



What's on at Caxton House?

Caxton House Community Centre is a long established multi-purpose community hub based in Archway, that provides a wide range of diverse, innovative and community led services and activities to our local neighbourhoods. We offer a number of education, fitness and arts projects, and provide a key link between like-minded organisations and the local community.



Caxton House Community Centre
129 St. John's Way, London N19 3RQ
T: 0207 263 3151
E: admin@caxtonhouse.org

www.caxtonhouse.org



@CaxtonHouse



CaxtonHouseCommunityCentre

Registered Charity Number: 210270

What's On August 2023

Health & Fitness Activities



GENTLE EXERCISE £3

Thursdays 11am-12pm
in the Community Room
Contact Main Office on 020 7263 3151
admin@caxtonhouse.org



SHORT MAT BOWLS FREE

(Term time)
Wednesdays 10am-12pm
in the Main Hall
Contact Mark on 07939 205 663
mantoniewicz@arsenal.co.uk



YOGA

contact for prices
Mondays 2pm-3.30pm
in the Main Hall
Contact Ros on
rosbellyyoga@btinternet.com



CRICKET FREE

WITH THE ELFRIDA SOCIETY
Fridays 1pm-2.30pm
in the Main Hall
Call The Elfrida Society on 0207 359 7443
www.elfrida.com



TAI CHI £5

Tuesdays: Beginners 3.30-4.30pm,
Med/Adv 4-5pm
in the Main Hall
Contact Steph on
fowler.steph@gmail.com



BEGINNERS TAI CHI

Free, but donations welcome
Wednesdays 9.30am
in the Community Room
Contact Steph on
fowler.steph@gmail.com



CAPOEIRA

contact for prices
Thursdays 7pm-9pm
in the Conference Room (1st floor)
Contact Paulina on 07931 916 233
capoeirabemvldo@gmail.com



ELTHORNE PRIDE GLOVES UP

FREE for 13-19yrs
Wednesday 7.15-8.15pm
in the Main Hall
Contact Elthorne Pride 0208 017 2205
email info@elthornepride.co.uk

Health & Fitness Activities



((BOUNCE))
£9.50 or save with a Class Pass
Tuesdays 7pm
in the Community Room
Contact Rosy rosybounce@gmail.com
or visit bouncefitbody.com



((BOUNCE)) BEATS
£9.50 or save with a Class Pass
Wednesdays 7.30pm
Followed by Bounce Barbells 8.20pm
in the Community Room
Contact Rosy rosybounce@gmail.com
or visit bouncefitbody.com



((BOUNCE)) mix
£9.50 or save with a Class Pass
Saturday 9.30am
in the Community Room
Contact Rosy rosybounce@gmail.com
or visit bouncefitbody.com



BALLROOM WITH MR BALLROOM
contact for prices and session info
Tuesday & Thursday evenings
in the Main Hall
Contact Mariusz on 07955 512 695
mail@mrballroom.co.uk
www.mrballroom.co.uk



EXPERIENCE ARCHERY
contact for prices and session info
Mondays & Fridays 6-9pm
Sundays 1-4pm
in the Main Hall
Contact Leander on 07961 870 170
lee@experiencearchery.com
www.experiencearchery.com



TAKE FLIGHT AERIAL COURSE
free for 13-25yrs
Wednesdays & Saturdays
in the Main Hall
Contact Scarabeus Aerial Theatre on
020 3620 2325
soren@scarabeus.co.uk
www.scarabeus.co.uk



Activity dates and times may change at short notice or require booking, please contact the individual session to check.

www.caxtonhouse.org

Children, Family & YA Activities



UNDER 5s STAY & PLAY
£2 per adult
 Mondays & Fridays 10am-12pm
in the Main Hall
 Contact the Main Office: 0207 263 3151
 admin@caxtonhouse.org



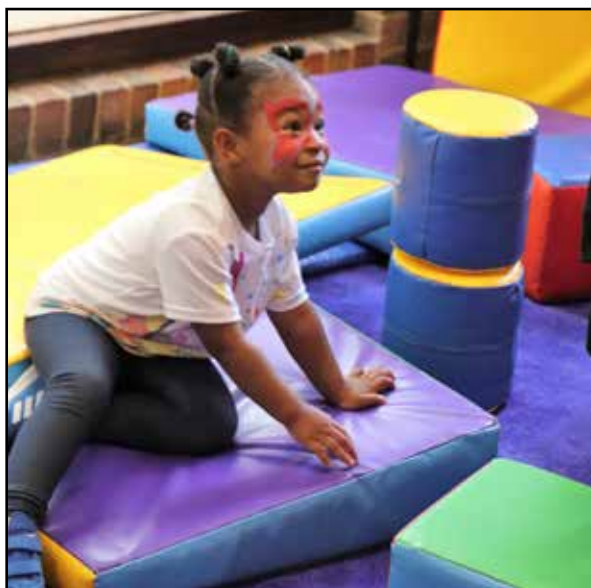
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 Wednesday 7.15-8.15pm
in the Main Hall
 Contact Elthorne Pride 0208 017 2205
 email info@elthornepride.co.uk



