

Telegraph Hill Centre

Annual Report

June 2015



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Chair's Report

Let's begin at the beginning.

Aims and Objectives of the Centre

- To encourage and support people from all sections of the community, who live or work in the Telegraph Hill area, in improving community amenities and the quality of life in the neighbourhood.
- To provide a welcoming and safe setting within which activities and services which meet this aim can be organised.
- To ensure that all activities and services provided by, or at, the Centre give equal opportunities for people to develop physically, mentally and/or spiritually and enhance people's self-respect and dignity as individuals and as members of the community.

Our reach

Each week the Telegraph Hill Centre engages with over 1500 local people, ranging in age from 0 to 95. There are 38 regular hirers offering approximately 50 different activities. There are 10 therapists and counsellors who book and use the Parlour on a weekly basis. There are 18 artists based on the premises.

The Centre also offers a much needed space, available at reasonable cost, for private parties and other social events (36 out of the 50 available Saturdays were booked out in 2014).

Core activities

We have a number of age groups and audiences with whom we work to provide a selection of activities which are free at point of access. These groups include children and young people, elders, and adults who are socially disadvantaged. At present the activities fulfilling this remit would include: Bumps, Babes and Toddle On, the twice weekly Somerville Youth and Play Provision youth club, the Lighthouse Social Club, several aspects of Branching Out (see below), and AA (Alcoholics Anonymous) and GA (Gamblers Anonymous).

We are also pleased to support local democratic processes by hosting the regular ward councillor surgery each month.

Structure and work of the Telegraph Hill Centre Group (THCG)

The governance of the Centre lies with the THCG, made up of some members delegated from the Parochial Church Council (PCC) of St Catherine's and others elected from the Telegraph Hill Community. With only a part time centre manager, the THCG has needed to take on more strategic decision-making, and take responsibility and oversight of the Centre's operations and activities. To make this task manageable we now have several sub-groups operating: Finance, Strategy, Core Activities, and HR and Volunteering. Even when we have a full complement of PCC reps and Community reps on the THCG we are keen to include co-opted members onto these sub-groups. Having recently conducted a skills audit of the THCG to help us identify what we collectively bring to the tasks before us, we recognise the gaps in our skill-set particularly around construction and buildings management.

In recent months the Centre has

- Rebranded and expanded Mind, Body and Spirit Thursdays as "Branching Out": packaging and promoting a range of activities at one of our core audiences – older residents. The Centre is also beginning to draw in providers of care and support to older people, by offering our Centre as a location for community outreach.
- Continued to work with and support the CCC Club in establishing their breakfast and after

school club. We have seen them go from strength to strength, meeting an obvious need for up to 60 local families;

- Continued to redecorate and spruce up some of the public areas to make the Centre visibly more attractive including replacing tired curtains with smarter blinds. We are delighted that Louise Owen has taken on many of the handyperson tasks.
- Started to implement the findings of the City Bridge Trust funded “eco-audit” to help improve the environmental sustainability of the Centre and its operations. The single biggest item of expenditure will be the replacement of the water tank later this summer.

The next project currently underway is the development of the Cloister Garden. This will improve access and safety to the area and make it even more user-friendly. This already has the approval of the PCC and will be completed in the coming months.

Resource management

As well as caring for the fabric of the building, and the smooth running of the Centre and all its activities, we take our duty of care for our employed staff very seriously. Leslie continues to be our diligent, dependable and gentle caretaker. We are grateful to him for his work and cheerfulness. Jane, over the last five years as Centre Manager, has increased the Centre’s income by renting out almost every available inch of hireable space. She handles every situation that the role throws at her, gives us confidence in her ability to do so, and truly takes responsibility for the upkeep of the Centre. The downside of this success is the level of administrative work that accompanies it. This came home to several of us when Jane was off sick recently. We realised how difficult it is to accomplish the strategic and development aspects of her role when the phone doesn’t stop, there are callers to see to, emails to answer and hirers’ queries to respond to. This was the nudge that we needed and therefore, in order to free Jane up to take up the strategic aspects of her role, we are currently recruiting an administrator to be our ‘front of house’ presence and take on the day to day office processes. We particularly thank Jane for helping the Centre grow and develop and we look forward to continued growth together.

*Sophie Stanes
on behalf of the Telegraph Hill Centre Group*

Treasurer's Report

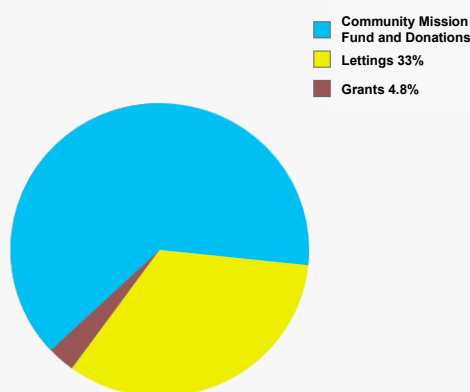
This report is based on the Centre’s audited accounts covering the period from 1st January 2014 to 31st December 2014, with comparisons against the same period in 2013.

