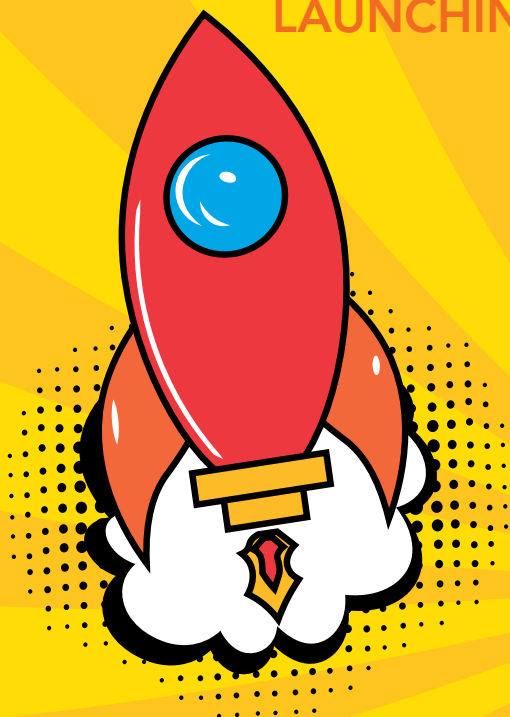


Somers Town Community Newsletter

NEW YOUTH & COMMUNITY HUB

LAUNCHING IN SEPTEMBER



1 MONTH
TO GO

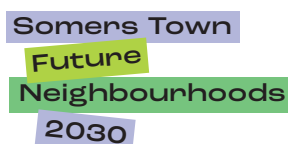
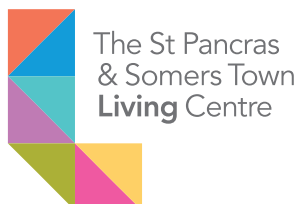
Somers Town Community Association
150 Ossulston Street, London NW1 1EE
Telephone 020 7380 0453 youth@somerstown.org.uk

HOW TO FIND US

The St Pancras and Somers Town Living Centre
2 Ossulston Street, London NW1 1DF

Tel 020 7380 0453
email hello@thelivingcentre.org
www.thelivingcentre.org

The Living Centre is supported by the Francis Crick Institute



LOCAL NEWS AND INFORMATION

Somers Town Future Neighbourhood Scone Community



**Somers Town
Future
Neighbourhoods
2030**

Start saving money and help the environment

Find out how this new community app for Somers Town can help you take simple actions to **save money and help the environment.**

WIN A PRIZE AND EARN MONEY !!!

- Complete actions suggested through the different challenges and be entered into a prize draw, with a winner chosen from each of the three challenges to **win an Air Fryer**
- Post regularly on the app, including commenting on other's posts, and have the opportunity to be entered into a **£100 prize draw** for Christmas
- Help promote our new Scone community and earn money for signing people up to the app. Email sarah@somertown.org.uk for more information

Download the Scone app NOW

Step 1
Download the Scone app with this QR code.

Step 2
Fill in the invite code:

SOMERS TOWN FN2030

This will automatically add you to the community after you sign-up to the app.

Step 3
Discover the Scone app: watch this video for a tour of the app:
<https://youtu.be/XhGBI2otQc>



SUPPORTED BY
MAYOR OF LONDON

**SOMERS TOWN
NEIGHBOURHOOD
FORUM**

**Somers Town
Community Association**

Camden

LOCAL NEWS AND INFORMATION



GROW IT YOURSELF



Somers Town Community Association
150 Ossulston Street, NW1 1EE
Rooftop Garden
Tuesday 10.00 am - 12.00 pm

Come along and get involved in growing your own fruit, vegetables and herbs.

Improve your Health and Wellbeing. Save money on food. It's Eco-Friendly, effective and enjoyable workout. Healthy, sustainable food. Minimise waste. Improve air quality.

Contact aaliyah@thelivingcentre.org or kylie@thelivingcentre.org

**Somers Town
Future
Neighbourhoods
2030**

SUPPORTED BY
MAYOR OF LONDON

**SOMERS TOWN
NEIGHBOURHOOD
FORUM**

**Somers Town
Community Association**

Camden



COOK IT YOURSELF

Is centred on food and sharing time with the people who come together in order to share the meal and conversation. It is intended to be pleasurable and enjoyable and to offer social connection, to plan, cook and share affordable, sustainable meals. Feeding the soul, helping your pocket and the planet. Share food traditions across generations and cultures. Explore new healthy foods that you might not normally try.

SWAP A RECIPE, SHARE A MEMORY

Date: Wednesday
Time: 1.00 pm - 2.00 pm
Somers Town Community Association Cafe
150 Ossulston Street
NW1 1EE

CONTACT:
aaliyah@thelivingcentre.org or kylie@thelivingcentre.org

**Somers Town
Future
Neighbourhoods
2030**

SUPPORTED BY
MAYOR OF LONDON

**SOMERS TOWN
NEIGHBOURHOOD
FORUM**

**Somers Town
Community Association**

Camden

PEOPLE'S MUSEUM NEWS

NEW ARTWORK for Somers Town

Come to the People's Museum to tell us what would go onto a new artwork about the St Pancras Housing. Open Wednesday – Saturday, 11am – 5pm.

