

WC2

COMMUNITY

NEWS

STUFF TO DO IN WC2
SEPTEMBER 2017



BROUGHT TO YOU BY DRAGON HALL TRUST - EDITION 3

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 10:00 - 12:30pm 2:15 - 3:15pm 11am - 3:30pm 11:30 to 1:30pm 1 - 4:30pm	Breakfast Aerobics Art Class Pilates for over 40s Drop in Ballroom & Latin Tuesday Lunch Choir Bridge Club	Everyone 60+ Seniors Over 40 Children Seniors Seniors Seniors	FREE FREE FREE £5 FREE £3 £4 FREE FREE	Swiss Church Jubilee Gym CGCC Dragon Hall BCBC Dragon Hall BCBC Dragon Hall CGCC
Wed	1:45pm	Film Matinee	Over 55	£1.75	Regent St Cinema
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 £7:50 £7:50 £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
Sun	1pm	Sunday Roast	Everyone	£4	BCBC

Dragon Hall - 17 Stukeley Street, WC2B 5LT

CGCC = Covent Garden Community Centre,
42 Earlham 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 65LT - 020 7404 7274
www.dragonhall.org.uk - info@dragonhall.org.uk - @dragonhall

COVENT GARDEN COMMUNITY CENTRE

CLUB THURSDAYS @ SEVEN DIALS

Club Thursdays are a great way to get involved with new activities, socialise with others and have some lunch at the same time!

The sessions are supported financially by Covent Garden Community Centre and William Shelton Foundation. The sessions include a light lunch, a talk, activity, art session, dance or discussion.

Activities coming up during the autumn will be art classes, craft sessions, a 4 week ipad training course, Latin American Dance, Tai Chi & some film sessions. Please come down and join in - if you want further information contact John Hayes - email john@dragonhall.org.uk



We have also partnered with Tesco in Fleet Street and Marks & Spencer in Covent Garden. They donate produce that is just on it's 'display until' date or items that have damaged packaging etc. we offer these items to attendees of Club Thursdays - a small donation is requested and will be put into a pot for future trips and activities!

CLUB THURSDAYS SO FAR... COMING UP IN AUTUMN 17

TALKS & ACTIVITIES

Club Thursday had a very successful July. We had various taster sessions, which included Latin Dancing and Heartfulness Meditation. Also, a very enjoyable presentation by Harvinder Bahra, from the British Museum.

Such was the success of our taster sessions, we have decided to run two six-week workshops. **Latin Dancing** will take place at Dragon Hall from the Tuesday 5th September and a new Meditation class will begin at 7 Dials from Wednesday 6th.

Dragon Hall recently asked the Senior Group to complete a questionnaire, which was completed by over 80% of the membership. Suggestions for future activities included theatre trips, a Tai Chi class and monthly outings.

September Talks

7th Open Forum - feedback from questionnaires
14th Health Talk
21st Distraction burglary-crime prevention
28th History of the Foundling Museum

6th - 17th September - iPad classes with Mary Ward Centre on Wednesdays 11 - 12:30
Mindfulness on Tuesdays, 10 - 11
Latin Dance, film showings & trips out
Craft sessions on Thursdays.

For up-to-date information email
john@dragonhall.org.uk or
call Dragon Hall on 020 7474 7274

CGCC - 42 Earlham St, WC2H 9LA - manager@sevendialsclub.com
DRAGON HALL - 17 Stukeley St, WC2B 5LT - info@dragonhall.org.uk

COVENT GARDEN DRAGON HALL TRUST



PILATES FOR OVER 40S

Tuesday mornings from 10:30am to 11:30am. Come to a 'drop in' session, at the bargain price of £5.

SOLO SINGING

Tuesdays at Dragon Hall from 11:30am to 1:30pm, 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! Only £2 which covers tea and biscuits and entrance fee.

BALLROOM & LATIN DANCE

NEW! Classes to learn ballroom and latin dance with Vera the Diva, teaching and leading the dance session. Tuesdays, 2:15 to 3:15pm, only £3 per session.

VOLUNTEERING

Dragon Hall is looking for volunteers of all ages to help with the development of the older person project based in Covent Garden.

Many older people feel isolated and undervalued. Dragon Hall believe that everyone has something to offer and can continue to make a lasting contribution.

By volunteering between 1 and 2 hours per week, you can make a huge difference by reaching out to local individuals and support older people to access services and participate in social groups, such as coffee mornings, classes and exercise activities.

Make a difference fo somebody's life whilst developing your interpersonal skills!

MEN'S GROUP

If you are over 55 and are interested in joining a men's group, then Dragon Hall would be very interested in hearing from you.

A male social group has been suggested to meet regularly. Discussing "all things manly" and taking part in activities such as health talks, evening meals, photography workshops and cinema trips including "Dunkirk".

If you are interested in joining, volunteering or sharing great ideas on how to get this group up and running, please contact

John Hayes on 020 7404 7274 or

email john@dragonhall.org.uk

**Dragon Hall Trust, 17 Stukeley Street, WC2B 65LT - 020 7404 7274
Calthorpe Project, 258-274 Grays Inn Road - WC1X 8LH**

OUT AND ABOUT IN THE AREA

SIR JOHN SOANE MUSEUM

The Soane Museum is the extraordinary house of Sir John Soane, one of the greatest English architects, who built and lived in it more than a century and a half ago.

