

## FREE Computer Training Courses and Open Learning Sessions

UK **onlinecentres**

Take advantage of the many computer training opportunities at Sidings UK Online Centre. For more details of our courses and open learning sessions, plus volunteering opportunities, see our programme or contact Geoff Stilwell on 020 7372 0242.

### Sidings Community Centre is:

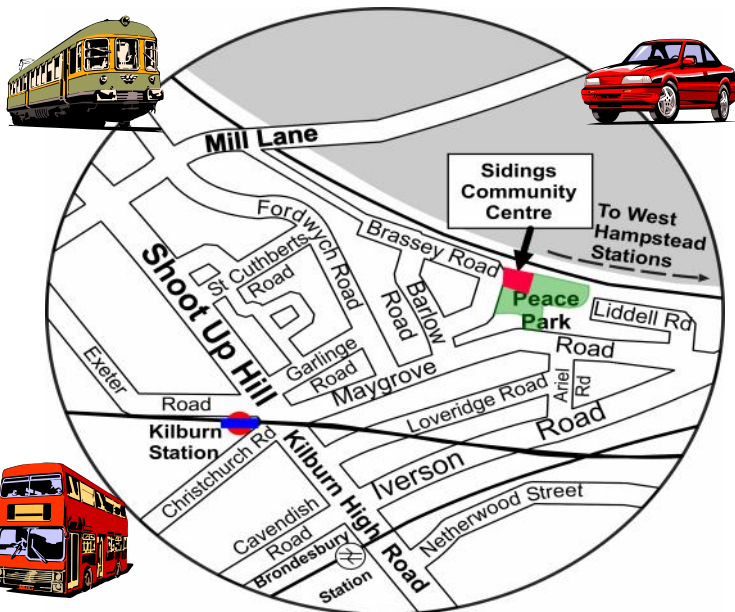
- a Registered Charity and Ltd Company
- a Voluntary Organisation run by an independent management committee of local volunteers who have a genuine interest in delivering and developing services for all sections of the community
- funded by Camden Council, local government initiatives, various trusts, & income generated from our own fund-raising efforts
- wheelchair accessible with a small car park
- committed to Equal Opportunities
- working in consultation with the community to improve the quality of life for local people

### NEED A VENUE!

Sidings premises can offer suitable spaces for group meetings/training events with facilities, light refreshments and small car park.

**Sidings Community Centre is situated between West End Lane and Kilburn High Road. Details on our Website : [www.sidings.org.uk](http://www.sidings.org.uk)**

Sidings Community Centre is wheelchair accessible and has a small car-park.



# Sidings Community Centre

**150 Brassey Road (Off Maygrove Road)  
London NW6 2BA**

**Main Office** – tel / fax: 020 7625 6260

General: [office@sidings.org.uk](mailto:office@sidings.org.uk)

Youth Club: [youth@sidings.org.uk](mailto:youth@sidings.org.uk)

Out of School Project: [osp@sidings.org.uk](mailto:osp@sidings.org.uk)

**Children's Centre** – 020 7624 0588

[early.years@sidings.org.uk](mailto:early.years@sidings.org.uk)

**UK Online Centre** – 020 7372 0242

[ukonline@sidings.org.uk](mailto:ukonline@sidings.org.uk)

**[www.sidings.org.uk](http://www.sidings.org.uk)**

## Spring 2016 programme

Find out information on all activities and enrol for classes.

**Find us on [facebook.com/pages/SidingsCommunityCentre](https://www.facebook.com/pages/SidingsCommunityCentre) for latest news. Take out membership to receive regular updates.**

### Sidings Community Centre

*aims to improve the quality of life for local people, by providing a range of services and opportunities within the community.*

Registered Charity No. 297095

Limited Company No. 2139909

## Monday

10am - 4pm

10am - 12pm

10am - 12pm

10am - 3pm\*

1pm - 3pm

2pm - 4pm

7pm - 9.30pm

7.30pm - 9.30pm

## Tuesday

10am - 4pm

10am - 11.30am  
& 12pm - 1.30pm

10am - 3pm

1pm - 3pm\*

5pm - 6.30pm

4.30pm - 7pm

7pm - 9pm

7.15pm - 8.15pm

8.30pm - 9.30pm

7.30pm - 9.30pm

**Sidings Children's Centre** offering flexible day care for 2-4 yr olds, am & pm. Free Pre-School places for 3 & 4 year olds, \*crèches & Parent Support Services. Centre is also registered provider for Camden's 2 yr Old Scheme

**(PSLA) Pre-School Learning Alliance** - Stay & play sessions for parents & children. Starts 7th Sept.

**UK Online Centre - Introduction to tablets & Smartphones:** Learn to use your devices such as log into wifi & more. You can bring your own tablet or smartphone. Starts 11th Jan **Free**.

**English Functional Skills E3/L1/L2:** for parents & adults wanting to improve their literacy skills. **Free**. **Getting into Learning Workshops:** Need support and help with learning. Bring in your ideas & we will help you learn. **Free**.

**Over 50's Table Tennis Club** - Stay fit & have fun in a lively session. Term time only.

**Youth Club** for 11 – 19 yr olds.

**Red & Green Choir** - Join our friendly choir to sing songs from around the world from a social & green perspective. *New members welcome!*

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**Adventure Soft-Room** - Soft play physical activity sessions for parents & carers run on a drop-in basis. Starts 8th September. **Free**

**Introduction to Childcare:** Introductory course for those wanting to work with children as a childcare worker in early years or nursery settings.

