

Visit our website: www.hornseyvale.org

Welcome



We are living through uncertain times and, undoubtedly, lots of local people are directly affected by the economic downturn. There's lots of talk in the press about people re-evaluating their priorities and seeking fulfilment in different ways. At Hornsey Vale we think

we are in unique position to respond to this situation: we offer a friendly, secular space where local people, whatever their background or interests, can come together to enjoy themselves without needing lots of money. Have you given up your gym membership but want to keep fit? Are you looking for a good-value party venue? Or do you want to volunteer to keep your skills up-to-date? Check us out!

Coordinator's News

Another new year is underway and Hornsey Vale has some new classes to complement our varied timetable. If you have made the decision to get fit then you will be spoilt for choice with classes in taekwondo, pilates, T'ai chi, yoga, Kixa self-defence for women, kung fu, karate, circuit training and our drop-in badminton sessions on Tuesday mornings. If you want something a little more relaxing why not try a cranio-sacral treatment on Wednesday mornings?

Babies and children are always welcome at Hornsey Vale and we have lots to entertain them, including baby massage, baby yoga, playtime with Mabel's Monsters, fun-time and fantasy with Mini P's and a

good old sing song with Tick Tock.

For those of you who want to meet people and try out a new skill, why not try Songworks, our singing-by-ear group on Wednesday evenings, or develop your vocals in The Voice Club on Thursday morning? If you're feeling creative, our knitting drop-in group on Monday evenings might suit you.

If you need help with a local issue come and see your local councillor on the second Saturday of every month.

We are also home to several activities for adults with learning disabilities through H.A.I.L, the Clarendon Centre and the Coleraine Project. In short, there's something for everyone! Look at our timetable on the centre pages for more information.

Events



International Day
Sunday 2-6pm
29 March

International Day has proved popular with local people, who come together to learn about each others' cultures. This event is free, provided you bring a dish from your own cultural tradition to share. There will be time for you to sing or perform if you would like. If you are not a performer, then you can sit back and enjoy others' talents. Call 0208 348 4612 to get involved or drop in on the day.

MAY GALA



Monday 4 May
2-5pm

This fantastic family event is now in its 19th year, bringing together something for everyone, young and old. This year we will have our usual music, games, stalls and cafe and also provide you with the opportunity to take part in the creation of our very own temporary May Day sculpture. We would like to hear from local people who want to get involved in volunteering, performing or taking a stall. Our stalls get booked up very quickly so call soon to reserve yours. We would like to thank all our volunteers and the local businesses who supported us last year.

Hornsey Vale Autumn/Winter

ACTIVITY	DETAILS	TIME	CONTACT
M O N D A Y S			
Mabel's Monsters	Under 5's music session. under 2's 10.15; 2+ 11am	10.15-11am 11-11.30am	Cate: 07931 973 650
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	Fran: 07941 233 527
T U E S D A Y S			
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
Baby Massage	Small, relaxed group	1.30-2.30pm	Sarita: 07760 354 877
Flute Lessons (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 (Adults)	Korean self-defence	6.00-8.30pm	Janitzio: 07976629478
Hatha Yoga	Exercise to promote control of body and mind	8.00-9.30pm	Marie: 07904 561 090
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
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	1.30-3.30pm	Tanya: 0208 348 4612
Yoga for Teens (T)	Yoga for teenage girls (parents welcome)	6.15-7.15pm	Marie-Flore: 0208 341 0414
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 2008

ACTIVITY	DETAILS	TIME	CONTACT
T H U R S D A Y S			
The Voice Club (T)	Friendly vocal development	10.00-11.30am	Heather: 07976946315
Post-natal Exercise	Friendly class	1.00-2.00pm	Kit: 07833131580
Weight Watchers	Weight loss group	6.00-8.00pm	Jane: 01438 717 485
Tae-kwon-do (Adults)	Korean self-defence	6.00-8.30pm	Janitzio: 07976629 9478
F R I D A Y S			
Tick Tock (T)	Music, signing and rhymes for under 5's: 2 classes	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	Drama group for 10-16yrs	6.00-7.00pm	Jayne: 07984 573 813
Kixa	Self defence for women	7.00-8.30pm	Lucy 07515 725 702
S A T U R D A Y S			
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
Circuit Training	Friendly exercise group	9.30-10.30am	Lorraine: 0208 340 4485
Square Ring Boxing	Unisex boxing workout	11.00-12.00pm	Paul: 07951 254 700
Tae-kwon-do (Adults)	Korean self defence	12.00-2.30pm	Janitzio: 07976629 9478
Kung Fu	Martial art	2.30-3.30pm	Nick: 07905 228 981
S U N D A Y S			
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
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
Life Coaching/ mentoring/therapy	Sessions can be booked to individual needs	As booked	Paul: 07538011731
For up to date information visit: www.hornseyvale.org			(T) = Term time only

Spotlight on classes at Hornsey Vale

THE VOICE CLUB



We are delighted to have Heather M Thomas, one of the UK's most highly regarded singing teachers, running a vocal development class on Thursdays at 10am. Singing songs from Ave Maria to Abba, you will learn breath control, relaxation and vocal techniques to help you develop your singing. Working with others will help your pitch and harmony skills. This is a friendly class open to everyone from the complete beginner to the confident singer. Call on 07979 946315 or visit www.sessionsinger.co.uk

PERFORM'S MINI P's



It is never too early to start leaning performance skills! Mini P's introduces storytelling, imaginative games, movement and socialisation skills to babies and toddlers from as early as four months. This nationwide organisation has engaged thousands of pre-school youngsters and helped develop parents' creative play skills. So it's not just good for your toddler it's good for you too! They run 3 sessions aimed at different age groups between 4mths and 4yrs. It couldn't be easier to try out Mini P's. Call to book your free session on 0845 400 4020.

AGE CONCERN



Age Concern is an organisation working across the country to make life better for over 50's. We are proud to be the home of their Crouch End Social Group, which meets every Tuesday morning at 10am. The group is very welcoming and would love to see new members for a cup of tea and a chat, so if you have some time and would like to meet new friends, come along any Tuesday morning. Age Concern is also running a befriending scheme for those who can't get out and about. Call 0208 885 8359 for more information on the project.



INTERNATIONAL DAY 2008

Last year's international day was a great event with singing, carnival dancing and displays, including martial arts. Children made peg dolls to represent a range of nationalities and cultures. Best of all was the range of food donated and shared by those attending. It was informal and fun and brought lots of new people into the centre in a cultural and culinary exchange. If you didn't make it last year, don't miss this year's event on 29 March.

Volunteers



Regina Fleming is our volunteer of the month. Here is what she has to say: I have been living in Hornsey since the 1960s. My children attended Stationer's School and I started to volunteer at the Centre in the 1970s when membership was just ten shillings a year! I continued to volunteer when HV Community Association took over the running of the Centre. I enjoy giving a helping hand to support different activities, especially at events such as International Day and May Gala. I like to encourage people to come to our events and so far I have been quite successful. The Centre is at the heart of our community and a great place to meet new people and try out new things. I really enjoy being a member of the Management Committee and hope to continue to be a part of the Centre for many years to come.

Space for 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. 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.

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www.hornseyvale.org – 0208 348 4612 – info@hornseyvale.org