

### Christmas Connections

Brent-based charity, **Ashford Place**, has joined forces with SJP, Hendon FC, Edgware Town FC and the Silver Jubilee Park Residents Association in launching an important new community based initiative: **'Christmas Connections'** which is aimed at connecting the most vulnerable back into their community over the festive period.

The project was launched at Brent Civic Centre and attended by The Leader of

Brent Council Councillor Muhammed Butt along with Councillor Harbi Farah and representatives of Ashford Place and SJP.

74% of UK citizens admit to feeling chronically stressed and overwhelmed during the festive season.

The Christmas holiday fills many with dread and for anyone struggling with loneliness and/or poor mental health, this holiday is anything but jolly.



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Christmas connections is a new, cross-community scheme designed to encourage a network of support for those who, regardless of faith or ethnic background, find coping over the Christmas Season a severe challenge and who are, indeed, at serious risk.

Emphasising a spirit of togetherness, from which many people with mental illness and social isolation can feel so alienated and excluded, Christmas Connections invites and inspires individuals, communities and businesses to draw on a variety of resources to pledge vital support - ranging from the simple act of sending someone a card, to organising group Christmas dinners.

Anyone wishing to become involved in Christmas Connections and pledging their support can do so by visiting the website at <https://www.ashfordplace.org.uk/get-involved/join-our-campaign/christmas-connections> posting a pledge to connect!

Alternatively you are welcome to email us at [info.silverjubileepark@gmail.com](mailto:info.silverjubileepark@gmail.com).

## Robert Morris presented with the Pride of Brent Members Special Award

SJP's **Robert Morris** received the prestigious Pride of Brent Members Special Award at a reception in the Grand Hall at the Brent Civic Centre.



The Chief Executive Carolyn Downs and the Mayor of Brent Councillor Arshad Mahmood were in attendance along with a number of Councillors Members and representatives of the Brent Community.



The Awards celebrate those selfless individuals, community groups and local businesses who contribute so much to the borough and who have gone the extra mile to make Brent a better place to live and work in 2018.

You know who they are: they're the ones who have dedicated their time to working for the benefit of their fellow residents and neighbours. People and groups who have devoted their time and energy to helping others in need.

The ceremony - kindly sponsored by Quintain - celebrated the very best of individuals, teams and businesses in Brent, and also merged Brent's community awards with their employee achievement and long service awards.

The Management and staff of SJP congratulate Rob on this most deserved award which recognises his huge contribution to the local Community, care services, and the wider community of Brent.



## Hendon's U18 skipper in England schoolboy trials

We are delighted to announce that Hendon FC under 18 captain **Eisa Azab** has recently participated in the England schoolboy trials. This is great recognition for his performances, and we congratulate him on being called for trials.



## Everything in the Garden is Rosy

Our **Community Garden** was opened on 10th October by Omar. Omar started participating in one of our community football projects over a year ago and as a gesture of thanks he made a donation to the SJP management. With his full backing it was agreed to establish something within our facility that could be enjoyed by local residents, user groups and all visitors. Its not the biggest garden but it is unique at a senior football ground and most of all it's the 'Peoples Garden' and has been named after Omar who performed the opening ceremony in front of 70 visitors.



## SJP featured on the BBC One Breakfast Programme

The SJP, Hendon FC and Edgware Town FC's **mental health project** was featured live on the BBC's 'Breakfast' programme. For all those involved it was an early start with the first segment going out live at 7:20am which included an appearance by Hendon's Under 9 side, who despite the early hour were very much awake as shown by the presenter's expression!

A short interview with SJP's Robert Morris followed covering Hendon's free league match admission offer along with some of the mental health projects that are on-going at SJP.



The second segment went out live at 8:45am, with another appearance by our Under 9s, together with students from UCFB and an interview with Richard Hay who is involved with the Mental Health Project, together with two of the community who have benefitted from the project.

# World Mental Health Day Awareness event at SJP

## World Mental Health Day

Day was recognised at Silver Jubilee Park with a series of events. One of many highlights of the day was the unveiling of a mural (pictured below) by local artist 'The Fandangoe Kid'. Put together with the assistance of pupils from Hendon School, the 25ft long piece of art contains thoughts on mental health, seeking treatment, giving advice and the power of positivity in thought and deed.

In opening World Mental Health Day at SJP Robert Morris said, "Our aim for SJP is to be a community club and to be the best in the country. Today is about those working in mental health and how we can help."

Help was the theme of the morning with many local organisations making presentations, including MIND Brent Wandsworth & Westminster, who held Poetry and Music in MIND sessions, Dementia Cafes Brent who a year ago had two Dementia Cafes; there are now 12 Dementia Cafes in Brent. Also represented were Community Action on Dementia (CAD Brent), Ashford Place,



The Middlesex Football Association, Brent Mental Health Services NHS along with Hendon FC and Edgware Town FC.

