

# Paddington People

Spring 2008

Church Street edition



## Fitness, food and fun

**Dancing with their toddlers, circuit training, and learning about food labels - these are just some of the activities for mothers on a healthy living course at the New Pin Family Centre.**

Around 20 mothers have followed the 10-week programme, and with the help of health visitors have kept food diaries, shared recipes, and learnt about having a healthy, balanced diet, from eating more fruit, to cutting down on foods with high salt and fat content. In the afternoons, taster sessions in yoga, aerobics and other activities have been organised, so the women are

aware of exercise opportunities at places like the Seymour Centre. Their children have joined in with dancing (above) and ball games.

Carly Buskell, whose three-year-old son attends New Pin, says meals are now less stressful. 'I always felt he was a fussy eater, but I realise I was expecting him to eat too much. I've also learnt about ways to get him to eat more fruit, and to try another day if he doesn't like something. Now I think he's a good eater.'

New Pin Family Centre is on Luton Street NW8, 020 7724 6765. The course is funded by Westminster Primary Care Trust.

## Health Special



**Where to go for free & low cost exercise**  
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# View from Church Street

I was brought up round here myself and went to North Westminster School. When I was younger, there wasn't much going on in the area in the way of after-school activities.

I got involved with the Tigers as a volunteer, because I've always thought that organised sport is a good way of engaging young people. A lot of kids are tempted to



get involved in anti-social behaviour, but they have positive role models in our coaches, and

realise that they can achieve something themselves, whether through coaching, playing sport or a career like physiotherapy.

In the Church Street area, we do basketball, cricket, uni-hockey, handball, multi-sports and football. Some of us have just returned from a football tour in Bangladesh. As well as organising sports, we encourage young people to enjoy healthy food, and explain that you need to eat properly to reach your potential.

## Tarik Ellekhli

Children's Development Officer, London Tigers.

For details of activities, call 020 7289 3395 or see [www.londontigers.org](http://www.londontigers.org)

Residents use the Seymoure Leisure Centre gym



## Free offers give a taste of fitness

**On 18 March, Courtneys at the Seymour Leisure Centre opens its doors to locals so they can try out facilities and classes at no cost.**

The idea of the open day, which takes place from midday to 8pm, is to encourage more people to develop healthier lifestyles by using the centre. As well as a fully-equipped gym, facilities include a swimming pool, squash courts, a sports hall, health suite and spa.

A number of schemes aim to make the facilities affordable to local residents. As well as discounts for ResCard holders, readers of Paddington People can claim one free class, gym workout session or

swim. Other incentives include free swimming at all public swim sessions for Youth Passport holders, and a free weekend swim for one child going with a fee-paying adult.

A new Senior Passport programme for 2008 has seen the introduction of a number of classes and sporting activities geared towards the over sixties, including a gym workout, table tennis and use of the Health Suite every Thursday. There are also ladies-only sessions in the pool and gym.

Courtneys is at the Seymour Leisure Centre, Seymour Place, Marylebone Road, W1, telephone 020 7723 8019. The readers' offer is available between March and April on production of a copy of Paddington People.

## Paddington People

Welcome to Paddington People magazine.

This Church Street edition brings you news from Church Street Neighbourhood Management, as well as other organisations across North Westminster.



Church Street Neighbourhood Management gives

local people a say in how services are run. It works with partners such as Westminster City Council, the police, the health authority, and community groups to make Church Street a better place to live. For more details, contact the Church Street Neighbourhood Centre, 88 Church Street, London NW8 8ET, telephone 020 7641 6633, email [churchstreetnm@westminster.gov.uk](mailto:churchstreetnm@westminster.gov.uk).

Paddington People magazine is produced four times a year by Paddington Development Trust (PDT). The deadlines for the notice board are 1 Feb (March issue), 1 May (June issue), 1 August (September issue) and 1 November (December issue). Ideas for articles, recipes and businesses to feature are welcomed. Contact Hannah Solloway at PDT, Westbourne Studios, 242 Acklam Road, London W10 5JJ, telephone 020 7575 3103, email [hannah@pdt.org.uk](mailto:hannah@pdt.org.uk), [www.4paddington.com](http://www.4paddington.com)

Paddington Development Trust



Annetta Wilson at a Stop Smoking clinic at St Mary's Hospital

## Quit to get fit

**Annetta Wilson (pictured), who is now in her fifties, has been smoking since she was 20. Health concerns have now prompted her to take part in one of the stop smoking schemes run by the Westminster Primary Care Trust.**

'I've been having trouble with my breathing, and can't do anything for too long,' explains Annetta. She is also unhappy about stained teeth, and clothes that smell of smoke, and doesn't feel comfortable smoking in the street: 'There are very few places I can do it now.'

Having tried to give up on her own many times, Annetta is now attending a weekly stop smoking clinic at St Mary's Hospital, and feels that the group support is very helpful, as 'everyone roots for each other'. Specialist advisors run the

sessions, which last for about an hour and run for six weeks. The programme includes planning a 'quit date', advice on choosing nicotine replacement products and other medication, and follow-up support. The next sessions start on 11 March, 17 April and 20 May.

The local Stop Smoking service and GPs also offer one-to-one advice. In addition, smokers can get support, advice and medication from most Westminster pharmacies. Stop Smoking sessions can also be arranged for local groups and employers at community venues.

12 March is No Smoking Day and the health service is challenging smokers to give up cigarettes for a week and raise money for charity - see [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk). For details of the Stop Smoking Service call freephone 0800 328 8537 or email [gripinfo@westminster-pct.nhs.uk](mailto:gripinfo@westminster-pct.nhs.uk).

## For Arabic speakers

### هل تحتاج الى مترجم فوري للمعاينة الصحية؟

توفر «جرب» GRIP، وهي أكبر منظمة لتقديم خدمة اللغات في لندن، خدمة ترجمة مجانية حديثة وبالغة الدقة للأشخاص الذين لا يعتبرون الانجليزية لغتهم الأصلية. وتتوفر مواعيد في أوقات مختلفة من ضمنها مقابلات في الصباح الباكر أو في المساء. للحصول على موعد الجلسة أو معلومات إضافية يرجى الاتصال برقم الهاتف 020 7150 8355 أو عن طريق البريد الإلكتروني [gripinfo@westminster-pct.nhs.uk](mailto:gripinfo@westminster-pct.nhs.uk)

### هل تريد أن تتوقف عن التدخين؟

لدى صيدليات ويستمنستر المدرجة أسماءها أدناه صيادلة يتكلمون العربية وهم متدربون لمساعدتك الكف عن التدخين:

Medicare Pharmacy, 568 Harrow Road, W9  
Sumer Pharmacy, 340 Harrow Road, W9  
Bensons Pharmacy, 276 Harrow Road, W2  
BOOTS the Chemist, 114 Queensway, W2  
Dajani Pharmacy, 21 New Cavendish Street, W1  
Bliss Pharmacy, 5-6 Marble Arch, W1

## Dial-a-ride now free

Since January, the Dial-a-ride service provided by Transport for London has been free. The door-to-door service for disabled and older people can be used for any local journey, from shopping to doctor's appointments. For details call 0845 999 1 999 or write to Dial-a-ride, Progress House, 5 Mandela Way, London SE1 5SS.

## Patient advice

Westminster Primary Care Trust's Patient Advice and Liaison Service (PALS) provides confidential advice and support to patients, carers and families. PALS advises on local health services, and helps with specific health-related issues. The team is unable to give medical advice. Call Freephone 0800 587 8818 or visit one of the local drop-ins: until the end of May, PALS is at Health @ The Stowe, Harrow Road, on Mondays (9.30 to 11am), and at the Lisson Grove Health Centre on Tuesdays (9.30 to 11am).

## New diabetes centre

The rate of Type 2 diabetes (non-insulin dependent; the most common type) in Westminster is around twice the national average. With appropriate support, people with diabetes can stay fit and healthy, and since January, North Westminster residents with the condition have been able to benefit from specialist 'hospital' care at the Westminster Diabetes Centre on Maida Vale. Consultants from St Mary's hospital, and diabetes specialists, now offer a range of services, including starting patients on insulin and courses on how to manage diabetes.





# Westminster logs on with new mental health website

**It's a little-known statistic, but one in four of us will experience a mental health problem at some point in our lives. And it can happen to anyone, regardless of age or background. Thankfully, plenty of support is available locally, including a new website.**

The recently launched website, [www.go4mentalhealth.com](http://www.go4mentalhealth.com), provides information and advice for residents with mental health problems. It includes a directory with details and links to more than 70 projects and facilities in Westminster, from art workshops and gardening to fitness centres and opportunities for further education. There is also general advice on diet and exercise,

mood, drugs and alcohol, and steps to take in an emergency.

