

# Paddington People

Summer 2009

Church Street edition



The 'Caribbean Caught in a Can' stall at the Good Food Festival in Church Street.

## Celebration of food

**Church Street Market held the first of a series of food events celebrating Afro-Caribbean and Latino cuisine, reflecting some of the diversity of the neighbourhood.**

The Afro-Caribbean and Latino weekend (27<sup>th</sup>-28<sup>th</sup> March) offered a wide range of different foods.

'Caribbean Caught in a Can' had a stall, and their name says it all. They sell traditional Caribbean food including soups, peas and beans in a tin.

Representing the Latino part of the theme, El Panzon from Brixton were selling authentic Mexican tacos and burritos with fillings like Carne Asada (beef) and Pollo Pibil (chicken).

Cicely Kentish Sawyer, originally from Antigua, travelled from Colchester to take part in the festival. Her speciality is Caribbean home cooking including salt fish fritters and beef patties – both authentic and tasty.

Also available were a range of Cicely's home baked cakes. Cicely's is a real family business – her grandson was helping her on the stall.

The Neighbourhood Management Team at Church Street is keen to ensure that more food events take place over the coming months.

[www.churchstreetmarket.org](http://www.churchstreetmarket.org)

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## View from Church Street

The refurbishment of Church Street Library is now well underway, with the library scheduled to reopen early in 2010.

As Project Manager, my job is to ensure the library is refurbished on time and within budget and that local people help influence the design of the building and range of services available. To help build links with the local community, I will be based at the Neighbourhood Centre until the building work is complete.



Over the next few months, we will be busy choosing furniture, developing a programme for the new

learning centre, marketing the community space and selecting stock for the new youth area with local young people.

Whilst the building work is in progress, the library is operating from a temporary location at 97-99 Church Street, NW8 (the former butcher's shop). Having the library in such a visible position has helped increase visitor numbers by over 18%.

**Laura Hannan**  
Project Manager

Plans for the new library can be viewed at the temporary site or online. Go to [www.westminster.gov.uk/libraries/news](http://www.westminster.gov.uk/libraries/news)



You can find Paul Campbell doing outreach for charity Working with Men in Church Street.

PHILIP VOLMUTH

## Working with men

**Paul Campbell is an Outreach Worker for Working with Men, a UK-wide organisation that provides support for boys and young men. Often they have been in trouble or are at risk of offending.**

'I go out on to the streets to make contact with boys and men between the ages of 13 and 25,' Paul says. 'My aim is to engage with them and to show them that they do have choices and alternatives.'

'I rarely get a positive response the first time I meet someone. Once they've seen me around for a while, that's when they will approach me to find out what I can offer. Often, they want help with finding work or training.'

'Sometimes young people are simply looking for a mentor who can give

them good advice. Many of them don't have a strong father figure or role model and that is what I can provide.'

'A lot of my work is about persistence. Many of these young people have had bad experiences and changing is very difficult for them. I set them achievable goals, like showing up to appointments on time.'

'I get great satisfaction when I help somebody. The people I work with have often gone through very difficult times and it's great to see them regain some purpose in their lives. What I hope to do is offer them a better quality of life - which also gives benefits to the community they live in.'

If you think Paul could help you or somebody you know, call him on 07806 336 475 or email [p.campbell@workingwithmen.org](mailto:p.campbell@workingwithmen.org)

*Correction: In the last issue, we incorrectly printed that Alex Maclaren is the Chair Person of the Lisson Green Residents Association. Alex is actually the Chair Person of the Lisson Gardens Association. Dolly Cuthbert is the Chair Person of the Lisson Green Residents Association. We apologise for any confusion.*

## 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 Cecilia Faduola at the Church Street Neighbourhood Centre, 88 Church Street, London NW8, telephone 020 7641 6633, [www.churchstreetneighbourhoodmanagement.org](http://www.churchstreetneighbourhoodmanagement.org)

Paddington People magazine is produced four times a year by Paddington Development Trust (PDT). Deadlines for the notice board are 1 February (Spring issue), 1 May (Summer issue), 1 August (Autumn issue) and 1 November (Winter issue). Ideas for articles, recipes and businesses to feature are welcomed. Contact the editor, Toula Vasilopoulos, at the Stowe Centre, 258 Harrow Road, London W2, tel: 020 7266 8255, email: [toula@pdt.org.uk](mailto:toula@pdt.org.uk)

Paddington Development Trust [www.pdt.org.uk](http://www.pdt.org.uk)



PHOTO COURTESY OF PADDINGTON ACADEMY

Princess Anne receives tour of Paddington Academy during official opening ceremony.

## Princess Anne opens Paddington Academy

**HRH The Princess Royal was guest of honour at a ceremony held to officially open Paddington Academy on the 19<sup>th</sup> March.**

Academy Principal (Acting) Oli Tomlinson gave the Princess a guided tour, taking her around some science, catering, humanities and dance lessons.

After the tour, students gave dance and drama performances in the academy's theatre. The Princess then unveiled a plaque commemorating the event and was presented with flowers by the head boy Adam Atour and the head girl Hawa Hassen, in front of a large audience of guests and students.

Guests were shown the facilities in the building, including specialist ICT teaching spaces fully equipped with the latest technology as well as recording and TV studios and a studio theatre to support the

academy's media and performing arts specialism.

Commenting on the opening of the new building, Oli Tomlinson said, 'It was an honour to have this special occasion marked by HRH The Princess Royal. Students were delighted to perform for Her Royal Highness and we all enjoyed showing her some of the wonderful activities taking place here.'

Paddington Academy opened in 2006 and transferred into its new building a year later. It is a non-selective academy for 11-18 year-olds, and has the motto 'The best in everyone'. It was the country's most improved academy in 2008, and is in the top 20% of schools nationally.

Paddington Academy is on Marylands Road, W9. For more information call 020 7479 3900 or visit [www.paddington-academy.org](http://www.paddington-academy.org)

## For Arabic speakers

### أسبوع مقدمي الرعاية على مستوى البلاد

إن مقدم الرعاية هو شخص يقدم المساعدة والدعم إلى أحد الأصدقاء أو الشرائع أو أفراد الأسرة والذين لا يمكنهم تسيير شؤونهم من دون تلك المساعدة. وقد يكون ذلك بسبب أية صورة من صور المرض البدني أو العقلي أو الإعاقة أو الإدمان أو بسبب آثار التقدم في السن. ويكون الدعم الذي يقدمه مقدمو الرعاية دون مقابل مالي.

احتفالاً بأسبوع مقدمي الرعاية على مستوى البلاد (٨-١٤ يونيو/حزيران)، فسوف تتولى شبكة مقدمي الرعاية في ويستمنستر تنظيم عدد من الاحتفالات على مدى أسبوعين بدءاً من الاثنين ١ يونيو/حزيران. سيكون حضور جميع الاحتفالات مجاناً لمقدمي الرعاية إلا أن الأمان قد تكون محدودة ويتم تخصيصها على أساس أسبقية الحضور. لطلب الحصول على البرنامج الكامل لأنشطة أسبوع مقدمي الرعاية، اتصل بشبكة مقدمي الرعاية على رقم ٠٢٠ ٨٩٦٠ ٣٠٣٣ أو أرسل بريدًا إلكترونيًا على [info@carers-network.co.uk](mailto:info@carers-network.co.uk) أو راسل عنوان .W10 4JL، 'Third Avenue'، Beethoven Centre، Office 8، Carers Network Westminster

## PDT looks to the future

Over 100 local residents, community leaders and others attended the Paddington Development Trust's 10<sup>th</sup> anniversary conference on 14<sup>th</sup> May at Westminster Academy.

The message from keynote speaker Stephen Thake, a university lecturer and urban development specialist, was that Paddington is at the forefront of massive social change in Britain and that this change will shift the balance of power between people and government.

Thake urges investment in the civil sector on the scale of that devoted to the public sector over the past 30 years.

In a second keynote speech, Karen Buck, MP credited PDT with laying 'the foundations for a vastly strengthened and enhanced civil society in Paddington.'

Buck added, 'I am more proud of what PDT and its friends and partners and colleagues have achieved than anything else that has happened in the 12 years since I have been a member of parliament.'

Working groups discuss the way forward.



PHILIP VOLMUTH

The conference then broke into working groups, which came up with recommendations to guide PDT's programmes over the next 10 years. A full conference report will soon be available from PDT offices.

For more information call 020 7575 3113.

## Shu Jun Healthcare

**Dr Shu Jun is a Doctor of Traditional Chinese Medicine and has set up her own clinic on Chippenham Road, W9.**

She started her business two years ago and approached the Enterprise Centre to help her to market her business and get more clients through the door. She is currently working on a marketing plan with the Enterprise Coordinator.

Dr Jun is also trying to rebrand her business and looking at ways to provide a holistic complementary therapy service.

She is trained not only in Traditional Chinese Medicine, but also in Acupuncture, Reflexology and Therapeutic Massage.

Drop in to 37 Chippenham Road, W9 or call 020 7286 1442 to speak to Dr Jun.



Dr Jun receives business support from the Enterprise Centre.

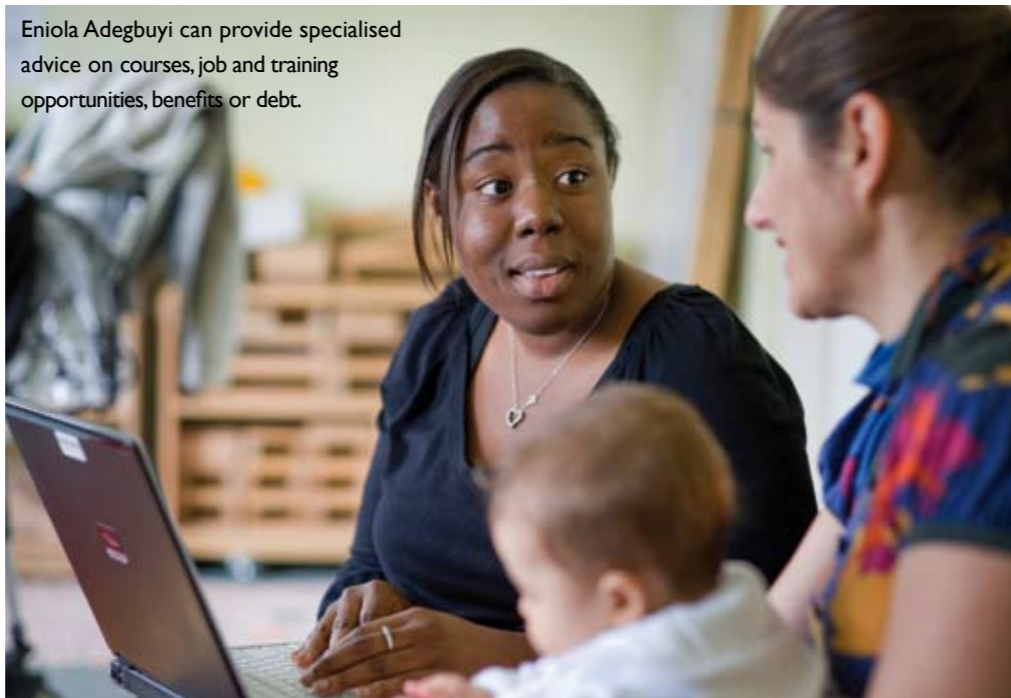
## Self-employment and Enterprise Support

The Enterprise Centre provides support to small, start-up businesses as well as to people who are hoping to go into self-employment.

