

Paddington People

June 2007

Free

Church Street edition



PICTURE BY PHILIP WOLMOUTH

Members of the TARA Over Fifties Club

Life begins at...

Since the TARA Over Fifties Club was set up nearly a year ago, around 60 local people have been going along to regular Tuesday get-togethers at the Greenside.

The session starts with a shared lunch. Cooked by members, this might be sandwiches and cakes, or noodles and spring rolls, a speciality of a Filipino couple. Members come from all over the world, says Chair, Dolly Cuthbert, including Guyana, Australia and Spain. 'Everyone gets on fine, and we all thoroughly enjoy it.' The only problem, she explains,

Paddington Development Trust

is that 'we don't have enough men'. After lunch, activities include games, talks, bingo, exercises - and line dancing. 'They just adore it - even those that can't walk very well.'

Once a month there's an outing. The group has been to Southend, Leeds Castle, and the Cotswolds. 'That was a beautiful day - we just wandered about and had a cream tea.'

The TARA Over Fifties Club meets at the Greenside Centre, 24 Lilestone Street, NW8, on Tuesdays from 12.30 to 4pm. Anyone interested can just turn up, or call 7724 1847.

New inside this issue



Children & young people: news, drop-ins, activities and more
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Send us your ideas

There are four separate editions of Paddington People (one each for Church Street, Queen's Park, Harrow Road and Westbourne). To read articles from all four, see www.4paddington.com.

Please send suggestions for articles, recipes, shops or businesses to Hannah Solloway at

Paddington Development Trust
Westbourne Studios, 242 Acklam Road
London W10 5JJ
Tel 7575 3103
Email: hannah@pdt.org.uk

Paddington People is brought to you by



View from Church Street



I think I was nominated as Market Trader of the Year by my customers because I tell them what's good. I wouldn't give anyone anything that I wouldn't take home myself, and I tell them about what they are buying - whether it's sweet or juicy or whatever. My customers are mostly regulars, and you've got to look after them, as you serve them every week.

I've been working in the market for nearly 30 years, but have only had my own stall for the last three years. It's more cosmopolitan now, and people want to buy things like papaya and mango. It's a good market, but it should be regulated better, as there can be too many of the same things. In recent months there have been three or four fruit and vegetable stalls here, though they don't all last.

I'd like to thank all those who nominated me – hopefully we can go one better next year!

Terry West

Stall holder, Church Street Market, and winner of second place in Westminster City Council's Market Trader of the Year contest.

Guardians score with local children



Children from the Church Street area were among 65 young players to take part in an under 11s football tournament at Lisson Green in May.

'The children were very motivated and committed,' says Gustavo Dominguez of the Church Street City Guardians, who organised the event in

partnership with the London Tigers. Parents and other relatives of the children watched the matches, and players from all eight teams were given fruit and water by the Guardians. Gustavo is already planning more events like this: 'We are actively involved in promoting sport in the area. It helps us to better understand the youths, and bring about improved relations.'

Hanane El-Maruf at a Youth Boost session



Boost for young people

A new scheme to help unemployed young people get into training and work, has been launched by Paddington Development Trust, in partnership with local training organisations.

Youth Boost is for young people aged between 16 and 19, who are not in employment, and are not at school or college, or in training. The scheme is needed, explains co-ordinator Mayette Esdicol, because some young people tend to fail the criteria for other training programmes. 'Youth Boost helps the young people with their social skills, as well as more formal training needs, through a programme of sport, arts and group activities.'

On average, participants spend 18 weeks with Youth Boost, studying computers, English and maths, and gaining City and Guilds qualifications. Over three days a week, they attend either the Muslim Cultural Heritage Centre on Acklam Road, or the Gateway Technology Centre in Shepherd's Bush.

Sixteen-year-old Hanane El-Maruf (pictured) has been on the scheme for a month, and hopes to study IT at college afterwards. 'If I go to college at least I'll be more confident in what I'm doing.'

For more information, call in to the Renaissance Skills Centre, 244 Acklam Road, W10 or call 7575 3110 (see also the notice board section, page 13).

For Arabic Speakers

اطلق اتحاد بادينجتون للتنمية بمشاركة منظمات تدريبية محلية المشروع الجديد "يوث بوست" (Youth Boost) لمساعدة العاطلين عن العمل من الشباب في التدريب والعمل. وهو مشروع للشباب الذين تراوح اعمارهم بين 16 و19 عاماً ومن الذين لا تكون لديهم اعمال او غير مشاركين في مراكز التدريب او ليسوا من طلاب المدارس او الكليات.

المشروع يساعد الشباب لتطوير مهاراتهم الاجتماعية، بالإضافة الى الاحتياجات التدريبية الاساسية من خلال الرياضة والفن وفعاليات جماعية. وفي المعدل يقضون 18 اسبوعاً مع "يوث بوست" (ثلاثة ايام في الاسبوع) يدرسون الكمبيوتر والانجليزية والرياضيات. وموقع المشروع هو في "مركز الحضارات الثقافية الاسلامي" (Muslim Cultural Heritage Centre) في (Acklam Road) ومركز "غيتواي" (Gateway Technology) في شيرت بوش. وتأمل حنان المرش وعمرها 16 عاماً (الصورة) ان تدرس مادة المعلومات التكنولوجية في الكلية بعد ذلك: "اذا ذهبت الى الكلية سأشعر بثقة اكبر في ما أقوم به".

للمزيد من المعلومات راجع:

Renaissance Skills Centre, 244 Acklam Road, W10

او اتصل برقم الهاتف 75753110

New building for college

Redevelopment of the City of Westminster College's Paddington Green site is being planned, to provide a new main campus for the college, and building work could start as early as next January.

The college appointed Danish architects Schmidt Hammer Lassen to design the new building, which features a large atrium at the centre of the scheme (artist's impression pictured), and public access areas including a theatre and café.

It is hoped that full planning consent for the £90 million building will be secured this August. The college will then temporarily move into a refurbished school building on North Wharf Road in December.

The college principal, Robin Shreeve, believes that providing state-of-the-art facilities 'will raise student aspirations and the community's sense of civic pride'.



The City of Westminster College is a further education institution, offering over 300 full and part-time courses to more than 8,000 students. For more details see the notice board, page 7



Community researchers Angela Jules, Benny Robles and Najat El-Battoui

Researchers wanted for local beat

If you live in the Westbourne, Harrow Road, Church Street or Queen's Park areas of Westminster, you may have had a community researcher knocking on your door, to consult you about your needs and attitudes as a resident. This growing team of researchers gathers vital information on topics from health to childcare, and new members are now being sought.

The Paddington Development Trust Community Research Team is made up of residents from the Westbourne, Queen's Park, Church Street and Harrow Road wards. Under the management of DOC Associates, Paddington Development Trust's Community Research Project involves training new team members in community research skills. The researchers then participate in consultation exercises taking place across the four wards.

Recent surveys have involved talking to Westbourne residents about green spaces, and gathering views on how to improve the Prince of Wales junction on the Harrow Road. Most recently, the consultants have surveyed residents living on Avenues Gardens and Queen's Park Court in Queen's Park, as part of a pilot health project. Coming up soon will be consultation in the Church Street area around young people. Also planned for the summer is a survey to gather residents' views on Paddington People magazine, and how it can be improved.

Angela Jules (pictured above left) leads the project's team of researchers. 'To become a community researcher you should be passionate about where you live, and about community issues. You need to enjoy meeting new people and be able to communicate with a range of people from different ethnic

backgrounds. All team members have learnt new transferable skills and most importantly have learnt a lot about the various areas they have worked in. All of us have increased our levels of confidence too.'

There is currently a core team of nine community researchers, and others have helped with specific projects. Between them the team members come from a range of ethnic backgrounds, and speak many community languages including Arabic, Bengali, Spanish and Twi, a Ghanaian dialect. They range in age from around 20 to 65. Following a programme of training, community researchers are paid according to the number of surveys they have worked on, or the amount of time spent.