The website was designed and constructed with the help of a large number of local people who use mental health services, explains the project's co-ordinator Mary Evans. 'The group has played an influential role in deciding the content for the site, and suggesting activities they would like to know more about. The group also led on the look and feel of the website, and their own artwork is used.' Throughout the website there are photographs (see above and right) taken by, and of, service users.

[www.go4mentalhealth.com](http://www.go4mentalhealth.com) is managed by Westminster Mind, with funding provided by the Westminster Primary Care Trust.





Adrian Clapham of New Roots, outside the Harrow Road Health Centre, where he runs a weekly outreach session

## New Roots branches out

**The New Roots Drugs and Alcohol Service now runs four outreach sessions in the Paddington area, which aim to offer a ‘culturally sensitive approach’, and to support rather than judge.**

Andy Stonard, Chief Executive of Rugby House, which oversees the service, says of their clients: ‘To me, they are our sons and daughters, our parents, our loved ones, our friends and neighbours. They are men and women who may have suffered previous abuse or loss, or they may have just developed a problem with their increasing use. They need neither to be categorised or judged, but listened to and appropriately supported.’

New Roots’ main focus is black and ethnic minority and other diverse communities, but anyone with

a substance misuse issue, or who is close to someone with one, can access the outreach sessions. The service aims to take into account their clients’ cultural traditions and religious beliefs.

New Roots offers one-to-one appointments in community settings at the Lisson Grove Health Centre, the Harrow Road Health Centre (pictured), the Beethoven Centre and Queen’s Park Court. Information and advice is given anonymously along with support for those requiring treatment. Home visits, and telephone advice and counselling are also available.

For details of drop-ins and appointment-only sessions at the above venues, see the notice board (page 10). For telephone advice, call the New Roots freephone on 0800 0190 563, or email [newroots@rugbyhouse.org.uk](mailto:newroots@rugbyhouse.org.uk).

## What’s cooking?

### Banana smoothie

A volunteer at the Westbourne Food Co-op, Hassna Tamdi (pictured) often makes banana smoothies at home. ‘I’ve got four children, and they really like smoothies, so it’s a good way to get them to eat fruit. It’s also a good way of using up soft bananas.’

- 1 banana
- 4 tablespoons of unsweetened natural yoghurt
- A dash of apple juice
- Ice cubes
- Honey to taste

Slice the banana into a blender, and add the yoghurt, apple juice and ice cubes. Blend with the lid on until the mixture is smooth, then add honey if desired and blend again.



Bananas provide vitamins and minerals essential for good health. Studies show that eating five or more portions of fruit and vegetables daily can reduce the chance of getting diseases such as cancer and diabetes.

PICTURES BY PHILIP WOLMUTH



# Just what the doctor ordered

**For those who don't fancy sweating it out in the gym, 'green exercise' is a good way to get and stay fit. Running and walking through Regent's Park is now being 'prescribed' by GPs, physiotherapists and other health professionals, as part of a scheme to promote physical activity.**

Westminster's Exercise Referral Scheme encourages Westminster residents with conditions such as heart disease, stroke, obesity and diabetes, to increase their activity

levels through exercise. As well as improving overall health and wellbeing, the idea is also to encourage healthier lifestyles and increase confidence. After a one-to-one assessment, 12 weeks of free fitness sessions are followed by a further 12 weeks at a reduced rate.

The scheme has been running at the Moberly Sports Centre for three years, and is now being expanded to the Hub, a community multi-sports centre in Regent's Park. Patients choose to attend exercise classes,

or use the gym, and at the Hub, they can take part in activities like jogging for beginners, power walking or circuit training (pictured).

Norman Morrison, exercise referral instructor at the Moberly, believes the project's success is largely due to giving patients 'an extra push': 'If a GP encourages them to exercise, they are more likely to do it.'

To find out more about sports activities at the Hub in Regent's Park, call 020 7935 2458 or see [www.royalparks.org.uk/hub](http://www.royalparks.org.uk/hub)



Anne Evans, who takes part in the Exercise Referral scheme at the Moberly

## Sport and me

**Anne Evans (pictured) had a stroke nearly three years ago, which left her feeling unconfident about walking around by herself: 'I wanted to be able to get to Queen's Park station without feeling dizzy or falling over.'**

Through the GP referral scheme, Ann has now been attending exercise sessions at the Moberly Sports Centre for a year, and feels it has made a big difference. 'I have lost an inch off my waist, lost

weight, and my blood pressure is good. The only thing I don't do is run for a bus.'

Ann goes to the gym in the Moberly three times a week, paying the concessionary rate of £1.50 a session. 'I haven't walked in the Lakeland Fells yet, but I will do. This place is a godsend.'

The Exercise Referral Scheme is run by the Westminster Sports Unit in partnership with Westminster Primary Care Trust.

## COURSES & TRAINING



### WE HAVE MADE A MOVE

In January 2008, all staff and students based at the Paddington Centre relocated to Paddington Basin Campus, North Wharf Road, W2. A £3.4 million budget has been allocated for internal and external refurbishment and redecoration. This site will be used during building works. For course information, call in from 10.30 to 4.30 on weekdays, call 020 7723 8826 or visit [www.cwc.ac.uk](http://www.cwc.ac.uk).

### FULL TIME COURSE GUIDE

The new 2008/2009 guide is out now. It includes full-time course listing, as well as information on student support, courses, advice, fees and financial support. To order a copy, email [customer.services@cwc.ac.uk](mailto:customer.services@cwc.ac.uk) or call InfoPoint on 020 7723 8826. You can also visit the website at [www.cwc.ac.uk](http://www.cwc.ac.uk)

### STUDENT PROFILE

**Name:** Elisa Rose Lopez

**Course:** BTEC National Diploma in Sport and Exercise Science

**Background:** Lizzie joined the City of Westminster College in September 2005. She nearly left due to childcare needs, but the college supported her with childcare funds and a nursery place, and she was able to complete the course in July 2007.

**Achievements:** 'Lizzie's commitment and determination gained her an award at our Annual Student Achievement Awards ceremony in December.' She now works for Queens Park Rangers Football Club helping women train.



### COLLEGE OPEN DAY

Meet tutors, take a look at classrooms and facilities, get advice and course information and apply for a course. Call 020 7723 8826 or visit [www.cwc.ac.uk](http://www.cwc.ac.uk) for details. Tuesday 29th April from 2pm – 7pm.

### DOOR SUPERVISORS COURSE

Do you work in the Security industry and need to get the right qualification to apply for a licence? The SITO/NOCN National Certificate course, based at the Paddington Basin Campus, starts on Saturday 22 March. For details visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or email [dane.murdock@cwc.ac.uk](mailto:dane.murdock@cwc.ac.uk).

### PRINCE'S TRUST TEAM PROGRAMME

A new personal development programme for unemployed young people aged 16-25, which is being offered by Safer Westminster Partnership, working with youth charity the Prince's Trust and the City of Westminster College. A range of skills and training are offered including computing, job search and work placements, plus tasters in areas like sport and leisure, media and arts, administration and retail. The course runs for 12 weeks. For more details visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or email [dane.murdock@cwc.ac.uk](mailto:dane.murdock@cwc.ac.uk)



### FREE ENGLISH CLASSES

Improve your language skills with Westminster Adult Education (WAES) classes. ESOL courses are free to many students, depending on circumstance. To find out your level, go to any of the classes below with some identification, and the teacher will find you a suitable course. For details of the 3 venues below, call Ewa Rzepko on 020 7641 8665

**Wilberforce Primary School**  
Beethoven Street, W10

**The Harrow Road Health Centre**  
209 Harrow Road W2

**St Augustine's Primary School**  
Kilburn Park Road NW6

For the 4 venues below, call Marcia White on 020 7641 6327.

**Westminster Refugee Consortium**  
284 Harrow Road, W2

**Westbourne Park Family Centre**  
Westbourne Park Baptist Church, corner of Porchester Rd and Westbourne Pk Villas

**Paddington Arts (African Women Group)** 34 Woodfield Road, W9

**Kongolese Centre for Information and Advice**, 453 Harrow Road, W10

## JOBS & EMPLOYMENT ADVICE

### NEIGHBOURHOOD ENTERPRISE CENTRE - BUSINESS ADVICE

Free business advice is now offered at the Neighbourhood Enterprise Centre, St Peter's House, 59 Elgin Avenue.

Business planning advice, training, funding opportunities and more. Open to anyone thinking of starting their own business, struggling with an existing one, or wanting to talk through their ideas. Small grants for capital items may also be available.

