

Paddington People

Spring 2009

Church Street edition

Now delivered to Paddington Green! See page 16 for details.

PHILIP WOLFE



Left to right: City Guardian Brian Tollon and Animal Wardens Laura Patch and Lee Nash patrol Church Street ward.

Dog-gone it!

Laura Patch's and Lee Nash's work as Animal Wardens in Church Street ward since last year has made a big difference.

They have been concentrating on the problem of dog mess – or to put it more accurately, the problem of owners who fail to clean up after their pets. They work closely with the City Guardians to tackle the problem.

City Guardian Brian Tollon says, 'We identified that dog mess was a real problem...and identified the places where the problem was at its worst.'

Lee Nash continues, 'We have the power to issue on-the-spot fines of £80, reduced to £40 for payment

within 14 days. We only do that when people refuse to take our advice. Our approach is to let dog owners know that they are responsible for cleaning up after their pets and we even give them free waste bags.'

Laura Patch adds, 'The vast majority of owners will listen to us and are happy to be responsible – it's only a tiny minority that causes problems.'

And the Animal Wardens have certainly had an impact – the number of complaints about dog fouling has decreased from ten to three per day.

If you have a complaint about dog mess in Church Street ward, you can contact the Animal Wardens on 07812 962 164/5.

Inside this issue



Learn English from home
Page 3



Children and young people's activities
Pages 11-13



Good Food Festival
Page 15

View from Church Street

I currently work in Church Street for the Paddington Development Trust as a Young Advisor and I work closely with the Church Street Neighbourhood Management Team.

My role as a Young Advisor is to help voice the opinions of young people in the area to members of authority. This way, young people, like me, have a chance to input into decisions that affect our local community.



I enjoy being a Young Advisor in Church Street because this is such a unique

area that caters for the needs of young and old alike. The wide variety of shops and stalls make Church Street one of the most popular areas to shop in and visit in London. The local library, parks, cafés and restaurants give visitors and residents a chance to enjoy themselves. I really enjoy living and working in the area.

Kerementi Othieno

Church Street Young Advisor

If you would like more information about Church Street Young Advisors, call the Church Street Neighbourhood Management Team on 020 7641 6633.



PHILIP WOLMUTH

Alex MacClaren and Sue Chambers relax in newly renovated Lisson Gardens.

Haven of greenery

Attractive Lisson Gardens, located at Ashmill and Lisson Streets, has recently been renovated and includes a children's play area, a quiet nature walkway, and an amphitheatre-shaped activity space.

This welcome haven of greenery is a place for local parents to visit with their children, office workers to eat their sandwiches, and others to use for quiet contemplation away from the rush of the surrounding city.

A partnership between the Lisson Green Residents Association, the Neighbourhood Management Team and environmental charity Groundwork organised the renewal with a grant of £60,000.

Alex MacClaren, interim chair of the Lisson Green Residents Association, says, 'I originally got involved through

a consultation event organised by the Neighbourhood Management Team, and I'm very glad I did. We are delighted with the rejuvenated Gardens and we want this space to be a real centre for the local community.

'Last summer we had Tai Chi fitness classes, street dance workshops and live music. We're hoping to have another programme of events this year – perhaps we'll get started with a spring barbecue!'

Sue Chambers, treasurer of the Association, says 'We really want this to be a place where local people can get to know their neighbours.'

Lisson Green Residents Association is always looking for volunteers to help with keeping the Gardens tidy and with fundraising. If you're interested, contact Sue Chambers or Alex MacClaren through the Neighbourhood Centre on 020 7641 6633.



PHOTO COURTESY OF ELAH

Volunteers train to offer tailored English lessons in the home.

Learn English from home

Founded in 2008, charity English Lessons At Home (ELAH) gives free in-home one-to-one English language tuition to non-English speaking residents in North Westminster and South Brent.

The tuition is for students who are unable to attend English classes for various reasons such as lacking confidence, lacking time due to caring for dependents and not being able to afford childcare to be able to attend.

Potential students can be referred by social services, health visitors, ethnic minority organisations, carers organisations or other professionals.

An ELAH coordinator visits students at home before arranging for trained volunteers to begin teaching them.

The coordinator also accompanies the volunteers on their initial visits to introduce them to the students.

Lessons take place once or twice a week for around six months, and after a period of time the students will hopefully feel confident enough to move on to formal classes.

Volunteers receive training and one-to-one support. ELAH is recruiting volunteers from diverse backgrounds that have a good knowledge of English and are able to commit for a minimum of six months. People with English as their second language are encouraged to volunteer, particularly Arabic-speakers.

ELAH Chair Evelyn Cantor says, 'The response to ELAH has been very positive, and referring agencies are relieved to find a service that helps their more isolated clients improve their language skills'.

If you would like to volunteer, please contact Evelyn Cantor, ELAH Chair, on 020 8960 0548 or elahinfo@yahoo.co.uk

