



HNG Volunteers' Party

On a sunny evening in June Holloway Neighbourhood Group it annual summer volunteers' party. 15 of the 80 volunteers who gave their time to Holloway Neighbourhood Group during the last year came along to celebrate Volunteers' Week. There were certificates, food made by staff, Pimms and a singalong - 'Three Little Birds' was particularly enjoyed.

Thank you to all who came along - but most importantly thank you to all the volunteers who make Holloway Neighbourhood Group what it is. Our impact in the community wouldn't be what it is without your commitment, talents and passion. You are our heart.



HNG Elders Perform at Sadlers Wells' Elixir Festival

In June, 10 of our Old Fire Station elders performed a series of dance routines at a Sadlers Wells Elixir Festival! Amazing, huh, but how did they get there?

For the last 8 weeks our elders have been rehearsing with choreographers provided to us by Sadlers Wells. The choreographers, Bret & Fred, are from the dance troupe 'Old Men Grooving' – who appeared on Britain's Got Talent, no less – and they worked with our group on dance routines to four songs; 'Hit the Road Jack', 'My Girl', 'The Locomotion' and 'Feeling Hot, Hot, Hot'.

Finally, after 8 weeks of hard work, trying to remember steps and sequences, who should be on your right and left, remembering when to do your slow Cleopatra or your hand jive - and remembering to smile as though you do this sort of thing every day, our ladies stepped out onto a dimmed stage with Bret and Fred. The lights came up, the distinctive beat and the first notes of 'Hit the Road Jack' thrummed up across the auditorium and 10 arms and hands pointed at Fred telling him to 'hit the road'.



The audience started to cheer and from then onwards it was a party on stage with the audience clapping and singing along. By the end of the evening proud sons, daughters and grandchildren who had come to watch had seen their older relatives in a new light - as dancing divas. We are looking forward to getting the official video and holding a special screening to celebrate.

A huge thank you goes to Sadlers Wells Theatre who provided the choreographers – and of course to Bret & Fred who worked incredibly well with the group. Hopefully they will be back again!



DATES FOR YOUR DIARY

Art for Wellbeing Exhibition

19th September

5pm to 7pm

Annual General Meeting

26th September

5.30pm to 7.30pm

CONTENTS

Front Cover

- Volunteers Party
- Sadlers Wells' Festival

2 - Dates for your diary

- Summer Messages

3 - Joyce - Spreading Joy

- Impact of our Therapies
- Challenging Stigma around Mental Health

Back cover

Timetables & Contacts

TALK TO US

We love hearing from you. Anything you can tell us about how to improve our services really helps. Or better - suggest a new activity that you'd like to help set up.

WE NEED YOU!

We're currently looking for all sorts of volunteers, including:

- Complementary Therapists
- Admin or Reception support
- Gardening Facilitators

Contact us to find out more

SUMMER MESSAGES

Lucy - HNG Chief Executive

Holloway Neighbourhood Group's mission is to provide support and services and build connections to empower people to lead fulfilled lives as part of their community.

To this end we have set up a partnership, 'Women Together in Finsbury Park', with 5 local organisations who each support women from diverse communities. Funded by Comic Relief, we are delivering women-only exercise classes in various community venues across the area. We are also providing bi-lingual advice to support local women to access mainstream services. We organise regular events for women from different backgrounds to get to know each other and to find out more about local services. Earlier in the year, the women celebrated International Women's Day by learning about each other's music, cultures, and food. More recently, we spent a fun afternoon at the Sobell Leisure Centre – taking a tour of the facilities, having a go on the Trampoline Park and trying out an Egyptian Dance class.

If you know someone who might benefit from 'Women Together in Finsbury Park', have a chat with us at the Old Fire Station to find out what we have planned.

Carol - Stress Project Manager

Over the last few months the Stress Project hosted our very first Action for Happiness course! Designed by Action for Happiness it focuses on what happiness means and how we can increase it for ourselves while spreading it to others.

The course was facilitated by volunteers - Rowan and Caroline. Their enthusiasm for putting research into practice was infectious and inspired the group to seek and spread happiness by creating caring connections and building compassionate communities.

It has been a great way to bring communities together to explore and come up with creative ways to spread wellbeing to make a happier society. We hope to continue to inspire our local community about the benefits this can bring.

Antoinette - Old Fire Station Centre Manager

Summer is here and our gardens are blooming thanks to the hard working volunteers and service users from our Wednesday gardening group. They are very inventive, so new things appear on an almost weekly basis such as a row of bright children's wellies that hold plant pots and an architectural plant growing in an old loo.

They are also making great community links, recycling bags of donated topsoil into our garden from another site, running a plant stall at a local festival and helping out at the local community plant nursery and bringing back plants. When the work's all over and you can see everyone chatting together over a cuppa you know that it's been a good day.

If this sounds interesting pop along to our centre on a Wednesday afternoon and join in the fun - you'll be sure of a warm welcome.

Joyce - Spreading Joy on Old Fire Station's Reception

We recently had a sit down chat with one of our longer standing volunteers - Joyce. If you've ever popped into the Old Fire Station on a Tuesday or Wednesday, you'll have definitely heard her! Here's what she had to say.

HNG: For how long, and how did you start volunteering at the Old Fire Station?

Joyce: *'It was April 2016. My kids had got big and I wanted to do something. Another organisation recommended here, so I applied. It's funny as I'd always passed the building but didn't know it was a community centre.'*

HNG: What do you do at the Old Fire Station?

