

# Our ONESTONEGROVE



ISSUE No. 8

MARCH 2018

Welcome to our latest newsletter, the first this year. We hope you've had a great start to 2018, we certainly have. We wanted to keep you updated on the latest news and provide you with a copy of the latest activity programme at OneStonegrove.

To stay up to date, be sure to follow us on twitter @OneStonegrove or add us on Facebook @ Stonegrove Community Trust.

## CONTACT US

### ONESTONEGROVE

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### ST. PETER'S CHURCH

Vicar: Simon Rea

Tel: 07969 593 230

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[WWW.SCT.LONDON](http://WWW.SCT.LONDON)

## AVAILABLE SPACE

Our halls are available to hire for regular activities or one-off events. For more information, please contact one of the team on 0208 357 0923.

## WE WANT TO HEAR FROM YOU

Stonegrove Community Trust are conducting a short consultation to gather residents' views on what activities they would like to see take place for themselves and their families, and of their interest in participating.

Our team of market researchers have been knocking on doors in the local area as we are keen to speak with every resident. If you have not yet completed the survey, you may tell us your views online by visiting <https://www.surveymonkey.co.uk/r/OneStonegrove> or in person at OneStonegrove Community Centre.

For more information email [Jade@sct.london](mailto:Jade@sct.london).

## EASTER EVENTS WITH ST PETER'S COMMUNITY CHURCH

Easter is the most important time in the Christian calendar. Christians remember the life, death and resurrection of Jesus in many different ways. This year, St Peter's invites you to:

**Play and Stay on Saturday 31 March** at our **Messy Church** service in Goldsmith Hall on Easter from 12.00 to 2.00pm. Messy Church is a fun way to enjoy craft activities and learn more about what Easter really means – followed by Easter Bingo with Stonegrove and Spur Road Community Group Bingo Eggstravaganza from 2.30pm on 31st March – all welcome with loads of eggs and great prizes.

**Stay and Pray** at one of our Sunday services continue in Wilberforce Hall at 10.30am every week and we'd love to welcome you to any of these additional services

- Maundy Thursday (29th March) special service on at 7.00pm.
- Good Friday (30th March) quiet service with reflective Bible readings at 10.30am
- Easter Sunday (1st April) Celebration Service with Holy Communion at 10.30am

**Take Time Out** – spend some spiritual time reflecting in the quiet of St Peter's Chapel which is open for private prayer every day. Perhaps the special display provided by Art from the Heart may help with this. If you find praying difficult, Rev Simon can also be contacted on 07969 593 230 and he is also available in the cafe on Monday from 4.00pm to 7.00pm for Vicar's hours.

**Stonegrove and St Peter's Sewing Circle** Easter Special activities on Sunday afternoons from 1.30pm – come along and make something special with an Easter theme in Havilland room upstairs. The circle also meets on Tuesday evenings if you'd like to come along and learn or share about sewing.

## PHOENIX KARATE SCHOOL

We offer Karate classes for children aged 5 years and above, every Thursday at 5pm.

Martial arts is a great way for young children to get exercise, improve their social skills and learn to succeed, all whilst having fun!

Classes are run by a qualified black belt instructor (DBS checked). Call 07950 647 993 to BOOK YOUR FREE SESSION!

## BE INSPIRED WITH SLIMMING WORLD

Reach your weight loss dream by joining our warm and friendly group. Slimming World is the UK's leading weight loss organisation. We invite you to join us on Thursdays at 9:30 am and Wednesdays at 7:30 pm. For more details, contact Sarah Jayne on 07392 118 091

## CHILD BEREAVEMENT UK

Child Bereavement UK supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement.

The charity will be providing free counselling sessions twice a month on Tuesdays at OneStonegrove.

To register your interest please contact the centre on 020 8357 0923

## NARCOTICS ANONYMOUS UK

We are recovering addicts who meet regularly to help each other stay clean. Join us at 12 noon on Monday, Tuesday and Wednesday. The meetings are Open to all and no appointment is needed; Just turn up. For more information visit <http://ukna.org/>

## DISCOVER GYMNASTICS

Due to popular demand, North London Gymnastics are extending their Tuesday sessions and will now offer high quality gymnastic classes at OneStonegrove, twice a week. Starting from April, the group will run Saturday classes for 3-10 year olds.

