

At the start of the pandemic health and Lockdown 1.0 restrictions led to the cancellation of all our programmes, courses, activities, meetings, football matches and fitness classes. It also restricted those impromptu everyday interactions which make SJP such a special place to visit.

After a brief summer of near normality, we were locked down again, and faced further restrictions. Then came Lockdown 3.0 which has seen a lessening of some restrictions including educational and disability programmes.

Our staff and support team are working hard to ensure you have access to as much advice and social contact as possible and we will continue to help as much as possible in whatever way we can. Our thanks to everyone who have rallied around and continue to do so, and for attending our virtual meetings and events.


Things may not be what you are used to at SJP, but we ask everyone to remain patient and follow all SJP, Government and NHS guidelines throughout this extraordinary time.

Pan-Disability football

Having spoken to Service Users we identified some of the needs within Brent and based on feedback we decided to set-up a 'Turn up and Play' Disability League which will reach out to people that do not currently play or engage in competitive football at all. To achieve that we have piloted a new project 'The Brent and Central Middlesex League'.

Our start was delayed, first due to adverse weather and then the Coronavirus outbreak. We eventually got the pilot off to a flying start with





The Elfrida Society, SJP Over 50s Club, Hendon FC Community Team and Brent Thrive all entering teams. The pilot league takes place fortnightly at SJP, has 6 teams with each team playing twice on matchdays (Wednesdays) and each game lasting a total of 20 minutes.

Initial feedback is pointing to it being a huge success despite the Leagues stop-start nature due to Covid-19 restrictions. Games only take place when it is safe to do so and when conditions and lockdown restrictions allow.

Over 50s Club

Like everyone else we continue to adapt to the prevailing conditions. Zoom meetings, something few of us had ever heard of a year ago, are now part of our everyday lives. We are providing chair yoga instruction and advice and developing a programme that will make it possible for club members to participate in IT classes.



Community Team


We are delighted to announce that eleven members of our community football team have successfully completed a course in the 'Principle of Sports Coaching'. This is an achievement that is a great source of pride to us all and is an excellent example showing how far this group have come in less than 3 years.

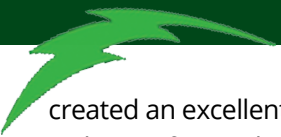


We believed in them and they believed in us and that strong bond and trust continues. The group are now about to start a Fitness Instructors course.

Clubhouse undergoes a full refurbishment

It's all change in the SJP clubhouse with work carried out following a successful bid by the SJP management to Brent Council for NCIL funding. We have





created an excellent community hub with specific emphasis on sport and education.

Gone is the old roof and the interior has been refurbished and reconfigured. The original bar, kitchen, drinks cellar and office have been removed and re-sited at the opposite end of the clubhouse. The old floor has been removed and replaced and the match-day boardroom has reverted to its former position at the rear of the officials seating area.



All windows and doors have been replaced and access to the building improved. The Interior room dividers have also been replaced and re-positioned making it possible for different parts of



the interior to be self-contained to suit individual requirements.


We thank Brent council for supporting our application and providing funding.

Success leads to our Wildcats programme expansion

Following the success of our original Centre we successfully applied to open two more Wildcats Centre's here at SJP, one of which is specifically for children with a disability. The FA Wildcats programme is designed to offer girls aged 5-11 a chance to try football for the first time and provide regular opportunities to play.



Sessions take place on a weekly basis, either after school or at weekends, and are focused on helping girls make friends, have fun and be active through football. Our Wildcats Disability Centre is believed to be a first in Middlesex and we thank the Middlesex FA for supporting our application.



Providing a safe environment

In preparation for the new football season, we carried out a series of Covid-19 Risk Assessments to cover all our users. These had to be updated on a regular basis based on directives issued by the Government, The Football Association, The NHS, and Brent Council. Several conditions were put in place to make SJP as safe as possible.

We provided our full support and Risk Assessments for our prime football users, Hendon and Edgware Town so that they could play their games including friendlies, League games and Cup ties within the official guidelines that included a 70% reduction in ground capacity (which was further




reduced to 85%), safe distancing, NHS Track & Trace, hand sanitiser stations, closure of the clubhouse, signage and PPE. We would like to thank everyone who complied with the restrictions and guidelines on matchdays.

Hendon FC

Following the abrupt end to last season there was a delayed start to the new one. Apart from the London Senior Cup. The 2019/20 competition was paused in March and resumed at the quarter-final stage in August. A win in that round against Balham and the semi-final against Wingate & Finchley saw Hendon reach the final where they beat Brentford B.



Ironically both teams were drawn together in this season's competition and in just over four weeks since meeting in the final, a young Brentford side ran out winners. All football at



Step 3 was paused in November, and Hendon's game at Metropolitan Police FC on November 3rd was the last game played in the Southern League Premier Division South at which time Hendon had played eight League games and four cup ties.

Edgware Town FC

Edgware Town's 2020/21 campaign lasted a little longer playing their last game on December 12th before the Spartan South Midlands League fixtures were paused. They managed eleven League games and six cup ties. In the FA Youth Cup Edgware's Under 18 side were beaten at Spelthorne Sports FC and missed out on a home tie against Hendon! Edgware's manager Raki Hudson is a former Hendon player who appeared over 100 times for them.




The Pathway Project


In brief this new project will expand and build upon current mental health projects to include physical activities, educational opportunities and peer support at SJP for service users post-discharge from the Park Royal Hospital. Participants will also be signposted, supported and have a forum to help them on their personal journeys.



Being physically active can help lift mood, improve sleep patterns, build self-esteem and confidence.

Being active is a good way of improving your physical health, which is important if you have a mental health problem. That is because having a mental health problem can increase your risks of developing serious physical illnesses, so it is important to keep active. Regular physical activity reduces the risk of developing heart disease, diabetes





and of having a stroke, as well as many other health conditions. For further information please call Richard Hay on 07876 001822

Pro Football Academy

Another new addition to SJP is the Middlesex based Pro Football Academy (PFAUK). PFAUK is a private football Academy that combines football with education while focusing on the individuals and their development needs. SJP provides their students with a safe and secure environment where they can be creative and feel confident to learn at their own pace over the long term.



Eighty students are actively involved at SJP studying for a BTEC in Sport, short courses, and apprenticeships. They also represent Hendon in the U18 Southern Counties Midweek Floodlit League and the F.A. Youth Cup.

We remain united in putting our community first

SJP and the Silver Jubilee Park Residents Association continue to support. Local groups and associations have pooled their resources and have united in helping members of our local community and issued the following:

- The Group can help with shopping, advice, dog walking, posting mail or a friendly phone call.
- We will work in a way in which we can all stay safe.
- We'll leave shopping on your doorstep and phone to let you know it's there. You should wash any shopping that we leave in case infection is on any of the surfaces.
- We will not enter your home.

Brent Council helpline number for adults who do not have support from friends or family. 9am-5pm Monday to Friday – 020 8937 6589

For Medical Advice go to the NHS website: 111.nhs.uk/covid-19

If you do not have internet access, phone 111. In a medical emergency, dial 999. ■





PROTECT THE **NHS**

 **save lives**

Please forward this Newsletter to any individual or groups who you think might be able to receive some of the benefits that we, our stakeholders, partners and chosen charities can provide.


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serving the
Community*

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