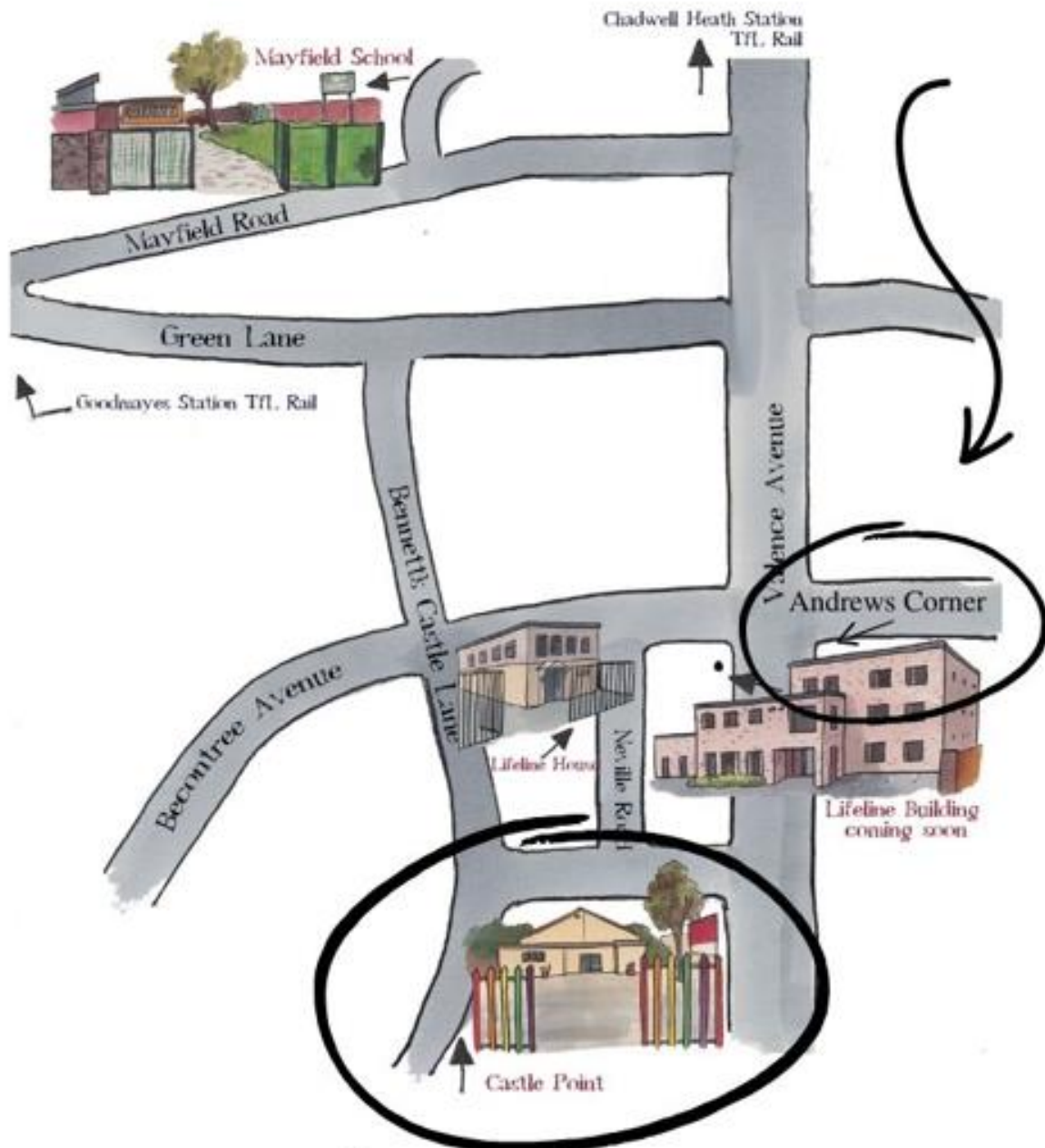
Want to volunteer? Speak to Marisa at Castle Point for our current opportunities.

Winter Warmer programme highlighted in bold. Free for over 65s and those struggling with the cost of living.



ANDREWS CORNER

450-452 BECONTREE AVE, RM8 3UA



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