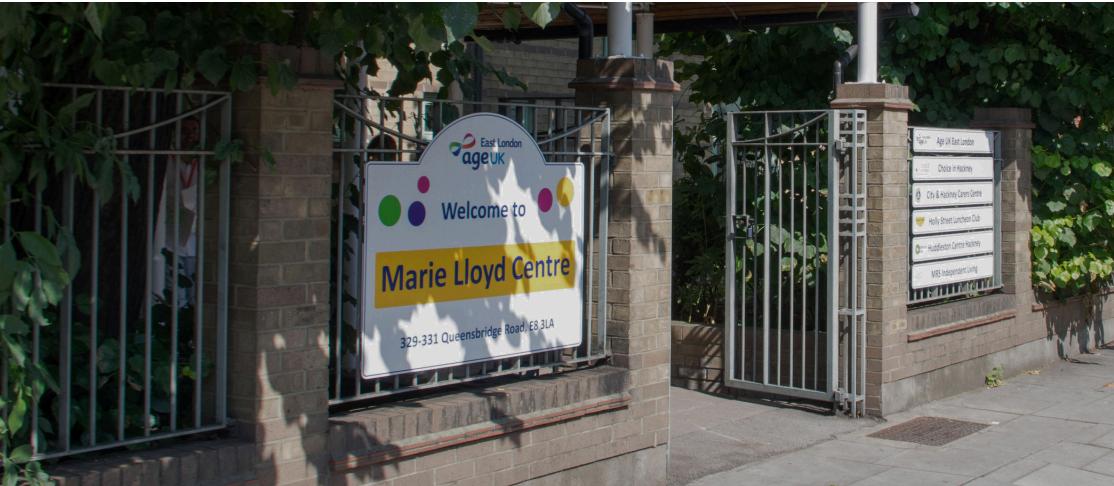
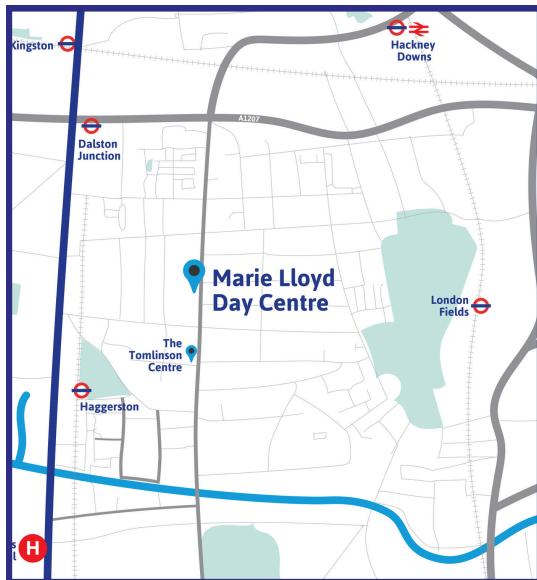


Directions to the Marie Lloyd Centre

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



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.

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



City & Hackney Carers Centre



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

M-R-S.Independent Living

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

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@mrsindependentsliving.org

SWERVE

SWERVE is a Hackney-based harm reduction hub, with a specific reduction service for women to access harm reduction advice, safer drug using kit, naloxone, and BV 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 Lizzo at lizzo.toohey@hepcrust.org.uk.

A SAFE WAY TO ENGAGE



- Mondays
- 10am-1pm **Careers Counselling**
- Pre-booked appointments only: 020 8533 0951 (hosted by City & Hackney Careers 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 uplifiting 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 Party, courtesy of Age UK 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 Nerie and her team at the Holly Street Lunch Club) Jan 13th ONLY
- 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.



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 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)

MRS Independent Living's Keep Sharp Programme

Financial Support Available for

We're pleased to share that MRS's Keep Sharp exercise programme to stay active, mobile and confident. MRS have passed timetables and some new classes designed to support older people to the following:

Financial Help Now Available

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
- Suitabale 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 Keep Sharp team:

- 0330 380 1013
- ks@mrsindependentsliving.org

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.

Wednesday's continued

2-3pm Body conditioning

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

Thursdays

10:30-11.30am Chair-based exercise

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

11am - 1pm Art Club

Holly Street Lunch Club

Fridays

10am-11am Tai Chi Class

Shining Daniel, courtesy of Age UK East London)

10am-12pm Gardening group

Our very own on-site community garden; join us for

12pm-4pm Women's drop-in

Hosted by Lizzie, courtesy of SWERVE

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

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

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

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

Low-impact, meditative exercise; £2 per session (hosted by

gentle Gardening — everyone welcome! FREE (hosted by Rene,

Huddleston Centre (hosted by Gavin, courtesy of Immediat

For disabled Young People aged 25+ with a referral from the