

The Brickworks Newsletter



April 2022
Number 12

Not so long ago, government ministers talked a lot about levelling up. They were as good as their word: energy prices, council tax, VAT, inflation have all gone up. Lateral flow tests were free. Now they're not. Heating is up. Everything.

How do we cope with these steep rises?

If you need an emergency loan or other assistance, talk to us. Brickworks can put you in touch with local organisations that can help.

We've also set up a debt kiosk for anyone needing advice on finance: come in and talk to someone from Citizens Advice Islington on screen, any day of the week. And for information on how to save energy, go to islingtoncab.org/gas-electricity.

We're looking for two community champions. Their job will be to spread the word about us, to encourage people who need help to come along to Brickworks. If you're interested, or know someone who might be, please let me know.

Colin Adams, Director

Spring is here and the natural world is on the move. Out in the countryside, lambs are jumping and hares racing this way and that. There's less of that around here, where most outdoor activity is confined to local residents trying to get fit. Here are some tips if you'd like to join them:

Football: if you don't have a ball, borrow one from Brickworks. We're part of the nationwide Alive and Kicking library scheme, which lends them out free of charge. Come along, sign for one of 10 Fifa-standard balls – next stop the Emirates.

Salsa lessons at Brickworks. It's much more fun than the gym – great music and you can impress friends with your dance steps afterwards. You can't do that with the cross-trainer. City Academy runs salsa and ballroom sessions for the over-18s on Tuesdays and Thursdays.

Dance Adventures Lessons in ballet and contemporary, on Monday, Thursday and Friday.

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42 Crouch Hill, N4 4BY

www.hanleycrouch.org.uk | 020 7263 1067 | admin@hanleycrouch.org.uk



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Table tennis We attract talented players of all ages. Come and join them. You'll be surprised how much exercise you can get while being beaten by Amrik or Brian.

Get walking Beat the Street is a scheme designed to get us walking, running, cycling and enjoying the neighbourhood. The idea is simple: pick up a swipe card, and tap on special sensors dotted around the borough – one of them at Brickworks. Tap all of them and win a prize.... The scheme ends on May 4. More details on www.beatthestreet.me/islington/

Gardening The rooftop garden still needs volunteers. It's great exercise and highly enjoyable. No skills needed; you'll be in expert hands.

Volunteers with the Harington scheme have been hard at work on the rooftop garden:



Mia likes being part of a team. Louis enjoys the outdoor exercise and the chance to get fit. (Left Pic)

Godspower, with his interpreter, Tunji: 'The place looks so good, with all the new plants.' (Centre Pic)

'A good way to make friends': Jordan is in his fourth year with the project (Right Pic)

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Bowls Brickworks now has a weekly session, run by Mark Antoniewicz from Arsenal. The group, which can number up to 10 people, use a 40ft mat in the main hall. Some come along out of interest; others are referred by their GPs. 'It's great exercise,' says Mark, 'It's inclusive and helps people who feel lonely. People make lifelong friends...'



For younger visitors

T Dance Learn hip-hop and other kinds of dance, on Thursdays, 4pm-5pm.

Better Health – Healthier Families is an NHS scheme that gives advice and information on exercise, games, hobbies, diet and mental health. The 10-minute shake-up is a good place to start: a range of easy-to-follow moves; while the games section gives info on 23 different sports, from rounders to hockey, martial arts and netball. Sign up for a free newsletter via: <https://www.nhs.uk/healthier-families/activities/sports-and-activities/>

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The Access to Sports project offers a range of free activities – from football to tennis and ice-skating – across the borough, until April 15. For further information, and details of how to enrol, go to bit.ly/3NKHhWg

Cricket Talk to Amrik in the office about our term-time sessions for the under-11s.

Cool down at Glenda Daniel's next Tranquil Workshop, on April 16. Details at reception.

In brief

The Saturday knitting circle continues to thrive and, we are pleased to report, is now attracting male enthusiasts.

The Dementia choir will be starting on April 23 at 12.30. More details from reception.

One Brickworks visitor, keen to know where the beautiful music was coming from, was directed to the Centre 404 session, where Haych Sane was entertaining service users with his singing and guitar-playing. Haych performs regularly in Shoreditch and elsewhere – and now has a new fan on Crouch Hill.



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