

# WC2 COMMUNITY NEWS



BROUGHT TO YOU BY DRAGON HALL TRUST - EDITION 3

# ACTIVITIES TIMETABLE

## TUESDAY MORNING

10.00 - 12.00 Art Class - CGCC  
10.30 - 11.30 Pilates - Dragon Hall  
11.30 - 1.30 Choir / Solo Singing - Dragon Hall

## WEDNESDAY MORNING

10.00 - 11.00 Heartfulness meditation - CGCC  
11.15 - 1.15 Learning to use an iPad - CGCC

## THURSDAY MORNING

10.30 - 11.30 Chair Yoga - Phoenix Garden  
11.45 Buffet Lunch - CGCC  
11.00 Coffee morning for men - CGCC

## TUESDAY AFTERNOON

1.30 - 4.00 Bridge Group - CGCC  
2.15 - 3.15 Latin Dancing - Dragon Hall

## WEDNESDAY AFTERNOON

2.00 - 4.00 Art Class - Bloomsbury Church  
2.30 - 4.00 Line Dancing - Dragon Hall

## THURSDAY AFTERNOON

12.30 Various talks & workshops - CGCC  
1.30 - 4.00 Bridge Group - CGCC  
2.00 - 5.00 Tea Dance - Dragon Hall - last Thursday in the month only

## OTHER ACTIVITIES TO TRY!

**Jubilee Gym**, 30 The Piazza, WC2E 8BE has free exercise sessions for the over 60s on Tuesday at 10am and Thursday at 1.45pm.

**The Oasis**, 32 Endell Street WC2H 9AG. £5 membership for Camden residents. With this you can swim for free Monday to Friday before noon.

**Tap Dance at Dragon Hall**, taught by local resident Andrew, beginners tap is on Thursday evenings at Dragon Hall at 6:15, £7.50 per session

**Dragon Hall** - 17 Stukeley Street, WC2B 5LT

**CGCC / 7 Dials** - Covent Garden Community Centre, 7 Dials Club, 42 Earlham St, WC2H 9LA

**BCBC** - Bloomsbury Central Baptist Church, 235 Shaftesbury Ave, WC2H 8EP

**Swiss Church** - 79 Endell St, WC2H 9DY

**Phoenix Garden** - 21 Stacey St, WC2H 8DG - [www.thephoenixgarden.org](http://www.thephoenixgarden.org)

**The Oasis**, 32 Endell Street WC2H 9AG

**Jubilee Gym**, 30 The Piazza, WC2E 8BE

## TEA DANCE

LAST THURSDAY EACH MONTH  
2PM - 5PM



@ DRAGON HALL

# BRITISH MUSEUM COMMUNITY PREVIEW

Members of 7Dials and Dragon Hall were provided last month with a unique opportunity, a preview of a new and current exhibition currently on display at the British Museum – **“Scythias, warriors of ancient Siberia”**

The exhibition is a revealing and breath-taking display of over a thousand exhibits, beautifully laid out, providing a long-lost insight into a culture long dead.

The group were told, upon entering, that it should take an hour to get around, however, such was the interest, we were there for double that!

A big thank you to Harvinder and everyone at the British Museum for providing us with the tickets, and we are looking forward to the next preview; **“Living with gods: people, places and worlds beyond”** on **Sunday 29th October**.

Email [john@dragonhall.org.uk](mailto:john@dragonhall.org.uk) if you would like to go on the list for the **FREE** community preview tickets.



## CLUB THURSDAYS

## TALKS & ACTIVITIES

**Budgeting Skills Workshop, Thursday 19th Oct, at CGCC 7Dials Club. Part of Club Thursday session**

Take control of your money, generate savings and reduce financial anxiety. But where to start?

**Vicki Rebori, Financial Capability Worker, from the Mary Ward Legal Centre,** leads a workshop on **Thursday 19th October, at 12.30**. Get the essential tools to manage your money.