The consistent trend of good management of the Centre and its finances continues, coupled with increases in revenue from rental of the Centre's spaces. The attention and care paid to managing costs and increasing income is a tribute to the Centre Manager, Jane Hartley. St Catherine's PCC *Community Mission Fund* contributes to the Centre's income (35% in 2013 & 29% in 2014), along with other donations and the Centre's own fundraising activities. In addition:

- In 2013 revenue from lettings contributed 33% of the Centre's income
- Grants contributed 4.8% of Centre income in 2013

In 2014 the picture improves, with 39% of the Centre’s

Lettings and Grants as % of Income - 2013



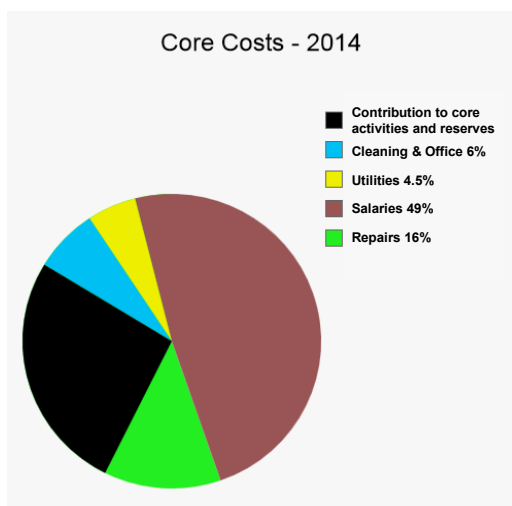
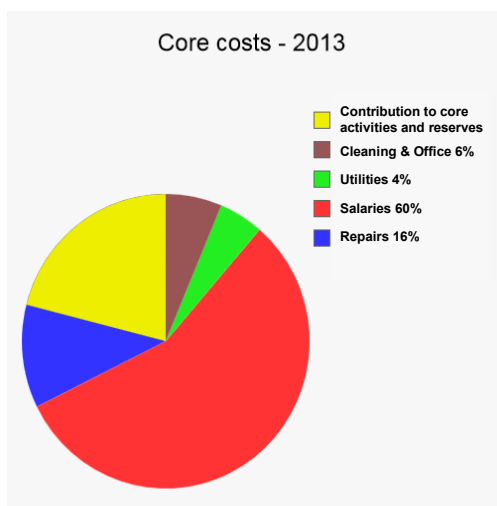
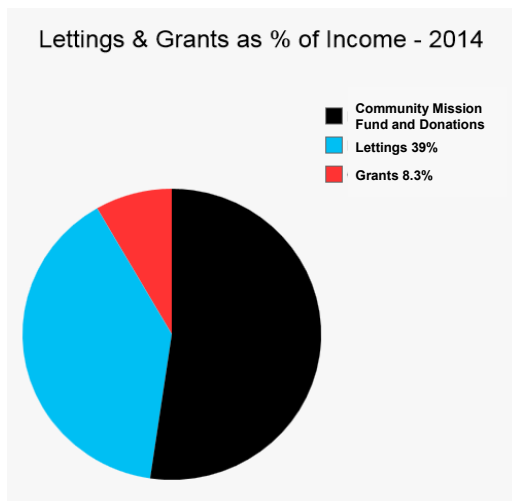
income generated from rentals with 8.3% from grants. We have also seen an increase in net income (income after payments):

- In 2013 we were 13% up on 2012
- In 2014 we are 21% up on 2013 – a significant year on year increase

The Centre Manager and Management Committee monitor costs closely. This careful stewardship has produced a decrease in the proportion of payment to income, for example:

- In 2013, payments were 88% of gross income
- By 2014, payments were 80% of gross income

As a proportion of costs, salaries are declining, offset by increased income. Office costs, cleaning and repairs remain stable and in line with the increase in lettings, though utilities costs show a slight increase which is to be expected.



The remaining costs arise from contributions the Centre makes towards free or subsidised activities across the three main areas of its work with children, young people, the older members of our community and those who are vulnerable.

This stable picture has ensured that we have been able to grow the Centre's reserves.

- In 2013 reserves grew by 24% on 2012
- In 2014, the growth stood at 42% up on 2013

We are now in a position to take greater care of the building and the people who use it. The new Administrator will support the Centre Manager and the rentals on the first and second floors of the Centre (income from which goes to the Church and PCC), enabling the Centre Manager to work with us to develop the Centre further.

In closing, thanks are also due to St Catherine's PCC for their continued generosity in providing the Community Mission Fund which provides the Centre with stability as we enter a new phase of development.

Sanjit Chudha
on behalf of the Telegraph Hill Centre Group

Centre Manager's report

A space to perform, have fun, exercise, meet, work, engage, thrive, create, & learn...

Have you ever wondered how this happens?

Can I run a Zumba class in the Centre?

