

Computer Training Courses & Open Learning Drop-ins



Take advantage of the many computer training opportunities at Sidings UK Online Centre. For more details of our courses and open learning sessions, plus volunteering opportunities, see our programme or contact Geoff Stilwell on 020 7372 0242.

It's fun, friendly and FREE!

**Sidings Community Centre is situated between
West End Lane and Kilburn High Road.**

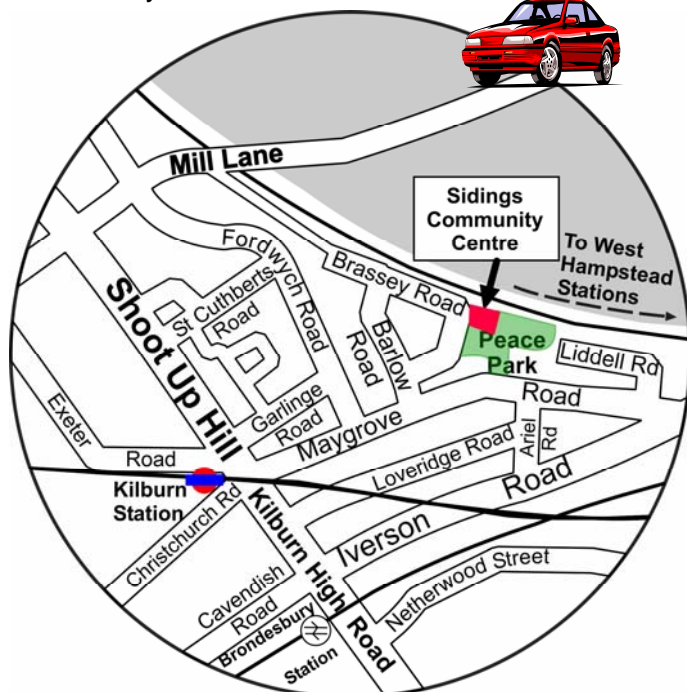
The centre has a small car-park.



- Bus routes: Kilburn High Road, 16, 32, 189 & 316, 332
West End Lane C11, 139 & 328
- Underground: West Hampstead and Kilburn Jubilee Line
underground stations
- Rail: Thameslink Line – West Hampstead
London Overground – West Hampstead and
Brondesbury Stations



**Sidings
Community
Centre is
wheelchair
accessible**



*150 Brassey Road (Off Maygrove Road)
London NW6 2BA*

Main Office – tel / fax: 020 7625 6260
General: info@sidings.org.uk
Youth Club: youth@sidings.org.uk
Out of School Project: osp@sidings.org.uk

Children's Centre – 020 7624 0588
early.years@sidings.org.uk

UK Online Centre – 020 7372 0242
ukonline@sidings.org.uk

www.sidings.org.uk

Summer 2010 programme

Summer Half Term: Mon 31st May – 4th June

Sidings Community Centre
*aims to improve the quality of life for local people, by
providing a range of services and opportunities within the
community. See inside for details of our current activities.*

Registered Charity No. 297095

Limited Company No. 2139909

Summer 2010 Programme

Monday

- 10am – 1pm
1pm – 4pm **SIDINGS CHILDREN'S CENTRE:** offering Extended Day Care for 2-4yrs, morning playgroup (3-4yrs) + subsidised creches & parent support services
- 9am – 12.30pm **Ante & Postnatal Midwifery Clinic.** (In association with The Royal Free Hospital)
- 9.30am – 11:30am **Sewing & Clothes making** – East/West traditional & contemporary design
- 10am – 12pm **Photoshop Elements** – a digital imaging course for beginners – *Until May 24th*
Intro to Office 2007 – *starts June 7th for 5 weeks*
- 1pm – 3pm * **CLAIT** : Computing for Beginners, leading to qualification (*with crèche for under 5s*)
- 1pm – 4pm **Parenting Course for Fathers & male carers**
Starts 19 April for 13 weeks
- 4.30pm – 6.30pm **After School Club** for 6-12 yr olds – skills, games, sports, cookery workshops & computer access for homework & research
- 6.30pm – 7.30pm **Dodgeball** for 11-16 yr olds. (Run by Safer Neighbourhoods Team)
- 7.30pm – 9.30pm **Youth Club** for 11 – 18 yr olds
- 7.30pm – 9.30pm Red & Green **Choir.** *New members welcome!*