Joyce: *'I'm on reception and I do everything. Sometimes I shop for Bingo prizes, but mostly I'm welcoming people, taking registers and making people feel relaxed. They say I'm bossy, but when I'm not here they ask "where's Joyce".'*

HNG: What do you get out of volunteering at the Fire Station?

Joyce: *'I really wanted to get out of the house and meet people. I like it here because it's a very friendly place, the people are real nice.'*

HNG: If you left us tomorrow, what would be your lasting memory of the Old Fire Station?

Joyce: *'I'd miss having a laugh with the ladies. I'd miss the environment. But I wouldn't give it up for anything.'*

Thank you Joyce, we love your personality on reception.



Impact of our Therapies

At the Stress Project we offer courses of low cost counselling and complementary therapies, for which we measure the impact using an assessment tool called CORE.

Clients complete a questionnaire at the beginning and again at the end of their course of therapy. The data collected helps us to measure the meaningful change to psychological wellbeing for our clients over the course of their therapy.

We are really proud of the improvements in mental health achieved by our clients who completed their course of treatment over the past year:

- 77% of people had a reliable improvement in their CORE score. This means that the change was big enough so as to exclude that which might be expected by chance alone.

- 68% of people had a significant improvement to their CORE score. This means that their levels of distress have moved from the clinical to the non-clinical population.

This demonstrates that the Stress Project services deliver effective interventions and have good therapeutic outcomes.

Challenging Stigma around Mental Health

To recognise Mental Health Awareness Week, and as a member of the Time to Change Islington Hub, we hosted a Cake & Chat drop-in at the Stress Project. Time to Change is a movement of people working to change the way we all think and act about mental health problems and change attitudes and behaviour.

At the drop-in, we played some Time to Change videos including 'how to start a conversation about mental health' and 'how to challenge stigma'.

The event was very well attended - and we even had a visit from the Mayor of Islington, who posted this wonderful picture on Twitter.



A big thank you goes out to all the volunteers who made this event happen - especially Wendy, who put in a lot of time energy to make the event so relevant.

De-stigmatising mental health is incredibly important to Holloway Neighbourhood Group, and you can be part of it too. To sign-up to be a Time to Change Champion please visit;

<https://www.time-to-change.org.uk/get-involved>



TIMETABLES & CONTACTS

Old Fire Station

(All FREE unless stated otherwise)

Monday

- 10.30am to 1pm - Tech & Tea Drop-in
- 11am to 1pm - Living Space Art School for over 40s
(starts 2nd September)
- 1.30pm to 2.30pm - 8-week Pilates course - starts 16th Sept
- 2pm to 4.30pm - Immigration Advice Surgery
(first Monday of the month)

Tuesday

- 10am to 1pm: Islington Council Housing Advice
(contact the centre for dates and appointment)
- 10.30am to 11.30am - Ladies Gentle Exercise with Petra
- 11.30am to 12.15pm - Tuesday Inbetweeners Activity
(second Tuesday of the Month)
- 12.15pm to 1.15pm - Ladies Gentle Exercise with Petra
- 1.15pm to 2.15pm - Music (with light refreshments)
(first Tuesday in the month)

Wednesday

- 10.30am to 11.30am - Mixed Gentle Exercise to music
- 12 noon to 1pm - Coffee morning with Bingo - £1
- 12.30pm to 1.30pm - Yoga with Dunya - £2
- 2pm to 3pm - Men's over 55s Gentle exercise with Tina
- 3pm to 5pm - Men's over 55s Social Club

Thursday

- 10.30am to 12.30pm - Art for Wellbing (every other week)
- 1.30pm to 3.30pm - Creative Writing (every other week)

Friday

- 10am to 11am - Egyptian Dance for Women (screened)
- 10.30am to 12.30pm - Sewing and Pattern Cutting - £3
- 11.30am to 12.30pm - Tai-Chi with Neil
- 1.30pm to 3.45pm - Film Club

The Old Fire Station
84 Mayton Street
Holloway
London
N7 6QT

020 7607 9794
firestation@hng.org.uk
www.hng.org.uk
facebook.com/hngN7
Twitter: @HollowayNG

Stress Project

Monday to Thursday - Therapy Programme

The low cost Therapy Programme offers 26 week courses of counselling & 8 week courses of complementary therapy from Monday to Friday. Costs range from £12 to £45. Access is on a referral basis only.

Contact us for more information.

Complementary therapies available include Massage, Acupuncture, Shiatsu, Body Psychotherapy & Reiki.

Tuesday

Drop-in - 10.30am to 1pm
Emotional support, advice and a cup of tea. Free
Treatment prices: £8 per 30 minutes & £15 per hour
Treatments include: Massage & Reflexology
Therapeutic gardening is available during drop-in hours

Wednesday

8-week Mindfulness Course - 1pm to 3pm
16th October to 4th December
(enrolment sessions 25th September & 9th October)
Cost: £160 (payable in weekly instalments of £20)

Thursday

Drop-in - 10.30am to 1pm
Emotional support, advice and a cup of tea. Free
Treatment prices: £8 per 30 minutes & £15 per hour
Treatments include: Massage, Reflexology & Reiki
Therapeutic gardening is available during drop-in hours

1.30pm to 3.30pm - Art for Wellbeing (every other week)
Free

Mindfulness class - 3.30pm to 4.30pm. Free

The Stress Project
2 Shelburne Road
Holloway
London
N7 6DL

020 7700 3938
stressproject@hng.org.uk
www.stressproject.org.uk
facebook.com/HNGStressProject
Twitter: @HNGStressProjec