To make an appointment, call Aparna on 020 7266 0636 or email [aparna@pdt.org.uk](mailto:aparna@pdt.org.uk).

### PADDINGTON FIRST

Full and part time jobs in hospitality and catering, retail, construction, security, healthcare, office work, education and childcare, financial services, property and travel. Also careers advice. Call 020 7087 8080, drop in to 143-145 Harrow Road, email [info@paddingtonfirst.co.uk](mailto:info@paddingtonfirst.co.uk) or visit [www.inpaddington.com/jobs](http://www.inpaddington.com/jobs).

Regular employment advice sessions are held at the following venues:

#### **Mondays**

Beethoven Centre, Third Ave W10, 2-4pm

#### **Tuesdays**

Church Street library, NW8 1.30-3.30pm

Marylebone library, 1.30-3.30pm

#### **Wednesdays**

Queen's Park library W9, 1.30-3.30pm

#### **Thursdays**

Maida Vale library, fortnightly, 1.30-3.30pm

#### **Fridays**

Paddington library, Porchester Rd 1-3.30pm

## VOLUNTEERING

### MIGRANT & REFUGEE COMMUNITIES FORUM: MENTORING PROJECT

**Two Heads are Better than One** supports refugees and migrants through building up their confidence and self esteem. Volunteer mentors support individuals with activities like getting on courses and exploring London. Travel and other expenses are paid. Second languages particularly useful. If you have 2 or 3 hours to spare a week, contact Nora Hussein on 020 8962 3049 or email [nora.hussein@mrcf.org.uk](mailto:nora.hussein@mrcf.org.uk).

### VOLUNTEER WITH OPEN AGE

Local charity which organises leisure, learning and fitness groups for over fifties welcomes enquiries from people who



would like to know more. Opportunities include helping in lively local office, escorting groups travelling by public transport, helping at weekly social groups or sharing computer skills. If you are caring

and reliable, and would like to spend a few hours a week helping older people in your local community, call 020 8964 1900.

### VOLUNTEER CENTRE WESTMINSTER

Whether you want to develop a new skill or put something back into the community, volunteering could be for you. Volunteer Centre Westminster can help you get involved in anything from home help to homework clubs. Drop in to 53-55 Praed St, W2, 10am to 3.30pm Monday to Thursday. Call 020 7402 8076, or see [www.volunteer.co.uk](http://www.volunteer.co.uk).

## HAVE YOU GOT PARENTING SKILLS?

If so, and you have some time to spare, you could have exactly the skills to make a difference to a local family. Home-Start's carefully trained volunteers give free informal, friendly and confidential support to any parent with at least one child under five. By visiting a family in their own home and offering friendship, practical help and emotional support, Home-Start volunteers represent a lifeline for many families who are finding it hard to cope. Gain NVQ credits from the Open College Network for your work. The next course takes place in April / May. For details call Home-Start Westminster on 020 7724 1345.

## EXERCISE & SPORT

### BEETHOVEN CENTRE

For more details about any of the activities below, or to become a member (£6 a year for local residents) drop in to the centre on Third Avenue, W10, call 8969 5881, or see [www.dominion.co.uk/beethoven](http://www.dominion.co.uk/beethoven).

**Women-only exercise classes:** All with free creche. Aerobics on Tuesdays 10-11, Step on Fridays 10-11am, Legs, bums and tums on Fridays 11-12. £1.50 for members, Choi Kwangdo, Fridays 7-8.30pm for women and children. £5 a class

**Capoeira:** For adults and children, Tuesdays 6.30-7.30pm and Thursdays 7.30-8.30pm £5 adult members, £2.50 child members

**Chinese Kung Fu:** Self defence mixed classes for all ages. Mondays 7-8.30pm. £15 a month for members, £20 non-members.



**Tai Chi:** Gentle exercise and movement for all ages, every Thursday 1.30-3pm, £1 for members.

### KYU YO BU SHIN

For details of any of the activities below call Mary on 07890 301235.

**Walking to fitness and health:** Mondays at 9.15am at Edward Wilson School.

**Karate:** Fridays and Mondays at the Warwick Community Centre

**Yogalates:** Sundays 5-6pm at the sports academy, Torquay Street

### FOOTBALL IN PADDINGTON

Paddington Waterside Partnership has launched the Football InPaddington league hosted by Top Corner (mens' and womens' teams). Games Tuesday and Thursday evenings, 7-9.30pm at Westminster Academy, 255 Harrow Road. If you are interested in getting a team together see [www.topcorner.co.uk/inpaddington](http://www.topcorner.co.uk/inpaddington).

## THE HUB IN REGENTS PARK



Free and low-cost sports activities for adults. For more details of any of the activities listed below contact the Active

Sports Team on 020 7935 2458, visit [www.royalparks.org.uk/hub](http://www.royalparks.org.uk/hub) or email [thehub@royalparks.gsi.gov.uk](mailto:thehub@royalparks.gsi.gov.uk) for a brochure. Activities include:

**Health walk:** (Meet Clarence Gate) Free, Wed 1.30-3pm pm then refreshments at the Hub afterwards

**Power walking:** Free, Thurs 10-10.30am and Sun 9.30-10am

**Beginners jogging:** Free, Sun 10.30-11am Other low cost activities include power stretch (Tai chi/yoga), outdoor circuits, parent and pram sessions and line dancing

### GREENSIDE COMMUNITY CENTRE

For more details of any of the activities below, call 7641 6750, call in to 24 Lilestone Street, NW8 or visit [www.vitalregeneration.org/greenside](http://www.vitalregeneration.org/greenside)

**Yoga for adults:** Mons 12.30-2pm

**Chantraine dance for adults:** Mons 6.30pm and Thurs 7pm

**Womens fitness/exercise:** Tues 6.30-9pm

**Karate Jitsu for adults:** Weds 7pm

**Taekwondo:** Fri 6.30pm

**Trupaz dance:** Sun 12-3pm

### LONDON TIGERS

Sports, exercise and more for men, women and children. Activities include football at the Westminster Academy for over 25s on Tuesdays from 6 to 7.30pm. For details of all activities call 020 7289 3395 or see [www.londontigers.org](http://www.londontigers.org).

### ACADEMY SPORT

New sports and leisure facility now open at Westbourne Green.

Sport facilities include indoor courts for netball, 5-a-side football, basketball and badminton, dance studio with ballet bar, outdoor synthetic pitches, and outdoor tennis, basketball and netball courts.

There is also a range of activity programmes for the whole family,



including fitness for adults and sports coaching courses for adults and children.

Academy Sport is at 255 Harrow Road W2 (entrance on Torquay Street). For more details call 020 7121 0642.

## HEALTH SERVICES

### HOW TO FIND A DENTIST

To see a list of all dentist practices in Westminster visit [www.westminster-pct.nhs.uk/services/dentists.htm](http://www.westminster-pct.nhs.uk/services/dentists.htm). For help



finding an NHS dentist contact the Patient Advice and Liaison Service (PALS) on 0800 587 8818.

### OUT OF HOURS DENTISTRY

For patients who need urgent or emergency dental care in the evenings or weekends call the helpline: 020 8867 1411

### REGISTERING WITH A GP

Your local GP surgery provides a range of services including general medical advice and treatment, prescriptions, referral to a specialist or hospital, jabs and tests.

To register, ring or visit the practice and ask them to register you as a patient. Take your medical card with your NHS number so your doctor can get your medical records from your previous doctor. If you do not have a medical card, you will be asked to fill in a form. A list of Westminster GPs is available at <http://www.westminster-pct.nhs.uk/services/gps.htm>

Some practices will only accept patients living within a specific area nearby. If you cannot find a doctor, contact Westminster PCT's Patient Advice and Liaison Service (PALS) on Freephone 0800 587 8818 or email [pals@westminster-pct.nhs.uk](mailto:pals@westminster-pct.nhs.uk)

### EMERGENCIES AND OUT OF HOURS TREATMENT

Westminster residents who are ill and need to speak to a GP or District Nurse outside normal surgery hours can call 020 8969 7777. Patients should still call 999 in an emergency.

For health information and advice, contact NHS Direct on 0845 4647.

### ST. CHARLES HOSPITAL MINOR INJURIES UNIT

This service can be used for treatment of minor injuries. Exmoor Street, W10, telephone 020 8962 4262.

Open every day (except Christmas Day) from 9am to 9pm

### BECOME FIT FOR LIFE

Fit for Life is a 12-week weight management and exercise programme run by experienced dietitians. It is free for anyone who lives or works in Westminster with a Body Mass Index (BMI) above 27. You must be referred by your GP.