While I'm buying a cake in the Hill Station I'm asked by Jacqui, one of the Hill Station managers, "Do you have any space for a Zumba Class?"

I reply, "Yes."

Jacqui says, "Great, I will get the Zumba teacher to contact you: her English is not very good."

I say, "Not a problem" and we agree it is best to do this via email and not by phone.

Justyna, the Zumba teacher, emails me and we arrange a meeting.

Zumba classes start September 2013.

What happened next?

Justyna runs her class for four months: last class was December 2014. Never mind how much publicity she did offering free sessions, flyers, etc., she never gets quite enough people to attend regularly to make it financially viable. You might think this was a failure, but think again...

There is so much more to this story

This was the first Zumba class Justyna set up after qualifying, and she was a bit nervous; the Telegraph Hill Centre offered her the opportunity to try it out, in a safe place, without costing her a fortune, so she could build her confidence, putting theory into practice, and it worked. Justyna is now running classes in other venues across London and still wants to set one up in the Centre again.

In May 2015 Justyna rented the Centre for a charity event, bringing many new people into the building.

Justyna is also now volunteering here, working with Tania (who does adult ballet on a Monday evenings) running the Centre's new "Dance for All", one of the Thursday daytime "Branching Out" activities.

So not a failure after all...

*Jane Hartley
Centre Manager*



A word from the Vicar

St Catherine's Church and the Telegraph Hill Centre are joined at the hip – we are physically connected to each other and what is achieved through the Centre and the Church working together is invaluable to so many people in this community.

In the last few months the Centre and the Church have worked together in a dozen small ways, but our flagship project is **Branching Out** – a day of activities every Thursday aimed at older people (but not exclusively so). There's an art class, a lunch club, exercises, book group, trips – the volunteers are drawn from the local community and St Catherine's church. It's fun, high-quality and a much needed weekly event for older people.

Jesus' central command was to love your neighbour as yourself.

The Telegraph Hill Centre is a lived out expression of that command. Within the walls of the Centre over 1000 "neighbours" a week can find friendship and support. It's a place to learn, to exercise, to perform, to relax, to have fun. But there's also plenty of help if you need it – whether it's a gambling addiction or the Lighthouse Social Club which offers vulnerable adults lunch and company. There is space for therapists, artists and musicians: without us even mentioning the CCC Club (before and after-school club)... or the panto... or the Telegraph Hill Festival... or a venue for your 50th birthday party.

But it's easy to take this place for granted. We come for a Pilates class week in week out and we don't give the existence of the Centre a second's thought. But without wishing to bang any political drum, **in an age of austerity places like the Telegraph Hill Centre are closing down right, left and centre.** Services to children, young people, older people, any vulnerable people, are being slashed. People's life-lines are being cut, often with devastating results.

But the **Centre is NOT funded by Lewisham Council** – which means whatever else we're vulnerable to, we're not vulnerable to cuts. The finances of the Centre are tough at times, but that sense of independence often tastes like freedom.

So how do we manage financially?

The Telegraph Hill Centre funds itself through the rental income from the clubs and lettings that meet on the ground floor and through a **£30,000 per annum Community Mission Fund that comes from St Catherine's Church.** This £30K is a proportion of the rental income that is generated by the commercial lets on the upper floors of the Centre – ploughed back into the Centre, not into St Catherine's Church – **for the good of the whole community.** So that the

whole community has a space to know their neighbour, love their neighbour – and grow, thrive and flourish. It's seriously a beacon on the Hill. Use it, love it, keep giving it a bit of your time, energy and money. Help it to shine on!

*Sheridan James
Vicar of St Catherine's*

The Centre is owned by St Catherine's church, but managed by Jane Hartley (Centre Manager) and the Telegraph Hill Centre Group, which is made up of an equal representation of church and community membership.



Lino cut by Robin Bray

The Parlour Group—health and well being at the Centre

Ten therapists and counsellors work from the secluded setting which is the Centre Parlour.

During 2014, there has been a steady increase in number of practitioners using the space at least once a week. Alongside the counselling, dietary, therapy sessions and other treatments, we have a weekly Mandarin class where by popular demand the tutor is now holding two classes instead of one.

The space is just the right size to hold small meetings, and is used on a regular basis by the Centre, St Catherine's Church for Sunday School and the CCC Club for interviews and staff one-to-ones. A Hearing Loss drop-in clinic run by the NHS is also starting up.

There follows a report from one of the Parlour therapists...



A Rhyming Review of 2014-15 for the Telegraph Hill Centre Annual Report

This was my first year at Telegraph Hill
And I'm greatly encouraged by the glut of
good will.

With so many people sharing the space
And a wide range of sessions - all age
groups embraced.

I provide "Somatic Experiencing" in the
Parlour;

A pioneering approach to anxiety, stress &
trauma.

Offering classes in resilience is wonderful,
I was chuffed they were popular during the
Festival.

