



**St Hugh's**

A community hall to benefit all

December 2017 Newsletter

**free**

You're Invited to our

# Christmas Party

Sat 16th Dec 6-10pm



Please book 020 8659 7038 [info@hlca.org.uk](mailto:info@hlca.org.uk)

**Food / Fun / Prizes / BYOB**

# A word from the editor

Welcome to our Winter 17/18 edition and seasons' greetings to you all. I hope you enjoyed the brief flurry of snow recently. We're busy behind the scenes getting ready for our Christmas party and we need you to make it happen, so get in touch to lend a hand. At this time of year, spare a thought and a good deed for those who could do with a boost. Loneliness can be emphasised so do check in on friends and neighbours.



In the meantime, if you've got a bright idea for something that you'd like to see, drop us a line or pop in to see us. And of course, if you'd like to see something in particular featured in the newsletter, get in touch with us! See you soon, Maria.



42 Castledine Rd,  
London SE20 8PL  
020 8659 7038  
hlca.org.uk

Connect with us;  
'St Hugh's Centre'



## *In this issue...*

*We bring to you plenty of action for the festive season and colder months. You can join us some gentle (or not so gentle if you fancy a challenge) exercise, party away at our Christmas party or relax over a movie. We're always keen to hear your local stories too, so please do get in touch with us if you'd like to share a story or event.*

# Movie Night

for 8-15 year olds



To book: 020 8659 7038 / [maria.ako@hlca.org.uk](mailto:maria.ako@hlca.org.uk)

Join us for a free festive movie night. Bring some change for popcorn, drinks and meat/veggie hotdogs. **BOOKING ESSENTIAL**

## *About The Film*

Ingenious comedy update of A Christmas Carol. Frank Cross (a brilliantly cast Bill Murray) is a TV boss who really, really hates the holiday season but that is not too surprising, because he seems to hate most things. Frank's channel is producing a version of the Dickens story, and, to his horror, everything that happened to Scrooge starts to happen to Frank, with three ghosts arriving to show him how his life has gone wrong.



Game  
Changers visit  
to Birmingham

## GAME CHANGERS; changing up the game

If you've not heard about Game Changers yet, then watch this space. We are a Youth Social Action Group for 12-19 year olds who want to make a positive changes in our community. It's facilitated by Maria and Jemma and there are currently 9 of us that form the core group. We meet up during the school holidays (food provided!) and we are currently planning a free children's Christmas movie night and a talent show. We had 3 sessions over the summer, including a day in Birmingham for Clarion's (previously Affinity Sutton) Youth Engagement Day. The young people had a great day doing workshops and meeting other groups who are doing amazing work across the country in their own communities. The food was also amazing and we're chuffed to have been invited. We'd love to be able to share our great updates at next year's event.

So, what is Social Action? It means taking steps to change the things that are wrong in our society and introducing new ideas and processes for doing things better in the future. What are our ideas? So far, the group is focusing on planning live entertainment for older people and fundraising activities and events to help sustain us. We want to challenge the, often, negative perception of young people and connect with others to do greater things.

Ola, 12 yrs, thought that the project would be about sports but was pleasantly surprised to learn that she'd get the opportunity to do something more meaningful. If you're aged 12-19 and would like to do more to make a positive change in the area, **get in touch and join us** [info@hlca.org.uk](mailto:info@hlca.org.uk)

# Sleigh Bells ring

*Are You listening?*

**Join our seasonal celebrations  
and lend a helping hand**



'Tis the season to be jolly, so be prepared to get your glad rags and community game face on. Unfortunately, we we'rent able to put on our usual bone-chilling Halloween party this year, but we're busy prepping things for our community Christmas Party on **Saturday 16th Dec, 6-10pm**, where music, food and fun awaits you. Free and all welcome, but please do let us know if you'll be coming along. You're also invited to bring your own bottle. To get things going, we'll be having a hall decorating evening on **Tues 5th Dec 7-8:30pm**, where the people of GoodGym Bromley will be lending a hand. If you'd like to join us, just let us know (contact details at front) and we'll be sure to have mince pies at the ready for you.

