

# CORE News

Creating Opportunities for a Real Life Experience

Spring Edition 2025

07957 322 195

corenews@core-projects.org.uk

Attlee Centre, London, E1 6RT

## Highlights



### Page 5

We have a great time visiting the Postal Museum



### Page 7

CORE News watch a show at the Gb be Theatre



### Page 11

The group go aboard the Cutty Sark



## Meet our new Be Well Together Health Inequalities Disability Coordinator

Article by The CORE News Team

We are really excited to introduce Ella Asnin who has just started her role as the Be Well Together Health Inequalities Disability Coordinator.

Ella will be responsible for setting up some exciting activities for learning disability groups in Tower Hamlets.

She will be liaising with the Be

Wellbeing team, day providers, community groups and health professionals to develop a timetable of activities aimed at promoting physical activities for adults with learning disabilities.

Ella will be working with adults with learning disabilities to find out what sports and activities people would like to do.

There will be activities such as

karate, martial arts, dance and movement, circus hoops, accessible gym, chair-based exercise and our popular Wheel, Walk, Run events plus much more.

All sessions will be run by experienced trainers.

If you want to know more, then you can contact Ella on [ella.asnin@icmfoundation.org.uk](mailto:ella.asnin@icmfoundation.org.uk)



# CORE News go to Laser Quest in North London

Laser Quest is a fun place when you score points by shooting laser guns at people. We went to the branch in Enfield in the February half term because Groupon were doing a very good deal for 2 games.



Article by Sharif Musah, Kamrul Islam & Jess Nguyen

**O**n Wednesday 19th February we went to play laser tag at Laser Quest in North London.

We got the train to Southbury Station, and we walked 15 minutes to Laser Quest.

When we got there, they didn't check our tickets, but we had to write down our names.

Then we watched a safety video. We had to put on laser vests with the guns in them, and then we were split into two teams. One was the red team, and the other team were blue. We played 2 games the red team won the first game, and the

blue team won second game. There were some other people playing with us, but it wasn't busy even though it was half term.

Each game was 15 minutes. It was dark inside, and it was like a maze. We had to shoot each other, if you got shot then your gun goes off for a few seconds.

We thought shooting each other was fun and we can't wait to go again!

It is usually £14.95 each for 2 games but we got a deal on Groupon for about £5 each, we thought that was a really good deal and we want to go again before the deal runs out.

**To find out more about Laser Quest visit their website at [laserquest.co.uk](http://laserquest.co.uk)**

1st RED 2630				2nd BLUE 2547			
Name	Pack	Score	Rank	Name	Pack	Score	Rank
Aisha	09	1025	11	Sharif	11	1025	11
Ali M	11	750	12	Jess	12	750	12
Dawud	08	748					
Danielle	12	733					
Berke	07	521					
Wabi	10	474					
Ali	06	269					
Ajmal	14	268					
Taylor-Mae	15	166					
Kamrul	15	120					

**We bought our tickets on Groupon and then we called the venue to book the time and date. To find this deal and other good deals go to [www.groupon.co.uk](http://www.groupon.co.uk)**

**You need to create an account to buy from Groupon.**



# Act Up! Newham perform for us at the Attlee Centre



Act Up! Newham is an inclusive theatre company made up of disabled and non disabled people. They create performances relating to disability issues. We watched an amazing performance about the rights of people with disabilities.

Article by Jess Nguyen, Sharif Musah, Kamrul Islam & Karen Ritchie

On Wednesday 20th November Act Up! Newham came to the Attlee Centre to do a performance and workshop with us in the hall



They set up and everyone at CORE went to sit down to watch the performance about the rights of people with disabilities to choose places they want to go to. Jade introduced the show and the five people performing were Gbry, Sterre, Pritesh, Palah and Grace. The staff were Jess, Amelia and the person running the group was called Hannah.



The performance was set in a care home and the service users wanted

to go to different places and the staff there wouldn't let them go to the places they wanted to, she said they could only go to McDonalds. They didn't want to go because that's where they always went. They wanted to go to the chicken shop, go to restaurants and to a bar. Then they protested about their rights.

We thought the play was funny, the sets were fabulous, and we really liked it. We would all like to watch another performance by Act Up! Newham.

After the performance Hannah asked us to make a circle, and we did some acting warm up exercises. We copied the actors' moves and then we made up our own ones.



Then we all had to line up and Jade asked us some questions. If the answer was yes, we had to go across the hall to Hannah, if the answer was no, we had to go to Jess. They got to know a bit about us when they asked the questions.