The Museum has been kept as it was at the time of his death nearly 180 years ago. It's a vast, extraordinary collection, full of curiosities and surprises.

Open Tuesday to Saturday, 10:00 to 17:00 (last entry at 16:30). 13 Lincoln's Inn Fields, London WC2A 3BP

WEST END COMMUNITY TRUST

Smartphone Thursdays! Come and find out how to do stuff on your smartphone - or volunteer to help the older members of the community with their Smartphones - **every Thursday at the Chinese Community Centre from 2.00pm**

THE OASIS

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

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

JUBILEE GYM

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

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

REGENTS CINEMA

Enjoy some of the world's favourite films back to the big screen, every Wednesday at 2pm.

Tickets are just £1.75 for those over 55. Films will have a **live cinema organ prelude** from 1:45pm.

Those inspired by Gene Kelly's or Fred's moves are invited to join free dance classes. This is on a strictly first come first served basis and starts at 4pm.

The Regent Street Cinema, 307 Regent St, London, W1B 2HW. Tel: 0207 911 5050



**Jubilee Gym - 020 7836 4007, The Oasis 020 7831 1804
Regent Street Cinema, 307 Regent St, W1B 2HW**

SWISS CHURCH LONDON ORGAN RECITALS

9th September 2017, 5pm to 6pm
Lukas Hasler, Austria.

21st October 2017, 5pm to 6pm,
Ben Sheen, St Thomas, Fifth Avenue, USA.
All recitals are free, a collection is taken at the end.

Come and join us for:-

Breakfast on the Steps is on Tuesdays between 8am and 10am. Join in for a hot drink, toast, boiled eggs, fruit and yoghurts, to read the papers and to get to know people.

Holy Soup - Fridays between 12 and 1pm. The soup is prepared by volunteers Xanthe and Becca using fresh ingredients.

IPAD CLASS
6th - 17th September



Wednesdays
11am to 12:30,
FREE - @CGCC
42 Earlham St, London WC2H 9LA

BREAKFAST ON THE STEPS
TUESDAYS 8 - 10AM

SWISS CHURCH
HOT SOUP FRIDAYS 12 - 1PM

ROUND & ROUND THE GARDENS...

THE PHOENIX GARDEN

The Phoenix Garden is a really special oasis in the West End - with a new building we will be developing activities for everyone to enjoy

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

If you have any ideas of activities you would like to see take place email john@dragonhall.org.uk

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

CALTHORPE GARDENING

Calthorpe Project is on the Grays Inn Road and is a fantastic community centre and garden. There is a sports pitch and various activities for all ages. If you fancy doing a spot of gardening then go up there every Friday from 11am to 3pm

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

Swiss Church, 79 Endell Street, London WC2H 9DY
Calthorpe Project, 258-274 Grays Inn Road - WC1X 8LH

BLOOMSBURY CENTRAL BAPTIST CHURCH

Regular activities begin again at the beginning of October

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.

DROP IN FOR TODDLERS

Starting in October there will be a Drop In session for parents, carers & toddlers - so if you have little ones to look after please come and socialise and play!



The Drop In is going to be on **Tuesdays from 10am to 12:30** - with an invite to then join in the Tuesday lunch!

So, if you have little ones to entertain please come along!

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

**SUNDAY LUNCH
SUNDAYS 1PM
@BAPTISTCHURCH**

RESEARCH TO IMPROVE HEALTH - CAMDEN

Are you a Camden resident? Are you aged 70 or older? Do you help care for an older Camden resident? Would you like to be involved in research to help improve health and social care in Camden?

UCL is conducting a study to understand as much as possible about health and wellbeing of older people in Camden. We are looking to recruit a representative sample of Camden residents aged 70 or older.

For more information visit the LINKAGE-Camden website, email the team at UCL or call 0207 670 5707

INTERGENERATIONAL NETWORK - CAMDEN

Between 16th - 21st October 2017, Camden Intergenerational Network will be hosting a variety of multi-age events for everyone in Camden.

Camden Intergenerational Week is an opportunity to raise awareness of your event and be part of a growing network.

If you are interested in taking part or would like to find out more, please email Corinna Gray or call 020 7239 0400.

<http://www.ageingbetterincamden.org.uk/camden-intergenerational-network/>

**CGCC - 42 Earlam St, WC2H 9LA - manager@sevendialsclub.com
DRAGON HALL - 17 Stukeley St, WC2B 5LT - info@dragonhall.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 - [@bloomroomhirechurch@bloombsbury.org.uk](https://www.bloomroomhirechurch@bloombsbury.org.uk)
www.bloombsbury.org.uk

THE SWISS CHURCH LONDON

79 Endell Street, WC2H 9DY
020 7836 1418 - [@swisschurchlondon](https://www.swisschurchlondon.org)
info@swisschurchlondon.org
www.swisschurchlondon.org

THE PHOENIX GARDEN

Holborn Area - 07834 177 149 - [@abc_camdenjohn@camdencommunityconnectors.org.uk](https://www.abc_camdenjohn@camdencommunityconnectors.org.uk)
www.camdencommunityconnectors.org.uk

CALTHORPE PROJECT

258-274 Grays Inn Road, WC1X 8LH
020 7837 8019 - [calthorpeproject.org.uk](https://www.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

CHINESE COMMUNITY CENTRE - www.ccc.org.uk - 2 Leicester Court, WC2H 7DW

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

ST GILES-IN-THE-FIELDS & 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