

Engage in exercise

- 1 Hackney Marshes
- 2 Clissold Park
- 3 Well Street Common 4 London Fields
- 5 Victoria Park
- 6 Olympic Park
- 7 Hackney Downs
- 8 Haggerston Park
- 9 Shoreditch Park 10 Mabley Green
- 11 Hackney Marsh Adventure Playground
- 12 KIDS Adventure Playground for disabled and able Children
- 13 Homerton Grove Adventure Playground
- 14 Evergreen Adventure Playground
- **15** Pearson Street Adventure Playground
- **16** Shoreditch Adventure Playground
- 17 Shakespeare's Walk Adventure Playground 18 Hackney Playbus
- 19 Linden Family Hub

20 Daubeney Family Hub

- 21 Ann Tayler Family Hub
- 22 Woodberry Down Family Hub
- 23 Leaside Trust
- 24 Laburnum Boat Club
- 25 Hackney Wick FC
- 26 Badu Cafe
- 27 Badu at City Academy
- 28 Badu HQ at Plexar/Here East in Stratford

Have a musical experience

- 29 Hackney Music Service
- 30 Hackney Empire
- 31 Round Chapel
- 32 Shoreditch Town Hall
- 33 The Premises Studios
- 34 One Drum Foundation

Learn to swim

35 Kings Hall Leisure Centre **36** Clissold Leisure Centre 37 Britannia Leisure Centre 38 London Fields Lido

Take part in drama and performing arts

- 39 Graeae
- 40 Hoxton Hall
- **41** Immediate Theatre **42** The Yard Theatre

43 Hackney Shed (Please check online)

44 Eastside

Visit the seaside and the countryside

45 From Hackney Downs catch the overground train to Chingford to visit Epping Forest 46 Hackney Central/ Homerton/ Hackney Wick/

Dalston Kingsland overground train to Stratford-Catch the train from Stratford to the Essex coast and countryside

47 Hackney Central catch overground to Gospel Oak to visit Hampstead Heath



Experience museums, theatre, galleries and heritage sites

48 Hackney Museum

54 St Augustine's Tower

55 195 Mare Street

- 49 Museum of the Home
- 50 Hoxton Hall
- 51 Autograph Gallery 52 Sutton House
- 53 Museum of Shakespeare
- 56 Abney Park Cemetery 57 Young V&A
- 58 254 Bus to Whitechapel Gallery
- 59 26 Bus to National Gallery/ National Portrait Gallery/ Tate Modern

Take part in camping trips and overnight residentials

60 Skyway

63 Kench Hill

- 61 Hackney Quest 62 Debden House -
- Lea Valley Youth Hostels, Epping

Learn to ride a bike

64 Pedro Club 65 Hackney Bumps Daubney Fields 66 Victoria Park Wheel Park

Take part in debating

67 Ministry of Stories 68 Debate Mate at Hackney Town Hall

Use a library

- 69 Hackney Central Library
- 70 Clapton Library 71 Dalston C.L.R. James Library 72 Homerton Library
- 73 Shoreditch Library
- 74 Stoke Newington Library
- 75 Woodberry Down Library





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AMAT

lite chances of every child.

wider experiences, skills, knowledge and

with the aim of improving the confidence, 10 x10 will support enrichment opportunities by the time they are 10 years old. child in Hackney to benefit from 10 activities

10 x 10 is a new initiative to support every

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support you to access the

Use this 10x10 map to help

dtw

The 10 x 10 Directory

Engage in exercise



Linden Family Hub https://education.hackney.gov.uk/ school/linden-children-and-family-hub

Woodberry Down Family Hub https://education.hackney.gov.uk/school/ woodberry-down-children-and-family-hub

Daubeney Family Hub https://education.hackney.gov.uk/school/ daubeney-children-and-family-hub

Ann Tayler Family Hub https://education.hackney.gov.uk/school/ ann-tayler-children-and-family-hub

Hackney Play Bus https://hackneyplaybus.org

Leaside https://leaside.org.uk

Laburnum Boat Club https://www.laburnumboatclub.com

Hackney Wick FC https://www.hackneywickfootballclub.com

Badu https://thebaduway.com https://www.hackneywickfootballclub.com

Have a musical experience



Hackney Music Service https://www.hackneymusic.co.uk

Hackney Empire https://www.hackneyempire.co.uk

Round Chapel https://www.roundchapel.org

Shoreditch Town Hall https://shoreditchtownhall.com

The Premises https://www.premisesstudios.com

Hoxton Hall https://www.hoxtonhall.co.uk

LSO at St Luke's https://www.lso.co.uk

One Drum https://www.one-drum.org/charity

Learn to swim

Go on the https://www.better.org.uk website and search for the following leisure centres:

Britannia Swimming Pool https://www.better.org.uk/leisure-centre/ london/hackney/britannia-leisure-centre/ swim-britannia-leisure-centre

Clissold Swimming Pool https://www.better.org.uk/leisure-centre/ london/hackney/clissold-leisure-centre/ swimming

Kings Hall Swimming Pool https://www.better.org.uk/leisure-centre/ london/hackney/kings-hall-leisure-centre

