

# Niburu London Newsletter ~ Winter 2025/26



Welcome to Niburu London's Winter Newsletter!  
Here you'll find a wealth of information on current and upcoming projects.



## New Projects This Winter



### A Million Miles & Smiles Project!

Funded by the **National Lottery Million Hours Fund**



Funded by  
UK Government

We are delighted to announce **A Million Miles & Smiles Project**, funded by **The National Lottery Million Hours Fund**.

The Million Hours Fund is funded by Department for Culture, Media and Sport (DCMS) and The National Lottery Community Fund, providing additional resources to existing projects, allowing organisation to bring extra support to young people.

Following the great success of the R.O.C.K. Project, the **Million Mile & Smiles Project** has allowed Niburu London to extend existing sessions, recruit additional project staff, and hold two further weekly sessions at alternative locations.

In addition, the funding has allowed Niburu to extend **Creative Futures**, an Intergenerational project, funded by the **Royal Small Arms Trust**.

Read more about both projects in the following sections!



## Creative Futures

Funded by the **Royal Small Arms Factory** and supported by **National Lottery Million Hours Fund**



In the Autumn Newsletter, we announced our delight in receiving funding by **The Royal Small Arms Trust**. The incorporation of the **National Lottery Million Hours Fund** has provided the opportunity to extend the original project, providing a wonderful opportunity to work with the Chicken Shed Theatre.

**Creative Futures** encompasses a year-long programme using creativity, heritage, and intergenerational exchange to increase confidence, wellbeing, and employability among young people (16–24) not in education, employment, or training.

The project will also strengthen community bonds by connecting young people with older residents through storytelling, mentoring, and shared cultural activities.

**Creative Futures** introduces a brand new collaboration between Niburu London, **ENACT Youth Club** and **Chickenshed Theatre**. Learn more about these inspiring organisations in the section below.

Project planning in moving apace! We look forward to sharing more in our Spring Newsletter.

# New Partnerships

We are delighted to introduce two new community partnerships.

## ENACT Community



Established in 2003 and based in Enfield Island Village, ENACT Youth Club is a charity providing youth clubs, holiday programmes, and community events for local young people. Guided by the ethos to "Engage, Enhance, Encourage, and Enjoy," it fosters belonging through fitness, life skills, mentoring, and a community garden.

Follow the link below to find out more about this wonderful organisation:

**[ENACT Community](#)**

## Chickenshed Theatre



Founded in 1974, is a pioneering UK-based inclusive theatre company that creates professional, original, and high-quality performances, education, and outreach projects. Operating from a former chicken shed, it champions diversity, featuring casts of all ages, backgrounds, and abilities. The organization is known for "creating wonder out of chaos" and providing an, often, transformative experience for performers and audiences.

Follow the link below to find out more about the work of this inspiring organisation!

**[Chickenshed Theatre](#)**





# Project Snapshots



Highlights on the latest news of our current sessions and projects

## Together at the Table

Funded by the **National Lottery Community Fund**



**Together at the Table** is held in partnership with The Nightingales Cancer Support Centre and funded by the **National Lottery's Community Fund**.

Inspired by Niburu London Trustee, Norman Allen's own cancer journey, the project aims to create a welcoming space where those affected by cancer can come together to prepare nutritious meals, exchange stories, support and smiles!

The first pilot sessions, launched in September 2025, have proved popular with Nightingale's regular Coffee Morning users. Enfield Baptist Church has proved an ideal location for the sessions and remained the location of choice as the full project launched in January 2026.

## Sharing Ideas



We listened carefully to feedback and suggestions from Nightingales Management and the wonderful Coffee Morning members who took part in the pilot project.

We are immensely grateful for their input, with ideas and observations helping to shape the project going forwards.

Each session will be 2 ½ hours, held each Friday at Enfield Baptist Church for a maximum of 6 members.

The welcoming space and small group is perfect for preparation, cooking, eating and most of all, time for companionship and sharing.

We wish to send a special thank you to Lucy McGinn, Nightingales Marketing and Communications Officer, whose advice and support has been invaluable!

# New Leaflets for 2026!

With greatest thanks to members for kindly granting permission to share images of their together afternoons.



As the project unfolds in full, we look forward to sharing updates.

## Session Spotlight



**YOUTH  
MUSIC**



### Youth Music ~ R.O.C.K (Raising Our Communities Kids)

Funded by the **Youth Music's Trail Blazer Fund** and in partnership with **Exodus Youth Worx UK** and **Northside Youth Community Connections (NYCC)**, the **R.O.C.K.** project offers budding young musicians a opportunity to take part in a 12 week works shop where they will learn to play music on the instrument of their choice, play in an ensemble and experience music recording and production. The sessions culminate in a live performance and recording at the Niburu London music studio.

The Summer and Autumn Newsletters brought updates of the first project, which culminated in the live performance, recorded at Niburu's studio.

To see more of the first groups amazing journey, visit [Niburulondon.com](http://Niburulondon.com) to read our Autumn Newsletter and visit the dedicated page. → [R.O.C.K.](#)

# A Million Miles & Smiles!



Following on from the success of the first groups journey and huge amount of interest the project has experienced, we are delighted to receive the additional support provided by the **National Lottery's Million Hours Fund.**

The funding has allowed Niburu to expand its existing youth-centre-based music programme to provide a significantly greater number of structured, positive opportunities for young people in our community.