**UK Online Centre - Ready for Work: CV, Cover**

**Letters & Job Applications** - Be more successful at applying for jobs. Starts 12th Jan. **Free**

**Football & Fitness:** Football skills & fitness multi sports training sessions with qualified coach & sports leaders for 11-13 yr olds. Term –time only.

**Youth Club:** Healthy Living sessions - cookery, sports, & special projects.

**UK Online Centre - Computing: Your Choice! Open Learning:** flexible, open to all

**Pilates Class** - Beginners (pre-book)

**Pilates Class** - Intermediates (pre-book)

**Praise Christian Centre-** evening meeting & study group

Classes marked with an \* are funded through Camden's Westminster Kingsway College and fees for those classes are charged accordingly.



### Maygrove Peace Park Friends Group

If you are interested in joining the group, please contact the office on 020 7625 6260 or call in to the Centre.

## Wednesday

10am - 4pm

10am - 12pm

11am - 12.30pm  
& 1pm - 3pm

10am - 3pm\*

1pm - 3pm

5pm - 6.30pm

7pm - 9.30pm

## Thursday

10am - 4pm

10am - 12pm

10am - 12pm

10am - 12.30pm\*

1pm - 3pm

1pm - 3pm

1.30pm - 2.30pm  
& 2.45pm - 3.45pm

7pm - 10pm

**Sidings Children's Centre** offering flexible day care for 2-4 yr olds, am & pm. Free Pre-School places for 3 & 4 year olds, \*crèches & Parent Support Services. Centre is also registered provider for Camden's 2 yr Old Scheme

**UK Online Centre - Word Processing for Beginners:**

Learn basic Word processing skills: Typing, correcting, selecting text, formatting, spellcheck, saving & printing. Starts 13th Jan. **Free**

**The Dance of Expression Chantaine** - Welcome to all those who love to dance! AM for older people & PM for all ages.

**L2 Certificate in Childcare:** Accredited course providing a qualification for those wanting to work with children.

**UK Online Centre - Free Image, Editing with GIMP:** Learn to enhance your digital photographs or create new images. Starts 13th Jan. **Free**

**Football & Fitness:** Football skills & fitness multi sports training sessions with qualified coach & sports leaders for 6-11 yr olds. Open to boys & girls during term –time only.

**Youth Club** for 11-19 yr olds.

**Sidings Children's Centre** offering flexible extended day care for 2-4 yr olds, am & pm. Free Pre-School places for 3 & 4 year olds, \*crèches & Parent Support Services. Centre is also registered provider for Camden's 2 yr Old Scheme

**(PSLA) Pre-school Learning Alliance** - Stay & play sessions for parents & children **Free**.

**UK Online Centre - Computing: Your Choice!**

**Open Learning:** flexible (Over 50s session).

**Healthy Eating Cookery course:** Develop your cooking skills by learning to make healthy meals using both simple & complicated recipes & planning a menu.

**ESOL - English for speakers of other languages:** Learn & improve your speaking, listening, reading & writing. All levels from beginners to advance are taught on this course.

**UK Online Centre - Computing: Your Choice!**

**Open Learning:** flexible, open to all

**Yoga for you** – Open Level Hatha

**Yoga for you** – Beginners Hatha

Free your mind, body & soul. **£3 per session.**

**Praise Christian Centre Midweek Service**

### Recycle & Rewards Scheme

#### Book Exchange Project

Bring in your unwanted books & take others for free. Donations of good quality Adults' & Children's books welcomed. The centre is hoping to develop further recycling & exchange initiatives soon to be announced.



## Friday

10am - 4pm

10am - 11am

10am - 12pm

10am - 12pm\*

1pm - 3pm

4.45pm - 6.15pm

7pm - 10pm

## Saturday

10am – 10pm

10am – 11 am

10am - 5pm

## Sunday

9am – 2pm

2pm – 4pm

**Sidings Children's Centre** offering flexible extended day care for 2-4 yr olds, am & pm. Free Pre-School places for 3 & 4 year olds, \*crèches & Parent Support Services. Centre is also registered provider for Camden's 2 yr Old Scheme

**Music & Dance with Gymboree** – for children aged 1-4 & parents/carers. Contact centre for details. Subsidised fee of **£3**.

**UK Online Centre - Computing: Your Choice! Open Learning:** flexible, open to all

**Maths Functional Skills L1/L2:** for parents & adults wanting to improve their basic maths skills. **Free**

**L2 Certificate in Childcare:** Accredited course providing a qualification for those wanting to work with children.

**Children's Gymnastics** for 4 - 7 yr olds. Term - Time only.

**Praise Christian Centre** - band & choir practice, Youth Group, events & meetings

**Praise Christian Centre** – focus groups & events (as per schedule)

Local councillor's surgeries - 2nd, 3rd and last Saturday in the month

Children's Parties and Group bookings according to availability

**Praise Christian Centre** – Main Services

**Praise Christian Centre** – Youth Service - last Sunday in the month

### Help Support the Centre by Becoming a Member or a Trustee!

Sidings Community Centre needs your help and support to operate to it's full potential. By taking out membership you can demonstrate your support for the centre. As a trustee you can contribute skills, ideas and help shape strategic decision making.

#### Membership Fees :

•Waged **£5 per year** •Unwaged **£2 per year**

### Opportunities for Volunteering and student placements

The centre offers a range of opportunities for volunteers - e.g. help with computer sessions, fund-raising. This enables local residents to contribute to their community, enhances delivery of centre services. and can also help with future career and training potential, Support and training also offered.

**LEND YOUR SKILLS & GET INVOLVED!**