

New Dementia Project to be launched after Easter

We are pleased to announce a new programme of weekly activities specifically aimed at people suffering with dementia.

The programme, that will be free of charge, will be held at SJP every Wednesday morning and will see SJP become a place for people living with dementia, their carer's, family and friends to come together to socialise, take part in activities and get support and information.

Our current plans are to provide Walking Football, Exercise Classes and Gardening. At the end of the activities everyone will be invited into the clubhouse where we will operate a Dementia Café where everyone can get together and enjoy a relaxing time in a welcoming and friendly atmosphere. We are very grateful for the support received from Wembley National Stadium Trust in relation to this new project.

More information will be available nearer the time, meanwhile if you know of anyone who this programme may benefit

please email us at info.silverjubileepark@gmail.com to register an expression of interest.

SJP has already joined forces with Dementia Action Alliance and in partnership with Hendon FC we have set out aims and objectives to become a dementia friendly club and facility in association with CAD Brent by 2020.

Newsletter celebrates First Anniversary

This edition of our Newsletter marks the start of its second year of publication. Our aim is to bring our neighbours, partners, charities and stakeholders as up to date as possible with what we are doing and trying to do. We hope that by reaching out to as many of you as possible more people, especially those in need, will be able to receive the benefits and help that is available here at 'The Park'.



Please forward this Newsletter to any individual or groups who you think might



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be able to receive some of the benefits that we, our stakeholders, partners and chosen charities can provide.

Our last Newsletter was published in December and we would like to take this welcome opportunity to bring you up to date with two notable projects that took place over the holiday period.

Thanks to the generous donations we received from individuals, Hendon FC, Edgware Town FC, local residents, regular users and visitors leading up to the Christmas period we are delighted to confirm that over 60 large black bags of groceries were collected and consequently donated in its entirety to North West London's Sufra Food Bank and Kitchen who distributed the contents to those most in need.



We also teamed up with Ashford Place in support of their 'Christmas

Connections' campaign and once again we are pleased to bring to you another success story with 31 elderly local residents were treated to a Christmas lunch by SJP and 250 'act of kindness' pledges from amongst others Hendon, Edgware and UCFB. Based on the success of the Christmas Connections project, along with Ashford Place we hope to roll-out the campaign across the year.

Many of our regular SJP family of users also got involved and sent Christmas cards to the most vulnerable and lonely.

These two projects are great examples that by working together and harnessing the goodwill of our neighbours and our stakeholders, we can build a stronger community. SJP wish to thank everyone who contributed in anyway at all to these two most worthy causes.



Football Boots & Trainers

Bringing you more up to date over 90 pairs of football boots and trainers were collected and donated to the Middlesex Football Association at the start of March.

Colin Williams, the Middlesex FA's Disability Officer praised the efforts of everyone who contributed and football coach Lipa Nessa placed the following message of thanks on Twitter: "Thank you to everyone at Hendon FC for providing MFA (Middlesex FA) and SEN (Special Education Needs) with football boots, the smiles in the kids were heart warming. It meant a lot to them".

The Samaritans and MIND benefit from Tribute Game at SJP

Hendon's Southern League game here against Tiverton was dedicated to former player Dermot Drummy. The game coincided with the anniversary of his untimely death from depression related issues.

Members of his family were present along with 10 of Dermot's former team mates. £750 was raised at the game with £375 being donated to the Samaritans and £375 to Mind Brent, Wandsworth and Westminster.





Community Group build on success

Due to its popularity and success our community project specifically programmed for people with mental health issues has been expanded.

As well as our regular Friday afternoon sessions we launched an additional Monday afternoon session at the start of March.

Our continued thanks to our partners Wembley National Stadium Trust and of course to Richard Hay (Brent NHS Mental Health Services) for his invaluable support and enthusiasm. A team from this group were entered in to The Football Association's Peoples Cup competition finishing a very respectful third in their Group.

Richard Hay was delighted by the team saying that 'All the players found the experience very enjoyable and rewarding and were a great credit to the club'.

Charity Game in aid of CAD Brent and Brent Dementia Cafes

SJP, Quintain, the Wembley Park Project and Ashford Place have joined together in a bid to raise much needed funds for CAD Brent and Brent Dementia Cafes.

A football match, taking place here at SJP in May, will see a team made up of players from the contractors working at Wembley Park in action against a team of Brent Council employees.



Further details will be made available in due course.

**Dementia Cafés
Brent**

Hendon become an FA Pilot Club

Following a recommendation from the Middlesex FA, The Football Association has selected Hendon FC as one of its 'Pilot Clubs.' The feedback from the pilot club scheme will shape the future grassroots Club Framework in England and the services The FA provides to support clubs. The pilot clubs have been chosen



from some of the most innovative clubs across the country who The FA wish to work with over the next two seasons.

Traditional Irish Dance Classes

Traditional Irish Folk dancing classes for children and young people aged between 5-18 years are held at SJP up to 3 times a week during school term time and everyone is welcome.

The classes, from fun to competition standard are provided by the renowned Ryan Lavelle School of Irish Dance with expert instruction coming from on-site coaches Jackie and Anne. Please email either of them for details on how to participate at info@scoil-rince-ryan-lavelle.co.uk

Fitness Classes

Our resident training and health instructor Chiraag Patel offers a wide range of classes for all ages and sizes. We are keen to promote good health and fitness to our neighbours and the local Community here at SJP. Body Conscious, who are based at SLP, offer made-to-



measure fitness class programmes to suit the needs of everyone.

Members can participate in group or individual sessions. Want to know more? If so contact Chiraag via email at crp@body-conscious.co.uk

SJP recognised for its Dementia support

Following our work with, and in support, of Dementia programmes and related charities, SJP has been entered into the Alzheimer's Society Guide. The Guide is intended to help organisations to learn what can be done to move towards providing an environment that will support those who are living with Alzheimers and other related conditions as well as those who are supporting them.



We have been informed that some of our work is due to be featured as "best practice" in our sector and while we continue to work to ensure we provide a dementia-friendly experience in all areas we look forward to sharing our experience in the hope of inspiring others to follow.

Season's End

Both Hendon and Edgware Town's last scheduled home league games of the season are in April.



On Saturday 13 Edgware Town are due to complete their home Spartan League programme with Tring Athletic providing the opposition.

Two weeks later (Saturday 27 April) Hendon play their last scheduled Southern League fixture of the season here against Swindon Supermarine.

Up to the minute fixtures featuring Hendon and Edgware Town's games at SJP can be found at www.hendonfc.net and www.edgwaretownfc.co.uk



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Email: info.silverjubileepark@gmail.com