To find out more about the PDT Community Research Project, or to register your interest in becoming a community researcher, email diane@docassociates.com.

Richard Evans, Chief Executive Officer at Westminster CAB

Citizens Advice



PHILIP WOLMOUTH

New law furthers tenants' rights

The Westminster Citizens Advice Bureau (CAB) regularly gets complaints from tenants whose deposits have been withheld by landlords. A new law has now been passed to protect tenants from such problems.

The Tenancy Deposit Scheme, which came into force in April 2007, is good news for landlords as well as tenants, according to Westminster CAB, as it will help protect people's money and resolve disputes over tenants' deposits. The new law requires all landlords to be in a Government-approved scheme, and there are sanctions against those who don't comply.

The CAB advises anyone signing a tenancy agreement to check how their deposit will be protected, as there is no protection if the landlord has not signed up to the scheme. Tenants can also call the Tenancy Deposit Protection Scheme (see below) to find out if a landlord has signed up.

The average deposit last year was £526, and 30% of all deposits were not returned, or only returned in part. One local resident, who had paid a deposit of £1,000, was told by their landlord that £750 was being kept at the end of the tenancy, because he claimed a Hoover worth that amount had been broken.

'For years tenants have had little protection if their landlord chose to keep all or part of their deposit at the end of a tenancy' says Richard Evans, Westminster CAB's new Chief Executive Officer. 'Arguments over how much a landlord should keep to cover damage or other expenses often ended with the tenant losing out. This new law will directly benefit thousands of tenants who face problems getting their deposit returned.'

For more information call the Tenancy Deposit Scheme on 0845 226 7837 or see www.communities.gov.uk/tenancydeposit. Westminster Citizens Advice Bureau can be contacted on 0870 1264040.

What's cooking?

Italian tomato pasta salad

Fabian Sharp, Queen's Park Neighbourhood Forum manager, was taught this recipe by his mother, who was born in Naples, Italy. 'The key to getting it right is the ingredients, so don't try to cut corners. The quality ingredients used for this meal cost less than £1.35 per person.'

250g cherry tomatoes (the redder the better), chopped (£1.65)
1 large clove of garlic, peeled and crushed (5p)
6 basil leaves, shredded (30p)
3 tablespoons extra-virgin olive oil (10p) and salt to taste
Half a 250g spaghetti pack (55p)

Put all ingredients (apart from pasta) into a large bowl, cover and let stand for 2 hours at room temperature. Cook spaghetti in boiling water, stirring for first minute to avoid sticking. Drain, and run under cold tap for 30 seconds. Add pasta to tomato mix and stir. Serve with whole basil leaf on top, and an optional glass of cold red wine.....



John Glover with physiotherapist Cassie Lee at the Moberly Sports Centre



Easy breathing at the Moberly

Over the past year, improvements carried out at the Moberly Sports and Education Centre have included re-surfacing of the sports hall, new energy efficient heating and lighting, and a brand new seven-a-side Astroturf football pitch. There are new services too, and one of the most innovative is aimed at patients with chronic lung disease.

The Pulmonary Rehabilitation Programme was previously only

available in St Mary's Hospital. Now, patients with conditions such as chronic asthma and emphysema can attend the twice-weekly sessions closer to home. People suffering from breathlessness which limits or stops their everyday activities come to re-build their fitness levels, explains physiotherapist Cassie Lee (pictured above, with patient John Glover). Typically, they will spend an hour doing an individual programme of exercise, using arm weights, exercise bikes, rowing

machines and other equipment. Patients are then given a talk on topics like nutrition, managing chest infections, and appropriate medication. Later this summer, it is expected that GPs will be able to refer patients directly to the service.

John Glover says the class has helped him immensely. 'I do a lot more for myself, and I'm not afraid to get out and walk. I might have to sit down and rest, but then I get straight up again and carry on.'

Rochelle Roach at St Augustine's School



Sport and me

This summer, year 12 pupil Rochelle Roach will be working as a voluntary marshall during the British leg of the Tour de France cycling event.

Rochelle, a pupil at St Augustine's High School, is taking part in the Sports Volunteering and Leadership programme, along with other school children across Westminster. The idea is to help participants develop confidence and skills, and as well as classroom-based learning, they

volunteer their time in the community. Having learnt the theory of leading activities and planning lessons, Rochelle is now looking forward to working with primary school children. 'I really enjoy the Sports Leadership course and it will help me in the future as I want to work in the sports industry.'

Partners in the Sports Volunteering and Leadership Programme are the Westminster Sports Unit, Westminster Volunteer Bureau, Transport for London, and Tour de France. For details contact Sam Bell on 7641 4802.

This page of sports news is brought to you by the Westminster Sports Unit, which is based at the Moberly Sports and Education Centre, Kilburn Lane, London W10.

For further information on sport and play activities in the community, email eminogue@westminster.gov.uk or call 7641 5891

notice board

COURSES & TRAINING



CITY OF WESTMINSTER COLLEGE FUNDED TRAINING AVAILABLE

If you are over 19, employed and you don't have a previous level 2 qualification (equivalent to 5 GCSE's grades A-C), or you're an employer looking to train your employees, you could be eligible for free training under TRAIN TO GAIN. For details contact Lynne Graham on 7258 5596 or lynne.graham@cw.ac.uk

COURSE INFORMATION & ADVICE

For full details of all courses at the City of Westminster College, either visit www.cw.ac.uk, or ring InfoPoint on 7723 8826. To talk to someone about your choice of course, fees, support and other details, you can also call into Customer Services at the Paddington Centre, 25 Paddington Green, London W2 (nearest tube Edgware Road). Drop in any weekday from 10am to 4.30pm and until Tuesday 3rd July on Tuesday evenings from 5 -7pm

STUDENT PROFILE

Name: Sean Kelsey

Career background: Having worked in the computer industry, Sean wanted to gain knowledge of sound engineering technology. **Course completed:** HNC Music Technology (in 2 Years part-time) at City of Westminster College.



Achievements:

Straight distinctions across all modules on his course. His hard work earned Sean an Award at the Annual Student Awards Ceremony.

Sean says: 'It was great going back to college again after 20 years – I really enjoyed feeding off the youth culture.' Course information: The college offers a range of Sound Engineering and Music Technology courses, based at our Paddington Centre.

FIVE LOCAL CENTRES

Paddington Centre at 25 Paddington Green, W2, offers a wide range of vocational and technical full-time and part-time courses in Art & Design, Photography,

Computing & ICT, Engineering, Sound & Music, Digital Media, Media Communication & Production, Performing Arts, TV & Video, Sports & Recreation, Travel & Tourism, Motor Vehicle, Electrical Installation and English to Speakers of Other Languages.

Queens Park Centre at Saltram Crescent W9, offers full-time and part-time courses in Basic Skills, Foundation Courses, Business and Office Administration, Health and Social Care, Child Care and vocational courses for ESOL students. Also courses for young people and adults with learning difficulties and/or disabilities.

Maida Vale Centre at Elgin Avenue, W9, provides full and part-time academic and vocational courses. These include GCSEs, AS and A2 levels. Access to Higher Education courses, BTEC Science and BTEC Business courses. In the evenings, there are part-time leisure courses for the local and wider community.

Cosway Street Centre NW6, is the base for part-time business and professional development courses in Accountancy, Marketing, Business and Conference Management. Also Medical Professional courses, which include Electrocardiography and a B.Sc in Clinical Physiology.

The Cockpit Theatre on Gateforth Street, NW8 is a fully operational studio theatre, and the base for Performing Arts courses and also workshop practical experience for students on Sound Engineering, Music Technology and Film & TV Lighting courses.

Also used as a venue for professional productions, music performance and community events. Reservation Line is 7258 2925. To book the venue, contact Dave Wybrow, Theatre Manager on 7258 2920 or email dave.wybrow@cw.ac.uk.

