



What's going at Your Local Community Centre♥

Website: <https://mildmaycp.org.uk>

Tel: 020 7249 8286

Turkish Language Class

A community-led service by local parents for their children and young people. Your teacher is a native speaker and you will start speaking Turkish with confidence from the very first lesson. The classroom atmosphere is relaxed but focussed, and the classroom activities are designed to keep your child and or young person engaged and motivated throughout the class.

Thursdays from 5.30pm to 6.30pm

For further information please contact; mildmaycp@gmail.com



Sports and Life Skills
Here to make a difference

Sports and Life Skills CIC Homework Club

A community-led initiative aiming to teach and improve life skills of young people through sports. The sessions on Wednesdays are split into two sessions. A sports and fitness class and homework club, - The Homework Club focus on Core subjects (Math, English, Science) of which we know there has been a widely expressed need for from parents and children in the area.

Wednesdays from 5pm to 7pm

For further information please contact; sportandlifeskills@gmail.com



Capoeira Kids Project UK

Capoeira Classes for Children & Young People. A Brazilian art form that mixes dance, acrobatics, music and martial arts. Capoeira is a fun, safe, and energy-filled activity for young children.

Capoeira is a 400-year-old Brazilian art form involving rhythmic dance, music, and self-defence. Our team of qualified and CRB checked instructors and assistant teachers are providing this unique opportunity for 3-16-year olds to learn Capoeira, in partnership with 95.8 Capital FM.

Saturdays from 10:30 to 12:30

For further information please contact Madeira; capoeirakidsuk@gmail.com

Little Strikers Under 5s Football Training

Football classes for the under 5's is a programme of activities within the Access to Sports charity run project that runs fun activities for toddlers. Ages 2-3 years and ages 3-4.

Wednesdays and Thursdays from 10am to 11:30am

For further information please contact; Michael; mbishop375@hotmail.com



Arsenal Double Club

After-school club and football sessions. A free double club for young people aged 8 to 13. The double club combines football with literacy sessions to help children with their schoolwork and also give them a chance to be physically active in a safe and welcoming environment.

Monday's from 4.30pm to 6.30pm

For further information please contact; Beverley bnicholas@arsenal.co.uk

Mer-IT

A workshop, Training home-schooled young people in IT skills so that they can then go on to train older people within the local community. A project to promote intergenerational cohesion

Fridays from 12noon to 2pm

For further information contact; Mercedes mercedesolig@gmail.com

BetaMinds Coffee Morning

Do you want to meet other parents who have children with autism?

Want to share your experiences with other parents and carers and hear theirs?

Do you want to get ideas about how to help your child as they get older and change?

BetaMinds is hosting coffee mornings in the Mildmay Community Centres living room and is an opportunity for parents and carers to come together and share and receive information as a group and act as a peer support networker.

Tuesday's from 10am to 11.30am

For further information please contact mildmaycp@gmail.com

Afternoon Spanish Club

Spanish club delivered 🎉 in Spanish for children 3-7 (children under 3 are welcome too), very fun, dynamic and culturally immersive. Children will boost their confidence, discover a new culture and learn from Spanish native speaking teachers one of the most spoken Languages in the world. They will learn Spanish through music, singing, storytelling, dancing, body expression, crafts, sensory exploration, interaction with others and so much more

Tuesdays from 10am to 11am, Thursdays from 4pm to 5pm and Fridays from 4pm to 5pm

You can find us as Hola Spanish and Arts for Everyone to book sessions on hoop, class4kids or in a drop-in basis before classes start.

Golden Oldies Senior Citizens & Disabled Group

A long-standing group organised and run by local residents and volunteers since 1974! Has withstood the test of time and still meet each week to get together for luncheon and socialising, with a few games of bingo for good measure.



Fridays from 12noon to 3pm

For further information please contact mildmaycp@gmail.com

African & Caribbean Senior Citizens Association

Do you enjoy the soft sounds of the Caribbean, soul and country music, whilst playing a relaxing but competitive game of dominoes? If so, this is definitely the group for you. You can pop in the centre to meet a dedicated group of people and be sure to enjoy a game of dominoes.

Fridays from 3pm to 7pm

For further information please contact mildmaycp@gmail.com

Checkers Weekly Bingo

The Bingo sessions at the Mildmay Community Centre are great fun and a great way to meet people and socialise. Although this game is not for the faint hearted.

Everyone plays to win. You can just turn up on the day to play.

Wednesdays from 7pm to 9pm (eyes down at 7.30pm)

For further information please contact Howard on 07860 234 293

Mildmay Pensioners Association

A long-standing local residents' group that meets on the last Wednesday of every month. The group has been running for a number of years and was first based at the Mildmay Library. They serve refreshments, play bingo and hold raffles. Every year they also arrange day trips for the members and local residents during the summer months.

Last Wednesday of every month from 2pm to 4pm

For further information please contact; Chris Lucas85@btinternet.com

Short Mat Bowls

Arsenal in the Community invites members to join a friendly group of Indoor Bowls enthusiasts who play each week. This activity comes with complimentary and competitive banter, it's a fun afternoon and great exercise.



