

The Community Hub @ Castle Point

In January 2013, Castle Point was taken on by a team of volunteers from LifeLine Church. The aim was to provide a 'Hub', a space where people could connect and share life with each other and express what it means to be a community.

Our programme of events reflects the interests, needs and resources of our community. All sessions are run and supported by volunteers... from teaching our Conversation class to cleaning! We come from many different walks of life, both young and old(er)... So if you would like to share more of your life with others, have something to give, or would simply like to come and see, we welcome you to join us and hope you will find this a place where you can belong.

LifeLine Church is a vibrant community of local people who believe that God transforms our lives. He empowers us to make a difference wherever we are by demonstrating love, bringing hope and creating peace.

Castle Point

163 Bennett's Castle Lane

Dagenham, RM8 3YJ

CONTACT US

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LifeLine
Community
Resources



life is a journey, move forward with us



AUTUMN PROGRAMME 2018

		Monday		Tuesday		Wednesday		Thursday		Friday	
Morning	Large Hall	10:00 – 12:00	FREE	10:00 - 11:30	£4	10:00 – 11:30	£2	10:00 – 12:00	£3	9:45 – 10:45	£2
		Creative English Learn to speak English and have fun at the same time Topics include ‘Going to the doctor’ and ‘Speaking to your child’s teacher’. Crèche available *		Pilates Pilates taught by an experienced physiotherapist. Please bring an exercise mat if you have one. Refreshments afterwards		Tots & Tinies Friendly and welcoming group for parents, babies and children under three. Singing, story time and fun.		Peaced Together Discover your personal journey from brokenness to wholeness on this practical craft-based course. Women only Start to be confirmed.		English Grammar For those with a good basic level of English 11:00 – 12:00 £2 Beginners English Practise speaking, writing and reading.	
	Small Hall	10:00-12:00	£3	10:00- 11:15	FREE	11:00 -12:30		10:00 – 11:30	FREE	Crèche Where available please book a place £1.50 per hour	
		Intentional Health Offering tools to help you be active, eat well and make healthy choices. Improving your whole physical, spiritual and emotional wellbeing. Crèche available*		Parent and Child English Class Practise speaking English and help your child get ready for school.		Getting Ready for Your Baby Antenatal group Helping expectant parents prepare for birth and care of their new baby and the changes it brings Booking advised		Finding Solutions Discuss important life issues such as stress, anger, forgiveness, marriage & parenting Crèche available*			
Lunch Club 12:00 – 12:30 Homemade lunches £2.50. Soup and a roll £1.50 (Order in advance before 12:00)											
Afternoon	Large Hall	13:00 – 14:30		13:00 - 14:30	FREE	13:00 - 14:30				9:30 – 12:00	FREE
		Community Café “THE HIGHLIGHT OF MY WEEK” Come and make new friends and chat in a friendly atmosphere.		Discovery Group A group exploring faith related issues Cooking with Eli £2 Come and learn to make family favorite recipes. Please book.		Community Café “THE HIGHLIGHT OF MY WEEK” Come and make new friends and chat in a friendly atmosphere.				Saturday Men’s Shed Learn a new skill Woodwork, and DIY, mower repairs Tea and coffee provided	
	Small Hall	Relaxing activities including colouring, word searches and puzzles Tea/coffee or cake 50p		12:30 -14:30	FREE	Clothes Swap Craft Table Card Making Memories table Quizzes crochet/knitting Tea/coffee or cake 50p		12:30 - 14:30	£2	Held at :- 40-42 Neville Road Dagenham RM8 3QS	
				Create Your Future For women who are not working and need support to build up confidence. Learn English to help find a job. Come along to make friends and get help. Free crèche available				Craft Café Sewing group Scrapbooking and other crafts Refreshments available			
						20:00 -21:15	FREE				
								Greg’s gym – Keep fit exercises			