PADDINGTON LIBRARY

Link-in training session for improving numeracy and literacy skills using online material. Applicants must be 25 and over and need to bring passport and National Insurance number. For dates and times contact Sabrina or Laurence on 7641 4402.

FREE COMPUTER CLASSES

Vital Regeneration offers free computer and digital arts training at all levels. **Firststep.com** is based at the Greenside Community Centre, Lisson Green. Call Lorraine on 7641 4157 or see www.learnatfirststep.com.

Queens Park New Media Centre is based at the Beethoven Centre. Call Andrew on 7641 4157 or see www.qpnmc.com for details.

FREE ENGLISH CLASSES



Improve your language skills for personal development or to access further education. For details of all Westminster Adult Education Classes (WAES) classes below call 7641 8153 or 07740 918894,

or email mwhite@waes.ac.uk

Queens Park library: Basic literacy stage 2, Monday and Wednesday 9.30am - 12.30pm, English Intermediate Stage 2 Tuesday and Thursday 9.30 - 12.30pm. 666 Harrow Rd, W10.

WECH Community Centre: Wednesdays 10am - 12 and Thursdays 10.30am - 12.30pm. Chantry Close, W9.

Dorothy Gardner Children' Centre: English Intermediate stage 2, Tuesday and Friday 1-3pm. 293 Shirland Rd, W9.

NOVA NEW OPPORTUNITIES

Numeracy and literacy workshops, ESOL classes, accredited computer skills courses (CLAIT), advice and help into work, open learning. Call 8960 2488 or drop in on weekdays from 9.30am to 5.30pm to Canalside House, 383 Ladbroke Grove, W10 (by Sainsburys roundabout). www.novanew.org.uk

ADVOCACY FOR OLDER PEOPLE

Introductory one day course on principles and practice, includes case studies. For anyone interested in, or working with, older people. Wed 13 June 9.45am-4pm at WASSR (Westminster Advocacy Service for Senior Residents), 55 Dean St, W1. Tel 7439 3131 or email ops@wassr.org.

JOBS & EMPLOYMENT ADVICE

PAID BEFRIENDERS SOUGHT

Westminster Mind Flexicare supports people experiencing mental distress, through companionship and practical support. Get experience for psychology, counselling and social care, training and supervision. Arabic-speaking females also needed for a new service. Send an SAE to Flexicare, 4 Sutherland Ave, W9 2HQ or email flexicare@westminstermind.org.uk

JOBS IN MIND

Employment and training advice for those with mental health needs (if registered with GP). Job search techniques, tasters in training and work placements, advocacy, work-site support, benefits advice, CV support and more. Tuesdays at the health centre, 574 Harrow Road and Thursdays at Health@The Stowe, 260 Harrow Road. Contact Hyacinth Foster 7248 5999.

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VITAL ADVICE

Support and advice to adults and young people on employment and training opportunities, and the Westminster Apprenticeship Programme (for 16-24 years). Regular surgeries across Westminster - at the Beethoven Centre, Greenside Community Centre, 421 Harrow Road, and the Stowe Centre. To book an appointment, call 8964 3256 or email vitaladvice@cwh.org.uk.

CASUAL CARETAKER WORK

Local person required. Duties include setting up and setting down of meeting rooms including community hall. Must be able to start at 9am when needed. For details contact Judith Mitchell at the Stowe Centre, 258 Harrow Rd, 7266 8258.

PADDINGTON FIRST

Full and part time jobs, careers advice and free information and advice sessions. Paddington First recently celebrated helping the 500th person into work. Call 7087 8080, drop in to 143-145 Harrow Road or visit www.paddingtonfirst.co.uk. Employment advice sessions include:

Mondays: Beethoven Centre, Third Ave W10, 2-4pm, Maida Vale library W9, 1.30-3.30pm fortnightly

Tuesdays

Church Street library, NW8 1.30-3.30pm
Marylebone library, 1.30-3.30pm
One Stop Shop, 317 Harrow Rd, W9 (phone to confirm)

Wednesdays

Queen's Park library W9, 1.30-3.30pm

Thursdays

Beethoven Centre, W10, 1.30-3.30pm
Fourth Feathers, 12 Rossmore Rd, NW1, 5.30-7pm fortnightly

Fridays

Paddington library, Porchester Rd 1-3.30pm

VOLUNTEERING

VOLUNTEER WITH OPEN AGE



Volunteers with skills and time to offer are needed by Open Age, which provides events and services for people over 50. 1 Thorpe Close London W10 5XL. (under Westway off Ladbroke Grove) Tel: 8964 1900

DISABLED LIVING FOUNDATION

Volunteers needed for mailings, office administration, web enhancements, finance administration, reception duty or helping in the busy equipment demonstration centre. Improve your working skills while you are here. 380-384 Harrow Road. For details call Teniel Pillai on 7432 8004.

ADVOCACY FOR OLDER PEOPLE

Westminster Advocacy Service for Older Residents (WASSR) is looking for volunteers, especially in the Church St area. Training and supervision provided. Call WASSR on 7439 3131.

VOLUNTEER CENTRE WESTMINSTER

Find out about local volunteering opportunities. Drop in to 53-55 Praed St, W2, 10am to 3.30pm Monday to Thursday. Call 7402 8076, www.volunteer.co.uk.

PARENTING EXPERIENCE?

If you have some time to spare, you could have the skills to make a difference to a local family. Home-Start's carefully trained volunteers give free emotional and practical help to any parent with at least one child under five. By visiting a family in their own home and offering friendship and support, Home-Start volunteers represent a lifeline for families finding it hard to cope. You can also gain an NVQ level 2 accreditation. Next course begins in September. For more information call Home-Start Westminster on 7724 1345.

EVENTS

YAA ASANTEWAA

The annual London Calypso Tent, produced by the Association of British Calypsonians (ABC) opens Friday 27 July. Continue each Friday until Notting Hill Carnival (3, 10, 17 and 24 August).

Calypso Monarch Final 23 August.

Special guests from Trinidad and Tobago are veteran Calypsonian Brown Boy and the 2007 Junior Calypso Monarch, 10 year old Tenisha Weekes. They will be joined by over 20 British-based Calypsonians, all backed by the ABC band and the Soca Inspirations. Advance bookings recommended.

For details call in to 1 Chippenham Mews W9, email admin@yaasantewaa.com, call 7286 1656.



ST JUDES SUMMER FAYRE

Saturday 21 July, 2-4.30pm. Home-made cakes and preserves, nearly new clothes, bric-a-brac, haberdashery, hand-knitted, tombola, raffle, tea and biscuits and more. St Judes Over 50s club (Westminster), corner of Ilbert St and Fourth Ave W10.

CHURCH STREET SUMMER FESTIVAL

Sunday 12 August. A fun day out for all the family, with refreshments, information stalls, music, childrens' entertainers and plenty more.

CITY COUNCIL AREA FORUMS



Join workshop discussions, meet councillors and help shape policy. All meetings start at 6.30pm with food and light refreshments, and a chance to attend surgeries. Workshops and

debates will follow, then an open forum. For details call 7641 3916, email areaforums@westminster.gov.uk or see www.westminster.gov.uk/areaforums.

Future meetings include:

Marylebone Thurs 7 June, 215 Lisson Grove, NW8 (includes Church St ward).

Bayswater Area Forum Tues 19 June, Porchester Hall, Porchester Rd, W2 (includes Westbourne ward).

Maida Vale Area Forum Tuesday 26 June, Millenium Centre, Amberley Estate, Clearwell Drive, W9, entrance via Shirland Rd next to Amadeus Centre (includes Queen's Park and Harrow Rd wards).

EVENTS FOR CARERS WEEK

Carers Day at the Disabled Living

Foundation: Friday 15 June, 11am -3pm at the Disabled Living Foundation, 380-384 Harrow Rd, W9. The Equipment Demonstration Centre will be open all day for product demonstrations, talks about equipment, a chance to talk to occupational therapists and light refreshments. The DLF will organise and pay for transport to and from the event for a limited number of people. To register your interest in the event call Alison on 7289 6111 ext. 211 or email alison.corr@dlf.org.uk.