JOB OPPORTUNITY

Cyclist Researcher to test out a new service for Somers Town: a passenger bike taxi. Contact info@spaceforus.club with your CV.

FAMILY FRIENDLY – Fire Station Visit & Talk

Saturday, 5th August, 12pm. A chance to go inside Euston Fire Station and hear the stories of Michael Pinchen, an ex-firefighter who's written 'Euston: The Story of a Fire Station'. FREE to local children/families. Book tickets: <https://www.eventbrite.co.uk/e/fire-station-walk-tickets-649677692467>

FRANKENSTEIN EVENING WALK

Friday, 11th August, 7pm – set off from the People's Museum. It's 200 years since Frankenstein was published under Mary Shelley's name. Join us for an evening walk to St Pancras Old Church. Book tickets: <https://www.eventbrite.co.uk/e/vindication-for-mary-200-years-frankenstein-tickets-668087767497>

A SOMERS TOWN FAMILY HISTORY by Mayor Gary Heather

Thursday, 17th August, 6pm. Gary Heather, Mayor of Islington, tells us his family's history in Somers Town with photos preserved through the generations. Book tickets: <https://www.eventbrite.co.uk/e/a-somers-town-family-mayor-gary-heather-tickets-678440412537>

PEOPLE'S MUSEUM EVENTS IN AUGUST

Contact info@spaceforus.club for more information.

**People's Museum
52 Phoenix Road NW1 1ES**

JOB HUB SOCIAL

EVERY TUESDAY @ MAKE

START: 18 JULY 2023

TIME: 10:30 - 12:30

CRAFT WORKSHOPS



Story Garden, 2 Ossulston Street, London NW1 1DF
Tel: 020 7380 0453 Mob: 07483 335 914

The St Pancras
& Somers Town
Living Centre

**Somers Town
Community Association**

**Somers Town
Future
Neighbourhoods
2030**

**Somers Town
Job Hub**



WORLD BREASTFEEDING WEEK
August 1st – 7th

Breastfeeding is one of the most effective ways to safeguard child and maternal health and provides all children with the best start of life

**FRIENDS
THAT
SWEAT
TOGETHER
STAY
TOGETHER**

No pain.
No gain.
Shut up
and
train.

**SWEAT
is just
FAT
CRYING**

I'm my
motivation

Women's only fitness self defence class

Come and give it a go...

Session outline

A women's only fitness self defence class. You will learn the basics of keeping yourself safe but in a boxercise format. This will be high calorie, high energy and fun while burning off calories!

Location

Somers Town Community Association
150 Ossulston Street, London NW1 1EE

For more details

email jodie@somertown.org.uk or call 020 7380 0453

**DON'T
TELL
PEOPLE
YOUR
DREAMS
SHOW THEM**

**EXCUSES
DON'T
BURN
CALORIES**

**I DON'T
SWEAT!
SPARKLE**

**EAT
SLEEP
GYM
REPEAT**

The St Pancras
& Somers Town
Living Centre

**Somers Town
Community Association**

**Body
by Laura**

Camden's Safe and Healthy Streets

Trial and permanent changes to Phoenix Road coming soon

GREENING PHOENIX ROAD NW1

In March we consulted on proposals to test changes on Phoenix Road to make it safer and healthier for you to get around. The proposals included 2 trial traffic restrictions as well as permanent wider pavements with plants in 3 places. These changes will enable the greening of Phoenix Road and create new green spaces in Somers Town.

Thank you to everyone who took the time to share their views. We have decided to put in place both the trial and permanent proposals and are making some changes to the designs following the consultation.

You can read all about the decision including our feedback to the consultation responses and the design changes on our website.

What happens next



We plan to start making the changes in Autumn 2023. Once the changes are in place we'll write to you again to let you know how you can comment on the trial. If you have any questions you can email us at safetravel@camden.gov.uk or call us on 020 7974 4444.



phoenixroad.commonplace.is



at the Chalton Street Market

Announcing the March to May Somers Town Fighting Food Waste Competition winning entries

Find out more on the Common Place website here:



March: Leerone

I made a bread and butter pudding using stale bread as sometimes we would forget about it or my children would leave the bag open meaning that the bread would go hard and no one would want to eat it so I made this using a recipe I googled.

April: Erma

After I use my juicer to make carrot juice I use the remaining pulp to make a carrot cake which has less sugar and less water retention due to it being already dry. So I don't waste anything.

May: Benjamin

When using leeks in a dish, rather than discarding the green leaves you can make a seasoning out of them. Clean the leaves, dry them, and spread them out over an oven dish. Put them in the oven at 200-220C, or even under the grill, until they turn dark brown to even a bit of black. You'll want to flip them over midway. After about 15min - do keep an eye on them - take them out and leave them to cool. You can then grind them to make leek ash. This is good as a seasoning to add some smokey flavours, for example on meat or meat substitutes.

You can also add the leek ash to some salt, to give the salt you are using an extra layer of flavour.