Classes are split into beginner and intermediate groups to ensure all children's abilities are catered for. It's competition term so the gymnasts will be working towards a short individual floor routine which will be performed towards the end of term.

If you are interested, then please complete an enrolment form by visiting [www.northlondongymnastics.com](http://www.northlondongymnastics.com). The start time of each session will vary based on the age of the child. For more information email [info@northlondongymnastics.com](mailto:info@northlondongymnastics.com)

## DRUM'N'BASS WORKOUT

We are extremely excited to announce our new weekly fitness class powered by Drum and Bass Music!

**FIGHT KLUB®** is the high intensity fun workout that makes getting in shape an addiction. Set to music, participants benefit from improvements in cardiovascular endurance, weight loss and muscular toning fused with the atmosphere of a party.

Whether you want to relieve the stress of the day, have some fun or just get in shape, there is something here for everybody.

To book please call 07539 039 128 or [www.bookwhen.com/kanddfitness](http://www.bookwhen.com/kanddfitness)

## COFFEE MORNING WITH AGE UK

Would you like to find out more about the services that Age UK provides for residents aged 55 and over?

If so, then join us for coffee on Fridays from 11am. You will have the opportunity to speak to some of our knowledgeable staff and learn more about what we can offer you, such as:

- Later Life Planning – there to provide useful information and advice on a range of matters such as welfare benefits, housing or support services
- Falls Prevention – talks and awareness sessions, as well as specialised exercise programmes, to help older people at risk of a fall or who have had a fall
- Handyperson – our hardworking team carry out small jobs in the home, e.g. changing lightbulbs, fitting locks and key safes to help older people stay safe and independent
- Scams Awareness – making older people aware of the rising number of scams being seen in the borough and supporting anyone who has been affected by scammers
- Home from Hospital – supporting older people who are returning home after a hospital stay with practical matters such as shopping or companionship

For more information, visit <https://www.ageuk.org.uk/barnet/>

Happy 2018 from the Amber Arts and Wellness Cafe, a cafe where we aim to please, serving fresh food using the freshest ingredients. For coffee lovers try our aromatic fair trade coffee and for those that love all things organic, indulge in our organic hot chocolate. Why not pop in and support our work experience members on Tuesdays and

Thursdays who are doing such an amazing job creating the positive vibes and energy we all need. We organise a wide range of events and activities so follow us on Facebook: Amber Arts & Wellness Café, Instagram: [ambercafe@sct.london](https://www.instagram.com/ambercafe@sct.london) and Twitter: [@OneStonegrove](https://twitter.com/OneStonegrove). Email [Ambercafe@sct.london](mailto:Ambercafe@sct.london) to join our mailing list and for volunteering opportunities.



## FALLS PREVENTION

Falls are the number one reason older people are taken to the emergency department in a hospital.

Falls can lead to broken bones and other injuries, loss of confidence, loneliness and isolation and many other serious health concerns.

50% of falls are preventable. There are ways you can reduce your risk of having a fall, including making simple changes to your home and a good balance and exercise programme to build strength, and flexibility.

If you are over 50 and would like to reduce your risk of having a fall, join us at OneStonegrove for group chair-based exercises. You will receive a strength and balance training programme that is tailored to your needs. Our qualified instructor will also teach you exercises that can be carried out at home.

To find out more information or to register your interest, please call us on 020 8357 0923 or email [Jade@Sct.london](mailto:Jade@Sct.london).

## NCT BABY MASSAGE

Before babies are able to speak, or even respond to sounds and sights, they actually communicate with the world around them through touch.

Massaging your baby is one way to connect with your baby and studies have shown that it has a variety of benefits for all babies over six weeks.

Join our NCT Baby Massage course and you will learn a sequence of baby massage strokes that you can use at home or out and about, to suit you and your baby.

