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Welcome to September at The Peel

Welcome to this month's newsletter bringing you all the latest updates and information from The Peel Institute.



Holiday bear is back from his holidays and ready for this new month

Anaphylaxis kills!!

Please refrain from eating these in this building as there are allergy sufferers.

- Satsumas
- Oranges
- Pineapples
- Celery
- All Nuts



Goodbye and good luck to Community organiser Gurkan Boyaci who left The Peel in August to take on a new role. Thank you for all your hard work over the past year, we wish you all the best for the future.

September



September is the month when summer turns to fall.

Vacation time is over, It's back to school for all.

So even though I'm sad, How fast the summer ends,

I'm really glad I have the chance To meet and make new friends.



Peel Youth club

Term Time Activities*

Tuesday

Youth Club

3.30-5.30pm & 6-8pm



Wednesday

Coding Club 5-6pm



Thursday

Cooking Club

4.30-6pm



Youth at The Peel includes generic youth club, coding classes, and junior cook sessions. We also have family and holiday schemes, including days out and residential trips.

What we did in August

Where do we start? The summer playscheme had great numbers and almost perfect weather. The young people were out 4 days a week with Monday to rest doing indoor activities.

Swimming was one of the favourites. The young people also enjoyed Crazy Golf for the first time, the cinema and a trip to Kew Gardens all in the first week.

The second week saw the young people bowling, swimming, trips to Hampstead Heath and Chessington World of Adventures.

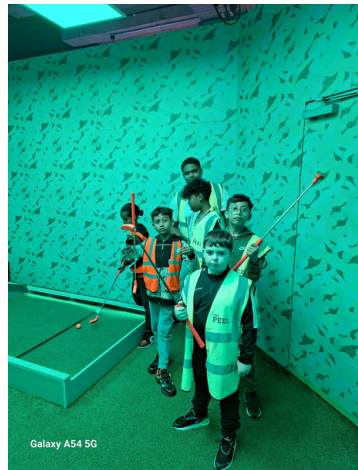


Youth at The Peel - Summer Playscheme

Week three saw young people challenge themselves at Go Ape with their fear of heights. We think the staff struggled more though! Winding down before the last big trip they enjoyed playing in the fountains at Granary Square. On our last day trip to Brighton we didn't get the sun but we had fun skimming stones, and eating fish and chips on a wet seafront while trying not to have food stolen by seagulls!

Week four was our residential. Our annual Summer Camp at Avon Tyrrell is all about teamwork, confidence building and resilience. Kayaking, zipwire, archery and highropes are just a few of the activities the lucky 14 young people indulged in. A midnight walk is always interesting when the bats appear! This year saw 30 young people apply for 14 places and we had to resort to names in a hat to decide who went.

Summer playscheme was made possible by the new team of volunteers: Shaneece who has been with us just over a year, Paris who has just joined us, and Gurkan who volunteered on the days he was not working for The Peel. Plus, of course, Sara who recently joined the youth team as a support youth worker. Thank you all and enjoy your break!



For more information on all our Youth activities please contact Jeana - j.kidd@peelinstitute.org.uk / 07919 447074



Peel Community Engagement

Regular Activities*

Wednesday
Outreach
10am-2pm

Group Reiki & Meditation
7.30pm

Friday
The Peel's Women's Group at
Brunswick Close Estate
12-3pm
(term time only)

Dish 'n' Jam
(the last Fri of the month)
6-9pm

What we did in August

We have been out and about talking to locals at our outreach pop-up stand.

Our team of Community Organisers have been supporting the Youth Club summer programme by volunteering and helping with day trips.

A shout out to Waitrose Barbican who generously donated £333 for The Peel's Food Empowerment Project! Thank you, Waitrose!

The community team had a blast running the children's area of the Clerkenwell Festival on Sunday 27th August.

September Community Programmes

Our popular Reiki & Meditation circles continue with the next 7-week course starting on Wed Sept 6th.

Please email halbrennan1980@gmail.com to book your space (limited spaces available)

Our team of Community Organisers will be out and about in the local area, continuing with outreach work and connecting with locals. We will also be continuing with door-knocking on local estates.



The Peel Women's Group will start back up on Friday 8th September from 12-3pm at Brunswick Close Estate Community Hall. Since April this year, we have over 40 new Women's Group members with an age range from 18-80 years! Activities range from Women's health talks, mental health support, pamper days, mindfulness, picnics, bingo, exhibitions, walks in the local area, and more. Women of all ages are welcome! Please email s.gregory@peelinstitute.org.uk to find out more.

Our next Dish N Jam is on Friday September 29th 6-9pm

Do you have an idea for a community project?

The Peel wants to hear from local residents, students and businesses that have ideas for community projects that they want to get off the ground.



We support locals by offering:
 1:1 ongoing support
 Funding opportunities
 Help with promotion
 Help with recruiting volunteers



If you have an idea, however big or small please do not hesitate to get in touch!
 Email: s.gregory@peelinstitute.org.uk

Minds Matter at The Peel

Minds Matter Islington is looking forward to a busy autumn of workshops and stalls around the borough. Our Social Media and Navigating the System workshops have been popular this summer, and we are developing another workshop on Guilt during the Cost of Living Crisis which we'll be doing next month.