For Arabic speakers

تعلم الإنجليزية من المنزل
تمثل مؤسسة ELAH (دروس تعليم الإنجليزية في المنزل) هيئة خيرية لتدريس اللغة الإنجليزية مجاناً في المنزل ولكل متعلم على حدة من بين سكان منطقتي "نورث ويست مينيستر" و"ساوث برينت". ويتم توجيه هذا التدريس للطلاب غير القادرين على الانتظام في حضور دورات اللغة الإنجليزية للعديد من الأسباب، من بينها نقص الثقة، وعدم توافر الوقت اللازم لتولي شؤون من يراعهم الدارس للغة الإنجليزية، وعدم القدرة على تحمل تكاليف رعاية الأطفال حتى يتمكن المتعلم من الحضور. يمكن أن يتم تحويل المريض من خلال الخدمات الاجتماعية، أو الزائرين الصحيين، أو مؤسسات رعاية الأقليات العرقية، أو مؤسسات القائمين على تقديم الرعاية، أو غيرهم من المتخصصين. تتنقد دورات اللغة مرة أو مرتين في الأسبوع، ولمدة ستة أشهر، ويتم التدريس فيها من جانب متطوعين يتلقون تدريباً ودعماً مباشراً من مؤسسة ELAH. تتولى ELAH توظيف المتدربين من خلفيات مختلفة والذي تتوافر لديهم معرفة جيدة بالإنجليزية، كما يمكنهم الالتزام بالحضور لفترة لا تقل عن ستة أشهر. ويتم تشجيع الأشخاص الذين يتحدثون الإنجليزية كلغة ثانية أن يتطوعوا، وخاصة من متحدثي اللغة العربية. إذا كنت تود التطوع، يرجى الاتصال برئيسة مؤسسة ELAH، "إيفلين كانتور"، على رقم ٠٥٤٨ ٨٩٦٠ ٠٢٠، أو على عنوان elahinfo@yahoo.co.uk.

PDT to host Community Conference

Paddington Development Trust is 10 years old!

Over this time it has facilitated the investment of more than £35 million into the social, cultural and economic fabric of the neighbourhoods that make up North Paddington.

PDT is hosting a Community Conference to agree a shared vision for the continued development of North Paddington over the coming ten years.

The conference will include contributions from local and London-wide contributors focusing on developing sustainable communities and socio-economic opportunities for local people.

The conference will take place at the Westminster Academy, 255 Harrow Road, W2 in early May, although the day and times were not confirmed at the time of print. For more information, call Andrea on 020 7575 3113 or visit:

www.pdt.org.uk



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

Paddington People magazine is produced four times a year by Paddington Development Trust (PDT). Deadlines for the notice board are 1 Feb (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

Paddington Development Trust www.pdt.org.uk

Turning passion into business

Sandra DaCosta, 36, started learning Zumba less than a year ago and already she's running classes locally, with a little help from the Enterprise Centre.

Zumba is a form of Latin dance-fitness, using a variety of styles including merengue, reggaeton, salsa and cumbia. It's suitable for everyone - Sandra does classes at pre-schools, and has a friend who runs a class for over 50s - it's fun and it keeps you fit.

Sandra DaCosta, Zumba instructor.



Although she always loved dance, Sandra needed some support to turn her passion into a business. She met Aparna and Kim at the monthly Community Market at the Enterprise Centre, and they encouraged her to move forward with her ideas.

Kim helped Sandra set up a website and design a flyer, and Aparna helped her put together a business plan. They meet regularly and the support has boosted Sandra's confidence and made her more proactive.

The future is bright for Sandra – she sees a big market for Zumba and she wants to reach more people and take more classes.

Sandra's Zumba classes are at the Porchester Sports Centre on Wed 10-11am or Fri 7-8pm and Academy Sport on Fri 4.30-5.30pm (for adults and 7-12 yr-olds). Contact Sandra on 07732 011 963 or sansdc2001@yahoo.co.uk

Life Coach Rachel Bamber gives local entrepreneurs advice on 'Brighter Thinking' at the Enterprise Bazaar.



PHILIP WOLMUTH

Brighter thinking for business

In February, local residents interested in starting up or improving their businesses attended the Enterprise Centre's Enterprise Bazaar at Westbourne Studios.

The theme of the event was 'Brighter Thinking' for your business in the recession and the event was facilitated by life coach and local resident Rachel Bamber, who is also a client of the Enterprise Centre.

Bamber says, 'It is a great time to start a business. However, in this time of immense change and evolution in the West, perhaps some of the old ways in business will not suffice. Consumers are looking for companies who they can trust, those with integrity that provide extremely high levels of service and value.'

'If you really believe in your idea and have a market willing to pay for it, with some Brighter Thinking, determination, enthusiasm and a willingness to learn and do what it takes to succeed, your business will prosper.'

The event was well attended with nearly half of the audience looking to start up their own business. The event began with attendees mingling and discussing their views on the

current economic climate, most of which were negative.

Bamber then encouraged attendees to consider how the current economic climate could in fact benefit new businesses, for reasons such as getting better deals on start up costs and the low cost of technological resources such as websites.

The focus of the event then shifted from what prospective entrepreneurs could not control to what is in their control, namely their market research, business plans, confidence and outlook.

Some practical tips were shared by attendees with established business, such as choosing business partners carefully and controlling the business rather than letting the business control you.

Local MP Karen Buck closed the event with some advice to the attendees, which was 'Be prepared. Take the help and advice that is out there. There will be some real success stories, recession or no recession'.

For free one-to-one consultations on starting up or improving existing business, contact the Enterprise Centre on 020 7266 0636.

Local residents take advantage of the convenience of the Mobile Food Unit which sells fresh fruit and veg on several estates in North Paddington.



PHILIP WOLMUTH

Healthy eating made easy

Eating healthy is easy thanks to the North Paddington Food Project. The project, funded by NHS Westminster, is offering loads of opportunities for local residents to have a healthy but enjoyable diet.

One part of the initiative is the Mobile Food Unit, a van that visits several estates every Wednesday (Brunel from 11am, Lydford from 12pm and Mozart from 2pm) to sell fresh fruit and vegetables. Naomi, the shopkeeper, is rightly proud of her travelling shop with its excellent selection.