## MANAGE YOUR WEIGHT



Drop-in to weigh-in is a free weekly weight management session offered to adults who live and work in

Westminster. No appointment is necessary. Sessions run every Monday from 4.30 – 6pm at Lisson Grove Health Centre, Gateforth St, NW8.

## FREE BREAST SCREENING CHECK

Breast cancer is one of the UK's biggest killers. Free breast screening is available to all women aged between 50 and 70. Women will automatically receive an invitation from the West London Breast Screening Service and most will be asked to attend Westminster PCT's unit at St Mary's Hospital. If you have missed your appointment or are not sure when yours is due call 0845 811 6636.

## FREE CERVICAL SCREENING SERVICES

Women over 25 should attend cervical screening (for a smear test) once every three years. You will receive an invitation from your GP.

A screening clinic has been set up at **Health @ The Stowe** for women who are particularly anxious about the test or have a specific concern. It is run by a female nurse and is available every Thursday from 9am to 1pm. For appointments call 020 7316 6800 or 020 7150 8048. You may also have a smear taken at a well women or family planning clinic. For a list of these sites visit [www.westminster-pct.nhs.uk](http://www.westminster-pct.nhs.uk).

## MANAGE YOUR DIABETES

X-PERT is a free six-week education programme for adults with Type 2 diabetes providing them with the confidence, knowledge and skills necessary to self-manage their diabetes. You must be referred via your GP. Carers/partners welcome to attend with the patient. Call the Westminster Diabetes Centre on 020 7316 1200 for more information.

## ARE YOU LIVING WITH A LONG-TERM ILLNESS?

The Expert Patients Programme is a free six week course for anyone living with a long-term health condition such as diabetes, arthritis and heart disease. Learn skills and techniques to help you take control of your life and manage your condition and its treatment. You can refer yourself into the course, you don't need to go to your doctor. Call 0800 587 8818 for further details.

## HEALTHY FUTURES IN QUEEN'S PARK

For more information about any of the activities below call Sarah Martin on 020 7575 3103 or Ziaur Rahman on 020 8964 8024 at the Queen's Park Forum.

### Health and wellbeing checks

Talk to a nurse about what you want to change, no appointment necessary, but phone if you want to make one.

Tuesdays to Thursdays 10am to 4pm at Juniper House, Droop Street, W10.

### Drop in to weigh in

See a dietician, get weighed, and talk about diet and nutrition. Tuesdays 4.30pm to 6pm at the Queen's Park Court Community Hall, Ilbert Street, W10.

### Stop smoking

Support with English and Bengali spoken, on Fridays from 10am to 12 noon at the Queen's Park Court Community Hall, Ilbert Street W10.

### Dealing with stress

Cut your issues down to size with Lal, Fridays from 10am to 12 noon at the Queen's Park Court Community Hall, Ilbert Street W10.

## SEXUAL HEALTH SERVICES

Free and confidential advice on sexual health issues including contraception, pregnancy tests, and tests for sexually transmitted diseases can be sought from: **The Sexual Health Line** 0800 567 123 **The Family Planning Association Helpline** 0845 122 8690

**Adolescent Resource Centre (ARC):** Walk-in services for under 19s at Connexions@Stowe on Thursdays 2-5pm (call 020 7266 8230) and the Jefferis Wing at St Mary's Hospital on Tuesdays 3-5pm (call 020 7886 7583).

### Westside Contraception Service:

Clinics at various locations. Call 020 8962 4450 for details. You can also get sexual health advice from your GP.

## NO SMOKING DAY 12 MARCH 2008

This year's challenge is for smokers to give up cigarettes for at least a week. To help you, there will be stop smoking advisors at the following locations on 12 March:

Tesco in Church Street, Porchester Library, Ebury Bridge Adult Learning Centre, Sutherland Street Pimlico and Micky Star



nursery. There will also be advisors at Queen's Park Court Community Hall, Ilbert Street, W10 from 4.30 - 6.00pm on Tuesday 11 March.

## COMPLEMENTARY THERAPY

### WESTMINSTER CENTRE FOR INDEPENDENT LIVING

Massage and reflexology for all, by highly qualified and experienced therapists, at competitive prices eg £35 an hour, or £20 an hour for disabled people and £25 for carers (whether formal or informal). 42 Westbourne Park Rd, W2. Call Danny Baker to book an appointment on 020 7243 9727.

### MUNRO HEALTH CO-OP

A registered charity dedicated to providing low cost complementary therapies to individuals and organisations who would not normally be able to access them. Fully qualified, insured and CRB checked therapists provide aromatherapy, reflexology, shiatsu, homeopathy, acupuncture, craniosacral therapy, reiki and massage. Therapists can come to community groups and events. For more information call 020 8969 6799, email [munrohealthcoop@yahoo.co.uk](mailto:munrohealthcoop@yahoo.co.uk) or visit [www.munrohealthcentre.co.uk](http://www.munrohealthcentre.co.uk).

### MIND, BODY AND SPIRIT AT QUEEN'S PARK LIBRARY

The library will be hosting a fair on Saturday May 31, with practitioners from a huge variety of schools. Relax with a gentle massage, stretch your body with yoga, or even have your future read by a tarot reader. 1-4pm at the Queen's Park library, 666 Harrow Rd, W10, call 020 7641 1300.

### BEETHOVEN CENTRE

From April 1, a complementary therapy clinic will be coming to Queen's Park every Tuesday from 2 to 4pm. Local residents will be able to get a half hour Indian head massage or a holistic body massage from a fully qualified and insured therapist - to ease stress and tension, promote relaxation



and boost the body's immunity by improving circulation and detoxification. £5 for

members or £7 for non-members of the Beethoven Centre. For details call the centre on 020 8969 5881.

## DRUG & ALCOHOL SERVICES

### RUGBY HOUSE ALCOHOL RESOURCE CENTRE (ARC)

Advice, information and support about alcohol. The service includes counselling and workshop programmes. 314 Ladbroke Grove, W10, Telephone 020 8960 5505.

## WESTMINSTER DRUG PROJECT

Advice, information and support about drugs. Tests for HIV and Hepatitis B & C, and Hepatitis B vaccination. Women's support group once a week.  
170 Harrow Road, W9, call 020 7266 6200.

## NEW ROOTS

For residents from black and ethnic minority communities, and others needing advice and support about drugs and alcohol. Call freephone 0800 019 0563.

**Lisson Grove Health Centre:** call the number above for an appointment, on Mondays from 2-4pm.

**Harrow Road Health Centre:** call the number above for an appointment, on Thursdays from 10-12 noon.

**Beethoven Centre, Third Avenue:** Drop in advice from 2-4pm on Mondays.

**Queen's Park Court:** Drop in session from 4.30-6pm on Tuesdays.

## OLDER PEOPLE

### ACTIVITIES AT THE BEETHOVEN

All the activities below are held at the Beethoven Centre, Third Ave W10.

**Yoga** for the over fifties. Tuesdays 2.30-3.30pm. Free for Open Age and Beethoven Centre members.

**Pilates** for over fifties: Tuesdays 11.30-12.30, free as above

**Birthday club** - last Friday of every month, 4.30-6.30pm.

Call Open Age on 8964 1900 for times and details of above activities.

**Over fifties social club**, every second Saturday of the month from 2 to 5pm.

Music, games, outings and more. Free for Beethoven Centre members.

### DUTCHPOT LUNCH & SOCIAL CLUB

A club for elderly African and Caribbean people which provides a hot two course meal (African and Caribbean) twice a week

and meets at the Maida Centre, 221 Lanark Road, W9. Membership is £7, meals cost £2.50, and more members would be welcomed. There are also activities like cards, board games, day trips, arts and crafts, concerts and films. Call Lillian Guishard on 020 7575 3111 for details.



### PADDINGTON LIBRARY

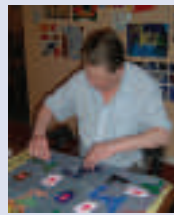
Porchester Rd, W2

**Silver surfers group:** every Tuesday from 2 to 4pm. Call Laurence Foe or Sabrina Grattoni for details on 020 7641 4490.

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

### DISCOVER YOUR CREATIVITY WITH REACHING U

New local groups offer the chance to have fun discovering your talents and creativity:  
**Drama for All**, Tuesday 10.30am-12.30pm at Rayne House, 170 Delaware Road, W9



**Art for All**, Wednesdays

11am-1pm, at Hardy House, 64 Great Western Road, W11

**Singing for All**, Thursdays 10am-12 at Ernest Harris House, 61 Elgin Avenue, W9. These

are just some of the activities set up through 'Reaching U', a partnership project between Open Age, Age Concern Westminster and Westminster Adult Education Service. Classes cost £1 an hour. Full details from Open Age (see below).

