

Newsletter October 2022

Hello to all local residents and OneStonegrove centre users. It's been ages since we last sent out a paper newsletter, so we wanted to reach out and tell you a little about what's currently going on.

News includes some new classes for older local residents, some upcoming events and also our plans to install a defibrillator outside OneStonegrove. It's been a challenging year for our team both operationally and financially, but we've come through it optimistic for our future, and with an expanded and renewed team ready to continue to empower and develop local community cohesion.

We are here to work with and for you, so please don't hesitate to contact me directly with any suggestions, ideas, challenges or offers of help. You can email me at gus@sct.london or call me on 020 8357 0923.

Gus Alston, CEO

Activities for older residents

We have a range of regular activities for older residents, where you can meet new people, learn new skills and have fun.

- **NEW** Low-impact exercise class for over-60s, is starting Tuesday 1st November, 11 - 11:45 am.
- Our twice-weekly exercise and dance classes for over-50s are led by Saracens Foundation. If you're looking for fun, movement-based activity to music join a Wednesday Love to Fitness class, Wednesday 1:30 - 2:30pm. For more dance tutorial, Love to Dance is Friday, 1 - 2:30pm.
- Wednesday Gardening Club is a great way to meet fellow green-fingered enthusiasts. Meet us in OneStonegrove reception at 10:30am.
- Join us for our Thursday social, every Thursday, 11:45 am – 1:30 pm. Tea, cake and activities, and we're here to help help with technology, such as your tablet or smartphone.

You can find dates and times of all our activities on our website. Some activities are term-time only, so please call **020 8357 0923** to confirm. sct.london/weekly-timetable

Stonegrove Halloween Party



Saturday 29th October 2022, 1PM - 6PM

- Funfair rides
- Slush puppy
- Candy floss
- Pumpkin carving
- Table tennis
- Pool table
- Pastries
- Music
- Snacks and more...

All ages welcome. All children must be accompanied by an adult.

Free entry. Activities £1 each, buy your tickets on the door.



What's on at OneStonegrove



Eco Workshop to Help reduce your Cost of Living
Thursday 24th November 2022, 11AM - 1PM. Free entry.
This free workshop will provide advice on:

- How to reduce electricity, heating and water bills
- How to reduce transport and food costs
- How to reduce other general and shopping costs

Refreshments will be provided.



Eco Fair

Sunday 6th November 2022, 3:30PM - 6:30PM. Free entry.
Showcasing environmental action and opportunities in Barnet.

- Energy advice
- Gardening advice
- Community Recycling Scheme
- Campaign groups
- Interactive demonstrations
- Youth opportunities
- Dr Bike
- Refreshments and more...



Save the Date
Stonegrove Winter Wonder
Saturday 17th December 2022

OneStonegrove Weekly timetable

Youth groups, dance classes, social drop-ins, help with tech, gardening, self-defence, stay and play, and more... At OneStonegrove we have regular activities for you, whatever your age. We'd love to see you!

You can find dates and times of all our activities on our website or scan the QR code.

sct.london/weekly-timetable



OneStonegrove Free Office & Co-working space



If you need a place to work or have a meeting, OneStonegrove has a free office and co-working space for you. We have desk space, WiFi, and tea and coffee is available throughout the day. Spaces are available on the ground floor or first floor of the building, during our opening hours of 9am - 6pm.

You don't need to book a desk. Just let us know when you arrive, and we can direct you to an available space.



020 8357 0923



Onestonegrove@sct.london



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Help us get a Defibrillator for Stonegrove Estates

OneStonegrove wants to provide a Defibrillator (or AED), to be located outside the centre for easy public access, 24/7, to assist with events of Sudden Cardiac Arrest (SCA).

There are 100,000 deaths from SCA occur each year in the UK, and 270 children die in the UK every year after suffering a SCA at school. 90-95% of those who have an SCA will die without immediate treatment, and 70% of SCAs happen outside a hospital.

Defibrillators in the community help save lives!

If an AED is used - and effective cardiopulmonary resuscitation (CPR) is performed - within 3-5 mins of SCA, chance of survival increases to 74%.

The emergency services average response time to a cardiac event incident in an urban area is 11 minutes. For every minute that goes by where a victim of SCA does not receive treatment, their chance of survival decreases by 10-14%. Having a defibrillator at OneStonegrove would help save the lives of people in our community.

We want to raise £1,632 by Sunday 27th November 2022. Any extra funds raised will go towards:

- Additional CPR-related services and training
- Contingency for the project to protect against price fluctuation

If you're not able to donate, please help your community by sharing our fundraiser.

Find out more or donate at: www.spacehive.com/defibforonestonegrove or scan



Volunteer with us at OneStonegrove

Do you have the time and a passion to support your local community through volunteering?

We have two live opportunities for you to volunteer with us at OneStonegrove.

Play Assistant for Free Play project

Free Play is our popular weekly play session for 4-7 year olds. Our playwork approach means children direct their own play using loose parts and materials, proven to develop independence, creativity, conflict management, social skills and teamwork.

Can you volunteer 3 hours a week during term-time - Thursdays 3 - 6pm? To find out more contact Nikki - nikki@sct.london - or apply through Volunteering Barnet: <https://bit.ly/sctplay>

Resident Trustee

Could you be our next One Resident Trustee? If you live on the Stonegrove Estate or nearby Contact our CEO Gus to find out more about the role via email gus@sct.london.

More details, including a role description and how to apply, can be found on our website: sct.london/become-a-trustee/



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Hire OneStonegrove for your party or event

OneStonegrove is a superb venue for events and parties of all kinds, including parties, classes, conferences, workshops, or community events.

Our three rooms feature speakers and LCD screens to enhance your experience, and to make planning your event easier. We have a small commercial kitchen available for use upon request, and parking is available on site.

Our largest room can accommodate up to 120 guests, and both halls have separate external entrances/exits for ease of access.

Wilberforce Hall



Wilberforce Hall, our largest room, boasts a triple height ceiling and stunning natural light. The room has four wall-mounted speakers and LCD screens, and tables. This room is a great place for parties, wedding receptions, conferences and more.

Size: 155.2 m2

Capacity: 120

Goldsmith Hall

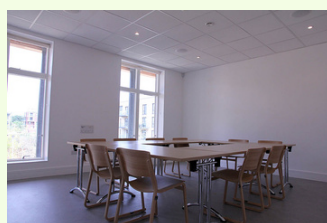


Goldsmith Hall is perfect for seminars, training, conferences, parties and more. The room can be divided into two, thanks to a built-in folding partition. The room has a wall-mounted screen and a fitted sound system.

Size: 131.42 m2

Capacity: 90

Garrick Room



Garrick Room is the perfect room for conference meetings, workshops, or other business needs. As well as tables and chairs, the room has a portable smart TV which can be linked to laptops via HDMI cable.

Size: 28.75 m2

Capacity: 20

Hourly Rates

Our rooms are available to hire from:

- Monday – Saturday, 6am – 11pm
- Sunday, 2pm – 10.30pm



Resident-rates available to anyone with a postcode starting HA8 8. Registered Charities will get a 50% discount on the regular rate.

The exact price for your booking will depend on which facilities you require.

To enquire about hiring our rooms, or to arrange a visit, please email or call, or check our website.



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