



St Hugh's

A community hall to benefit all

Feb-Apr 2019 Newsletter

COME AND JOIN US FOR SOME GAMES AND
LAUGHS

FREE

COMMUNITY VALENTINE'S PARTY

AT ST HUGH'S COMMUNITY CENTRE
42 CASTLEDINE RD, SE20 8PL
INFO@HLCA.ORG.UK / 020 8659 7038



Food
Comedy
Friendly atmosphere

SAT FEB 16TH, 7PM-10PM, BYOB



St. Hugh's

A word from the editor

And just like that, Christmas and New Year's was over! I hope that if you made any New Year's resolutions (again), that they manage to stick around longer than my bottle of wine. One of my top changes for the year was to be a more conscious consumer. So this started off by getting my clothes organised (thanks Marie Kondo) and planning my clothes swap events for the first few months of the year. So far, sooo good.

in this issue, we're updating you with the goings ons for the next couple of months, suggesting some ways to form (and hopefully stick to) great community habits, and of course, we're inviting you to our Valentine's event (see front page)! It'll be a jolly good evening of laughter, food and friends.



Maria Aho
Senior Community Organiser

.....
42 Castledine Rd,
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020 8659 7038

hlca.org.uk

Connect with us;
'St Hugh's Centre'



Don't miss...

*The great news about our youth club.
Keep reading!*

*Ways you can get involved with our
Organisation and what's coming up.*

*We're ever grateful to Bromley Children
and Families project as well as the
Mason's Widows for their massive
contributions of Christmas presents for
our Youth Club children and young people.*

.....

Community Resolutions in 66 days

So, we're now 1 month into 2019 and maybe some of those resolutions you made have stuck, maybe they haven't. But fear not. Did you know that it takes, on average, 66 days for a new habit to be formed? Let us help you use the next 66 days wisely. We're encouraging you to (safely) put into practice some of the things below. A simple 'hello' can go a long way. A smile can heal a soul and a friendly chat can remind people that someone cares. We boldly challenge you to spread some community spirit and start forming this into good habits. Random Acts of kindness? hell yeah!

1. Say good morning to someone
2. Tell someone that they look nice.
3. Smile at someone
4. Start a small crafts group
5. READ. READ. READ.
6. Take a 10 stroll 3x a week (min)
7. Pick up some litter from you road
8. Go to a community activity!
9. Go to a community event!
10. Be more polite.
11. Check on your neighbour when it's cold
12. Share one of your skills with the community.
13. Learn a new skill in the community
14. Put a kind note through a neighbours door
15. Help host a street party on your road
16. plant some bulbs locally
17. Volunteer with a community group
18. Walk more
19. Learn to cook a new dish. And then share it!
20. Share local events on social media.
21. Write a daily diary. Check in with yourself.
22. Visit and buy from local independent shops.
23. Donate food to a food bank
24. Buy from charity shops
25. Invite a neighbour to a local activity.
26. Give someone a book you've finished reading.
27. Do a bit of shopping for someone else less able.
28. Listen more
29. Forgive yourself
30. Do a 2 minute breathing exercise daily.



We're recruiting Youth Workers

With the return of our Youth Club, we are seeking 3 vibrant and passionate individuals to join the team and help make a positive difference to the local children and young people. Please get in touch with us for more info. The full job description will be available on request and on our website. Please contact info@hlca.org.uk to express an interest. **Application deadline 21st Feb 2019.**

Youth Club Leader

What are we looking for?

- // We are looking for highly motivated and energetic individuals with the experience of working with young people and the confidence to guide small groups in activities.
- // You will be working directly with young people, supporting their personal development by providing appropriate programmes of activities.
- // To actively participate in the programme planning ensuring a varied and interesting range of activities for young people.
- // Monitor, evaluate and report back to board of Trustees on regular basis.
- // To work with young people to remove barriers in accessing youth provision and facilitate the inclusion of all young people in activities taking account of their individual needs and cultures.
- // You should be able to use your own initiative to get tasks done and strive at all times to be a positive role-model to each individual.

