

What's On

Community Activities



**Haverstock School, 24 Haverstock Hill,
Chalk Farm, London NW3 2BQ**

Issue 5
Spring Term 2010

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8 Weeks To A Healthier You!

Kajima community and Camden PCT (Primary care trust) teamed to together to offer this FREE fantastic program.

Shape-Up is a free lifestyle program for weight management. It is designed for anyone with weight and health concerns who wants a solution that will work for life. Is it for me?

Shape-Up is for you if you are:

- aged 18 years and over
- overweight with a body mass index (BMI) over 25. To easily calculate your BMI please visit www.shape-up.org
- willing to attend all eight group sessions.



How much does it cost? **Shape-Up is free.**

What are the benefits?

At each of the weekly session you will meet with a group in a friendly and supportive environment which is led by a Shape-Up facilitator.

The session will help you to:

- limit further weight gain**
- achieve realistic weight loss**
- adopt a regular eating pattern**
- balance the types of food that you eat**
- reduce your tendency to overeat**
- become more physically active**
- improve the way you feel about your body**
- reduce stress and develop a more positive outlook on life.**

When and where are Shape-Up sessions held? Shape-Up sessions are run in different venues around Camden.

For more information please email santanu.mahanta@camden.gov.uk or telephone 0207 974 7937.

BOOKINGS & ENQUIRIES

We are always looking for new groups and classes to join us here at Haverstock School. Most of our activities take place during the evenings and weekends and also in the daytime during school holidays.

We are not just here to hire out rooms, we can help you start your own class, plan an event, advise you on marketing strategies and even funding opportunities. Once you have made your booking, we can help promote your sessions through different marketing mediums that we use.

London Pioneers

Basketball Club



London Pioneers Basketball Club
(www.londonpioneers.com)

We are your local community basketball club! We have strong ties to local schools and youth clubs in Westminster and Camden, our goal is to develop young players into better basketball players.

Our coaches have a combined 30+ years of experience in working with children from 5-18 years of age. They also coach at the national level and have taken the U14 to the National Final Fours 3 years in a row (2007, 2008 & 2009).

New players start by attending the club's Local League Teams and training sessions;

designed to enable them to make the improvements in their game. Whilst attending these sessions players will be able to represent the club in The London Basketball Central Venue League where all of our teams compete. This season (2009/2010) we have started a girls program that will compete at the local level and in the coming years at the National Level.

The club is dedicated, not only in bringing basketball to as many children as possible but to excellence, both in the level of coaching offered but a path for all players to take their game to the next level. Everyone is encouraged to come along to the club to enjoy the game of basketball; we guarantee that if you show a good attitude to improvement we will make you a better player!

For details about the session we offer please contact Bill Gilbert on 07718096358 or at annie.gilbert@mac.com



Mei Quan Acadmeny

An Academy for all...

In the Mei Quan Academy (pronounced "May Ch-one"), we have developed a warm, friendly atmosphere, and a group of long-established, highly-trained and well-supervised teachers.

We teach all aspects of Yang Style Taiji (often spelt Tai Chi, or fully as Taijiquan) to a mixed and good-humored group of students, from beginners' classes through to advanced.

Taiji is perhaps the most effective way to develop balanced health for the body and the mind.

Students develop increasing physical and mental skills, as awareness and understanding of all aspects of their self increases. You can learn and practise Taiji (Tai Chi) at your individual pace.

The Academy was founded in 1997; over the last decade over 20 teachers have passed through the distinctive Mei Quan system of Teacher Training, several going on to their own independent schools in places as diverse as Hungary and Tel Aviv; and many thou-



sands of students have been taught, some staying many years, some still in the Academy since the earliest days.

We have strongly contributed to the great change in the public perception of taiji over the last 10 years, and there are currently 21 branches throughout London.

Classes current take place at Haverstock on Monday evenings between 7-10pm.

For further details about the classes please contact Derek on 07957 430 145 or email - derek@meiquan.co.uk or derek_taiichi@hotmail.com or visit website - www.meiquan.co.uk/branch_camden.htm



Staff Profile - Jason Stocks

Manager, Community and Extended Use

"I have been working for Kajima Community for just over two years, from day one it has been a rewarding challenge.

