

The Living Centre

# Community newsletter

SUMMER  
2018



**Did you know? Since January 2018...**

We had 4,620  
visitors to the  
Living Centre

251 people have  
attended the  
diabetes prevention  
sessions

We had 189  
participants for the  
We Are Ageing  
Better project

We had 216  
mothers-to-be visiting  
the midwife at the  
Living Centre

202 people have  
received employment  
support at the  
Jobs Hub



The St Pancras  
& Somers Town  
Living Centre

The St Pancras and Somers Town Living Centre  
2 Ossulston Street, London NW1 1DF

Tel 020 7380 0453  
email [hello@thelivingcentre.org](mailto:hello@thelivingcentre.org)  
[www.thelivingcentre.org](http://www.thelivingcentre.org)

# Our news

## Hello...

I would like to take this opportunity to introduce myself to all of you.

My name is Joned Khan. It is a pleasure to have joined The St Pancras and Somers Town Living Centre as Centre Manager. I consider myself fortunate to have been given the opportunity to join a community organisation with such a fine reputation for its work on all things health and wellbeing.

As well as being a resident of Somers Town, I have also worked in the area for over 15 years. This position offers new and exciting challenges to me, all of which I am looking forward to. Prior to coming to The St Pancras and Somers Town Living Centre, my background entailed youth development work, community development, community engagement and employment and training. Now I look forward to this new position where my responsibilities will include working with residents and community partners to:

- Help improve the health and wellbeing of residents of Somers Town
- Help reduce the economic and social deprivation in the local area

In this newsletter, you will find information about some of the great projects that are currently running in the St Pancras and Somers Town Living Centre.

I know we have an amazing community in Somers Town and I'm looking forward to having the opportunity to chat with you all over the coming months.

**Joned Khan**  
Centre Manager



## Job Hub news

**The Job Hub is as busy as always, supporting local people with all their employment and training needs.**

Our focus in 2018 is to create strong partnerships with local employers to ensure that the community is able to benefit from the wealth of opportunity on our doorstep.

The Job Hub Links project is working with the Francis Crick Institute, the Wellcome Foundation, British Library and HS2 as well as many other companies in the Kings Cross area to deliver employer-led training, business visits, get involved with pop-up Jobs Fairs, and generally engage in a more proactive way with the community.

The Job Hub is able to support people from right across Camden, whether you are unemployed or looking for a change of career, fancy doing a bit of volunteering or are seeking advice about courses and training.

**Pop in and see Julia, Ziaur or Kazi for a chat.**

# Our news

## We Are Ageing Better

**We Are Ageing Better in Somers Town and St Pancras runs activities and events for anyone over 60 living in Camden.**

We run sessions from several local community venues, including The Living Centre. You can find us here on a Tuesday morning for a chat and a cup of tea, Wednesday morning for our informal art session where you can relax with mindful yoga, colouring or painting and every other Thursday for film club.

As well as this, we hold one off events such as a Diabetes support group, talks on the history of the area, local trips to places like The Skip Garden or British Library and sometimes coach trips further afield. We have many exciting events coming up in July and August, including some interesting history talks in August.

We are always looking for new ideas, so if you have a skill you wish to share or could volunteer some of your time, please do let us know. If you would like details of our upcoming Summer programme, give Jess a call on **020 7209 9333** or email [jess@weareageingbetter.org.uk](mailto:jess@weareageingbetter.org.uk)

**We look forward to welcoming you to the project.**



## Camden Can Innovation Fund

**The Living Centre's People's fruit and veg stall project is delighted to be one of the winners of the Camden Can Innovation Fund.**

Camden Can Innovation Fund is a one-off grant funding programme that gives local groups and organisations funding to find innovative ways of tackling some of the complex issues behind obesity in Camden.

The Living Centre will be working with students from Central Saint Martin's College and the local community to create and launch the people's fruit and veg stall. This will operate as a cooperative to give local people access to affordable fresh food. Older people in particular will benefit by being able to socialise with their friends and neighbours in a safe place, whilst having access to affordable, good quality fruit and vegetables close to where they live; the same being true for families with small children and or those less mobile.