## Useful Links

**MIND BWW:** [www.mind.org.uk](http://www.mind.org.uk) email: [supporterrelations@mind.org.uk](mailto:supporterrelations@mind.org.uk)

**CAD-BRENT:** [www.cad-brent-org.uk](http://www.cad-brent-org.uk)

**BRENT MENTAL HEALTH SERVICES:** [www.cnwl.nhs.uk](http://www.cnwl.nhs.uk)

## Football for All

It's a long time since football was a male only game and thankfully it is now open to all ages, all disabilities and all genders. Pictured we have a young lady all kitted up and set to play in the opening game for our newly formed Hendon U8s Girl's team.

Having got off to a very good start all the youngsters are enjoying themselves.



WE APPRECIATE THE GOOD DAYS BUT WE DON'T IGNORE THAT THE BAD DAYS HAPPEN. **THE BAD DAYS DO NOT DEFINE US. EVERY DAY IS DIFFERENT AND NEW.**  
WE WORK HARD TO LIKE OURSELVES. OUR SENSE OF HUMANITY WILL UNITE US. **CHANGE IS INEVITABLE. CREATE. REST. PERFORM SMALL ACTS OF KINDNESS.**  
YOU ARE NOT OWNED BY FEAR AND ANXIETY. **BREATHE THROUGH IT. MOVE THROUGH IT. DANCE THROUGH IT.**  
REVEAL WHO YOU ARE. BE BOLDLY VULNERABLE. **BALANCE. SUPPORT. AWARENESS.**  
EAT WELL. FEED YOUR MIND. KEEP YOUR HEAD HIGH. **SURROUND YOURSELF WITH YOUR PEOPLE.**  
**LOVE INSPIRES. LOVE PERSISTS. AND YOU, MY FRIEND, ARE LOVED.**  
**BEING HONEST ABOUT MENTAL HEALTH. THE FANDANGOE KID X HENDON SCHOOL X THRIVE LDN.**

## Poppy Day Appeal Launch as SJP Remembers

Hendon youth players helped launch our annual **Poppy Appeal** at SJP. Throughout the appeal all monies raised went to the Royal British Legion. A minutes silence was observed by both teams, officials and all SJP visitors ahead of the Hendon v Biggleswade Town FA Trophy tie on Saturday 10 November.

The London Borough of Barnet, under whose jurisdiction the playing fields fall, have appointed the Sport, Leisure and Culture Consultancy (SLC) to undertake an appraisal of the options available to the Council for the development and creation of sports hubs and associated community facilities at the Playing Fields, in line with the recommendations of the Parks and Opens Spaces Strategy and Playing Pitch Strategy. The draft Master Plan was created after consultation with a number of the Playing Fields users.



## West Hendon Playing Fields

A draft masterplan has been produced for the playing fields which are sited behind the clubhouse at SJP and residents were invited to take part in a survey relating to the ambitious regeneration of **West Hendon Playing Fields**.

Now, in Phase 2, the consultation has sought the views of the local community.

Specifically, they asked for views on the facilities proposed within the draft masterplan, the layout and location of the proposed facilities within the draft masterplan, and comments on the overall draft masterplan.

They invited responses from anybody or any organisation interested in the future

development of the site, including those from outside of the area covered by Barnet Council.

## Late News

Just before the distribution of this Newsletter we received confirmation that following their dual application, Hendon Football Club and Hendon Youth FC have achieved the Football Association's Charter Standard top award, '**Charter Standard Community Club**' status. In doing so they have become members of a very exclusive group of clubs to hold the highest possible Charter Standard level. Very few clubs ever reach this level and our congratulations to all those involved.

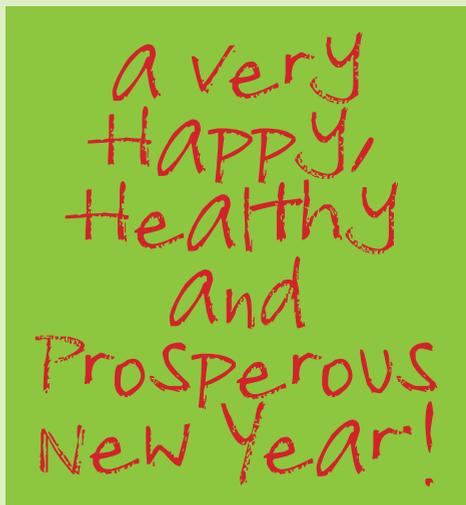
Our first Newsletter of 2019 will carry the full story.



## Festive period football at Silver Jubilee Park

Due to possible fixture changes you are advised to check with the Hendon FC or Edgware Town FC websites ahead of planning a visit.

**This being the last Newsletter of 2018 all of us at SJP would like to wish our neighbours, the wider community, fellow residents and the businesses of Brent, everyone who visits SJP to participate in an activity, watch, attend meetings or those of you who visit us to enjoy the social and friendly atmosphere...**



Email: [info.silverjubileepark@gmail.com](mailto:info.silverjubileepark@gmail.com)

Up to the minute fixtures featuring Hendon and Edgware Town's games at SJP can be found at [www.hendonfc.net](http://www.hendonfc.net) and [www.edgwaretownfc.co.uk](http://www.edgwaretownfc.co.uk)

*Proud to be serving the Community*