Tuesday

- 10am – 1pm
1pm – 4pm **SIDINGS CHILDREN'S CENTRE:** offering Extended Day Care for 2-4yrs, morning playgroup (3-4yrs) + subsidised creches & parent support services
- 10am – 11.30am **Adventure Soft-Room** – a physical activity session for children + parents/ carers.
DROP-IN. *£1.50 waged, 75p concession*
- 1pm – 3pm * **English Lessons (ESOL)** up to entry level 3
- 4.30 – 6.30pm **Badminton** for 12-16 yr olds
- 4:30-7pm **Youth Project** – Offsite Outreach projects + Onsite special projects & career advice
- 7pm – 9pm **Open Learning IT Session:** drop in, open to all
- 7pm – 9pm Community Group Meetings
- 7:15pm – 8:15pm **Pilates Class** – Beginners (pre-book)
- 8:30pm – 9:30pm **Pilates Class** – Intermediates (pre-book)
- 7.30pm – 9.30pm **Praise Chapel** – evening meeting & study group

Wednesday

- 10am – 1pm
1pm – 4pm **SIDINGS CHILDREN'S CENTRE:** offering Extended Day Care for 2-4yrs, morning playgroup (3-4yrs) + subsidised creches & parent support services
- 11am – 12.30pm * **Chantraine Movement & Dance Class** for older people
- 1.30pm-3pm * **Chantraine Movement & Dance Class** Level 2 / mixed age group
- 4.30pm – 6.30pm **After School Club** for 6-12 yr olds - skills, games, sports, cookery workshops & computer access for homework & research
- 7.30pm – 9.30pm **Youth Club** for 11-18 yr olds

Thursday

- 10am – 1pm
1pm – 4pm **SIDINGS CHILDREN'S CENTRE:** offering Extended Day Care for 2-4yrs, morning playgroup (3-4yrs) + subsidised creches & parent support services
- 10am – 12pm **Open Learning IT Session** - focused on over 50s
- 10am – 11.30am **Adventure Soft-Room** – a physical activity session for children + parents/ carers.
DROP-IN. *£1.50 waged, 75p concession*
- 10am – 1pm * **Healthy Eating Cookery course** with qualified chef. Learn how to cook good food simply & cheaply & eat it for lunch!
- 1pm – 2pm **Music & Dance with Gymboree** – for children aged 1-4 + parents/carers. *FREE*
- 1pm – 3pm **Open Learning IT Session** – open to all
- 7:00-8:30pm **Book Group:** meeting every 6 weeks or so
- 7pm – 10pm Praise Chapel **Midweek Service**

Friday

- 10am – 1pm
1pm – 4pm **SIDINGS CHILDREN'S CENTRE:** offering Extended Day Care for 2-4yrs, morning playgroup (3-4yrs) + subsidised creches & parent support services
- 10am – 12pm **Open Learning IT Session** – computer skills with English literacy & numeracy
- 11:30 – 1.30pm **Literature & Creative Writing Class**
- 12pm – 3pm **Open Learning IT Session** – open to all
- 4.45pm – 5:45pm **Chantraine Dance** for children aged 11-15
- 7pm – 10pm **Praise Chapel** – band & choir practice, Youth Group, events & meetings

Saturday

- 10am – 10pm **Praise Chapel** – focus groups & events (as per schedule)
- 10am – 10pm Occasional special events
- 10am – 11 am Local councillor's surgeries - last Saturday in the month

Sunday

- 9am – 2pm **Praise Chapel** – Main Services
- 6:30pm – 8:30pm **Praise Chapel** – Late service 1st Sunday in the month

Classes marked with an * are funded through Camden's Westminster Kingsway College and fees for those classes are charged accordingly.



Parenting Programme for Fathers and Male Carers by *Families In Focus*

13 week course starting at Sidings
Monday 19th April 2010, 1.00-4.00pm



Maygrove Peace Park Friends Group Meeting

Thursday 13th May at 6.30pm
If you are interested in joining the group, please contact centre

KILBURN NEIGHBOURS A helping hand in your local community



Kilburn Neighbours is a 'Good Neighbour Scheme' offering volunteer assistance to older people needing help with household chores or to those just wanting some company.
If you would like to register or become a volunteer, phone **020 7604 4823**.

Sidings Community Centre is:

- a Registered Charity and Ltd Company
- a Voluntary Organisation run by an independent management committee of local volunteers who have a genuine interest in delivering and developing services for all sections of the community
- funded by Camden Council, local government initiatives, various trusts, & income generated from our own fund-raising efforts
- wheelchair accessible with a small car park
- committed to Equal Opportunities
- working in consultation with the community to improve the quality of life for local people