

Alexandra & Ainsworth Tenants and Residents Association

Annual General Meeting

Wednesday 19th June 2019 - Tenants Hall

Doors open at 7.15pm - meeting will start at 7.30pm - 8.30pm

Supporting Residents: We work with Camden Council to ensure they deliver the best possible service for the residents of our estate. Officers and Councillors attend our monthly meetings. Topics we discuss at our monthly meetings include Better Homes, Heating, Caretaking, ASB etc etc.



The Reorganisation Project in the TRA Hall

This is nearing completion and has resulted in new custom storage cabinets and shelving in the former office. The project was included as part of the Heritage Lottery Fund grant that funded the restoration of the park. The goal—besides addressing the storage needs of the various groups who use the hall—is to free up more space that can be used for community activities and events.

The cabinets were fabricated by Goldfinger Factory and designed to reference the materials and details of the original Neave Brown woodwork found elsewhere in the hall. Goldfinger Factory is based the famous Trellic Tower, a grade-II listed brutalist housing development located in Goldborne Road. They are an award-winning social enterprise, teaching traditional carpentry skills to less advantaged young people.

The storage project is part of a broader ongoing effort to improve the hall in order to maximise its benefit to the community. **Michael Hall**



Conservation & Use of the Tenants Hall - up and running:

My name is Tom Davies and I want to tell you about some work I am doing together with members of the TRA and the users of the Tenants Hall, looking at its use. We had a really good session in May talking about aspirations and needs for the hall and how I can help you develop things (I have a background in heritage and use-strategies). You might be interested to hear that the Hall was the biggest in Camden when built, and was planned as a vital community resource at the heart of AR for the use of residents of AR and the Ainsworth Estate (whose hall it replaced). Since then it has never really received the funding and support it should have and hasn't been a focus in any of regeneration schemes, such as the work on the park. As such the Hall has really only had the benefit of your efforts as a community, to rely upon, so we thought it was time it got some proper attention.

Based on the work in May I am putting together material about how you are using it and might develop things, which will be presented at an open-day in the Hall in a few months through an exhibition and chats with residents. The open-day will also include a short workshop, where those who want to take part can help me map the hall for the repairs needed. I'll teach you a bit about building conservation in return.

I'd be really keen to hear from any of you who use the Hall, or would like to use the Hall about what you do or would like to do and if you would like to, any stories and memories about the Hall which will help in getting the funding for new use and repairs. Please send things via the TRA @ info@alexandraandainsworth.org

Tom

<http://occas.aho.no/people/tom-davies/>



The TRA

Its been a busy year. Better Homes finally starting! The TRA has seen some of the voids during and after they have had the works done and on the whole we have been very pleased with the work that's being done. However, doing these works, in our houses, while we still live there is another story altogether. The feed-back so far from some residents is a mixed bag, but on the whole not too bad and if there have been any issues the contractors seem to be sorting the issue out pretty quickly.

If work has started on your flat and you have any problems or want to tell us everything has been really good then it would be great to hear from you. You can email info@alexandraandainsworth.org and we will answer any queries usually by return and if it's problems you are having, we can also help.

We have our monthly meetings every second Wednesday of the month and you are welcome to come along and share your experiences with us or help with the work we are doing.

The Council are also in the process of trying to come up with options to help with the problems we have with the heating every year, especially when it is turned on in October.

The first thing that has to be done is the distribution pipework, which feeds our hot walls with hot water from the boiler house to each flat, needs to be fully replaced. These old pipes are what causes the problems of burst pipes. The Council are working on designs for this and consult with the TRA as and when appropriate.

Please try and come to the AGM on Wednesday 19th as this will be a perfect place for you to tell us of any issues you might be having re Better Homes etc etc. We will also have someone talking to us from SHAK and the new Youth Club manager will introduce himself. Just remember that the TRA can help you as we have good communication channels with various Council Officers and we often we can help in many ways, even if just telling you the best person to talk to.



LOTTERY FUNDED



The South Hampstead And Kilburn
Community Partnership





Shinbudo our little community judo club, has come out of age. Now in its fifth year of life, it counts around 70 members (most of them kids, from our and the neighbouring estates), runs three weekly classes in judo and sombo wrestling, and has become a focal point for our active community. The club can count on a small competition team composed of approximately 12 kids, headed by the extremely successful Courtney Casey, who has amassed a long list of victories and medals in competitions around the UK, and is now gearing up for her first international judo comp, in Sweden, this summer.

A bunch of these kids will represent Camden in the forthcoming London Young Games, for a second year in a row. Last year, in their first appearance in the LYG one of them, Kyle Casey, managed to place second and get a silver medal!

But our little grappling club is not just about medals and competitions. Most of us train there regularly because it is a fun, sociable, and healthy thing to do, and because in a fitness world dominated by expensive mega-gyms, wellness boutiques, and personal trainers charging prohibitive prices for their services, young local residents have the luxury of training regularly for

just £3/4 per class (with the TRA and the club offering further assistance to those that can't pay for uniforms and membership).

And from September this year the club will introduce 'ladies only' classes in brazilian jiu jitsu (taught by a talented female coach - that will also teach a separate mixed-class) and wrestling classes for kids and adults. If you'd like to know more drop us an email at shinbudo.london@gmail.com or come to one of our regular classes on Tuesdays, Fridays, and Saturdays (you can find our times on our website shinbudo.wordpress.com)."

