

Our ONESTONEGROVE



ISSUE No. 6

SEPTEMBER 2017

Welcome to the 6th edition of the Our OneStonegrove newsletter! The last few months have been busy as we added the final touches to our building and prepared for our 1 year birthday celebration. We would like to thank you all for your kind support over the last year & making OneStonegrove a success. Keep reading to find out what more we have in store for you.

CONTACT US

ONESTONEGROVE

Tel: 020 8357 0923

Email:

OneStonegrove@sct.london

Address: 5 Hayling Way, HA8 8BN

ST. PETER'S CHURCH

Vicar: Simon Rea

Tel: 07969 593 230

simonrea@gmx.net



WWW.SCT.LONDON

CAKE, COFFEE & A GOOD GIGGLE

On Saturday 30th September, OneStonegrove is hosting a Coffee Morning to raise money for Macmillan Cancer Support. Join us from 10am – noon to support this worthy cause.

Oh & if you love to bake, please consider donating one of your delicious cakes!

HAPPY BIRTHDAY TO ONESTONEGROVE

On Saturday 15th July, OneStonegrove celebrated its 1st Birthday! The day was jam-packed with activities for all the family, including free massages, henna art, magic shows, face painting, afternoon tea, DJ masterclasses, arts & crafts, bingo and more! The event was generously supported by Stonegrove Community Trust, Family Mosaic and St Peter's church. Residents were also able to enjoy a free BBQ with chicken, lamb and falafel dishes, courtesy of the Amber Arts & Wellness Café.

Check out some photos below from the day. For more, have a look at the photo gallery on our website.



DISCOUNTED TICKETS TO BARNET FOOTBALL CLUB MATCHES

The Hive Foundation are offering Stonegrove residents special discounted prices to see Barnet Football Club live at The Hive Stadium (Camrose Avenue).

Tickets cost just £2 for adults and £1 for children. Drop into reception to purchase your ticket.

Upcoming Fixtures		
Exeter City	Tue 12th September	20:00
Crawley Town	Sat 23rd September	15:00
Coventry City	Sat 7th October	15:00
Mansfield Town	Tue 17th October	20:00

ART FOR THE HEART

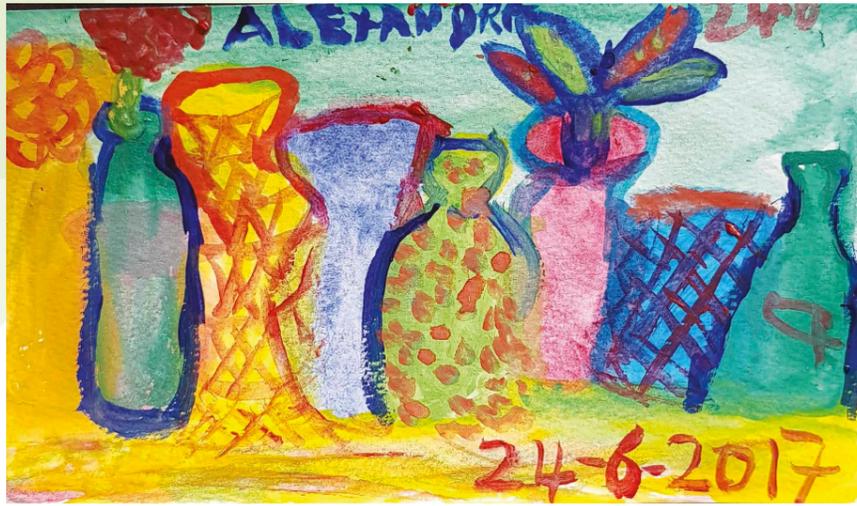
Art helps to improve emotional and mental wellbeing through creative exercises and activities. It encourages the development of motor skills, neural development, and problem-solving abilities. At the same time, it provides a space to have a break from our day to day roles.