Thursdays from 12noon to 2pm

For further information please contact: Mark mantoniewocz@arsenal.co.uk



Mobile Repair Service

A user-led organisation since 1984 MRS has been providing a range of services to support the autonomy and independence of disabled and older people and other vulnerable members of the community. It aims to provide those services in ways that offer people as much control over those services as possible, whether by scheduling appointments around the visits of carers or by increasing provision of exercises.

Mondays from 2pm to 3:15pm

By referral only please contact the number or email shown below;

Main switchboard: 0330 380 1013 **Email:** services@mrsindependentliving.org

Homeless Project Exercise Classes

Gentle exercise class for All.

By referral only

Mondays from 7.30 to 8.30

For further information please contact; <https://www.hub-velo.co.uk/contact/>

Zumba

The Latin-inspired easy-to-follow calorie-burning dance-fitness classes, to feel the music and let loose.... If You Dare!!



Mondays from 6.30pm to 7.30 – Come early classes fill quickly

For further information please contact; Reggie: reggieba@hotmail.co.uk

Pumpkin Jigsaw

Carnival music and dance workshops; an open community workshop centred around Brazilian carnival with our own unique flare. Bringing the community together learning the groovy rhythms of Brazilian carnival using samba drums movement and dance.

Tuesdays 7:30pm to 9pm

For further information contact pumpkinjigsaw@gmail.com



Active Spaces; Gentle Pilates for the over 50s with Healthy Generations

For men and women. Improve strength, stamina and energy. For better health, well-being and relaxation.

Mondays from 10am to 11am

Please bring your own mat. If you need help with this just let us know and the centre can provide you with a mat

Councillors Advice Surgery

www.islington.gov.uk

Support and Advice for local residents in and around the Mildmay ward of Islington.
For further information please contact on 020 7527 2000 or 020 7249 8286
(First Wednesday of every month with exception of the months of August and December)

Ward Partnership Meetings

Islington's 15 ward partnerships are led by ward councillors and give local residents, community groups and businesses the opportunity to shape services and improve their neighbourhoods.

Next meeting

Thursday 5th March 2020 from 6.30pm to 7.30pm at the Mildmay Community Centre, Woodville Road, N16 8NA.

<https://www.islington.gov.uk/about-the-council/have-your-say/ward-partnerships>

Safer Neighbourhood Team

Ward Panel Meetings held at the Mildmay Community Centre provides local residents the opportunity to tell the team what you're most concerned about in your neighbourhood. **To find out further information please contact;**

<https://www.met.police.uk/a/your-area/met/islington/mildmay/?tab=LocalActivity>

Mildmay Gardening Club

Mildmay Community Centre has its very own community garden where residents are welcome to try their hand at produce growing. Everything from tomatoes and beetroot to onions, lettuce and courgettes. Or if you'd prefer flower or plants. We want to encourage people of all ages to enjoy the benefits of growing their own food whether it be in gardens, on balconies or indoors.



Garden open every day from dawn until dusk.

For further information please contact us on 020 7249 8286 or via email:

mildmaycp@gmail.com

This is your community centre and we love for you to get involved here at the centre. So, if you have or would like to run community a group, service or activity idea or you would like to run your own community group, workshop or project here at your community centre please provide details below.

Name:

Email:

Your Idea ♥

I would like to...

Other Charitable Organisations based here at Your ♥Community Centre♥

Mapping for Change

Our Vision

A future in which communities are empowered, sustainable and resilient.

Our Mission

To empower individuals and communities to make a difference to their local area through the use of mapping and geographical information.

Our Aim

To deliver maps and techniques which enable any organisation, group or enterprise to make a change and improve their environments.

www.roomtoheal.org

For further information please contact the Mapping for Change office at the Mildmay Community Centre or via email; info@mappingforchange.org.uk

Creative Opportunities

Our mission is for young people to learn transferable skills relevant to their own interests, acquire experiences that enable successful navigation of their chosen pathways, and develop an understanding of how they can use their voice for change.

www.creativeopportunities.co.uk

For further information please contact the Creative Opportunities via email: contact@creativeopportunities.co.uk

London Gypsies and Travellers

Aim to support Gypsies and Travellers living in London as they seek to gain greater control over their lives, more influence on the decisions that affect them, more opportunities and an end to the discrimination they experience every day.

www.londongypsiesandtravellers.org.uk/what-we-do

For further information please contact London Gypsies and Travellers via email: info@londogandt.org.uk

Room to Heal

Use the power of community to support people who have experienced torture and organised violence to rebuild their lives in exile



www.roomtoheal.org

For further information please contact via email: info@roomtoheal.org

The Heliocentrics

The Heliocentrics are a London-based musical collective combining funk, jazz, psych and library influences based around drummer and producer Malcolm Catto, Bassist Jake Ferguson, Guitarist Adrian Owusu and multi-instrumentalist Jack Yglesias.



www.facebook.com/TheHeliocentrics

The studio and live room are available for hire for local musicians for further details please contact the Mildmay Community Centre on contact no: 020 7249 8286.

Islington Child Care Trust

The Islington Childcare Trust is committed to the provision of high-quality childcare across the borough of Islington.

We include the children, parents & carers, childcare staff and management committee members as our users and we are involved in a variety of projects working towards choice and quality of care for children.

enquiryicct@gmail.com

For further information please contact the Islington Child Care Trust office at the Mildmay Community Centre or via telephone: 020 7249 8286