

Visit our website: www.hornseyvale.org

THANK YOU



Over £700 raised for Haiti Appeal

It's official, Crouch End has talent! On 27th February, singers, musicians, a poet and even two clowns came together with 100 local residents for a night of great entertainment in aid of the Haiti earthquake appeal. Thanks to everyone who was involved, whether you baked cakes, donated raffle prizes, volunteered or performed on the night your contribution was highly valued. Special mention goes to Clocktower Stores for donating supper ingredients and to Nigel Kellaway for designing our event poster.

MAY GALA

What are you doing on May 3rd? We'd love to see you at our annual May Day Gala in Stationers Park. Maybe you're a regular at this event or you might be thinking of coming for the first time. Either way, we hope you'll enjoy an afternoon of music and activity, tea and home-made cake and perhaps even some sunshine.

This year we'll have a mix of new local talent and established bands on the main stage. We'll also be creating sculpture with recycled materials and we'll need you to help. Last year, our cardboard castle attracted builders and painters of all ages and the results were spectacular. Our activities are for adults as well as children, including our fun games inspired by the traditional summer fete. We hope to have our maypole back this year too. Entrance will be £2 for adults and £1 for children. People sometimes ask why we charge an entry fee. It's not our aim to make big profits and the gala is run mainly by volunteers, but there are costs involved in putting on such an event: hiring PA equipment, band expenses, use of the community centre facilities, craft materials, bouncy castle hire and first aid cover are just a few of them! We hope you think £2 is fair for a fun afternoon, but we're always keen to hear from you.

If you're feeling the community spirit, we always welcome more volunteers on the day. You could help out for an hour or maybe donate a cake. If you have things to sell or a group/activity to promote, you can rent a stall for the day. For more information on any of the above, call Tanya on 020 8348 4612. The event will still happen in the community centre if it rains. Be part of a great north London community and join in.

EVENTS



MAY GALA
Monday
3rd May
2-5pm
Stationer's Park

VOLUNTEERS



SARAH COPE

I became a trustee of Hornsey Vale Community Association last autumn, after attending lots of events at the centre. For example, I loved last year's fantastic Apple Day, and also the Dark Day celebration, where children decorated glass jars, dropped in a candle and then went out to Stationer's Park for a mystical celebration!

As a trustee I helped run the recent 'Crouch End's Got Talent' event, which raised over £700 for the victims of the Haiti Earthquake. It was a memorable night, and showed that a lot of people in this area are seriously talented performers.

My daughter also attends the excellent playgroup at the Centre, and has made a lot of new friends. Hornsey Vale has something to offer everyone and being a trustee is rewarding and fun, I recommend it to you all!

Hornsey Vale Spring/Summer

ACTIVITY	DETAILS	TIME	CONTACT
M O N D A Y S			
Mabel's Monsters (T)	Under 5's music session	11-11.30am	Cate: 07931 973 650
Kung Fu	Martial arts - all levels	6.00-7.30pm	Nick: 07905 228 891
Counselling Initiatives	Donation based counselling	6.00-8.00pm	Anton: 0208 815 1962
Tae-kwon-do Kids (T)	Korean martial art	6.30-7.30pm	Clive: 07860 779 423
Stitch 'n' Bitch	Knitting - all welcome	7.30-9.30pm	Pien: 0208 348 0653
Inspiral Yoga	Yoga for everyone	7.45-9.00pm	Marina: 07788 416 741
Basketball	Friendly sports group	8.30-9.30pm	Liam: 07890369326
T U E S D A Y S			
Badminton drop-in (T)	Friendly drop in group	8.30-10.30am	Tanya: 0208 348 4612
Age Concern	Fun social for the over 50's	9.30-1.00pm	Janis: 0208 885 1505
NCT Ante Natal group	Support for new mums	1.00-4.00pm	Info: 0844 243 6000
Suzuki Method Flute (T)	For children using the Suzuki method - 3yrs plus	4.30-6.00pm	Cristina: 07931 128137
Tae-kwon-do	Korean self-defence	Kids 6-7pm Adults 7-8.15pm	Janitzio: 07976629478
T'ai Chi	Slow, meditative exercises	7.45-9.15pm	Hun: 07931 595 361
Hatha Yoga	Exercise to promote control of body and mind	8.00-9.30pm	Louise: 07719 716273
W E D N E S D A Y S			
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
Breathe Easy	Emphysema exercise group	1.00-2.00pm	Eric: 0208 341 5386
Homeopathy (T)	Reduced rate homeopathy	1.15-1.45pm	Aurora: 07855 736 308
Badminton drop-in (T)	Friendly drop-in group	2.00-3.00pm	Tanya: 0208 348 4612
Kiddikicks (T)	Football for 3yrs plus	3.15-5.15pm	Sarah: 07723 915 301
Counselling Initiatives	Donation based counselling	6.00-9.00pm	Anton: 0208 815 1962
Yoga (T)	Friendly group open to all	6.30-7.30pm	Marie-Flore: 0208 341 0414
Feldenkrais	Improve posture, flexibility and balance	7.45-8.45pm	Enat: 07884 184 436
Circuit Training	Friendly exercise group	8.00-9.00pm	Lorraine: 0208 340 4485

