

# Geoff Ashcroft Community

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We aim to help improve emotional well being and reduce social isolation for people in Tower Hamlets. Some people come to The Geoff Ashcroft Community to connect with old friends. Some people come to invest in new ones. Some people come to try creative activities at their own pace. Some people come to have a bit of space in a busy day. Some people come because they need a chat in an otherwise empty day. Some people come to enjoy a good lunch with friends. Some people come to cook lunch or help make community happen in other way.

Geoff Ashcroft run the following activities, some may be seasonal or subject to available staff:

- Craft (painting and other art activities)
- Community Meals
- Free tea and coffee
- Music Recitals
- Art and Music Therapies
- Field Trips
- Creative Writing Workshops
- Light Exercise Classes

## Who to contact

Telephone	0207 791 1401 (Thursdays 11am - 2pm)
Email	<a href="mailto:geoffashcroftcommunity@gmail.com">geoffashcroftcommunity@gmail.com</a>
Website	<a href="https://www.geoffashcroftcommunity.com/">https://www.geoffashcroftcommunity.com/</a> 

## Where to go

Name of venue	St Mary's Church Hall
Venue address	Johnson Street off Cable Street Shadwell London
Postcode	E1 0AQ
Additional Notes	We are just behind St Mary's church. Buzz or knock on the green door before you get to the Lifeline project.

## When is it on?

Date & Time	Tuesdays 11.00 - 3.00pm and Thursdays 11.00-3.00pm
Information	TERM TIME ONLY

## Other details

Cost(s)	Free
Languages	English
Referral required?	No