The Centre provides micro loans and grants to local residents who have a viable business idea and need a small injection of funds to get them going.

For more information contact Aparna on 020 7266 0636 or email [aparna@pdt.org.uk](mailto:aparna@pdt.org.uk)

Eniola Adegbuyi can provide specialised advice on courses, job and training opportunities, benefits or debt.



PHILIP WOLMUTH

## Westminster Works...

**We all know these are hard times for job seekers. But the workers at a new, and very different, local employment project are confident they can find you a good job if you really want one.**

Westminster Works is a big employment programme just for local people. A team of thirteen, highly trained, personal advisers will work with over 3000 residents over the next two years to get them into jobs and training.

## Westminster Works for Jobs

**What makes this programme different?**

The thing that distinguishes this employment programme is that the advisers have much more time to work with individuals. They can really listen to what you want to do and work with you over time to reach your goals. They also know about local jobs and what local employers are looking for. One of the partner organisations in the programme has already helped 5,500 local people find jobs. Some got work quickly, others met with their adviser regularly for up to a year to develop confidence and new work skills.

**How does it work?**

When you join the programme you will meet your own personal adviser who will remain your special link person for as long as you remain on the programme.

If you need training, your adviser will help find a work placement or the right place for you to study.



PHOTO COURTESY OF WESTMINSTER WORKS

James, Westminster Works for Jobs Adviser, is based at the Church Street Neighbourhood Centre.

If you are ready to go to work straight away, they will look for suitable vacancies and help with tips for your application form and practice for the interview.

**Will this affect benefits?**

No. All the advice is free and extra help with childcare and travel costs may be arranged. Whatever stands between you and the job you want, your adviser will try to find ways of removing the barriers.

## ...for you

**How long is the programme?**

That is up to you. Some people may find a job straight away. Others may need a longer training course or a work placement. Some people don't feel very confident about going to work or they don't know what kinds of jobs would suit them. The adviser can help you identify the skills you already have and match that to what local employers are looking for.

**What if there aren't any jobs out there?**

It is true that times are difficult but there ARE jobs if you know where to look and can convince an employer that you are the right person. Our team of personal advisers has been hand-picked because of their success in getting people into work and into training that leads to work.

**Are these just dead end jobs?**

No. The adviser can help you plan a career and will stay in touch for at least six months after you have started work so they can discuss how you can progress in your chosen field. They can also help persuade your employer to let you carry on with free training so that your prospects keep improving.

**I can't work full time. Can I still join?**

Yes. Some of the advisers specialise in finding jobs for people like mothers with young children who can only work part time.

For more information, call **020 7575 3113.**

## Westminster Works for Families

**If you're thinking about getting into training or work and you have a child under five years old, a new opportunity is available in your Children's Centre.**

Whether you need to know about local courses, job and training opportunities, benefits, or debt management, you can drop in or make an appointment to get personal advice on moving your life forward.

A dedicated Parent Adviser from Jobcentre Plus is on hand in Mary

Paterson Nursery (13 Riverton Close, W9, 020 8968 7610), the Queen's Park Children's Centre (88 Bravington Rd, W9, 020 7641 5838) and Portman Early Childhood Centre (12 Salisbury Rd, NW8, 020 7641 5436). They are ready to give you all the support and information you would normally have to go to your local Jobcentre Plus to receive.

Perhaps you haven't worked for a long time while you've been bringing up your kids. That doesn't make you unemployable!



PHILIP WOLMUTH

David Kellier gives specialised advice to a local parent at Mary Paterson Nursery.

Come see a Parent Adviser and get some ideas, get some training, and when you want to get back to work you'll be half way there already.

Perhaps you receive Income Support and you want to find out about important changes in the coming years.

Or perhaps you're already working but on a low income, or your partner is working but on a low income. You too can come and see the Parent Adviser and get advice, help and support.

As well as finding out about local courses and training available to you, the Parent Adviser can also help you to get on free courses, such as Paediatric First Aid, Health & Safety, and Basic Food Hygiene.

There's a crèche on hand to take care of the kids while you talk, and laptops you can use to get organised, get online and contact people.

So if you want to move closer to a lasting job, increase your family income, feel better about yourself and, most importantly, see your family prosper and flourish, drop in or make an appointment today.

For more information, call **020 7575 3113.**

## Local worker becomes Office Hero

**A manager from healthy eating outlet Tossed, in Paddington's Sheldon Square, has been named as one of the UK's top Office Heroes.**

The Office Heroes scheme identifies the UK's small business 'unsung heroes', looking for people who have repeatedly gone the extra mile, contributed to their company's success above and beyond their job description, and led outstanding growth or improvement of a department.

Emma Hatfield, who works as Operations Manager at Tossed, was chosen as one of 20 finalists in the Office Heroes scheme. Emma, from Queen's Gardens in Bayswater, originally joined as an hourly-paid salad maker, and has risen to number two in the company.

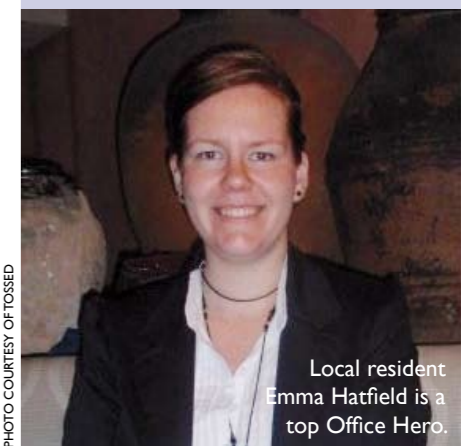


PHOTO COURTESY OF TOSSED

Local resident Emma Hatfield is a top Office Hero.

Emma, who was 'completely surprised' at her nomination, says a lot of time and effort has been spent on maintaining a 'small company' feeling at Tossed, with regular team drinks, feedback sessions and impromptu dinners.

Tossed opened in Sheldon Square in April 2005, and has been providing healthy and exciting salads ever since. 10 Sheldon Square, W2. Call on 020 7289 2516, email [sheldonsquare@tosseduk.com](mailto:sheldonsquare@tosseduk.com) or visit [www.tosseduk.com](http://www.tosseduk.com)

## National Carers Week

In celebration of National Carers Week (8<sup>th</sup>-14<sup>th</sup> June), Carers Network Westminster has organised a number of events over two weeks, starting on Monday 1<sup>st</sup> June.

*Here are just a few of the events:*

### The Thames Walk

Saturday 6<sup>th</sup> June  
Starting at 11am

A leisurely walk along the Thames to help raise awareness and funds to improve support for carers.

### Connaught Opera at the Wigmore Hall

Tuesday 9<sup>th</sup> June  
1.15-2.45pm

Your chance to enjoy this very popular show in the wonderful venue located in W1.

### Annual Carers Conference

Friday 12<sup>th</sup> June  
10am-3.30pm

The conference is focused on 'Carers and Equality'. It promises to be an exciting day with prominent speakers and workshops featuring carers' health, access to employment and carers from minority communities.

All events are free to carers. Places may be limited and are allocated on a first come, first served basis. In case of high demand, there may be a limit to the number of bookings for each carer.

To book your place on any of these events or to request a complete programme of Carers Week activities, call Carers Network Westminster on 020 8960 3033, email [info@carers-network.co.uk](mailto:info@carers-network.co.uk) or write to Carers Network Westminster, Office 8, Beethoven Centre, Third Avenue, London W10 4JL.



Taster sessions were popular at the Open Age event at the Stowe Centre in March.

## Never too late to get active in Westminster

**Nearly 100 older people visited the Stowe Centre in March to find out what activities are available to residents aged 50 and over.**

The event, organised by Open Age, took place at the Stowe Centre on Harrow Road, W2. It was held as part of Active Westminster, the City's initiative to promote healthy and sociable lifestyles in later life.

Another aim of the initiative is to improve the lives of people who live, work and study in Westminster.

The event offered taster sessions and information about the large range of dance and exercise classes available.

Also, residents could stop at the numerous information stalls to learn more about the wide range of local services.

Open Age specialises in providing low-cost leisure activities for people over 50 and promoting a socially active lifestyle. The charity provides over 30 activities and classes to choose from. These are held in accessible local venues. New groups are always in the pipeline.

Maureen Whyberd, Senior Community Development Manager at Open Age says, 'It's never too late to improve your fitness and wellbeing, even after a long spell without exercise.'

'You can also learn how to use computers, or take up new interests such as singing, music, art or local history.'

'Most importantly, it's a great way to have fun, meet others with similar interests, and keep up-to-date with your local area.'

Over 1400 older people are on Open Age's mailing list. They receive regular programmes of activities every four months plus invitations to all events.

If you would like to be added to the list, or receive a membership and information pack, please contact Maureen or Simone at Open Age.

Call Open Age on 020 8964 1900, email [mail@openage.org.uk](mailto:mail@openage.org.uk) or drop by the office located at 1 Thorpe Close, W10 (under the Westway). [www.openage.co.uk](http://www.openage.co.uk)

### COURSES AND TRAINING



### COURSE INFORMATION & ADVICE

If you would like full details of all of our courses you can visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or ring InfoPoint on 020 7723 8826. If you would like to talk to someone about your choice of course you can drop in to InfoPoint at the Paddington Basin Campus, North Wharf Road, London W2 1LF. You can talk to our InfoPoint and Course Advice staff and get information on fees, support and other details. Drop in any weekday from 10am-4.30pm and every Tuesday evening in June from 5-7pm.

