

The Brickworks Newsletter



March 2022

Number 11

Spring is on its way, traditionally a time of optimism and fresh starts. And despite everything that's happened over the past two years, there are still things we can be optimistic about.

Not so long ago I was talking to a local teacher. It was half-term and he had been looking forward to quality time with his family – two children rather than 130, as he put it. This being half-term, the weather was dreadful: heavy rain at the start of the week, red alerts and howling winds at the end of it.

We moved quickly to that other great topic, Covid. Here he struck a more positive note. One of the great things, he said, had been the way people had pulled together. There'd been a feeling of community, people looking after their neighbours and looking out for each other. A pity it took a pandemic to make us aware of this, he said, but there we are.

He's right. There are people out there doing amazing things and we forget about them when things seem normal. The community's there and it will still be there, long after the pandemic's gone.

Talking of community, I'd like to thank everyone at Brickworks for their hard work over the winter; the volunteers who have helped with handing out lateral flow tests to passers-by; and to local businesses who have supplied us with surplus goods for the foodbank. These include the Pantry, down the road, who supply us with unsold fruit and vegetables. Thanks, everyone...

Colin Adams, Director

Gardeners: Brickworks Community Garden needs you. Fran and Rachel from Octopus Communities are running Friday sessions up on the roof from 10-12am and need volunteers with an interest in food growing, recycling and taking action on waste.

One of their projects is a new herb garden – and they're being helped by a group of young interns with learning disabilities from the Harrington programme in Highgate.

Octopus Communities are also looking for people to help with their Action for Local Food project. Participants are asked to keep a four-week online food diary, recording how much food they don't use and what they do with it. Further details from rachel@octopuscommunities.org.uk.



In action: the Harrington programme

Brickworks Community Centre
Hanley Crouch Community Association Ltd
42 Crouch Hill, London, N4 4BY
telephone 020 7263 1067
email admin@hanleycrouch.org.uk
registered charity 288337 company limited by guarantee 1771608

Interested in a job in the care sector? Special People, based at Brickworks, is looking for new recruits to work in and around London. Founded in 1998, the organisation offers support for children with learning disabilities, providing short breaks for service users, overnight care, holidays, and also care and companionship for seniors. Special People pay the London Living Wage and provide training. Find out more at their open day on March 4 at Brickworks, from 1 to 4pm

A sure sign of spring is the sight of cricket players flying back to Britain after wintering in hotter climates. But why should they have all the fun? Brickworks has now teamed up with Crouch End Cricket Club to offer Saturday morning classes for 10 to 11-year-olds. The classes, which take place during term-time, cost £5 each and include basic skills training and a quick game of cricket. Further details from reception.



Special People need special people....

St Patrick's Day is one of our great spring festivals – and where better to spend it than at Brickworks, where Glenda Daniel will be hosting an afternoon of music, poetry, food and drink. March 18, from 12.30 to 3.30pm, admission £2.

Lateral flow tests are still available, at time of writing, from 11am to 3.30pm, Mondays to Fridays.

A number of classes will be back in action over the next few weeks. Janelle Oswald's yoga sessions, which will resume from March 3, offer Afrikan yoga (Wednesdays, 12 to 1pm), Ital clubs (Thursdays, 10.45-11.30am) and 'Wisdom Stools' chair-assisted yoga (Fridays, 10.45-11.45). Sounds like a good stress-buster: 'Move, groove and stretch in your chair, using the power of breath. Learn to let go and grow!'

The highly innovative dementia choir set up by Rona Topaz kicks off in April. The same month also sees the return of Brickworks' free dance classes, arranged in conjunction with Sadler's Wells. So if you're into hip-hop, salsa or flamenco – or any of our other classes - do get in touch.

Islington turns into a giant playground on March 23 – and we're all invited to take part. Beat the Street aims to get us out of cars and onto our feet for five weeks of walking, running, cycling or scooting. Participants download a map, then record their daily journeys on sensors fixed to local lampposts. The especially active are in line for prizes, while congestion and pollution hopefully take a dive. More on www.beatthestreet.me/islington

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If you need help with finance and how to pay the bills – and who doesn't? – Debt Free London may be worth checking out. A couple of weeks ago, they took to the road in a touring Debt Bus-Ter (shown right), which offers free, confidential and expert advice. It reaches Brickworks on March 4, from 10am to 5pm.



Debt Free London has also re-launched its 24-hour helpline, which will be open until May 22. More details via debtfree.london or phone 0800 808 5700.

You can get further financial advice at Brickworks, which has set up an online debt-counselling service in conjunction with Islington Citizens Advice Bureau. Further details from reception.