Christmas can be a time when loneliness is emphasised, so lookout for a neighbour who could do with some company this season and maybe bring them along to our party!

Community activities give us an opportunity to get together and celebrate the unity amongst us. Sadly, too often we read, see and hear about so many negative things locally and wider and we each have the power, and dare I say, duty to, at the very least, not bring harm to others. As a community organisation, we strive to do and be more to impact the community positively. We are passionate about our contribution to a fairer and more progressive society. Be that through youth clubs, exercise classes or Christmas parties, we want you to get involved. And don't be shy to tell us about other things you'd like to see! After all, teamwork makes the dream work!

We've recently had two volunteers join us in the youth club, so welcome to Daisy and Ibrahim! We are always happy to welcome new volunteers on board to join us in a variety of ways. If you feel you have some time or a particular skill or talent, then please get in touch with me [maria.ako@hlca.org.uk](mailto:maria.ako@hlca.org.uk) or 07834 770 009.



# St. Hugh's

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## Timetable - Winter 2017

### FRAY BAMBINOS BALLET

Mondays - 4:00pm to 5:00pm

Ballet lessons for children aged 3 to 11 yrs.

£6.98 per lesson / £20 per term

Book a full term and receive a 5% discount!

LAST SESSION ON 20/11/2017 THEN

BACK IN JANUARY

### LOVE 2 DANCE NEW

#### Teen Street Dance Class

Mondays - 6:30pm to 7:30pm, age 14+ (£6)

Come and make new friends, learn routines and take part in showcases and events.

For more information please contact Danielle on

07940 233882 or [love2dance@gmail.com](mailto:love2dance@gmail.com)

### THE SPORTS FACTORY

Tuesdays - 6pm to 7:30pm

Football & other sports for kids aged 5 - 11 years old

**FREE!!!**

### EXTRA TIME CLUB

Wednesdays - 10:30am to 12:30pm

Activities for adults aged 40 + such as table tennis, soccersize, seated exercises, card games & loads more!

Free tea & coffee available.

**FREE!!!**

### ST HUGH'S YOUTH CLUB

Now Every Wednesday - 5:00pm to 7:00pm!

Table tennis, pool, classes, arts & crafts plus loads more for children aged 8 to 13 yrs.

**FREE!!!**

### KIDS KITCHEN

Thursdays (once per month)  
10:00am to 12:30pm  
Bring your under 5's to come & prepare, cook & eat lunch together – lots of fun for all.  
£ POA

### UPPING YOUR GAME

Thursdays – 5:00pm to 8:00pm  
5pm-6:30pm for 12-15 year olds  
6:30pm – 8pm for 16+  
**FREE!!!**

### LOVE 2 DANCE STREET DANCE CLASSES

Thursdays  
4:30pm to 5:15pm – 3-5 yr olds (£4.50)  
5:30pm to 6:15pm – 6-9 yr olds (£5.00)

### US GIRLS

Thursdays – 6:30pm to 8:00pm  
All styles dance classes, workshops aimed at empowering girls and women for 13yrs – 25yrs  
**FREE!!!**

### FREE TUITION IN BASIC SKILLS

Fridays/Saturdays  
2:00pm to 6:00pm

One-to-one help with reading, writing & maths.  
**FREE!!!**

### ENGLISH, MATHS & SCIENCE CLASSES

Saturdays – 10:00am to 4:00pm  
Supplementary English, Maths & Science classes – we offer private & individually tailored tuition to pupils in KS2 – KS4 with a special focus on GCSE & SATs preparations.  
£POA

Hilda Lane Community Association  
St. Hugh's Community Centre, 42 Castledine Road, Anerley, London SE20 8PL  
Registered Charity Number: 1118937  
Company Number: 06034270