### SITO DOOR SUPERVISORS TRAINING COURSE

Do you work in the Security industry and need to get the right qualification to apply for a licence? We run the SITO/NOCN National Certificate for Door Supervisors training course for those working in the industry. The course is based at our Paddington Basin Campus and runs for 4 days. Cost: £55. The course runs twice a month. For start dates and more details please visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or email [dane.murdock@cwc.ac.uk](mailto:dane.murdock@cwc.ac.uk)

### THE PRINCE'S TRUST TEAM PROGRAMME

The Prince's Trust Team programme is an exciting 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 City of Westminster College. The programme offers a range of skills and training including Computing, Job Search and Work Placements, plus tasters in areas including Sport & Leisure, Media & Arts, Administration and Retail. The course runs for 12 weeks. For more details and start dates, please visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or email [sheromie.brewster@cwc.ac.uk](mailto:sheromie.brewster@cwc.ac.uk)

### PERSONAL BEST PROGRAMME

Do you find returning to work challenging? Do you lack confidence or need to gain new skills? Personal Best is a FREE 12 week training programme that includes a volunteering placement, first aid and a guaranteed interview for the 2012 Olympic Games. You will also cover a range of subjects including conflict management, health and safety and team building. The programme will work towards the Certificate in Personal Best – a nationally recognised qualification. For more details please call 020 7258 5536 or email [stephen.hayes@cwc.ac.uk](mailto:stephen.hayes@cwc.ac.uk)

### ENGLISH LANGUAGE CLASSES FOR WOMEN

In partnership with Westminster Adult Education Services. Courses run on Wed & Fri 9.30am-12pm, term-time at Harrow Road Health Centre, 209 Harrow Rd, W2. For details or to enroll, call Al Zaytuna on 0790 4636 136.

### REAL ACTION

For teenagers and adults: Speak English! - learn quickly 'in a quarter of the time' by the renowned Callan Method. Read and Write Better! - quickly - with the Fast Track 'Corrective Reading' course. Become a British Citizen! Master 'Life in the UK' for the test. The Learning Store, 3 Mozart Street, W10. 020 8960 2065. [realaction@btconnect.com](mailto:realaction@btconnect.com) [www.realaction.org.uk](http://www.realaction.org.uk)

### SIGN LANGUAGE COURSE

Westminster Centre for Independent Living is offering a sign language course starting in September. The course will run over 24 weeks in the evenings (60 hours in total). 42 Westbourne Park Rd, W2. For details and costs contact 020 7243 9720 or [Geraldine@trainingforlife.org](mailto:Geraldine@trainingforlife.org)

### STRESS REDUCTION COURSE

8th June-27th July, 6.45-8.45pm, 60 Penfold St, NW8. Mindfulness-based stress reduction is valued for its many benefits to quality of life: renewed vitality, calm and presence of mind. The 8-week course fee is £250 (concessions offered) and includes CD's and workbook to support your home-practice. Carers get special price reduction - please ask. For details call Christene on 020 7402 6711.

### WESTBOURNE PARK FAMILY CENTRE

Tue 1-3pm, Women's learning group, parent-led, children welcome. Fri 1-3pm, Computer class with crèche. Westbourne Park Baptist Church, Porchester Rd, W2, 020 7727 6019.

### JOBS AND EMPLOYMENT ADVICE

### ENTERPRISE CENTRE COACHING

FREE one-to-one coaching and mentoring about starting up your own business, as well as start-up loans and grants to promising local businesses. Regular business networking events also held. St. Peter's House, 59 Elgin Ave, W9. For details contact Aparna on 020 7266 0636 or [aparna@pdt.org.uk](mailto:aparna@pdt.org.uk)

### WESTMINSTER WORKS

Westminster Works is a big new employment programme just for local people. A team of thirteen new, highly trained, personal advisers will work with over 3000 residents over the next two years to get them into jobs and training. When you join the programme you will meet your own adviser who will remain

your special link person for as long as you remain on the programme. For more information, call 020 7575 3113.

### EVENTS

### CARE FOR CARERS DAY

Thu 18th June, 10.15am-4.15pm at Greenside Community Centre, 24 Lilestone St, NW8. Working as a carer involves you putting other's needs before your own. However, self-care is important to our own health, vitality and effectiveness, and quality of care giving. We (Vital Regeneration and Christene Burgess) invite you to enjoy a day of self-care with relaxation, yoga and lunch. Come and gain refreshing mindfulness skills for life. Booking/Info: 020 7245 2861 or 020 7402 6711.

### CHURCH STREET SUMMER FESTIVAL



The Neighbourhood Management Team is coordinating this year's summer festival in Church Street with the help of community organisations and residents. This family

event on Sun 12th July, 12-6pm, is free and packed full of good food, things to see and do such as Bollywood dance workshops, specimens from the Natural History Museum and live entertainment. Call 020 7641 6633 for details.

### NATIONAL CARERS WEEK

In celebration of National Carers Week (8th-14th June) Carers Network Westminster has organised a number of events over two weeks, starting on Mon 1st June. Activities include: Carers in Queens Park: Introduction to the Beethoven Centre, Mental Health Carers Lunch, the Thames Walk, Carers Drop-in, Carers Assessment Workshop, Ladies pampering session, Connaught Opera at the Wigmore Hall, Regents Canal Cruise, 'Fitness, food and fun' at Rainbow Family Centre, Open day for Carers, Carers Week Bowling Tournament, Home Library Service at Queens Park Library and the Carers Conference: 'Carers and Equality'. **All events are free to carers.** Places may be limited and are allocated on a first come, first served basis. In case of high demand, we may limit the number of bookings for each carer. For full information and to book your place, contact our office on 020 8960 3033, visit the Carers Network Westminster website at [www.carers-network.co.uk](http://www.carers-network.co.uk) or email [info@carers-network.co.uk](mailto:info@carers-network.co.uk) or

## OCTAVIA SUMMER FESTIVAL

Sat 20th June, 1-6pm, Emslie Horniman Pleasance Gdns, Bosworth Rd, W10.

Come and see live acts from Reggae to Bangla, African Rhythms to Grime, at this free festival celebrating the diversity of West London. An activity tent will run a series of workshops from Bollywood to Salsa alongside a chill area offering free massage, henna and beauty treatments. Confirmed acts include UK Grime star Bashy and lyrical poets Kat Francois and Zena Edwards. The Festival continues on Sun 21st June at Portobello Green Market, Thorpe Close W10, screening locally produced films including 'Grove Roots', dubbed 'the real Notting Hill' by critics. The event is organised by Octavia Foundation and 1958 Remembered with partners Kensington Housing Trust and Notting Hill Housing Trust. For more information call Dal on 020 8354 5675.

## QUEEN'S PARK SUMMER FESTIVAL

Sat 8th August 12-6pm at Queen's Park Gdns, Ilbert St, W10. There will be a Family Fun Run with the finish line at Queen's Park Gdns to launch this free event. There will be a stage with

local and professional acts, good food, under 5s activities, sports, health and older people's zones and more. For more information call Ted at Queen's Park Forum on 020 8964 8024.

## ST JUDES OVER 50'S CLUB SUMMER FAYRE

Sat 18th July, 2-4.30pm at St Jude's Hall (Corner of Ilbert St and Fourth Ave, W10). There will be home made cakes and preserves, nearly new clothes, bric-a-brac, haberdashery, hand-knitted goods, tombola, toiletries and gifts, raffles, books and records, toys, tea and biscuits.

## ST PAUL'S COMMUNITY CENTRE OPEN MORNING

Sat 13th June, 10am-1.30pm. Come and see the variety of activities we offer, performance of music, dance, martial arts. Get useful info and goodies. St Paul's Church, Rossmore Rd, NW1. 020 7724 8517.

## ST PAUL'S CHURCH SUMMER FAIR

Sat 11th July, from 10am. A day of fun and treats for everyone. St Paul's Church, Rossmore Rd, London NW1. 020 7724 8517.

## WEST 9 COMMUNITY BAZAAR

The thriving new bazaar offers an impressive array of sights, tastes and textures, not to mention a free cup of tea or coffee. It costs 20p to enter (adults only). Upcoming dates: 4th June and 2nd July, St Peter's Church Hall, 59 Elgin Ave, W9. To hire a stall to sell your goods at the market

(£3 per session) or for more details, call Sandra or Jackie on 07982 802 725 or email sansdc@hotmail.com

## WESTBOURNE SUMMER FESTIVAL



Sun 28th June, 1-5pm on Westbourne Green, Harrow Rd, W2. Activities include children's face painting, teddy bears picnic, main stage entertainment from local groups, Irish dancing, folk dancing,

a cricket match organised by the Middlesex Cricket Board, and more. For details call Allison at the Westbourne Forum on 020 7266 8252.

## WESTMINSTER CENTRE FOR INDEPENDENT LIVING

For those wanting to find out more about art, there is 'Inspirations' – a series of thought provoking talks given by professional disabled artists. They will talk about their path as an artist and give a presentation of their work. Sally Booth launches the series on 29th May followed by Esther Appleyard on 26th June. 42 Westbourne Park Rd, W2. For details 020 7243 9720.

## VOLUNTEERING

### HOME-START WESTMINSTER

Have you got some time to spare? Have you got parenting experience? If so, you could have exactly the skills needed to make a difference to a local family in Westminster. 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, our volunteers represent a lifeline for many families who are finding it hard to cope. Our course is accredited by the Open College Network. The next course will start in Autumn 2009. For more information call 020 7724 1345 or e-mail admin@hswestminster.co.uk

### OPEN AGE 50+ LEISURE PROGRAMME

Can you spare a few hours a week to help this local charity? Hours to suit you. Open Age is a popular lively organisation offering over 160 leisure activities for people aged 50+ including computers, arts, fitness, social and other groups. Enquiries are welcome from people who would like to know more. Volunteer opportunities include reception or admin in our lively local office, escorting weekly trips round London using public transport, helping at weekly social groups or helping older people at computer sessions. If you have a skill to offer, are caring and reliable and would like to spend a few hours a

week helping in your local community call 020 8964 1900.