Stress Proof Your Baby & Kids[®] I provide
here as well

They are popular courses it's easy to tell
I'm not a great poet (this *could* be much
worse☺)

But the creativity at Telegraph Hill inspires
me to verse.

My commitment to the Centre is strong
And I plan to do more as next year comes
along.

Josephine O'Gorman MSc BS (Hon) DHT MNCHM RSHom SEP PGCE FHEA
Somatic Experiencing Practitioner
sortingstress@gmail.com



The Cloister Garden

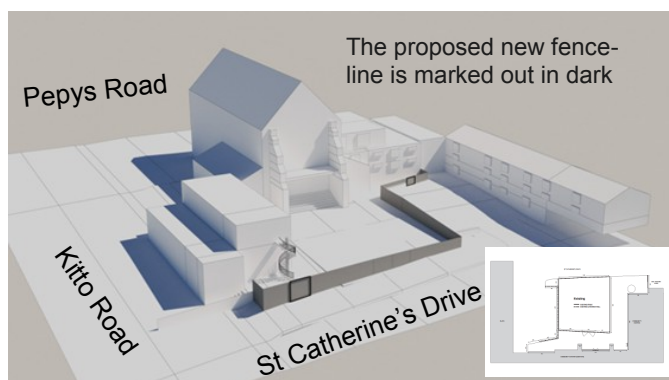
The joint project with Grow Wild ended in September 2014, leaving a wonderful legacy of a beautiful cob oven which they return to use for their monthly "Cob Oven Pizza Night" on the last Friday of the month (from March to October).

But the "Cloister Gardeners", the Aurora volunteers Richard, Paul and Gary who have been meeting every week, litter picking, weeding, pruning, mowing and much more, are still being supported in this work by the Centre Manager.



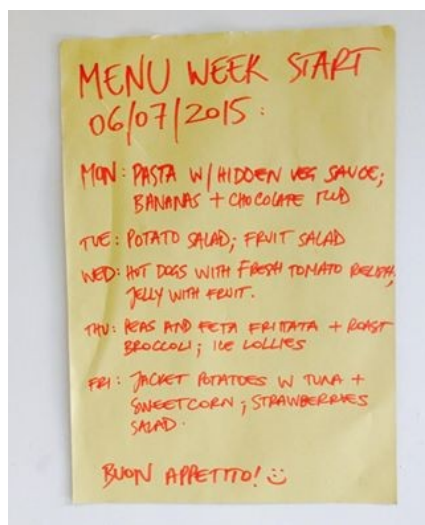
Plans are well advanced to make the garden even more accessible and flexible.

Literally, "watch this space!"



CCC Club

The CCC Club has had a successful, sustainable first year. We are fully operational and are just about to embark on our first summer scheme. We have an extensive waiting list which has led us to collaborate with the Playclub in the Park. We are pleased to announce that we will be providing a member of staff at the Playclub in the morning, which will ensure their continual sustainability. We will also be using the Playclub in the afternoon as our second location. This will be for the younger members of the CCC Club. This collaboration will enable us to reduce the waiting list and help more families in the community.



We have had a few staff changes this year, however we hope to build a consistent team from September and have recruited some exciting new members.

We wish to thank the Hill Station for providing us with meals for a long period this year. This term, however, we've been experimenting with cooking the children's meals "in-house". This has proved very successful and we will continue to provide the children with nutritional meals cooked on the premises.

Thank you to the Telegraph Hill Centre for supporting us and helping us grow and consolidate in this, our first year.

Kate Faragher

Branching Out

For the last year, the Telegraph Hill Centre has devoted Thursdays from 9.45am to 3pm to activities which are mainly, but not exclusively, intended for older people.

The day begins with a quiet service in the Chapel at 9.45 am, attended by about four to six people. This is then followed by the art group in the Narthex which runs from 10am till noon and has a regular attendance of eight to ten people. They have produced some excellent drawings and watercolours as Kay is very good at increasing people's confidence in their ability.

At about 10.30am, the "lunch ladies" arrive – about six much older women, who enjoy "Cod, Chips and Conversation", as well as doing some knitting. One of them knitted Father Christmases and Easter chicks for each member of "Boppin' Bunnies" (which happens on the same day). At about noon, Leslie the caretaker, goes out to buy fish and chips for those who want it.

In the afternoon from 1pm to 2pm there is Tai Chi, a fairly gentle exercise class with roots going back to ancient China, and, from 1pm to 3pm, hat-making. The hat-making group has had two excellent professional tutors and the hats produced have been impressive enough to have been worn to Ascot and the Derby.

Recent innovations include table games and dance lessons and a book club to which people bring a book, talk about it and then lend it to another member.

A working group was set up by the THCG to support and develop work with older people. We hope to widen the number and range of activities offered, particularly hoping to encourage more men to come along. We are working on extending the range of publicity.

Ann Atkins

Telegraph Hill Centre and St Catherine's Church: working together for the community

Branching Out

every Thursday at the
Telegraph Hill Centre

1st session free!







