



Welcome to November's newsletter. We have been busy reorganising our staff team at York House and we are almost ready to introduce you to our wonderful new lineup, so watch this space! In other news we are waiting to hear the structural engineers view on the future of The Space wall so we can move forward with repairing that important part of our building. Lastly, we have yet another busy month here at York House with lots of music events, a community gardening day and of course our wonderful lantern making weekends. Make sure you read on for info on tickets and dates!

Coming Up

There is so much coming up in November! We have lots of public events as well as our usual array of fantastic user groups. You can find all the information you need about what is coming up at York House on our website

[Here](#)

What's on at York House November

3/11/2023 Eatstreet
5pm-9pm

03/11/23 Performers Night @The Song Loft
8pm -10.30pm

4/11/2023 Noah's Cape
7.30pm-10.30pm

11/11/2023 Don Perera
8.00 - 10.15pm

17/11/2023 Megson @The Song Loft

18-19/11 & 25-26/11- Lantern Workshop

Scan here for more info on
all our events & groups



York House AGM

This year we are excited to be doing things a little bit differently and we are opening up our AGM to all our supporters. Come along and hear what we have been up to over the last year and learn about the exciting projects we have planned for 2024. Refreshments will be available and there will be an opportunity to network. We ask that anyone interested in coming along registers below so we can keep an eye on numbers. We look forward to welcoming you to York House!

Date: 23rd November 2023

Time: 7.30pm

Where: York House Centre, London Road, Stony Stratford, MK11 1LQ

[Register Here](#)



Meet The Team!

Who are you and what do you do at York House?

I'm Ken Daniels, Chairman of Trustees, the team of volunteers responsible for the overall management and development of York House.

Why York House?

After retirement in 2004, my background in project management and running arts and community events led me to York House and the opportunity to enjoy giving lots back to the community. It has been very enjoyable and satisfying, particularly working with a dedicated team and being well supported by the people of Stony. A bit like hard work, and some frustration at times, but..... hey!

If you could arrange for any musician to play at York House who would it be?

If it has to be a live one, then Tom Waits or Buffy Ste Marie. If I can summon the dead, then John Prine or Bessie Smith



Meet The User Group!

Who are you and what do you do?

I'm Jane Hammonds and I run the Slimming World group at York House. I became a Slimming World consultant back in 2017 after losing 11 stone and wanted to be able to support other people to reach their dream target weight.

What is your group and who is it for?

Anyone over the age of 16 who wants to lose weight with the support of an amazing group. Losing weight can feel hard and making permanent, positive changes not only to the way we cook, plan and prepare our food but also the way we think and feel about food takes time and effort, but with a support structure of like minded people it's so much more easier and enjoyable. We have an amazing eating plan which is based around every day foods that all the family can enjoy. No need for shakes, tablets or Meal replacements.

What do you love about York House?

York House feels like the heart of Stony. I've always loved the building, even as a child. Over the years I've had

so many happy experiences of parties and celebrations here. When I became a consultant it was always a dream of mine to have a group in Stony Stratford at York House. I was beyond delighted when a space became available for us on a Monday. The room is lovely and spacious plus the staff are amazing. I'm so proud to be part of this amazing building.

You can catch Slimming World with Jane from 4pm every Monday

[Learn more](#)



Stony In Bloom

Did you know that our wonderful community gardens are mainly maintained by the fabulous Stony In Bloom volunteers? This summer their hard work really paid off when we were awarded the It's Your Neighbourhood's Outstanding Assessment for the fabulous project to grow fruit and veg for the Kings Foodbank. We feel very honoured to have this great group of people taking care of one of our most valuable assets. Why not have a look at the wonderful space we have next time you visit York House? Or if you want find out more why not come along to our Community Gardening day on the 19th November? For more details see below.





*Stony Stratford
in Bloom*



Community Volunteering Day York House Community Gardens

Sunday November 19th
pop along to help any time between
10am & 2pm

Come along and get involved in our
Community Gardening Day

York House and Stony in Bloom volunteers will be coming together to tame some of our wonderful community gardens and **we need your help!**

You can try your hand at cutting back brambles, pruning saplings or tackling hops amongst other opportunities.

Please bring gardening gloves, secateurs and any other cutting and sawing tools you may have



Refreshments available

Help to make your community gardens the lovely haven you want it to be!



[Sign Up Here](#)

Community Larder

Don't forget our fantastic Community Larder and Community Cafe run every Tuesday between 10 and 11. You don't have to be a member of the larder to come to the cafe and get a free drink and biscuit and have a chat with new friends.

If you want to learn more about the Community Larder and the great work Sofea does to tackle food waste and support vulnerable young people you can visit Sofea's website which explains all.

[Sofea Website](#)

Room Hire

Don't forget our wonderful rooms are available to hire! They can be used for a whole host of activities from Pilates to Parties! Our Main Hall has just become available all day on a Friday, this is a unique opportunity and doesn't come up often so get in touch if you have been itching to get something started! Contact tina@york-house.org.uk



Projects

Don't forget we still have all our wonderful Projects running. If you want a stay and play for your under 5's Yo-Yo's, led by the fabulous Jennifer Wilson-Marklew is a lovely welcoming group, meeting on Monday mornings in term time at 9.30-11.30. If you have older ones they can come along to our fantastic Youth Club on a Wednesday from 5.30, run by our partners Youth Network and kindly funded by Stony Stratford Town Council. But, if your children prefer drama then the marvellous Terri Howey is still running Act Out on a Thursday from 4.30. Lastly if it's you that needs some well deserved 'me-time' then pop along to see the superb Emma Philips and the lovely group running Crafting for Change on a Tuesday morning at 10.30. As ever, all details are on our website or click on the icons below.



COMING SOON

- LANTERN PARADE 02/12/23 4PM
- WREATH WORKSHOP 8 & 15/12/23
- CAFE CHRISTMAS 19/12/23 10AM
- JOHN VERITY 13/01/24 8 PM
- YORK HOUSE BEER FESTIVAL 27/04/24

AS ALWAYS ALL THE DETAILS CAN BE FOUND ON OUR WEBSITE!



Copyright (C) 2023 York House Centre (Stony Stratford). All rights reserved.