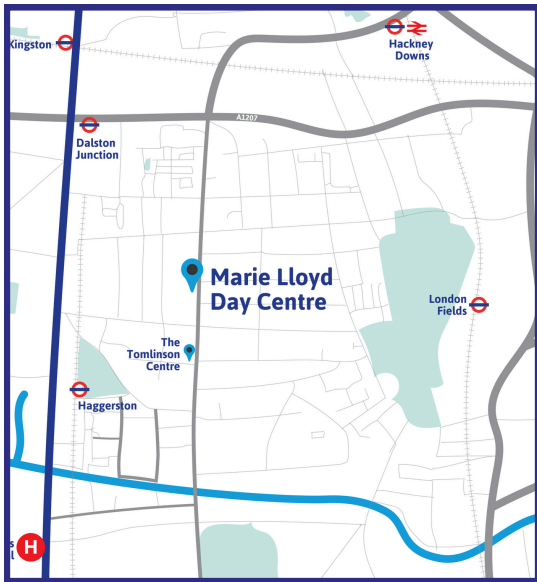


Directions to the Marie Lloyd Centre

329 Queensbridge Road E8 3LA



- Bus 236, 242 and 243. Get off at the Middleton Road stop.
- Bus from the City: 149 to Middleton Road or 76 to Englefield Road
- Closest train stations are Haggerston, Dalston Junction and London Fields.
- Parking for blue badge holders on Queensbridge Road



Marie Lloyd Centre

January timetable



Clubs, classes and services
Mon - Fri 9:30am - 4:30pm, 329 Queensbridge Road E8 3LA

Activities, clubs and events for older people, disabled people, carers and those at risk of harm from addiction.

www.marie-lloyd-centre.org.uk

The Marie Lloyd Centre is wheelchair-friendly, guide dog-friendly, and hearing loop enabled. All services are based on the groundfloor and have step-free access.



Age UK East London charity no: 1144535

Regularly weekly activities

Mondays

10am-1pm Carers counselling

Pre-booked appointments only: 020 8533 0951 (hosted by City & Hackney Carers Ctr)

12-1pm Dance

Dance your way to better balance and agility; FREE with an option to pay £3 (hosted by Victoria, courtesy of MRS)

2:30pm-3:30pm Chi Kung

Calming and uplifting ancient Chinese exercises; FREE with an option to pay £3 (hosted by Chris, courtesy of MRS)

Tuesdays

10am-12pm Digital Drop-in

Get help with your phone, tablet or laptop on a first-come-first-served basis (hosted by Stefan and Patty, courtesy of Age UK East London)

11am-12pm Strength and Balance

Improve your posture, balance and confidence; FREE with an option to pay £3 (hosted by Robbie, courtesy of MRS)

12.30-1.30pm Lunch club (restarts Jan 13th)

Holly Street Lunch Club cook nutritious meals for Hackney residents aged 55+ (hosted by Nerine and her team at the Holly Street Lunch Club)

11:30am-2:30pm Toe Nail Spa

Get help with tidying up those toes! FREE (hosted by Alison, courtesy of the Holly Street Lunch Club) Jan 13th ONLY

1.30-2.30pm Zumba

An aerobic fitness workout method that involves cardio and Latin-inspired dance; FREE, hosted by HSLC

12:30-1:30pm Beginners Pilates

Pilates class over 55's who want to have fun and meet people. £3 per session, blockbook on MRS Independent Living website, or pay on the day. Bursaries available - call on 0330 380 1013.



Holly Street Lunch Club offers:

- Nutritious healthy two course lunches at affordable prices
 - Health and wellbeing sessions
 - Movement and fitness classes
 - Leisure activities
 - Local cultural outings, walks in the park and trips to the seaside
 - Advice and support services
- Book ahead by text/call 07831583343 or email HS.LunchClub@aol.com



MRS Independent Living provide a range of services and projects for people who would like support, particularly older people, people with disabilities and people confronting mental health challenges.

Call 0330 380 1013 or email: Services@mrsindependentliving.org



SWERVE is a Hackney-based harm reduction hub, with a specific women's drop-in situated in the Marie Lloyd Centre. We provide a discreet service for women to access harm reduction

advice, safer drug using kit, naloxone, and BBV testing.

From January, the SWERVE women's drop-in will operate from 12-4 every Friday. For more information, contact our female harm reduction coordinator Lizzy at

lizzy.toovey@hepctrust.org.uk.

Services at the Centre



Age UK East London is an independent local charity for people aged 50+. We provide a free, quality-assured, independent Social Welfare information and advice from the Marie Lloyd Centre, and via home-visits.

Call 020 8981 7124 to speak to a friendly information officer, Mon - Fri 9.30am–5.30pm. We have Bengali, Sylheti, Urdu, Punjabi, Vietnamese and French speaking team members.



City & Hackney Carers Centre

City and Hackney Carers Centre works to support the unmet practical, emotional and social needs of carers.

