

Wapping Mini Marathon is taking place on Saturday 11th November 2017 between 11am to 4pm.

Whether you are an experienced runner, a beginner or somewhere in between – Whether you wish to run, jog, walk or push a pram – Everybody is welcome!

This is an opportunity to get some exercise, have some fun and raise some money for good causes in your local area and further afield. Registration Fees are £12 per adult; £6 per child and £28 for a family (single parent families £22).

To find out how you can sign up, please call Cathy on 07476 625165 or e-mail: wappingminimara@gmail.com



Charity Number: 1140743

Payments/Donations can be made the following ways:

- You can promise to donate by filling in the runner's sponsorship form (paying in cash straight away or when the person has completed the course – they will be able to show you a certificate confirming completion);
- You can make a cheque payable to Community Solutions detailing on the reverse which of the projects you would like to support;
- You can transfer monies online to Account Name: Community Solutions – Account Number: 24247987 - Sort Code: 56 00 18;
- You can also visit the website at www.community-solutions.org and click on the 'Donate' button; or
- You can make a donation on our just giving page at <http://campaign.justgiving.com/charity/communitysolutions/wapping-mini-mara-2017>

WHO WOULD YOU LIKE TO RAISE MONEY FOR?

EXERCISE, DANCE AND MOVEMENT CLASSES FOR UNDER 5s AND THEIR PARENTS/CARERS



Please help us raise money to deliver more of our Trumplers Jumpers classes. We currently deliver at 6 different venues throughout the borough and want to do more.

The content of the class includes exercise, dance, movement, music and song. These classes are free and accordingly, accessible to all.

The positive impact the classes have on the children and their parents/carers is huge ranging from a better understanding of the take up of a healthier lifestyle; assistance with physical development; and personal, social and emotional encouragement.

The Trumplers Jumpers Sessions are a fantastic way for families to have fun, be sociable and get active. Each week we see the positive impact the classes have on the children and families that attend, and every week we are reminded of the difference our classes can make!

Please help us to reach more families with the work that we do.

We have also started to help in other areas of delivery, such as Stay and Play, where resources are stretched and where we can be of great assistance whilst meeting the needs of the community.

We promise to employ, train and develop from within the community wherever possible.

We really believe in our work and hope you can help us to do more. Timetable at <http://community-solutions.org/activities-for-children-parents-carers-east-london/>

EMPLOYMENT AND EMPOWERMENT



We wish to further develop the Equality Kitemark through all the work that we do.

We want to contribute to the existing progress made by other organisations and individuals to support with the delivery of Equality in the world we live in.

The areas below are the identified framework areas for our projects team to work with:

- Financial • Educational • Political • Religious • Sexual Preference • Charitable • Language • Gender • Disability • Ethnicity • Age • Dependents

If you would like to join our team and help with the delivery of any of our projects, please do not hesitate to get in touch by e-mailing communitysolutions1st@gmail.com.

HELPING HANDS

We also work with isolated, vulnerable and less able people in the Wapping area assisting on a personal level as well as supporting and encouraging links with social and support networks.

Some of the personal assistance services we offer include cleaning, shopping, laundry, household tasks and we have even managed to build some Ikea Furniture!!



EDUCATION STATION

Community Solutions understands the issues and pressures of educating children.

We provide extra educational support for children up to and including 11 years of age. We believe that everyone can be a high achiever and have established the Education Station to meet the needs of both children and parents.

We can provide extra educational support for your child in the following areas:

- Literacy (English)
- Numeracy (Maths)
- Verbal Reasoning
- Non-Verbal Reasoning

We also provide a pick up and drop off service where possible.

If you think you might be interested joining the Education Station, please visit <http://community-solutions.org/2015/08/education-station/>; e-mail education-station@community-solutions.org; or call Christine on 07891138950.