### PHYSICAL ACTIVITY CHAMPIONS 50+

Do you enjoy keeping fit? Would you like to learn more about wellbeing and see more people aged 50+ starting regular fitness activities? You could help by becoming one of our Physical Activity Champions. Apply to Simone at Open Age on 020 8964 1900.

### VITALISE HOMESHARE

Vitalise Homeshare is a voluntary organisation that operates across London. It finds volunteers to live with, and provide help to older people. In exchange for free accommodation, the volunteer provides companionship, practical help for example, cooking, shopping and light house work, as well as providing friendship and security. Vitalise Homeshare gives you the support you need to enjoy life to the full and gives your loved ones peace of mind. For further information call Pauline or Kelly on 08452 930 449 or email pgill@vitalise.org.uk or kwilson@vitalise.org.uk

## SPORTS HEALTH AND WELLBEING

### ACADEMY SPORT

Academy Sport boasts a sports hall (badminton, basketball, netball and 5-a-side football), dance studio (with ballet bar), outdoor 3G pitches and outdoor netball and tennis courts. We offer a varied programme for the whole family, including fitness for adults and sports coaching courses for children and adults. Academy Sport, 255 Harrow Road, W2 (entrance on Torquay St). For more information call 020 7121 0642 or view the website www.westminsteracademy.biz/academysport

### BALLROOM & LATIN AMERICAN DANCE CLASSES

Learn to move like your favourite celebrity from Strictly Come Dancing (Dance Teacher is Hanna Haarala, star of series 3). Six-week course on Thu evenings beginning 11th June. Beginners 7-8pm; Intermediates 8-9pm. Payment options are £12/lesson or £50 in advance for 6 lessons. St Paul's Church Centre, 5 Rossmore Rd, NW1. For details or to book call 07834 361 199 or email learntodance@live.com

### BEETHOVEN CENTRE

Third Ave (next to 174 k), W10. Annual membership costs £6 for adults and entitles you to a variety of physical activities for £1.50 per class and some with free crèche places. **MON** 10-11am Yoga with Marcia with FREE crèche places; **TUE** 10-11am Step Class for women only with FREE crèche places; 2.30-3.30pm Yoga class for over 50s, free for Open Age and Beethoven Centre members; 6.30-8pm Tai Chi Classes for all ages; **WED** 10.30-11.30am Aero tone for Women

only with FREE crèche places; **THU** 1.30-3pm Tai Chi class for all ages; Sumba dance class for parents and children £1.50 per adult and 50p per child **FRI** 10am-12.30pm affordable massage call 07773 763 981 to book. **SAT** 12-1pm Yoga with Marcia. For a timetable and more info call 020 8969 5881.

### EXPERT PATIENTS PROGRAMME

This 6-wk course is for anyone living with any long-term health condition. EPP aims to help you to take more control of your health by learning new skills to better manage your condition on a daily basis. Topics covered are: dealing with pain and extreme tiredness, coping with feelings of depression, relaxation techniques and exercise, healthy eating, communicating with family, friends and professionals, and planning for the future. Courses run for 2 1/2 hours and are facilitated by trained tutors who are also living with a long-term condition. For details about the next course, call 020 7243 9720.

### FREE DRUG AWARENESS WORKSHOPS

Has drug use affected your friends or family? Would you like to learn more about how drugs affect people and how we can help? Westminster Drugs Project is offering free drug awareness workshops to residents in North Westminster over the next few months. If you are interested in attending please ring our helpline on 020 7266 6209.

### LONDON FOOT SPECIALIST CLINIC

A one-stop service for all your foot and lower limb care needs. High quality treatment and rehabilitation from State Registered Chiropodist/Podiatrist. Daytime/evening appointments and home visits at affordable rates on Tue, Fri and Sun. Ring Amanda on 07960 045 745. St Peter's House, 59 Elgin Avenue, W9. www.londonfootspecialist.co.uk

### NEW ROOTS

Alcohol and drug advice & counselling service for BME communities. Worried about your own or someone else's alcohol or drug use? We offer a FREE confidential and multicultural service, individual counselling support & advice, family/partners support & advice, advice & information on detoxification & rehabilitation, home & hospital visits. Sylvain is at the Harrow Road Health Centre, 209 Harrow Rd, W2, every Fri 10am-1pm. For more info call 0800 0190 563 or 020 7462 6996.

### OPENAGE

Low-cost wellbeing activities during evenings and weekends for the over 50s. Active Westminster Programme at Academy Sport, 255 Harrow Rd, W2: **MON** 6-7pm, Indoor (Stationary) Cycling

**SAT** 11am-12pm, Keep Fit Get Strong; 12-1pm, Stretch & Relax; 3.30-4.30pm, Tai Chi **SUN** 2-4pm, Ballroom/Latin Dance. Daytime activities at the Porchester Centre, Queensway, W2 include Dance Moves and Aqua Exercises. Also ask about our 50+ Health and Fitness Days. For details or to request a membership pack, call Open Age on 020 8964 1900 or pop into main office at 1 Thorpe Close, W10 (under Westway at Ladbroke Grove now served by new bus 228 from Chippenham Road via Harrow Road).

### WELLBEING DROP-IN WITH HEALTH IMPROVEMENT TEAM

(Central West London Community Services NHS) Thu 10am-12pm. Paddington Library, Porchester Road, W2. Wed 12-2pm. Queen's Park Library, 666 Harrow Rd, W10. Everyone welcome. Advice and signposting including what's going on in Westminster, physical activity advice, managing stress and coping with anxiety and depression.

### WEST LONDON BUDDHIST CENTRE



Drop-in meditation Mon and Wed 1pm, Sat 10am. Courses in meditation and Buddhism start in September. 94 Westbourne Park Villas, W2. For more info call 020 7727

9382, email info@wlbc.co.uk or go to www.wlbc.co.uk

### ZUMBA

Latin-inspired dance-fitness classes, suitable for all levels. Wed 10-11am, Fri 6.15-7.15pm, £6/class or £20/4 classes, at the Porchester Sports Centre, Queensway, W2. Fri 4.30-5.30pm, £2.50/child, £3.25/adult (Westminster residents), at Academy Sport, 255 Harrow Rd, W2. And Wed 4.15-5.15pm, £5/adult, £4/child (family rates available) at St Peter's Church Hall, 59 Elgin Ave, W9. Contact Sandra on 07732 011 963 or sansdc2001@yahoo.co.uk www.zumbasandra.co.uk

## OLDER PEOPLE

### OPEN AGE

Over 50? Enjoy a new lease of life! Open Age provides a wide range of low cost or free physical and social classes and activities across Westminster, but especially in the north areas, in comfortable local venues. We promote socially active lifestyles for people of all ages over 50! It's never too late to improve your fitness and wellbeing, even after a long spell without exercise, or to learn computers, or take up new interests such as singing, music, art or local history for the first time or after a long gap. Most importantly though

it's a great way to have fun, meet others with similar interests and keep up to date with your local area. Open Age offers daily access to over 160 low cost (£1-£2 a session – a few are FREE) activities held in community venues across this and a number of neighbouring boroughs. Full membership just £10 a year. Call 020 8964 1900 for a complete list of what's on.

## SPACE FOR HIRE

### BEAUCHAMP LODGE/THE FLOATING CLASSROOM AND ELECTRIC BARGE



Our boat has undergone a massive refurbishment including new hard wood floors, meeting tables, desks and chairs, new bathroom furniture, newly fitted energy efficient LED bulbs,

repainted interior and exterior. Electrically powered, the boat is silent-running and continues to be kinder on the environment than diesel-fuelled crafts. These changes mean that this is a great venue for a whole range of activities: learning, meetings, training, away days and parties. To find out more or to book the boat please call us on 020 7266 8247, email us at info@beauchamploodge.co.uk or visit our website at www.beauchamploodge.co.uk

### BEETHOVEN CENTRE

Third Ave, W10. The Main Hall (capacity 150) is available for private hire starting at £12.50 per hour and equipment such as a PA, TV, sound system, TV for video & DVD, multimedia projector and screen are also available at a reasonable hire charge. Two meeting rooms are available starting at £5 per hour for Beethoven Centre Members. Also, the Queen's Park Crèche is available for groups to book, to provide an on site crèche facility alongside any events, training or activities taking place in the centre. Call the crèche for more information 020 8960 2479. The centre is also great for children's parties, as Queen's Park Crèche has many toys, games and resources available to hire for a small additional fee and the Beethoven Centre can provide details of children's entertainers etc on request. For more info or to book call 020 8969 5881.

### ENTERPRISE CENTRE

St Peter's House, 59 Elgin Ave, W9. Flexible, temporary desks spaces and meeting rooms are available to rent for local entrepreneurs, social enterprises or community organisations. For rates and availability contact Kim on 020 7266 0636 or kim@pdt.org.uk

## PADDINGTON ARTS

Has a main hall, smaller meeting room, film editing facilities, dance studio, and a glass roofed meeting room with balcony garden (suitable for serving food in the summer months) for hire. Good for AGMs, family gatherings, performances, rehearsals or information days. Room capacities are 10-150 people. Prices start at £14.50/hour for local community and charity groups. 32 Woodfield Rd, W9. For details or to book, call 020 7286 2722 or email [info@paddingtonarts.org.uk](mailto:info@paddingtonarts.org.uk)

## STOWE CENTRE

Located next to lovely Westbourne Green, this centre has a number of spaces available for hire on weekdays until 6.30pm and on weekends from 2.30-11pm. These reasonably priced spaces include a main hall (with or without kitchen hire) with a capacity of 200, a dance/drama studio and meeting rooms. Bookings include use of tables and chairs. 258 Harrow Rd, W2. For more information or to book, please contact Judith on 020 7266 8220.

## GENERAL

### ANGLO-EGYPTIAN SOCIETY

Provides a range of services including advice, home visits, translation, interpreting, assistance with letter writing, referrals of legal issues to appropriate bodies, mother-tongue and Arabic classes, and religious education to the Egyptian and Anglo-Egyptian community in Westminster. For more information call 020 7266 8259, email [info@angloegyptian.co.uk](mailto:info@angloegyptian.co.uk) or go to [www.angloegyptian.co.uk](http://www.angloegyptian.co.uk)

### FAIRTRADE CAFÉ AT ST LUKE'S

Every Mon and Thu 9am-12pm. Homemade cakes 40p. Tea and coffee 30p. St Luke's Church, Fernhead Rd, W9, 020 8960 4195, [www.stlukeskilburn.co.uk](http://www.stlukeskilburn.co.uk)

### FILM SCREENING



Tue 16th June 6.30pm. Grove Roots: This film traces the evolution of Ladbroke Grove from the 1958 race riots to the present day. View the film at Lexi Cinema, 194b Chamberlayne Rd,

NW10. For more information visit [www.octaviafoundation.org.uk](http://www.octaviafoundation.org.uk)

### FOOD CO-OPS

Selling low-cost, good quality fruit and veg: Wed 3.30-4.15pm, Edward Wilson Primary School, Senior St, W2; Mon 1-4pm, Beethoven Centre, Third Ave (next to 174 k), W10.