Looking for conversation & companionship over lunch? Or interested in exploring your artistic side? Whatever you are looking for, from hat making to a book club, from board games to something more stretching (tai chi, anyone?), **Branching Out** is the opportunity you have been waiting for....

Join us for any (or all) of the following, drop in any time (no commitment required!):

9.45- 10.15am (weekly)	Holy Communion - a short reflective service in side chapel at St Catherine's	
10am to 12 noon (weekly)	Art classes for all - beginners & experts welcome!	£4.00 waged, £2.00 unwaged
11am to 12 noon (weekly)	Dance - varied styles and rhythms - <i>new - starts 25 June</i>	£4.00 waged, £2.00 unwaged
10am to 2pm (weekly)	Cod, Chips & Conversation Join the lunch club	Conversation free! Lunch £4.00
1pm to 2pm (weekly)	Games for all - drop in for table tennis or board games with a cuppa	Free
1pm to 2pm (last thurs in month)	Book Club - bring a book, talk about it, swap it!	Free
1pm to 2pm (weekly)	Tai Chi - gentle exercise	£4.00 waged, £2.00 unwaged
1pm to 3pm (group meets weekly, tutor fee per mth)	Turbans to Top Hats - monthly hat making workshops with an experienced milliner (call Centre to find out dates)	£4.00 waged, £2.00 unwaged

find out more, just pop in for a chat at the Telegraph Hill Centre or contact **Jane** on 020 7639 0214 or telegraphhill@toucansurf.com

Telegraph Hill Centre, Kitto Road SE14 5TY
Buses: 343: alight Pepys Road or Kitto;
484: alight Vesta/ Pepys Road

thcentre.com

Telegraph Hill Centre

Please note that most activities in the Centre stop during school holidays



The Lighthouse Social Club

The Lighthouse Social Club is a social environment for people to come along and make social networks, with peer support and in a safe friendly environment.

We cater for people with histories of mental ill health, learning disabilities and for people with histories of substance misuse. These groupings of people are what can only be described as some of the most vulnerable in society. We encourage people attending to become involved with the setting up of the Social club. This can happen in many forms, it can be anything from helping with the setting up of tables and chairs, to making teas and coffees and washing up, befriending etc. It should also be noted that some of the members are now involved within the management of the social club and decision making.

We offer free teas and café-style coffees that this group of people would not normally access and aim to create what can only be described as a Costa coffee style environment. We offer free food, which is usually fruit, toasted sandwiches, cake and biscuits. We provide free newspapers, magazines, board games, and have the use of a table tennis table. We signpost people to the different services that they may need for specialist advice, such as housing, benefit advice, general benefit advice, education, smoking cessation, debt/money management and substance misuse.

Where we are located in Telegraph Hill, the members have use of the garden and grounds and are encouraged to partake in what else is on offer within the Centre, as there are many activities available on the days on which the Club not open.

We operate on Tuesdays and Fridays from 12pm to 3.30pm. We have had to alter our closing times as there is an overlap with another group within the Centre. Everyone involved at the present time does so on a purely voluntary basis, and we are lucky that these people are available to support the running of the Social Club. Although a member of the team, Richard Gibbons who was also a director, has decided to leave and return to employment. We are currently in the process of appointing a new director to replace him.

There have been no incidents of note to report this year and no members have been asked not to attend.

From 11 April 2014 to 17 April 2015 we had a total of 814 people attending the Lighthouse Social Club. It is usual for the ratio to be 70% male 30% female. This seems to be along the lines of many services on offer, within Lewisham, in terms of male female ratios. The ages of those attending range from 30yrs to 65yrs. We have up to six or eight people with substance misuse attending regularly. These are tenants of Thames Reach, who have housing located nearby, or persons involved within the treatment services in Lewisham. Other users of the Lighthouse Social Club have varying degrees of mental ill health, ranging from personality disorders, bi-polar disorders and schizophrenia. We also have users who are on the Autistic scale and some with learning difficulties. Some of the users are in contact with local mental health teams and have been inpatients of the Ladywell unit.

The Lighthouse Social Club has been based in the Telegraph Hill Centre now for nearly four years and we really appreciate the opportunity for our members to relax in this calm and peaceful setting with games, newspapers and a bit of gardening.

Stephen Callaghan

Director, Lighthouse Social Club Ltd.



Creative Arts and Crafts Group

The Creative Arts and Crafts group is a vibrant fun place to spend time on your favourite Arts and Crafts activity. It is a chance to meet like-minded people and learn new skills too. We have a range of things to do including still life drawing, painting, making seasonal decorations, different crafts and knitting. This is the place to be, bring your ideas or your projects to share.

Peer Support Groups

Individuals can develop social skills, relationships and confidence in Peer Support Groups. These groups provide safe, welcoming group support with people who have experience of mental health problems. Individuals who have benefited from Peer Support and would like to support others and develop their own skills can volunteer for Peer Support Volunteer roles.

