



## **KTCC Member& OPP Newsletter October 2020**

**Hello Members,**

**A huge thanks to everyone who has signed up to be a member of KTCC through our track and Trace program**

**Every couple of months we try to send a newsletter to all our members, with updates about what we are doing and information for local people. This month we have teamed up with our Older Peoples Project for a bumper newsletter which I hope you enjoy.**

**In terms of our response to Covid 19....**

**We now provide timed foodbank slots three days a week for up to 30 households. Our guests have around 30 minutes to select food they like and talk to a member of our team about other issues they may have.**

**We have also set up KT Cooks a meal in a bag' service that allows families and households to cook together and is easy for working people on a low income.**

**Our classes are beginning to return to our space. We welcome both new and old classes back, as we recognise the importance of physical health on the mental health and wellbeing of our community. Follow us on social media for more information @KentishTownCC**

**Our Youth Service continues to run weekly in person sessions and we have set up masterclasses (small group activities) for our Older People more details of which you will find in this newsletter**

**Stay happy, safe and well**

**Sarah Hoyle**

# OPP Classes update

**What an amazing month we have had!**

New classes have kicked off, we are starting to see people get more involved with the centre and our Keep Fit classes have been a resounding success!

For the first time ever in KTCC history we are delivering classes in new and exciting ways and will continue to do so for the foreseeable future.

We now offer....

- Small group classes (face to face)
- Online Zoom classes
- Outdoor Classes
- Postal Classes

What an amazing response we have had to Amerissa's Keep Fit class. It has been so popular that we have had to increase the number of classes we put on each week.



**What a fabulous time we had on our Walking Tour!** Judy took us all around Kentish Town and showed us the highlights of this fabulous area. Despite a few issues with the weather, fun was had and a few of our members even got to ride a Camel!



So, we are under yet another lockdown, with more restrictions to follow.

With London facing tighter measures to keep everyone safe this can be a difficult time for people living alone.

Please remember that we have classes and activities that are delivered face to face, online and through the post. These all have an element of connecting with other members so please do join in.

**If you are feeling particularly isolated and need a bit of companionship do let us know and do not be afraid to ask for help.**

We hope that this newsletter lets you know that we are still here and we value you as a member.

For more information on the latest COVID-19 advice for the over 70s have a look on the Age UK website.

<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/coronavirus/>

# Mary's Local News



**Our intrepid Mary has been online and out and about in Kentish Town this week and as usual has all the latest gossip. These are a couple of items she picked up....**

Did you know that if you are over 18, registered with a Camden GP & have one or more long term health conditions, AgeUK's expert Care Navigation & Social Prescribing team can provide personalised support & help to navigate you through the local care system. Give them a call on 0800 193 6067

Do you get the Camden New Journal? Each week it publishes important information from Camden Council about services and support available. You can view it online at <http://camdennewjournal.com/> or read the local print version.







**KT** cooks

**Kentish Town Community Centre  
introduces KTCooks,  
a fun approach to eating on a budget.**

*Free Meal Kits!*

**How has COVID-19 impacted you?  
you like to learn how to make cheap and healthy meals  
from store cupboard ingredients?**

**Our wonderful chef Sofia has created a range of meal  
kits using tasty low cost and store-cupboard friendly  
items. The kits include all the ingredients and  
instructions to prepare a delicious meal for four at  
home.**

**All you need to do is drop us a line to reserve your kit..**

**If you, or indeed anyone you know would benefit  
please email: [cook@ktcc.org.uk](mailto:cook@ktcc.org.uk)**



Kentish Town Community Centre  
17 Busby Place, London, NW5 2SP

0207 482 3212 . [www.ktcc.org.uk](http://www.ktcc.org.uk)

# **Welcome to The Pantry (our Foodbank)**

**We offer store cupboard items such as tinned fruit, vegetables, pasta, rice, beans, milk and cereals to people in need.**



**Anyone needing to access our foodbank should call us on 0207 482 3212 to book an appointment.**



**On arrival all guests will be asked to hand sanitize and then will be taken through to The Pantry where they can select up to 10 items to take away.**

**As of September 2020, people who self refer to our foodbank will be asked to pay a £3 donation. This will help cover the cost of the foodbank.**

## OPP Puzzle Page



### Easy Riddles

1. What has to be broken before you can use it?
2. What month of the year has 28 days?
3. What is full of holes but still holds water?

### Hard Riddles

4. What is so fragile that saying its name breaks it?
5. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps

**Stay in contact**  
**Kentish Town Community Centre**  
**17 Busby Place, NW5 2SP**  
**0207 482 3212**

## JOKES!

Who did  
Frankenstein go trick  
or treating with?

His ghou! friend.

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What Halloween  
candy is never on  
time for the party?

*Choco-LATE!*

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What do ghosts give  
out to trick or  
treaters?

Booberries!

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What do witches put  
on to go trick or  
treating?

*Mas-scare-a*

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*This month's  
Halloween jokes  
above are courtesy of  
Good Housekeeping*