COFFEE & CAKE AFTERNOONS
FREE All ages, Elthorne Pride residents.
 Mondays 1pm-3.30pm
in the Community Room
 A different activity each Monday of the
 month: Knitting, IT support, Bingo, Quiz.
 Contact Elthorne Pride 02080172205
 email info@elthornepride.co.uk



Activity dates and times may change at short notice or require booking, please contact the individual session to check.

www.caxtonhouse.org

Social, Advice & Creative Activities



THE CRAFT GROUPS FREE
as part of Lifestyle Tuesdays
FULLY BOOKED, JOIN WAITLIST
Tuesdays 11am-1pm & 1.30pm-3.30pm
in the Community Room
Contact the Main Office on 020 7263 3151
rose@caxtonhouse.org



THE RECYCLE & STITCH STUDIO
Sewing Surgery Tuesdays 10-12 &
4-6pm, Garment Making Thursdays, and
Patched Homes Thursdays 11-1pm.
1st floor, no lift access
Booking necessary: 0207 263 3151
stitchstudio@caxtonhouse.org



DRAWING & PAINTING FOR ALL
WITH LIVING SPACE ART SCHOOL
Wednesdays 1pm-3pm
in the Community Room
Contact LSAS
livingspace.artschool@gmail.com



BINGO FREE
WITH ELTHORNE PRIDE
Twice a month, every 1st & 3rd Friday
6.30pm-8pm
in the Community Room
For Elthorne Pride residents.
Contact Elthorne Pride 02080172205
email info@elthornepride.co.uk



GARDEN VOLUNTEER GROUP
FREE
Wednesdays 11am-1pm
Weather dependent
To volunteer contact the Main Office on
020 7263 3151 or email
rose@caxtonhouse.org



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www.caxtonhouse.org

Other organisations based at the centre:

London Capital Credit Union

www.credit-union.coop

The Credit Union is a saving and loans co-operative that is committed to encouraging saving rather than borrowing. Our members' savings are pooled to form a sum of money from which members can borrow at those times when they need to. As a co-operative we are owned by you, the members, rather than outside shareholders so our services are driven by your needs rather than the need to make high profits.

T: 0207 561 1786 E: info@credit-union.coop

Octopus Community Network

www.octopuscommunities.org

Established in 1999 the Octopus Community Network is a group of pioneering community organisations working collaboratively to provide services and opportunities that support the most deprived communities in London.

T: 0207 263 7095 E: julie@octopuscommunities.org

Choices C.I.C

www.choiceslondoncic.co.uk

Choices is dedicated to changing the lives of our youth involved or affected by gang violence and want to provide a service aimed at reducing the level of death, fear and harm caused by gangs, guns and weapons over the short, medium and long term in the London area.

T: 0207 281 6428 E: info@choiceslondoncic.co.uk

Kurdish and Middle Eastern Women's Organisation (KMEWO)

www.kmewo.com

KMEWO have been providing specialist support services for Kurdish, Middle East and North African (KMENA) women for over 21 years. They are an accredited "led by and for" black and minoritised women that strives for equality, safety, justice and empowerment, providing specialist Violence Against Women and Girls services and crisis intervention to some of the most vulnerable minoritised women who are survivors of domestic violence.

T: 0207 263 1027 / 077 4885 1125 E: email info@kmewo.com

Elthorne Pride

Instagram: [@elthorne_pride](https://www.instagram.com/elthorne_pride)

Inspiring, leading and enabling members of our 'Elthorne Pride' community to take action with their own ideas; to grow them, own them, and create a positive impact on the lives of the residents of the Elthorne Pride Big Local.

T: 0208 017 2205 E: info@elthornepride.co.uk

Scarabeus Aerial Theatre

www.scarabeus.co.uk

Scarabeus produces dynamic, aerial, site-specific theatrical productions, stimulating education and outreach programmes and high quality corporate entertainment.

T: 020 3620 2325 / 07974 978 783 E: info@scarabeus.co.uk

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