Then we were put into 2 groups,

and we talked about what we wanted to do in the future. The questions they were asking were going to be used to tell the council about what issues people with disabilities have.



We thought the performance was awesome, and we especially liked joining in with the warm-up exercises. We liked getting to know the actors. We enjoyed everything.

We are going to see Act Up! Newham again and they are going to show us another performance.



You can find out more about Act Up! Newham on their website at [www.actupnewham.co.uk](http://www.actupnewham.co.uk)



## Red One Film Review



Article by Shaheen Mannan, Jess Nguyen, Sharif Musah, Kamrul Islam, Fathema Begum, Karen Ritchie & Tomasz Nickiewicz

CORE News went to watch Red One at the Vue Cinema in Stratford on Monday 2nd December.

The film was about Santa getting kidnapped and a thief was asked by an organisation called MORA to find him. The person who kidnapped Santa was going to put all the people on the naughty list in snow globes to make the world a kinder place.

We liked it when they were saving Christmas especially from the big snowmen. We also liked the part when the toy cars and

the robots were made bigger and when the dogs were chasing the chicken.

We really liked this film but we didn't understand the part where they got the power from Santa and we didn't like it when the dad wasn't there for the son because it was sad.



## Immigration Advice Service OISC LEVEL 1

**THIS IS A FEE PAYING SERVICE**



### CONTACT US ON

✉ [Immigrationadvice@limehouseproject.org.uk](mailto:Immigrationadvice@limehouseproject.org.uk)

☎ [02075380075](tel:02075380075)

📍 [789-791 Commercial Road,](#)  
[Unit 2- St Anne Street,](#)  
[London, E14 7HG](#)

## How can we help?

### Types of Advice

- Immigration Advice
- Visa Applications (including family and dependents)
- Work Visas
- Citizenship
- Asylum and Refugee Support
- Settlement and Residency
- E-visas

### WHAT WE OFFER?

We offer advice for Visas, Residency and Citizenship to help you navigate the immigration process smoothly

The film was an action film for families and people who like watching Christmas films.

We would give Red One 9.5/10 because we all really enjoyed the film.

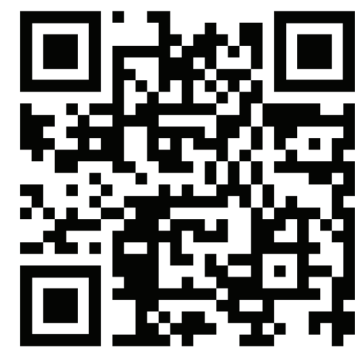
**We bought our tickets using the O2 Priority app. This gives you options to buy 4 tickets for £18 or 2 for £9**

**and 20% off food at Vue Cinemas. If you are a O2 mobile phone customer or if you are with Virgin Media broadband you can use this offer.**

**When you buy tickets using the O2 Priority app you will be emailed some codes which you can use on the Vue website.**



# An amazing time at the Postal Museum



The Postal Museum is an award winning independent museum in London. The museum has lots of information about how the postal service started 500 years ago to how it is today. The museum was opened in 2017.

Article by Fathema Begum, Jess Nguyen, Tajber Hossain, Shaheen Mannan, Sharif Musah, Kamrul Islam, Karen Ritchie & Tomasz Nickiewicz



To get to the Postal Museum, we took the train to Farringdon Station. It was a 15-minute walk from the station.

When we got there, we went to the main building, but we were told to go to the Mail Rail opposite the museum. The Mail Rail is a small train that used tunnels under London to transport the mail.

We were confused when we got to the Mail Rail because the entrance was covered with a poster. It was only when Dawud stood right outside the door, we realised it was an automatic door.



When we went in, we had to show our tickets. We also had to show our tickets in the main building and

when we went down the stairs to the Mail Rail.

By the Mail Rail we went to a small shaking area to sort out postal letters. You had to put them in the right place. It was shaking because it was like being on a train.



There were lots of interactive games and places to dress up. The last thing we saw was a video on how we delivered the mail.

We went to the main building to have our lunch in the café. After lunch we looked around the shop. The café was nice, but it was quite expensive.

In the main building there were lots of interactive things to do like sending messages through a tube and a cat game. There were different post boxes, a car and a carriage. There were other clothes to try on. There was an interactive stamp game

where we made our own stamps.



We liked looking at the Mail Rail showing how it moved and reading the information about it. We also liked playing the games and wearing the costumes.



It is usually £15.50 for adults but because we didn't ride on the Mail Rail we went in for £4.40 each. We thought it was value for money because there were lots of things to do there.

