



Training Success!



Welcome to the May edition of the Manor House Development Trust e-newsletter. This month we are pleased to report on the growing partnership between Woodberry Works and Berkeley Homes with employment opportunities on the Old School Site opening up for local people with relevant qualifications. This follows a busy couple of months for Woodberry Works with three local people starting work with contractors on Woodberry Down over the past two months.

Continued >>>

Woodberry Works has partnered with On Site, Hackney's Recruitment Centre for construction, which will match local residents with the right skills, qualifications and experience for interview for available jobs. Individuals can register for work that becomes available on Woodberry Down at fortnightly registration sessions.

On Site also provides advice and support such as CV preparation as well as information on other construction jobs in London, including London 2012 (Olympic site). As well as these developments over 70 people have engaged in training. Half of them have gained a Construction Skills Certification Scheme (CSCS) Card or achieved certificates in Food Hygiene or First Aid.



WW trainees learn tile cutting

Woodberry Works enables local residents to gain an insight into working in the construction industry. As well as 'hands-on taster' sessions focusing on a range of trades, they've recently found out what it's like to work in the industry from Willmott Dixon, the main contractor working on the Skinners' Academy site and they've been able to talk with Derick Hudson, a local resident who recently started working with Murphy on the Berkeley Homes site. Other training courses have given local women an opportunity to learn basic DIY skills from experienced tradeswomen.

New Course Dates:

Construction Health & Safety/CSCS Test – Thursday 10th & Friday 18th June, candidates will be notified of test dates during training

Emergency First Aid at Work – Wednesday 9th June 2010

If you're interested in future courses please contact Woodberry Works on the number below. Or if you're a local resident with relevant qualifications and experience, and you'd like to apply for work on the Old School Site please hand in your CV to:

Caroline or Lydia at Woodberry Works, based at the Robin Redmond Resource Centre, N4 2RD or you can email it to: woodberryworks@hackneyhomes.org.uk
For further information call 020 8356 1625.

Adult Learners Week on Woodberry Down

Salsa @ RRRC

Tuesday 18th May 2010 2.30pm – 4.30pm

Develop an awareness of salsa dance, improve your energy and well-being, build your confidence, learn the basic steps, choreography and have fun.



Introduction to Ceramics @ RRRC

Friday 21st May 2010 10am – 1pm

Express your creativity with clay! Tado Ceramics will teach you some basic pottery techniques; make a coil pot, pinch pot or an African mask to take home. You can also have a go on a potter's wheel!



Grow Cook Eat @ St Olaves Cottage

PLUS: Community Lunch and free Health Checks for local people Friday 21st May 2010 9.30am - 2.30pm

Create your own kitchen garden to take home. This workshop run by Work Skills Learning focuses on introducing you to growing your own herbs and sprouted foods. You will also find out about plant-based nutrition and increase your knowledge of whole foods such as fruits, vegetables, grains, pulses, nuts, seeds, herbs and spices. contact **Victoria** on **07947 821 288 / 0208 802 1112**



For more information please contact the adult learners week hotline:

020 8820 7339



Save the Date !

**Woodberry Down Children's Centre
Multi-Cultural Funday**

Wednesday 21st July 2010

11.00am - 4.00pm

at the Woodberry Down Early Years Centre.

Contact **Elgrina** for more info: **020 8815 3263**

Well London



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



Immediate Theatre invites you to... Join the Creative Community Big Splash!

Community Arts Day Sat 29th May 2010 11am - 6pm
at St Olave's Church Hall, Seven Sisters Road, N4

A FREE fun - filled community arts day for all the family. Theatre, dance, visual arts workshops and performances for all.

Creating the Trail Tues 1st - Fri 4th June, daily 1pm - 4pm
& Sat 5th June 11am - 3pm at RRRRC

A week of FREE arts activities for the whole community over the half-term to create an interactive art trail around the Woodberry Down Estate with more dance and performance events on Saturday.

For more information, call **Tony** at Immediate Theatre on **020 7012 1677**
www.immediate-theatre.com



This project is brought to you by Well London, Immediate Theatre, in toto, L'est Arts Project, and MHDT

Family Cycling Picnic

29th May and 26th June between 11am - 1pm
at
Finsbury Park (Basketball court)

Cycling instructors and mechanics provided by STA bikes will be present to give info and guidance on all things bike related!

Contact Lesleyanne on: 020 8356 1626



Can Money Buy Women Happiness? Last chance to sign up

Free eight week course! will take place on the 14th May 2010 between 9.45am – 12.30pm at the Robin Redmond Resource Centre. This project is for any woman living in the Brownswood ward.

What happens? The course looks at what makes people view things in a positive way, and what steps people can take to improve their states of mind and that of others in their community.

Topics will include: • Food and mood • How to cope with stress
• Mind, body and spirit • 'Happy' activities that are good for health

Contact Lesleyanne Forman on 020 8356 1626

PLUS: free health checks for all women attending



Enjoy Walking?

Come and join us every Thursday 11am to 12pm. We leave from the Robin Redmond Resource Centre and walk a circular route taking in the East Reservoir or Finsbury Park. The walk includes a warm up, simple and easy exercises and games and a stretch down. The walk is open to anyone and everyone and is pitched at a pace and intensity to suit you.

So if you want to get some fresh air, meet new people in a friendly and relaxed environment or improve your fitness, then come

and join us. Walking has many proven health benefits and can help you lose weight, lower your blood pressure, strengthen your bones and lift your mood.



Members of WD Walking Group

If you want to know more, call or text **David** on **07876 533178**. Alternatively, come down to the RRRC on a Thursday morning and meet the group, if you'd feel happier coming with friends or family bring them along too!

Dates For Your Diary:

Every Monday

WD Football Sessions at Newton 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

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 (NEW Football Session!)

Boys 16 + Free training sessions - 5.30pm - 7pm Finsbury Park, N4

Tel: 020 7686 8812 or see [flyer](#)

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

May

7th Can Money Buy Women Happiness?(ends 2nd July) 9.45am - 12.30pm

29th (Bank Holiday) Be Creative Be Well - Community Arts Day

29th (Bank Holiday) Family Cycling Picnic 11am - 1pm

June

7th Manor House Development Trust Board Meeting 6 - 8pm

19th Well London Football Tournament

26th Family Cycling Picnic 11am - 1pm

July

21st Woodberry Down Children's Centre Multi-Cultural Funday 11am - 4pm

Next Issue: The next newsletter will be distributed in the second week of June.

Please contact us at mhdt@hackneyhomes.org.uk
if there are any stories/ info that you wish to be included