As manager of our London sites it is my responsibility to ensure that our clients are catered for by having first class facilities available and friendly staff to assist customers whilst onsite.

I am currently working closely with our local community to increase sporting and recreational activities that stimulate and improve their local leisure experiences."

Manager's Promotion

Spring is approaching and it's now time to take sporting activities outdoors to our flood light, All Weather Pitch and Multi-use games areas.

These facilities are fantastic spaces for playing all types of sport or even for fun outdoor birthday parties. These floodlit surfaces have specialist sporting lines painted.



We're currently **offering new clients* 33% off our standard prices,**

so contact us now to take advantage whilst spaces are available!

* A customer that has never booked with us.

Wedding Receptions, Bar Mitzvahs and Parties Here!

Host your wedding, Bar Mitzvah, Conference and birthday party here!

- We have a variety of halls available for hire. They can accommodate up to 500 people and present a blank canvas for you to transform.
- Excellent rates are available to local residents.
- Hire includes the use of table and chairs. As well as PA systems and staging.
- There are kitchen facilities available for hire. Suitable for private or banqueting caterers.
- Full-time members of staff will be on site at all times to assist in the smooth running of your event.



Contact us for discounted prices with this voucher.

vouchers

A New Look For A Historic Company

Kajima and Kajima Community are undergoing some changes!

We have a brand new website under construction which will feature all our current events, activities, news and information.

Visit us at www.kajimacommunity.co.uk Here you can download information, pay on-line, view our rooms, get to know our staff and generally keep up-to-date.

We have also redesigned our company logo. The first logo was originally designed in Japan as far back as the 1840s with Iwakichi Kajima basing the logo on the Japanese symbols for **CONSTRUCTION** and **POWER**.

The 'Ka' (meaning power) and the 'L Square',

1840's
Original 'chop' designed by Iwakichi Kajima

'L Square' depicting construction – the nature of the business.
'Ka' in Japanese means 'power'.

which represents the building nature of the company, still remain. This 'chop', as it came to be known, underwent a change in the early 1970s where it transformed into a more graphic representation.

1973
Original 'chop' developed



'L Square' graphic remains.

'Ka', transformed into a more graphic representation

Then, in 1992, the 'chop' was simplified as Kajima expanded and became a much more diverse company.

1992
'Chop' simplified



Outer 'L Square' removed as Kajima were expanding into a more diverse selection of business areas.

The negative space [the white lines between] depict the 'Ka' mark.

Iwakichi Kajima's tradition and key values are still present today in our brand new logo.

in KAJIMA
COMMUNITY

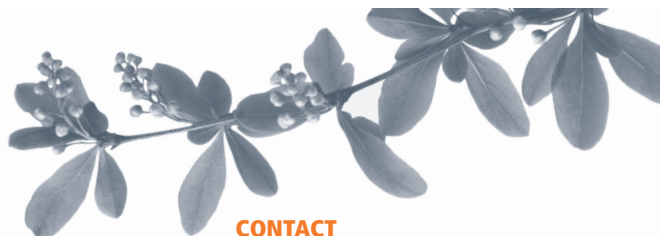
BIFM
AWARDS 2009
WINNER

Kajima Community has recently won a prestigious award presented to them by the British Institute of Facilities Management at the Grosvenor House Hotel, London.

The award was for the innovative ways that the schools are used during the evenings, holidays and weekends. Chris Smith, Head of Kajima Community, said: "Engaging local communities over the long term is a core part of Kajima's business and very important in making sure that investment in public buildings brings real benefits for the people who live nearby."

This award reflects and rewards the commitment and effort put in by our staff and by the schools in making the most of the fabulous facilities that have been provided."