Call 020 8533 0951, Mon - Fri 10am - 4pm.



Choice in Hackney is a Disabled People User Led Organisation. We are run by disabled people, for disabled people.

We support disabled people from all communities to obtain the services they need to live independently, with dignity and to make choices about their own lifestyles.

Phone us: 020 7613 3206 or email us: info@choiceinhackney.org



Huddleston Centre run a range of programs and activities for disabled children and

young people, and their carers and families – fun, socialisation, independent living skills, arts & crafts, music, theatre, sports, exercise, informal learning, respite, day trips – we've got it all! For more information and referrals call 020 8985 9089 or email: info@huddlestoncentre.org.uk

Tuesdays continued

1.30 -2.30pm Chair Yoga

Meditative, gentle exercise; FREE (hosted by Tracey, courtesy of Age UK East London)

3.30 -4.30pm Feldenkrais

Gentle, mindful movement that aids greater body awareness, whilst reducing discomfort and stiffness; FREE with an option to pay £3 (hosted by Charlotte, courtesy of MRS)

Wednesdays

10am-4pm Carers Advice Line

Offering advice in Bengali, Urdu, Hindi, Turkish and English. Call 020 8533 0951 (hosted by City & Hackney Carers Ctr)

10am-1pm Carers drop-in advice sessions

30 min slots offered on a first-come-first-served basis. Call 020 8533 0951 to check the wait time (hosted by City & Hackney Carers Ctr)

10-11.00am Board Games

Pick from a selection that includes Chess, Scrabble, Snakes & Ladders etc; FREE (hosted by Joanna, courtesy of the Holly Street Lunch Club)

11am-12.30pm Arts & Crafts

Currently focussing on card making; FREE (hosted by Joanna, courtesy of the Holly Street Lunch Club)

12.30-1.30pm Lunch club (Restarts Jan 14th)

Holly Street Lunch Club cook nutritious meals for Hackney residents aged 55+ (hosted by Nerine and her team at the Holly Street Lunch Club) Free weekly support from Clean State's Quids in! Money Guidance service

1-2pm Chair-based exercise

Fun and energetic; FREE with an option to pay £3 (hosted by Rosaleen, courtesy of MRS)

Financial Support Available for MRS Independent Living's Keep Sharp Programme

We're pleased to share that MRS's Keeping Sharp exercise programme relaunched in December, with a refreshed timetable and some new classes designed to support older people to stay active, mobile and confident. MRS have passed on the following:

Financial Help Now Available

We know that cost can be a barrier to getting active. We're now offering financial support for inactive but motivated older people who would like to attend Keeping Sharp classes but need help to do so.

Support can be flexible and may include help with:

- Transport to and from classes (including taxis or group transport)
- Costs for people on a low income
- Replacement care for people with caring responsibilities
- Suitable clothing or footwear
- Communication support (including language or BSL support)

This list isn't exhaustive — we're very open to exploring what might help someone take part.

If you, or someone you know, might benefit from this support, please get in touch with the Keeping Sharp team:

- ks@mrsindependentliving.org
- 0330 380 1013

We can also help people apply for schemes such as Dial-a-Ride or Taxicard if that would be useful.

If you know an older person who wants to be more active but faces practical or financial barriers, we'd love to hear from them.

Wednesdays continued 2-3pm Body conditioning

FREE (hosted by Rosaleen, courtesy Better Hackney+Age UK East London)

1.30-3.00pm Bingo

FREE (hosted by Sarah, courtesy of the Holly Street Lunch Club)

Thursdays 10:30-11.30am

Chair-based exercise

FREE (hosted by Liz, courtesy of the Holly Street Lunch Club)

12.30-1.30pm Lunch club (restarts 15th Jan)

Holly Street Lunch Club cook nutritious meals for Hackney residents aged 55+ (hosted by Nerine and her team at the Holly Street Lunch Club)

11am - 1pm Art Club

Join this self-run group for artists of all abilities; FREE

12.30-1.30pm Intermediate Pilates (New for 2026)

From 8th Jan - Intermediate level Pilates, £3 per session (courtesy of MRS's Keeping Sharp programme)

1.30-2:30pm Stretch & coordination (New for 2026)

FREE with optional donation (courtesy of MRS Keeping Sharp programme)

Fridays 10am-11am

Tai Chi Class

Low-impact, meditative exercise; £2 per session (hosted by Sihinng Daniele, courtesy of Age UK East London)

10am-12pm Gardening group

Our very own on-site community garden group; join us for gentle gardening – everyone welcome! FREE (hosted by Rene, courtesy of Age UK East London)

11:30am-2:30pm Friday Indie Project

For disabled young people aged 25+ with a referral from the Huddlesstone Centre (hosted by Gavin, courtesy of Immediate Theatre)

12pm-4pm Women's drop-in

Harm reduction service (hosted by Lizzie, courtesy of SWERVE)