



Welcome

from Neil White, Chief Executive

Summer is here again and we are pleased to announce our events and activities for the months of June, July and August. As usual we have our full weekly programme of activities held in the Centre, and I am pleased to say that the new classes we introduced in the last six months (art and craft, flower arranging, dance and yoga, and



more recently garden therapy) have been well received by our day care and community users. In my introduction in the Spring newsletter we discussed two projects we had received funding to run – an oral history project called Changing Sudbury and a community activities programme called Sudbury Live. I am very pleased to say that we have recruited Ms Matilde Martinetti, a history project manager, to run the oral history programme which is now underway. We have started the recruitment for a manager to run the Sudbury Active programme and will feature both projects on our website in the near future. Please remember to visit the website for information on what is happening at the Centre and also our Facebook page and our twitter account for the latest information on the “what we do” and “what’s on”!

Finally, this year we are holding a Summer Tea Party on Wednesday 19th June from 1.30 pm – 3.30 pm and it will be hosted by staff from the Halifax Bank. The cost will be £7.00 per person. Weather permitting, we will be eating outside in the garden and there will also be some musical entertainment, plus lots of stalls selling goodies galore. Not an event to be missed!

BECOME A FRIEND OF THE CENTRE!

We need more volunteers to join our active Friends of Sudbury Neighbourhood Centre organisation. We particularly require people to help with the gardening (no green fingers required as we will teach you) and community fundraising. If you can spare a few hours every week, we'd love to hear from you!

Also, please remember to keep donating your nice quality unwanted bric-a-brac for our in house sales!

QUIZ MASTER NEEDED!

We are still looking for someone to take over as Quiz Master for our Summer and Christmas quizzes, as Beryl will be stepping down after doing it for 10 years! If you are interested, please contact Katia in the office on 020 8908 1220 or e-mail : office@sudburyneighbourhoodcentre.co.uk

Programme of Weekly Activities:

MONDAYS	
MORNING Tai Chi 11:15 a.m. – 12:15 p.m. Computer Class 10:00 - 12 o'clock	AFTERNOON Colouring class 1:15 p.m. – 2:15 p.m. Computer Class 12:30 to 2:30 p.m. Music Therapy 1:30 to 2:30 p.m
TUESDAYS	
MORNING Movement to Music 11:00 - 12 o'clock Computer Class 10 a.m. to 12 o'clock	AFTERNOON Dance Well (please check diary) 1:30-2:30 p.m. Songs of Praise 2-3 p.m.(once a month)
WEDNESDAYS	
MORNING Music Therapy 11:00 a.m. – 12 o'clock or Flower Arranging 11:00 a.m. to 12 o'clock (2nd week of the month) Computer Class 10:00 a.m. - 12 o'clock	AFTERNOON Lounge Games 2:00 - 3:00 p.m. Arts & Crafts class: 1:30 to 3:30 p.m. Computer Class 12:30 to 2:30 p.m.
THURSDAYS	
MORNING Knitting Club 11:15 a.m. -12:15 p.m. Chair Yoga 11:15 a.m. to 12 o'clock	AFTERNOON Music Therapy 1:30 p.m. - 2:30 p.m. or Flower Arranging 1:30 p.m. - 2:30 p.m. (4th week of the month)
FRIDAYS	
MORNING Tai Chi 11:15 a.m. - 12:15 p.m.	AFTERNOON Lounge Games 2:00 p.m. - 3:00 p.m. Choir – Songs from the Memory Café 2 pm (last Friday of the month) Gardening Therapy 1-3 p.m. (from April to September)

For those that do not wish to take part on those activities, dominoes, scrabble and other games are also provided. * Tai Chi, Movement to Music, Colouring Class, Arts & Crafts class, Dance Well and Chair Yoga - £5 per class – available to the community. Computer classes £2 per hour, available to the community.

Clients' News

A warm welcome to our new clients: Herbert Butler, Ceslyn Lewinson and Gopal Raju. Also, we are glad to welcome back to the Centre Joan Antrobus and Jamnaben Mehta. We wish them all a very happy stay here at the Centre!

The Centre has Keep Fit classes every Tuesday at 11 a.m. with our lovely instructor Audrey. Also, Tai Chi lessons on Mondays and Fridays at 11:15 with Asher. On Mondays, our great team of craft teachers, Margaret, Mary and Barbara are here to create cards and do colouring with you at 1:15 p.m. We now have Dance Well class with Neha on Tuesdays from 1:30 to 2:30 p.m. (not when we have Songs of Praise – see diary page) and Chair Yoga with Minal on Thursdays from 11:15 a.m. to 12 o'clock. Also, our new Arts & Crafts teacher Margot is here to help you be creative on Wednesdays from 1:30 to 3:30 p.m. Only £5 per activity, pay as you go!