Requirements

- // Possess or is working towards a recognised youth work qualification.
- // Experience of working with and engaging young people in youth work activities.
- // Knowledge of vulnerable groups and the challenges of working with children and young people.
- // To hold a current enhanced DBS or willing to allow one to be taken.
- // Able to provide 2 work related references upon request.
- // 16 hours per week, core hours- Wednesdays 4:30pm - 7:30pm, remaining hours negotiable.

Salary is in line with those recommended by the London Living Wage Foundation.

Youth Club Support Worker x2

What are we looking for?

- // We are looking for highly motivated and energetic individuals with experience of working with young people and the confidence to guide small groups in activities.
- // You will be working directly with young people, supporting their personal development by providing appropriate programmes of activities under the lead youth worker.
- // To actively assist the lead youth worker in the programme planning ensuring a varied and interesting range of activities for young people.
- // To work with young people to remove barriers in accessing youth provision and facilitate the inclusion of all young people in activities taking account of their individual needs and cultures.
- // You should be able to use your own initiative to get tasks done and strive at all times to be a positive role-model to each individual.
- // To be able to take instruction from the lead youth worker as part of the team as well as stand in as cover for the lead youth worker should it be required.

Requirements

- // Working towards recognised youth worker qualification
- // Experience of working with and engaging young people in youth work activities
- // Knowledge of vulnerable groups and the challenges of working with children and young people (Desirable)
- // To hold a current DBS or willing to allow one to be taken.
- // Able to provide 2 references upon request. One work and one from an educational establishment relevant to role.

Salary is in line with those recommended by the London Living Wage Foundation. This role is ideally suited to someone looking to add work experience whilst training the field of youth work. Hours of work - Wednesday evenings 4:30-7:30pm

Youth Club Relaunch



We are off-the-scale happy to announce the return of our Youth Club! We took a short break to re evaluate our funding structure and we can't wait to have you all back. So, if you're aged between 8 and 13 years, come and have some fun with us. If you're aged 14-16 years, come and find out how you can be a young leader to help at the sessions. We're aiming to be back towards the end of March and we'll keep you posted to confirm the date. In the meantime, if you'd like to join our mailing list, drop us a line.

To give you a quick rundown, we'll be running the club every Wednesday at 5-7pm. Expect food, friends and plenty of fun! We'll still be casting our votes for those nominated for a Jack Petchey Award, planning trips, summer activities and much more.

Weds 5-7pm
Return date tbc

Volunteer with us

To help make this a fab place to be, we're looking for volunteers to be part of the team. We want committed, enthusiastic and proactive individuals who want to make a positive difference in the community. We're ready and waiting to welcome you to the team.

If you're interested or would like any more info, please contact us on info@hlca.org.uk. Exciting times lay ahead!

8-16 years old? Then pop along and visit our friends at the Youth Club at Anerley Town Hall on Mon 11th Feb @ 3:45pm for their open day.



St. Hugh's

A community hall to benefit all

Timetable - Winter 2019

LOVE 2 DANCE NEW

Teen Street Dance Class

Mondays - 5:30pm to 6:30pm, 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

BEGINNER'S PILATES

Tuesdays - 9:30am to 10:30am

Block book - £8 per class

Drop in £9

First taster Class £5

suzyshand@yahoo.co.uk

BOXING TECHNIQUE TRAINING

Wednesday – 4:30pm to 6:00pm

Basic boxing technique training for children 7 to 14years

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

FITNESS AND WELLBING

Thursdays – 09:00am to 10:30am

Various abilities exercise classes. The activity will be led by an experienced trainer, lasting for an hour with an additional 30min at the beginning of the class to encourage socialising and information sharing.

FREE!!!

LOVE 2 DANCE

STREET DANCE CLASSES

Thursdays

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

olds (£4.50)

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

olds (£5.00)

FREE TUITION IN BASIC SKILLS

Fridays/Saturdays

2:00pm to 6:00pm

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

FREE!!!

