

APRIL at



Custom Made is a community space for growing, sharing and learning in Custom House.

MON	TUES	WED	THURS	FRI	SAT
Newham Council will be here every Monday to answer any questions on the regeneration programme.		1 Men's wellbeing 3pm - 5pm	2 Easter arts & crafts 10.30am - 12pm Newman Francis 2pm - 6pm	3 GOOD FRIDAY	4
6 EASTER MONDAY	7 Art & crafts with Maryam 3pm - 5pm	8	9 Men's wellbeing 3pm - 5pm	10 Arts & crafts 3.30pm - 5pm	11 KasomeKakes 2pm - 5pm
13 Coffee & crafts with Shaheen 12pm - 2pm	14 Art & crafts with Maryam 3pm - 5pm	15	16 Let's get moving 10am - 11am Men's wellbeing 3pm - 5pm	17 Arts & crafts 3.30pm - 5pm	18
20 Coffee & crafts with Shaheen 12pm - 2pm	21 Art & crafts with Maryam 3pm - 5pm	22	23 Let's get moving 10am - 11am Men's wellbeing 3pm - 5pm	24 Collaging with Artists' Apothecary 3.30pm - 4.30pm	25 KasomeKakes 2pm - 5pm
27 Coffee & crafts with Shaheen 12pm - 2pm	28 Art & crafts with Maryam 3pm - 5pm	29	30 Let's get moving 10am - 11am Men's wellbeing 3pm - 5pm	Contact details for the Newham regeneration team are: Telephone: 020 3373 3906 Email: regeneration@newham.gov.uk	

All workshop details below!

✉ email faz@make-good.com for more info
 📷 visit our instagram [@custommade.e16](https://www.instagram.com/custommade.e16)

Coffee & crafts with Shaheen

Start the week with good chats, warm sips, and a variety of fun crafts. This is a free, women-only session for all ages.

Art & crafts with Maryam

Over Maryam's sessions, we'll try a variety of fun crafts including watercolour and decoupage - creating objects using paper cutouts and painting.

Let's get moving with BodyTaylor

Join Eva's fun and motivating fitness class and beat the seasonal slump! Open to all. Book via: bit.ly/bookbodytaylor and for more information email eva@bodytaylor.co.uk. This class costs £6.

Newman Francis

A drop-in session with the independent tenant and resident advisors.

Arts & crafts drop-in

Join us for a free craft session using a variety of different materials, with a special Easter themed session on Thursday 2nd. Open to all ages.

Men's wellbeing with Talk2Terry

Talk2Terry is a free, safe and confidential men's support group, with a mission to support men in the trials of everyday life through friendship and lived experience. Book via tel: **07956210496** / email terry_regan@yahoo.com or just drop-in.

Collaging workshop with Artists' Apothecary

Create a collage using all kinds of stationery, all arts supplies included. Just bring yourself and enjoy! Suitable for all ages 5 and above. Book via the link: bit.ly/collaging-aa

Kasome Kakes stall

Kasome Kakes will be selling a selection of delicious cupcakes and tray bakes this weekend - treat yourself to a yummy bake!