

## East Ham Enrichment Timetable 2026

Day	Time	Activity	Facilitator	Room/Space
Mon	10.00am - 12.00pm	<b>Mindfulness Monday</b> Join us in the student lounge for activities centered around your wellbeing	L	Students Lounge
Mon	10.00am - 12.00pm	<b>Games Club</b> We have Uno, chess, drafts to play with your friends or come to make new ones!	L	Student Lounge
Mon	10.00am - 1.15pm	<b>Counselling support</b> Come and book a time to speak to a CAMHs advisor, 121 sessions available	CAMHs	Student Lounge
Mon	3.00pm - 5.00pm	<b>Games Club</b> Play some pool, table tennis & PS5 look out for our tournaments running throughout the year	L	Student Lounge
Tues	10.00am - 12.00pm	<b>Talk Tuesdays</b> It's good to talk - the perfect way to increase your confidence and communication skills. We also run workshops on Anxiety awareness, plus many more	L	Student Lounge
Tues	12.15pm - 1.15pm	<b>Open mic</b> A chance to showcase your skills - join us for poetry, music, storytelling a relaxed supportive space to showcase your talent	L	Student Lounge
Tues	12.15pm - 1.15pm	<b>Debate club</b> Learn new skills to deliver persuasive arguments on diverse topics great to develop your critical thinking, public speaking and active listening skills	Student Led	Student Lounge

Weds	12.15pm - 1.15pm	<b>Kick back vibes</b> You get to choose the music and vibes. Tic Tok dances encouraged	L	Student Lounge
Weds	1.30pm - 2.30pm	<b>Dance for SEND</b>  Dance classes for our students.	Sardines Dance company	Dance Studio

Thurs	12.15pm - 1.15pm	<b>Driving Theory course</b> 4-week course to help those looking to drive pass their driving theory test - with Abbies Driving School. To register your place please speak to a member of the Enrichment team	Abbies Driving	Closed group please register your interest in the student lounge
Thurs	COMMING SOON	<b>Arts &amp; Crafts</b> Join us and get creative with our projects ranging from knitting, crochet, and watercolor painting to decorative projects such as macramé wall hangings, DIY coasters, and jewelry making	Rym	Student lounge
Thurs	4.30pm - 5.30pm	<b>Student Union Meeting</b>  Students Union (SU) closed meeting	Josh	Student Lounge
Fri	10.00am-1.15pm & 2.30pm - 4.45pm	<b>Games Club, Pool and Table Tennis</b>  Drop In and come play games, that helps you improve your critical thinking.	Ed	Student Lounge