The courses will run over a five-week period, so come along and join our small interactive sessions run by our friendly, trained NCT Baby Massage Teachers. Courses start on 9th May, from 1:00 – 2:15 pm To book you place email [bookings5c@nct.org.uk](mailto:bookings5c@nct.org.uk) Or visit [www.nct.org.uk/courses/postnatal/nct-baby-massage](http://www.nct.org.uk/courses/postnatal/nct-baby-massage)

## SHARED READING CLUB

Our shared reading group is a place to relax, make friends and share stories.

There is no pressure to read or talk.

For information please contact Kate on 07801 911 481



## THIS MONTH'S ACTIVITY PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	<b>Sure Start</b> 9:00 - 11:30 Stay & Play	<b>Development &amp; Learning Opportunities (DALO)</b> Day Centre 9:00 - 16:00	<b>St Peters</b> 10:00 - 12:00 Stay & Play	<b>Slimming World</b> 9:00 - 11:30	<b>Development &amp; Learning Opportunities (DALO)</b> Day Centre 9:00 - 16:00	<b>Swati Dave Meditation</b> 8:00 - 10:30	<b>St Peters Church Choir</b> 9:30 - 10:30	
	<b>Development &amp; Learning Opportunities (DALO)</b> Day Centre 9:00 - 16:00		<b>Development &amp; Learning Opportunities (DALO)</b> Day Centre 9:00 - 16:00	<b>Reading Club</b> 10.00 - 12.00		<b>Yoga</b> 9:00 - 10:00	<b>English &amp; Maths Tuition</b> 10:30 - 11:30 once a month	<b>St Peters Church</b> 10:30 - 14:00
	<b>Narcotics Anonymous</b> 12:00 - 13:00		<b>Narcotics Anonymous</b> 12:00 - 13:00	<b>Narcotics Anonymous</b> 12:00 - 13:00		<b>Development &amp; Learning Opportunities (DALO)</b> Day Centre 9:00 - 16:00	<b>Age UK</b> 11:00 - 15:00	
AFTERNOON	<b>Stonegrove Estate Youth Project</b> 16:00 - 19:45	<b>Stonegrove Estate Youth Project</b> 16:00 - 19:45	<b>Music Lessons</b> 16:00 - 18:00	<b>Creative Writing Club</b> 13:00 - 16:00	<b>Stonegrove Estate Youth Project</b> 16:45 - 20:00	<b>Community Bingo</b> 14:00 - 16:00 (First Saturday of the month)	<b>Mercy Church</b> 14:30-17:00	
	<b>Young Person's Bible Study Group</b> 16:00 - 17:00	<b>Gymnastics</b> 16:15 - 19:30				<b>Art from the Heart - St Peter's Creative Art Class</b> 15:30-17:00		
	<b>Drop in Sessions with Rev Simon Rea</b> 16:30 - 18:30							
EVENING	<b>Community Dance</b> 18:00 - 19:00 19:00 - 20:00	<b>Sewing Circle</b> 18:00 - 20:00	<b>Drum &amp; Base Fitness (Teens)</b> 18:00 - 19:00	<b>Karate</b> 17:00 - 18:00	<b>Emmense Dance Academy</b> 17:00 - 18:30			
	<b>Bounce Fitness</b> 20:00 - 21:00	<b>Heruka Meditation</b> 19:00 - 20:00	<b>Slimming World</b> 19:30 - 21:00	<b>Street Dance Classes (Youth Club)</b> 17:00- 18:00 18:00 - 19:00				
		<b>Yoga</b> 20:00 - 21:00	<b>Female Fitness</b> 19:00 - 20:00	<b>Drum and Base Fitness Adults</b> 19:00 - 20:00				
		<b>Bounce Fitness</b> 20:00 - 21:00	<b>Bounce Fitness</b> 20:00 - 21:00	<b>Bounce Fitness</b> 19:30 - 20:30	<b>Mercy Church</b> 20:00 - 22:00			

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

## STONEGROVE ESTATE YOUTH PROJECT

At OneStonegrove we have lots of fun activities for young people after school. Check out the timetable above for days and times.

This month, E P Academy has been teaching our 6-11 year olds how to street dance every Thursday and on Fridays we have been learning how to make amazing crafts out of recyclable materials, such as candle holders, trinket tins and dolls. Why don't you drop in to find out more, we're excited to meet you.