We're very happy with our new booklet with expanded resources, which proved very popular with both youth and their parents at a recent stall at the Arsenal youth tournament on Market Road. You can pick up yours at The Peel, or by getting in touch with Barbara: b.jacobson@peelinstitute.org.uk



Five ways to wellbeing

Any or all of these actions you can take yourself have been proven to help how you feel.

- 1 **Take notice:** how do I feel? What is going on around me?
- 2 **Be physically active:** take time to walk, dance, stretch or wiggle
- 3 **Connect with other people:** talk with someone you trust, ask for help if you need it
- 4 **Learn new skills:** find a new hobby you like, learn to cook or make something
- 5 **Give to others:** say thanks, listen to others, share your skills

Wellbeing



Adults at The Peel

Regular Activities

Monday

Art class 10.30am* (from 11th)

Coffee morning 10.30am

Seated Zumba 12pm*

Zaha Hadid model making workshop 1.30pm
(11th Sept - monthly)

Disco dance is on summer break



Tuesday

Stretch and relaxation 11am*

Book Club 11am (5th Sept - monthly)

Darts 12pm

Bric-a-brac 1pm

Bingo 1:30*



Wednesday

Pilates 10:30am*

(no class on 13th & 20th Sept)

Line dancing 1pm

(resumes 20th Sept)

Yoga 2pm* (starts 27th Sept)



Thursday

Coffee Morning 10:30

Cardio 11 am*

Knit & Natter 1pm

Quiz after lunch



Friday

Quentin Blake ongoing collaboration project
10.30am (22nd & 29th Sept)

*fees apply



Welcome new knitting teacher Joan
and new member Freda!

Our Aim

Adults at The Peel provides a stimulating atmosphere and an array of exciting events to reduce isolation, improve cognitive function and enhance general well-being.

What we offer

Our activities vary from exercise classes to IT, music, parties and more. We aim to make our activities as accessible as possible.

Adult members are encouraged to provide suggestions for improvements and for new activities.

All ages are welcome and there is no restriction on where you live.

What we did in August

In August we started the month with our first ever book club. Members were given the book prior to the first meeting and we discussed what we liked and disliked. We had an amazing turnout for the meeting and enjoyed listening to other people's perspectives about the chosen book.

We took a few of our members to Leigh-on Sea and Southend for the day, the weather was so glorious with it being extremely hot. Everyone enjoyed their Fish and Chips and an ice-cream to end the day. On the same day we had our first Knit 'n' Natter, with our new teacher Joan. Thursday will now be the regular day for knitting.

On Monday 14th we went to the Zaha Hadid Foundation for another workshop, this time we made creative architectural paper pop-ups. Everyone enjoyed this workshop and cannot wait to see what Wilson has to teach us next!

Friday saw the return of the popular quiz night with Sam. Members took on the the last winners to see if they could be beaten.

We got to go to the beautiful Kew Gardens again. This time to view the Queens Gardens.

To end the month we went to watch La Bamba at the theatre.

Upcoming events

Saturday 2nd September

Cygnus at Royal Victoria Dock 8.15pm
Spaces limited - booking essential.

A regatta of 12 life-sized swans perform a poetic ballet on the surface of the Royal Victoria Dock.

Booking closes 24th Aug.

Wednesday 6th September

Fundraising coach trip Southend tbc

Thursday 7th September

Lavender bags at Southbank Garden Museum
11-1pm leaving The Peel at 9.45am, no
minibus spaces available.

Activities exploring gardening, art, floristry,
plant science, history, design, and more.

Wednesday 13th September

The Viktor Wynd Museum of Curiosities fine
art and curiosities 3pm leaving Peel at 2pm
Limited space booking essential.

Thursday 14th September

Mecca Bingo Wood Green 11am leave at
9.45am

Sunday 17th September

Sunday Roast - Bread Street Kitchen & Bar St
Paul's 1.30pm followed by organ recitals at
St Paul's Cathedral at 4.30pm. Reservations
by 7th September.

Monday 18th September

Chatsie phone workshop 1:30pm
For more info contact The Peel

Wednesday 20th September

Day at the Southbank 10.30am
Street Art and Muriel's at Leeke street.

Thursday 21st September

Kew Gardens Grass Garden and Dukes
Garden leaving at 9.30am

Monday 25th September

Book Talk by Author Karen Farrington
1.30pm (details opposite) **

Thursday 28th September

Silvertime Legal Estate Planning Services
presentation 1pm

The importance of the following - Wills,
inheritance tax, LPA's, probate, trusts,
sideways disinheritance and care fees, etc.

**For more information on all our adult activities
please contact Kimberley - 07535 975244 /
K.bottomley@peelinstitute.org.uk**

Adults at The Peel



***'The Angels of Englemere Wood' by Karen Farrington is a best-selling story about a children's home during the Second World War. It unfolds as girls in the care of the Church of England's Waifs & Strays Society enjoy adventures in the countryside after being evacuated to Ascot, Berkshire, including rubbing shoulders with royalty.

With hunger and homesickness, growing pains and grief, it's fact that reads like fiction. Author Karen Farrington has also written numerous books to accompany TV series, including 'The Repair Shop' and Michael Portillo's Railway Journeys, and was a researcher for earlier seasons of 'Call the Midwife'. This talk will be illustrated with photographs.