



# IROKO

Theatre Company

African Theatre, Music, Dance, Arts & Crafts

## Be part of IROKO Friendly Circle

Friendly Circle provides fun, enjoyable activities: African drumming, chanting, gentle movement and board games to relax body and mind. Opportunity to spend quality time with family, friends and neighbours. Men and their families are particularly welcome! No previous experience required.

**FREE**

**VENUE:** Carpenters & Docklands Centre,  
98 Gibbins Road, London E15 2HU

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Saturday 6th February 2016	Saturday 7th May 2016
Saturday 20th February 2016	Saturday 21st May 2016
Saturday 5th March 2016	Saturday 4th June 2016
Saturday 19th March 2016	Saturday 18th June 2016
Saturday 26th March 2016	Saturday 2nd July 2016
Saturday 9th April 2016	Saturday 16th July 2016
Saturday 23rd April 2016	Saturday 30th July 2016

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**Time: 12:30pm – 2:30pm each day**

*IROKO Friendly Circle is a family bonding project supported through funding from People's Health Trust using money raised by HealthLives through The Health Lottery.*



Newham London

[www.irokotheatre.org.uk](http://www.irokotheatre.org.uk)



Enquiries, please call:

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