

**Visit our website: [www.hornseyvale.org](http://www.hornseyvale.org)****Welcome**

It has been another eventful year for Hornsey Vale with lots of new classes and activities on offer. No matter what you enjoy doing or whatever age you are you will find something to do at Hornsey Vale. From singing to Kung Fu, baby yoga to knitting there really is something for everyone. We have been working hard over the summer to get the Centre ready for the new season by painting the gym, main hall and foyer, which look great. As always we are looking for new volunteers to help us out; this could be a couple of hours helping out at an event, ad hoc help with maintenance jobs or becoming a Management Committee member. We are especially looking for someone with an accountancy background—is that you? If you have some time to spare why not get in touch with Tanya on 0208 348 4612 and join our vibrant community.

**Events News**

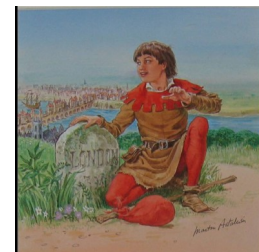
There's lots going on this autumn, starting with our annual general meeting on Thursday 24<sup>th</sup> September at 7.30pm. Forget long speeches and points of order: come and meet us and find out how you can be involved, from suggesting activities to offering an hour of your time. The short meeting will be followed by food and drink.

The dark day is coming! On Sunday 8<sup>th</sup> November, we invite you to make a lantern and join the magical lantern procession through Stationers Park when it gets dark! Come to the centre at 4.30pm; people of all ages are welcome, with and without children. (Children

must be accompanied.) This will be followed by food and a film showing, courtesy of CHATI. (See their events/news section in this newsletter!)

On Saturday 12<sup>th</sup> December, we'll be offering our annual pantomime in the afternoon. Buying your tickets in advance is advised as this event is usually pretty popular. In the evening, there will be a 2030s cabaret in collaboration with CHATI.

We are always looking for people to help at our events. No experience is necessary and you don't have to be there all day! Come and join in. Call Lynne Brackley on 020 8341 7116 for information.

**Events****AGM****Thursday****24th September****7.30pm****DARK DAY  
CELEBRATION****Sunday 8th November****4-6.30pm****PANTOMIME  
DICK WHITTINGTON****Saturday 12th December****3-5pm**

# Hornsey Vale Autumn/Winter

ACTIVITY	DETAILS	TIME	CONTACT
<b>M O N D A Y S</b>			
Mabel's Monsters (T)	Under 5's music session. U Under 2's 10.15; 2+ 11am	10.15-11am 11-11.30am	Cate: 07931 973 650
Guitar Lessons	For beginners	5.00-6.00pm	Manuel: 07790705279
Kung Fu	Martial arts - all levels	6.00-7.30pm	Nick: 07905 228 891
Tae-kwon-do Kids (T)	Korean martial art	6.30-7.30pm	Clive: 07860 779 423
Homeopathy (T)	Reduced rate homeopathy	4.00-5.00pm	Aurora: 07855 736 308
Counselling Initiatives	Donation based counselling	5.30-8.30pm	Anton: 0208 815 1962
Stitch 'n' Bitch	Knitting - all welcome	7.30-9.30pm	Pien: 0208 348 0653
Basketball	Friendly sports group	8.30-9.30pm	Liam: 07890369326
<b>T U E S D A Y S</b>			
Age Concern	Fun social for the over 50's	9.30-1.00pm	Janis: 0208 885 1505
Badminton drop-in (T)	Friendly drop in group	8.00-10.30am	Tanya: 0208 348 4612
Pilates	Enjoy improving your body shape. All welcome.	10.45-11.45am	Cathy: 0208 881 3734
Suzuki Method Flute (T)	For children using the Suzuki method - 3yrs plus	5.00-6.00pm	Cristina: 07931 128137
T'ai Chi	Slow, meditative exercises	7.45-9.15pm	Hun: 07931 595 361
Tae-kwon-do	Korean self-defence	Kids 6-7pm Adults 7-8.15pm	Janitzio: 07976629478
Hatha Yoga	Exercise to promote control of body and mind	8.00-9.30pm	Marie: 07904 561 090
<b>W E D N E S D A Y S</b>			
Perform (T)	Music, movement and make- believe for kids	9.30-12.30am	Lucy: 0207 209 3806
Cranio Sacral Therapy (T)	Free drop-in clinic: donations welcome	10.00-12.00pm	Richard: 0208 342 8393
Breath Easy	Emphysema exercise group	1.00-2.00pm	Eric: 0208 341 5386
Mother and Baby Yoga	Learn yoga with your baby	1.00-2.00pm	Anna: 0208 341 6317
Badminton drop-in (T)	Friendly drop-in group	2.15-3.30pm	Tanya: 0208 348 4612
Music ensemble	Beginners ensemble group	4.30-7.00pm	Manuel: 07790705279
Yoga for Teens (T)	Yoga for teenage girls (parents welcome)	6.15-7.15pm	Marie-Flore: 0208 341 0414
Counselling Initiatives	Donation based counselling	6.00-9.00pm	Anton: 0208 815 1962
Song Works	Singing for everyone	7.30-9.00pm	Maya: 07870 633 193
Circuit Training	Friendly exercise group	8.00-9.00pm	Lorraine: 0208 340 4485

