



# SPRING 2024 NEWSLETTER



**Sidings  
Community  
Centre**

For more news check out our website:

[sidings.org.uk](https://sidings.org.uk)

Telephone: 0207-625-6260

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](https://www.justgiving.com/campaign/sprintforsidings).

## 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 QR Code below. There will be early evening supper snacks from 5.45pm with the event from 6pm-7.30pm.



**Sidings  
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**SPRINT FOR  
SIDINGS**



**5K  
FUN  
RUN**



**HAMPSTEAD  
HEATH PARK  
RUN, LIME  
AVENUE NW3**

**SATURDAY  
23RD  
MARCH  
9.00AM**



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](https://www.justgiving.com/campaign/sprintforsidings)

**SPRINTING & STRIDING FOR SIDINGS**

**REGISTERED CHARITY NO. 297095**

## Camden Talks Data

An open event discussing how  
Camden Council uses data



SCAN TO REGISTER

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





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

*Mobile: 07483378339*

## 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](mailto:advicenorthcamden@camdencabservice.org.uk) to book a session.

## **One to One **ADVICE** @ Sidings Community Centre**



**Sidings  
Community  
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## 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.



## **Dementia Awareness Workshop**

*Come along and find out more about dementia and how you can support friends and family living with the condition*

**FREE Event**

**Tuesday 19<sup>th</sup> March**

**2pm – 3pm**

**Sidings Community Centre, 150 Brassey Road  
(Off Maygrove Road) London, NW6 2BA**

*Have you been diagnosed with dementia?  
Do you care for someone who has dementia?  
If so, join us for this event!*

For more details, and to register for the session, please contact the office:  
0207 625 6260 / [manager@sidings.org.uk](mailto:manager@sidings.org.uk)

## 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](mailto:Tom.Palmer@camden.gov.uk) to book your place. For more information on dates [click here](#).

≡ **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](#)**





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Email: [office@sidings.org.uk](mailto:office@sidings.org.uk)

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.



KILBURN STATE OF MIND

**SINGING TOGETHER FOR WELL BEING**

Thursday 6.15-7.45  
Sidings Community Centre  
150 Brassey road NW62BA  
£5/PAY WHAT YOU CAN

[www.kilburnstateofmind.com](http://www.kilburnstateofmind.com)  
[kilburnstateofmind@gmail.com](mailto:kilburnstateofmind@gmail.com)  
07747792784

## **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:

<https://chantrainedance.com>

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.



**Ukulele  
Classes**

Thursday mornings 10am-12pm  
Starting Thursday 18<sup>th</sup> January 2024  
(Please arrive at 9:45 to start at 10am)

Learn to play an easy musical instrument that will provide you with many hours of fun. Learn to play at least four simple songs in your first lesson. No previous experience of music is necessary, just a willingness to learn and sing. If you don't have your own ukulele, we will have one or two you can borrow to get you started.

Tutor: Geoff Stilwell

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150 Brassey Road  
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020 7625 6260  
07483 378339  
[office@sidings.org.uk](mailto:office@sidings.org.uk)



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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 [youth@sidings.org.uk](mailto:youth@sidings.org.uk)

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**FREE MATHS TUTORING!**

EVERY TUESDAY, 6PM - 7PM  
FOR SCHOOL YEARS 10 & 11

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**Sidings Community Centre,  
150 Brassey Road NW6 2BA**

FOR MORE INFO CONTACT OUR YOUTH  
WORKER, JO ON 07821 614 063 EMAIL:  
[YOUTH@SIDINGS.ORG.UK](mailto:YOUTH@SIDINGS.ORG.UK)

## **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 [office](mailto:office@sidings.org.uk) or pop into the centre.
- Support Fundraising events like Sprint For Sidings or make a donation on our [JustGiving](https://www.justgiving.com/sidings) 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 <https://sidings.org.uk> and fill in the form at the bottom of the page.

For more information about the centre, feel free to email us at [office@sidings.org.uk](mailto:office@sidings.org.uk), or give us a call at our office on 02076256260 or 07843378339.