Programme 2010

ACTIVITY	DETAILS	TIME	CONTACT
T H U R S D A Y S			
HAIL Sewing group	Sewing group for adults with learning disabilities	10.00-1.00pm	Karen: 0208 809 8363
Counselling Initiatives	Donation based counselling	4.00-7.00pm	Anton: 0208 815 1962
Tae-kwon-do	Korean self-defence	Kids 6.00-7.00pm Adults 7.00-8.15pm	Janitzio: 07976629 9478
Weight Watchers	Weight loss group	7.00-8.00pm	Val: 07968 360 450
F R I D A Y S			
Tick Tock (T)	Music, signing and rhymes for under 5's:	9.45-10.45am 11.00-12.00pm	Nada: 01442 874 529
Counselling Initiatives	Donation based counselling	1.30-5.30pm	Anton: 0208 815 1962
GKR Karate	Japanese martial art - all ages welcome	6.00-7.00pm	Steve: 07815 123 064
Duke of Edinburgh Awards (T)	Programme for young people 13-19's	6.00-9.00pm	Ramona: 0208 826 9393
S A T U R D A Y S			
Facey Tutorial (T)	Supplementary school	9.00-12.00pm	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
Councillor's Surgery	2nd Saturday of the month	10.30-11.30pm	Cllr Edge: 07947 280 414
Square Ring Boxing	Unisex boxing workout	11.00-12.00pm	Paul: 07951 254 700
Yoga	Gentle exercise	11.30-12.45pm	Marielle 07847 179 233
Tae-kwon-do	Korean self defence	Kids 12.15-1.15pm Adults 1.15-2.30pm	Janitzio: 07976629 9478
Football Centre of Excellence (T)	Skills and development for 5-14's	3.30-5.30pm	Azedine: 07599 207 626
S U N D A Y S			
Pilates	Improve posture	11.00-12.00pm	Lorraine: 07932456494
Kung Fu	Martial art	5.30-7.00pm	Nick: 07905 228 981
A L S O A T H O R N S E Y V A L E			
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
For up to date information visit: www.hornseyvale.org (T) = Term time only			

SPOTLIGHT ON CLASSES

Football Centre of Excellence

Come and try out these fantastic football training sessions for 5 to 14's. FCE aims to create players who are skilful by giving them the maximum time on the ball, practicing different drills and core skills, ending the session with small-sided games. Our coaches are ex-pro players and UEFA qualified. FCE have the very highest standards of health and safety and child protection, all coaches are fully vetted by the CRB. The sessions emphasise all the key elements of football as we work toward building the complete footballer. Sessions are challenging to enable everyone to reach maximum potential. Call Azedine on 07599 207 626



Psychology for All

The '*Psychology for all*' evenings bring psychology to life in a group of about 10-15 people. These evenings are not a course; you can pick and choose dates that suit you. Each evening we explore a theme with the aim to provide time to reflect and to help develop self-awareness, find better ways to interact with friends, families and those we find difficult to deal with. We will talk in small groups, perhaps watch a short scene from a film, play games and so on. The evenings are hosted by Hans Meijer; an experienced counsellor and facilitator. He believes that psychological insights are of great value to us all and help us lead a more meaningful life. All events are from 7.30-9.30. Costs: £10 pp. To reserve a place send an email to info@hansmeijer.co.uk or call 07900 896 192. For more info visit www.hansmeijer.co.uk

SPACE TO HIRE



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 to suit all occasions and budgets. 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, workshops or one-off meetings or events. 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 us for more info at info@hornseyvale.org We look forward to hearing from you soon.

CIRCUIT TRAINING - GETTING FITTER, HAVING FUN!



Every Saturday morning and Wednesday evening, come rain or shine, you will find us in the gym at Hornsey Vale, trying to get fit, stay fit, and above all, enjoy ourselves. This year, the Saturday class celebrates its 10th birthday, with many of the original members still attending regularly. This shows dedication, but also what a friendly, welcoming bunch we are. We use a variety of basic gym equipment such as dumbbells, benches and medicine balls, and with exercises that change every month, Lance, our trainer, ensures that every bit of us gets a thorough workout. There are no machines, no music, and no one checking out your non-designer gym clothes. All ages and fitness levels are welcome. You can work at your pace and build up your strength as you progress. If you are new to exercise, or just want to get back into the habit, why not try us out? The first class is free and we offer reduced prices for the unwaged. Just come along on Saturday morning, 9.30 - 10.30am, or Wednesday evening, 8 -9pm (wear comfortable shoes and bring water) or give Lorraine a call on 020 8340 4485 for more information. What have you got to lose?

60 MAYFIELD ROAD, HORNSEY, LONDON N8 9LP

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