Carers Network drop-in: Harrow Rd Health Centre on Tuesday 12 June from 2 to 5pm. For carers to make sure they are getting all the support they need. No appointment needed. Refreshments will be served, and head and neck massages will be on offer. For further information call 8960 3033.

Carers Lunch and Information Fair:

Stowe Centre on Thursday 14 June from 11am to 3pm. Banquet lunch with a variety of food including Halal and vegetarian options, entertainment and pampering. For further information call 8960 3033

AUTHOR AT QUEEN'S PK LIBRARY

Roopa Farooki will be at the library from 6.15pm on Monday 30 July to talk about her new book Bitter Sweets, a book about love and the complexities of family deceit, set in London and Bangladesh in the 80s and 90s - just shortlisted for the Orange New Writers Award. 666 Harrow Rd W10. For details, call 7641 1400 or/ email queensparklibrary@westminster.gov.uk

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EVENTS AT PADDINGTON LIBRARY

Porchester Rd W2, call 7641 1400 / email paddingtonlibrary@westminster.gov.uk
Writers' group for absolute beginners to established authors. Second and fourth Thurs of each month, 7pm. For details email paddingtonwriters@hotmail.com.
Readers' group third Fri of month, 7pm. Free and no need to book. Themed discussions coming up include 'Favourite titles for the beach' 22 June, 'Which books make you laugh', 20 July and 'The English essay', 17 August. For details call Laurence Foe on 7641 4490.

Rumi group exploring Middle Eastern poetry. First Fri of month, 7-8pm. For details call 0794 4489527 or see www.caravansary.org/events/rumi

FREE GUIDED WALKS AND EVENTS

Programme of weekly walks and other local events in and around Paddington Waterside, between now and September. For more information or a copy of the 2007 walk leaflet, call 7313 1011 or see www.inpaddington.com.

LONDON PRINT STUDIO



Art gallery with changing exhibitions, printmaking and digital courses for all abilities, open access printmaking, family workshops, prints for sale, free internet access. Gallery open Tues to Sat 10.30am-6pm. 425 Harrow

Road, W10, 8969 3247
www.londonprintstudio.org.uk

Matrix

MA in Printmaking and Professional Practice Exhibition, with artists from a broad spectrum of backgrounds including painting, textiles, ceramics and music. 22 June to 7 July.

I Love Print

A collection of new works made at Londonprintstudio by over 100 artists. All works are for sale. July to September.

MOBY DICK! THE MUSICAL

At the Cockpit Theatre, 31 May at 8pm, 1 June at 8pm and 2 June at 4pm and 8pm. The girls of St Godley's Academy for Young Ladies decide to put on a musical version of Moby Dick to save their school from bankruptcy. 'This comic, satirical romp through this age-old mariner's tale is a world of double entendres and wonderful, pastiche-y company numbers. Tickets £10 all evening performances (£8 concessions on Sat at 4pm only). The Cockpit Theatre is on Gateforth St, NW8. Reservations 7258 2925 or buy tickets online at www.imperialproductions.org

ST STEPHEN'S CHURCH FETE



Annual street summer fete including fun fair rides, live music, barbeque, cream teas and more.

Sat 14 July 12-5pm, St Stephen's Church, Westbourne Park Road, W2 (nearest tube Royal Oak and Bayswater, nearest buses 15, 23, 36, 70). Free entry.

THE WESTBOURNE COMMUNITY FESTIVAL

Sunday 17 June, from 2 to 7pm on Westbourne Green. Entertainment, information stalls, refreshments and more.

SPORTS & HEALTH

BEETHOVEN CENTRE

For more details about any of the activities below, drop in to the centre on Third Avenue, W10, call 8969 5881, or see www.dominion.co.uk/beethoven.

Food co-op: Mondays 2-4pm. Low cost, high quality fruit and veg (and visit housing and advice surgery at the same time).

Womens' aerobics: Mondays 10-11am. £1.50 for centre members, some free creche places available.

Womens' step classes: Tuesdays 10-11am. £1.50 for centre members, some free creche places available.

Womens' aerobics: Thursdays 6.15-7.15. £1.50 for members.

KYU YO BU SHIN

For details of any of the activities below call Mary on 07890 301235. Nearest buses 18 and 36, nearest tube Royal Oak.

Walking to fitness and health: Monday meet 9.15am at Edward Wilson School.

Yogalates: pilates, yoga and calanetics Fridays 7.30pm at the Warwick Community Centre, 300 Harrow Rd, W2.

You and your medicines: health course, coming soon.

DROP-IN TO WEIGH-IN

Free weekly weight management session offered to adults who live and work in Westminster. Run by registered NHS dietitians who understand that weight loss is difficult to achieve without appropriate support and information. We offer regular contact, support and encouragement to help individuals in their goal of weight loss and/or management.

Mondays 4.30 - 6pm at Lisson Grove Health Centre, Gateforth St, NW8. Call 7479 8832 or email Catherine.Forrest@westminster-pct.nhs.uk.

WESTMINSTER SPORTS UNIT

Promotes, facilitates, develops and delivers sports and physical activity programmes. Tel 7641 2012, email sport@westminster.gov.uk or see www.westminster.gov.uk/sport.

FREE STOP SMOKING SERVICE

Beat the smoking ban and become a non-smoker before 1 July! Free group support sessions at the chest and allergy unit in the Mint Wing of St Mary's Hospital, W2. 24 May to 28 June, 3 July to 7 August and 16 August to 20 September. Also free workplace sessions and one-to-one support. Advice and support also available from pharmacies and GPs. Call freephone 0800 328 8537 or email stopsmokingservice@westminster-pct.nhs.uk

X-PERT DIABETES PROGRAMME

Free six-week programme run by specialist nurses, for adults with Type 2 Diabetes. Focuses on self-empowerment, and providing people with the confidence, knowledge and skills to self-manage their diabetes. You must be referred via your GP. Carers/partners welcome to attend. The Westminster Diabetes Centre, 4b Maida Vale, W9. Call 7316 1200 or email my.ly@westminster-pct.nhs.uk.

BREATHE EASY GROUP

The Paddington Breathe Easy group works in partnership with The British Lung Foundation for people living with a breathing condition. The group's aims are to encourage networking and mutual support, through monthly meetings and increasing knowledge, sharing of information and friendship. For more information call 7886 2349.

HARROW ROAD HEALTH CENTRE

209 Harrow Rd W2, 7286 1231.



Interpreting in Arabic, Polish, Albanian, French and more.

General medical services include:

Travel immunisations, ante-natal and post-natal care, contraception, pregnancy testing, drug and alcohol counselling,

minor surgery, cervical and breast screening, flu immunizations, stop smoking, counselling and mental health signposting.

Chronic disease management:

Includes asthma, disease and stroke prevention, diabetes and hypertension.

Other services include:

Welfare and benefits advice, carers support, victim support, family support, support for people in temporary accommodation, and basic English classes.

notice board

FIT FOR LIFE



A 12 week weight management and exercise programme run by experienced dietitians. Free for anyone who lives or works in Westminster with a BMI above 27. You must be referred by your GP. Call 7479 8832 or email

Esther.Johncharles@westminster-pct.nhs.

OLDER PEOPLE

AGE CONCERN WESTMINSTER

Advice on benefits, health and social services, social activities and more. Drop-in advice on Mondays and Wednesdays 9.30am-1pm at 268-272 Edgware Rd. Call 7724 6930 for details or email enquiries@acwestminster.org.uk

ADVOCACY FOR OLDER PEOPLE

Westminster Advocacy Service for Older Residents (WASSR) offers support for older people facing difficulties with health care, social services, housing or because of dementia. Call 7439 3131.