Along with staples like potatoes, cabbage and carrots, the vegetables section includes aubergines, yams and avocados. On the fruit front, the wide variety includes oranges, apples and more exotic choices like lychees.

Lorraine, who has lived on the Brunel Estate for 35 years, is a regular customer. She says, 'The fruit and veg are lovely here – I'm getting some fruit for my grandson this week. I love shopping here, it's just a shame that not enough people on the estate know about it. If they did, I'm sure they would be regulars like me!'

Another place to buy fresh fruit and veg is in the playground at Edward

Wilson Primary School (Senior Street, W2) every Wednesday after school. The stall is run by three parent volunteers and is supported and supplied by Westbourne Park Family Centre. The stall is particularly popular with the children who enjoy shopping with their parents – grapes and bananas are child-friendly favourites.

Also, the Westbourne Park Family Centre (Porchester Road, W2) food co-op runs on Thursdays from 10am to noon and the Beethoven Centre (Third Avenue, W10) food co-op is on Mondays from 2 to 4pm. These food co-ops will be holding some cookery demonstrations, showing how to make a selection of tasty, healthy and inexpensive dishes. Look out for details of these sessions in your neighbourhood.

And finally, don't miss out on the four 'Cook and Eat' sessions coming up at St Luke's Church (Fernhead Road, W9). They start at 1pm on Fridays 6th, 13th, 20th and 27th March. Topics will include healthier options for old favourites, sneaky additions for fussy eaters, and use of leftovers.

For more details about the food co-ops and the Cook and Eat sessions, contact Robin on 020 8969 5881.

What's cooking?

Chunky Soup

Ingredients

- 2 medium sized turnips
- 2 medium sized potatoes
- 2 medium sized carrots
- 2 medium sized onions
- 1 swede
- 3 tablespoons of barley
- 1 bay leaf
- 2 cubes of vegetable stock
- 2 tablespoons of vegetable oil
- salt & pepper

Method

- Peel and dice all of the vegetables and place them in a deep pot with the oil.
- Cover with lid and let the ingredients sweat for 5-10 minutes.
- Add enough water to cover the veg and bring to the boil; then add the stock, bay leaf and salt & pepper.
- Cook until tender and serve hot. (If you want the soup to thicken, then let it sit before serving.) Serves 4.



PHILIP WOLMUTH

Recipe by Hanna Sintim Debrannies: Event Catering and Patisserie Chef 07961 817 150

GPs increase opening times

Many GP practices in Westminster now offer patients longer opening times, providing more flexible and convenient GP access.

The increased hours vary across each practice, covering the early morning before 8am, after 6.30pm in the evening, and Saturday mornings.

Below are just some of the local practices with increased hours. Call the practices for details.

Crompton Medical Centre
1 Crompton Street, W2
020 7723 3708

The Health Centre
574 Harrow Road, W10
020 8960 5499

Lisson Grove Health Centre
Gateforth Street, NW8
020 7724 2391

The Medical Centre
321 Shirland Road, W9
020 8969 2626

The Medical Centre
7e Woodfield Road, W9
020 7266 1449

The New Elgin Practice
44 Chippenham Road, W9
0844 477 8728

The Newton Medical Centre
14-18 Newton Road, W2
020 7229 4578

Paddington Green Health Centre
4 Princess Louise Close, W2
020 7887 1600

Queen's Park Health Centre
Dart Street, W10
020 8968 8899

The Westbourne Green Surgery, Health @ The Stowe
260 Harrow Road, W2
020 7289 2810



Music for Life enhances people's quality of life through music.

PHOTO COURTESY OF MUSIC FOR LIFE

Music for Life

World famous chamber music venue **Wigmore Hall (36 Wigmore Street, W1)** is holding an exciting launch event in May for a pioneering project called **Music for Life**. It aims to help people who are isolated and disempowered as a result of the advanced stage of their dementia.

At the heart of the project are music improvisation workshops for patients with dementia, aiming to enhance their quality of life whilst demonstrating to carers the emotional, social and physical potential of the people in their care.

Music for Life itself was founded by Linda Rose in 1993 and developed with Jewish Care. Wigmore Hall has been running the project since autumn last year. As well as the core work with people with dementia, the project also offers training for care staff and for musicians. Players from the London Symphony Orchestra, Philharmonia and City of London Sinfonia have all taken part in the programme.

In the Paddington area there have already been sessions at 60 Penfold Street and Tresham Resource Centre (both in Church Street ward), and Westmead Residential Care Home

(Westbourne ward), each lasting for around eight weeks. Settings are selected in partnership with NHS Westminster and Westminster Adult Services.

Now Wigmore Hall is holding a high-profile launch event on 14th May to raise awareness of Music for Life and celebrate its success to date, and all Westminster residents are invited. The launch, starting at 11am in the main auditorium at Wigmore Hall, will see presentations from care staff, musicians and others involved in the project, as well as informal workshops and, of course, music. It's all free, but you must book in advance.

For further details please contact Kathryn Rowland, Music for Life Project Manager, on 020 7258 8269 or krowland@wigmore-hall.org.uk

Wigmore Hall is internationally renowned as one of the finest venues for chamber music and song. It offers over 400 concerts and events each season, and the Community and Education Department provides opportunities for people of all ages and backgrounds to participate in chamber music and song through creative projects, workshops, concerts and study events. See the Children and Young People's Notice Board section on pages 11-13 for details on two events: Giddy Goat, for age 5+, on 23rd May, and Bach – In the Mix, for ages 11-16, on 28th March.

COURSES AND TRAINING



City of Westminster College

COLLEGE OPEN DAY

We're holding a College-wide Open Day on Thu 23rd Apr from 2-7pm. Meet tutors, take a look at our classrooms and facilities, get advice and course information and apply for a course. Call 020 7723 8826 or visit www.cwc.ac.uk for more info. We look forward to seeing you!