### FREE GUIDED WALKS IN PADDINGTON

Join one of our free guided walks in and around Paddington. Learn about the

area's rich history and hear about its famous residents of today and days gone by. Marvel at the mix of architecture, discover hidden treasures and appreciate Paddington in a new way. All walks are free and brought to you by Paddington Waterside Partnership and Paddington BID. All children must be accompanied by an adult. To book your place, call 020 3145 1200, email [walks@inpaddington.com](mailto:walks@inpaddington.com) or book online at [www.inpaddington.com](http://www.inpaddington.com)

### HOME LIBRARY SERVICE

If you find it difficult to get to a library because you are elderly, have a disability or long-term illness or are caring for someone, our Home Library Service will come to you. We offer regular, three-weekly visits to your home; free request and information service; all types of library material; a service tailored to your own requirements. All services are free (apart from DVD loans). To find out more call 020 7641 5405 or email [homelibraryservice@westminster.gov.uk](mailto:homelibraryservice@westminster.gov.uk)

### MULTI AGENCY WEEKLY DROP-IN

Mon 1-4pm, Beethoven Centre, Third Ave, W10. 020 8969 5881. Welfare benefits advice, free 10-minute benefit entitlement checks and in-depth debt advice available with Arabic and Bengali translation. Advice is also available from various agencies providing advice around housing, shared ownership, employment and training options and a weekly Councillors' Surgery, etc. If you are unable to attend the Multi Agency drop in, but would like to book an appointment for welfare benefits advice in Queen's Park or Church Street then please call the special advice line on 020 7723 5928.

### PADDINGTON FARM TRUST

This Westminster charity, established for 20 years, aims to improve the quality of life and well-being for socially-excluded people from Westminster by enabling access to rural green open spaces. It owns a beautiful organic farm in Glastonbury, Somerset and invites Westminster charities to come and stay at the recently improved farm. The accommodation is basic and simple, but safe and comfortable. There is dormitory accommodation for up to 20 people in two large bedrooms, plus 3 single rooms. Outside there are 43 acres of land with lovely views, mainly grassland but including some woodland and two mature apple orchards. There's plenty to do, such as exploring Glastonbury, looking at caves, swimming, hiking, or going to the beach. Can provide some environmental or outdoors education, such as animal feeding, Forest School and survival skills if you are interested. For details or to book, call 01458 832 752 or email [info@paddingtonfarm.co.uk](mailto:info@paddingtonfarm.co.uk)

## WESTMINSTER CENTRE FOR INDEPENDENT LIVING

Activities include arts, sailing and gardening clubs and access forum. New classes include art, literacy, healthy eating/cookery, drama, IT and confidence. Popular options such as hydrotherapy, massage and reflexology continue to be available for members (massage and reflexology are available to non-members). 42 Westbourne Park Rd, W2. For details 020 7243 9720.

## FOR PARENTS AND CARERS

A carer is someone who provides help and support to a friend, partner or family member who could not manage without such help. This could be because of any form of physical or mental illness, disability or addiction, or because of the effects of ageing. The support carers provide is unpaid.

### BREASTFEEDING SUPPORT

Tue 1.30-3.30pm, Lisson Grove Health Centre, NW6; Thu 12.30-3.30pm, Baby Café at Micky Star Children's Centre, St. Michael St, W2. You can also call our breastfeeding helpline on 07771 840 488 (Mon-Fri 8am-6pm) or 020 7563 6179 (Mon-Thu 8am-6pm).

### CARERS NETWORK WESTMINSTER

See the 'EVENTS' heading for information on special Carers' events in June.

### SPECIAL GRANDPARENTS UNITED

Are you a full- or part-time carer for your grandchild? Well you are not alone! Special Grandparents United is a welcome forum for all grandparents. Taking on the role of looking after a grandchild is never easy. We all have stories to share and can build up a network of support, so come and make new friends, get information, share laughter as well as tears. 1st Wed of the month, 4.30-5.45pm, Beethoven Centre, Third Ave, W10. For details, contact Natalie on 020 7485 2901 or [w10carers.supportgroup@grandparents-association.org.uk](mailto:w10carers.supportgroup@grandparents-association.org.uk)

## WESTMINSTER WORKS FOR FAMILIES

Thinking about getting into training or work? Do you have a child under five years old? If so, a new opportunity is available in your local Children's Centre. Whether you need to know about local courses, job and training opportunities, benefits, or debt management, drop in or make an appointment to get personal advice on moving your life forward. A dedicated Parent Adviser from Jobcentre Plus is on hand in Mary Paterson Nursery (13 Riverton Close, W9, 020 8968 7610), the Queen's Park Children's Centre (88 Bravington Rd, W9, 020 7641 5838) and Portman Early Childhood Centre (12 Salisbury Rd, NW8, 020 7641 5436). They are ready to give you all the support and information you would normally have to go to your local Jobcentre Plus to receive.

## FAMILY INFORMATION SERVICE

Information on childminders, childcare and early education, starting a career in childcare (and job vacancies in local childcare settings), out of school hours clubs, activities for children and young people, going back to work or training, tax credits, financial assistance. FIS helpline is open Mon-Fri 9am-5pm, with answer phone service at all other times. Call 020 7641 7929, email [fis@westminster.gov.uk](mailto:fis@westminster.gov.uk) or visit [www.westminster.gov.uk/childrensinfo](http://www.westminster.gov.uk/childrensinfo)

## UNDER FIVES DROP-IN & PLAY

All activities year-round unless stated.

### BAYSWATER CHILDREN'S CENTRE

Holiday care and play scheme over the summer holidays. Scheme runs 8.30am-6pm daily in the nursery and outdoor play space at St Mary of the Angel's RC Primary School, Shrewsbury Rd, W2. Call for costs and further details, 020 7641 6105.

### BEETHOVEN CENTRE

All-Nations Drop-in, Thu 10am-12pm, £1 donation. Year-round but closed August. 173 Third Ave, W10, call Pepe on 07960 083 553.

### CARLTON HILL NURSERY

Fun With Dad, first Sat of the month until July (June 6, July 4), 10am-12pm, with Fathers Worker John Black. 86 Carlton Hill, NW8, 07505 214 519.

### THE CHURCH OF OUR LADY

Tue-Thu 9.15-11.30am. 54 Lodge Rd, NW8, 020 7286 6387 (or call Central Team Outreach on 020 7641 5409).

### EVERY CHILD MATTERS BUILDING, ESSENDINE PRIMARY SCHOOL

Mon-Fri 9.30-11.30am. Also a Toy Library on Wed 9.30am-11.30am (both term-time only). Essendine Rd, W9, 020 7641 5804.

### GREENSIDE COMMUNITY CENTRE

Room to Play, Mon, Wed & Fri 10am-12pm. Term-time only. 24 Lilestone St, NW8, 020 7245 2861, [www.vitalregeneration.org/greenside](http://www.vitalregeneration.org/greenside)

### MAIDA CENTRE

Mon 9.10-9.55am (15 mths+) & 10-10.55am (under 15 mths), Mini Mozart music group for under 3s, £6/session or £20/4 sessions, 07718 329 550. Term-time only. Childminder drop-in on Fri 10am-12pm, call Pauline on 020 7641 4515. 221 Lanark Rd, W9.

### MAIDA VALE CHILDREN'S CENTRE

Thu 1.30-3.30pm, Wed 9-11.30am (various specialists attend on certain weeks, call for details). Kilburn Park Rd, NW6, 020 7641 5755.

### MARY PATERSON NURSERY

Mon-Wed and Fri 9.15-11.15am/1-3pm. Under 1s drop-in Thu 1-3pm. Term-time only. 13 Riverton Cl, W9, 020 7641 5804.

### MEANWHILE GARDENS PLAYHUT

Mon, Tue, Thu, Fri, 2-5pm. Indoor and outdoor play, with paddling pool, trikes and ride-ons.

Tiny Green Fingers Grow and Eat activities on Mon and Fri. Elkstone Rd, W10, 020 8960 7894. Extended summer hours from Aug.

### MICKY STAR CHILDREN'S CENTRE

Thu 9.30-11.30am, childminder drop-in; Wed 10am-12pm, under 2s, both term-time only. 58-61 St. Michael's St, NW8, 020 7402 4854.

### NEW PIN

Mon 1-3pm, Wed 9.30-11.30am, Thu 1-3pm. St. Paul's Church Centre, Luton St, NW8, 020 7724 6765.

### PADDINGTON GREEN FUN DAY

Come to Paddington Green Primary School June 23 for fun and creative activities. Park Place Villas, W2. Call Central Team Outreach on 020 7641 5409.

### PADDINGTON RECREATION GROUND

Thu 12-1pm. Stroll, tea and chat in the café at Paddington Rec, Randolph Ave, W9, 020 7641 5755.

### PORTMAN EARLY CHILDHOOD CENTRE

Mon, Tue, Thu, Fri, 9.30am-12pm/1-3.30pm (finishes 3pm on Mon). 12-18 Salisbury St, NW8, 020 7641 5409.

### QUEEN'S PARK CHILDREN'S CENTRE

Mon, Tue, Thu, Fri 9.30-11.30am, & Mon-Thu 1-3pm. Wed 9.45am-11.45am, for childminders, term-time only. 88 Bravington Rd, W9, 020 7641 5838.

### RAINBOW FAMILY CENTRE

Mon-Fri 1-3pm For ages 6 months to 4 years. Stay and play or book into the crèche. Term-time only. 11 Bravington Rd, W9, 020 8968 2690, [www.wspid.org](http://www.wspid.org)

### ST LUKE'S CHURCH

Tue 10-11.30am, for carers and toddlers. Fairtrade cafe every Mon & Thu 9am-12pm. Fernhead Rd, W9, 020 8960 4195.