**If you are curious about this project in any way, maybe interested market trading or helping us with designing the stalls, what it would look like and how it may function, come long and chat to Joned at the Living Centre.**



### Local events

<b>Somers Town Festival</b>	14th July, 12 noon – 6.30pm	Chalton Street
<b>Camden Mela</b>	15th July, 12 noon – 6.00pm	Coram's Fields, 93 Guildford Street, London WC1N 1DN

# What's on at your Living Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10am – 12pm</b> Stay and Play Drop in. Toddler Time (Free)</p> <p><b>10am – 4pm</b> Job Hub Employment support (age 18+)</p> <p><b>10am – 6pm</b> Peri Natal Mental Health Session</p> <p><b>7pm – 9pm</b> Euro Language Fortnightly</p>	<p><b>9am – 5pm</b> Community Midwifery Service (by appointment only)</p> <p><b>9.15am – 10am</b> Boxercise (Women Only) £2 Charge</p> <p><b>9.30am – 3pm</b> Level One Administration Course</p> <p><b>10am – 12pm</b> Coffee Morning – We Are Ageing Better</p> <p><b>10am – 4pm</b> Job Hub Employment support (age 18+)</p> <p>Camden Ability – Employment support for those with learning disabilities</p> <p>Community Advice with Peter Simonson. (Drop in or call by phone)</p> <p><b>10.30am – 11.45am</b> Tai Chi (age 18+) £2 Charge</p> <p><b>12pm – 2pm</b> Yoga (age 18+) £6 Charge</p> <p><b>3.30pm – 6pm</b> Drama Club</p> <p><b>6.30pm – 9.30pm</b> Families in Focus – Early Intervention/Prevention Supporting People</p>	<p><b>9am – 3pm</b> Future Path – Supporting families to overcome issues and return to work</p> <p><b>9.30am – 4.30pm</b> To Health NHS Free Health Checks</p> <p><b>10am – 12pm</b> We Are Ageing Better Art Session (age 60+) (Free)</p> <p><b>10am – 1pm</b> Mary Ward Legal Centre Fortnightly (by appointment only)</p> <p>Working men's collage and Hopscotch ESOL classes</p> <p><b>10am – 4pm</b> Job Hub (age 18+)</p> <p>Community Advice with Peter Simonson (Drop in or call by phone)</p> <p><b>1pm – 2pm</b> Pilates (age 18+) £6 Charge</p> <p><b>1pm – 3pm</b> Hopscotch Women Only Lunch Club – Last Wed of the month (age 60+)</p> <p><b>2pm – 4pm</b> We Are Ageing Better Film Club Last Wed of the month (Free)</p> <p><b>5.30pm – 6.30pm</b> Pilates (age 18+) £6 Charge</p> <p><b>6pm – 8pm</b> Good Gym</p> <p><b>7pm – 8.15pm</b> Yoga for Deaf BSL users</p>	<p><b>9am – 12pm</b> Community Midwife (by appointments only)</p> <p><b>9am – 5pm</b> Origin Housing, employment and training advice (age 18+)</p> <p><b>9.30am – 3.15pm</b> Diabetes Prevention (Course)</p> <p><b>10am – 11.30am</b> Families for Life; Early Years (6 months – 3 years)</p> <p><b>10am – 4pm</b> Job Hub (age 18+)</p> <p>Community Advice with Peter Simonson (Drop in or call by phone)</p> <p><b>10am – 5pm</b> Job Hub IT session (age 18+)</p> <p><b>1pm – 3.15pm</b> English Discussion Class</p> <p><b>1pm – 3.30pm</b> Healthwatch Signposting and referring (for all)</p> <p><b>1pm – 4pm</b> Blind Aid (Cooking Session)</p> <p><b>3pm – 4pm</b> Mindful Yoga</p> <p><b>5.30pm – 7.30pm</b> Civitas School (Supplementary School teaching for Local School)</p>	<p><b>9am – 3pm</b> Future Path</p> <p><b>9.30am – 1pm</b> Hopscotch ESOL with Retail and Customer Service (age 18+ women only)</p> <p><b>9.30am – 4.30pm</b> Elfrida Rathbone Employment and training advice for people with learning disabilities (18 – 25 years)</p> <p><b>10am – 12.30pm</b> Stay and Play Drop in Baby Play (Free)</p> <p><b>10am – 4pm</b> Job Hub (age 18+)</p> <p><b>12.30pm – 1.30pm</b> Pregnancy Yoga</p>	<p><b>8.45am – 6.30pm</b> Civitas School (Three Supplementary Primary Schools)</p>



Please call the centre on 020 7380 0453 further details. Timetable subject to change.

## How to find us

The St Pancras and Somers Town Living Centre  
2 Ossulston Street  
London NW1 1DF

Tel 020 7380 0453  
email [hello@thelivingcentre.org](mailto:hello@thelivingcentre.org)  
[www.thelivingcentre.org](http://www.thelivingcentre.org)

The Living Centre is supported by the Francis Crick Institute