COURSE INFO AND ADVICE

If you would like full details of all of our courses you can either visit 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 also call into InfoPoint at the Paddington Basin Campus, North Wharf Road, London W2 1LF. Here you will be able to talk to our InfoPoint and Course Advice staff and get information on fees, support and other details. You can drop in any weekday from 10am-4.30pm and on some Tue evenings - please ring 020 7723 8826 first to check.

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 or email dane.murdock@cwc.ac.uk

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 please visit www.cwc.ac.uk or email 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

QUEEN'S PARK LIBRARY

ESOL (for citizenship) Mon & Wed 10am-12pm. **ESOL (Pre-Entry)** Tue & Thu 9.30-11.30am. **Seniors Online** Fri 10am-12pm, a 6-week course on computer basics for ages 65+. 666 Harrow Rd, W10, 020 7641 4579.

REAL ACTION

COURSES AND TRAINING: SPEAK ENGLISH! Learn English-fast-at daily Callan Method classes, and study for Cambridge PET certificate. **READ AND WRITE BETTER!** Fast Track Reading and Spelling. **BECOME A CITIZEN** Master 'Life in the United Kingdom' for the test on Real Action's NEW course. The Learning Store, 3 Mozart Street, W10. 020 8960 2065.

JOBS & 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

JOBS IN MIND - WESTMINSTER PROJECT

We offer support, information, advice and guidance to assist people with mental health needs in choosing, getting and keeping mainstream training and employment. Are you registered with a Westminster GP, between 18 and 65 years old, suffer with a common mental health need such as anxiety and depression, in receipt of benefits AND motivated to gain mainstream training or employment? We can offer confidential, individually tailored, one-to-one support and advice for up to 6 months. For more information or to arrange an information session call Katy Jarvis on 020 7428 8664.

JOB SHOP

Attention local job seekers: Vital Regeneration with Paddington First, Connexions and Octavia Housing Employment and Training run the Job Shop Mon 2-4pm. Drop in for an advice and job search service. Beethoven Centre, Third Ave, W10. For details contact the Beethoven Centre on 020 8969 5881.

VOLUNTEERING

HOME-START WESTMINSTER

Have you got parenting experience and some time to spare? If so, you could have the

exact skills needed 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, our volunteers represent a lifeline for many families who are finding it hard to cope. You can also gain NVQ level 1 or level 2 credits from the Open College Network for your work. The next course will start in Spring 2009. For more information and to find out when the next course is call Home-Start Westminster on 020 7724 1345 or e-mail admin@hswestminster.co.uk

OPEN AGE 50+ LEISURE PROGRAMME

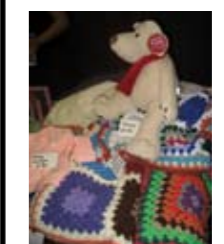
Can you spare a few hours a week helping this local charity? Hours to suit you. Open Age is a popular lively organisation offering over 160 leisure activities for people 50+ including computers, arts, fitness, social and other groups. Enquiries are welcome from people who would like to know more. Volunteer 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

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

EVENTS

COMMUNITY BAZAAR



The thriving new bazaar offers an impressive array of sights, tastes and textures, not to mention free tea or coffee to warm up on a cold winter's day. Upcoming dates: 5th

Mar and 2nd Apr, St Peter's Church Hall, 59 Elgin Ave, W9. To hire a stall to sell your goods at the market (£3 for the session) or for more details, call 020 7266 0636.

NO SMOKING DAY 11TH MARCH

No smoking day is the perfect opportunity to kick the habit. Look out for Westminster's stop smoking team who will be providing support at locations across the City including Church Street market and Queens Park Health Centre. For a full list of locations go to www.westminster-pct.nhs.uk

NORTH WESTMINSTER COMMUNITY FAIR

Fri 13th Mar, 3-7pm, Westminster Academy, 255 Harrow Road, W2. Come and meet the voluntary and community groups from your part of the borough! If you're from a voluntary and community organisation (VSO), come and host a stall, promote your work and your volunteering opportunities. There will be a quiz, music and a warm welcome. To book a stall, or to find out more, please contact Angela Wilson from Voluntary Action Westminster on 020 7535 0498 or awilson@vawcs.org

OPEN AGE & ACTIVE WESTMINSTER Senior Citizens 50+ Health and Fitness

Day: Wed 11th Mar, 1-4pm at the Stowe Centre, 258 Harrow Road, W2. Call Open Age on 020 8964 1900 for details.

QUEEN'S PARK LIBRARY

History of Harrow Road The Archives Centre is organising a month long display in April with a reminiscence event at the library on Wed 22nd April 10.30am-12pm. **World Book Day** On 8th March there is an event on Getting Published, to commemorate World Book Day. 666 Harrow Rd, W10. Call 020 7641 4579 for details.

SPORTS, HEALTH & 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 Street). For more information call 020 7121 0642 or view the website www.westminsteracademy.biz/academysport

ACTIVE WESTMINSTER PROGRAMME WITH OPEN AGE

Low cost wellbeing activities for all over 50s. Evening and Weekends at **Academy Sport**, 255 Harrow Road, W2: **MON** Indoor (Stationary) Cycling 6-7pm; **SAT** Keep Fit Get Strong 11am-12pm; Stretch & Relax 12-1pm; Tai Chi 3.30-4.30pm; **SUN** Ballroom/Latin Dance 2-4pm. Weekday Afternoons at the **Porchester Centre**, Queensway, W2: Dance Moves and Aqua Exercises. Call 020 8964 2900 or ring Radka on 07944 335 646 for details.