SHELL - Free community courses FREE community courses, classes and workshops at the SHELL Centre!! Summer 2019 Programme

English for Work & Life
Tuesdays (10 - 12pm) from April 23rd

Money Management Workshops
Budgeting, savings, Living on a limited income, Loans, Interest and Fraud, Switch and Save
Confirmed dates: 6th June, 13th June, 20th June, 27th June, 4th July 2019. Thursdays (12.30 - 2.30pm)

Weekly 'Drop-in' Classes Preparing for Employment
Develop your job search skills, CV writing and computer skills for work
Every Monday and Tuesday morning (10 - 12am)

Computer Skills for Work and Life Learn the basics!
Every Wednesday and Friday morning (10 - 12am)

Computer Skills for Universal Credit
Support in setting up and using Universal Credit account, Benefit

calculator
Every Thursday morning (10 - 12pm)

Over 50's Social Group
BINGO, Films, Cooking and much more!
Every Wednesday 1 - 3PM

New Healthy Cooking Groups
Confirmed dates: 18th June, 25th June, 2nd July, 9th July, 16th July 2019 Tuesdays (1 - 3pm)

SHELL centre, Ground Floor Linnell House, Alexandra and Ainsworth Estate, Boundary Road, NW8 OHS
Call: 020 73727021 or
Email: shell@shakonline.co.uk to register your interest Now! (12 places available in each session)



The ARC Youth Club has recently been taken over by a new manager, Boris Witzendorf. He comes from an arts and community background with many years of experience. He looks forward to meeting you all.

Free activities for young people age 9 - 19 at ARC Youth Club.

Activities include; sound recording studio, cooking, multimedia workshops, socialising, pool, swing ball, air hockey, games console and off-site trips.
Come and join us, we are open -

Tuesdays, Wednesdays & Thursdays:
4.30 - 6pm for 9 - 12 year olds and 6 - 7.30pm for 13 - 19 year olds.

ARC YOUTH CLUB
Alexandra Resource Centre
Opposite 109 Rowley way
NW8 OSW
T: 0207 6248935
www.shakonline.co.uk/arc
M: 07549 124 505
E: arc@shakonline.co.uk

STOP PRESS
Watch out for Summer Holiday activities programme for young people. Funding just been confirmed by Children in Need. More details to follow soon.....

SHEF - Most Saturdays about 20 locals pool their money (about £100), time (an hour) and energy (as much as we can) ordering and sharing organic fruit and vegetables. Come and join the South Hampstead ethical food cooperative - with more people we'll have a greater variety of good food. If you are interested in joining us please either pop along to the tenants hall on a Saturday morning between 10am and 11am or email shefcoop@gmail.com

ARP (Alexandra Road Park) News:

It is now three years since Alexandra Road Park was reopened after our Heritage Lottery restoration .

Today no one can have missed that ecology and green spaces have been in the news recently. It has been found that access to a green space has advantages for both mental and physical health.

There has also been a study looking at the lack of opportunity for children nowadays to "play out" compared with previous generations . So - how lucky we are to have our very own park on the doorstep.

This year we lost Pedro our static gardener to another role in Camden. Thankyou to Pedro has looked after the park beautifully for the past three years along with our head gardener Blue.



Our flowering lime trees on the estate with the scent!

Today Blue and Wayne our new gardener look after Rowley Way the park, Ainsworth Way and Ainsworth green space .

We should be proud of our post modern Alexandra Road Park with its many trees and shrubs with its secret " rooms".

Thankyou to Neave Brown our architect and Janet Jack our wonderful landscape architect for the green space they have left us.

Thankyou to all of you who respect the Park and enjoy it whether for joggi, walking your dog or simply having a quiet moment .

Look out for the perfumed lime trees soon to flower. When that happens we will all be able to enjoy the amazing scent and the bees will be very happy!

Elizabeth Knowles chair Friends of Alexandra Road Park

Tenants Hall Timetable

Monday:

Tai Chi
7.30pm - 8.30pm
Cost: £1.50 for Residents (£3 non residents) - Professional Teacher. Subsidised by the TRA.

Tuesday:

Shinbudo for kids
4.30 - 5.15pm for 5 - 7 year olds
4.30 - 6pm for 8 - 16 year olds

Wednesday:

TRA Meetings 7.30pm - 9.30pm
2nd Wednesday of every month except August with no meeting.

Friday:

Somali Families Group
10am - 12pm (term time only)
Fun and friendly mother and baby/ toddler support group. The wider community is welcome where space allows. For more info email info@somaliculturalcentre.org

JUDO for kids

4.30 - 5.15pm (5 - 7 year olds)
5.15 - 6.15pm (8 - 12 year olds)
6.15 - 7.30pm (13+ to adults)
Cost: £3 for regular members aged 4 - 12 and £4 for members aged 9+
You are more than welcome to just turn up and watch, or even better join a class. Please feel free to email us with any questions to shinbudo.london@gmail.com or for more info you can visit our new website www.shinbudo.wordpress.com For more info you can visit our new website www.shinbudo.wordpress.com/

Saturday:

Your Co-op Shop
10am - 11pm
Come and get your fresh boxes of organic fruit and veg right here on your doorstep from the SHEF Coop. Run by you fellow residents. This is non-profit. Everyone is welcome so come have a cup of tea or coffee and find out more. For more info go to www.shefcoop.org.uk

SAMBO

9.15 - 10.15am for 5 - 12 year olds
10.15 - 11.30am for teens and adults

Sunday:

Open Mat Session
8 - 9am: Attendance is restricted to graded adult members.
[see website for details as above.](#)

Park - ARP Timetable

Saturday:

Boot Camp
10am - 11pm
Free: All weather exercise program, all the year round. You will find this group in playground 2 behind the big yellow climbing frame!
Subsidised by the TRA.