



*Weekly Adult Activities at St Mary's Neighbourhood Centre & Church  
Crypt*

**St Mary's Regular Adult Groups and Activities:**  
**Neighbourhood Centre and Church Crypt**

**For booking enquiries please contact:**

Angela & Melodie

St Mary's Neighbourhood Centre & Crypt,  
Upper Street, Islington, London, N1 2TX

**Tel:** 0207 704 1895

**Email:** [bookings@smicp.org.uk](mailto:bookings@smicp.org.uk)

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

***Groups and Activities, Neighbourhood***

***Centre:***

**Exercise:**

***Wing Chun Sanctuary in the Sports Hall***

*Women's Self Defence*

***Time:*** Saturdays 3:30pm-4:30pm

***Contact:*** Anne 07536109810

*Or visit [www.wingchunsanctuary.co.uk](http://www.wingchunsanctuary.co.uk)*

***Fist and Feather Fitness Class in the Garden room***

***Kickboxing Class (Bodycombat)***

*Its an aerobics class incorporating moves from martial arts  
– kicks, punches, E.T.C.*

*£5 per class or £40 for 10 classes*

***Time:*** Tuesdays 7pm-8pm

***Contact:*** Sherry – 07973404112 and Chris – 07957380977

*[chrisandsherry@fistandfeather.com](mailto:chrisandsherry@fistandfeather.com)*

***Visit:*** [www.fistandfeather.com](http://www.fistandfeather.com)



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***Mencap Football Team*** in the Sports Hall

*Is a group for people with learning disabilities run by Mencap's Islington Social Inclusion service. The group meet at St Mary's Sports Hall for an hour of football fun!*

***Time:*** Saturdays 5pm-6pm

***Contact:*** Johny Brown 07506 844 649 if you'd like to join.

***Sunday Hatha*** in the Garden Room

*Yoga to balance the body and mind*

***Time:*** Sundays 12:30pm -1:30pm

***Contact:*** Peter 07990 910988 or [pmartin65@hotmail.co.uk](mailto:pmartin65@hotmail.co.uk)

***Guyz in Sync Dance Group*** in the Sports Hall

***Time:*** Sundays 4.30pm-5.30pm

***Contact:*** Benedikt 07799075877 or [Kraus.Benedikt@gmz.de](mailto:Kraus.Benedikt@gmz.de)

***Ashtanga Vinyasa Yoga*** in the Johnston Room

***Time:*** Sundays 10:30am – 1:00pm

***Contact:*** Debbie Blunden on 07914230607

***Socialising in the Community:***

***St Mary's Monday Fellowship*** in the Garden Room

*Christian fellowship for Senior Citizens*

***Time:*** Mondays 1:30pm – 3.00pm

***Visit:*** [www.stmaryislington.org.uk](http://www.stmaryislington.org.uk) for more information



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***Stroke Club in the Garden Room***

*Join us for a friendly couple of hours for word games, speech practice, movement, meeting people and enjoying outings.*

***Time:*** Thursdays 11:45am – 2pm

***Contact:*** Kathleen Read 020 7607 0755 or Sarina sarina@waitrose.com

***Community Contact in the Garden Room***

*Tea and fellowship for the elderly*

***Time:*** First Saturday of the month 2pm – 5pm

***Contact:*** Kerala Thompson 020 8883 5809

***Personal Support:***

***Mencap Gardening Group in the Church Garden***

*Is a group for People with Learning Disabilities run by Mencap's Islington Social Inclusion service. It's a partnership between St Mary's Church and Mencap. The gardeners in the group aim to restore one of the Church's gardens which has become overgrown. Participants learn gardening skills and enjoy working together on a project. They also enjoy a cup of tea in the shed!*

***Time:*** Thursdays 2pm - 4pm

***Contact:*** Johny 07506 844 649 if you'd like to join



***The Stuart Low Trust in the Johnston Room***

*Offering support and opportunities for people affected by mental distress or isolation.*

***Time:*** Fridays 6:00pm – 9:15pm

***Visit:*** [www.slt.org.uk](http://www.slt.org.uk)



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**Religion:**

***The Redeemed Christian Church of God in the Sports  
Hall***

***Contact: Pastor Tayo Ojo 07904 921357, Minister in  
charge.***

***The Bible Truth Church of God in the Johnston Room***

***Contact: Caseta Legall 020 7729 190 for more  
information.***

**Life Positivity:**

***Brahma Kumaris in the Sports Hall***

***Time: One Saturday a month 4pm-6pm***

***Contact: Arti Lal 020 7836 6688***

***Or visit: <http://www.bkwsu.org/uk>***

***Alchemy of Medusa/Tribal Heart in the Johnston Room***

***Tribal Heart brings together Ecstatic Trance Dance and a  
fusion of different healing techniques for the mind body  
and soul.***