BEETHOVEN CENTRE

Third Ave, W10. Annual membership costs £6 for adults and £3 for children and entitles you to reduced rates on some classes and on hall/meeting room hire. Some free crèche places are available. For a timetable and costs

call 020 8969 5881. **MON** 10-11am Women-Only Yoga; 7.30-8.45pm Chinese Kung Fu and self-defense. Call Sifu Norman Morrison 0775 1768 391; **TUE** 10-11am Aerotone (Aerobics and Body Conditioning) for women only; 2.30-3.30pm Yoga class for over 50s, free for Open Age and Beethoven Centre members; 6-7.30pm Tai Chi Classes for all ages; 7.30-8.30pm Capoeira class (mixed ages); **THU** 1.30-3pm Tai Chi class for all ages; 7.30-8.30pm Capoeira class (advanced); **FRI** 10.30-11.30am Step class for women; 11.30am-12.30pm Legs, Bums and Tums exercise for women; 10am-12.30pm Low Cost Complementary Therapies.

BEREAVEMENT GROUP

Are you lonely? Need to chat? Comforting tea and talk (and prayer for those who want it). 1st Wed of every month, 2.30- 4.30pm, St Paul's Church Centre, 5 Rossmore Road, NW1, 020 7724 8517.

FOOD CO-OPS

Selling low cost, good quality fruit and veg at Edward Wilson Primary School, Senior St, W2, Wed 3.30-4.15pm; Westbourne Park Family Centre, Porchester Rd, W2, Thu 10am-12pm; and Beethoven Centre, Third Ave, W10, Mon 1-4pm.

KYU-YO-BU-SHIN

Yogalates Mixed Dance Studies Sun 4-5pm, Academy Sport @ Westminster Academy, Torquay St, W2; **Yogalates Mixed Over 50s** Fri 7-8.15pm, Warwick Community Centre, 300 Harrow Rd, W2; **New for 2009: Seated Acu-Pressure Massage** (by appointment only) Increase your circulation and feel good; **Walking Group** Mon 9.15am, meets outside Edward Wilson Primary School, Bourne Terr, W2; **Mentoring and Discussion Groups** call for details. For details on any of these activities, call Mary on 07890 301 235 or 020 7266 3473.

LEARN TO DANCE: BALLROOM & LATIN AMERICAN CLASSES



You will learn to move like your favourite celebrity from Strictly Come Dancing. Dance Teacher - Hanna Haarala, star of Strictly Come Dancing series 3. 10-week course starting April 2009,

Beginners 7-8pm; Intermediates 8-9pm. Payment options are £12/lesson or £50 in advance for 5 lessons or £80 in advance for ten lessons. Next class starts Thu 2nd Apr at St Paul's Church Centre, 5 Rossmore Rd, NW1. For details or to book call 07834 361 199 or email learntodance@live.com

LIFE COACHING

This is aimed at helping clients determine and achieve personal/business goals. A coach may use inquiry, reflection, requests and discussion to help clients identify these goals, develop strategies, relationships and

action plans intended to achieve those goals. The benefits of having a coach, besides the accountability aspect and someone encouraging your individual aspirations, are the non-judgemental approach, having someone who listens to you unconditionally and a confidential place to really explore who you would like to be. My approach is all of the above, including covering all aspects of the whole person - rational, emotional, perceptive and intuitive. For details, contact Cemanthe Harries on 07886 593 076, Cemanthe@InspiringLifeChange.com or go to <http://www.InspiringLifeChange.com>

ST PAUL'S COMMUNITY CENTRE

Exercise to Music Mon 7-8 pm; **Line Dancing** (£5) Tue 7-9pm; **Yoga** (Relaxing and Strengthening) Wed 1-2pm; **Ballroom & Latin Dancing** Beginners 7-8pm, Intermediates 8-9pm, St Paul's Community Centre, 5 Rossmore Rd, NW1, 020 7724 8517.

V MASSAGE



We will transform any given space to an oasis of calm and relaxation with our soft lights, tranquil music and aromatherapeutic sprays. This is a bespoke massage service offered

by fully qualified and insured massage therapists. We offer sports and remedial massage, home visits to women in the West London area, pamper massages at events and parties across Greater London and a corporate massage service, all for affordable rates. For more information or to book, phone 07981 007 415 or email info@vmassage.london.com

WESTMINSTER MIND

Flexicare is a befriending service that provides companionship and practical support to clients experiencing mental distress. Referrals are made by key workers of community mental health teams located in the borough. Please contact us to discuss or answer any questions you may have about the scheme. As well as our general service, we also support people with diverse languages and backgrounds from particular ethnic groups. We would like to hear from you if you would like to be a paid Flexicare befriender. We provide training, support and supervision. 4 Sutherland Ave, W9. For more details, contact us on 020 7286 9465 or Flexicare@westminstermind.org.uk

ZUMBA

Get fit the Zumba way. A Latin inspired dance fitness class, suitable for all levels. Come and workout to the sounds of salsa, meringue, cumbia and reggaeton, to name a few. £6 per class or £20 for 4 weeks. Wed 10-11am (Studio 1), Fri 7-8pm (Studio 2), Porchester Sports Centre, Queensway, W2. For more info call Sandra on 07732 011 963.

OLDER PEOPLE

OPEN AGE FOR 50+

Would you like to be more active and meet new people? Open Age provides a wide range of low cost or free, physical and social classes and activities across Westminster 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 take up new interests such as singing, 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 what's on locally. Phone 020 8964 1900 to request a membership pack or pop into main office at 1 Thorpe Close, W10.

