

# Community Centre News

# October 2016

### What has been happening in the Community Centre?

We are starting a programme of events in the Community Centre and hope that more residents will organize or help to organize events before work starts on refurbishing the building next year

Following a meeting of the Steering Group of City officers, tenants and leaseholders we have agreed draft plans which will be on show at the **Estate Drop In on Tuesday 25<sup>th</sup> October from 4.00- 7.00.**

It will be good to see as many residents as possible at this event so that everyone can have a say before the plans are submitted for planning permission.

### Open House weekend 17<sup>th</sup>-18<sup>th</sup> September

We had visitors from all over London and further afield visiting the Estate on the Saturday and Sunday of Open House Weekend. There was a small exhibition of magazine articles about the Community Centre from 1957, some photos from Patsy Cox and copies of early Community Centre news and press cuttings from Heather Sutton. Downstairs there were drawings on display of the three projects on the Estate at the moment, Great Arthur Cladding, the Playground and some early plans for the redevelopment of the Community Centre.



**If you have photos of events or people from any decade of the Estates history do let us know as we plan a more comprehensive exhibition next year to celebrate 60 years of Golden Lane Estate and its residents**

### First Aid

Patricia O'Connor went along to the Keepmoat First Aid Training Session held in the Community Centre. This is what she says about it.

"I must admit I was half expecting to hear some general info that wouldn't be riveting stuff. But I must say the whole session from beginning to end was absolutely informative and professionally presented. The added bonus was that 'dummies' had been brought along so we could practice on them what was being taught. For me, one very useful piece of information that I remember is – if someone is choking on something stuck in their throat, then that's 'good' because it means air is actually getting past the obstruction into the lungs. It's when something is stuck in their throat and they cannot cough/breathe that there is the strong possibility of them becoming unconscious and you need to be ready to move to 'recovery action'.

So, thank you Keepmoat for a brilliant day and apologies for my doubting that it would be!"

## MAKING THE COMMUNITY CENTRE WORK FOR RESIDENTS

### Photography Workshops



Keepmoat are also organizing a series of monthly photography workshops on Sundays. The first one was held on 25th September and after learning the simple rules for composition, about exposure times, shutter speeds and other things which most of us do not even realize our phones or cameras could do, the group went off to the park to do some composing and action shots. Cue our teacher James kindly jumping up and down!

The next workshop is on Sunday 30th October from 3.00 to 5.00. Why not bring your SRL, digital camera or smart phone and join us for another creative afternoon.

### Yoga

Ceri Higgins is a fully qualified and insured teacher and resident in Cullum Welch. She is running Yoga classes downstairs for residents on Thursday evenings at 7.30. She draws on a range of yoga styles for her own practice and teaching, including Sivananda, Viniyoga and "yoga flow". It's a general class, suitable for absolute beginners and those with some experience of yoga so roll up your mat and come and join us in this friendly group. The sessions are free however, should you wish to make a donation to Parkinson's UK an official box for this purpose is available at each class.

### Lord Mayors Show Float workshops.



The annual Lord Mayor's Show this year will be held on Saturday, 12<sup>th</sup> November and Golden Lane Estate will have its own float in the procession.

In preparation for this, Saturday workshops have seen adults and children making costumes, hats and bunting for the float. Come along to the last workshop on 29<sup>th</sup> October to finish off the preparations. After the show the Float will return to the estate and all residents are invited to a celebratory party along with the children from Prior Weston School and the Youth Club who have been helping create what will be a spectacular float.



### Here is your Opportunity to get Involved.

The Steering Committee need help to plan for the future of the Community Centre. If you can help by offering your time and/or expertise we need to research various methods of finance and management to be able to develop a business plan before the Community Centre reopens. We also need to explore at how best we might communicate with everyone, so help with graphics, writing newsletters and developing our presence on social media. If you can help please email [goldenlane.communitycentre@gmail.com](mailto:goldenlane.communitycentre@gmail.com) or leave your name in the Community Centre box in the Estate Office.

## MAKING THE COMMUNITY CENTRE WORK FOR RESIDENTS

### Calendar up to Christmas

Keep an eye on the notice boards as more events are being planned

**Youth club.** run by City Gateway - Every Wednesday for young adults aged 10 -16  
 Girl's only session 5.00-6.00. Mixed session 6.00-8.00.

**Dance Class.** – run by Perform - Every Tuesday afterschool during term time

**London Chess League.** Monday Tuesday and Thursday 7.00-22.15

**For more details about any of these just pop into the Community Centre when they are on to get details.**

October			
25	Tuesday	4.00 -7.00	Estate Drop in – organized by the Estate Office
27	Thursday	7.30-8.45pm	Yoga
29	Saturday	10.00-12.00am 2.00 -4.00pm	Workshop to make decorations for Lord Mayors show party
30	Sunday	3.00-5.00pm	Keepmoat - Photography workshop 2
November			
3	Thursday	7.30-8.45pm	Yoga
10	Thursday	7.30-8.45pm	Yoga
12	Saturday	Time to be confirmed	Lord Mayors show – Golden Lane Float
12	Saturday	2.00 -4.00pm	After Lord Mayors Show Party
15	Tuesday	2.00-4.00pm tbc 7.00-8.30pm	The Big Knit 2016 knit, natter and make money for Age UK.
17	Thursday	7.30-8.45pm	Yoga
24	Thursday	7.30-8.45pm	Yoga
26	Saturday	tbc	City of London Electrical recycling and testing for residents
27	Sunday	3.00-5.00pm	Keepmoat - Photography workshop 3
December			
1	Thursday	7.30-8.45pm	Yoga
3	Saturday	To be confirmed	Christmas Market
8	Thursday	7.30-8.45pm	Yoga
15	Thursday	7.30-8.45pm	Yoga
18	Sunday	3.00-5.00pm	Keepmoat - Photography workshop 3
20	Tuesday	3.30-5.30pm	Keepmoat - Children's Christmas party

**One for the diary.** Next year on 21<sup>st</sup> January there will be a short brass band concert followed by tea and a chance for all budding musicians to try out the instruments. Age restrictions do not apply!

If you want to know more about any of these events contact [goldenlane.communitycentre@gmail.com](mailto:goldenlane.communitycentre@gmail.com) or look for details on the **notice board**