# Extra Time Club



*Those Who Eat Together, Stay Together :)*

## *Exercise classes for the over 50s* **Wednesdays 10:30am-12:30pm**

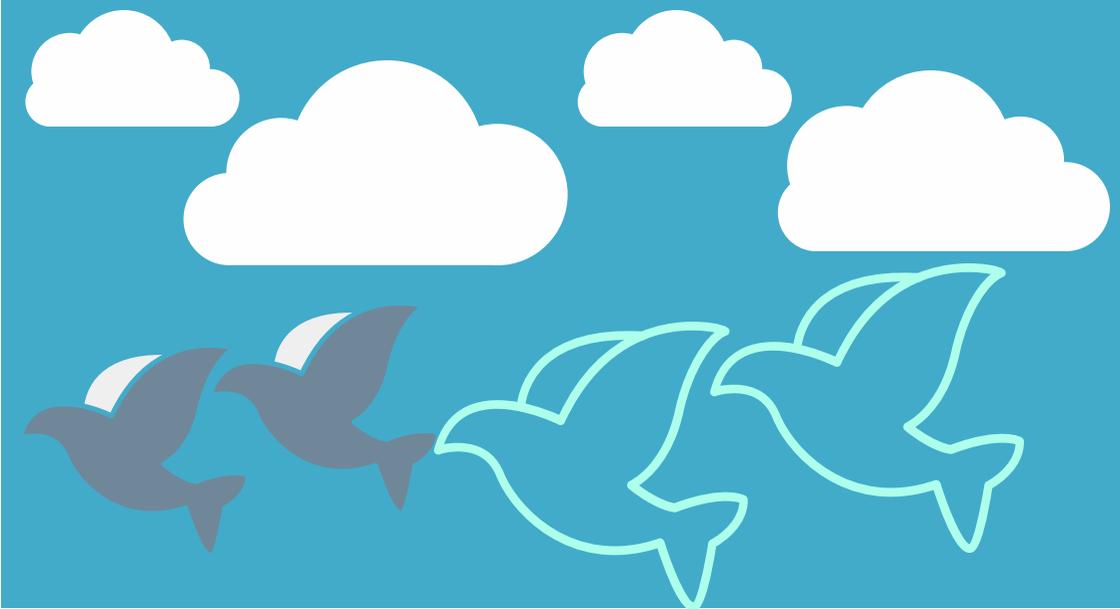
Fun, food and fitness. It's all happening in the exercise classes at St Hugh's.

Our partnership with the Palace For Life Foundation is still going very strong. In October, we said goodbye to our wonderful coach, Pam, and welcomed our new coach, Patrick. Of course we celebrated the time that Pam had been with us by going on a celebratory lunch to the Moon and Stars, Penge!

We're looking forward to our Christmas lunch soon and I'm sure everyone's brains will be working overtime when trying to search for the perfect gift for our Secret Santa recipients!

If you're aged 50+ and you'd like to get fit to some fab tunes with a great bunch of friendly people, come on down and join us at a place where friendships are made and aches become a distant memory (or at least forgotten about for a couple of hours). You can expect a gentle physical challenge up for the first half and then a seamless transition into tea and a natter with each other for. In the New Year, we're looking forward to trying out a healthy cooking workshop and a salsa dance class to complement the exercise.

**Classes are every Wednesday 10:30am-12:30pm.**



## *A Sad Farewell to Michael Jonas*

On Thurs 2nd November 2017, Michael Jonas was fatally stabbed in Betts Park. Michael, who had just turned 17 on 20th October, lived on the St Hugh's estate from a young age. He attended James Dixon Primary school before going onto Harris Beckenham. Those that knew him well had very fond memories of him. Michael was a cheeky chappie with a big smile and an even bigger heart. He was kind, funny, caring and had a contagious laugh. He was never happier than when doing something with music, and talked of becoming a DJ. He also had a passion for mechanics (he loved to fix things...or try to fix them!) He played the drums at James Dixon; and was the first student to play the drums alongside the steel pan band which started quite a tradition after that.

He had an amazing ability to get people talking and knew how to engage with them (that was his main 'work avoiding tactic'!) Michael had been a member of the St Hugh's youth club when he was younger. He was a fiercely loyal friend but sometimes this led to the misguided notion to 'follow the crowd'. This was a terribly sad incident in which a young boy has lost his life and a family has been left devastated. But the message from this tragic incident is clear, any young life lost is one too many and far too many families have been left devastated by the impact of knife crime.