REACHING U

Delivers activities and classes to help over 50s maintain active lifestyles and encourage participation. This is a joint project between Age Concern Westminster, Open Age and Westminster Adult Education Service. The following are **Age Concern Westminster** activities (call 020 7724 6930 for costs and to enrol): **MON** French for Beginners 9.45-11.45am, Leonora Club, Ada Court, 10-16 Maida Vale, W9; **TUE** Tai Chi 10-11am, Healthy Living Centre, 60 Penfold St, NW8; **FRENCH** Intermediate Level 11am-1pm, Healthy Living Centre; **FRI** Flexi IT 10am-12pm, Leonora Club. The following are **Open Age** activities (call 020 8964 1900 for costs and to enrol): **TUE** All Our Histories 10.30am-12.30pm, Rayne House, 170 Delaware Rd, W9 2; **WED** Art for All 11am-1pm, Hardy House, 64 Great Western Rd, W11; **THU** Singing for All 10am-12pm, Ernest Harris House, 61 Elgin Ave, W9; **Chair Exercise** 11.30am-12.30pm, Barbara Brosnan Court, 46 Grove End Rd, NW8; **FRI** Chair Exercise 10.30-11.30am, Mary Seacole, 31 Warwick Rd, W9. The following are **Westminster Adult Education Service** activities (call 020 7297 7297 for costs or to enrol) **MON** Jewellery 10.30am-4.30pm, Amberley Road Centre, Amberley Road, W9; **TUE** Gentle Exercise & Core Stability 2.30-3.30pm, Westminster Centre for Independent Living (WCIL), 42 Westbourne Park Rd, W2; **WED** China Restoration 10am-1pm, Amberley Road Centre; **THU** Cook Now & Eat Later 10.30am-1pm, Amberley Road Centre; **FRI** Ceramics 10.30am-3.30pm, Amberley Road Centre; **Gentle Yoga-Lates** 2.30-3.30pm, WCIL.

SENIORS ONLINE

Free 6-week computer, email and internet taster classes for local residents aged 50+ at local libraries. Participating libraries include Queen's Park, Paddington, Penfold Court for Church Street, Maida Vale and Marylebone. Please ring 020 7641 1300 or 020 7641 1444 to put your name down for the next available course or visit the library in person.

SPACE FOR HIRE

BEETHOVEN CENTRE

Third Ave, W10. The Main Hall (capacity 150) is available for private hire starting at £10 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 £7.50 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.

ELECTRIC BARGE



The Electric Barge offers you something different for any events you may be planning. From our mooring in Little Venice, see another side of London as we travel along the Grand Union and Regent's Canals.

Licensed to carry up to 60 people and equipped with all the facilities you would expect, the Electric Barge is fully accessible for everyone. To book the Electric Barge call 020 7266 8247 or email info@beauchampplodge.co.uk For more information about the boat please visit our website at www.beauchampplodge.co.uk The Electric Barge is run by local charity Beauchamp Lodge Settlement, operators of the Floating Classroom.

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

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

BAYSWATER FAMILIES CENTRE General Housing and Benefits Advice

Mon, Wed & Fri 12-3pm. Drop in or ring for an appointment. **Family Law Solicitor** Thu 10.30am-1pm. Ring for appointment. **Adult Education English** beginners Tue & Thu mornings; intermediate Tue and Thu afternoons. Call or drop in for more information. **Computer Classes** Mon 12.30-2.30pm, Wed 9.30-11.30am and 12.30-2pm. **Pre-employment Classes** Fri 10am-2pm. Some places still available. All classes are free and crèche facilities are available for 2-5 year olds. 14-18 Newton Rd, W2, 020 7221 3290.

BEETHOVEN CENTRE ON MONDAYS

Third Ave, W10. 020 8969 5881. 1-4pm Welfare Benefits Advice and Benefit Entitlement Checks with Arabic and Bengali Translation; 2-4pm Housing and Advice Drop-in Housing workers (from a2dominion Housing, City West, Octavia Housing, Soho Housing Association and Stadium,) also the Environmental Health Service. Local agencies are available to support residents on a number of issues: community safety and crime prevention, advice for the over 50s, training opportunities, employment options and benefits entitlement. All welcome and refreshments are available; 2-4pm Queen's Park Councillors Surgery. This is an opportunity to seek advice or make a complaint about issues affecting Queen's Park residents.

BRITISH ARABS RESOURCE CENTRE

BARC, based at the Beethoven Centre, Third Ave, W10, runs an information, advice, referrals and signposting service (by appt) and works to provide an Arabic-speaking Children and Young People and Families (CYPF) Involvement Project (Beethoven Centre), Girls-only Homework Club (Tue 5-8pm at Avenues Youth Club, 3-7 Third Ave, W10), the Ammar Bin Yasser Complementary School (Sat 10am-2pm at St George Roman Catholic School, Lanark Road, W9) and an Arabic-speaking Women's Well-being Project (WECH Community Centre, Chantry Close, Off Elgin Avenue, W9). BARC also does work around promoting physical activity and healthy eating, supporting people with lower level mental health needs. For more information on any of the above, call 020 8962 9432.