**Book your place - 020 7404 7274 email [john@dragonhall.org.uk](mailto:john@dragonhall.org.uk)**

## ASIA PROJECT

Last month the **Mary Ward Centre, The British Museum and Club Thursday members** took part in a new and exciting craft session. To celebrate the re-opening of the Asia Gallery at the British Museum, artwork from local groups will be on display from November of this year.

The group are currently working a project that has taken its inspiration from colours fo the foods, fabrics and flora of South Asia and China.

Those who took part in the sessions will be invited to a private viewing in the Great Court – watch this space!

# YOUR EVENING ENTERTAINMENT!

## STAND UP COMEDY

Produced & presented by Jimmy Furre, local resident, born and bred in Covent Garden.

A line up of fantastic new (& used) young comedians, well established head-liners orchestrated seamlessly by Jimmy. Just about anyway!

**Fridays 7:30pm**

**13th October**

**27th October**

**10th November**

**24th November**

If you fancy a laugh, reasonably priced drinks and an evening of comedy with **FREE** entry please come along.



**seven  
dials  
club  
quiz  
night**



## QUIZ NIGHT

Get down to Seven Dials Club on a Wednesday evening and pit your wits against quiz master Tom! Starts at 7:30pm, maximum team size is 6 people - £1 entry per person.

### FABULOUS PRIZES TO BE WON!

**Every other Tuesday at 7:30pm**

**10th October**

**24th October**

**7th November**

**21st November**

Will you be a winner???

**Dragon Hall Trust, 17 Stukeley Street, WC2B 65LT - 020 7404 7274  
Calthorpe Project, 258-274 Grays Inn Road - WC1X 8LH**



# GET OUT WITH FRIENDS & FAMILY

## **TUESDAY LUNCH FOR ACTIVE RETIRED! TUESDAYS 11 - 3:30**



## **SUNDAY LUNCH SUNDAYS 1PM @BAPTISTCHURCH**

## **THE OASIS**

Membership to the Oasis on Endell Street for the 60+ age group. **Camden Resident** £5.05 annual member fee

Non-Camden Resident £34.60 annual member.

**Swimming: Free for those 60+ weekdays before midday, other times £2.20 per swim.**

The Oasis Sports Centre, 32 Endell Street WC2H 9AG, Call: 020 7831 1804

## **JUBILEE GYM**

**FREE** classes for those aged 60+, all you have to do is come along and register for the class

**Tuesday: 10:00 – 10:45 – Aerobics**

**Thursday: 13:45 – 14:45 – Yoga, Pilates,**

**Friday: 10:00 – 10:45 – Dance Aerobics**

Jubilee Gym, 30 The Piazza, Covent Garden, London WC2E 8BE - Call: 0207 836 4007

## **KENTISH TOWN CITY FARM**

KTCF is a community charity that helps people connect with animals, nature and the environment. The farm is situated on a four-acre site, alongside railway lines and has pasture areas, a riding arena, a wildlife pond and community gardens.



The farm has a lively core of volunteers who support staff in the day-to-day running of the farm and organise seasonal fundraising events.

The indoor and outdoor spaces of the farm are available for hire all year round.

**Kentish Town City Farm**

**1 Cressfield Cl, London NW5 4BN**

**020 7916 5421**

## **UNDER 5 DROP IN TUESDAYS 10.00 - 12.30 BLOOMSBURY CHURCH FRIDAYS, 10.30 - 1.00 @ DRAGON HALL**



**Jubilee Gym - 020 7836 4007, The Oasis 020 7831 1804  
Regent Street Cinema, 307 Regent St, W1B 2HW**

## PLAY STRINGS OR TRUMPET?

Holborn Community Orchestra is recruiting new members who play string instruments and trumpet. Subscriptions are £35 per term. Rehearsals begin on Mondays at 7.15pm in St. Giles-in-the-Fields Church, WC2H 8LG. The upcoming concert program includes music by Prokofiev, Poulenc, Strauss and Bach which will be performed on Saturday 2nd December 2017

