

WC2 COMMUNITY NEWS



**WEST CENTRAL COMMUNITY PARTNERSHIP
STUFF TO DO IN WC2
FEBRUARY 2017**

BROUGHT TO YOU BY DRAGON HALL TRUST - EDITION 2

DAY	TIME	WHAT	AGE	£	WHERE
Mon	All Weekdays Before Noon	Swimming (Annual Fee Camden Resident)	60+	£5.05 FREE	Oasis Pool
Tues	8am to 10am 10am to 10:45 10am - 12pm 10:30 - 11:30am 10:30 - 12:20pm 11am - 3:30pm 11am to Noon 11:30 to 1:30pm 1 - 4:30pm	Breakfast on the steps Aerobics Art Class Pilates for over 40s Clothes making Tuesday Lunch Walking Football Choir Bridge Club	Everyone 60+ Seniors Over 40 Over 50 Seniors Over 50 Seniors Seniors	FREE FREE FREE £5 £1 £4 £5 FREE FREE	Swiss Church Jubilee Gym CGCC Dragon Hall Calthorpe BCBC Calthorpe Dragon Hall CGCC
Wed	7:30pm	The Quiz	Everyone	£1	CGCC
Thurs	10:30 - 11:30am 1 - 4:30pm 1:45 - 2:45pm 5:45 - 6:45pm 6:15 - 7:15pm 7:15 - 8:15pm Evening	Chair Yoga Bridge Club Yoga / Tai Chi Pregnancy Yoga Tap Dancing Tap Dancing Argentinian Tango	Seniors Seniors 60+ Mum to be Beginners Improvers 6pm	FREE FREE FREE BOOK £8:50 £8:50 £10	CGCC CGCC Jubilee Gym Dragon Hall Dragon Hall Dragon Hall CGCC
Fri	10am - 10:45am 10:30am to 2pm 11am to 3pm Noon to 1pm	Dance Aerobics Under 5s Drop In Gardening Holy Soup	60+ Under 5s Seniors Everyone	FREE £1 FREE FREE	Jubilee Gym Dragon Hall Calthorpe Swiss Church
Sat					
Sun	1pm 4pm	Sunday Roast Reality Church London	Everyone Everyone	£4 Service	BCBC CGCC

Dragon Hall - 17 Stukeley Street, WC2B 5LT

CGCC = Covent Garden Community Centre,
42 Earham St, WC2H 9LA

BCBC = Bloomsbury Central Baptist Church,
235 Shaftesbury Ave, WC2H 8EP

Swiss Church 79 Endell Street, WC2H 9DY

Calthorpe 258-274 Grays Inn Rd, WC1X 8LH

The Oasis, 32 Endell Street WC2H 9AG

Jubilee Gym, 30 The Piazza, WC2E 8BE

TEA DANCE
LAST THURSDAY
EACH MONTH 2PM - 5PM



@ **DRAGON HALL**

Dragon Hall Trust, 17 Stukeley Street, WC2B 5LT - 020 7404 7274
www.dragonhall.org.uk - info@dragonhall.org.uk - @dragonhall

COVENT GARDEN COMMUNITY CENTRE

CHAIR YOGA WITH STELLA CHERFAS

Stella Cherfas was taught hatha yoga in the early 1950s. She had just one teacher, Sir Paul Dukes (1889 - 1967), who was himself introduced to yoga while studying music at the St Petersburg conservatoire prior to the outbreak of World War 1. He devoted much of the latter part of his life setting up yoga studios and teaching yoga in English-speaking countries.

A DVD records Stella's weekly one-hour class for the over 60s at Covent Garden Community Centre, Seven Dials. Without it, Sir Paul's hatha yoga legacy would be lost. Carefully adapted for those over 60 by Stella over many years, the methodical sequence of moves, including the emphasis on comfortable breathing, preserves all Sir Paul's precepts.

Buy a DVD for £10 from Roy Croft, at the class or from his website www.roycroft-ajr.uk

Yoga is every Thursday morning from 10:30am to 11:30am



Art Class



TUESDAYS

10am to noon, all welcome

@CGCC

42 Earlham St, London WC2H 9LA

SHARE YOUR PASSION!

At recent meetings there was talk of setting up new activities and events that could interest and involve local people.

We are actively looking for new activities and sessions to offer the community – it could be something around fitness or art and crafts, a club or a group, something that others would find interesting and entertaining!