### OPEN AGE

A charity for active leisure over 50, which offers a network of over 100 low cost (up to £2 a session) learning, creative, exercise, dance and social groups, some a short walk away, others a bus ride. For men and women all ages over 50, wanting to socialise and keep in touch with local events and services. A range of social groups, including a mens group, have speakers, tasters of activities, trips out, quizzes and fun.

Membership £7 per year, non-members welcome too. Information pack from Open Age, 1 Thorpe Close London W10 5XL. (under the Westway off Ladbroke Grove), or call 020 8964 1900.

### POSITIVELY PHYSICAL 50+

Physical activities and exercise classes across Westminster including:

**Line dancing** at the Stowe Centre

**Women-only exercise** at WECH

**Chair exercise** at the Stowe Centre

**Pilates** at Emmanuel Church, Harrow Rd

**Water-based exercise** at the Jubilee pool

For details call Open Age, 020 8964 1900.

## COMMUNITY GENERAL

### THE WOMEN'S DAY CENTRE

Support, advice and information for women who are homeless or in temporary or insecure accommodation.

**Advice appointments and female rough sleepers drop-in** Mon - Thurs 9.30-12 noon

**General drop-in:** 12-3.30pm Mon- Thurs.

Other services include basic skills programme, IT classes and career advice. For details call 020 7262 3818 extension 235 or drop in to 1 Cosway Street, Marylebone, NW1 (entrance from Marylebone Road).

### EVENTS AT PADDINGTON LIBRARY

Porchester Rd W2, call 7641 1400 / email paddingtonlibrary@westminster.gov.uk

**Readers' group** third Fri of month, free and no need to book. For details contact Laurence Foe on 020 7641 4490.

**Writers' group** meets on the second and fourth Thursday of each month.

**Sufi group (Middle Eastern poetry)** meets on the first Friday of each month from 7-8pm.

### THE MOSAIC COMMUNITY TRUST

Community cohesion through increasing respect and understanding between faiths.

**Interfaith Family Learning Group**

Meets every Monday from 10am to 12noon at Quintin Kynaston School, Marlborough Hill, NW8 and every Thursday from 9.30-

11.30am at the St Paul's Community Centre, St Paul's Church, 5 Rossmore Road, NW1. For details call Betty Musprat on 01923 465685 or email bettymus30@ntlworld.com.

**For advice and support** on setting up interfaith activities, call Lena Choudary-Salter on 020 7289 1170 or email lenac@mosaiccommunitytrust.org.uk

### BEETHOVEN HOUSING & ADVICE DROP-IN

Talk to your local councillors or MP, social landlords and a variety of agencies.

Every Monday, 2 to 4pm at the Beethoven Centre, Third Ave, W10.

Call 020 8969 5881 for more information.

Advice available includes:

**Housing and benefits advice**

Advocacy and support with **utility issues and bills**

**Information on allocation and transfers** from housing workers from

Dominion Housing, CityWest Homes, PCHA/Genesis, Octavia Housing, Soho Housing, Stadium and Housing Options

**Advice on private housing** and environmental health issues from the council's Environmental Health Team.

**Employment opportunities** and training advice and information

**Community safety advice**

**The Queen's Park Food co-op** takes place from 1-4pm.



### THE DISABLED LIVING FOUNDATION

Equipment Demonstration Centre has a huge range of disability equipment, from bath lifts to stairlifts, riser-recliner chairs to scooters. Call 0845 130 9177 (Mon to Fri, 10am-4pm) to make an appointment to visit the Centre or speak to a Helpline advisor. Free factsheets on www.dlf.org.uk

# Children and young people

## UNDER FIVES / PARENTS

### BAYSWATER FAMILY CENTRE

**Drop-in:** play facilities, crèche. Mon, Wed and Fri 12-4pm, Tue and Thu 1-4pm.

**Advice:** on benefits, housing, childcare. Mon-Wed and Fri 9.30am-3.30pm. 14-18 Newton Rd W2, 020 7221 3290.

### BEETHOVEN CENTRE

Residents can apply for membership for £6/year and get subsidised rates.

**Contemporary Dance:** for 3-5 yrs. £50/term. Members £30. Tue 3.45-4.30pm.

**All Nations Drop-in:** for parents, childminders, toddlers and babies. £1 donation. Thurs 10am-12pm.

**Crèche:** £4.50/hour. Mon-Thu 10am-12pm. Also available for exclusive bookings (min. 5 places) at other times.

Call 8960 2479 or 07950 208 305 to book (places limited). Third Ave W10, 020 8969 5881, [www.dominionhg.co.uk/beethoven](http://www.dominionhg.co.uk/beethoven)

### THE CHURCH OF OUR LADY

**Parents and Toddlers:** Mon-Fri 9.15-11.30am. 54 Lodge Rd NW8, 020 7641 5409.

### CHILDREN'S INFO SERVICE

Information on childminders, childcare, careers in childcare, out of school clubs, going back to work or training, tax credits. Call Patrick on 07793 269 082 or via the CIS helpline 020 7641 7929.

**One Stop Shop,** 317 Harrow Rd W9, Tues 10am-1pm,

**Portman Early Childhood Centre,** 12-18 Salisbury St NW8, every first Fri of the month, 9.30am-12pm  
**Sure Start Information and Resource Centre,** 21 Dart St W10 every other Mon, 1-3pm.



### CHURCH STREET LIBRARY

**Under 5s session.** Thurs 10.30-12, Church Street NW8, 020 7641 1300.

### DOROTHY GARDNER NURSERY

**Drop-in:** free play and rhyme sessions. Mon-Thu 9.30-11.15am and 1-2.45pm. 293 Shirland Rd W9, 020 8969 5835.

### GREENSIDE COMMUNITY CENTRE

**Room 2 Play:** Mon, Wed and Fri, 10am-12pm. 24 Lilestone St NW8, 020 7641 6750, [www.vitalregeneration.org/greenside](http://www.vitalregeneration.org/greenside)

### 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.

### THE HUB, REGENTS PARK



**Parent and Pram Session:** gentle exercise for mothers around Regent's Park. From £1/class. Tue

10.30-11.30am. Meet at The Hub, Regent's Park NW1, 020 7935 2458, [www.royalpark.org.uk/hub](http://www.royalpark.org.uk/hub)

### KIDS HOME LEARNING

**For children with disabilities and developmental concerns:** Kids does home visits and takes referrals from parents and professionals.

**Home Learning Sensory Group** Wed 10-11.30am at the Portman Children's Centre, 12-18 Salisbury St NW8. For children who have sensory impairments and limited mobility, and who are receiving Home Learning or are on the waiting list. 020 7641 4151, [www.kids-online.org.uk](http://www.kids-online.org.uk)

### MARY PATERSON NURSERY

**Drop-in:** free play and rhyme sessions. Mon-Wed and Fri 9.15-11.15am/1-3pm in term time.

**Toy Library:** Thu 9.30am-12pm/1-3pm in term time

**Bidding for housing:** Wed all day, book ahead

13 Riverton Close W9, 020 7641 5804

### MAIDA VALE LIBRARY

**Under 5s mornings:** stories, rhymes and crafts. Tue and Fri 10.15-11.30am. Sutherland Ave W9, 020 7641 1300.

### MEANWHILE GARDENS PLAYHUT

**Drop-in:** indoor and outdoor play space and activities. Mon-Fri 2-5pm (closed Wed). The Playhut is available for private hire. Elkstone Rd W10, 020 8960 7894.

### MICKY STAR NEIGHBOURHOOD NURSERY

**Under 5s Clinic and Drop-in:** Wed 9.30-11.30am, (term-time).

**Childminder Drop-in:** Thu 9.30-11.30am, (term-time). 58-61 St. Michael's St NW8, 020 7641 5409.

### NEIGHBOURHOOD ENTERPRISE CENTRE (formerly St. Peter's House)

**La Récréation:** fun French lessons with games and songs, for parents and toddlers. Tue 1.25-1.55pm. £4/lesson.

59 Elgin Avenue, London W9. Contact Maud on 020 7286 8202 or 07904 783 976, [dudumaud@yahoo.fr](mailto:dudumaud@yahoo.fr)

### NEWPIN

**Drop-in:** Mon and Thu 1-3pm (term-time). Luton St NW8, 020 7641 5409.

### PADDINGTON LIBRARY

**Under 5s mornings:** stories, rhymes and crafts. Wed 10.30-11.30am. Clifford Hall, Porchester Rd W2, 020 7641 1300.

### PORTMAN EARLY CHILDHOOD CENTRE

**Drop-in:** Mon 9.30am-12pm/1-3pm and Tue, Thu and Fri 9.30am-12pm/1-3.30pm. 12-18 Salisbury Rd NW8, 020 7641 5409.

### QUEEN'S PARK LIBRARY

**Under 5s:** stories, rhymes and crafts. Wed and Fri 10am-12pm.

**Dad's hour;** storytelling and crafts for children aged 4-8, and dads. Sat 11am-12. 666 Harrow Rd W10, 020 7641 1300.

### STOWE CENTRE

**Ballet:** for 3-5 yrs boys and girls.

£4/session. Mon 4-4.45pm. 258 Harrow Rd W2, call Sandie 07957 327 322.