Our Peer Support Groups are open to people over the age of 18 with lived experience of mental health problems and attendance is by referral only. If you would like to attend or wish for further details, please contact Smita Patel on 07850 639 811.

Louisa Osborn



Somerville Youth and Play Provision

Throughout 2014 -2015 Somerville provided numerous activities to help develop users with creative, social, emotional and team work skills. Popular programmes such as cooking have helped teach the young people the importance of a healthy meal and some youths had developed a real talent for the craft and were encouraged to take a food safety course. Cooking is a much-needed skill for the youth to not only take care of them selves but to also to be more independent.

Arts and craft activities such as table tennis bat design, poem writing and music production allow self-expression and creative development. The “Urban Arts” bus carried out a four-week programme, which concluded with a performance on top of the bus and in front of the local community. The programme helped young people increase their confidence, self-esteem and express their emotions.

During this period we also visited local restaurants, bowling and cinema always creates a buzz within the Centre. The offsite trips were designed to provide informal learning opportunities, for example, time keeping, finance management, the importance of team work as well as appropriate and acceptable behaviour while in public.

Bradley Cummings
Director, SYPP



Adult Ballet Class

My adult ballet class has been growing steadily and I have found some lovely and loyal learners.

It was a drop-in class for most of the year and, though this option continues, I have added the choice to sign up for six consecutive classes to save my students money and to give more stability to the continuation of the class.

I am looking forward to growing the class more this coming year and also hope to add a contemporary dance class and another ballet class for absolute beginners.

Tania Pieri

Boppin' Bunnies

We've had a good 2014—2015 at Boppin' Bunnies at the Telegraph Hill Centre. We love working with the Centre and within the community here.

We find that the local families enjoy our sessions and we get good feedback and generally good attendance.

Our New Cross classes were featured in *The Times Magazine* in Summer 2014 as well.

Anna Mellon (née Shepherd)



Capoeira

This is a Brazilian Martial Art form with music, something that is enjoyed by people of all ages.

I have worked with Telegraph Hill Centre for more than six years.

It is a great community centre, a nice space and amazing administration.

It is a pleasure to be working here.

Andrei Boz

Diddi Dance

Diddi Dance has unfortunately seen a drop in numbers over the past year and we have dropped our hire time from two hours to one. We have continued to market locally with my teacher handing out flyers and doing sessions in the play-club, etc.

We do aim to keep pushing the classes and hope to return to a two hour booking again next year— or sooner if possible. A lot of feedback was the room felt too small which is a bit of a surprise as we've been in the same room for years.

We enjoy being at the Centre and the sense of community surrounding it.

Anne Marie



Fairweather Dance School

On Tuesday afternoons and evenings, Fairweather Dance School holds ballet and tap classes at the Telegraph Hill Centre.

Starting at 4pm with special classes for girls and boys after their 3rd birthday we move through to classes for older children and young people who dance with us for a variety of reasons such as enjoyment, fitness, a chance to enter nationally recognised examinations, taking part in performances and in preparation for a possible professional dance career.

Classes for our younger pupils are designed to develop mind and muscle memory, spacial awareness, strength, creativity and musicality, whilst laying the foundation required by all dance forms.

We have entered many children for examinations with the National Association of Teachers of Dancing. The session was held at the Centre and some 80 children entered successfully with all gaining merit or distinction.

Avery successful performance was held last summer with proceeds being donated to The Dance Teachers Benevolent Fund.

40 sessions are held per academic year and we intend to continue our work with the children into the next year.



Please contact us: fairweatherdanceschool@hotmail.co.uk for details and enrolment.

Feldenkrais Awareness Through Movement Class

This group meets in the Lounge on Thursdays from 6.30-7.45.

The room is difficult for what I do – somewhat like a floor-based movement meditation – but I really do value being able to afford to teach a local class in an obscure method that is still very little known and does not build steadily but in fits and starts!

I will say that it makes a very real difference to me that the vacuum cleaner is available, and as this year it was so cold after Easter the extended period of heating was very much appreciated.



The Centre is noticeably cleaner and better laid out, and apart from the temperature of the floor my students are generally appreciative and complimentary – just rather few in number. Regarding the rest of 2015, I intend to continue as long as my regulars want me, and who knows, Feldenkrais could become fashionable any day now!

Maggy Burrowes

Friday morning Yoga

I have been teaching yoga in the Narthex on Friday mornings since September 2014. The class is becoming more popular and a few people joined in the free taster during the Telegraph Hill Festival.

The class is particularly inclusive of different levels, abilities and ages. So far the oldest was 80, and the youngest 18! Most of the participants come from the immediate area, with a few travelling from nearby areas such as Brockley. There is a very enjoyable atmosphere, we feel lucky to have the space.

Caroline Tautz

Caroline Tautz
yoga and bodywork

Kumon

Kumon is a long term programme for children aged 4 – 16 years.