Spring 2010 TIMETABLE



These sessions are open to the general public

TIME	CLUB/ORGANISATION	ACTIVITY	CONTACT
MONDAY			
18.30-20.00	La Escuela de Baile	Flamenco –Lower Intermediate	www.le-escuela-de-baile.co.uk
20.00-21.30	La Escuela de Baile	Flamenco – Lower Elementary	www.le-escuela-de-baile.co.uk
20.00-21.30	La Escuela de Baile	Flamenco- Higher Bulerias	www.le-escuela-de-baile.co.uk
18.30-20.00	La Escuela de Baile	Flamenco – Improver 1	www.le-escuela-de-baile.co.uk
19.00-22.00	Mein Quan Tai Chi	Chinese method of self development.	derek_taichi@hotmail.com
19.00-21.00	Top Corner	Women's indoor netball league	www.topcorner.it
19.00-21.00	Top Corner	Women's indoor netball league	www.topcorner.it
TUESDAY			
18.30-20.00	La Escuela de Baile	Flamenco – Beginners	www.le-escuela-de-baile.co.uk
18.30-20.00	La Escuela de Baile	Flamenco – Lower Technique	www.le-escuela-de-baile.co.uk
20.00-21.30	La Escuela de Baile	Flamenco- Elementary Higher	www.le-escuela-de-baile.co.uk
18.30-20.00	La Escuela de Baile	Flamenco – Advanced Choreography	www.le-escuela-de-baile.co.uk
20.00-21.30	La Escuela de Baile	Flamenco – New beginners	www.le-escuela-de-baile.co.uk
19.00-21.00	Top Corner	Men's 5 a side League	www.topcorner.it
18.30-19.30	Haverstock Fencing Club	Junior fencing	www.haverstock.net
19.30-21.30	Haverstock Fencing Club	Senior fencing	www.haverstock.net
WEDNESDAY			
18.30-20.00	La Escuela de Baile	Flamenco – Higher Technique	www.le-escuela-de-baile.co.uk
18.30-20.00	La Escuela de Baile	Flamenco – Bulerias Lower	www.le-escuela-de-baile.co.uk
20.00-21.30	La Escuela de Baile	Flamenco- Advanced	www.le-escuela-de-baile.co.uk
18.30-20.00	La Escuela de Baile	Flamenco – Improver 2	www.le-escuela-de-baile.co.uk
19.00-21.00	Top Corner	Men's 5 a side League	www.topcorner.it
18.30-19.30	Haverstock Fencing Club	Junior fencing	www.haverstock.net
19.30-21.30	Haverstock Fencing Club	Senior fencing	www.haverstock.net
THURSDAY			
18.30-20.00	La Escuela de Baile	Flamenco – Intermediate	www.le-escuela-de-baile.co.uk
18.30-20.00	La Escuela de Baile	Flamenco – Middle Technique	www.le-escuela-de-baile.co.uk
20.00-21.30	La Escuela de Baile	Flamenco- Intermediate	www.le-escuela-de-baile.co.uk
18.30-20.00	La Escuela de Baile	Flamenco – Improver 2	www.le-escuela-de-baile.co.uk
19.30-21.30	London Rocking Rollers	Roller Skating Lessons	07982 800057
18.30-19.30	Haverstock Fencing Club	Junior fencing	www.haverstock.net
19.30-21.30	Haverstock Fencing Club	Senior fencing	www.haverstock.net
FRIDAY			
18.00-20.00	Basketball	Bill Gilbert	020 7435 8521
20.00-22.00	Swiss Cottage Volleyball	Volleyball	0796 852 9139
SATURDAY			
08.00-16.00	Egyptian School	Egyptian Classes	0207 491 7720
09.00-16.30	Russian Education centre	Russian Classes	0779 1328 116
09.00-12.00	Arsenal Soccer School	Football Training	0784 5592 406
09.30-14.30	La Escuela de Baile	Flamenco and Ballet School	www.le-escuela-de-baile.co.uk
09.00-16.00	Somali Community Centre	Education	admin@somalicentre.org
09.30-10.30	League One Sports Academy	Football Training	leagueone@gmail.com
13.30-15.30	London Badminton Initiative	Badminton	www.londonbadminton.org
21.00-02.30	A Latino Cultural Centre	Tango (Last Saturday in the month)	Danzalatina.uk@virgin.net
15.30-18.00	Flinik Dance	Russian dance	kiniu23@aol.com
SUNDAY			
10.30-14.30	Sovereign Place	Christian Family Worship	Info@sovereinplace.org.uk
14.00-17.00	Victory Chapel		0794 4037 913
14.30-17.30	Outreach Ministers		0773 7270 160