***Time: First Saturday of the month 7pm-10:30pm***

***Contact: Tara McGuinness [uzume\\_uk@yahoo.co.uk](mailto:uzume_uk@yahoo.co.uk)***



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## ***Groups and Activities, Church Crypt:***

### **Exercise:**

***Pilates Promise*** in the South Crypt, A class for all abilities

**Time:** Mondays: 6:30pm -7:30pm

**Contact:** Jackie 07796 955334 or  
[jackie@pilatespromise.com](mailto:jackie@pilatespromise.com)

***Yogita London*** in Crypt Room 1 or Crypt Room 2

*Pregnancy Yoga, Baby Massage, Mum & Baby Yoga, Dads  
and Baby Yoga, Family Baby Massage, Children's Yoga and  
Birth Preparation.*

**Time:** Mondays 6pm-8.30pm, Tuesdays 6pm-8:30pm

**Contact:** Jen de Vera 07972 040 291

### **Personal Support:**

***Mencap Thursday Drop In*** in the Wilson Room

*Is a group for people with learning disabilities run by  
Mencap's Islington Social Inclusion Service. People drop in  
to meet with Mencap's staff and feedback on how they  
would like the Social Inclusion Service to develop. It's also a  
chance for people to receive help from staff with any  
problems they may have. We also catch up on everyone's  
news and have a good chat!*

**Time:** Thursdays 4:30pm-6pm

**Contact:** Johny Brown 07506 844 649 if you'd like to join.

**Visit:** [www.mencap.org.uk](http://www.mencap.org.uk)



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***North and East London SANDS in Crypt Room 2***  
*Charity providing support for bereaved parents and their families.*

***Time:*** 4<sup>th</sup> Monday of the month 7:30pm-9:30pm

***Visit:*** <http://nelondonsands.org/> for more information.

***Weight Watchers in the South Crypt - Because it works***

***Time:*** Tuesdays 9:30am-1:15pm & 4:30pm-6:00pm

***Visit:*** [www.weightwatchers.co.uk](http://www.weightwatchers.co.uk) for more information

***Islington Legal Advice in the South Crypt***

*Free drop-in service and advice from local lawyers*

***Time:*** Thursdays 6:45pm-9:30pm



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***Self-help Groups:***

***AA Quick Step*** in the Wilson Room

***Time:*** Mondays 5:45pm-7:15pm

***SLAA Step 4*** in Crypt Room 1

***Time:*** Mondays 6:30pm – 7:30pm

***AA Tuesday*** in the Wilson Room

***Time:*** Wednesdays 7pm-8:15pm

***CODA*** in the Wilson Room

***Time:*** Wednesdays 7pm-8:15pm

***CA*** in the Wilson Room

***Time:*** Wednesdays 8:30pm-10pm

***AA Thursday*** in Crypt Room 1

***Time:*** Thursdays 6:45pm-8:00pm

***AA Thursday Spiritual Awakening*** in Crypt Room 2

***Time:*** Thursdays 8:30pm-9:30pm

***NA*** in the Wilson Room

***Time:*** Fridays 11am-12:15pm

***Visit:*** <http://www.ukna.org/>

***AA Friendship Friday*** in the Wilson Room

***Time:*** 6:30pm – 8:00pm



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***AA Charlie Kelly Yoga (Honesty in Islington) in Crypt  
Room 2***

***Time: Fridays 6.45pm-9.15pm***

***Contact: Charlie 07927042382 or  
[charliekelly100@hotmail.com](mailto:charliekelly100@hotmail.com)***

***NA Keep Coming Back in the Wilson Room***

***Time: Fridays 8:30pm-9:30pm***

***Visit: <http://www.ukna.org/>***

***NA Just For Today in the Wilson Room***

***Time: Fridays 10:30pm-11:30pm***

***Visit: <http://www.ukna.org/>***

***AA Reflections in the Wilson Room***

***Time: Saturdays 9:30am-11:15am***

***AA Saturday Late Night in Crypt Room 1***

***Time: Saturdays 10pm-11:30pm***