BINGO AT ST JUDES

St Judes over 50s club (Westminster), corner of Fourth Ave and Ilbert St, W10. Bingo on Tuesdays and Thursdays 2-4.30pm. Also coach outings to various destinations during the summer. Call 8969 1891 for details.

ACTIVITIES AT THE BEETHOVEN

Yoga for the over fifties. Free for Open Age and Beethoven Centre members.
Tai Chi for over fifties: £1.50 a class. Call Open Age on 8964 1900 for times and details of both activities.

50 PLUS POSITIVELY PHYSICAL

Open Age can help you improve your fitness and lead a more active lifestyle. Exercise and activity classes free for over 50s in Queen's Park, Harrow Road and Westbourne Park areas. Pilates, line dancing, yoga, chair exercise, water-splash and walking. For details on times, days and venues call Sandy Mills on 8964 1900 or email sandy@openage.co.uk.

PADDINGTON LIBRARY

Porchester Rd, W2

Silver surfers group: every Tuesday until 17 July from 2 to 4pm. Free internet and email tuition. To book, call Laurence Foe or Sabrina Grattoni on 7641 4490.

Pensions advice service: Free advice, and no appointment necessary. Thursdays from 10am to 12 noon.

SUMMER FUN WITH OPEN AGE

Men and Women over 50, if you want to make the best of life, and keep in touch with local events and services, look no further! Open Age offers a Monday to Friday network of over 80 low cost (£1 - £2 a session), community based, learning, creative, fitness and social groups, some a short walk away, others a bus ride! Widen your interests and socialise by trying any of these: computers, art classes, trips around London, line dancing, socials with a quiz or speaker, ballet, singing, languages, mens morning, tap dancing, tai chi, seated exercise, power walking in the park, and many more.

Mens Morning meets on first Wednesday each month over the summer.

Singing Project planned in June

Harrow Road history exhibition launch in June - call for more details.

Membership £7 per year, but non-members very welcome too.



Free information pack and current weekly programme with full details of all groups is obtainable from Open Age, 1 Thorpe Close London W10 5XL (under Westway off Ladbroke Grove) Tel: 8964 1900.

COMMUNITY GENERAL

HALLS & MEETING ROOMS TO HIRE

Beethoven Centre: Large hall with capacity of 150, available for residents to hire for events and parties at subsidised rate of £10 an hour. Also PA, TV, video, sound system, DVD multimedia projector and screen available to use. Meetings rooms from £7.50 an hour for centre members. Call 8969 5881 for details. Both spaces can access the on-site creche (call 8960 2479).

St Peter's House Resource Centre: Meeting space and small room, kitchen, connection to church hall, and wheelchair access. Contact Jan@pdt.org.uk, 7266 0636, www.stpetershouse.org
Disabled Living Foundation: Fully accessible rooms with state-of-the-art audio and visual systems for conferences, training and meetings. Call Bridget on 7432 8010 or email training@dlf.org.uk.

OFFICE SPACE ON HARROW RD

Three offices available for immediate rent at the Disabled Living Foundation, 380-384 Harrow Rd. Call Raj on 7289 6111, extension 242, or email raj.kanags@dlf.org.uk.

BUSINESS ADDRESS

St Peter's House offers a service to residents working from home. Postal business address, IT facilities and reduced room hire rate. Contact Jan@pdt.org.uk, 7266 0636, www.stpetershouse.org

THE MOSAIC COMMUNITY TRUST

Promotes community cohesion by increasing respect and understanding between faiths. Projects include women's groups at the Westbourne Park Family Centre and the St Paul's Community Centre, youth theatre, and a befriending project for isolated Muslim women. Call Lena Choudary-Salter on 7289 1170, or email lenac@mosaiccommunitytrust.org.uk.

WESTBOURNE BEFRIENDING AND MONITORING SCHEME

Feel good by helping someone less vulnerable than yourself. Training available. Call Mary on 07890 301235.

PADDINGTON FARM TRUST

Holidays and short breaks for Westminster groups, families and individuals, on a 43 acre organic farm near Glastonbury in Somerset. Call 01458 832752, email pft@onetel.net or see www.paddingtonfarm.co.uk

THE FAMILY SERVICES TEAM

The Westminster Society for People with Learning disabilities offers support, advice and information to families of children with learning disabilities. Rainbow Childrens Centre, 11 Bravington Rd W9, 8968 2693, www.wspld.org, email ssage@wspld.org.

CITY GUARDIANS

Helping make Westminster safer and cleaner by patrolling the streets and providing a visible presence to help reduce crime and anti-social behaviour.

Church Street City Guardians

07734 335 939 / 7641-1635

Queen's Park City Guardians

07734 335 940 / 7641 5849

Harrow Road City Guardians

07921 975 095 / 7641 3593

Westbourne City Guardians

07921 283 960 / 7641 3598

QUEEN'S PARK HOUSING AND ADVICE DROP-IN



Councillors, housing and advice workers. Beethoven Centre, Third Ave, W10. Mondays 2-4pm.

Information on welfare benefits, community safety, training and more. Also, affordable

fruit and vegetables. Call 8969 5881.

Children and young people

UNDER FIVES / PARENTS

AVENUES

Musical Tots: learn to encourage language through fun and music.
Tue 10-11.30am (term time).
3-7 Third Ave, W10, 8969 9552,
www.avenues.org.uk/.

BAYSWATER FAMILY CENTRE

Drop-In: play facilities, creche. Mon-Fri 12.30-4pm.
Advice on benefits, housing, childcare.
14-18 Newton Road, W2, 7221 3290.

BEETHOVEN CENTRE

Residents can apply for Beethoven Centre membership for £6/year and get subsidised rates on activities and hall hire.
Contemporary Dance Class: for 3-5 yr olds. Tue 3.45-4.30pm (£2.50 for members).
All Nations Drop-In: for parents, childminders, toddlers and babies.
Thu 10am-12pm. £1 donation.
Third Ave, W10, 8969 5881,
www.dominionhg.co.uk/beethoven.

CARLTON HILL DAY NURSERY

Arty Party: art activities, use of sensory room, fruit and a story. Thu 1.30-3pm. 88 Carlton Hill, NW8, 7641 4492.

THE CHURCH OF OUR LADY

Parent & Toddler Group: Tue & Thu 9.15-11.30am, Wed 9.15-11.15am.
54 Lodge Rd, NW8, 7641 5409.

DOROTHY GARDNER NURSERY

Drop-In: with free play and rhyme sessions. Mon, Tue, Wed 9.30-11.15am and 1-3pm and Thu 1-3pm.
Yoga for Dads and Mums: with crèche for newborns, gentle exercise aimed to tone muscle and to promote calm and well-being. Fri 12.45-2pm.
293 Shirland Road, W9, 7641 5835.

ESSENDINE PRIMARY SCHOOL



Raising Boys
Training course for single mothers with sons. Learn about discipline, behaviour, boundaries, reading, writing and more.
Every Friday in June, 10am-12.30pm.
Essendine Road, W9.

Call Arike on 7641 4527.

FERNHEAD METHODIST CHURCH

All Nations Drop-In: run by local child minders. for parents, carers, babies and young children. Wed 10am-12pm.
Fernhead Road, W9, 8960 8504.

GREENSIDE COMMUNITY CENTRE

Drop-In: Mon, Wed & Fri 10am-12pm (term time).
24 Lilestone Street, NW8, 7641 6750.

HEALTH @ THE STOWE

Drop-In Baby Clinic: speak to a health visitor about immunisation, baby weighing, development assessments. Thu 10-11.30am.
260 Harrow Rd, W2, 7316 6800.

MARY PATERSON NURSERY

Drop-In: free play and rhyme sessions, Mon, Tue, Wed, & Fri 9.30-11.30am & 1-3pm. 13 Riverton Close, W9 3DF, 7641 5804.

MAIDA VALE LIBRARY

Under 5s Mornings: stories, rhymes and crafts. Tue & Fri 10.30-11.30am.
Sutherland Ave, W9, 7641 1300.