### ST STEPHEN'S PLAY PROJECT

Mon-Wed 10am-12pm. For childminders on Mon, under 3s on Tue, open to all on Wed, all term-time only. Shrewsbury Rd, W2. Call Bayswater Outreach on 020 7266 8747.

### VESTRY PRE-SCHOOL

Mon & Wed 1-3pm. Term-time only. St. Mark's Church, Abercorn Pl, NW8, 020 7624 2705.

### WECH

Tue 10am-12pm, for childminders, term-time only. WECH Community Centre, Chantry Close off Elgin Ave, W9. Call Pauline on 020 7641 4515.

### WESTBOURNE CHILDREN'S CENTRE

Mon-Thu, 10am-12pm, Mon & Thu toy library, Tue drop-in ('Out and About' on 1st and 3rd Tue of the month, 'Sensory' on the 2nd and 4th Tue of the month), Wed for childminders. Edward Wilson School, Senior St, W2, 020 7641 4312.

## WESTBOURNE PARK FAMILY CENTRE

Baby and You (for 0-18mths), Mon 10.30-11.30am; Toy Library, Tue & Wed 11am-12.30pm; Pre-School Drop-In, Thu 10am-12pm; Creative Session Drop-In, Fri 10am-12pm. All activities 50p-£1, term-time only. Cnr of Porchester Rd and Westbourne Park Villas, W2, 020 7727 6019, [www.westbourneparkfamilycentre.org.uk](http://www.westbourneparkfamilycentre.org.uk)

## WILBERFORCE PRIMARY SCHOOL

Sat-Sun 10am-3pm. Nursery playground open for under fives accompanied by an adult. For children aged 8-13 yrs, the large school playground is open at the same time. Enter from Beethoven St, W10, 020 7641 5865.

## UNDER FIVES LIBRARY DROP-INS

All activities year-round unless stated.

### CHURCH STREET LIBRARY

Thu 10.30am-12pm. Just for Dads storytime, last Sat of the month, 11am-12pm. 97-99 Church St, NW8, 020 7641 1300.

### KILBURN LIBRARY

Tue 11-11.30am. 12-22 Kilburn High Rd, NW6, 020 7974 6524.

### MAIDA VALE LIBRARY

Tue & Fri 10.15-11.30am. Sutherland Ave, W9, 020 7641 1300.

### PADDINGTON CHILDREN'S LIBRARY

Wed 10.30am-12pm. Clifford Hall, Porchester Rd, W2, 020 7641 4403/78.

### QUEEN'S PARK LIBRARY

Wed & Fri 10.30-11.30am. Many activities over summer, including a puppet show on 31st July, 10.30am, face painting on 21st Aug, 10.30am, and an end of summer party on 28th Aug, 10.30am. 666 Harrow Rd, W10, 020 7641 1300. All library drop-ins term-time only.

## UNDER FIVES HEALTH & WELLBEING

All activities year-round unless stated.

### BAYSWATER FAMILIES CENTRE

Play sessions for families in temporary accommodation or unsuitable housing. Mon-Thu 2.30-4pm, call 020 7221 3290. 14-18 Newton Rd, W2.

### BEETHOVEN CENTRE

Creative Dance Class for 3-5 yr-olds, Tue 4-4.45pm. Call 07957 384 591 or email [createdance@hotmail.co.uk](mailto:createdance@hotmail.co.uk) 173 Third Ave, W10.

### THE HUB, REGENT'S PARK

Parent and Pram Session, gentle exercise around Regent's Park. Tue 11am-12pm. £3/class. The Hub, Regent's Park, NW1, 020 7935 2458, [www.royalparks.org.uk/hub](http://www.royalparks.org.uk/hub)

### KIDS HOME LEARNING

Home Learning Sensory Group, for children who have sensory impairments and limited

mobility, and who are receiving Home Learning or are on the waiting list. Term-time only. Tue 10am-11.30am. Portman Children's Centre, 12-18 Salisbury St, NW8. Call 020 7641 4151, [www.kids-online.org.uk](http://www.kids-online.org.uk)

### LISSON GROVE HEALTH CENTRE

Under 5s Clinic and Drop-In, Mon 2-3pm & Tue 1.30-3.30pm (Tue includes a breastfeeding clinic, call Oma on 07771 840 488). Gateforth St, NV8, 020 7563 6100.

### MAIDA VALE CHILDREN'S CENTRE

Expecting parents and new-borns drop-in, Thu 10am-12pm, breastfeeding counsellor attends 1st week of the month. Kilburn Park Rd, NW6, 020 7641 5755.

### MICKY STAR CHILDREN'S CENTRE

Child health clinic, fortnightly Wed 9.30-11.30am, breastfeeding drop-in & baby café, Thu 12.30-3.30pm (call Oma on 07771 840 488), ante-natal clinic, Mon 11-11.30am, and careers advice drop-in, Fri 12-1pm, all term-time only. 58-61 St. Michael's St, NW8, 020 7402 4854.

### NEW PIN

Young Mums Club (for under 25s), Tue 1-3pm; Active Kids Club, Wed 10.45-11.30am; Parents Exercise Class, Wed 1.15-2.15pm (creche provided). St. Paul's Church Centre, Luton St, NW8, 020 7724 6765.

### PORCHESTER SWIMMING POOL

Swimming for mothers/female carers and children under 5, six-week program on Fri mornings begins in June (exact date tbc), Queensway, W2. Call Bayswater Outreach on 020 7266 8747.

### QUEEN'S PARK HEALTH CENTRE

Baby & Under 5s Clinic, Tue 9.30-11.30am & Thu 1.30-3.30pm. Baby massage, Wed 1.30-2.30pm. Dart St, W10, 020 8968 8899.

### WESTBOURNE CHILDREN'S CENTRE

Child Health Clinic, Thu 10am-12pm, and Under 1s drop-in, Fri 10am-12pm, Edward Wilson School, Senior St, W2, 020 7641 4312.

### WOODFIELD MEDICAL CENTRE

Child Health Clinic, Tue 2-3.30pm, call 020 7266 8721. First-time mums post-natal group, Mon 2-3.30pm, call Alison on 020 7266 8730. Baby massage, Thu 11am-12pm, call Fiona on 020 7266 8729. Weaning group, last Tue of the month, 11am-12pm, call Sophie on 020 7266 8732. 7e Woodfield Rd, W9.

### ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE AGED 5-19

All activities year-round unless stated.

### AFRICAN WOMEN GROUP

Elnuor Saturday Supplementary School: for 6-16 yr-olds, Arabic and French and homework support. 10am-4pm at Westminster Academy, Naim Dangoor Centre, W2, 020 7289 0900, [awgroup@btinternet.com](http://awgroup@btinternet.com), [www.africanwg.org](http://www.africanwg.org)

### AMBERLEY YOUTH PROJECT



Tue-Fri 4.30-7pm, for 10-12 yr-olds. Tue, barbering workshop, indoor games (inc table tennis & table football), talk/talk workshop. Wed, hairdressing workshop,

dance, football, indoor games, art classes. Thu, cookery, circuit training, indoor games, photography, gym, shadow boxing. Fri, film club, quiz, vocal training, guitar, steel pans, and more. Amberley Estate, 11 Clearwell Dr, W9, 020 7286 1014.

### AVENUES CHEERLEADING

Cheerleading: Spirit group for 10-19 year-old girls, Fri 4.30-6.30pm, and Sat 2.30-4.30pm (in preparation for the Future Cheer Championships in Brighton in July), call 07950 361 684. 3-7 Third Ave, W10, 020 8969 9552, [www.avenues.org.uk](http://www.avenues.org.uk)

### AVENUES YOUTH CLUB

This youth club has a juniors programme for ages 11-14 and one for ages 14+. Activities on offer include cooking, music technology, dance, computers, homework club, girls-only activities and more. For more information call 020 8969 9552. 3-7 Third Ave, W10.

### BAYSWATER FAMILIES CENTRE

Play sessions for families in temporary accommodation or unsuitable housing, Mon-Thu 2.30-4pm. Homework club for 8-11 yr-olds living in overcrowded accommodation, Thu 4-6pm. After-school Club for 5-11 yr-olds, Tue-Thu 4-6pm. Adult education classes on computers and English, with creche, Mon-Fri call for details. All classes and crèches term-time only. 020 7221 3290. 14-18 Newton Rd, W2.

### BAYSWATER SOCIAL & CULTURAL ASSOCIATION

Homework Club: for ages 8-16, Fri 4-6pm, Pickering Hall, Hallfield Estate, W2. Supplementary School: for ages 8-16, Sat 10am-1pm, Westminster Academy, Harrow Road, W2. Advice Session: appointment only. Contact 020 7266 8244 or 07984 904 541 or [info@bsca.net](mailto:info@bsca.net). The Stowe Centre, 258 Harrow Rd, W2, [www.bsca.net](http://www.bsca.net)

### BEETHOVEN CENTRE

Children's Capoeira, for 5-12 yrs, Sat 10.30-11.30am. Zumba (Latin dance-fitness), for women and children, Thu 4.30-5.30pm. Choi Kwangdo, for women and children, Fri 7-8.30pm. Creative Dance Class, for 6-8 yrs, Tue 4.45-5.45pm, call 07957 384 591 or email [creativdance@hotmail.co.uk](mailto:creativdance@hotmail.co.uk) Chinese Kung Fu, for under 12s, Mon 6.30-7.30pm & Thu 6.15-7.15pm. Call 07751 768 391 or visit [www.shaolinquanshu.com](http://www.shaolinquanshu.com). Call for costs. 173 Third Ave, W10, 020 8969 5881, [www.dominionhg.co.uk/beethoven](http://www.dominionhg.co.uk/beethoven)

### BRITISH ARABS RESOURCE CENTRE

Ammar Bin Yasser Complementary School: Sat 10am-2pm, term-time only, St George's RC School, Lanark Road, W9. Girls' Only Homework Club: Tue 5-8pm. Avenues Youth Club, 3-7 Third Ave, W10. Call 020 8962 9432. No BARC activities in Aug or Sept.