CHURCH STREET SAFER NEIGHBOURHOOD TEAM SURGERY



Your local policing team holds surgeries every 3rd Sat 10.30am-12pm at the Neighbourhood Centre, 88 Church Street, NW8. These are held on a walk in,

non-appointment basis and are an opportunity to discuss matters of concern privately with a member of the team. Upcoming surgeries: 21st Mar, 11th Apr, 2nd & 23rd May and 13th Jun. You can also approach a member of the team in person while they are on their regular patrols or phone us on 020 7321 9744 or email us at ChurchStreet.SNT@met.pnn.police.uk

FREE SCULPTURE WORKSHOPS

Chinatown Arts Space will run a series of free workshops to celebrate the unveiling of The Lion, an exciting new commissioned public sculpture that encapsulates the vibrancy and diversity of Chinatown and its community. Public art sculpture workshops will take place in various locations across Westminster for families, the elderly, youth groups and a special Masterclass for artists. The workshops will be led by East Asian artists Hsiao-Chi Tsai (Taiwan), Kimiya Yoshikawa (Japan) and Asaki Kan (Japan). Sun 8th Mar, 2-3.30pm, for families, Charing Cross Library; Wed 18th Mar, 2-3.30pm, for elderly residents, Chinese Community Centre; Sun 22nd Mar, 2pm-3:30pm, for young people, Charing Cross Library; Sat 28th Mar, 2-3.30pm, Masterclass, Charing Cross Library; Wed 1st Apr, 2-3.30pm, for elderly residents, Chinese Community Centre; Sun 5th Apr, 2-3.30pm, for families, Charing Cross Library; Wed 8th Apr, 2-3.30pm, for young people, Chinese Community Centre; Sun 12th Apr, 2-3.30pm, for young people, Chinese Community Centre. To register, please email info@chinatownartspace.com

PADDINGTON FARM TRUST

This is a small Westminster charity which owns a beautiful organic farm in Glastonbury, Somerset. We've been established for 20 years and our mission is to improve the quality of life and well-being for socially-excluded people from Westminster by enabling access to rural green open spaces. We invite Westminster charities to come and stay at our recently improved farm where 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. We are able to 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

QUEEN'S PARK LIBRARY

Queen's Park Library Reading Group last Mon of each month 6-7pm light refreshments provided, books supplied by the library. **Safer Neighbourhoods Team** (Metropolitan Police) **Drop-in** First Mon of each month 6.30-8pm. **Paddington First Drop-in** Job and CV advice Wed 1.30-3.30pm. **Pensions Service Drop-in** Fri 2-3.30pm. 666 Harrow Rd, W10, 020 7641 4579.

WESTMINSTER ARTS

Westminster Arts is a Charity based in the heart of Westminster. We offer funding and support to a wide range of local groups, organisations and individuals, and develop

projects that enrich the arts in the community. For further information about our work please visit our website www.westminsterarts.org.uk We also produce the bi-monthly e.bulletin which features arts events, funding information, training and creative opportunities in Westminster, to subscribe email: info@westminsterarts.org.uk

WESTMINSTER LIBRARIES

Go on a Great Reading Adventure in Westminster, and explore an exciting 'Lost World'. In 2009, Westminster Libraries are handing out books to borrow and books to keep, as part of the national Great Reading Adventure featuring The Lost World by Arthur Conan Doyle. Adults and children can get involved through libraries, schools, reading groups and community organisations throughout the year. Find out more at your local library or through www.westminster.gov.uk/libraries

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 12.30-2.30pm, Baby Café at Micky Star Children's Centre, St. Michael St, W2; Wed 1.30-3.30pm,

St. Mary's Hospital, Parent Craft Centre, Praed Street, W2, 020 7886 1402 (Answer phone). You can also call our breastfeeding helpline on 07771 840 488.

CARERS NETWORK WESTMINSTER

Information Surgeries face-to-face information and advice on a range of issues. for all carers. Drop in or call 020 8960 3033 to book an appointment. Harrow Road Health Centre, 209 Harrow Rd, W2. Tue 2.15-4.30pm; Mental Health Carers Room 4, 7a Woodfield Rd, W9. 3rd Tue of the month, 1.30-4.30pm; Carers of Older People Beethoven Centre, Third Ave, W10. 2nd Mon of the month, 10.00am-12.00pm. Support Groups Meet other carers and support one another. Call 020 8960 3033 for further information. Carers of Older People, Marylebone Health Centre, 17 Marylebone Rd, NW1. 2nd Mon of every month, 2.15-3.45pm; Mental Health Carers Afternoon Group, Lancaster Hall Hotel, 35 Craven Terr, W2. 3rd Thu of every month, 1.30-3.30pm; Mental Health Carers Day Group, The Terrace Day Centre, 1 St. Mary's Terr, W2. 1st Wed of every month, 2-4pm; Carers of Adults with a

Learning Disabilities, Coffee Morning at the Beethoven Centre, Third Ave, W10. Call Lorna on 020 8960 3033 for days and times; Arabic Speaking Carers Beethoven Centre, Third Ave, W10. 3rd Mon of every month, 11am-1pm; Bangladeshi Carers Beethoven Centre, Third Ave, W10. 1st Thu of every month, 1-3pm. Call Tareq on 020 8960 3033 if you would like to come along. **Info & Training for Carers** Upcoming sessions include: Injury Prevention, Telecare, Carers Assessments and Healthy Eating. Contact the office on 020 8960 3033 for more information and to book your place.

Events for Carers Carers St Patrick's Day Lunch, Thu 12th March, Greenside Community Centre, NW8. 12-2.30pm. Please book to guarantee your place by phoning 020 8960 3033. Carers Information Fair, Wed 25th March, The Stowe Centre, W2. 11.30am-2.30pm. Lunch served and entertainment. Carers Poverty Protest Wed 22nd April, Old Palace Yard (Westminster), 11am-2.30pm. Call Carers Network Westminster on 020 8960 3033 for more information.