Our thoughts and prayers go out to Michael's parents and siblings to help them through this very sad and difficult time. ~ Margaret Quarry.



## Meet A Trustee!

November saw the celebration of trustees across the UK and highlighted the valuable work they do. But behind all our fantastic trustees are interesting humans and we've been shedding some light on them so you get to have peek at them in ways you wouldn't normally. In previous editions of our newsletter, you've met Alix, John and Linda. This time, we introduce you to **Berni**.

Hi my name is Berni and I'm one of the trustees at the community centre. I grew up in Shoreham-by-Sea, just outside of Brighton, and came to London in my early 20s – seeking the streets paved with Gold. Strangely I found myself absorbed into the world of homelessness, drugs and alcohol, mental health and domestic violence for the next 20+ years as volunteer/front line worker / manager/civil servant and various roles in between!! I have rarely stayed in one place of work for more than a few years as my brain and passion seems constantly to seek and find new adventures, partly I think being overwhelmed by the amount of injustice in the world and feeling somewhat powerless to help in anyway, and partly drawn to wanting to better understand what is

the key to transforming the reality of hurt and “brokenness” to a new wholeness that benefits individuals and community.

I have lived in Penge, in the same flat and just around the corner from the estate and HLCA hall for 17.5 years. I have a 16 year old son and since July a retired/rescue greyhound called Maddie. Some of the young people met her and abundantly stroked her in the early days, and I hope in a really positive way that come the summer those who want to will get to see and play with her a lot more (albeit outside the grassed/ballpark area or hall). She has been a great gift to our family in showing how a dog that has grown up without any human care or attention, simply being seen as a piece of meat to race and make



*Cont.*

money from, she has so much gentle love and trust to share! How does that happen that one who has been given so little can still give so much, and what does it teach us all in how by offering a little of something of what we have can open up a whole fresh start and new life for another? I joined the trustees a few years ago (yikes not sure quite when?!). It is hard to remember quite the sequencing of that “signing up” within my wider involvement in the local area/in the community hall but what I do remember clearly is getting to know many adults and children in the area and listening to their stories of hopes and dreams, frustrations and fears. What seemed very apparent is there were many living on or near the estate who held great ideas and passions for their own and wider community life yet felt somewhat disconnected from their neighbours or others who might share and help bring together these ideas and passions. but also to seeking out possibilities for connecting and participating with both people and place where there was a shared passion to act. What a lot has happened over these years, and what a lot I have learned from seeing how individuals and organisations locally connect,

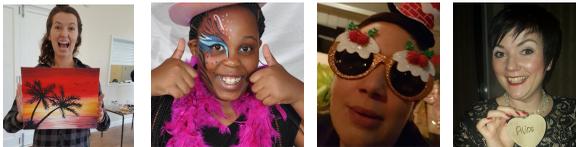
support and enthuse one another to do great things. It has been wonderful to see how Men In Sheds came and supported local residents to construct the growing beds on the grassed area, how Affinity Sutton responded to a grant application from local people to get resources to grow food and plants and learn new skills, how the young people shared their ideas and wishes to inform the youth group development and whole range of community days and outings, how the wishes of adults to have some of the community events more tailored to their need to socially connect and have fun have been listened to and more active engagement from a breadth of residents has led to events and activities being planned, facilitated and engaged with. There are so many wonderful stories of the past few years to reflect back upon – but maybe that is for a whole other article as in no way can I claim a connection other than simply the result of having been invited by the Trustees to come get a bit more involved behind the scenes – and a very light touch involvement I’ve had but one for which I’m hugely grateful and indeed humbled!!

# Connect With Us



You can find us on Facebook, Instagram and Twitter.

Just search 'st hugh's centre'



You'll find news about what's on at the centre, pics of things that have happened at the centre, and just some general thoughts. Connect with us and keep up to date.

*Merry Christmas  
& Happy New Year from all at St  
Hugh's Community Centre*

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