PADDINGTON LIBRARY

Under 5s Mornings: stories, rhymes and crafts. Wed 10.30-11.30am. Clifford Hall, Porchester Road, W2, 7641 1300.

MEANWHILE GARDENS PLAYHUT



Drop-In: with indoor and outdoor play space and activities.
There is also a paddling pool and sandpit. Mon-Sat 1.30-5.30pm (closed Wed).
Elkstone Rd, W10, 8960 7894.

MICKY STAR NEIGHBOURHOOD NURSERY

Drop-In: Wed 9.30-11.30am (term time).
58-61 St. Michael's St. NW8, 7641 5409.

NEWPIN

Drop-In: Mon & Thu 1-3pm (term time).
Luton St, NW8, 7641 5409.

PORTMAN EARLY CHILDHOOD CENTRE:

Drop-In: 12-18 Salisbury Road NW8, 7641 5409.

QUEEN'S PARK LIBRARY

Under 5s: stories, rhymes and crafts. Fri 10am-12pm.
Baby Bounce & Rhyme Time: every Wed 10am and 1st Sat of month at 10.30am.
666 Harrow Road, W10, 7641 1300.

RAINBOW CHILDREN'S CENTRE

Drop-In & Crèche: Mon-Fri 1-3pm.
Wiggle & Giggle for Under 2s: Sessions include music and movement, songs and stories. Fri 10-11.30am.
Date with Dad: Session for dads and their under 5s. 10am-12pm. Every 3rd Sat of the month. 11 Bravington Rd, W9, 8968 2690.

ST LUKE'S CHURCH

Drop-In: free play and rhyme sessions.
Tue 10-11.30am. Fernhead Rd, W9, 8960 4195, www.stlukeskilburn.co.uk.

ST PETER'S CHURCH

Creative Drop-In: with messy play and creativity. Thu 1-3pm. Corner Elgin Avenue and Chippenham Road, W9, 7289 2011.

SURE START INFO & RESOURCE CENTRE



Information on childminders, childcare, health visitors, baby clinics, advice on breastfeeding, weaning, going back to work or training, tax credits. Mon 12.30-2.30pm

(fortnightly). 21 Dart St, W10, 7641 4530.

VESTRY PRE-SCHOOL

Drop-In: free play and rhyme sessions. Mon & Wed 1-3pm. St Mark's Church, Abercorn Place, W8, 7624 2705.

WESTBOURNE PARK FAMILY CENTRE

Pre-School Drop-In: Thu 10am-12pm.
Creative Drop-In: Fri 10am-12pm.
Childminders Support Group: Tue 10am-12pm.
Toy Library: Tue 11am-12.30pm.
Corner of Porchester Rd and Westbourne Park Villas, W2, 7221 3290,
www.westbourneparkfamilycentre.org.uk

WILBERFORCE SCHOOL

Family Play Sessions: playground opens for families to come and play.
A space for the entire family to play freely without older children sharing the same space. Sat-Sun 10am-3pm.
Beethoven St, W10, 7641 5865.

CHILDREN & YOUNG PEOPLE

AMBERLEY YOUTH PROJECT

Tue: Chill out session 4.30-5.45pm.
Focused Workshops for 13-14 yr olds 6-7pm. Enterprise Scheme (coming soon) for 13-15 yr olds.
Wed: Cooking for 10-14 yr olds 5-7pm.
Fri: Girl Friday! for 11-14 yr olds 4.15-5.30pm. Sports Session 11-14 yr olds. 5.45-7.30pm.
Amberley Estate, 11 Clearwell Dr, Amberley Rd, W9 2JZ, 7286 1014.

Children and young people

AVENUES

Mon: media workshop, developing DVD and video, editing media workshops. 1-3pm.
Music production workshop, developing skills and lyrics. 1-4pm.

Tue: Girls Only Night (primarily homework support). 5-8pm, with the British Arab Resource Centre.

Wed: Media and Radio Workshop, developing DVD and video along with radio internet training. 1-3pm. Radio and multi-media training, Alpha Femmes (girls group), creative arts, music room, street dance. 6.40-9.10pm.

Thu: Junior Group for 11-14 yr olds: 4-6pm. Radio and multi-media training, Alpha Femmes (girls group), cooking, and music room. 6.40-9.10pm.

Fri: Junior Group for 11-14 year olds: 4-6pm. Radio and multi-media training, pool, table tennis, creative arts, dance and music room. 6.40-9.10pm.

Sat: Cooking and drama, 12-3pm.
3-7 Third Ave, W10,

8969 9552, www.avenues.org.uk.

BAYSWATER FAMILY CENTRE

Support for families in temporary accommodation or about to become homeless.

After School Club: for 5-13 year olds. Tue, Wed, & Thu. 4-6pm. (term time). 1-4pm (school holidays). 14-18 Newton Road, W2, 7221 3290.

BEETHOVEN CENTRE

Contemporary Dance: for 6-8 yr olds. Tue 4.45-5.45pm, £2.50 for members.

Karate: for 5-16 year olds. Tue 6.30-8.30pm, £35/month.

Silent Step Street Dance: for 5-11 yr olds. Thu 4-5.30pm, 50p/class.

Choi Kwando Classes: for women and children. Fri 7-8pm, £5/class. Call Galina 07957 384 591. 173 Third Avenue, W10 4JL, 8969 5881,

www.dominionhg.co.uk/beethoven.

BRITISH ARABS RESOURCE CENTRE

CYP Involvement Project: and after-school homework clubs, sports and arts activities. Beethoven Centre, Third Avenue, W10, 8962 9432, www.casweb.org/barc.

BRUNEL ESTATE

Football: Tues 6.30-8pm. Buckshead House, Brunel Estate, W2 5UX, contact Eugene Minogue, Westminster Sports Unit, 7641 5891/07921 495 202,

eminogue@westminster.gov.uk, www.westminster.gov.uk/sport

CONNEXIONS

Advice, information, guidance and support for young people aged 13-19 (or up to 25 for those with disabilities) around education, careers, work and training, health, housing, drugs and alcohol, money and benefits, volunteering and personal issues. Mon, Wed & Fri: 10.30am-4.30pm, Tue & Thu: 1-6.30pm. Please drop in or call for details. Stowe Centre, 258 Harrow Road, W2 5ES. 0845 077 0779.



DREAMARTS

The Cockpit Theatre: acting, singing and dance every Sunday for over 8s. £1/day, £2 non-members. Call Josie on 7266 8262 or 07951 921 247

www.dreamarts.org.uk/.

FLAMBOYAN COMMUNITY ASSOCIATION

Clothing Diaspora: Learn about fashion and make your own. Mon 6-9.30pm, Wed 6-9.30pm & Fri 10am-3pm.

First Steps: A musical journey to remember the 200th anniversary of the abolition of the slave trade. Collaboration with Kool Muzik. We need singers, dancers and other supporting parts.

For information on these and other projects, call Gloria on 8969 0700 or 07986 761 854, inezg60@aol.com, or drop in to 1 Fernhead Rd, Maida Gardens W9 3EU.

FOURTH FEATHERS YOUTH CLUB

Mon: Girls' Night including cooking, arts & crafts, trampolining, massage, playground activities, pool & table tennis. 5.30-8.15pm.

Tue: Homework Club 3.30-5.30pm, then from 6-9pm, gym, ICT, kick boxing, playground activities, pottery, pool & table tennis.

Wed: Homework Club 3.30-5.30pm, then from 6-9pm, cooking, basketball, arts & crafts, dance, gym, Information & Communication Technology (ICT), playground activities, pool & table tennis.
Thu: Homework Club 3.30-5.30pm, then from 6-9pm, drama, youth forum, job club, gym, ICT, playground activities, pool & table tennis.

Fri: Men's Gym, 4-6pm, then from 7-10pm, cooking, arts & craft, dance, gym, hair & beauty, Brook Advisory, playground activities, pool & table tennis.

