

Open 10am - 3pm Mon - Thurs

All our services are provided FREE of charge.

Monday

10am - 11am Practice English

11am - 2pm Tea, Talk & Textiles

2pm - 3pm Practice English

Tuesday

11am - 12pm Chair Zumba

12:30 - 2:30 Board Games



Wednesday

10am - 2pm Open House

12:30pm - 2:30pm Book Club* * last wednesday of the month



Thursday

11am - 2pm Tea, Talk & Textiles



Friday

Closed

Special Event - Cooking Workshop.

See staff for details.



We are a Warm Space Monday - Thursday 10am - 3pm

Phone: 020 8594 2404 Mobile: 07859 885 261 sourceinfo@barkingchurchesunite.org

The Source Wellbeing Centre 37A Vicarage Field Shopping Centre Barking IG11 8DH