In addition, we have recruited a professional musician and qualified music teacher, who will provide technical expertise, widen young people's horizons about music careers, and inspire participants with lived examples of sustainable pathways in the creative industries.

## New Sessions for 2026!

In addition to our original collaboration with **Exodus Youth Worx** and **NYCC**, we are delighted to be partnering with **Ponders End Youth Centre** to bring a two further weekly sessions.

**NYCC Sessions ~ Tuesdays**

**Ponders End Youth Centre ~ Mondays and Wednesdays**

Both centres welcome young people of all abilities!

**Niburu London** **YOUTH MUSIC**

**MUSIC TASTER SESSIONS!**

Want to learn to sing or play an instrument? Come along and enjoy a **FREE TASTER SESSION!**

Using instruments or voice to make music, participants will learn to:

- Play a piece of music on their choice of instrument
- Play in an ensemble
- Experience music recording and production

**All abilities are welcome!**

**MUSIC WORKSHOPS!**

Following the taster session budding musicians will be offered the opportunity to take part in a **FREE 12 week** programme of music workshops, run by professional musicians, exploring music/song composition, musicianship and much more!

**LIVE PERFORMANCE!**

The 12 week course will culminate in a live professional performance, recorded at Niburu London's studio. In addition to the performance, participants will gain experience in recording, lighting, interview techniques and social media.

Location: NYCC, 39 St James Chambers, Edmonton, London, N9 6UD  
Date: Tuesdays starting January 2026  
Time: 4:30pm - 6pm

The programme is funded by Youth Music, and held in collaboration with Niburu London, Exodus Youth Work UK and Northside Youth & Community Connections.

To sign up or more information, please contact:  
sara.hanna@exodusyouthwork.london or WhatsApp 07903 972 453

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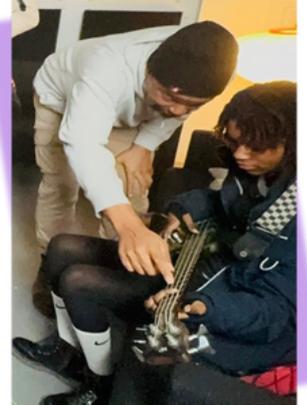
Location: Ponders End Youth Centre 141 South Street, Enfield, EN3 4PX  
Date: Mondays & Wednesdays, starting January 2026  
Time: 4:30pm - 6pm

The programme is funded by Youth Music, and held in collaboration with Niburu London and Ponders End Youth Centre

To sign up or more information, please contact:  
Louise @ Ponders End Youth Centre  
or speak to your tutor or youth worker at Oak Hedges



*NYCC  
First Sessions!*



*Ponders End Youth  
Club  
First Sessions*





# The Creative Music Hub



We first shared plans for the Creative Music Hub in the Autumn Newsletter. Partnering with **Exodus Youth Worx**, **Northside Youth Community Connexions** (NYCC), and **Fusion Music** (Enfield), Niburu London is working to establish a dedicated Creative Music Hub in our borough.

The hub will provide ongoing one-to-one tuition (free for families unable to afford it), expand open-access group music workshops, and create progression routes into accredited training and employment. By embedding our music programme within this wider network of community and professional partners, we will sustain delivery, secure additional funding, and ensure that young people continue to benefit long after this grant ends.

Plans remain ongoing and we look forward to sharing more about the project as it unfolds.





# Health & Wellbeing Blogs



Niburu London's Health and Wellbeing blogs are uploaded regularly to our website and on social media.

Click on the picture below to visit our Newsletter page and scroll down to view blogs. Each are downloadable as a PDF.

## Health & Wellbeing Blogs!

<h3>Step Into Spring</h3>  <p>Ideas for health and vibrancy in springtime! Follow the Link Below</p> <p><a href="#">Click Here</a></p>	<h3>Taking Time</h3>  <p>Taking time out to bring energy to your day! Follow the Link Below</p> <p><a href="#">Click Here</a></p>	<h3>Regrowing Vegetables</h3>  <p>Simple ideas to regrow vegetables! Follow the Link Below</p> <p><a href="#">Click Here</a></p>
<h3>Microgreens &amp; Sprouted Seeds</h3>  <p>Growing in your indoor kitchen garden! Follow the Link Below</p> <p><a href="#">Click Here</a></p>	<h3>The Practice of Grounding</h3>  <p>Simple grounding techniques for wellbeing! Follow the Link Below</p> <p><a href="#">Click Here</a></p>	<h3>The Magic of Lemons</h3>  <p>Hidden secrets of the humble lemon! Follow the Link Below</p> <p><a href="#">Click Here</a></p>
<h3>The Benefits of Okra</h3>  <p>Discover the wonderful benefits of okra! Follow the Link Below</p> <p><a href="#">Click Here</a></p>	<h3>Exploring Sound Therapy</h3>  <p>Explore the world of Sound Therapy! Follow the Link Below</p> <p><a href="#">Click Here</a></p>	<h3>An Introduction to Reiki Therapy</h3>  <p>Discover the benefits of Reiki Therapy! Follow the Link Below</p> <p><a href="#">Click Here</a></p>

Please visit our website [www.niburulondon.com](http://www.niburulondon.com) for more project information, newsletters, videos & photos, past and present!