The staff were nice, and friendly and let us have our own lunch at the café.

We would go again because there were lots of things to do and lots to look at.

**Visit the website to find out more**  
**[www.postalmuseum.org](http://www.postalmuseum.org)**



# CORE try Egyptian food at Koshari Street

Koshari Street sells healthy Egyptian street food either koshari bowls or wraps. Koshari is Egypt's national dish that has bits of grains, chickpeas, zesty tomato sauce, spiced meat or plant alternative. Koshari Street have 2 branches, we visited the one in Cannon Street.

Article by Fathema Begum, Shaheen Mannan, Kamrul Islam, Tajber Hossain, Jess Nguyen and Sharif Musah

We went to Koshari Street to try out healthy Egyptian Street Food on Tuesday 11th February at 12pm. We bought vouchers online from Time Out, they were doing a deal for Koshari bowls for £5.99 each.



It was a bit busy when we got there. It was big inside, and the staff were nice and friendly.

We showed the staff the Time Out vouchers on our phone and they said we could choose from chicken shawarma, classic beef and power plant koshari.



Jess showed them our order on a piece of paper. Shaheen, Kamrul, Jess, Fathema and Sharif had beef and Tajber had chicken. Dawud had the power plant koshari as it was

vegan. We made a mistake with one of our orders and the staff kindly made us another bowl



The staff put our food into bowls and asked us if we wanted tahini, tomato sauce or a spicy sauce and crispy fried onions. Shaheen asked if they could put all the different sauces in her bowl

We had to wait 3 minutes for our food to come, they made it quickly for us and we sat downstairs to have our food.



We thought the food was nice, it was something new for us. The food was very spicy, some of us didn't like the tahini or the raw onions. Most of us thought the food was delicious even though it was our first time trying it.

We thought it was value for money because we had the Time Out voucher. The usual price is £10.75 we thought that was very expensive for the size of the portion, but

it did fill us up.



We would like to eat there again because the food was nice but only if we did not have to pay full price.



Time Out have lots of offers and discounts on places and restaurants in London. Go to the offers page on the website to find some good deals

[www.timeout.com/london](http://www.timeout.com/london)



For more information on Koshari Street have a look on the website [www.kosharistreet.com](http://www.kosharistreet.com)



# We watched a crazy and funny show of Taming of the Shrew at Shakespeare's Globe Theatre

Shakespeare's Globe is located on the bank of the River Thames in the Bankside Cultural Quarter. You can either watch a performance on the seats around the theatre or you can watch it for a discounted price in the open air area.

Article by Karen Ritchie, Fathema Begum, Shaheen Mannan, Kamrul Islam, Jess Nguyen & Sharif Musah

On Tuesday 8th October we went to Shakespeare's Globe Theatre. The nearest station was Cannon Street on the District Line.



Before we watched the show, we went on a tour of the building. We met our tour guide Norma and she gave everyone headphones to wear so we could all hear everything she was saying.

Norma took us to see the stage and seating areas. She talked about the actors from Shakespeare's time, boys used to play the parts of girls.

Then she talked about where the Globe Theatre used to be, it burned down, and they had to build it again. It was rebuilt in 1997.



The tour was really nice. We liked looking at the picture of where the old Globe was, visiting the different parts of the theatre and the stage.

After the tour we had lunch in the café. It was busy but we managed to sit down.

After lunch, we watched Taming of the Shrew. We sat on the seats at the bottom at the back of the theatre, people who brought the cheapest tickets stood near the stage in the middle, there was no roof above them, and they got wet when it rained.

We thought the play was awesome especially watching the different actors perform. We also liked the puppets they used because they were really funny.

It was fun to watch, and it made us laugh a bit! The funniest bit was when one of the actors was drunk and he spilled his drink on someone. It was a very funny play, but we didn't understand all of it.

For the tour it usually costs £27 and for tickets to the show tickets cost from £25 - £75 but if you buy standing tickets, it is a bit less around £5-£10. We got our tickets for free.

Staff at the Globe were awesome, friendly, kind, fantastic, great and helpful they made us feel welcome and comfortable and very happy. We would recommend it for people who like Shakespeare and theatre.

We don't think the play would be suitable for children because there is some bad language in it.

We would go again because we really enjoyed the show, it was amazing and funny. We would definitely like to go there again to see more shows.



We would give Shakespeare's Globe Theatre 10/10!

We would like to say a huge thank you to Jessica Harvey-Olayemi for giving us the opportunity to sit down and watch the play!

