

HCC Students building towards a brighter future



Welcome to the August edition of the Manor House Development Trust e-newsletter. This month we are reporting on the Hackney Community College (HCC) Level 2 and 3 students that were given the opportunity by Woodberry Works (WW) to improve the public realm on Woodberry Down as part of £50k from the London Borough of Hackney. The students have spent the past month carrying out great repair work around the Estate, gaining much sought-after, invaluable 'real' work experience in construction.

Also in this issue: update from Woodberry Training Partnership CIC, Woodberry Down Community Choir, Well London and much more...

Six students from HCC, under the supervision of fully qualified bricklayer/tutor John Lucey, completed a scheme of restoration work agreed by the Manor House Development Trust Board and local resident organisation WDCO to industry standards. If you walk about the estate you will see these improvements which include the wall opposite the Robin Redmond Resource Centre.

This work experience is an excellent example of the partnership between WW partners and contractors meeting commitments to local labour. WW, led by MHDT, provided overall project management; Berkeley Homes provided the bricks and mortar via one of its sub-contractors, SMB Building Group, whilst Mulalley provided welfare facilities, site induction and



ID, storage for materials and safe disposal of waste. Both contractors provided site visits led by experienced staff to enhance the experience. They were able to get views from the rooftops, see repair work that Mulalley is doing on the blocks as well as having a tour of the Berkeley's site with its wide range of work on a site that has been recognised nationally by the 'Highly Commended' award from the NHBC at their inaugural Health & Safety Awards Ceremony. The local café agreed to a voucher system for the all important meal of the day for the students!



The students found the experience invaluable with boosted confidence and enhanced CVs. All have registered with WW for job opportunities that are becoming available through out the regeneration of Woodberry Down. They left with evidence for their NVQ portfolios and each received a basic tool kit. They found 'the real life situation exciting', 'felt professional' and 'learnt many new things', 'taking the tools to the place of work, getting down on your knees and restoring'. This model provides a format that could be replicated in other trade and work sectors during the lifetime of the regeneration.



Woodberry Training Partnership Website is now Live!

We are pleased to announce that the Woodberry Training Partnership CIC is now live. Please click on the link to open in your web browser: www.woodberrytraining.org.uk. The new company is a joint venture between Citrus Training, a leading, nationally recognised construction training provider and the Manor House Development Trust.

Councillor Maureen Middleton

The MHDT Board has been deeply saddened by the news of Councillor Maureen Middleton passing away. Cllr Middleton was the Conservative Party representative for the New River Ward and had been an avid member of the Trust since its inception in 2007. The Trust has appreciated her hard work within the Woodberry Down area throughout the years and support of the Trust's activities; in particular the Over 55s Luncheon Club which would not have got off the ground without her support. She will be greatly missed on the Board and we would like to offer our condolences to Maureen's friends and family.

Woodberry Down Community Choir perform the 'Woodberry Down Song' at RRRC



In March the Trust reported that it had been successful in a partnership bid with Genesis Community to the Housing Associations Charitable Trust (HACT). One of the projects that has been funded by the grant is the Woodberry Down Community Choir - an intergenerational project consisting of 10 workshop sessions, culminating in a final performance at the Robin Redmond Centre on Tuesday 27th July 2010, for members of the community and the Over 55s Luncheon Club attendees. One of the songs performed was the 'Woodberry Down song' - written by all the participants in the choir.

The chorus of which is:

City lights, tall buildings, The hustle and bustle



All the people, all the cars, it will be like Manhattan

The choir has been a great way for different age groups across the community to work together and create a lasting piece of work. Each verse of the song reflects different aspects of life on Woodberry Down from past to present.



Well London

Well London is a project managed and co-ordinated by the Manor House Development Trust for residents on Woodberry Down

Woodberry Down Healthy Spaces Grow Bag Site Is Thriving!

The grow bag site currently has over 40 different types of vegetables growing with more coming each week. The garden is thriving and verdant, and there are plans to plant fruit trees and soft fruit this autumn. Garlic planted last year is now forming huge bulbs and the mixture of soil and good quality manure has



greatly improved the crops being harvested. The site has made great use of compost derived from food waste from residents. So far Broad Beans, Peas, Strawberries, Radishes, and Lettuce have been cropped and there are plans to keep the garden producing throughout the winter. The potatoes are expected to crop in autumn. This September it is hoped that a harvest meal and workshops will take place around the area.



Can Money Buy Women Happiness?

Well London have completed delivering a series of well-being workshops for women in the Woodberry Down/ Brownswood area of Hackney.

These workshops are based around the New Economics Foundation's **"Five Ways to Wellbeing"**:

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give



Woodberry Down women who successfully completed the eight workshops

At the end of the programme women who have attended are entitled to a budget of up to £500 to invest in their community. They are meeting in August and September to discuss their Dare to Dream projects at Newnton Close.

Cook and Eat at the RRRC

Cook and Eat is a free healthy eating course that aims to make food tasty, affordable, and fun. Each session will focus on different food themes including: how to plan, adapt and budget your meals, ideas for quick store cupboard recipes, how to achieve your 5-a-day and understanding the different types of fats.

The classes will take place at the RRRC on the following dates:

August 17th, 24th, 31st between 11am – 1pm

September 13th, 20th, 27th between 4pm – 6pm

October 4th (last session)



Anyone interested can contact Sarah Sinclair -
Healthy Eating Project Manager

Address: Shoreditch Spa, 170 Pitfield Street, N16 JP

Tel: 0844 225 2054/ 07841908128 : ssinclair@shoreditchspa.org.uk

Weekly Health Surgeries at the RRRC

Starting Monday 27th September Spa Health trainers in partnership with the Stroke project and MHDT will be conducting health checks and will have an info stall for those who have any health concerns that they would like to talk about. The sessions will take place on the last Monday of each month up until December, each month there will be a different health professional coming along to talk and answer any questions.

Since September 2009, the Spa has been commissioned to deliver health trainer support across the City and Hackney. To date three out of the four people seen by a Health Trainer have expressed concerns about feeling lonely, isolated and depressed. This is a much higher number than was first anticipated and has led to the setting of targets around reaching people who are unemployed as well as identifying ways to support people and to help them feel a part of their community.

These sessions are aimed at people who don't have access to a G.P surgery or would like to access the Health Trainer Programme and other training opportunities.

The surgeries will begin on Monday 27th September between 9 - 4 pm at the Robin Redmond Resource Centre and take place on the last Monday of each month until December



www.shoreditchspa.org.uk

