

Unisex Hairdressers & Nail Bar

Every person should have access to affordable haircuts. It's about building good mental health and not being excluded from everyday life.

Drop in, sit down, have a coffee, and be with people in a friendly, relaxed environment. The goal is that you come away feeling refreshed and valued.

Our new salon will open with the new building in Spring 2023. Keep an eye on our What's On page for more details.







reating fabulous spaces community. dup



www.highgatenewtown.org.uk



Faiths

Highgate Newtown Community Partners have benefitted enormously from working with local churches including St Anne's, St Mary's, the United Reformed Church in Pond Square and St Michael's, as well as local schools such as Brookfield Primary School and Channing School.

These partnerships have built on our joint capacity and capabilities to the benefit of our local community, with educational outreach and activities for under-fives and older people. Our aspiration is to reflect our local demographic by engaging with other faith partners and schools as we continue to develop our offering.

We welcome the faith communities.



DISCOUNTS

to Highgate Newtown Community Partners club and your new HNCP Club Card.

This includes a unique QR code on the front, that you can scan when you enter any of the buildings managed by HNCP or attend any of the activities run by HNCP and when our new building opens, the card will let you receive discounts at some of the services there.

HIGHGATE NEWTOWN COMMUNITY PARTNERS

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Our Vision

We want to make our community better where everyone has a chance to succeed. and nobody gets left behind.

At Highgate Newtown Community Partners, safeguarding children and adults has always been – and continues to be – an absolute priority for us. We see protecting society's most vulnerable as our shared responsibility. Sometimes, this means intervening directly; other times, it's about finding ways to support people to keep themselves and each other safe.

Every team member has passed a DBS security check and has had safeguarding training for adults and children. We believe every child should be able to access the right pathway for them, whether that's academic or vocational. As a part of that, we provide free access to our under-fives sessions for every child, and our Education Plus partnership with Channing School sets young people up with the knowledge, resilience and relationships they need to succeed. We're creating a comfortable, inviting and inspiring centre for the whole community, where people feel recognised and special. We'll work to create, preserve and enhance a culture of lifelong learning. This means working alongside employers, universities and the voluntary sector to help people develop skills and knowledge. Alongside employment opportunities, we believe these skills will enrich their lives and foster individual wellbeing. Through our All4 Recruitment project, we'll support people leaving prison. Our services are open and welcoming to all, bringing different communities together to celebrate diversity and shared value.

– Ban Ki-moon, UN Secretary-General

Subject to funding, lessons will be free and referrals will be taken from a range of partners. We welcome more schools to join.



Free Place Scheme

Everyone should be welcome at our all-ages services, and our free place scheme helps make it easier for lower income families to attend – specifically, for Education Plus, Clay Time, Cookery School, sports and 55 Plus.

A panel including representatives from local schools and social services will review applications for free spaces in our programmes each month, giving priority to families struggling to make ends meet and those living in rented housing.

We can only offer free places if people who can afford to pay for services pay into this pot. This means those that can buy another place for a person will be asked to do so. If you would like to apply for a free place, please fill in this form.

COMMUNITY PARTNERS

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55 P115 We believe everyone should be able to live a healthy. independent life.

"Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness; it is a dynamic process of change and growth." – World Health Organization

To make real change, we're taking a radical approach focussed on preventing ill health with a range of classes exclusively for those aged 55 and up, from Monday to Saturday.

MONDAY – Yoga

You're never too old to reap the rewards of yoga. For seniors looking for a safe, effective way to enhance their physical health and overall wellness. TUESDAY – Pilates

Pilates is perfect for older adults because it doesn't have as high an impact on the body as other forms of exercise, and it's not nearly as severe on the joints as most workouts.

WEDNESDAY – Zumba Gold Burn calories and improve your stamina with Latin-inspired dance classes designed specifically for older adults looking to build

THURSDAY – Tai Chi Studies have shown that Tai Chi can help older adults reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

FRIDAY – Crazy Golf / Table Tennis / Keep Fit to Music / Legs, Bums & Tums (alternating weekly) Crazy golf and table tennis are great activities to improve dexterity and hand-eye coordination, or join one of our fitness programmes and work up a sweat in our new hall and courtyard.

SATURDAY – Move It or Lose It

If standing while exercising is a little challenging, this chair-based exercise routine offers a supportive, comfortable environment to keep fit. SATURDAY – Lifestyle

Residents' lounge from 5pm till 8pm.

If you're alone on a Saturday evening and want a safe space to meet others, drop in for a board game, a movie or a glass of wine and nibbles.

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." – Eleanor Roosevelt

SPA EXPERIENCE

Our range of spa day packages includes different combinations of treatments to leave you looking and feeling great from head to toe. The combination of heat followed by cold can help reduce stress; relieve aches, pains and stiff joints; relax your muscles; detox your skin; and aid respiration and blood flow.





We're creating a comfortable, inviting and inspiring centre for the whole community, where people feel recognised and special.

EVERYBODY IS WELCOME!

A community lunch provides an opportunity to meet with others outside of the home, providing the opportunity for social contact and interaction with the local community, fostering well-being and encouraging participation in other activities.

> **TUESDAY (11.30am to 2.30pm)** St Mary Brookfield Church, Dartmouth Park Road NW5 1SL

TUESDAY (12.00pm to 2.00pm) St Michael's Church, South Grove, Highgate, London N6 6BJ

WEDNESDAY (11.30am to 2.30pm) St Mary Brookfield Church, Dartmouth Park Road NW5 1SL

WEDNESDAY (12.00pm to 2.00pm)

St Michael's Church, South Grove, Highgate, London N6 6BJ **THURSDAY** (12.00pm to 2.00pm)

United Reformed Church, Pond Square Chapel, Highgate, N6 6BA

FRIDAY (11.30am to 2.30pm) St Mary Brookfield Church, Dartmouth Park Road NW5 1SL

OUR PROMISE

- No price rises for 2022
- Fresh-cooked, three-course meal for £2.50
- A warm welcome
- - If you are struggling to pay please speak to our staff team • Join the club

Charity Number: 290712

Email andrewhncc@outlook.com for general enquiries
www.highgatenewtown.org.uk









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Visit our new website today: www.highgatenewtown.org.uk

Creating communities where everyone feels recognised and valued.

Anagram are pleased to have been able to work with HNCP and Camden on the new HNCP digital platform, a platform designed to help engage with the local community and to showcase the breadth of services HNCP has to offer. ANAGRAM



ARE YOU WORRIED ABOUT RISING HOUSEHOLD BILLS OR DEBTS?

Would you like to find work that is better paid and more secure?

THE POSITIVE FUTURES PROJECT CAN HELP

We can help you to:

• find a job that has better pay and prospects for growth and development, claim all of the benefits you are entitled to, and deal with mounting bills or other debts.

We are offering a mix of confidential 1:1 support and workshops.

Email Justina@hncp.org.uk or text 079 6225 9349 to find out more.





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