London Fields Lido https://www.better.org.uk/leisure-centre/london/ thackney/london-fields-lido/activities

Take part in drama and performing arts



Graeae https://graeae.org

Hoxton Hall https://www.hoxtonhall.co.uk

Immediate Theatre https://immediate-theatre.com

The Yard Theatre https://www.theyardtheatre.co.uk

Hackney Shed https://www.hackneyshed.org.uk

Eastside https://www.eastside.org.uk

The Crib https://thecrib.org.uk

Visit the seaside and the countryside



Hampstead Heath https://www.cityoflondon.gov.uk/ things-to-do/green-spaces/hampstead-heath

Epping Forest https://www.cityoflondon.gov.uk/things-to-do/ green-spaces/epping-forest

Kench Hill https://kenchhill.co.uk/

Young V&A

Graeae



You can scan the OR code to find out more about fun activities in Hackney

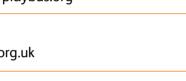
Hackney

 10×10

10 x 10 aims to support every child in Hackney to achieve 10 activities by the age of 10 to help improve their emotional, physical and social wellbeing

We have created this 10 x 10 map of Hackney to help families, schools and children find where to access activities in our community.

10 x 10 will facilitate enrichment opportunities with the aim of improving the confidence, wider experiences, skills, knowledge and life



The 10 x10 directory will help you identify where each of the 10 activities can be achieved in, and from, Hackney. Scan the QR code which will take you to the 10x10 website where you can access resources and further ideas and inspiration.



Scan this QR code to find out more

https://www.towerhamlets.gov.uk/Documents/

Leisure-and-culture/Parks-and-open-spaces/

Wheel Park Victoria Park

https://thebaduway.com

Hackney Bumps

Badu

Pedro Club

Cycle Sisters

velopark

chairs

Lee Valley Velo Park

Wheels and Wheelchairs

Victoria-Park-overview-Map.pdf

https://www.hackneybumps.co.uk

https://pedroclub.com/time-table

https://www.cyclesisters.org.uk/hackney

https://www.visitleevalley.org.uk/lee-valley-

https://www.facebook.com/wheelsandwheel



Visit Essex https://www.visitessex.com/

Hackney Wild Walks https://search3.openobjects.com/mediamanager/ hackney/fsd/files/hackney-wild-walks.pdf

Experience museums, theatre, galleries and heritage sites



Hackney Museum https://hackney-museum.hackney.gov.uk

Museum of the Home https://www.museumofthehome.org.uk

Hoxton Hall https://www.hoxtonhall.co.uk

Autograph Gallery https://autograph.org.uk

Sutton House https://www.nationaltrust.org.uk/visit/ london/sutton-house-and-breakers-yard

Museum of Shakespeare https://www.museumofshakespeare.org.uk

St Augustine's Tower https://www.staugustinestower.org

195 Mare Street https://www.195marestreet.co.uk

Abney Park Cemetery https://abneypark.org

https://www.vam.ac.uk/young

Whitechapel Gallery https://www.whitechapelgallery.org

National Gallery https://www.nationalgallery.org.uk

Chats Palace https://chatspalace.com

Hackney Empire https://www.hackneyempire.co.uk

Immediate Theatre https://immediate-theatre.com/

https://graeae.org

The Yard Theatre https://www.theyardtheatre.co.uk **Hackney Shed** https://www.hackneyshed.org.uk

St Augustine's Tower https://www.staugustinestower.org

Sutton House https://www.nationaltrust.org.uk/visit/london/ sutton-house-and-breakers-yard

195 Mare Street https://www.195marestreet.co.uk

Abney Park Cemetery https://abneypark.org/

Take part in camping trips and overnight residentials

Kench Hill https://kenchhill.co.uk

https://www.debdenhouse.com

The Hive https://thehiveintheforest.co.uk

Woodlarks https://woodlarks.org.uk/what-we-do

https://www.hackneyquest.org.uk

Learn to ride a bike

Bikeability https://hackney.gov.uk/cycle-training

Dr Bike https://hackney.gov.uk/cycle-training

Cycle Club Hackney https://www.cyclingclubhackney.co.uk

Like2Bike https://integratedtransport.org.uk/project/ like2bike

Pedal Power https://cyclingforall.org/cycling-sessions/ view/finsbury-park

Bikeworks https://www.bikeworks.org.uk/cycle-training/ cycle-training/







Ministry of Stories https://ministryofstories.org

Debate Mate https://debatematevirtual.com

Mouth That Roars https://mouththatroars.com

Use a library



Hackney Central Library https://hackney.gov.uk/hackney -central-library

Clapton Library https://hackney.gov.uk/clapton-library

Dalston CLR James https://hackney.gov.uk/dalston-library

Homerton Library https://hackney.gov.uk/homerton-library

Shoreditch Library https://hackney.gov.uk/shoreditch-library

Stamford Hill Library https://hackney.gov.uk/stamford-hill-library

Stoke Newington Library https://hackney.gov.uk/stoke-newingtonlibrary

Woodberry Down Library https://hackney.gov.uk/woodberry-downlibrary



Debden House

JoJo Camp https://www.campjojo.org

Hackney Quest

Skyway https://skyway.london