Last July, the council invited people to have their say about local safety. Since then they have received more than 2,000 submissions, and will be discussing the findings at a series of zoom-only community conversations. The North Islington discussion (for Tollington and neighbouring wards) takes place on March 1 from 6-8pm. To book a place, and have your say, go to <https://bit.ly/36mqSGh>

It's good to report that Knitworks at Brickworks, featured in our last issue, has kept going through the pandemic and now attracts a regular group of enthusiasts to its Saturday morning get-togethers. All levels of ability are catered for: one member has branched out into weaving, bringing along her own loom. Sounds like your sort of thing? See you on Saturday, 11am.

We are hoping to launch a series of 'Bricktalks' in June: lectures on subjects that interest us all. More news in our next issue. And if you have something you'd like to hear more about – or someone you'd like to hear talk, please get in touch.

Camden and Islington councils have launched a 'stop smoking' service (breasthestopsmoking.org) and would like to hear from current and former smokers to find out how effective it is.

To do this, they have put together a short survey, which will take 10 minutes to fill in, and will also be meeting residents in face-to-face and online group discussions. And look out for the prize draw: the winner, to be announced on April 4, will receive a £50 shopping voucher.

To complete the survey click on <https://survs.com/survey/7y089xiv95>

It is also available on paper – contact marina.chrysou@islington.gov.uk or ring 020 7527 6706.

Let's Talk Islington is running a series of online sessions to discuss inequality and the best ways to challenge it – and to improve the lives of everyone who lives and works in the borough. The roadshow takes place on March 15, at 7.30pm. Register via: <https://bit.ly/3oZzut6>

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Over 50s

- Lunch Group: Fridays, 1pm - 2:30pm

Children's Services

- Stay & Play: Tuesday, Wednesday & Thursday, 10am –12pm
- After School Club Play Scheme: Mondays to Fridays, 3pm – 6pm
- Holiday Play Scheme, Mondays to Fridays 8:30am – 6pm
- Guides/Brownies/Rainbows: Monday 6.45pm – 8pm & Wednesdays 5pm – 7:30pm. For more information contact Luisa on islingtonguides@gmail.com

Food Bank

Food Bank opening times Monday- Wednesday 12-3pm

To be eligible you must complete a registration form, provide proof of address and proof of low income; If you are entitled, we provide one food bank per week. If you are unable to collect at the centre, we will do our best to have your food bag delivered to you.

Dance Adventures

Style: Adult Ballet Class, Monday, Time: 7pm – 8pm

Style: Modern(8+), Wednesday, Time: 5:15pm – 6pm

Style: Ballet Class, (ages 4 – 7) Friday, Time: 4pm – 4.45pm

Style: Ballet Class (8+) Friday, Time: 5pm – 6pm

Style: Family Creative Dance, Friday 6:30pm – 7:30pm

For more information and booking please visit the website below.

<https://dance-adventures.com/>

City Academy

Beginners Dance: Tuesday, 6:30pm – 7:30pm

Singing: Tuesday, 6:30pm – 7:30pm

Salsa: Tuesday, 7:40pm – 8:40pm

Ballroom Dance: Thursday, 6:30pm – 8:40pm

Please use the code: BRICKWORKSCA20 to get 20% off our courses at the centre (this excludes foundation courses and ongoing groups).

For more information and booking please visit the website below.

<https://www.city-academy.com/>

Knitworks at Brickworks

Feel ready to reconnect over crafting after lockdown?

Knit, crochet needlework meet-up group. Beginners welcome!

Every Saturdays, unless stated, 11am – 1pm.

For any questions, please email us at: knitworksatthebrickworks@gmail.com

Post Natal Pilates

Pilates is one of the best ways for pregnant and post-natal women to work out right up until birth and beyond. Post Natal Pilates class is on every Tuesday at 11am. Babies (and their prams!) are welcome. £12 per Class.

For more information and booking please visit the website below.

<https://www.liv-pilates.com>

Other services

· Blythwood Community Nursery: Mondays to Fridays, 8am-6pm. Day-care for children aged 18 months to four years. 020 7263 5070; info@blythwoodcommunitynursery.co.uk

· Palace for All: Drop-in, play and therapies for children with special needs. 020 7561 1689; www.palaceforall.org.uk

· Special People: working with adults and children with special needs. 020 7686 0253; www.specialpeople.org.uk

· Centre 404: Mondays to Fridays, 10am-3pm, is a charity that offers friendly, reliable and personal support for people with learning disability and their families in north London. 020 7607 8762; centre404.org.uk

Brickworks newsletter appears every two months. Contact chrisxhowe@gmail.com