



Welcome

from Neil White, Chief Executive

This is our Spring 2019 newsletter, covering the months of March, April and May. As usual we have a full programme of weekly activities for you as well as a diary section detailing our special events over the next three months. There are two events to look out for; Harrow School Swing Band are coming to play at our Tea Dance on the 5th March, which is a fantastic event with superb renditions of contemporary and historic Jazz. The second event, is our Easter Bazaar which is taking place on Saturday 13th April from 11am to 2pm. It will be a fun filled event for all the family, so please ensure you come along.

In the last few months we have introduced extra activity groups for both our users. We have added an extra two music therapy sessions per month for the day care users, as well as bi-weekly flower arranging classes. This is on top of the yoga and dance classes we brought in last year. We are starting a garden therapy class in April that will run throughout the year to the end of September – this class will take place in our wonderful garden. Finally, we plan to re-launch our knitting group in May (see the advertisement in this newsletter).

In January 2019 we heard some very good news about two projects that we have been awarded funding to run this year. The first one is called Sudbury Live which is a programme of community activity classes for older adults in the neighbourhood, and the second is a community history project called Changing Sudbury, which traces the development of the area since the 1960s through people's stories. Both of these exciting projects will run throughout 2019 with Sudbury Live running into 2020. Finally, we have slightly altered our day care fees from the 1st March so please have a look at our website for more details. We look forward to welcoming you at the Centre soon.

Quiz Master needed!

Beryl is retiring as our quiz master after ten years and we need someone to step into her shoes! The job entails compiling the questions for our Summer and Christmas quizzes that are immensely popular with our community users.

Become a Friend of the Centre!

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

Minibus Drivers Required!

We need another minibus driver to join our team of zero-hours contractors. If you have a UK driving licence with a D1 category to allow you to drive passenger minibuses, and can work between 9am – 11am, and 3pm and 5pm daily throughout the week, please do get in touch.

Join our Knitting Group!

Do you enjoy knitting? We are thinking of launching a new community knitting group in the Centre to run on Thursday mornings from 11.15am – 12.15pm each week, starting on the 2nd May 2019. If you are interested in joining our new group then please contact the Centre for more details. The cost would be £2.00 per session to cover materials and tea and coffee.

Interested? If so, please contact Katia in the office on 0208 908 1220 or email office@sudburyneighbourhoodcentre.co.uk.

Our day care fees are rising to £45.00 per day from 1st March 2019. This price includes lunch. For Centre users wishing to use our minibuses the charge is £10.00 per day (both ways).

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 – 12 o'clock (2nd week of the month) Computer Class 10:00 - 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 11 – 12 o'clock (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: Francis Castillo and Ramesh Patel. 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 Chiropodist 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 a part in our activities.

On a very sad note, we say goodbye to Maria Rozario, Anne Phillips, Giovanna Amorelli and Gwen McGeeghan who were Clients and Luncheon Club member at the Centre respectively, who died recently. Also, our volunteer Ellen Cronk who dedicated her time to the Centre for many years. Our thoughts and prayers are with their friends and family at this very sad time.

DIARY DATES

MARCH 2019

MONDAY 4TH -	BRENT CARERS CLINIC 10 A.M. TO 1 P.M.
TUESDAY 5TH -	TEA DANCE 1:30 TO 3: 30 P.M. £5 PP
THURSDAY 7TH -	CHIROPODIST FROM 10 A.M.
FRIDAY 8TH -	SONGS FROM THE MEMORY CAFÉ 2 P.M.
TUESDAY 19TH -	SONGS OF PRAISE 2 P.M.
THURSDAY 21ST -	NATIONAL TRUST 8 P.M.
FRIDAY 22ND -	SONGS FROM THE MEMORY CAFÉ 2 P.M.

APRIL 2019

MONDAY 1ST -	BRENT CARERS CLINIC 10 A.M. TO 1 P.M.
THURSDAY 4TH -	CHIROPODIST FROM 10 A.M.
TUESDAY 16TH -	SONGS OF PRAISE 2 P.M.
THURSDAY 18TH -	NATIONAL TRUST 8 P.M.
FRIDAY 19TH -	GOOD FRIDAY – CENTRE CLOSED
MONDAY 22ND -	EASTER MONDAY – CENTRE CLOSED
FRIDAY 26TH -	TOP HAT TALES – PERFORMANCE FOR DAY CARE CLIENTS 1:30 P.M.

MAY 2019

MONDAY 6TH -	BANK HOLIDAY – CENTRE CLOSED
THURSDAY 9TH -	CHIROPODIST FROM 10 A.M.
THURSDAY 16TH -	NATIONAL TRUST 8 P.M.
TUESDAY 21ST -	SONGS OF PRAISE 2 P.M.
MONDAY 27TH -	BANK HOLIDAY – CENTRE CLOSED
FRIDAY 31ST -	SONGS FROM THE MEMORY CAFÉ 2 P.M.



Tea Dance with Harrow School Swing Band



Tuesday 5th March 2019
1:30 – 3.30pm

An afternoon of Jazz performed by pupils and staff from Harrow School Swing Band at 2 p.m., followed by tea and cakes at Sudbury Neighbourhood Centre (Middlesex) Ltd, 809 Harrow Road, Wembley, Middlesex, HA0 2LP

Only £5.00 per person.

Everyone welcome!

**** Call us on 0208 908 1220 to book your place ****

E: office@sudburyneighbourhoodcentre.co.uk W: www.sudburyneighbourhoodcentre.co.uk



EASTER FUN DAY & BAZAAR

11- 2PM
SATURDAY 13TH APRIL



809 HARROW ROAD WEMBLEY HA0 2LP
0208 908 1220

WWW.SUDBURYNEIGHBOURHOODCENTRE.CO.UK