Sat: Saturday Club 3-6pm, arts & crafts, ICT, basketball, playground activities, pool & table tennis, gym.

12 Rossmore Rd, NW1, 7723 8308.

GREENSIDE COMMUNITY CENTRE

Wed: Karate Jitsu for children 6pm

Thu: Kickstart - healthy lifestyle project for 8-11 yr olds 4-6pm. 7479 8832.

Fri: Taekwondo for children. Fri 6.30pm.

Sun: Trupaz Street Dance. 12-3pm.
24 Lilestone St NW8, 7641 4155.

HEALTH @ THE STOWE

Drop-In Baby Clinic: speak to a health visitor about immunisation, baby weighing, development assessments. Thu 10-11.30am. 260 Harrow Rd, W2, 7316 6800.

KONGOLESE CENTRE FOR INFORMATION & ADVICE

Kongolese Youth Club: meets Saturdays at Moberly Sport Centre 12-2pm. Internet Café project during school breaks Mon-Fri from 10.30am to 2pm. 453 Harrow Road, W10 4RG, 8964 2777 (Peter Nsumbu), www.kcia.org.uk, kongolesecentre@hotmail.com

KYU-YO-BU-SHIN

Running Club: every Sunday.

Karate: Mon & Fri at the Warwick Community Centre.

Fit-for-Life: for 5-10 year olds. Sun 11am-1pm. Edward Wilson School. Call Mary 07890 301 235.

LONDON TIGERS

Football: Teams from ages under 9s

upwards, call for times and venues.

Badminton: for ages 13+. Jubilee Sports Centre. Tue 8-10pm.

Basketball: for ages 8+. Lisson Green. Fri 6.30-8pm.

Men's Swimming: Seymour Leisure Centre.

Fri 8.30-10.00pm.

Girls' Football: for ages 8-13. Lisson Green. Mon 4.30-6pm.

Women's Fitness/Exercise: for ages 13+. Greenside Community Centre. Tue 6.30-9pm.

Muslim Boys Youth Club: at WECH. Mon & Thu, 5.30-8pm.

Call 7289 3395 for more details on all the above, www.londontigers.org

LYDFORD ESTATE

Football: Mon 6.30-8. Wed 6.30-8.

Sat 12-1.30pm.

74 Fernhead Road, W9 3EW.

Contact Eugene Minogue, Westminster Sports Unit, 7641 5891 or 07921 495 202 eminogue@westminster.gov.uk, www.westminster.gov.uk/sport.



Children and young people

LYDFORD YOUTH PROJECT

Fri: 8-12 yrs. 6-7.30pm.
13-19yrs: 7.30-9pm.
74 Fernhead Road, W9 3EV.
Contact Sally Nkrumah 07984 792 060,
lydfordyouthproject@hotmail.com

MAIDA VALE LIBRARY

Homework Club: for 7-13 year olds.
Use the 'Homework Collections' - books specially chosen to help with schoolwork, and talk to staff who are always around to help find the right information.
Tue 3.45-5.30pm.
Sutherland Ave, W9, 7641 1300.

MARYLEBONE BANGLADESHI SOCIETY

Tue: Homework Club, plus indoor games and activities. 6-8.30pm.
Wed: Indoor rowing session, plus indoor games and activities. 6-8.30pm.
Thu: Employability Session, plus indoor games and activities. 6-8.30pm.
Fri: Offsite sports and keep-fit. Currently a relaxed non-competitive football session, hopefully some badminton soon. Open to all levels. 6.30-9.30pm.
Sat: Girls session, including sports and various arts projects. 2-5pm. 19 Samford Street, NW8, and 2 Boscobell St, NW8 8PS, 7724 7427, www.mbs-uk.org

MOBERLY SPORTS CENTRE

Range of activities for 5-18 yr olds. Kilburn Lane, W10 4AH, 7641 4807.

PADDINGTON ARTS

Performing arts and media for young people aged 6-26. Membership for the workshops is £15.00/year. Free workshops for 6-26 year olds in singing, dance, drama, steel pans and video. Also projects for young people with learning disabilities.



Planet X: Fun, tactile installation space created to stimulate the senses of young disabled people.
10.30am-3.30pm. £1 entry. For info and to book call Shaun 8964 5060. 32 Woodfield Rd, W9, 7286 2722,

www.paddingtonarts.org.uk.

PADDINGTON LIBRARY

Homework Club: for 7-13 year olds. Mon, Fri 3.45-5.30pm

QUEEN'S PARK BANGLADESHI ASSOCIATION

Saturday Supplementary School: for 11-16 yr olds. 10am-1pm. Wilberforce School, Beethoven Street, W10, 8968 1177.
www.qpba.org

QUEEN'S PARK LIBRARY

Homework Club: for 7-13 yr olds. Mon & Wed 3.45-5.30pm. 666 Harrow Road, W10, 7641 1300.

QUEEN'S PARK NEW MEDIA CENTRE

Various Information & Community Technology courses for young people (see <http://qpnmc.com/learning/>) held at the Beethoven Centre, Kilburn Youth Centre, New Avenues Youth Project and the OK Club. Call 7641 4157 for details.

SAMBA STREET SOCCER



Soccer for all ages.
Cost is £2.50/training session, £3 on Saturdays.
Contact Andrew Amers-Morrison on 7159 1010 or 07940 08495.

www.sambastreetssoccer.org.
sambastreetssocceruk05@yahoo.co.uk

STOWE CENTRE

Free activities for 13-19 year olds.
Mon: Club Night. 6.30-9.15pm.
Parkour: 6.30-9.15pm.
Tue: Dance, DJ-ing, fashion & design, media designing, I.T., board games, music studio, 6.30-9pm, and boxing (£1/session) 6.30-9pm.
Wed: Football. 6.30-8.30pm.
Thu: Same as Tue.
Fri: Movie night, cooking, IT, music studio, multi media. 7-10pm.
258 Harrow Road, W2, 7266 8220/1.

ST PETER'S YOUTH CLUB

Youth Club: games & activities for 6-11 yr olds. Wed 5-7pm.
Older Youth Club: for 11-16 year olds. Fri 6.30-9pm.
St. Peter's Church, corner Elgin Avenue and Chippenham Road, W9, 7289 2011.

WARWICK COMMUNITY CENTRE

Silent Step Street Dance: for 5-11 yr olds.
Tue 4.30-6pm, 50p/class. 300 Harrow Road (off Chicester St), W9, 07932 982 802.

WECH



Silent Step Street Dance: for 5-11 yr olds. Wed 4-5.30pm, 50p/class. 416 Harrow Rd, W9, 07932 982 802.
www.wech.co.uk/.

WESTBOURNE PARK FAMILY CENTRE

Club Xpress for 7-11 yr olds. Fri 5.30-7pm.
Half Term Holiday Club: for 7-11 yr olds. Wed & Sun 9am-3pm.
West 2: for 11-16 yr olds. Fri 7.45-9.45pm.
Young Volunteers: project for 13-19 yr olds, Fri 5-10.15pm.
Corner of Porchester Rd and Westbourne Park Villas, W2, 7727 6019,
www.westbourneparkfamilycentre.org.uk/.

WESTMINSTER APPRENTICESHIP PROGRAMME

16-24 yr olds living in Westminster are invited to join this programme. An apprenticeship means you are employed and training for an NVQ at the same time. Contact the Vital Advice team at vitaladvice@cw.org.uk, or call 8964 3256.

WESTMINSTER SPORTS UNIT



The Westminster Sports Unit promotes and delivers a range of sports and physical activity programmes. For details about summer activities call Eugene Minogue on 7641 5891 or 07921 495 202. or email

eminogue@westminster.gov.uk,
www.westminster.gov.uk/sport

WESTMINSTER YOUTH DANCE SCENE

For ages 5+, tap, jazz, modern, ballet, streetdance, singing. Wed & Thu 5-8pm. Lesley Inniss, 07973 541 361, l.inniss@btinternet.com.