For more information go to the website at [www.shakespearesglobe.com](http://www.shakespearesglobe.com)



# CORE News go to see the lovely Westminster Abbey



Westminster Abbey is a royal church where kings and queens are officially crowned monarchs. It has a lot of historical artefacts there and a lot of people from British history are buried there or have a memorial there.

Article by Tajber Hossain, Jess Nguyen, Kamrul Islam, Shaheen Mannan, Sharif Musah, Fathema Begum & Tomasz Nickiewicz

CORE News went to Westminster Abbey on 18th February. We took the train to St. James Park. It was a 6-minute walk from the station.



When we got there, security checked our bags. There was a big queue, but Dawud told them we had learning disabilities and they let us in straight away.

Then we went inside to show our tickets. We booked our tickets the day before, it was free to go because we have disabilities. Staff went in free with the group.

We had to book some individual tickets because you could only book a few in one go on the website. Our tickets were for 12.30pm but they

let us in earlier.

We went to the café to have our lunch but there was a problem, the lady said we couldn't sit there because we didn't buy it from there. Any food we bought we had to buy as a group with one card, they wouldn't let us pay individually. The food was very expensive, so we had lunch in the corridor next to the outside area near the café.

After lunch we went into a secret room called the Pyx Chamber. Then we went inside the Chapter House. It had stained glass windows, medieval tiles and there were some religious pictures on the wall.



After that we went inside the main building. There were paintings, statues, people sitting down, lots of tombs and more stained glass and artwork. Queen Mary I is buried in the Abbey. Before we left we looked at the Coronation Chair for the king or queen when they become the monarch.

We liked looking at the pictures, information about people and the

artwork on the walls. We liked the statues of people on the tombs. We also liked looking at the chair. It was fun looking around. The staff in the Abbey were nice and friendly, they didn't make us wait.



We were not happy that we couldn't have our lunch in the café and we didn't think the staff there were nice. We didn't like eating in the corridor.

It was busy at Westminster Abbey, there were long queues to see some things and we had to wait.

We would go again but not during the school holidays and next time we will have our lunch before we go.

It is usually £30 for adults to go but for people with disabilities it is free and for people on Universal Credit it is £1.

**To find out more and book tickets go to [www.westminster-abbey.org](http://www.westminster-abbey.org)**



# The British Film Institute: Mediatheque Review



Article by Fathema Begum, Shaheen Mannan, Jess Nguyen, Sharif Musah, Karen Ritchie, Tomasz Nickiewicz, Tajber Hossain and Kamrul Islam

The best station was Embankment on the District Line.



When we got there we went straight to the Mediatheque where you can watch vintage films and TV programmes. We sat in some pods with headphones and touch screens TVs. You could search for what you wanted to watch and there were

lots to choose from.

Some of us watched old children's programmes, others watched Eastenders, Hollyoaks and the Crystal Maze. Dawud watched an old black and white film called 1984.

We had our lunch near the café and there was a lot of space to eat our packed lunches. The café was expensive but the cakes and drinks were very nice. The shop was also very expensive.

It was fun watching old programmes, you can even charge your

phones in the pod.



It was free to get in and we didn't need to book. We would go again because it was fun and free.

To find out more information visit [www.bfi.org.uk](http://www.bfi.org.uk)

## Poetry in Wood Art Exhibition

Article by Shaheen Mannan, Jess Nguyen, Sharif Musah, Fathema Begum, Karen Ritchie, Tajber Hossain & Kamrul Islam

CORE News went to the Brady Arts Centre to look at the Poetry in Wood Art Exhibition.



We went to see some artwork made by people with learning disabilities from Poetry in Wood who are based in the Montifiore Centre opposite the Brady Arts Centre.

They use wood to make paintings and burn pictures on the wood made by different artists.

We saw a big piece of art of a DLR train, abstract pictures, portraits



Our favourite artwork were the teacups and the film characters. We also liked the ones with the trainers, the butterfly frame, the biscuit art and the flower frame.



It is free to visit the Brady Arts Centre in Hanbury Street off Brick Lane and they have a nice cafe there.

To find out more about Poetry in Wood, visit their stall in Spitalfields Market on Wednesdays or you can buy their products on their website at [poetryinwood.squarespace.com](http://poetryinwood.squarespace.com)



Contact them at [office@poetryinwood.org.uk](mailto:office@poetryinwood.org.uk) if you would like a them to make a specific commission





# INFORMATION ADVICE & GUIDANCE



FOR ADULTS WITH  
LEARNING DISABILITIES,  
THEIR FAMILIES AND CARERS

## DO YOU NEED HELP WITH?



MENTAL  
&  
PHYSICAL  
HEALTH



FINANCES  
&  
DEBT



HOUSING



FORM  
FILLING



RELATIONSHIPS  
& SOCIAL INCLUSION



SPORTS  
& PHYSICAL ACTIVITIES



HEALTH &  
WELLBEING



SOMETHING  
ELSE

Not sure how  
to find the  
service that is  
right for you?



