



# The Old School finally opens its doors!

We are delighted to announce that after over a year of building works, the Old School was officially opened on Friday 3<sup>rd</sup> May 2019.

This means that Old Wolverton and the West End of the Town finally has its own Community Centre.

As a Community Benefit Society, Future Wolverton is very keen that people living close to the building see it as their Community Hall to use for family events and parties as well attending a mixture of weekly and

monthly activities which are currently developing. Overleaf is a selection of the weekly and monthly events that are currently booked in – why not have a browse at what's on in the next few months and book yourself in to something?

For more information about the Hall and how you go about making a booking please visit our website [www.oldschoolwolverton.org](http://www.oldschoolwolverton.org) or leave a message on our office phone 01908 321898.

## Old School Café Opens Wednesday 5<sup>th</sup> June 2019



As from Wednesday 5<sup>th</sup> June the Old School Café will be open Monday to Thursday from 10.30am to 1.30pm for morning coffee and cake and light lunches.

The café is a Slated Row School enterprise, which is staffed and run by 6<sup>th</sup> Form students at the School with help and support from staff.

The students are gaining invaluable work experience at the same time as providing a top quality cup of coffee, so please pop in and support them!

## Did you know we had a 3 bedroomed Guest House too?

As well as the Community Hall and café, the Old School has its very own Guest House! We have 3 Guest bedrooms, 2 double and 1 twin, all of which are available to hire. It is also possible to hire the whole

house. So if you live locally and have family and friends coming to stay but not a lot of room at home, why not put them up at the Old School Guest House?

For further information including prices, please visit the Guest House section of the Old School website at: [www.oldschoolwolverton.org/guesthouse](http://www.oldschoolwolverton.org/guesthouse)

MILTON  
KEYNES  
WRITERS'  
RETREAT



Aimed at people who love to write, who would love the support and encouragement of other writers!  
**2<sup>nd</sup> Saturday of the month – June, July, August**  
**Booking Essential**  
[www.writershq.co.uk/writing-retreats](http://www.writershq.co.uk/writing-retreats)

## Weekly Crafting session

Join us for a crafty morning, with ideas inspired by the Old School House Project.

Projects might be: Printing a cushion cover, decoupage a notebook or embroider a vintage textile collage. £5 each week plus a cost for materials which will vary, but no more than £4 per project.  
**10-12 Monday mornings.**  
**Starting on the 10<sup>th</sup> of June for 6 Monday's.**



## Pop up African and Caribbean Restaurant with live entertainment

**Last Friday of the month: 28<sup>th</sup> June, 26<sup>th</sup> July  
30<sup>th</sup> August, 27<sup>th</sup> September**

Come tantalise your taste buds with Chef Yaw Asiyama three course dinner **£25 per head** - bring your own bottle (corkage applies)

For more information and to book please visit  
[facebook.com/yawsyourchef](https://www.facebook.com/yawsyourchef)

*"Absolutely fabulous fish curry and spiced fried ripe plantains..."*  
*"Chicken and chickpea curry was nothing short of fabulous..."*

## Yoga Retreat

**July 7<sup>th</sup> & September 22<sup>nd</sup>**

with Helen Stephenson and Rona Burt.

1 hour mindful yoga facilitated, 1 hour mindful meditation, 1 hour restorative yoga

**Cost: £35.00 | [booking@mindfulnessmk.com](mailto:booking@mindfulnessmk.com)**

## The Friday Club

Old Wolverton Friday Club for retired people  
**The club meets on the 1<sup>st</sup> Friday of the month.**

Tea, biscuits (and sometimes cake!)

Raffle and Bingo. All welcome.

**For more information call June 01908 316473**



## SWAP SHOP

**3<sup>rd</sup> Saturday of every month, 12-2pm, £3 Entry**  
Womenswear and Menswear only. Up to 5 items per person to exchange. Items are then available to purchase at £4 each. Exchange items must be clean, have no stains or rips, complete with all buttons and zips. **Be part of the Fashion Revolution**  
[facebook.com/miltonkeynesswapshop/](https://www.facebook.com/miltonkeynesswapshop/)

## DIVINE 7 YOGA

Weekly Yoga sessions every Thursday.

**1845 - 1945 Divine 7 Yoga for Beginners**

**2000 - 2100 Divine 7 Yoga Flow**

Please contact Lorraine on 07793 813133

or at [lorraine@divine7yoga.co.uk](mailto:lorraine@divine7yoga.co.uk)

[www.divine7yoga.co.uk](http://www.divine7yoga.co.uk)



## An Introduction to Mindfulness

**Sunday 28th July from 11am-2pm**

Our mindfulness practitioner will be your guide on a journey of self-discovery. The afternoon will end with a silent mindful lunch and walk in the stunning natural surroundings of The Old School.

**£30 per person. Places are limited so please do book early to avoid disappointment.**

[mindwideopenmk@yahoo.com](mailto:mindwideopenmk@yahoo.com)

[www.mindwideopenmk.com](http://www.mindwideopenmk.com)