Clarion Estate Inspection Update

Back in November one of our local councillors, Cllr Marina Ahmad, visited the estate hoping to view some of the ongoing issues residents had raised, and we were accompanied by a few local residents and Jacqueline Simms, a Neighbourhood Housing Officer for Clarion. Both Marina & Jacqueline were able to see for themselves some of the problems, and both have promised to help get them resolved where they can. We received an update from Jacqueline last week on progress so far - here is a summary:

- Sewage - Clarion contractors visited at the end of November and we understand work is ongoing.
 - Pests - Reports of mice/rats. Pest Control agents Ark have inspected site and have recommended treatment to site which will include the bin areas. St Hugh's will be placed on an ongoing service contract - this will mean that pest control treatment will be ongoing at this site.
 - A number of reports were in relation to damaged/dangerous paths & electric/bin cupboard doors - all these had contractors visit at end of November.
 - A couple of other individual tenant issues have also been addressed.
- Fly tipping was also brought up in the visit - one area of confusion is that some areas of land are owned by Clarion and some by the London Borough of Bromley. Jacqueline was able to confirm that the land adjacent to 40 Castledine Road (one of several areas identified as a

frequent fly tipping site) is owned by the London Borough of Bromley. If you see rubbish dumped please report it:

- For fly tipping on areas owned by Clarion you should visit their online contact page here:

<https://www.myclarionhousing.com/about-us/contact-us/general-enquiry/> or call them on 0300 100 0303.

- For fly tipping on the street/pavement (or other areas owned by the London Borough of Bromley) the easiest way to report it and get it removed is to use the FixMyStreet web site -

<https://www.fixmystreet.com/>.

In either case, you should take photographs if you can, and keep a note of the date & time you reported it, along with any reference numbers given. If you have reported an issue and you feel that there has been no response, or if need assistance using either of these services then please let us know and we'll do what we can to help.

Clarion are due to visit for another Estate Inspection on Monday 17th December - we'll update you with any progress. Again we received notice only a few days before - we have raised this several times with them asking for more notice and to ensure they do what they can to inform the residents of these visits. If you want us to send you a text message notification of any future visits when we receive information about them, please email info@hlca.org.uk and include your Name & mobile number.

Nourishing the Gardening club back to life



This month, we met with Nana and Rhys from the Energy Garden to bring residents together and gather some green-fingered interest. The Energy Garden currently have around 30 sites are various London Overground station platforms. Our nearest is Penge West. When we visited the platform garden, we focused our energy on re-planting



**BRING AND
SHARE LUNCH
& IDEAS**

MON 25TH FEB 11AM-1PM

the living wall. It looks great and we can't wait to hear more ideas about how to use the space at Penge West. We are keen to help maintain the Energy Garden along with the community garden at the front of our centre. The key to making this happen is involvement from the community, so we are hosting a bring and share lunch to power up and harness the energy and ideas in the community at the community centre. Please bring a dish to share and meet some new people as we grow our community. Get in touch with Maria for more info maria.ako@hlca.org.uk / 07834 770 009. See you on 25th Feb!



Police Panel Meetings

Next meeting: Monday 11th March 2019 - 5pm to 6pm

Our local Metropolitan Police Safer Neighbourhood Team will be holding regular surgeries in the Meeting Room at the St Hugh's Community Centre. Please come along if you'd like to talk about anything concerns. They are a friendly, knowledgeable and welcoming team.

The CRYSTAL PALACE SAFER NEIGHBOURHOOD TEAM are looking to put together a WARD PANEL for the Crystal Palace Area.

We are looking for volunteers to attend the meetings ideally we would like somebody to chair the meeting and if possible to take minutes. We need people to attend and represent their area/road and bring to the meeting any issues in that area which the Police could help with or possibly the council. Police will make a presentation of work they have done in the area.

Our aim is to have members of the local council at the meeting where possible and guest speakers such as Trading Standards who will be able to provide information and goodies around door step scams and internet crimes.

