

WD Football Team Compete in Well London World Cup



Welcome to the July edition of the Manor House Development Trust e-newsletter. This month we are congratulating our young residents who took part in the Well London Football Tournament on Saturday the 19th June at the Linford Christie Stadium. Over 1000 residents from across 20 London Boroughs took part in the 5-side event, which also included other fun activities for the young people on the day. The Woodberry Down team took part in three competitions (under 13s, 15s and 17s) and all parties involved are very proud of the team's hard work and effort on the day and over the past months. Also in this issue report into the child friendliness of Woodberry Down, Well London, Summer trips and much more...



Continued >>>

The young people's football team has been a great success and has been inundated with young people since its inception in January. At the beginning of the year the Trust gave young people the opportunity to take part in football sessions on the estate, every Monday 6pm to 7.30pm. The sessions were delivered by Access to Sports and Football Association (FA) qualified coaches. These sessions were so popular that another session at Sir Thomas Abney School was soon created to deal with the demand across the estate. This was beneficial for a number of the young people as a few of them attended the school, which has fantastic newly built facilities for the team to use. More recently a session for over 16s was created.

The majority of participants are males but there has been a small number of females participating in the sessions. The sessions have had over 50 young people registered on the project ranging in age from 8-19 years. Some of the young people over the age of 16 years have now been put forward to take up coaching which will see them gain an accreditation in a range of sports, there is also the option to gain a community sport leader award in the future.

The football team has enabled the Trust to partner with a number of agencies to get involved with the project. Access to Sport has provided the training and coaching. The London Sustainability Exchange (LSX) provided resources for the young people to understand the importance of healthy eating and wellbeing and the Well London Cup has offered a tournament and fun day out for the team and their families and supporters.



WD under 13s team

What is next for the team?

Through competing in the tournament the young people have expressed that they would like the team to compete in a league as an affiliated team. Plans to develop the activity are now being discussed.

From the feedback received, young people and parents have expressed that they feel the area is in need of activities to keep the younger generation occupied. The coaches also feel that since the project began the young people have progressed as individuals and as a group through participation in this project and that the taste of competition has left the young people wanting a regular and affiliated Woodberry Down football team, with an addition of an under 11s team.

The Child Friendliness of Woodberry Down Report

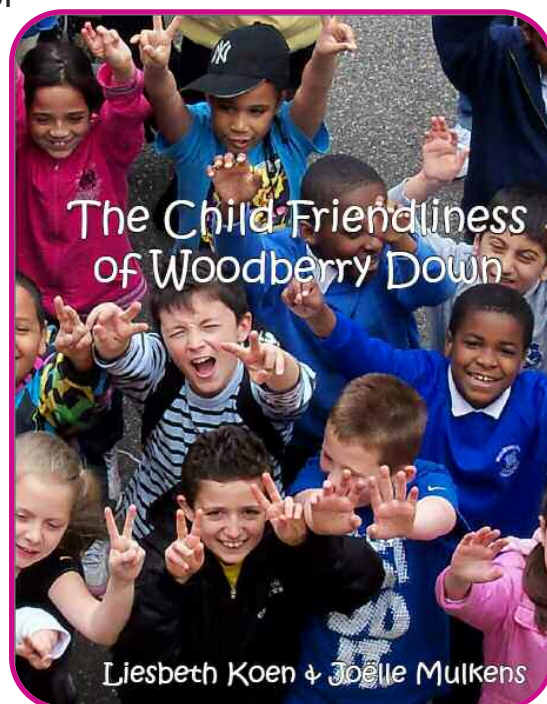
Research into the Child Friendliness of Woodberry Down has now been published by the Manor House Development Trust and its partners. Carried out by interns from Hogeschool Rotterdam (Polytechnic) this research focuses on the implications of regeneration for children aged 0 -11 years and how we can improve the final product so that this age group also benefits from the major investments into these deprived communities.

The report compares current thinking on how best to regenerate an area with children in mind using publications from both London and Rotterdam.

Using interviews with children, parents, and child professionals, as well as those working on the regeneration, the study looks at the current situation facing this group. Problem areas such as neglected play facilities, dangerous road crossings and lack of playgrounds are highlighted and perceptions are examined.

The report then compares the vision for children post regeneration and gives useful tips and ideas on how child friendliness can be incorporated into big regeneration schemes. Finally, practical ideas for projects are included which would be able to improve the situation while the estate undergoes transformation.

While focused on Woodberry Down the report gives many useful pointers and ideas for all regeneration schemes when considering this age group. Copies of the final report are available on CD from MHDT.



MHDT Updates:

Tickets for the Seaside Trip have sold out

On July 28th the Board will take around 90 residents to Broadstairs beach for a day out by the seaside. This will be the third annual seaside trip for the Trust and is always a fun way to catch up with our residents.

We will keep you posted for any further trips.



The Luncheon Club

The Luncheon Club will be on a break after the 27th July and will restart in September - date TBC. More info coming soon ...

Well London

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

WD Healthy Spaces - Why not try this?

The following is a recipe for Elderflower Cordial By Linda Fenigszter a participant in the Healthy Spaces project. Participants found this drink the perfect refreshment on a hot Thursday at the grow-bag site. For help and tips on gardening residents can attend the healthy spaces site at the old Pewsham site between 12pm - 4pm, every Thursday. Contact: Sam Alexander by telephone: 020 8510 5418 or email: sam.alexander@groundwork.org.uk.

Elderflower Cordial

Ingredients: 15 heads of elderflower, 1 litre of water, half to 1 kg of sugar, 3 lemons, 1 lime



Recipe: Cut 15 heads of elderflower from the bushes. Remove larger stalk with scissors. Drop flower heads into water and bring to a boil. Allow to simmer for 10 minutes. Add sugar and dissolve. Allow to cool. Then strain the cooled mixture through a fine sieve or muslin, to give a clear yellow flower liquid.