The Computer classes are now on either on Mondays and Wednesdays from 10 a.m. to 12 p.m. or 12:30 p.m. to 2:30 p.m. and on Tuesdays from 10 a.m. to 12 p.m. Only £4 for 2 hours' lesson, pay as you go. Don't forget we have our Chiroprapist Sanghita who is here on the first Thursday of the month from 10 a.m. Her charges are £15 for our day care clients and £22 to any other service user. Have a look at the diary page to see when she is here next and talk to a member of staff if you wish to see her. On the last Friday of the month, we have the songs from the memory café/ choir sessions from 2 p.m. to 3 p.m. with Francis and Anne at the piano - why not give it a try? I'm sure you'll enjoy taking part in our activities.

DIARY DATES

JUNE 2019

MONDAY 3RD -	BRENT CARERS CLINIC 10 A.M. TO 1 P.M.
THURSDAY 6TH -	CHIROPDIST FROM 10 A.M.
THURSDAY 6TH -	AFTERNOON VISIT TO EALING ROAD HINDU TEMPLE 1:15 P.M.
TUESDAY 18TH	SONGS OF PRAISE 2 P.M.
WEDNESDAY 19TH -	HALIFAX TEA PARTY 1:30 – 3:30 P.M. £7 PP
THURSDAY 20TH -	NATIONAL TRUST 8 P.M.
SUNDAY 23RD -	PRAYERS FOR THE CENTRE AT SUDBURY METHODIST CHURCH - TIME TBC
MONDAY 24TH -	STAFF TRAINING DAY – CENTRE CLOSED
FRIDAY 28TH -	SONGS FROM THE MEMORY CAFÉ 2 P.M.

JULY 2019

MONDAY 1ST -	BRENT CARERS CLINIC 10 A.M. TO 1 P.M.
THURSDAY 4TH -	CHIROPDIST FROM 10 A.M.
TUESDAY 16TH -	SONGS OF PRAISE 2 P.M.
THURSDAY 18TH -	NATIONAL TRUST 8 P.M.
FRIDAY 26TH -	SONGS FROM THE MEMORY CAFÉ 2 P.M.

AUGUST 2019

THURSDAY 1ST -	CHIROPDIST FROM 10 A.M.
MONDAY 5TH -	BRENT CARERS CLINIC 10 A.M. TO 1 P.M.
TUESDAY 6TH -	AFTERNOON TRIP TO HYDE PARK 1:15 P.M.
THURSDAY 15TH -	NATIONAL TRUST 8 P.M.
TUESDAY 20TH -	SONGS OF PRAISE 2 P.M.
THURSDAY 22ND -	AFTERNOON TRIP TO HYDE PARK 1:15 P.M.
MONDAY 26TH -	BANK HOLIDAY – CENTRE CLOSED
FRIDAY 30TH -	AFTERNOON TRIP TO HYDE PARK 1:15 P.M.
FRIDAY 30TH -	SONGS FROM THE MEMORY CAFÉ 2 P.M.

DATES TO LOOK OUT FOR:

The Sudbury Neighbourhood Centre celebrates 40 years of existence this year!!! We are planning to mark this occasion on Tuesday 10th September. We'll have more details about this event on our next newsletter.

Changing Sudbury

by Matilde Martinetti, Project Manager



We are very excited to announce that in March 2019 we started 'Changing Sudbury', a new, exciting local heritage community project exploring the rich history of Sudbury Town from the 1950s onwards. Over the course of one year, project's volunteers will interview older adults and record their memories of the area, collect and display an archive of related material, and disseminate learning experiences for local school aged children and young adults on how their community has developed in the last 60 years. Curious about it? There are many ways to get involved, from sharing your memories, to volunteer to conduct interviews with local residents, and much, much more. We are also collecting objects and/or photographs that will show how things have changed in recent times, so please feel free to bring them along, we'd love to hear your stories! To know more about 'Changing Sudbury' please speak to Matilde on 020 8908 1220 or via e-mail: matilde@sudburyneighbourhoodcentre.co.uk

(Changing Sudbury is delivered by Sudbury Neighbourhood Centre and funded by The National Lottery Heritage Fund).

THURSDAY 6th JUNE
VOLUNTEERS WEEK
2:00 - 4:00 p.m.

FRIDAY 14th JUNE
CHANGING SUDBURY PROJECT
UPDATE MEETING
2:00 - 3:30 p.m.

THURSDAY 20th JUNE
EXHIBITIONS TRAINING
10:00-12:30 p.m.
Brent Museum and Archives

SUMMER
Tea Party
HOSTED BY
HALIFAX
EVERYONE WELCOME
WEDNESDAY 19TH JUNE
1.30-3.30pm PRICE: £7
BINGO MUSICAL ENTERTAINMENT STALLS
WWW.SUDBURYNEIGHBOURHOODCENTRE.CO.UK
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