Kumon is a unique, individualised method of learning designed to maximise every child's potential and give them skills to last a lifetime. Through studying the Maths and English programmes, a child will develop independent learning skills and increased self-confidence as they work out how to overcome challenges by themselves. Our aim is for the child to become a systematic, advanced learner, with a positive attitude to study. The child initially starts at a comfortable level, enabling us to build a strong foundation in the way they study. By ensuring the work is manageable we are able to develop pace, concentration and rhythm whilst cultivating their ability to work on a daily basis. These skills equip them to excel in competitive examinations.

The Kumon logo features the word "KUMON" in a bold, sans-serif font. The letter "O" is replaced by a stylized face with two dots for eyes and a curved line for a mouth.

We run Brockley Kumon classes at Telegraph Hill Centre on Saturdays (9:15–11:15am) and on Mondays (4:00–6:00pm).

Please contact Swati Kirtikar on 01689 602196 for the free assessment.

Swati Kirtikar

Monday Evening Yoga Class

2014 was a fairly busy year for my Monday evening yoga class—a lot of new faces new to yoga which is always lovely and encouraging. However teaching these newcomers within the context of my long standing class with students who have been attending it for a good number of years meant there was a very wide and diverse range of abilities. Luckily the Narthex was available for me to hire in order to start up an additional yoga class for beginners. This has worked well as I'm now able to ensure each student is practising at a level that is appropriate to them.

2015 continues well and I hope to build up the beginners' class as I have done over the years with my original yoga class.

Jean Hall



Mongoose Thai Kickboxing

This class, which has had a Friday evening slot at the Centre for many years, builds general fitness and self-confidence in all the young people who attend—although all ages are welcome.

The students are also always willing to turn their hands to any heavy lifting jobs that might need doing at that time—shifting tables or setting up for the Festival Craft Fair.



The Nature Bug

2014-2015 has been a great year for The Nature Bug, with class numbers steadily growing from its reintroduction in early 2014. The class runs with up to 12 children (2—5yr olds) and now has a waiting list of future attendees. The classes have been well received and the opportunity to use both the excellent venue of the Telegraph Hill Centre and the Telegraph Hill Parks make it the ideal setting for the sessions.

I am hopeful of expansion in the new school year, potentially setting up a second session on a Friday to open the class up to more and allow for greater opportunities in the locale.

James Frecknall

Stretch and Strengthen

This class is free on your first visit and £2.50p thereafter.

It starts with very gentle stretching and breathing then progresses to mobilising upper, middle and lower limbs. The background music is then changed to a more up tempo beat and we then get the heart rate up to help strengthen the cardio-vascular system and in-between we have segments of targeted strength work, i.e. triceps dips, chair squats and the like. We usually finish off with long static stretches complemented with self-massages and slow diaphragmatic breaths.



Gus Ayinbode



Thursday evening life drawing class

I started to use the Centre in March 2014 once a week for my Life Drawing classes. The space has a perfect size and lighting. In fact it has everything I could wish for including sinks, removable carpet and bean bags for the model and storage space. The location is ideal as I believe all locals know about its existence and it's at the centre of a community which seems to be interested in personal development and creativity.

Nevertheless, with the arrival of spring and then summer, I have found that fewer people are attending my classes making it difficult for me to cover the costs of the class which is £52. I have to improve my marketing strategy. I will need to stop the classes in July and August and hope I will have more students in September.

Alexandra Unger

Tai Chi

The gentle practice of Tai Chi is well known for enhancing well-being of mind, body and spirit for all ages and abilities and is increasingly gaining in popularity. We are fortunate that Zhen Wei Academy have provided the Telegraph Hill Community Centre with the Yang style Tai Chi class for nearly eight years. After Master Lu Jun Hai retired in 2013, his student and disciple, Kevin Kilminster, kept the class going, and provides expert tuition of the Short Form for beginners, alongside the Long Form, Two- Person Form, Broad and Straight Sword Forms for intermediate and advanced students.



The class is held on Tuesday evenings 7-8.30pm in the Narthex. Some of the students also attend an outdoor practice session on Sundays at 9am in the Upper Telegraph Hill Park overlooking the wonderful views of London.



The Thursday lunchtime (1-2pm) Tai Chi class, also taught by Kevin, which is part of “Branching Out” has a much more gentle pace where the focus is primarily on the Short Form and breathing exercises.

The students of Master Lu and Kevin Kilminster

Wednesday Iyengar yoga class

Another positive yoga year at Telegraph Hill Centre. We are a small group of committed regular students. The group is a friendly supportive group and all are progressing in their yoga practice.

Iyengar yoga is very focused on the details of the postures and hard work, so well done to all students. We are lucky to have use of the Narthex, it is a great space. Other Centre users are very respectful and the class is never interrupted. We do hear lots of varied sounds from the outdoor space, the craft room and the church—sometimes a beautiful orchestra or singing. We now have a very good working relationship with the group that meets in the lounge on Wednesday evenings [Al. Anon.]. They are always a big group and we all respect their use of the Centre. I try to remember to take chairs out of the Narthex for their meeting before we start class. As a teacher it is great to teach in a friendly centre with lots of other people around. This makes for a very safe space for all. I hope to be able to continue teaching in the Centre next year.

