

Return this Completed Form

To take part in our activities you must go to school or live in the area of Colliers Wood or London Borough of Merton.

NAME:	
ADDRESS:	
SCHOOL:	
ORGANISATION:	
DATE OF BIRTH:	
EMAIL	
CONTACT NUMBER:	

Your Preferred Activity. (Please tick the activities you're interested in.)

- | | | |
|---|--|--|
| <input type="checkbox"/> Music Tuition | <input type="checkbox"/> Chess | <input type="checkbox"/> Community Relations |
| <input type="checkbox"/> Fitness & Exercise | <input type="checkbox"/> Interfaith Discussion | <input type="checkbox"/> Computer Skills |
| <input type="checkbox"/> Drama & Performance | <input type="checkbox"/> Film Making | <input type="checkbox"/> Money Management |
| <input type="checkbox"/> Personal Development | <input type="checkbox"/> Poetry/Storytelling | <input type="checkbox"/> T-Shirt and Tie Dye |
| <input type="checkbox"/> Food & Nutrition | <input type="checkbox"/> Arts and Craft | <input type="checkbox"/> Cooking |

Please return to: -----



65-67 High Street,
Colliers Wood
London SW19 2JF
Contact number : 07956 579828
Web Site: lyme.johmard.com
Email: lyme@johmard.com

Thanks to:



UpTown Youth Club
High Path
Community Resource Centre
63 High Path
South Wimbledon
London SW19 2JY
Contact Number: 07957 112260



Taylor Road
Mitcham
London
CR4 3JR
07508 505097

Johmard Community LYME

(let young people meet elders)

2015 Programme

A special programme of activities bringing together generations and communities to learn, play and inspire each other.

Past Film Making Workshop



“Each
One
Teach
One”



Oscar nominations for budding Film Makers. Excited hopefuls go through the process of lights, camera, action at the hands-on Film Making workshop!

Who are Johmard Lymers?

We refer to both our committee members and young people as Lymers. LYME stands for Let Young (people) Meet and Engage. It's borrowed from the slang to "hang out" or "cotch," meaning to chill out and relax. A group of us got together and imagined a space where young people could not only hang out but get some valuable life skills at the same time.



"the drama workshop was the best day ever,
now i feel like a film star!"



it's good to talk

Our Regular Workshops centre around extra-curricular activities that aim to provide young people with personal and academic development. We are keen to work with like-minded organisations who share our vision for improving the lives of 11 -16 year olds, particularly in the Colliers Wood area of South London.

Community Relations & the Police

This workshop aims to help participants understand how relations between the community and the police can be improved through a better understanding of community policing strategies. Close collaboration between residents and the police helps to build safer and more caring communities.

The activity will:

- define community policing and its principles
- describe the benefits and importance of citizen involvement
- identify strategies for effective communication
- identify factors for improving police community relations
- describe the benefits of Neighbourhood Watch
- enable residents to know their rights when dealing with the police

Health, Fitness & Wellbeing

FAMILY FUN
7 YEARS &
OVER

This activity aims to educate residents on the benefits of a healthy lifestyle. Our society today, with the proliferation of modern gadgets and sedentary lifestyle, can deny individuals the level of activity needed to maintain good health. Coupled with the abundance and easy availability of fast food that doesn't support a healthy diet, it is easy for individuals to neglect this aspect of their lives.

This activity will:

- help you to understand the concepts of health, fitness and exercise
- provide tips and information on how to assess your diet
- provide guidelines on nutrition
- provide guidelines on healthy eating
- provide guidelines on keeping fit



* Note - Activities at Uptown are for ages 7 - 16

Cashflow: the Money Management Game

This board game gives those who play and understand it, a blue print for achieving wealth! It provides insight into the real world of work, play and investing. An exciting way to learn how to secure a successful future for all the family. You will learn valuable skills that will make a positive difference to your lifestyle.

You will be introduced to:

- Wealth formula
- How to manage money and make savings work for you
- Understanding balance sheet
- The difference between income generated from investment and employment.

Community LYME: a special programme

Thanks to Merton Partnership we have been awarded funds that will enable us to extend our regular workshops. This will involve a cross section of communities, elders and young people sharing an intergenerational set of activities. For this special programme LYME stands for Let Young people Meet Elders.

We recognise the importance of building strong partner relations aimed to generate positive understanding within communities across cultures and generations. We have therefore invited the following groups to participate in the programme: Association for Polish Family PYZA, Positive Network, Colliers Wood Arts Festival, members of Merton Interfaith Forum, Fusion, Making Colliers Wood Happy, Johmard Community Centre and Uptown UK.

