ACTIVITIES FOR RESIDENTS
SPRING & SUMMER 2018
EDUCATION, EMPLOYMENT AND TRAINING

SHARED ENTERPRISE CLUB
Explore your business potential and get support through the early stages of setting up your business.
Contact Colin on 0777 0914779.

BE BETTER OFF ONLINE (FREE)
Drop-in and get smart with technology.
Delivered by Love Burnt Oak.
Tuesdays & Thursdays from 6.30pm to 8.30pm. 102a Watling Ave, Burnt Oak Call 0208 200 3014 to book.

BEGINNERS COMPUTER CLASS (ADULTS 18+)
Computer classes delivered for beginners.
Booking essential. Call 020 3764 4009.
Wednesdays 10am to 12pm and Tuesdays 2pm to 4pm at Colindale Library.

CONVERSATION CAFÉ (ADULTS 18+)
Do you speak English as a second language? Practice speaking English in a relaxed environment.
Tuesdays from 6pm to 7pm at Colindale Library (Term time only).

SUPPLEMENTARY EDUCATION
Working with pupils in Years 5 and 6 who are getting ready to take their SATs and helping them become superstars for secondary school. Delivered by Tutors United.
Thursdays 4pm to 6pm at One Stop Shop, Grahame Park contact 0774 8383 237.

SUPPLEMENTARY EDUCATION
Working with children supporting them with their homework and their studies.
Delivered by Community Education Support contact 0208 200 3014.
Mondays 4.30pm to 6.30pm at One Stop Shop, Saturdays 2pm to 4pm at Colindale Library.

GRAHAME PARK EMPLOYMENT ADVICE & GUIDANCE
Drop-in support, guidance and motivation for residents of Grahame Park looking for work.
Delivered by Future Path contact Keeley on 075 0723 5300.
Wednesdays & Thursdays from 9.30pm to 4pm at One Stop Shop, Grahame Park.

ESOL BEGINNERS (ADULTS 18+)
Improve your English speaking, listening, writing and reading skills.
Delivered by Barnet & Southgate College contact 020 8266 4000.
Mondays 12pm to 2.30pm at One Stop Shop, Grahame Park.

RETURN TO WORK
Improve your employment chances.
Delivered by Barnet & Southgate College contact 020 8266 4000.
Tuesdays & Thursdays from 10am to 2.30pm at One Stop Shop, Grahame Park.

WORKCLUB
Drop-in for support with CVs and job search delivered by Genesis Housing.
Wednesdays from 2pm to 4pm at Grahame Park Community Centre.
Multi Sports (11 - 19 years)
Softball soccer, table tennis, badminton and other indoor sports. Delivered by Colindale Communities Trust. 
Fridays from 4 to 6 pm at Grahame Park Community Centre.

Street Dance (11 – 19 years)
Free, fun, exciting dance for all levels. Delivered by Colindale Communities Trust. 
Fridays 7 to 8.30 pm at Grahame Park Community Centre.

GRAHAME PARK FOOTBALL SESSION (11 – 16 years)
Football sessions at All Weather Pitch, Grahame Park. Delivered by Barnet Youth Outreach Team. 
Mondays from 5pm to 7 pm. Just turn up on the day.

Zone 7 Youth Club
Different activities; creative food, textiles, graphic and music arts. Delivered by Living Way Ministries. 
Thursdays and Fridays 5pm to 8pm, Saturdays 1pm to 5 pm at 7 The Concourse.

Boxing Club (11 – 25 years)
Learn the techniques of boxing. Delivered by The 4Front Project call 020 3489 5654 
Wednesdays 5 to 8 pm at Parkview Health Club, Grahame Park Way.

Music Performance Course (14 – 18 years)
Get in Tune with an exciting music performance course for all levels and get a qualification. Provided by Sound School at RAF Museum. 
Easter Holidays Mondays 9th to 14th April from 12pm to 4pm contact 020 8205 2266.

Healthy Lifestyle Club (4 - 12 years)
Learn about Healthy Eating and being more active. Delivered by Alive N Kicking 
Mondays from 5.30 to 6.30 pm at Grahame Park Community Centre contact 020 8102 0530.