# Programme 2009

ACTIVITY	DETAILS	TIME	CONTACT
<b>T H U R S D A Y S</b>			
The Voice Club (T)	Friendly vocal development	10.00-11.30am	Heather: 07976946315
The Core Club (T)	Homework help group	4.30-6.00pm	Jonathon: 0207 503 3890
Weight Watchers	Weight loss group	7.00-8.00pm	Bex: 01438 717 485
Tae-kwon-do	Korean self-defence	Kids 6-7pm Adults 7-8.15pm	Janitzio: 07976629 9478
<b>F R I D A Y S</b>			
Tick Tock (T)	Music, signing and rhymes for under 5's:	9.45-10.45am 11.00-12.00pm	Nada: 01442 874 529
GKR Karate	Japanese martial art - all ages welcome	6.00-7.00pm	Steve: 07815 123 064
The Drama Club (T)	Drama group for 10-16yrs	6.00-7.00pm	Jayne: 07984 573 813
<b>S A T U R D A Y S</b>			
Facey Tutorial (T)	Supplementary school	9.00-2.30pm	Hilary: 07949068736
Circuit Training	Friendly exercise group	9.30-10.30am	Lorraine: 0208 340 4485
Yoga for pregnancy	Gentle exercise	9.45-11.00am	Marielle 07847 179 233
Yoga	Gentle exercise	11.30-12.45pm	Marielle 07847 179 233
Councillor's Surgery	2nd Saturday of the month	10.30-11.30pm	07947 280 414
Square Ring Boxing	Unisex boxing workout	11.00-12.00pm	Paul: 07951 254 700
Tae-kwon-do	Korean self defence	Kids 12.15-1.15pm Adults 1.15-2.30pm	Janitzio: 07976629 9478
Kung Fu	Martial art	2.30-3.30pm	Nick: 07905 228 981
<b>S U N D A Y S</b>			
GKR Karate	Japanese martial art	10.30-12.00pm	Steve: 07815 123 064
Pilates	Improve posture	11.00-12.00pm	Lorraine: 07932456494
Kung Fu	Martial art	5.30-7.00pm	Nick: 07905 228 981
<b>A L S O A T H O R N S E Y V A L E</b>			
Stationers Playgroup (T)	Mon - Fri: 2½ - 4yrs	9.15-11.45am	Sue: 07941 880 777
After School Club (T)	Mon - Fri: 4-13yrs	3.15-5.45pm	Lucy: 0208 8348 2558
Life Coaching/ mentoring/therapy	Sessions can be booked to individual needs	As booked	Paul: 07538011731

For up to date information visit: [www.hornseyvale.org](http://www.hornseyvale.org)

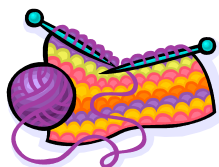
(T) = Term time only

## Spotlight on Classes

### STITCH 'N BITCH

Can you knit or do you want to learn? Come to our group at the Centre on Mondays 7.30 to 9.30 pm. The group has now been going for 8 years. Fantastic things have been created. Experience, patterns and sometimes knitting wool are shared over cups of tea, yummy cakes and lots of talking and laughter as well as the occasional tear. A great place to meet new friends, relax and unwind and all for just a small donation.

Call Pien for more information 07745578338



### MUSIC

We have lots of music at Hornsey Vale this season. School aged-children can try Suzuki Method Flute with Cristina on Tuesdays; Guitar on Mondays or our Ensemble on Wednesdays with Manuel. For younger children we have Mable's monsters on Monday morning; Mini P's on Wednesday morning and Tick Tock on Friday morning. For grown ups we have two groups dedicated to singing: Vocal Development on Thursday mornings and World Music by Ear on Wednesday evenings. See our timetable for more details.



## Space



If you are looking for a venue for your children's party or community event, look no further. We have a wide range of flexible spaces to hire. If you would like some help to plan your event call Tanya on 0208 348 4612 who will be happy to help. We also have great spaces for regular classes or one-off meetings. To find out if Hornsey Vale could be a new home for your activity please get in touch by phone on 0208 348 4612 or email at [info@hornseyvale.org](mailto:info@hornseyvale.org) We look forward to hearing from you soon.

## CHATI News (Crouch end and Hornsey Area Transition Initiative)

We are your local Transition Initiative, engaging our community to become more self-sustaining and to build resilience in the face of Climate Change and Peak Oil. We draw on the wisdom in our community through re-skilling, awareness raising, holding community events, and working towards an Energy Descent Action Plan. We are privileged to have HVCC host our events. Hope you've all had a fantastic Summer! We have been working with HVCA on some great events to revitalise and support our community through the colder months! With solar withdrawal like nature, our energy is pulled inwards to sustain life. Draw in with us and warm your heart with the 'Dark Day Celebration'- lantern making and procession, songs and dance that weave a web of connection and community to sustain us at this time. Followed by feasting and film, *The End of Suburbia*, with CHATI, to co-create localism and ways forward to build resilience as a community. As we move towards the Winter Solstice and the increase of light, come celebrate community with the annual panto, followed by winter crafts, cabaret and cocktails with CHATI. We look forward to sharing with you all that we've harvested this year!

Sat 19th Sept - Foraging and Feasting in Naturewise Forest Garden.

London's first forest garden! 12-7pm.

Sat 17th Oct -Apple Day Treats and How to become part of your local Transition Initiative.

1-6pm at Hornsey Vale

Sun 8th Nov- Hornsey Vale Dark Day Celebration, in collaboration with CHATI

4-6.30pm Lantern making and Procession; Soulful songs and dances to warm your heart through the coming winter. Followed at 6-8.30pm by warm food and drinks; film screening of 'End of Suburbia' followed by a discussion.

Sat 12th Dec- Hornsey Vale Panto followed by 2030's Cabaret and Cocktails with CHATI

3-5pm Panto

6pm - 9pm Winter Crafts, CHATI cabaret n' cocktails! With warm food and drinks

**60 MAYFIELD ROAD, HORNSEY, LONDON N8 9LP**

**[www.hornseyvale.org](http://www.hornseyvale.org) – 0208 348 4612 – [info@hornseyvale.org](mailto:info@hornseyvale.org)**