AIMS OF PROGRAMME:

- to engage different groups of people who do not usually mix and help educate and improve perceptions.
- exchange of experience between young people and elders who have a wealth of knowledge in various fields.
- develop relationships that can provide young people with role models who can motivate and encourage positive self-development, enabling them to reach their full potential.
- promote communities cohesion in the Merton area, particularly Colliers Wood.

The Intergenerational sessions are aimed at 11 - 19 year olds and older people willing to exchange life-skills and experiences with young people.

**FUN
LEARNING
FOR OUR
COMMUNITY!**



**FAMILY
FUN
7 YEARS
& OVER**

NOTICE

Chess, Drama, Film Screening,
Poetry and Story Telling Sessions
Coming Soon



Fitness for All: healthy family fun

This is a 40-week programme of various activities aimed at the whole family – from 7 year olds to pensioners! It will include martial arts, boxercise and Zumba, all fun activities where families can participate in together.

This programme will

- Help families to kick start their fitness regime together
- Teach you the principles involved in any exercise activity
- Show you simple techniques that can be performed in the home if you haven't got the time to visit a gym or class regularly
- Show you that regular exercise doesn't have to be a chore but can be fun and stress relieving



Interfaith discussion

An informal, interactive session aimed at bringing together members of different religious faiths with the wider community to explore a topical issue. We pose the topic:

The impact of modern society and new technology on religious practices.”

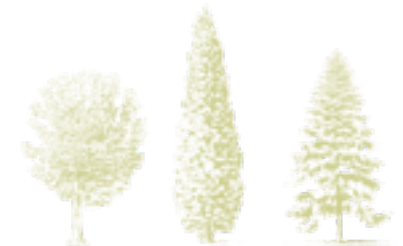
The audience, made up of religious and non-practitioners alike will be invited to share their views and consider this question – “is it easy to practice your religion/belief in today's environment given the following backdrop:

- shop opening times – 24/7
- intrusiveness of technology – Facebook, Instagram, Twitter, WhatsApp
- an apparent immoral society?
- peer pressure – e.g. if close friends/associates are not part of the same religion

Drama & Performance

Calling all budding drama kings and queens! This exciting workshop gives you the opportunity to show off your acting talent. Role playing and warm up exercises prepare you to take the stage and perform a piece that tells the audience both an interesting story and what you've learnt from the workshop. Experienced or just learning the craft, you'll welcome the chance to:

- work with texts and create your own scenes
- develop a piece that you can perform to peers and live audience
- role play with selected members of a team to put together a





Vocals, Compositions & Recording Music Workshops

Because we know everyone loves the Mic, Johmard Lymé is pleased to present this 10 week programme of Vocal



Development, Songwriting and Introduction to Recording Techniques.

Do you have a poem, a song or Rap you'd like to put to music?

Johmard Lymé offers you the chance to create your own material, record it and perform it to a live audience! This unique

workshop series is open to anyone ready to explore their musical talent and commit to the full programme.

You Too Have Talent

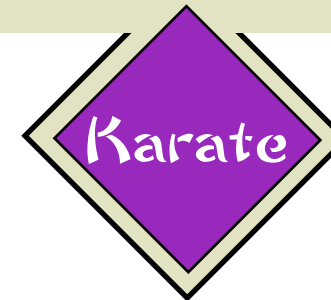
Personal Development

This motivational workshop provides techniques for effective communication, public speaking and presentation. Learn transferable skills of speaking with confidence and appropriateness to different groups. It aims also to:

- Build confidence – by providing a basis to consider challenges and strategies relevant for the portfolio of life-skills that will shape understanding of the professional world as well as helping to develop confidence.
- Encourage you to explore your creativity and develop effective self-expression
- Foster group/peer interaction and networking that are valuable for social, academic and formal settings



FAMILY FUN
7 YEARS &
OVER



Empty Hand

Meaning

Karate do – simply means the way of the empty hand. It was first developed as a way of self defence against robbers and a fitness alternative for monks and priests.

Nowadays, it has become a recognised sport by the Sports Council, and teams are sent to take part and complete in international events.

Benefits

The benefits that can be derived from karate training are both physical and mental. The exercise and movements involved have been handed down for generations and promote an agile and simple body.

Etiquette and discipline are a vital requirement for proper training and through this the student acquires self-discipline and becomes more patient and determined in his/her attitude both to other People and life in general.