It was a pleasure to make contact, albeit mainly via email, with other Centre users this year for the Festival. I would be interested in finding further ways for all of us space hirers to maintain contact.

Mary McInerney



Office Two

Kate Faragher of BeSpoke Skills, Anne Barrett, Business Support, Gina Edmondson, book-keeping and accounting and Cher Walker Moore, Manager of The CCC Club, have had a successful term in our office at the Telegraph Hill Centre. We have all got used to the transition from working from home to a shared office and all our businesses are thriving as a result of the move.

We are enjoying the ability to have meetings at the Hill Station and work closely with Jane in the office.

We are still planning on doing a little bit of decorating which will probably happen in September.

Thanks to the Telegraph Hill Centre, and particularly Jane, for welcoming us so openly.



Kate, Anne, Gina & Cher



The 2015 Telegraph Hill Festival

This last Telegraph Hill Festival – the 21st – has seen a new focus on driving participation by **all** parts of the Community. As ever, **St Catherine's Church** and the **Telegraph Hill Centre** have been central and essential to the Festival. We are

very grateful for the continued support and encouragement from both the Vicar and PCC of St. Catherine's and also the Centre and its Manager, Jane Hartley. We also thank Leslie, the Centre's caretaker and cleaner for so cheerfully undertaking all the extra work the Festival imposes. All in all 59 events and activities listed in the programme took place in the Church and Centre—and without these venues, provided rent-free, we could not do so much or open up to all the community with free and low-cost events as we are committed to doing. The Festival, like the Centre, is not dependent on grants or external funding and, as Sheridan says in her report (page 5), this is a taste of freedom—but it means we need our friends in Church and Centre.

We received good press coverage this year with a full page in the South London Press, a nice mention in the Financial Times by David Lodge (a contributor to the 2014 Festival) and a couple of mentions in the Evening Standard. Local blogs including Brockley Central and East London Lines both ran extensive features covering the Festival.

For the first time, we received approaches from the faculties at Goldsmiths, principally the Anthropology, Journalism and Music & Performance streams. The result was a series of short films celebrating various aspects of the Festival, using footage of many of the events taking place at St Catherine's Church and Telegraph Hill Centre. We will share these soon.

We also reached out using Twitter and Facebook. This combined effort drew in audiences we hadn't seen before.

Highlights

- Guys & Dolls – a cast of 271 ranging in age from 4 to 85 played four shows in St Catherine's Church across the first weekend.
- Mothering Sunday, the Festival Service and Palm Sunday were all well attended, drawing in member of the community who do not attend Church regularly.

- A huge range of taster classes took place in Telegraph Hill Centre across the two Festival weeks – this was the result of Mary McInerney, Wednesday Yoga (page 15), taking the time to work with her fellow Centre users to encourage their participation.
- Comedy Night in the Narthex – showcased the talents of four emerging performers and one established comedy star to great effect. Audiences reported that it was among the best comedy nights in recent years.
- Sonic Imperfections introduced cutting edge experimental music to St Catherine's Church, placing the building at the heart of an event which celebrates the *avant garde* and creating unforgettable sound and visual images.
- Photographs of Telegraph Hill in St Catherine's Church – a chance to draw out the different “views” of Telegraph Hill. Though we only had 16 submissions, each picture showed a side of Telegraph Hill as seen and experienced by people who live here, from WW1 memories to reflective upside down images of trees by the pond in the Lower Park.
- Classics on the Hill at St Catherine's Church provided yet another showcase for the talents living in and around Telegraph Hill.
- Tea Dance and Quiz Night – both events took place in the Narthex, with the Tea Dance providing a lovely safe and inviting space in the afternoon while in the evening a large crowd gathered for comedy and quizzing with a very local bias.
- Tango set up in the Church and were very respectful and helpful in preparing for the Craft Fair the next day.
- Saturday 21st March saw both Church and Centre open their doors to the Craft Fair, the Cake and Up-cycling Competitions and the evening Barn Dance – it was a full and busy weekend with the Big Red Bus hosting a retrospective look at the Festival, displaying some of our archive, as well as enabling a “journey through time” with an interactive exhibition on the upper deck.

The rest of the Festival played out across a wider area, with other events taking place at the Hill Station, Skehans, the Telegraph in Dennet's Road, the Barnes Wallis Centre, New Cross Learning and, of course, people's houses but without it's heart in the Church and Telegraph Hill Centre it simply could not happen.

Our vision for the future is that Telegraph Hill Festival provides a space where the community in its widest sense can meet as equals, enjoy each other's company, build connections and put down roots.

*Sanjit Chudha & Maeve McAnallen
Joint Chairs, Telegraph Hill Festival*