Add squeezed lemons and lime. Use diluted or fizzy water for a refreshing summer drink. Store in fridge to keep it for longer.

On your Bike!

Opportunities for cycling are on the increase for residents of Woodberry Down Estate. Following the successful Family Cycling Club run by STA Bikes for Woodberry Down residents earlier this year, we now have a monthly 'picnic drop-in' for all at Finsbury Park.

The idea is for all residents to be able to use this facility to have small repairs done to their bikes, chat about bikes, get advice on cycling and where to go in Hackney and also have a leisurely ride up the Woodland Walk to Highgate Woods or other local scenic spots. It is anticipated that these 'picnic events' will take place, rain or shine, at 11am -1pm on the last Saturday in every month at the Finsbury Park basketball courts.

Anyone interested can come along - so bring a sandwich, or something to share, bring your bike and pop along to the basketball courts (opposite the café area) in Finsbury Park on Saturday, July 31st, 11am-1pm.



For further information, please contact: Lesleyanne Forman on 020 8356 1626

FREE 'Changing Minds' Mental Health Awareness Courses for local residents and organisations in the Woodberry Down area

With one out of every four people likely to have serious problems with mental health and many more people struggling with well-being, knowing how to help ourselves, a friend, colleague, neighbour or family member who is going through a difficult time is becoming more and more important.

These sessions are fun with lots of opportunities to try out practical activities as well as learning about the issues. Participants can take a quiz to find out how stressed you are, get tips and advice for looking after your emotional well-being, experience a guided relaxation, hand massage, make a lavender bag and relaxing herb tea, plan your personal 5 a day for mental health and get important information about mental health and well-being, stress management, confidence building, services and support.

Watch out for Changing Minds trainers who are now out and about in the area talking about the programme and booking people onto courses.

Register now and book your place or call for more information! Stephanie Monteilh, Course Co-ordinator Shoreditch Spa 0844 225 2054



Changing Minds trainers who will be in the WD area soon

Cook and Eat at the RRRC

The first session of a new round of Well London Cook and Eat courses started on Thursday 24th June 2010 at the Robin Redmond Resource Centre. We have a fantastic group who have been cooking up a feast of healthy eating recipes from all corners of the globe. Spanish Paella, Chinese Spring Rolls, Italian Lasagne and Greek salad are just some of the recipes that we have been making. Each week we discuss our chosen healthy eating topic and share ideas on how to shop and cook with local, seasonal and affordable foods.

With the summer holidays approaching us we will soon be running an exciting course of Grow Cook and Eat for the whole family.

If you are a local resident and would like to find out more please contact: Sarah Sinclair, Healthy Eating Project Manager Shoreditch Spa, 170 Pitfield Street, N16JP
Tel: 0844 225 2054 / 07841908128

Email: ssinclair@shoreditchspa.org.uk



www.shoreditchspa.org.uk

Dates For Your Diary:

Every Monday

WD Football Sessions at Newnton Close football pitch

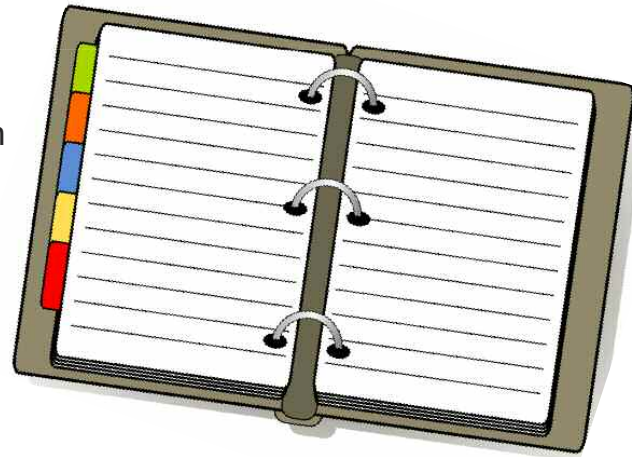
Session 1: 6pm - 6.45pm for 8 - 12 yr olds

Session 2: 6.45pm - 7.30pm for 13 yrs +

Every Tuesday

WD Football Sessions at Sir Thomas Abney School for all ages 5.30pm - 6.30pm

For WD football sessions contact Christina Oshodi from Access to Sport on: 020 8809 0088



Over 55s Luncheon Club last luncheon club 27th July until September

12.15pm - 2pm Contact: Luncheon Club coordinator Lydia Batchelor on 020 7503 0394

Genesis Mentoring Scheme 2.30pm - 5pm at the Parkside Youth Centre
contact: Sharon Gaspard on 0781 0814197 or email: sharon.gaspard@ghg.org.uk

Every Wednesday

Boys 16+ Free training sessions - 5.30pm - 7pm Finsbury Park, N4
Tel: 020 7686 8812

Every Thursday

Healthy Spaces

12pm - 4pm old Pewsham House site. Contact: Sam Alexander on 020 8510 5418
or email: sam.alexander@groundwork.org.uk

Walking Group 11am - 12pm contact David on: 07876 533178

July

21st Board visit to Coin Street Neighbourhood centre

21st Family Fun Day at the Woodberry Down Children's Centre, Springpark Drive, Green Lanes, London N4 2NP 11am - 4pm

28th Annual seaside trip to Broadstairs

August

Luncheon Club to restart date TBC

MHDT Board Meeting date TBC

Next Issue: The next newsletter will be distributed in the second week of August. Please contact us at mhdt@hackneyhomes.org.uk if there are any stories/ info that you wish to be included