LEGO CLUB (5 - 12 years)
Creatively explore STEM subjects through our Lego building club. 
Saturdays from 2.30pm to 3.30pm at Colindale Library (term time only)
HEALTH AND WELLBEING

DROP-IN
Drop-in and enjoy various, social activities, bingo and guest speakers.
Delivered by Colindale Communities Trust.
Tuesdays 2pm to 4pm at Grahame Park Community Centre.

FEMALE FITNESS
A female fitness session for adults and girls.
Delivered by Colindale Communities Trust.
Fridays from 7.15pm to 8.15pm at Grahame Park Community Centre costs £2.

TAI CHI
Experience the benefits of Tai Chi classes that strengthens the body & relaxes the mind.
Delivered by Colindale Communities Trust.
Fridays from 2.30pm to 3.30pm at Grahame Park Community Centre costs £2.

COUNSELLING (Adults)
One to one counselling sessions.
Delivered by Colindale Communities Trust.
Wednesdays from 9.30am to 2.30pm and 6pm to 9pm at the One Stop Shop contact 0208 200 3014.

MAT YOGA
1 hour of mat yoga for emotional, mental & physical wellbeing.
Delivered by Colindale Communities Trust.
Tuesdays from 10am to 11am at Grahame Park Community Centre.

GENTLE WALKING
Enjoy walking as a group to improve your health and meet new friends.
Delivered by Colindale Communities Trust.
Meeting Fridays outside One Stop Shop at 10am, starting Friday 6 April. Contact 020 8200 3014.

CAP RELEASE GROUP
Group support for addictions including smoking, alcohol, over-eating, gambling.
Run by trained volunteers. Delivered by Christians Against Poverty.
Fridays from 7pm to 9pm at Trinity Church. Contact 078 5820 2976.

BARNET WELL BEING HUB
One place to access mental health services in the community at the Meritage Centre, Hendon.
Delivered in partnership with Inclusion Barnet & Community Barnet.
Contact 0333 3449 088.

DEBT ADVICE
Debt centre providing vital support to those struggling with debt.
Delivered by Christians Against Poverty at Trinity Church.
Contact 078 5820 2976.

COMMUNITY CHOIR
Get together and sing music from different genres. All ages and abilities welcome.
The choir will perform at Grahame Park Festival and in other community settings.
Contact Lindsay on 0203 751 9736 at Colindale Communities Trust.
OVER 50’s

GRAHAME PARK INDEPENDENT LIVING GROUP
Drop in and enjoy various activities, keep fit sessions, social activities, talks and outings.
Grahame Park Community Centre.
Mondays from 9.30am to 12pm.

BARNET WELLBEING HUB
One place to access mental health services.
Delivered by various organisations.
Mon – Friday from 9.30am to 5 pm at Meritage Centre. Contact 033 3344 9088

ADVOCACY IN BARNET (over 50s)
Offers a free, independent and confidential advocacy service to people aged 50 and over living in the London Borough of Barnet and surrounding boroughs.
Contact 0208 2013415 Mon – Friday from 9.30am to 5pm.

Tai Chi
Gentle Tai Chi sessions costs £3.50.
Eversfield Centre, Eversfield Gardens, Mill Hill.
Tuesdays 11am to 12pm contact Richard on 020 8455 5463

Gentle Tai Chi
Gentle Tai Chi sessions costs £3.50.
Delivered by AGE UK Barnet.
Wednesdays from 2 pm to 3pm at Annunciation Church Centre.
Contact Deborah on 020 8432 1420.

Tai Chi
Tai Chi sessions costs £3.50.
Delivered by Hyde Church.
Tuesdays from 10.15 am to 11.15 am at Colindale Community Club.
Contact Chris on 079 6094 4612.

GENTLE EXERCISE TO MUSIC
Exercise sessions with music followed by tea/coffee and chat. Costs £3.50
Delivered by Age UK Barnet.
Tuesdays 11 am to 12 pm at Colindale Library.
Contact Magda on 077 09572 346.
LOVE TO MOVE
Dance classes for over 50s.
Mondays from 12.30 to 2.30 pm at Eversfield Centre, Eversfield Gardens, Mill Hill.
Contact Emily on 020 3675 7232.

IT SUPPORT WITH FREE COFFEE
Drop-in to meet new friends and get help with computers, internet, email etc.
Burnt Oak Library
Mondays from 10.30am to 12 pm contact 020 8432 1415.