For more details **contact Hannah or Rachel** at [info.hcorch@gmail.com](mailto:info.hcorch@gmail.com)

## SAT 28 OCT, 6PM, SWISS CHURCH

The youth choir from Zurich-Enge is coming to the **Swiss Church**, led by Ulrich and Barbara Meldau to perform a series of concerts. They will present a varied programme with works by Burkhard, Archer, Delibes, Film Music (Les Choristes), Gospel and Pop Songs. Barbara Meldau – conductor, Ulrich Meldau – piano, organ. Entrance is free.

## THURS 2 NOV, CGCC, 7 DIALS CLUB

**Find out how you can save up to £60 a month on your food shopping bills!**

A Waste Prevention Officer from North London Waste Authority will deliver a **workshop on food waste prevention at 12:15 on 2 November**. A free session that covers lots of useful tips to help you reduce food waste at home, and save money! We will discuss cooking the correct portions, knowing which foods you can freeze, learning handy tips on making your food last for longer, and understanding dates on food label. **Free tools to everyone attending the talk**, including measuring tools for rice and spaghetti, Tupperware and fridge thermometers!

**BLOOMSBURY CHURCH  
SUNDAY LUNCH  
1PM - £4 PER PERSON**

**SWISS CHURCH  
BREAKFAST ON THE STEPS  
TUESDAYS 8 - 10AM**

**CAMDEN COUNCILLORS  
SURGERY @ DRAGON HALL  
LAST FRIDAY IN MONTH 6PM**

## CLUB THURSDAY

### KELE BALL

Kele Ball is a relatively new exercise system that is very popular in China and is now making its way to the UK!

Kele Ball involves using a variety of kicking movements with a ball, attached to a tether held in your hand. It is easy to learn, good for strengthening lower body muscles, excellent cardio and can be done in a limited space and it can help to improve balance and prevention of falls.

Session soon - contact [john@dragonhall.org.uk](mailto:john@dragonhall.org.uk)

## IPAD CLASS



### Wednesdays

11:15am to 1:15pm,  
**FREE - @CGCC**  
42 Earlham St, London WC2H 9LA

**Swiss Church, 79 Endell Street, London WC2H 9DY  
Calthorpe Project, 258-274 Grays Inn Road - WC1X 8LH**

# BLOOMSBURY CENTRAL BAPTIST CHURCH

**Tuesday lunches**, 10.30am - 3.30pm, with games, tea coffee, 3 course meal for £4, and a speaker/film/activity of some kind)

**Sunday lunches** - 3 course roast dinner £4 (for those without a wage) starting at 1pm

**Free classical recitals** on Wednesday evenings from 6pm to 7pm. Check the diary page of the website [www.bloomsbury.org.uk](http://www.bloomsbury.org.uk), or come into the church and pick up a programme.

**Free organ concerts** take place on the last Saturday of each month. These all start at 4pm with a buffet tea afterwards.

**The Toddler Drop In - Tuesdays from 10am to 12:30** - then join in the Tuesday lunch!

## NEW ART GROUP

Interested in painting? Want to learn new techniques and meet new people with similar interests? Join us for our new **Art Group**, an informal and friendly session, at **Bloomsbury Baptist Church on Wednesdays from 2 – 4pm.**

Communities Minister, **Dawn Cole-Savidge** will be on hand to provide informal support, suggestions and insightful tips, on how open your inner creativity!



For more information, please contact **John Hayes** on 020 7404 7274 or email [john@dragonhall.org.uk](mailto:john@dragonhall.org.uk)

**TUESDAY LUNCH  
FOR ACTIVE RETIRED!  
TUESDAYS 10:30 - 3:30**

**SUNDAY LUNCH  
SUNDAYS 1PM  
@BAPTISTCHURCH**

## VOLUNTEERING

Dragon Hall is looking for volunteers of all ages, to help with the development of the older person project based in Covent Garden.