If you have a passion or hobby that you want to share then we have space that we could offer you in Covent Garden Community Centre on a Tuesday or a Thursday daytime.

'Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.'
~Dr. Seuss.

COVENT GARDEN DRAGON HALL TRUST

PILATES - OVER 40S

TUESDAYS 10:30 - 11:30

@ DRAGON HALL
DROP IN SESSION
£5



PILATES FOR OVER 40S

Tuesday mornings from 10:30am to 11:30am. Pilates really helps build stamina and flexibility. Come to a 'drop in' session, at the bargain price of £5.

THE CHOIR

Every Tuesday at Dragon Hall from 11:30am to 1:30pm. Free but a contribution to photocopying is requested. The style of singing is wide-ranging, musical theatre, blues, jazz and maybe a touch of opera - with a strong focus on solo singing

THE TEA DANCE

Last Thursday in the month from 2pm to 5pm. Now in it's 12th year! The tea dance is led by Brian Cornes and friends. Only £2 which covers tea and biscuits and entrance fee. Dance the afternoon away and keep fit while you're at it!

INTRODUCING...

THE CALTHORPE PROJECT

If you haven't been before check out the Calthorpe Project on Grays Inn Road - don't moan, it really is worth stepping out of postcode for this!

A 1.2-acre community garden, which opened in 1984 after local residents campaigned against the sale of the land for development. Today it includes a Walter Segal self-build community building, an under-fives' area, a wild garden, community composting area, Bangladeshi womens' plots, family plots and an AstroTurf futsal pitch. And a vegetarian cafe - open Monday - Friday, 10am - 3pm

258-274 Grays Inn Road, WC1X 8LH.
Phone: 020 7837 8019

WALKING FOOTBALL

It's football but you walk! Every Tuesday from 11am to 12pm - first session FREE after that £5, for over 50s

MAKING AND MENDING

Learn how to make and mend clothes - for ages 50+. Supported by an experienced tutor! Tuesday 10:30am to 12:30pm. £1 per week for 12 weeks from Jan 24th 2017.

GARDENING

For over 50s, every Friday from 11am to 3pm

Dragon Hall Trust, 17 Stukeley Street, WC2B 5LT - 020 7404 7274
Calthorpe Project, 258-274 Grays Inn Road - WC1X 8LH

OUT AND ABOUT IN COVENT GARDEN

ACTIVE JUBILEE

The Jubilee Gym is in the Covent Garden Piazza and offers **FREE** classes for those aged 60+, all you have to do is come along and register for the class

Tuesday: 10:00 – 10:45 – Aerobics

Thursday: 13:45 – 14:45 – Yoga, Pilates, Tai chi

Friday: 10:00 – 10:45 – Dance Aerobics

You can also get concessionary membership if you are 60+ - either £25 per month on a direct debit for full use of the facilities or £3.50 per visit on a pay-as-you-go basis.

Jubilee Gym, 30 The Piazza, Covent Garden, London WC2E 8BE - Call: 0207 836 4007

THE OASIS

If you fancy a swim in the open air then where better to go than the Oasis? You can get membership to the Oasis on Endell Street for the 60+ age group

Camden Resident £5.05 annual member fee
Non-Camden Resident £34.60 annual member fee

Membership gives you access to all facilities at reduced rates

Swimming: Free for those 60+ weekdays before midday, other times £2.20 per swim.