"Art from the Heart" aims to enhance knowledge about watercolour painting and develop artistic skills that will help harness the benefits of art through an interactive and fun class with varying topics in each session.

Its main goal is to nurture a recreational environment that strengthens self-esteem, confidence and encourages stronger relationships within the community.

Anyone can take part in the "Art from the Heart" workshop. Recent participants' range from 5 years old to 65+, expressing themselves through watercolour while learning artistic skills and techniques.

The "Art from the Heart" workshop is conducted every Saturday from 3:30pm to 5:00pm by Esperanza Henschel, a local artist in Edgware whose works can be seen at www.the-artist-esperanza.com



GOOD IDEAS GET REWARDED STONEGROVE RESIDENTS RECEIVE SEED FUNDING TO LAUNCH A WEEKLY SEWING CIRCLE

Three local residents were successfully awarded close to one-thousand pounds to start a sewing circle drop in and share their love of sewing with anyone who'd like to learn about it at OneStonegrove.

The sewing circle will begin this Autumn. If you would like to attend or if you have a 'Good Idea' but need the funds to get started, please email goodIdeas@Sct.london or drop into reception at OneStonegrove or speak to Rev Simon Rea.



INSIDE HOUSING DEVELOPMENT AWARD

We are delighted to announce that Stonegrove and Spur Road estates has been shortlisted for the best affordable housing development (rural and suburban) in this year's Inside Housing Development Award. The awards are an opportunity to celebrate the very best residential development across the UK. The winners will be announced on 23 November at a ceremony in London.

COMING SOON

Stonegrove Community Music Project, including FREE guitar tuition is starting this September. Please email hammad.baily@yahoo.co.uk to register your interest. In addition, Spoken Word artist Sarah de Nordwall will be coming to OneStoneGrove this Autumn and is keen to know if you'd be interested in developing your writing or performance skills. She's worked with people of all ages around the world and is hoping to provide one-to-one or group training to help you reach your goals. If you would be interested in attending creative writing and performance workshops, then register your interest at reception or email GoodIdeas@Sct.london.

ALL IS SAFELY GATHERED IN

St Peter's Church invites everyone to the next family fun-filled Messy Church event at the Harvest Festival on Saturday 1 October from 12.00 to 2.00pm.

LOVE READING?

OneStonegrove's Reading Club is seeking new members, young and old to join them as they turn the pages of award-winning titles, beloved classics and new releases. Group sessions are held on Thursday mornings between 10am – 12pm, followed by a chat & coffee in the Amber Arts & Wellness Café.

NEW HIVE FOUNDATION MANAGER, MATT DIXON

This month we bid farewell to Steve Barron and welcome the new Hive Foundation manager, Matt Dixon.

Stonegrove Community Trust would like to thank Steve Barron for his hard work and dedication towards spearheading the launch of our much-loved community centre for Stonegrove residents. We look forward to continuing our successful partnership with The Hive Foundation and welcome Matt to the team.



Matt Dixon

Matt wanted to personally introduce himself to residents and has written the note below.

"Born and raised in North West London, and having lived in Edgware for over 20 years throughout its many changes, this is still very much home to me. The area has become one of the most diverse places in the world and we want a community centre which welcomes exactly that, the world. Stonegrove, particularly, has changed a lot and as your community centre, we invite you all to make OneStonegrove your home too. Regardless of age, race, ethnicity or gender, our doors are open to you.

Working at the Hive for almost 4 years and at OneStonegrove over the past year, I have seen a lot of what works and what doesn't and feel we can now make great improvements for you as residents of Stonegrove. I hope to meet many of you over the next few months and if you wish to put forward any ideas or suggestions, please feel free to visit us at OneStonegrove"

AMBER ARTS & WELLNESS CAFE

The new & improved Amber Arts & Wellness Cafe organises frequent activities for all ages including art workshops, baking classes & creation station workshops, perfect for your whole family to enjoy. The cafe also offers daily specials on delicious freshly made food and hosts a cake & coffee morning every Monday for Sure Start's Stay & Play group (highchairs available). We have lots of fun books and games, including a kids pool table to keep the children entertained while the adults sit back and relax. We also invite Senior residents to join us every Wednesday for Senior's Game Day and enjoy 20% off your total food bill. To find out more about our fun activities, see our brand new menu or book a play date, feel free to 'pop-in' anytime for company, chat & coffee on Mon, Tues, Thurs: 10am-5pm or Wed: 10am-2pm.