At the moment a date has not been set for the meeting it is hoped it will be set up for some time in the New Year 2019 giving us time to put together a group of people willing to attend.

All members of the community are welcome, including a youth member as often youngsters are not represented if anybody is interested in attending regular meetings please could you contact:-

Julie Pope PCSO 7368 PY

Dedicated Ward Officer

Crystal Palace Team

020 8721 2604

crystalpalace.snt.@met.police.uk



Free Boxing Technique Training

Are you aged 7-14 and want to learn how to move and act like a professional boxer?

Come down to St Hugh's community Centre starting 14th November 2018, for a free 16 week course.

Every Wednesday: 4:30pm to 6:00pm



Transforming lives and communities

Volunteer with us

Volunteering is a great way to get to know your community, meet new people and get involved. Here some ways you can currently volunteer with us;

~Gardening Club - Organisers

~Leafletters - help deliver our updates to our community every 3 months

~Event Planners - help plan and organise our annual events

Please contact Maria if you are interested in any of these roles -maria.ako@hlca.org.uk

Pupils- Parents - Professionals

The Inclusive Meeting of Minds

5th February 2019

at Annerley Town Hall, Annerley Road

10-3pm (free)

Please register at Eventbrite-SIA DAY

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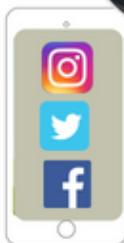
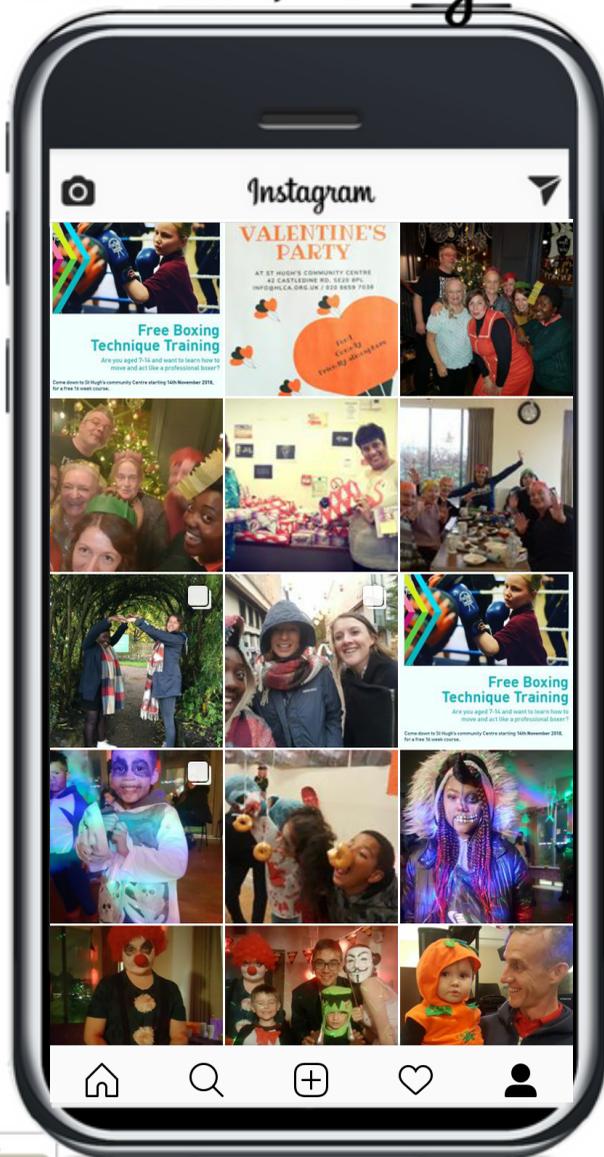


CLARION
FUTURES



SIGNS ONLINE ABUSE
PROCEDURES
DISCLOSURE
IMPACTS ORGANISATIONS
THE GROOMING
EXPLOITATION

Check us out on Instagram



Connect With Us

If you're on social media, you can find us on Facebook, Instagram and Twitter. Just search 'st hugh's centre'

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