The Oasis Sports Centre, 32 Endell Street WC2H 9AG

Call: 020 7831 1804

THE PHOENIX GARDEN

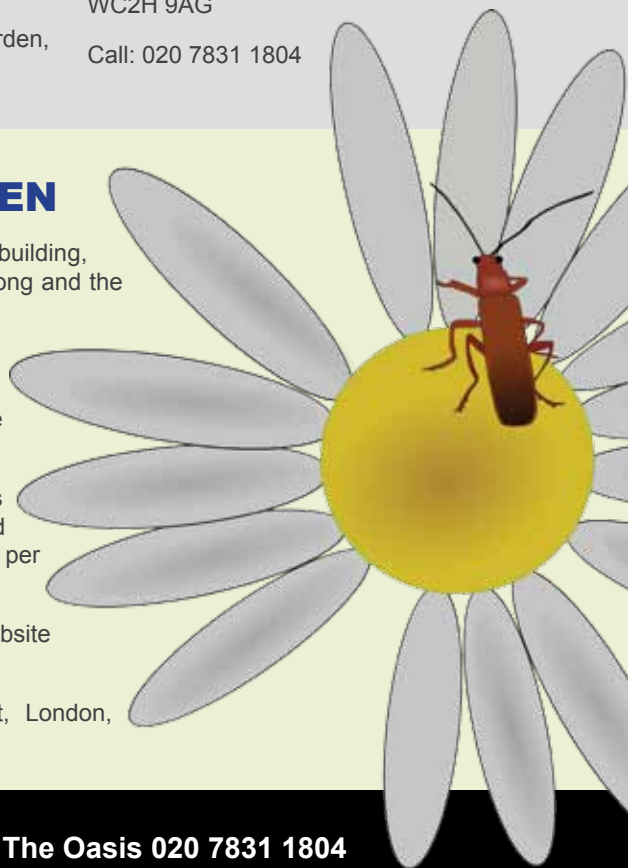
The fabulous Phoenix Garden has a new building, the landscaping and planting is coming along and the wildlife is doing fine!

Best of all the garden has been approved as a venue for marriages. So if you are thinking of tying the knot in the near future you couldn't do it in a better place.

Why not join in the fun? The garden needs your support - both as volunteers and members. Membership costs only £12 per year.

Sign up to become a member on the website www.thephoenixgarden.org

The Phoenix Garden, 21 Stacey Street, London, WC2H 8DG



**Jubilee Gym - 020 7836 4007, The Oasis 020 7831 1804
The Phoenix Garden, 21 Stacey Street, WC2H 8DG**

SWISS CHURCH LONDON

MONDAY RECITALS


The Swiss Church hosts Royal Opera House Jette Parker Young Artists Programme lunchtime recitals. Free tickets from the ROH website, or at the door from 12:00. **Recitals: 13 Feb, 27 Feb, 13 March, 27 March, 10 April, 24 April**

GOLDSMITH EXHIBITION

The Swiss Church and MFA Curating at Goldsmith College run a competition for first year curating students. This year's winner is **Curator Marian Stindt**, Showing 'Hierophanies' by artist Patrick Hough. **Opening night: Thursday, 2 March, 18:00-21:00pm. Exhibition: 3-17 March, every Thurs, Fri & Saturday from 18:00-21:00pm**

REFORMATION 500

FREE **BREAKFAST ON THE STEPS**
TUESDAYS 8 - 10AM
HOT SOUP
FRIDAYS 12 - 1PM



@ SWISS CHURCH

Public talk by Professor Rebecca Giselbrecht

500 years ago, Augustin friar Martin Luther published 95 theses criticising malpractices of the Church. The reformation changed the course of European history. Prof Rebecca Giselbrecht from the University of Zurich will give a talk (in English). The Ambassador of Switzerland will open the event.

Throughout the year there will be 12 events in different churches across London. A free brochure can be picked up at the Swiss Church or downloaded online: <http://swisschurchlondon.org.uk/content/uploads/2016/09/Booklet-500-Reformation-final.pdf> **On 11 March, starts at 13:00.**

BLOOMSBURY CENTRAL BAPTIST CHURCH

Tuesday lunches, 10.30am - 3.30pm, with games, tea coffee, 3 course meal for £4, and a speaker/film/activity of some kind)

Sunday lunches - 3 course roast dinner £4 (for those without a wage) starting at 1pm

There are also free **classical recitals** on Wednesday evenings from 6pm to 7pm. They are not completely regular so check the diary page of the website www.bloomsbury.org.uk, or come into the church and pick up a programme.

Free organ concerts take place on the last Saturday of each month. These all start at 4pm with a buffet tea afterwards.

TUESDAY LUNCH
FOR ACTIVE RETIRED!
TUESDAYS 10:30 - 3:30



SUNDAY LUNCH
SUNDAYS 1PM
@ BAPTIST CHURCH

Bloomsbury Central Baptist Church, 235 Shaftesbury Avenue, WC2H 8EP
The Swiss Church, 79 Endell Street, London WC2H 9DY

INTRODUCING...

ST GILES IN THE FIELDS

BELL RINGING

St Giles' steeple possesses a ring of eight bells. The oldest bells (numbers 3 and 4) date from 1635, the two heaviest (numbers 7 and 8) from 1685 and the remaining four bells from 1736.