### VESTRY PRE-SCHOOL

**Drop-in:** free play and rhyme. Mon and Wed 1-3pm, (term-time). St. Mark's Church, Abercorn Place W8, 020 7624 2705.

### WESTBOURNE PARK FAMILY CENTRE

**Pre-School Drop-In:** Wed, Thu 10-12pm.

**Creative Drop-In:** Fri 10am-12pm.

**Childminders Support Group:** Tue 10am-12pm.

**Baby & You:** postnatal group for 0-1 yrs. Mon 11.30am-12.30pm.

**Toy Library:** Wed 11am-1pm. Cnr of Porchester Rd and Westbourne Park Villas W2, 020 7727 6019, [www.westbourneparkfamilycentre.org.uk](http://www.westbourneparkfamilycentre.org.uk)

### WILBERFORCE SCHOOL

**Family Play Sessions:** playground opens for under fives accompanied by an adult. Sat-Sun 10am-3pm. Enter from Beethoven St W10, 020 7641 5865.

## CHILDREN OVER 5 & YOUNG PEOPLE

### AVENUES

**Mon:** Media Workshop 1-3pm. Media Production 1-4pm.

**Tue:** Girls Only Night for 11-21 yrs. Homework support, cooking, arts and crafts / fashion design, 5-8pm.



**Wed:** Junior Group for 11-14 yrs, 4-6pm. Media and Radio Workshop 1-3pm. Alpha Femmes (girls

group), radio, dance, music production, media workshop, 6.40-9.10pm.

## AVENUES (CONTINUED)

**Thu:** Junior Group for 11-14 yrs, 4-6pm. For 13-21 yrs: Radio and multi-media training, music production, Alpha Femmes, cooking, and music room, 6.40-9.10pm.  
**Fri:** Junior Group for 11-14 yrs, 4-6pm. For 13-21 yrs: Radio and multi-media training, 6.40-9.10pm.  
**Sat:** cooking, drama, 12-3pm.  
**Half-Term:** Edutain Sports Project. 3-7 Third Ave W10, 020 8969 9552, www.avenues.org.uk

## AMBERLEY YOUTH PROJECT

**Project Nights Over 14s:** pool, chess, Parkour, gym sessions, boxing, steel pan band, study groups. Tue, Wed, Fri 4-8pm.  
**Under 14s Nights:** Tue 4-7pm – chill out, homework club, computers, pool, games. Wed 4.30-7pm – Competition Night, indoor sports. Fri 4-7pm – fashion and design club, Movie Night.  
**Holiday Time:** Go Karting, theaters, museums etc.  
**Appointment-only:** 1-to-1 sessions, job hunting, CV workshops, careers advice. Daily 11am-5pm. Amberley Estate, 11 Clearwell Dr, Amberley Rd W9, 020 7286 1014.

## ANGLO EGYPTIAN SOCIETY

**Saturday Supplementary Schools at: The Egyptian School London:** for 6-16 yrs (to GCSEs) from Sep to Easter, term-time and holidays. 9am-3.15pm. Acland Burghley School, Burghley Rd NW5.  
**WECH:** for 6-12 yrs. Elgin Ave W9. Contact 020 7266 8259, enquiries@angloegyptian.co.uk, www.angloegyptian.co.uk

## BAYSWATER SOCIAL & CULTURAL ASSOCIATION



**Homework club:** Fridays 4-6pm  
**Supplementary school:** Sat 10am-1pm  
**Advice sessions:** By appointment only. contact the Stowe Centre, 258 Harrow Rd W2, call 020 7266 8244 or 8243, or see www.bsca.net

## BEETHOVEN CENTRE

**Capoeira Class:** with Jackson Pinto, for adults and children. £2.50 children, £3.30 non-members. Tue 6.30-7.30pm.  
**Choi Kwangdo:** for women and children. £5/class. Fri 7-8pm.  
**Contemporary Dance:** for 6-8 yrs. £30/term, non-members £50. Tue 4.45-5.45pm. Call Galina 07957 384 591.  
**Silent Step Street Dance:** for 5-11 yrs. 50p/class. Thu 4.30-6pm, 07932 982 802. 173 Third Ave W10, 020 8969 5881, www.dominionhg.co.uk/beethoven

## BRUNEL YOUTH PROJECT

**Mon-Thu:** arts, videos, culture, pool, internet, health and fitness, homework support, DJ'ing. 6.15-9.15pm. Buckshead House, Brunel Estate W2. Call Sue Yarde 020 7792 0155.

## CAFÉ LONDON

**Mish Mash:** regular Sun afternoon variety show for 4-10yrs. Includes live music, comedy, circus, dance and more. At Yaa Asantewaa, Chippenham Mews W9. Next event is 30 March, with Bollywood Dance and new band The Minpins. Contact Jon Fawcett on 07973 854 616 or jon@cafelondon.org.uk, www.cafelondon.org.uk



## CHURCH STREET LIBRARY

**Homework Club:** for 7-13 yrs. Thu 3.45-5.30pm. Church St NW8, 020 7641 1300.

## CENTRAL LONDON YOUTH DEVELOPMENT

Enthusiastic young people sought, interested in submitting poetry, short stories, articles or lyrics for a published book called 'Life Behind Bars'. For details contact Romena or Roxy on 020 7266 8265 / 07956 067 640 / 07931 875 454.

## CONNEXIONS

**Education, work and training, health and housing:** Mon-Fri 10.30am-4.30pm.  
**Sexual Health:** free pregnancy testing, contraception and STI testing. Thu 3-6pm. All for under 19s. Centre for Sexual Health, Connexions @ Stowe, 258 Harrow Road W2, 020 7266 8230.

## DREAMARTS

**Acting, singing, dancing:** every Sun, for over 8s. £1/day, £2 non-members. The Cockpit Theatre, Gateforth St NW8. Contact Becki on 020 7266 8262 / 07951 921 247 or becki@dreamarts.org.uk, www.dreamarts.org.uk

## EDUCATION & APPRENTICESHIP

**Westminster Academy:** Friday 11 April, 12-5pm. Training providers will be offering courses and apprenticeships. Fun activities and refreshments. Contact Sheba on 020 7641 5421/6696 or 07921 875 735 or sbegum2@westminster.gov.uk

## FOURTH FEATHERS YOUTH CLUB

**Mon:** Girls' Night 5.30-8.15pm.  
**Tue:** Homework Club 3.30-5.30pm.  
**Fisherton Street Youth Project** for 11-16 yrs, 6-9pm.  
**Wed and Thu:** Homework Club 3.30-

5.30pm. Club open 6-9pm.

**Fri:** club open 7-10pm.

**Sat:** Saturday Club 3-6pm. **Fisherton Street Youth Project** for 11-16 yrs 2-5pm. Activities include arts and crafts, pool, table tennis, DJ'ing, ICT, cooking, basketball, dance, drama and job club.  
**Skate Park:** open from Mar 4. 12 Rossmore Rd NW1, 020 7723 8308.

## GREENSIDE COMMUNITY CENTRE

**Women's Fitness/Exercise** for ages 13+. Tues, 7-8pm.  
**Karate Jitsu** for children, Wed 6pm.  
**Taekwondo** Fri, 6.30pm.  
**Trupaz Street Dance** Sun, 12-3pm.  
**Firststep.com:** free ICT classes  
**Homework club** Thurs 4.30-6.30 for 8-12 year olds  
 7641 4157 / www.learnatfirststep.com  
 24 Lilestone St NW8, 020 7641 6750, www.vitalregeneration.org/greenside

## HARROW ROAD NEIGHBOURHOOD CENTRE



**Youth Drop-In:** info and advice. Thu 12.30-5.30pm. 020 8968 5543 / 07708 718 231.  
**Vital Regeneration:** Advice on CVs, employment, training and apprenticeships. Call 020 8964 3256 for an appointment, Fri 1-4pm. 421 Harrow Rd.

