

### Special points of interest:

- Greetings for the New Year and on behalf of the management and staff of CJO we would like to wish you and your family our very best wishes for your health, peace and prosperity throughout the year.
- Best wishes to all of our members, friends and supporters who celebrated a 'Special' big day during 2013.
- Congratulations to all new parents who have had new family members in 2013.
- Congratulations to Kesi Dryden and Rudimental on their 2013 MOBO award for best album.
- Congratulations to Shivon David-O 'Dean who together with Victor Rios wrote the play 'Don't close the Door' which had a successful run at the Barons Court theatre W14.

### Membership

- Its that time of year again folks, please renew your membership, £15 for families, £10 for individuals and £5 for concessions.
- While Hazel Ellis is on leave cover will be provided by Claudia (Tue-Wed 11am-2.30pm) and Tana (Thur-Fri, 11am-4pm).



# CJO NEWS

## Family

The Claudia Jones Organisation's Repairing Relationships project has supported a number of Hackney families throughout the year. This project works collaboratively with families to develop flexible and tailored support to meet their needs.

In addition to providing one to one support to parents the Repairing Relationship project has organised a number of events and courses throughout the year. These have included the Family Fun day attended by over 200 people, Made of Money- a money management course provided by Quaker Social Action and Spice it Up! And WEN's gardening course for women.

The Repairing Relationship Project is starting a weekly homework club for its families. This club will support children with work from school and provide other opportunities for their educational development. It starts on Friday 10<sup>th</sup> January from 3.30pm-4.30pm and will run until spring half term.

"Throughout the year the project has helped families in challenging circumstances with multiple needs to overcome their difficulties." Said Lorna Lewis, the Family Support Worker for the project.

Families in need of support can self-refer on to the project. The referral form can be found on our website, email RRP.cjo@gmail.com or parents can ring the officer on 02072411646 and make a referral over the phone.

## Staying warm in Winter

- Keep your home warm. Your main living room should be between around 18-21C (64-70F) and the rest of the house at a minimum of 16C (61F). You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.
  - Wrap up warm, inside and out. Several thin layers of clothes are better than one thick layer. Don't forget to wear hats, gloves and scarves. If possible, stay inside during a cold period if you have heart or respiratory problems.
  - Keep active. Move around at least once an hour and don't sit down for long periods of time. NHS helpline on 0845 850 9850
- For more information call 0800 281 768



## Over 50's Dinner & Social

This very popular event will be taking place on Saturday  
**18th January 2014.**

Three course meal, music, dance, open mic and raffle!

Venue: **8 Palatine Road, Stoke Newington, N16**

Time: 4.00-9.00

Members: £15.00

Non-members: £17.00

Book early to avoid disappointment!

## Dates for the diary

Tuesday, 14<sup>th</sup> January 2014, Family First Partnership Meeting – 10am-1.00pm  
Tea and coffee will be served.  
Venue: 103 Stoke Newington Road, N16

Friday, 17<sup>th</sup> January 2014 – British Heart Foundation Exercise Classes, 1 – 2 pm  
Venue: 8 Palatine Road, N16

Saturday, 18<sup>th</sup> January 2014 - Over 50's New Year Dinner and Social  
Venue: 8 Palatine Road, N16

Wednesday, 19<sup>th</sup> February 2014 - CPR training for Children & Young people.  
10.30 am – 1.30pm  
Venue: 8 Palatine Road, N16

Saturday 22<sup>nd</sup> February 2014- **Annual General Meeting**  
Venue: 8 Palatine Road, N16

Thursday, 20<sup>th</sup> March 2014 – British Heart Foundation Awareness Day.  
2.00pm – 4.00pm  
Venue: 8 Palatine Road, N16

## Notice is hereby given of CJO's AGM

Date: **Saturday 22rd February 2014**

When: **3.00pm-5.00pm**

Venue: **8 Palatine Road, London , N16.**

*Condolences to all our members who lost loved ones during 2013 and our thoughts are with those of our members who have left us.*

*Amongst those we lost this years are Mary Harris, Ralph Straker, Jessica Huntly and Nelson Mandela – people who have made over and above contributions to our community both here and abroad.*

Our thoughts and prayers are also with all those suffering from the aftermath of the storms which hit the Eastern Caribbean on Christmas Eve and Christmas Day. Please contact CJO if you are involved with fund raising for those affected in this crisis.

## Special Thanks To:

*The Management Committee would like to thank all our volunteers who have been tremendous, unstintingly selfless in their work with the organisation.*

*In no particular order of preference, a big thanks to: Elsa, Eugina, Claudia, Maggie, Beatrice, Godfrey, Osagyefo, Esla, Raymond, Rudy E, Rudy S, Mark, Michael, Yvette, Sam, Dada, Salena, Decent, Nia, Janet B, Janet C, Mrs Dugan, Collen, Glenna, Elson, Audrey, Marcellus, Derrick, Kay, Rena, Forsyth, Albert, Decent, Sylvester, Laura, Ros, Hannah, Paul, Mathew, David L, Julie A, Julie E, Annie, Joan, Eugina, Isidora, Angel, Wendy, Myrtle, Lorraine, Moreisha, Janet Findlay, Sandra and Len Evans, Yvette Rose and family, Mrs Norman, Mr and Mrs Moore, Mr and Mrs Watson, Mr Redhead, Mr O'Garro, Juliet, Violet and the Ellis family.*

*A special thanks to KICC for the excellent Christmas hampers which they donated to our over 60's and families in need, supported by CJO. They were very much appreciated!*

CJO would also like to thank Islington Play Association, *Tom's Bakery*, *Juniors Caribbean Cuisine*, Quaker Social Action, BFSS, HCVS, Neville Haye, Women's Environmental Network and Ackee Housing Project management and staff.

### Advice and assistance

If your child needs assistance with English, Math and Science contact CJO.

Assessment sessions will be run by Adult Learning Services at CJO between 1.00pm – 3.30pm on:

27 January 2014	21 April 2014
24 February 20 14	23 June 2014
24 March 2014	21 July 2014

### Steel Pans

Learn to play Steel Pans with Gerald Forsythe.

Mondays 7.00pm-9.00pm  
Forsythe on: 07961 858654 or  
Hazel on: 020 7241 1646.

### Regular User Groups

Anika Patrice Project, Beeraahaar Sweet Combination, Born Again Family Records, Dynamic Gospel, Living Gospel International, Open Arms Ministry and African (Danny).

### Music Classes

Piano, violin, vocal training and musical theory lessons for adults and children take place on Thursday and Friday evenings. Sign up now to avoid disappointment. Tel :0207 241 1646

### Rooms For Hire

Claudia Jones Organisation has a range of spaces for hire at competitive rates.  
Call 0207 241 1646 for more info.

**Write to us:** 103 Stoke Newington Road, London N16 8BX.

**Office hours:** Monday to Friday, 9.30am-6.00pm.

**Telephone us:** 020 7241 1646.

**Website:** [www.claudiajones.org.uk](http://www.claudiajones.org.uk)

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