Many older people feel isolated and undervalued. Dragon Hall believe that everyone has something to offer and can continue to make a lasting contribution.

By volunteering between 1 and 2 hours per week, you can make a huge difference by reaching out to local individuals and support older people to access services and participate in social groups, such as coffee mornings, classes and exercise activities.

Make a difference fo somebody's life whilst developing your interpersonal skills!

VOLUNTEER  
WITH  
**DRAGON  
HALL  
TRUST**

SUPPORTING  
CHILDREN  
YOUNG PEOPLE  
OLDER PEOPLE  
TECHNOLOGY  
FITNESS  
EDUCATION  
COMMUNITY

**CGCC - 42 Earham St, WC2H 9LA - [manager@sevendialsclub.com](mailto:manager@sevendialsclub.com)  
DRAGON HALL - 17 Stukeley St, WC2B 5LT - [info@dragonhall.org.uk](mailto:info@dragonhall.org.uk)**

# COMMUNITY ORGANISATIONS

## COVENT GARDEN DRAGON HALL

17 Stukeley Street, WC2B 5LT  
020 7404 7274 - [info@dragonhall.org.uk](mailto:info@dragonhall.org.uk)  
[@dragonhall](https://www.dragonhall.org.uk) - [www.dragonhall.org.uk](http://www.dragonhall.org.uk)

## COVENT GARDEN COMMUNITY CENTRE

42 Earlham Street, WC2H 9LA  
020 7691 1577 - [www.sevendialsclub.com](http://www.sevendialsclub.com)  
[@sevendialsclub](mailto:manager@sevendialsclub.com) - [manager@sevendialsclub.com](mailto:manager@sevendialsclub.com)

## BLOOMSBURY CENTRAL BAPTIST CHURCH

235 Shaftesbury Avenue, WCSH 8EP  
020 7240 0544 - [@bloomroomhire](mailto:@bloomroomhire)  
[church@bloomsbury.org.uk](mailto:church@bloomsbury.org.uk)  
[www.bloomsbury.org.uk](http://www.bloomsbury.org.uk)

## THE SWISS CHURCH LONDON

79 Endell Street, WC2H 9DY  
020 7836 1418 - [@swisschurchlond](mailto:@swisschurchlond)  
[info@swisschurchlondon.org](mailto:info@swisschurchlondon.org)  
[www.swisschurchlondon.org](http://www.swisschurchlondon.org)

## THE PHOENIX GARDEN

21 Stacey Street, WC2H 8DG - [www.thephoenixgarden.org](http://www.thephoenixgarden.org)

## CALTHORPE PROJECT

258-274 Grays Inn Road, WC1X 8LH  
020 7837 8019 - [calthorpeproject.org.uk](http://calthorpeproject.org.uk)  
[info@calthorpeproject.org.uk](mailto:info@calthorpeproject.org.uk)

**COVENT GARDEN COMMUNITY ASSOCIATION** - [www.coventgarden.org.uk/](http://www.coventgarden.org.uk/)

**ST GILES IN THE FIELDS** - [www.stgilesonline.org](http://www.stgilesonline.org) - 60 St Giles High Street, WC2H 8LG

**COVENT GARDEN AREA TRUST** - [www.coventgardentrust.org.uk](http://www.coventgardentrust.org.uk)

**CHINESE COMMUNITY CENTRE** - [www.ccc.org.uk](http://www.ccc.org.uk) - 2 Leicester Court, WC2H 7DW

**WEST END WOMEN'S INSTITUTE** - [londonwestendwi.blogspot.co.uk](http://londonwestendwi.blogspot.co.uk)

Meetings every third Wednesday of every month at 6:30pm

**THE SEVEN DIALS TRUST** - [www.sevendials.com](http://www.sevendials.com) - [info@sevendials.com](mailto:info@sevendials.com) - 68 Dean Street, W1D 4QJ - 020 7437 5512