### BRUNEL YOUTH PROJECT

11-19 yr-olds, Mon & Wed, media and music production, Tue, dance & drama, Thu, fashion design and film night, all 6.15-9.15pm. Also pool, internet, homework support, Wii games, trips out, and various other activities. Buckshead House, Brunel Estate, W2. Contact Sue Yarde, 020 7792 0155, [sue\\_brunel@hotmail.co.uk](mailto:sue_brunel@hotmail.co.uk)

### CHURCH STREET LIBRARY

Homework club for 7-13 yr-olds. Thu 3.45-5.30pm, term-time only. 97-99 Church St, NW8. 020 7641 1300.

### CONNEXIONS @ CHURCH ST ONE STOP SHOP

Info and advice on education, work and training, health, housing and more: first Thu of the month, 5-7pm. For 13-19 yrs (or up to 24 for people with a disability or learning difficulty). Church Street One Stop Shop, 91-93 Church St, NW8. Call Emma on 07717 812 358.

### CONNEXIONS @ COSWAY STREET

Young Parents Group: share experiences and get 1-2-1 Connexions support. Wed 1-3pm, call Eleanor 07725 938 857. For 13-19 yrs (or up to 24 for people with a disability or learning difficulty). Connexions Young People's Centre, 29 Cosway St, NW1.

### CONNEXIONS @ STOWE

Information and advice on education, work and training, health, housing and more: drop-in Mon-Fri 10.30am-4.30pm. Sexual Health Clinic, Thu 3-6pm. Ante-Natal Clinic: make an appointment to see a midwife and a Connexions advisor, or just drop in. Mon 12.30-5pm, call Eleanor 020 7641 1538/4012. All for 13-19 yrs (or up to 24 for people with a disability or learning difficulty). The Stowe Centre, 258 Harrow Rd, W2, 020 7266 8230.

### CULTURE SHOX

13-19 year-olds who live, work or study in Westminster can visit free arts, culture and science venues and events in Central London. Completely free to under 16s, and mostly free to over 16s. Head to [www.cultureshox.org.uk](http://www.cultureshox.org.uk) for more details, and to win free tickets! Or call the Arts Service on 020 7641 2496.

### DIGITAL MEDIA UNIT

Exciting youth media programmes for 13-19 yr-olds - music programmes (including live events), film making, or help produce Ouch! Magazine. From 10.30am Mon-Fri, plus evening programmes 3.30-7.30pm Mon-Fri, and occasional weekends. 219 Queensway, W2. 020 7641 4464.

### DREAMARTS

Acting, singing, dancing: every Sun, for 8-12s and 13-19s, working towards a performance at the Church St Summer Festival on 12th July. £1/day, £3 non-members. The Cockpit Theatre, Gateforth St, NW8. Contact Becki on 020 7266 8262 / 07951 921 247 or [becki@dreamarts.org.uk](mailto:becki@dreamarts.org.uk), [www.dreamarts.org.uk](http://www.dreamarts.org.uk)

### KICKSTART HEALTHY LIFESTYLE CLUB

12-week after school programme for children aged 7-12 years and their families, about healthy eating and physical activity. Takes place in various community venues, call 020 7563 6110/6217 or email [healthy.lifestyle@westminster-pct.nhs.uk](mailto:healthy.lifestyle@westminster-pct.nhs.uk)

### KYU-YO-BU-SHIN



Running Club, football and cycling: ongoing training every Sun, 9am-1pm. Meet at Edward Wilson Primary School, Bourne Terrace, W2, then football after at Academy Sport, and cycling training for the London Youth Games. Karate: for beginners on Fri, intermediates on Mon, 5-7pm, for ages 5+. Warwick Community Centre, 300 Harrow Rd, W2. Mentoring and Discussion Group: ongoing at Edward Wilson. Also Yogalates for all ages, Sun 4pm at Academy Sports Dance Studio, 255 Harrow Rd, W2. Call Mary 07890 301 235.

### LONDON PRINT STUDIO

Drop-in Family Art Workshop: last Sat of the month, call for details. 425 Harrow Rd, W10, 020 8969 3247, [info@londonprintstudio.org.uk](mailto:info@londonprintstudio.org.uk), [www.londonprintstudio.org.uk](http://www.londonprintstudio.org.uk)

### LONDON SKILLS ACADEMY

Accredited courses in Web-Design, PC Repair & Maintenance, ICT, Skills for Life (Numeracy & Literacy), Personal & Social Skills. For young people aged 16-19 not in education, employment or training (NEET). Call 020 8749 6711. 123 Godolphin Rd, W12.

### MARYLBONE BANGLADESH SOCIETY

Youth Club for Boys: Tue-Thu, 5.30-8.30pm, includes pool, Playstation 3, Wii, DVDs, table tennis, gym on Thu. Youth Club for Girls: Sat 1.30-4.30pm, same activities as above. Inter faith & religious studies: Fri 6-9pm. 2 Boscobel St, NW8, 020 7724 7427.

### OUR LADY OF LEBANON YOUTH CLUB

Arabic Supplementary School for 4-16 year-old Lebanese, Sat 9.30am-1.30pm, term-time only. Our Lady of Dolours Primary School, 19 Cirencester St, W2, 020 8566 8866 / 07887 777 100 [www.olol.org.uk](http://www.olol.org.uk)

### PADDINGTON ARTS



Performing arts and media workshops: for ages 6-26, singing, dance, drama, steel pans, breakdance and ballet. Membership £16 per year. Also projects for young people with learning disabilities. Milkshake Discos: one Fri late each month (19th June, call for further dates), 6.30-9pm, for 6-10 yr-olds. Annual Show takes place June 25-27. Carnival launch June 13, 1pm. Carnival fundraiser June 20. Carnival Mas Camp July 20 - Aug 31. Summer holiday project Aug 3-27. 32 Woodfield Rd, W9, 020 7286 2722, [info@paddingtonarts.org.uk](mailto:info@paddingtonarts.org.uk), [www.paddingtonarts.org.uk](http://www.paddingtonarts.org.uk)

### PADDINGTON CHILDREN'S LIBRARY

Homework Club for 7-13 yr-olds, Mon & Fri 3.45-5.15pm. Chatterbooks, Sat afternoon reading club. All term-time only. Family Learning Events Jun 27, Jul 25 and Aug 29. Summer Reading Scheme open to all children up to 13 years old. There's also a Teenage Summer Reading scheme (Read it to Win It) for 11-16 year-olds. Clifford Hall, Porchester Rd, W2, 020 7641 4403/4478.

### QUEEN'S PARK LIBRARY

Until the end of term there is: Homework Club for 7-13 yr-olds, Mon & Wed 3.45-5.30pm; Warhammer Gaming Club, 1st and 3rd Thu, 4.30-6pm; Chatterbooks book club, first Tue, 4.30-5pm for under 10s, 5-6pm for 11+; Arts Club for 8+ yrs, 2nd and 4th Tue, 4.30-6pm; Film Club, 3rd Tue, 4.30-6pm. During the holidays there are lots of activities, call for details. End of summer party for over 6s, 26th Aug, 2.30pm, and for teens on 25th Aug, 2.30pm. 666 Harrow Rd, W10, 020 7641 1300.

### REAL ACTION



Butterfly Saturday Reading School, Sat 10am-12pm, and Sums Up! after-school maths on Mon, Wed, Thu 4.30-5.30pm, both term-time only and for 5-12 yr-olds. The Learning Store, 3 Mozart St, W10. Katie Ivens 020 8960 2065, [realaction@btconnect.com](mailto:realaction@btconnect.com) [www.realaction.org.uk](http://www.realaction.org.uk)

### STOWE YOUTH CLUB

Free activities for 13-19 yr-olds, including multi sports, gym, recording studio, cooking, art & fashion & design, multi-media & music production, IT room, chill out room, homework support and table tennis. Mon: 6.30-9.30pm, various activities. Tue: 6.30-9.30pm, boxing (£1/session), various activities. Wed: 5.30-9pm, Muslim Youth Group, various activities, The Cut magazine. Thu: sexual health clinic, 3-6pm, with Connexions. Then same as Tue. Fri: 7-10pm, various activities. Sat: Rainbow Family Centre project for young disabled people, 10am-2pm. Summer program

runs from July 21 - Aug 26, includes trips to the cinema, theatre, river trips, go karting, Thorpe Park, bowling, kayaking, canoeing, swimming, and rock climbing! Call for more details. 258 Harrow Rd, W2, 020 7266 8220/1.

### VITAL REGENERATION

Studio +: music production and events management courses. 14-19 yr-olds who are NEET or at risk of being NEET can sign up for free courses on how to produce music and manage events. Next course should start July. Queen's Park New Media Centre, Beethoven Centre, 173 Third Ave, W10. Contact Matt Kepple 020 7245 2269, [mkepple@cwh.org.uk](mailto:mkepple@cwh.org.uk), [www.vitalregeneration.org/studio](http://www.vitalregeneration.org/studio) **Vital Apprenticeships:** careers advice service for 14-24 yr-olds from Westminster. Sessions are by appointment at the Beethoven, Greenside Community and Stowe Centres. To book contact Daniel Williams 020 7245 2875 or [dcwilliams@cwh.org.uk](mailto:dcwilliams@cwh.org.uk) For further information visit [www.vitalregeneration.org](http://www.vitalregeneration.org)

### WECH YOUTH CLUB

For 13-19 yr-olds: table tennis, snooker, pool, cooking, workshops, football, PS3, trips and DJ mixing, Tue 6-8.30pm. For 8-12 yr-olds: karate, cooking, table tennis, snooker and trips, Fri 5.30-7.30pm. Summer Play Makers: for 8-14 yr-olds, every Sat over summer, 1-4pm, sporting and arts & crafts activities. WECH Community Centre, Chantry Close off Elgin Avenue, W9. Gina on 020 7266 3347, [gina@wech.org.uk](mailto:gina@wech.org.uk)

### WESTBOURNE PARK FAMILY CENTRE

Club Express: for 7-11 yrs, Fri 5.30-7pm. W2: for 11-16 yrs, Fri 7.45-9.45pm. Detached Youth Projects, for 11-25 yrs, Fri 6.30-8.30pm. All activities cost 50p-£1, term-time only. Cnr of Porchester Rd and Westbourne Park Villas W2, 020 7727 6019, [www.westbourneparkfamilycentre.org.uk](http://www.westbourneparkfamilycentre.org.uk)

### WESTMINSTER SPORTS UNIT

Promotes and delivers a range of sports and physical activities. Call 020 7641 5891, [sport@westminster.gov.uk](mailto:sport@westminster.gov.uk), [www.westminster.gov.uk/sport](http://www.westminster.gov.uk/sport)

### YAA ASANTEWAA



Various activities for 8-16 yr-olds, including summer programme from July 27-August 21, Mon-Fri 10am-4pm, with performing and carnival arts, outings etc. £20/week, free to

Westminster families on Income Support. Also Younity Theatre School, every Sat 11am-2pm. 1 Chippenham Mews, W9, 020 7286 1656, [talibah.hawkins@yaaasantewaa.com](mailto:talibah.hawkins@yaaasantewaa.com) [www.yaaacentre.com](http://www.yaaacentre.com) Also Ebony Steelband Trust classes, for ages 16-25, every Tue & Thu, 6.30-8.30pm, free of charge, and classes for under 15s every Fri, 6-7.30pm, £2/session. Contact Daniel on 020 7792 1418, [services@ebony.org.uk](mailto:services@ebony.org.uk), [www.ebony.org.uk](http://www.ebony.org.uk)

# Keep on running

This year the Mini London Marathon took place on Sunday 26<sup>th</sup> April. It is run over the last three miles of the main Marathon course, from Old Billingsgate to The Mall, and is open to children aged 11-17. The race has taken place since 1986 and this year over 1500 young people took part.