## KYU-YO-BU-SHIN

**KYBS Running Club:** ongoing training every Sun for 11-17 yrs.  
**Junior Running Club:** for 8-10 yrs. Every Sun 9am, both at Edward Wilson School, Bourne Terrace W2.  
**Karate:** Warwick Community Centre, 300 Harrow Rd W2. Call Mary 07890 301 235.

## LONDON TIGERS

**Club for 8-13 yrs:** snooker, pool, Playstation 3, quizzes, Mon 4-6pm.  
**Muslim Boys Youth Club:** for 13-19 yrs, Mon and Thu 6-8.30pm and Tue 4-6pm. Call Helal on 7289 3395 or 07817 143 030.  
**Muslim Girls Youth Project:** for 13-19 yrs, Sat 2-5pm. All at WECH, 416 Harrow Rd W9.  
**Basketball:** for 13-19 yrs. Westminster Academy, 259-265 Harrow Rd W2.  
**Girls' Football:** for 8-13 yrs, Mon 4.30-6pm. Lisson Green NW8.  
**Girls' Multi-Sports Sessions:** for 8-13 yrs, Thu 5-7pm.  
**Badminton:** for 8-13 yrs, Tue 7-9pm. £1/session. Both at Jubilee Sports Centre, Caird St W10.  
**Girls' Youth Club:** Sat 12-3pm, Boscobel Street NW8.  
**Taekwondo for girls:** aged 11+, Sat 7-

9pm. £2.50/session. St Paul's Church Centre, Rossmore Rd NW1. Contact Sultana 07966 638 437 or 020 7289 3395 or [sultana@londontigers.org](mailto:sultana@londontigers.org)  
**Football:** teams from age under 9 upwards. Call for times and venues. Call 7289 3395 for more details on all the above, or see [www.londontigers.org](http://www.londontigers.org)

## LYDFORD ESTATE

**Fri:** 6-7.30pm for 8-12 yrs, 7.30-9pm for 13-19 yrs. Includes football, cricket, basketball, arts and crafts, IT, homework help. 74 Fernhead Rd W9, contact Sally Nkrumah 07980 505 953, [lydfordyouthproject@hotmail.com](mailto:lydfordyouthproject@hotmail.com)

## MAIDA VALE LIBRARY

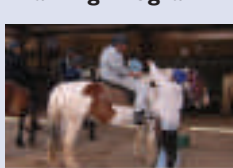
**Homework Club:** for 7-13 yrs. Tue 3.45-5.30pm. Sutherland Ave W9, 020 7641 1300.

## MARYLEBONE BANGLADESHI SOCIETY

**Tue-Thu:** Homework Club, games and activities, employability session, 6-8.30pm.

**Sat:** girls sports and arts.

**Training Programmes:** workshops,



community leadership and more for 13-25 year olds. **Volunteers:** Join a pool of volunteers,

and access activities and training courses. For those aged 13-25. 2 Boscobel St NW8, 020 7724 7427, [www.mbs-uk.org](http://www.mbs-uk.org)

## PADDINGTON ARTS

**Planet X:** tactile installation space to stimulate the senses of young disabled people, 5-18 yrs. Next monthly session 29 March, 11am-4pm. £1 entry. Call Shaun 8964 5060.

**Milkshake Disco:** for 8-12 yrs. Next session 29 Mar, 7pm.

**Performing arts and media:** for young people 6-26 yrs. Also projects for young people with learning disabilities. 32 Woodfield Rd W9, 7286 2722, [info@paddingtonarts.org.uk](mailto:info@paddingtonarts.org.uk), [www.paddingtonarts.org.uk](http://www.paddingtonarts.org.uk)

## PADDINGTON CHILDRENS LIBRARY

**Homework Club:** for 7-13 yrs. Mon and Fri 3.45-5.30pm.

**Chinese creative music workshop** for families, 11 Apr, 4-5pm, book in advance. Call 020 7641 4403/4478. Clifford Hall, Porchester Rd W2, 7641 1300.

## PRO TOUCH SOCCER ACADEMY

Football Coaching and health and fitness for 11-14 yrs, call for times. Call Ash or Zahid on 7813 3007 or 07732 872 022 or visit [www.protouchsocceracademy.com](http://www.protouchsocceracademy.com)

## QUEEN'S PARK BANGLADESHI ASSOCIATION

**Saturday Supplementary School:** for 11-16 yrs. 10am-1pm. Wilberforce School, Beethoven St W10, 020 8968 1177, [www.qpba.org](http://www.qpba.org)

## QUEEN'S PARK LIBRARY

**Homework Club:** for 7-13 yrs. Mon and Wed 3.45-5.30pm. Also Reading Groups and a Gaming Group, 666 Harrow Rd W10, 020 7641 1300.

## QUEEN'S PK NEW MEDIA CENTRE

**Homework Club:** for 8-12 yrs, Thu 4.30-6.30pm, Queen's Park Court.

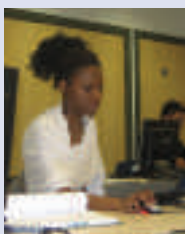
**Free ICT and digital art courses:** held at the Beethoven Centre and Queen's Park Court. These are available Thu 6-8pm and Sat 1-3pm, both for 13-19 yrs. Beethoven Centre, Third Ave W10. Queen's Park Court, Ilbert St W10. Call 020 7641 4157 for details. [www.qpnmc.com](http://www.qpnmc.com)

## SAMBA STREET SOCCER

Under 10s and Under 15s, Mon, Tue, Thu, Fri, call for times. Westminster Academy, 259-265 Harrow Rd W2. Contact Andrew Amers-Morrison on 020 7034 0186 / 07940 084 695, [sambastreetssocceruk05@yahoo.co.uk](mailto:sambastreetssocceruk05@yahoo.co.uk), [www.sambastreetssoccer.org](http://www.sambastreetssoccer.org)

## SKILLS CAMPUS

**Free training** for young people, get qualifications and work experience, and even get paid. Courses are in English, Maths, ESOL, IT, CLAiT, and Business Administration, and take place in a number of venues across London, including the Stowe Centre, 258 Harrow Road, W2. Contact 020 7575 3110, [info@reskills.org](mailto:info@reskills.org)



## ST. LUKE'S CHURCH

**3rd Paddington Scout Group:** for 6-7, 8-10 and 11-14 yrs. Thu 6-9pm. Games, sports, training and more, plus weekends. All faiths welcome. St. Luke's Church Centre, Fernhead Rd W9, 020 7912 0640

## STOWE CENTRE

Free activities for 13-19 yrs. **Mon: Club Night.** Union Dance, gym (over 16s only), football, recording studio, art and fashion, multi-media and music production, IT room, chill out. 6.30-9.15pm **Ballet:** 6-11 yrs boys and girls. £4/session. 4.45-5.30pm. Call Sandie 07957 327 322 **Tue and Thurs:** Boxing (£1/session), dance, fashion and design, media design, IT room, cooking, music studio. 6.30-9.15pm.

**Wed:** A new Bangladeshi/Arabic youth group is due to begin in April.

**Fri:** Movie night, cooking, IT, music studio, multi-media, gym and multi-sports. 7-10pm. 258 Harrow Rd W2, 020 7266 8220/1.

**Sat:** From April the Rainbow Family Centre will be running a project for young disabled people. Call 020 8968 2693/4 for details.

## WESTMINSTER YOUTH DANCE

For ages 5+: tap, jazz, modern, ballet, singing. Wed and Thu 5-8pm. Trinity Methodist Church, Fernhead Road W9. Contact Lesley Inniss, 07973 541 361, [l.inniss@btinternet.com](mailto:l.inniss@btinternet.com)

## WECH

**Silent Step Street Dance:** for 5-11 yrs. Wed 4.30-6pm, 50p/class, 07932 982 802.

**Under 13s:** football, karate, cooking. Fri 5.30-7.30pm, call Charmaine 07950 613 593 or Kierra 020 8968 5543.



**13-19s:** snooker, cooking, football. Tue 6-8.30pm, call Sue 020 7792 0155 or Mame 020 7266 3347.

WECH Community Centre, Chantry Close, 416 Harrow Rd W9, 020 7792 0155, [www.wech.co.uk](http://www.wech.co.uk)

## WESTBOURNE PK FAMILY CENTRE

**Club Express:** for 7-11 yrs. Fri 5.30-7pm. West 2: for 11-16 yrs. Fri 7.45-9.45pm. **Young Volunteers:** project for 13-19 yrs. Fri 5-10.15pm.