IT DROP IN
Drop in to get help from volunteers with technical devices (laptop, smartphone, etc)
Hartley Hall, Mill Hill.
Thursdays 10am to 12pm contact Age UK Barnet on 020 8432 1415.

THE GOOD NEIGHBOUR SCHEME
Lunch club run by the Good Neighbour Scheme for Mill Hill and Burnt Oak. Annunciation Church, Burnt Oak, HA8 0HQ.
Thursdays from 12pm to 1.30pm contact 020 8906 3340.

ADVICE & HEALTH CHECKS
The club includes speakers giving information and advice. Monthly nurse visits for health checks help to access advice on welfare benefits & other relevant support.
Delivered by Colindale Community Club.
Tuesdays from 10am to 12pm at Hyde United Reform Church.
Contact Chris 079 6094 4612.

THE READER
Drop-in and listen to stories & poems read aloud.
Run by The Reader Organisation.
Just turn up Thursdays from 10.30am to 12pm at Colindale Library.

HEAR TO MEET BEFRIENDING GROUPS
Support service offered to those who have recently been diagnosed with hearing loss or are new to hearing aids contact Richard on 020 8369 5325.
Inclusion Barnet, Colindale Campus, Bristol Ave, Colindale.
Second Wednesday of every month from 10.30am to 12.30pm.

DEMENTIA CAFÉ
A free drop-in service for dementia sufferers & carers to receive advice & support.
Delivered by Alzheimer’s Society.
Last Friday of every month from 10.30am to 12.30pm at Eversfield Centre, Mill Hill.
Contact 020 3725 3001.
BABIES AND YOUNG CHILDREN

LITTLE ONES (12 – 23 MONTHS)
Range of outdoor and indoor activities to support children’s development.
Delivered by Wingfield Children’s Centre.
Fridays 1pm to 2.30pm at Wingfield Children’s Centre.

HOME FROM HOME FAMILY GROUP (UNDER 5s)
Get involved with activities for children and parents.
Delivered by Home-Start Barnet
Thursdays and Fridays 10am to 12pm at Grahame Park Community Centre.

BABBLING BABIES (BIRTH - 1YEAR NON-WALKERS)
An opportunity to chat, share and meet other new parents.
Delivered by Wingfield Children’s Centre.
Wednesdays 1.30pm to 3pm at Wingfield Children’s Centre.

COOKING WITH YOUR KIDS (1-3 YEARS)
Fun healthy cooking for children and parent/carer.
Delivered by Wingfield Children’s Centre.
Thursdays 1pm to 2.30pm at Wingfield Children’s Centre.

CREATIVE KIDS – STAY AND PLAY (1-3 YEARS)
Get involved with exciting activities to support children’s development delivered by Wingfield Children’s Centre.
Wednesdays 10am to 11.30am at Grahame Park Community Centre.

LET’S GET TALKING (2-3 YEARS)
Activities to support children’s communication and language development.
Delivered by Wingfield Children’s Centre.
Mondays 9.30am to 11am at Wingfield Children’s Centre.

LITTLE SWIFTS (2-5 YEARS)
Fun sessions for pre-school children.
Delivered by RAF Museum.
2nd Tuesday and last Thursday of every month 10.30am to 11.30am at RAF Museum.
Contact 020 8205 2266

BABY MASSAGE (BIRTH TO CRAWLING)
Baby massage support and learning the best techniques for massaging babies.
Delivered by Wingfield Children’s Centre.
Thursdays from 10am to 11 am at Wingfield Children’s Centre.

HEALTH VISITOR HEALTHY CHILD CLINIC
Weighing babies and getting health advice from a health visitor.
Delivered by Wingfield Children’s Centre.
Wednesdays 9.30am to 11.30am at Wingfield Children’s Centre.
Babies and Young Children

**TODDLER TIME**
Stories, rhyme and stimulating learning activities.  
Costs £3.50  
Wednesdays from 10am to 10.45am at Colindale Library.

**BABY BOUNCE AND PLAY (NON WALKING BABIES)**  
Circle time, sensory play, rhymes, songs and stories.  
Costs £3.50  
Wednesdays from 11.30am to 12.15pm at Colindale Library.

**MEET AND GREET NEW PARENTS**  
Drop in for advice and get breast feeding support.  
Delivered by Wingfield Children’s Centre.  
Fridays 9.30am to 10.30am at Wingfield Children's Centre.