A learners' practice for local ringers takes place on Tuesday evenings from 6pm to 7.30pm.

The bells are also rung every Thursday lunchtime from 12.40pm to 1.25pm by the 'Thursday lunchtime band'— a group of ringers from around London working in the area who first formed the band in 1964.

Visitors of all abilities are always welcome at either practice, but check with the Tower Captain, Dennis Elisdon, via the Church office.



60 St Giles High Street, WC2H 8LG
Call: 0207 240 2532

QUIZ NIGHT

Wednesdays
7:30pm
£1 entry per person
Max team size = 6

1ST PRIZE £50 BAR TAB
2ND PRIZE £20 BAR TAB
@CGCC 42 EARLHAM ST

CAMDEN COMMUNITY CONNECTORS

Camden Community Connectors aims to empower older people to connect to their communities in order to tackle social isolation and loneliness.

Camden Community Connectors provides short term community based support, delivered by a team of 5 Area Coordinators and volunteer connectors working in each of the 5 housing districts in Camden: Holborn, Camden Town, Kentish Town, Gospel Oak and Hampstead.

If you would like to make a referral for someone you know / are working with or if you would like to make a self referral, please download the referral form from the website <http://www.camdencommunityconnectors.org.uk/> or call: **0800 161 5716** or email: info@camdencommunityconnectors.org.uk

COMMUNITY ORGANISATIONS

COVENT GARDEN DRAGON HALL

17 Stukeley Street, WC2B 5LT
020 7404 7274 - info@dragonhall.org.uk
[@dragonhall](https://www.dragonhall.org.uk) - www.dragonhall.org.uk

COVENT GARDEN COMMUNITY CENTRE

42 Earlam Street, WC2H 9LA
020 7691 1577 - www.sevendialsclub.com
[@sevendialsclub](mailto:manager@sevendialsclub.com) - manager@sevendialsclub.com

BLOOMSBURY CENTRAL BAPTIST CHURCH

235 Shaftesbury Avenue, WCSH 8EP
020 7240 0544 - @bloomroomhire
church@bloomsbury.org.uk
www.bloomsbury.org.uk

THE SWISS CHURCH LONDON

79 Endell Street, WC2H 9DY
020 7836 1418 - @swisschurchlond
info@swisschurchlondon.org
www.swisschurchlondon.org.uk

CAMDEN COMMUNITY CONNECTORS

Holborn Area - 07834 177 149 - @abc_camden
john@camdencommunityconnectors.org.uk
www.camdencommunityconnectors.org.uk

CALTHORPE PROJECT

258-274 Grays Inn Road, WC1X 8LH
020 7837 8019 - calthorpeproject.org.uk
info@calthorpeproject.org.uk

COVENT GARDEN COMMUNITY ASSOCIATION - www.coventgarden.org.uk/

ST GILES IN THE FIELDS - www.stgilesonline.org - 60 St Giles High Street, WC2H 8LG

COVENT GARDEN AREA TRUST - www.coventgardentrust.org.uk

NORTH LONDON CARES - Love Your Neighbour project & Social Clubs - 020 7118 3838

WEST END WOMEN'S INSTITUTE - londonwestendwi.blogspot.co.uk

Meetings every third Wednesday of every month at 6:30pm

THE PHOENIX GARDEN - 21 Stacey Street, WC2H 8DG - www.thephoenixgarden.org

THE SEVEN DIALS TRUST - www.sevendials.com - info@sevendials.com - 68 Dean Street, W1D 4QJ - 020 7437 5512

RE-LAUNCHED

ST GILES-IN-THE-FIELDS AND BLOOMSBURY UNITED INDIVIDUAL GRANTS SCHEME

The charity gives grants to individuals for relief of need. To be eligible for a grant from the charity the applicant MUST be;

Living in the designated areas of benefit (see the map on the website www.stgilescharities.org.uk) and on a low income.

The charity gives grants for household items, the standard grant is up to £500 – typical grants are for kitchen appliances, furnishings and clothing. All new applicants will be visited by the Grants Officer and will be expected to provide evidence of income and expenditure.

If you think you might be eligible for help, please contact the Clerk on 07960 691 436

**ST GILES CHARITIES GRANTS SCHEME - clerk@stgilescharities.org.uk
Phone: 07960 691 436**