





For more news check out our website: Telephone: sidings.org.uk

Telephone: 0207-625-6260

Sidings

Centre

Community

ITS SPRING, THE DAFFODILS BLOOMING AND ITS TIME TO DUST OFF THE WINTER BLUES AND GET INVOLVED IN YOUR COMMUNITY.

SPRINT FOR SIDINGS

Sidings staff and trustees are dusting off our running (or walking!) shoes by launching our "Sprint for Sidings" fundraising campaign at the Park Run at 9am on Saturday 23rd March on Hampstead Heath. We are sprinting (or striding!) for Sidings to raise money to help pay for the ever-increasing running costs and essential resources. Yes - we're running to cover running costs so our great activities keep on running - it's a triple run whammy! To donate or join the team click on the link to our campaign page here JustGiving.



On Saturday 23rd March, our staff & trustees will be running and walking the 5K Hampstead Heath park run - raising funds to support the vital work we do here at Sidings Community Centre. Please help us to reach our £5,000 target by making a donation (online or in person) or even signing up to participate on the day

WWW.JUSTGIVING.COM/CAMPAIGN/SPRINTFORSIDINGS

SPRINTING & STRIDING FOR SIDINGS

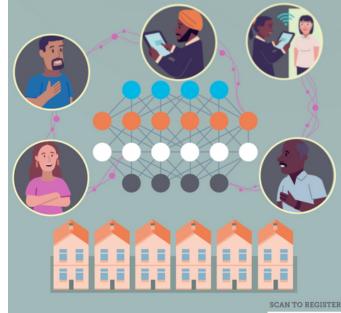
REGISTERED CHARITY NO. 297095

CAMDEN DATA TALKS

We are excited to host a Camden-wide event - "Camden Data Talks" on Wednesday 6th March from 6pm - 7.30pm. This event is open to the public, enabling all residents to learn and explore how Camden uses location-based data to create a picture using maps. Event details can be found on Camden's and Sidings' Websites - for details and to register follow the link here or scan the OR Code below. There will be early evening supper snacks from 5.45pm with the event from 6pm-7.30pm.

Camden Talks Data

An open event discussing how Camden Council uses data



Sidings Community Centre Wednesday 6th March 6-7:30pm



CO LTD 2139909



SPRING 2024 NEWSLETTER



To subscribe to our newsletter, visit our website: https://sidings.org.uk/

Mobile: 07483378339

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WHAT'S NEW AT SIDINGS

Sidings is pleased to welcome some new activities and groups to the centre. These include The West Hampstead School of Dance on Saturday mornings, and Advice Sessions run by Citizens Advice Camden fortnightly on Tuesdays from 13th February onwards to support those facing challenges linked to the Cost of Living or other issues for which they need expert advice. Call 07769225580 or email advicenorthcamden@camdencabservice.org.uk to book a session.

One to One ADVICE @ Sidings Community Centre







Need help with Benefits???

Having issues with your Finances???
Do you need help with Housing???
Do you need advice on any family issue you are facing???

One to one Advice sessions are available at Sidings Community Centre by Citizens Advice Camden for FREE one EVERY TWO WEEKS on TUESDAYS from 10:30 AM - 4:30 PM

> SESSIONS BY APPOINTMENT ONLY Advice North Camden Project

FREE DEMENTIA WORKSHOP

In keeping with our commitment to promote health and well-being - we are providing a Dementia Awareness Workshop, run by Bluebird Care Ltd also on Tuesday 19th March at 2pm. This event is free for anyone interested in attending can also come to our Warm Hub Café lunch anytime from 12 pm until 2 pm ahead of the workshop.



EMPLOYABILITY & JOB SUPPORT

We are pleased to resume our active partnership with Good Work Camden. They are collaborating with Birbeck University and Capital City College Group to host workshops aimed at adults attending university for the first time, it will offer practical advice and guidance for overcoming common challenges and concerns. The first workshops will be held on TUESDAY 19th & 26th MARCH from 10 AM -12 PM. Email Tom.Palmer@camden.gov.uk to book your place. For more information on dates <u>click here</u>.





Email: <u>office@sidings.org.uk</u>

Address: 150 Brassey Road, NW6 2BA

ACTIVITIES AT SIDINGS COMMUNITY CENTRE

Whilst we welcome new groups and activities to add to our regular programme, it is great to see our existing groups continue to flourish such as the volunteer-led Thursday mornings Sidings Ukulele Group - tutored by our ex-digital skills tutor Geoff Stilwell (above).

As part of our continued commitment to working with local partners, Sidings is pleased to provide a host base for the flourishing Kilburn-State-of-Mind Choir on Thursday evenings from 6.15-7.45pm. As a more well-established partner, KOVE (Kilburn Older Voices Exchange) meets on the 1st and 3rd Fridays of the month for older people to enjoy a cuppa, biscuits, socialise and enjoy a range of activities.





FITNESS & WELLBEING

On Wednesday Mornings, CHANTRAINE SCHOOL OF DANCE continues its friendly classes for older people, taught by the amazing Sam. Chantraine Dance of Expression provides a holistic approach to dance combining Ballet, contemporary, jazz and traditional dance styles. For more information: <u>https://chantrainedance.com</u>

Every Thursday from 2:30pm to 3:45pm, our instructor Moira hosts YOGA FOR YOU, using techniques that help with attaining steadiness, concentration and lightness of body to prepare for meditation, newcomers are always to join in the experience of Hatha Yoga.

COST OF LIVING SUPPORT

The WEST HAMPSTEAD COMMUNITY FOOD HUB continues to provide food support every Saturday from 10am to 12.30pm, supported by our fantastic volunteers and donors. During the week from 12pm to 2pm, every Tuesday, Wednesday and Thursday residents can enjoy the delicious, freshly made soups and sandwiches at our Warm Space Cafe.





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FREE MATHS TUTORING

As GCSE exam season approaches, Sidings Youth Project is offering FREE GCSE Maths Tutoring for Year 10 & 11 students EVERY TUESDAY from 6pm to 7pm. For more information, please call our Youth Coordinator Jo on 07821614063, or email <u>youth@sidings.org.uk</u>



HOW TO SUPPORT

There are various ways you can support Sidings Community Centre which play a significant role in allowing us to continue the services and activities we provide. Truly, every little helps. These methods include:

- Become a Member. Contact the <u>office</u> or pop into the centre.
- Support Fundraising events like Sprint For Sidings or make a donation on our <u>JustGiving</u> page or in person! Donations don't have to be big – every £1 here and there counts.
- Become a volunteer! For more information, contact the Centre

GET IN TOUCH

To subscribe to our newsletter, visit our website <u>https://sidings.org.uk</u> and fill in the form at the bottom of the page.

For more information about the centre, feel free to email us at <u>office@sidings.org.uk</u>, or give us a call at our office on 02076256260 or 07843378339.