We can point  
you in the  
right direction



## HOW TO GET SUPPORT

Email us at [info.createhub@towerhamlets.gov.uk](mailto:info.createhub@towerhamlets.gov.uk)

Please provide the following details:

Your full name, date of birth and contact number if you prefer a phone call. We will get in touch to book your appointment.

To self search for services in Tower Hamlets please visit  
[towerhamletsconnect.org](http://towerhamletsconnect.org).



# CORE News go to the Cutty Sark in Greenwich



The Cutty Sark was built to transport tea from China to England. It is docked in Greenwich. We went there on Tuesday 19th November. The nearest station is the Cutty Sark on the DLR. It is a five-minute walk from the station.

Article by Sharif Musah, Kamrul Islam, Tajber Hossain, Fathema Begum, Shaheen Mannan, Tomasz Nickiewicz, Karen Ritchie & Jess Nguyen

When we got to the Cutty Sark, we showed them the tickets that we booked online. It was £2 for us to go in because we are on benefits, it is usually £20 for adults.



The floor inside the ship was covered with tea boxes. There was a film showing how the Cutty Sark travelled with tea to England.

After that we went up the stairs to the next floor. There were drawers showing what the sailors used to eat. There was a piano that played different songs. There were a lot of interactive things to do.



Then we went up to the top of the Cutty Sark. On the top deck we could see views of London. We took a look at the cabins; they were really small.

On the other side of the ship, we looked at the Master's Room. There was a pantry with a monkey in it, a toilet, a room with a big table with a chandelier on top to put your drinks on. Then we went to see the steering wheel to move the ship.



We took the lift back down to have lunch in the basement café. It was in a big hall. At the other end there were lots of figureheads from other ships.

When we got to the café a lady told us we couldn't eat our packed lunch by the café and then she changed her mind. The food at the café was nice but there wasn't a bit of choice of food.



We liked using the steering wheel, playing the interactive games, and we liked looking at the different coloured tea crates.

We didn't like walking in the rain on the top deck and nearly bumping our heads when we were going up and down the stairs, the stairs were very steep.

There were lifts there but on the top deck a wheelchair would not be able to go right to the top.

We thought it was a value for money for £2 because there was lots to do there. If we had to pay full price, we wouldn't be able to go because it is too expensive.



We would go again because it was amazing, and we want to see the figureheads and bunks again. We also want to play with the interactive activities and to have lunch in the cafe.

We would recommend it for school children, tourists, families and people interested in history.

**To find out more about the Cutty Sark go to their website at [www.rmg.co.uk/cutty-sark](http://www.rmg.co.uk/cutty-sark)**



# Go Karting at Gravity Max in Stratford



Gravity Max is an activity centre in Stratford near Westfield. You can do many activities there like go karting, laser tag, darts, virtual reality and many more. We had a go at go karting.



Article by Wobi Choudhury, Jess Nguyen, Sharif Musah & Kamrul Islam

**O**n Wednesday 18th December the sports group went go karting at Gravity Max in Stratford near Westfield.

When we got there, Aisha showed the tickets, and the lady gave us some wristbands and we bought balaclavas to wear under the helmets.

Then we put our stuff in the lockers. We got there early, and we had to wait until it was our time, so we watched other people race.

Before we raced, we watched a safety video on how to use the go

karts and after that we put on our helmets.

The staff showed us which go karts we had to use, and we sat inside and put on our seatbelts.

When the lights went green, we drove along the track.

Everybody went at their own pace. Wobi was in the lead and then his go-kart went really slow, and he couldn't go very fast even though he tried. The same thing happened to Dawud. We did 3 or 4 laps for 8 minutes, but it felt like it was a lot shorter. It was just our group on the track.

For most of us it was our first time, and we thought go karting was great fun, and we want to go again but maybe we would go somewhere else because a few of karts went really slowly for no reason.

It was £15 each to race, it is one of the cheaper places to do go karting but even that is too expensive for us to keep going as we can't afford it so we won't be going regularly.

**To find out more about Gravity Max and their other activities visit their website**  
**[gravity-global.com/max/stratford-city](http://gravity-global.com/max/stratford-city)**