YAA ASANTEWAA

Holiday activities for 8-15 yr olds. 10am-4pm. £15-20/week, or £5/day. Youth street dance every Thu 4.30-6.30pm £1/session. Also drama, song-writing, singing, carnival arts. Concessions available to families. 1 Chippenham Mews, W9, 7286 1656,
www.yaaasant.demon.co.uk.

YOUTH BOOST

Free training for 16 to 19 year olds, who have left school, and are not employed, at college or training. Study computers, English and Maths for 18 weeks, and gain City and Guilds qualifications. Tues to Thurs 10am to 1pm or 2pm to 5pm. Sport, arts and group activities on Fridays. Payments for travel and childcare expenses and support costs can be available. To find out more, call in to the Renaissance Skills Centre (within the Paddington Development Trust office), 244 Acklam Road, W10, 7575 3110.

Youth united

The season might be long over, but as the days get warmer, young people in Westminster are being lured outdoors with the promise of football at Paddington Recreation Ground.

The idea of Unity in the Community football tournaments is to bring the community together, as well as get young people fit. The last tournament, held over Easter, drew hundreds of young people from around Westminster, including the Churchill, Church Street, Westbourne, Mozart, Warwick and Amberley estates.

More than 800 young people are expected to attend the next free event on 18 to 19 August, which will feature competitions like the hardest kick and the best trick. Tournaments will be split into age categories, and there is a mixed under 12s group. Places are limited to 20 teams per age group, and individuals can join in without being part of a group.

Book on the day at Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9, go to www.myspace.com/unitycommunity, email positivefutures@westminster.gov.uk or call 7641 2012.



Aaron Lavisy makes a move at the chess tournament



Check mates

It was unusually quiet at the Stowe Centre one evening in April, as a group of young men were hunched intently over chessboards, brows furrowed in concentration.

The atmosphere was all the more tense, as the 16 young people taking part in the chess tournament were being watched by chess grandmaster, Garry Kasparov.

The former World Chess Champion (pictured below) presented awards to the winners – Ashley Andrews took the gold medal, and Angel Blanco Lista and Colm Mondesuir Durat won the silver and bronze.

The tournament was organised by Hardcore Is More Than Music, which works with young people on creative projects. Michael Dipple, Senior Youth Worker at the Stowe, is surprised at how popular chess has become, and pleased that a game normally associated with the middle class has drawn in youths from the local estates. Not only is

it fun, he says, but it 'teaches young people about patience, discipline and how to think strategically and logically'.

The Stowe Centre invites young people aged 14-19, regardless of experience, to come along to learn and play chess. The games take place in the 'chill-out area' of the Centre, and are fully supervised. Girls are welcome too.

To find out more about activities for young people at the Stowe Centre, call in to 258 Harrow Road, W2, or call 7641 5891. To contact Hardcore Is More Than Music email nendieandnina@hotmail.com or visit www.hardcoreismorethanmusic.com.



Garry Kasparov at the Stowe

Glenys Arthur, Patrick O'Sullivan, Sandra Henderson, Karl Matthews, Amina Abdullah and Souad Murad at the Church Street Time Triangle



PHILIP WOLMOUTH

A sense of place

Two years ago, in a previously empty concrete space, a number of oak and willow trees were planted. Now, the concrete has been replaced by Yorkstone paving slabs and granite 'timeplates', and new seating has been put in.

The Church Street Time Triangle came about after residents asked the Neighbourhood Centre and the City Council to improve the look of the area. Local resident Glenys Arthur (pictured above right) was one of a group of residents who helped identify interesting historical facts about



the neighbourhood. Following a public vote over which snippets of the area's past should be celebrated, the winning 11 were engraved on granite paving. The oldest event referred to is the building of Watling Street (now Edgware Road) by the Romans in AD50, and more recent ones include the destruction of many buildings on the street in Second World War air raids.

Locals, workers and council officers celebrated the completion of the Time Triangle at a launch event earlier this year (pictured left). Residents of all ages tried out the new seating, designed 'to provide people with the chance to rest and enjoy the bustle and life of the street and its market'. The launch was attended by the Leader of the Council, Sir Simon Milton, and Karen Buck MP. Sir Simon observed, 'There are people from more than 100 different countries who live in the Church Street area. It's really important to give people a sense of place and history.'

It's my business

Casa Spa

Helen Murphy, owner of the Casa Spa beauty salon on Edgware Road, sometimes comes into work early, to have an infra-red sauna, designed to de-tox the body and relax the muscles. 'It feels good and you glow afterwards.'

The salon has been open for a year, and clients are mostly local, says Helen. 'They tend to come for half a day, to treat themselves.' Options to choose from, include manicures and pedicures, facials, waxing and anti-cellulite treatments. There's also a steam room and a Moroccan-style spa, with candles and music. Helen's own favourite treatment is the 'Dermabrasion bio oxy', an 'anti-ageing' facial which she has every confidence in: 'All the wrinkles will disappear from the face.'



The Casa Spa is at 439 Edgware Road, London W2, telephone 7724 2030. Open from 10am to 7pm Monday to Saturday, and before 8am or on Sundays, if booked in advance.



PHILIP WOLMUTH

Pamela Morris (City Guardian), Mohamed Taleouine (resident), Councillor Barbara Grahame and Sheba Begum (Neighbourhood Management)

Joining the dots

The ‘Red Dot Exercise’ was suggested by the Council’s Director of Transportation, when he met up with the Church Street Neighbourhood Manager, Marco Torquati. Each dot would represent a problem connected with local roads, pavements, signage and lighting.

‘The Director, Martin Low, told us at that meeting that if we gave him the map of red dots, he would turn them green,’ says Sheba Begum (above right), Neighbourhood Management Officer based at the Neighbourhood Centre. ‘The map has now been produced, and the council has given its commitment to tackling all the problems identified, over the next three years. Work has already started, but the dots will only go green once residents are satisfied.’

The first stage in the red dot exercise was to hold two open meetings, at which members of the

public commented on issues like parking, busy roads, accident hot spots, faded street markings, signs that need replacing, cracked paving stones and badly lit areas. Walkabouts then took place to look at all the problems in detail, and further meetings were held, with Civic Watch, parking officers, Resident Associations, estate managers and street environment managers, until everyone had been able to have an input.

The scheme is being piloted in the Church Street area, explains Sheba Begum, and it is hoped that this method will be followed elsewhere. She adds that the success of the scheme so far has been thanks to all the residents, businesses and traders that have participated. ‘Special thanks go to Mohamed Taleouine (above, second from left) for his commitment to the project, and for braving the cold weather to attend all four walkabouts in the ward’.

In brief

The Church Street Summer Festival will be held on Sunday 12 August.



If you would like to be involved, or run a stall, call Alison at the Neighbourhood Centre on 7641 5418.

The festival follows Church Street’s first Spring Fair, when balloons, fairground rides and face painting were on offer to local families.

‘Hang-out spaces’ could help address issues of anti-social behaviour and young people. This June, residents are being asked for their views on the idea, and what they consider to be appropriate and inappropriate behaviour. Community researchers will do a door-to-door survey, and the Young Advisors will talk to young people. All ages will then come together to produce a Neighbourhood Behaviour Agreement. To give views or take part in a forum, contact Julie Mallet on 7641 6633.

A large quantity of counterfeit merchandise was recently removed from a Church Street market trader by Trading Standards Officers, assisted by police officers and a City Guardian. If anyone suspects or wants to report counterfeit goods, they can speak to John MacDonald at the Neighbourhood Centre.

Hanging baskets are now to be seen from Church Street to Lilestone Street. Due to popular demand, the Neighbourhood Centre and the Council provided the extra baskets.

The City Guardians are now based in a new basement office in Cherwell



House, along with the Safer Neighbourhoods and Neighbourhood Management teams.

The ground floor Neighbourhood Centre at 88 Church Street is still the place to drop by for local information, and messages can be left there for any of the teams.