TREATMENT/CONSULTING ROOM AVAILABLE FOR HIRE

We have a small treatment / consulting room that is now available to hire for 1-2-1 sessions on weekdays from 4:30pm. This room contains a small sink and is perfect for a range of private activities such as counselling sessions and spa treatments. Please get in touch for more information on hire charges and to arrange a viewing.

BINGO

Join Stonegrove & Spur Road community association for Bingo on the 1st Saturday of every month at 2 pm! Meet new people, have a cup of tea & win fun prizes.



Photos © @gileadlimor

THIS MONTH'S ACTIVITY PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<p>Sure Start Stay & Play 10:00 - 11:30</p> <hr/> <p>Development & Learning Opportunities (DALO) Day Centre 9:00 - 16:00</p>	<p>Development & Learning Opportunities (DALO) Day Centre 9:00 - 16:00</p>	<p>St Peters Stay & Play 10:00 - 12:00</p> <hr/> <p>Development & Learning Opportunities (DALO) Day Centre 9:00 - 16:00</p>	<p>Slimming World 8:30 - 11:30</p> <hr/> <p>Reading Club 10:00 - 12:00</p> <hr/> <p>Development & Learning Opportunities (DALO) Day Centre 9:00 - 16:00</p>	<p>Development & Learning Opportunities (DALO) Day Centre 9:00 - 16:00</p>	<p>Swati Dave Meditation 8:00 - 10:30</p> <hr/> <p>Yoga 9:00 - 10:00</p> <hr/> <p>English & Maths Tuition 10:30 - 11:30</p>	<p>St Peters Church choir 9:30 - 10:30</p> <hr/> <p>St Peters Church 10:30 - 14:00</p>
AFTERNOON	<p>Stonegrove Estate Youth Project 16:00 - 19:45</p> <hr/> <p>Young Person's Bible Study 16:00 - 17:00</p> <hr/> <p>Drop in sessions with Rev Simon Rea 16:00 - 18:00</p> <hr/> <p>Teach and Co (Tuition: Key Stage 1 A-levels) 16:30 - 20:00</p>	<p>Stonegrove Estate Youth Project 16:00 - 19:45</p>	<p>Teach and Co (Tuition: Key Stage 1 A-levels) 16:30 - 20:00</p>	<p>Stonegrove Estate Youth Project 16:00 - 19:45</p> <hr/> <p>Teach and Co (Tuition: Key Stage 1 A-levels) 16:30 - 20:00</p>	<p>Teach and Co (Tuition: Key Stage 1 A-levels) 16:30 - 20:00</p>	<p>Arabic language class 13:00-15:00</p> <hr/> <p>Community Bingo 14:00-16:00 (First Saturday of the month)</p> <hr/> <p>Art from the Heart – St Peter's Creative Art Class 15:30-17:00</p>	<p>Mercy Church 14:30 - 17:00</p>
EVENING	<p>Bounce Fitness 20:00 - 21:00</p>	<p>Choir (St. Peters) 18:00 - 19:30</p> <hr/> <p>Meditation 19:00 - 20:00</p> <hr/> <p>Yoga 19:30 - 20:30</p>	<p>Soccercise 19:00 - 20:00</p> <hr/> <p>Bounce Blast 20:00 - 21:00</p>	<p>Karate 17:00 - 19:00</p> <hr/> <p>Bounce Fitness 19:00 - 21:00</p>			

If you would like to attend any of the above activities, or have ideas for new groups then please contact the centre.