FRIDAY
&
SATURDAY

ACTIVITIES @ A GLANCE

January 2015

Friday 16th (PNC)
**Intergenerational session
The Power of Elders**
7:30pm - 10:30pm

February 2015

Saturday 7th (JCC)
Exercise Boxercise/Zumba
1:30pm - 2:30pm

Saturday 14th (JCC)
Exercise Boxercise/Zumba
1:30pm - 2:30pm

Friday 20th (JCC)
**Intergenerational session
Cash Flow: The Money
Management Game**
7:30pm - 10:30pm

Saturday 21st (JCC)
Exercise Boxercise/Zumba
1:30pm - 2:30pm

Saturday 28th (JCC)
Exercise Boxercise/Zumba
1:30pm - 2:30pm

March 2015

Saturday 7th (JCC)
**Exercise Martial Arts 1
Empty Hand (Karate)**
1:30pm - 2:30pm

Saturday 14th (JCC)
**Exercise Martial Arts 2
Empty Hand (Karate)**

1:30pm - 2:30pm

Friday 20th (JCC)
**Intergenerational session
Interfaith Discussion**
7:00pm - 10:00pm

April 2015

Friday 10th (UPTOWN)
Exercise Boxercise/Zumba
7:00pm - 8pm

Friday 17th (UPTOWN)
Exercise Boxercise/Zumba
7:00pm - 8pm

Saturday 18th (JCC)
**Exercise Martial Arts 3
Empty Hand (Karate)**
1:30pm - 2:00pm

Friday 24th (UPTOWN)
Exercise Boxercise/Zumba
7:00pm - 8pm

Saturday 25th (JCC)
**Exercise Martial Arts 4
Empty Hand (Karate)**
1:30pm - 2:30pm

May 2015

Saturday 2nd (JCC)
**Exercise Martial Arts 5
Empty Hand (Karate)**
1:30pm - 2:30pm

Saturday 9th (JCC)
Exercise Boxercise/Zumba
1:30pm - 2:30pm

Friday 15th (PNC)
**Intergenerational Session
Personal Development**
7:30pm - 10:30pm

June 2015

Friday 5th (UPTOWN)
Exercise Boxercise/Zumba
7:00 - 8:00pm

Saturday 6th (JCC)
Exercise Boxercise/Zumba
1:30pm - 2:30pm

Friday 12th (UPTOWN)
Exercise Boxercise/Zumba
7:00 - 8:00pm

Saturday 13th (UPTOWN)
Music Workshop - 1
4:30pm - 7:00pm

Friday 19th (JCC)
**Intergenerational Session
Health Fitness &
Wellbeing**
7:30pm - 10:30pm

Saturday 20th (UPTOWN)
Music Workshop - 2
4:30pm - 7:00pm

Friday 26th (UPTOWN)
Exercise Boxercise/Zumba
7:00 - 8:00pm

Saturday 27th (UPTOWN)
Music Workshop - 3
4:30pm - 7:00pm

July 2015

Friday 17th (JCC)
**Intergenerational Session
Community Relations &
the Police**
7:30pm - 10:30pm

Saturday 18th (UPTOWN)
Music Workshop - 4
4:30pm - 7:00pm

Saturday 25th (UPTOWN)
Music Workshop - 5
4:30pm - 7:00pm

August 2015

Saturday 1st (JCC)
**Exercise Martial Arts 6
Goju Ryu Karate-Self-Defence**
4:30pm - 6:30pm

Saturday 8th (JCC)
**Exercise Martial Arts 7
Goju Ryu Karate-Self-Defence**
4:30pm - 6:30pm

Saturday 15th (JCC)
**Exercise Martial Arts 8
Goju Ryu Karate-Self-Defence**
4:30pm - 6:30pm

Friday 21st (PNC)
Intergenerational Session
7:30pm - 10:30pm

September 2015

Saturday 5th (JCC)
Exercise Martial Arts 9

Goju Ryu Karate-Self-Defence
4:30pm - 6:30pm

Saturday 12th (JCC)
**Exercise Martial Arts 10
Goju Ryu Karate-Self-Defence**
4:30pm - 6:30pm

Friday 18th (JCC)
Intergenerational session
7:30pm - 10:30pm

Saturday 19th (JCC)
Music Workshop - 6
2:00pm - 4:30pm

Saturday 26th (JCC)
Music Workshop - 7
2:00pm - 4:30pm

October 2015

Saturday 3rd (JCC)
Music Workshop - 8
2:00pm - 4:30pm

Saturday 10th (JCC)
Music Workshop - 9
2:00pm - 4:30pm

Friday 16th (JCC)
Intergenerational session
7:30pm - 10:30pm

Saturday 17th (JCC)
Music Workshop - 10
2:00pm - 4:30pm

November 2015

Friday 20th (JCC)
Intergenerational session
7:30pm - 10:30pm

December 2015

Friday 18th (JCC)
Intergenerational Session
7:30pm - 10:30pm

January 2016

Friday 15th (JCC)
Intergenerational Session
7:30pm - 10:30pm

February 2016

Friday 19th (JCC)
Intergenerational Session
7:30pm - 10:30pm

March 2016 - July 2016

Programme to follow