**Warwick Estate:** Thu 7-9pm.

**Girls Only Project:** for 11-19 yrs. Cnr of Porchester Rd and Westbourne Park Villas W2, 020 7727 6019, 07983 207 725, [www.westbourneparkfamilycentre.org.uk](http://www.westbourneparkfamilycentre.org.uk)

## WESTMINSTER APPRENTICESHIP PROGRAMME

For 16-24 yr olds living in Westminster. An apprenticeship means you are employed and training for an NVQ at the same time. Contact [vitaladvice@cwh.org.uk](mailto:vitaladvice@cwh.org.uk), or call 020 8964 3256.

## YAA ASANTEWAA

**Saturday Performance School:** for 8-16 yrs who want to dance, act, sing or work behind the scenes, 11am-2pm.

**Street Dance:** £1/session. Thu 5-6.30pm for 5-18 yrs.

**Table Tennis:** free professional coaching, Wed 4-6pm.

**Holiday Time:** ring for details and to book. 1 Chippenham Mews W9, 020 7286 1656, [talibah.hawkins@yaaasantewaa.com](mailto:talibah.hawkins@yaaasantewaa.com), [www.yaaasant.demon.co.uk](http://www.yaaasant.demon.co.uk)

# Sex...don't be shy, be healthy

Sexual health is not just about using contraception and avoiding infection. It is increasingly seen as a state of general well-being related to sexuality, and young people in Westminster can access a range of confidential, free, sexual health services.

The Adolescent Resource Centre (ARC) offers walk-in sexual health sessions for 13 to 19 year olds both at St Mary's Hospital and at Connexions@Stowe on the Harrow Road. The service aims to be friendly and non-judgemental, and as well as offering confidential information, advice and support, there is free pregnancy testing, contraception and safer sex advice, and testing for sexually transmitted infections. Young people can also drop in to the various clinics that offer Westside Contraceptive Services, for free and confidential advice, contraceptive supplies, chlamydia testing, emergency contraception and pregnancy tests.

Those wanting help at the end of the phone can call the Sexual Health Line or the Family Planning Association helpline, and young people also have the option of getting sexual health advice from their GP.

For details of all services above, see page 9.



Sexual health staff at St Mary's Hospital

PICTURES FROM WESTMINSTER PRIMARY CARE TRUST



Children on the Kickstart programme

## Families tackle fitness together

**The Kickstart Healthy Lifestyles Club is designed to encourage families to be more active, eat healthier meals and spend more time together.**

Kickstart is available to children aged eight to 11, whose weight is 'in the obese range', and who are living (or registered with a GP) in Westminster. Siblings are encouraged to join in, and children must be accompanied by a parent or guardian.

Sessions run once a week for two hours after school, in locations across Westminster. The whole programme lasts for six to 10 weeks. During that time, families take part in a range of interactive activities, where they can learn about cooking, healthy eating, and the importance of exercise. Past sessions have included menu design, understanding food labelling, sports

competitions, and support with setting personal goals. All activities are free, and designed by experienced professionals in the fields of childhood obesity, physical activity and health psychology. The programme is run by the Westminster Primary Care Trust (PCT), in partnership with the Westminster Sports Unit.

One aspect of the course which parents have particularly valued is the fact that they stay with their children for the course. As one parent commented, 'We worked as a family and I got to spend time with my oldest daughter, cooking'.

For more information, and to find out details about the next Kickstart programme, call Jenny Reimers, Community Dietitian with the Westminster PCT, on 020 7479 8832 or email [jenny.reimers@westminster-pct.nhs.uk](mailto:jenny.reimers@westminster-pct.nhs.uk). You can also visit the PCT website at [www.westminster-pct.nhs.uk](http://www.westminster-pct.nhs.uk)

Dietician Chetali Agrawal (right) advises a local resident



PHILIP WOLMUTH

# On the scales

Every Monday afternoon, around 15 to 20 women who want to lose weight, go along to the ‘Drop-in to Weigh in’ sessions at the Lisson Grove Health Centre. This free service is open to anyone, and following a successful pilot period, it is set to continue.

The idea of the service is that by having their weight and waist

measurements checked weekly, and by getting dietary advice and support, the women will be motivated to lose weight. Among those who have recently attended the drop-in is 60-year-old Triza D’Costa (pictured), who was advised to lose weight following a medical procedure to deal with a blocked artery. Having discussed her weight and health issues, she was given a written diet plan, which included advice about cutting down on sugary and fatty foods, and watching portion sizes.

‘Triza had high cholesterol and blood pressure, and was short of breath when she first came,’ explains cardiology dietitian Chetali Agrawal. ‘But after six months she has lost 10 kilos, and 18 centimetres from her waist. She feels healthy, can walk much faster and is more energetic.’

Drop-in to Weigh in takes place every Monday at the Lisson Grove Health Centre, Gateforth Street, NW8, from 4.30 to 6pm. There is no need to book. Translation services can be arranged. For more information call 020 7479 8832.

Triza D’Costa gets on the scales



# It’s my business

## La Pecherie

Djamel Hadji gets up on most days at around 3am to go to Billingsgate market. By 6am, he is setting up his stall in Church Street, and laying out hake, red mullet, skate wings, trout, cod, salmon and other fresh fish he has bought. The biggest seller at the moment is sea bass, which, says Djamel, makes a tasty and healthy meal when grilled.

Originally from Algeria, Djamel has always enjoyed catching and eating fish. ‘As a boy, I lived by the sea and made my own rods and lines. I used to catch octopus at sundown, and sometimes red bream or dorado.’ He trained as a hairdresser but returned to fish, and for the last five years has had his own market stall. Business is good, he says, because people like to know their fish is fresh.



La Pecherie, which is outside the library on Church Street, is open from Tuesday to Friday from around 8.30am to 4.30pm, and on Saturdays from around 8am to 4pm.



An aerial view over the Church Street area

PHILIP WOLMUTH

## Healthy housing help

**Damp homes, which are often cold too, can be a significant health hazard for people forced to live in them. Recent legislation now allows Environmental Health Officers to assess hazards in housing and to force private landlords and Housing Associations to do something about them if they fail to act.**

Mould growth (see picture below), often present in damp homes, can produce allergic reactions in vulnerable people and exacerbate respiratory illness in children. Dampness is also known to aggravate asthma.

Environmental Health Officer Rob Sale says that condensation dampness is often wrongly blamed



on tenants' lifestyles, for example through not opening windows, and drying clothes indoors. 'In fact the cause is more likely to be the result of inadequate heating, lack of fans in bathrooms and kitchens, and poor insulation.' He advises tenants living in damp or cold conditions to tell their landlord (if possible in writing) who may well be responsible for doing something about it. Private and housing association tenants can also get help from the Council's Environmental Health Department.

Church Street Neighbourhood Management and the Environmental Health Department are now planning a series of information sessions for Church Street residents, where they will be able to find out more about getting support with problems like dampness and condensation.

For advice on environmental health matters, call Community Protection on 020 7641 6161. For further information on the information sessions contact Rachel Chapman at the Neighbourhood Centre, on 7641 5425.

## In brief

**Lisson Street Community Garden** is getting a new lease of life this spring, following consultation with residents. Changes are being made to improve access to the site, and to encourage recreation and play through creating a larger flat area and grassy terraces. A programme of games, exercise and arts activities is being planned for May to September. To get involved, or for details of the works, call Julie Mallett at the Neighbourhood Centre 020 7641 6633.

**A spring fair** is to be held by the Church Street Neighbourhood Centre on the last day of the Easter holidays.



Fun-fair rides and attractions will be on Church Street for the under-

12s on Sunday 20 April from 1-5pm. Call 7641 6633 for details.

**Employers offering apprenticeships** will be available to talk to young people at the Westminster Academy on Friday 11 April from 12 to 5pm. Local and national employers are expected at the event. For details call 7266 8261 or 8150 5334.

**A knitting group** meets every Saturday at the Church Street library from 10.30am to 12pm. All ages and abilities very welcome. For more information call 7641 5490.

**How should Church Street Library be improved?** £1million has been awarded by the National Lottery to give the library a refit, and residents are being asked what improvements they would like to see. Ideas so far include more computers, comfortable sofas in a new reading area, toilets and a child-care area. If you have some ideas, pick up a form from the library or contact Julie Mallett at [jmallett@westminster.gov.uk](mailto:jmallett@westminster.gov.uk) or on 020 7641 6633. Children and young people can also get involved by contacting Louise McNestrie at [lmcnestrie@westminster.gov.uk](mailto:lmcnestrie@westminster.gov.uk).