Runners included Oscar Hard, 16, and Madeleine Eno, 14, both from Kyu Yo Bu Shin (KYBS). They completed the course in 17 minutes 30 seconds and 19 minutes 53 seconds respectively, finishing 94<sup>th</sup> and 45<sup>th</sup> in their categories. 45 runners from KYBS ran and completed the course.



KYBS organises a range of activities on physical and spiritual training such as health activities, football and karate, as well as training young people for the Mini Marathon each year, in partnership with the Moberly Sports and Education Centre. Cycling training is currently ongoing for the London Youth Games in July.

Project Manager Mary Amayo says, 'We are proud of the KYBS runners. They arrive for training whatever the weather, and show respect and discipline throughout.'

For more details on KYBS activities see the listing on page 13, call Mary on 020 7266 3473 / 07890 301 235, or email her on [kyu.yobushin@btopenworld.com](mailto:kyu.yobushin@btopenworld.com)



Young people are 'Edutained' at Avenues Youth Club during school holidays.

## Edutain yourself this summer

**If you're looking for something constructive and affordable to do over the holidays, look no further.**

Edutain is a sports and arts-based programme for 8-13 year-olds, offering a variety of activities such as Parkour, football, arts and crafts, creative writing, street dance and much more.

It takes place from 27<sup>th</sup> July-28<sup>th</sup> August, Mon-Fri 10am-3pm, at the Avenues Youth Club and at Academy Sport at Westminster Academy. There are 75 places per site per day, and it costs just £1 per person per day, with all-day trips on Fridays.

Getting involved couldn't be easier – just turn up anytime between 10am and 3pm, complete a registration and consent form (make sure you bring proof of age if you look older or younger), and join in!

Edutain has been running in Westminster since 2004 and takes place over the Christmas, Easter and summer holidays, as well as half-terms in February and October. It's run by Westminster Sports Unit, and Sports Development Manager Eugene Minogue says, 'The aims for

young people are to be healthy, stay safe, enjoy and achieve, and make a positive contribution.'

As well as the summer Edutain programme, the Sports Unit is also running the Unity in the Community football tournament at Paddington Recreation Ground, 15<sup>th</sup>-16<sup>th</sup> August, with a mixed U12s team and boys' teams for the U14s, U16s and U19s age groups.

There will also be further activities and courses, including Parkour camps (at the Moberly Sports & Education Centre, The Quadrant, Kilburn Lane, W10) and boxing camps (at All Stars Boxing Gym, 576 Harrow Road, W10) for 8-19 year-olds, as well as sports coaching courses in boxing, football, table tennis, basketball, and community sports leadership, all for people aged 16+.

Avenues Youth Club is located at 3-7 Third Avenue, W10. Academy Sport is at Westminster Academy, 255 Harrow Road, W2. For further information on Edutain or any of the other activities mentioned above call the Sports Unit on 020 7641 2012, email [sport@westminster.gov.uk](mailto:sport@westminster.gov.uk) or take a look at [www.westminster.gov.uk/sport](http://www.westminster.gov.uk/sport)



Church Street Market will have a new look when traders take advantage of brand new stalls at no cost to them.

## Money for new market stalls

**The Neighbourhood Management Team is giving permanent traders at Church Street Market the chance to make use of brand new stalls - for free!**

In order to attract new visitors, increase business and improve the appearance of Church Street Market, £19,000 has been secured to purchase a variety of new stalls. These are being offered to traders for use at the Market, at no cost.

'We're hopeful that lots of our permanent traders will want to take advantage of this offer. Lots of the traders we've spoken to are keen to see Church Street improve and this is one small step in the right direction,' says Edward Quigley, Neighbourhood Management Officer for Economic Development.

'Our residents are also really keen to see the appearance of our market improve and are fully behind this initiative.'

Stalls are available in a variety of colours, all of which are branded with the Church Street Market logo.

The purchase of new stalls for traders is part of the wider regeneration and economic development initiative around Church Street.

Westminster City Council will soon be consulting local residents, businesses and market traders on a series of options for improving the

Church Street and Edgware Road district shopping area as part of the Civic Streets Initiative.

The Civic Streets Initiative aims to improve the street environment and boost the local economy.

The Neighbourhood Management Team will work closely with the Council to develop a series of options for the shopping area. This should improve the street environment and provide electricity supply, water, storage and other basic infrastructure to upgrade the street.

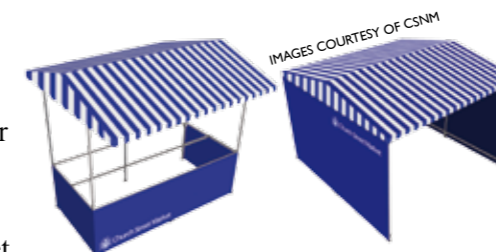


Illustration of new stalls available for free to permanent Church Street Market traders.

Support of local businesses, traders and the community is key to ensuring the long term success of the scheme.

'It's a very exciting time for Church Street and I think everyone, from residents to traders, is ready to see some positive changes to the Market,' says Edward.

For details, contact Edward Quigley on 020 7641 5418 or [equigley@westminster.gov.uk](mailto:equigley@westminster.gov.uk) [www.churchstreetmarket.org](http://www.churchstreetmarket.org)

## It's my business

### Florist at Church Street Market

Dave Katz has been running his flower stall outside the Trader's Inn at 52 Church Street for the last 25 years.

He's up at 5am most days to pick up his stock from Britain's largest flower market, New Covent Garden Market in Nine Elms. Then he sets up his stall which has a beautiful display of fresh flowers and plants every day.

'I've always liked flowers,' says Dave, 'so it made sense to me to start up a flower stall. I still enjoy doing it although it can be hard work.'



Dave Katz, florist in Church Street Market.

'I've learned the business on the job. If you get left over with a load of flowers at the end of the day you can be in trouble. But over the years I've managed to get a pretty good sense of what will sell.'

'I've got a lot of regular customers,' says Dave 'and it's always a pleasure to see them.'

As well as cut flowers, Dave also sells bedding plants in the spring and he can take special orders. He also has a beautiful range of orchids and other potted plants.

Drop by Dave's stall (pitch no 568, outside Trader's Inn) in Church Street on Thursdays-Saturdays.



## In brief

### Piano on Cherwell Triangle

There's a great opportunity for Church Street to participate in the Street Pianos Project for three weeks in June in Cherwell Triangle. The piano stays on site and whoever wants to come and play it can do so! There'll be others all over London as part of the 'Sing London' initiative. For more details call Julie on 020 7641 5443 or Ed on 020 7641 5418.

### Church Street Summer Festival

The Neighbourhood Management Team is coordinating this year's summer festival with the help of community organisations and residents. This family event on Sun 12<sup>th</sup> July, 12-6pm, is free and packed full of good food, things to see and do such as Bollywood dance workshops, specimens from the Natural History Museum and live entertainment. Hope to see you there!

### Your 'new look' Neighbourhood Centre

Church Street Neighbourhood Management Centre has undergone a face lift as part of its mission to communicate the work we do in your neighbourhood. Local residents were involved in choosing the 'Racy Red' banner and are delighted with the new look.

### Money Matters

Residents in Church Street ward can book free confidential debt, housing and welfare benefits advice sessions as part of the new Money Matters advice programme run by CHAS. To book, call the advice line on 020 7723 5928 quoting 'money matters'.

Newpin love their new mural in Luton Street painted by participants of the Prince's Trust.



PHOTO COURTESY OF THE PRINCE'S TRUST

## Prince's Trust in Church Street

### The Prince's Trust runs one of its Team Programmes at the Cockpit Theatre in Gateforth Street.

Team Leader Henderson Murray explains what they do. 'Our structured programme lasts 12 weeks and is aimed at those aged from 16 to 24, with up to 18 participants. They are young people who have not done well in formal education and some of them have been in various kinds of trouble.

'This programme focuses on the field of media and we have staff from a professional media company, Defcon Workshops, working with the young people. We give instruction and practical experience in film-making, music technology and design. We also offer hands-on experience of what it's like to work in a team.

Those that complete the programme are awarded a City & Guilds qualification in communication, team work and community skills. They also get a First Aid certificate and a certificate in conflict resolution.

'We're teaching people the responsibilities of everyday life. For example, our programme starts every day at 9.30am. If you've been used

to getting up whenever you feel like it for the last two or three years, that itself can be a real challenge.

'Our aim is to give young people a taste of the real world of work and then to support them in either going on to more education or into work. We also offer help with literacy and numeracy as well as with personal development.'

'Another important aspect of our work is projects in the community. In the Church Street area, these have included painting a mural at Newpin Family Centre in Luton Street. We also painted a mural at Lisson Gardens as well as helping to tidy up the park. We want the young people to feel that they are contributing to the community and this is a visible and effective way to do that.'

The Team Programme is for UK residents aged 16-25 who are unemployed. It's free and will not affect your Jobseeker's Allowance. Those who live or have attended school in Westminster get priority.

To find out more call Sheromie Brewster on 020 7258 2975 or 07900 171 600 or email [sheromie.brewster@cw.ac.uk](mailto:sheromie.brewster@cw.ac.uk)



PHOTO COURTESY OF CSNM