FAMILY SERVICES TEAM

The team provides support for parents of children with special needs. Parents can ask about concerns they have about their child's development, learning or behaviour. Support is also available for parents and carers of adults with learning disabilities. Visits can be arranged at home or at the Rainbow Family Centre. Self- or professional referral. Please contact Rebecca for an appointment on 020 8968 2697 or rlinton@wspild.org, www.wspild.org

PARENTS ADVOCACY NETWORK (PAN) WESTMINSTER

This group is founded and run by parents of children with special educational needs, learning difficulties and disabilities. All parents of children who have 'special educational needs' are welcome to join. YOU know the type of support and help your child needs and if you have any concerns about your child's education, these meetings are designed for YOU. Upcoming meetings are Thu 2nd Apr & 18th Jun, 10am-12.30pm, Voluntary Action Westminster, 37 Chapel Street, NW1. You can contact us for more information on our helpline (answer phone) on 020 7723 8656 or at panwestminster@yahoo.co.uk

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

All activities year-round unless stated.

FAMILY INFORMATION SERVICE



Patrick Green, FIS Outreach Worker

Information: on childminders, childcare, starting a career in childcare, out of school hours clubs, going back to work or training, financial assistance. FIS helpline is open Mon-Fri 9am-5pm, with answer phone service at all other times.

Drop-ins take place Tue 10am-12pm, Harrow Road One Stop, 317 Harrow Rd, W9; 1st Fri of the month, Mar 6, Apr 3, May 1, 1-3pm, Portman Early Childhood Centre, 12-14 Salisbury St, NW8; every other Mon, Mar 2, 16 & 30, Apr 13 & 27, May 11 & 25, 1-3pm, Rainbow Family Centre, 11 Bravington Rd, W9; every other Wed, Mar 4 & 18, Apr 1, 15 & 29, May 13 & 27, 10am-12pm, Marylebone Jobcentre, 26-46 Lisson Gr, NW1; one Thu a month, Mar 26, Apr 23, May 28, 1.30-3.30pm, at Maida Vale Children's Centre, Kilburn Park Rd, NW6. There's also a drop-in for teenage parents every Wed 1-3pm at the Millennium Centre, Amberley Estate, 11 Clearwell Dr, W9. Parents can also drop-in to see Patrick anytime at Queen's Park Children's Centre, 88 Bravington Rd, W9. Call Patrick on 07793 269 082 or via the FIS helpline 020 7641 7929, email fis@westminster.gov.uk or visit www.westminster.gov.uk/childreinfo.

UNDER FIVES DROP-IN & PLAY

All activities year-round unless stated.

BEETHOVEN CENTRE

Thu 10am-12pm, £1 donation. Term-time only. 173 Third Ave, W10, 020 8969 5881, www.dominionhg.co.uk/beethoven

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

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. Some free tickets may be available for families that qualify, call 020 7724 2391. Term-time only. Childminder drop-in on Fri 10am-12pm, call Pauline on 020 7641 4515 / 07738 036 287. 221 Lanark Road, W9.

MAIDA VALE CHILDREN'S CENTRE

Tue 10-11.45am, drop-in for childminders (1st and 3rd week in the month) and childcarers (2nd and 4th week in the month). Kilburn Park Rd, NW6, 020 7641 5755.

MARY PATERSON NURSERY

Mon-Wed and Fri 9.15-11.15am/1-3pm. Term-time only. 13 Riverton Ct, W9, 020 7641 5804.

MICKY STAR NEIGHBOURHOOD NURSERY

Thu 9.30-11.30am. Childminder drop-in, term-time only. 58-61 St. Michael's St, NW8, 020 7641 5409.

PADDINGTON RECREATION GROUND

1st Thu of the month, 11am-12pm. 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 10am-12pm, 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 a crèche place twice a week. Term-time only. 11 Bravington Road, W9. Call Alla on 020 8968 2690. www.wspild.org

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 Road, 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.

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 (term-time only). Edward Wilson School, Senior St, W2, 020 7641 4312.

WESTBOURNE PARK FAMILY CENTRE

Pre-School Drop-In: for 0-4 yrs, Thu 11am-1pm. Creative Session Drop-In: for 0-4 yrs, Fri 11am-12.30pm. Baby & You: postnatal group for 0-1 yrs, Mon 10.30-11.30am. Toy Library: for 0-4 yrs, Tue & Wed 11am-12.30pm. All activities cost 50p-£1, term-time only. Cnr of Porchester Rd and Westbourne Park Villas W2, 020 7727 6019, www.westbourneparkfamilycentre.org.uk

WIGMORE HALL

Chamber Tots: music workshops for toddlers (2-5) and their carers, including singing, percussion, meet the musicians and see the instruments. 5th May (11am-12pm, for 2-5 yr-olds) & 21st May (10-11am for 2-3 yr-olds, 11.30am-12.30pm for 3-5 yr-olds), £6 per child. Wigmore Hall, 36 Wigmore St, W1U. Call 020 7935 2141, boxoffice@wigmore-hall.co.uk www.wigmore-hall.co.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 10.30-11.45am. Clifford Hall, Porchester Rd, W2, 020 7641 4403/78.

QUEEN'S PARK LIBRARY

Wed & Fri 10.30-11.30am. 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. Daddy and Me: for under 5s and their male carer, 2nd Sat of the month, call 020 7266 8747. 14-18 Newton Rd, W2.

BEETHOVEN CENTRE

Creative Dance Class for 3-5 yr-olds. £24/term (12 weeks), members £12 (£6 annual membership). Tue 4-4.45pm. Call 07957 384 591 or email creativedance@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

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 but runs during half-term. Tue 11am-12pm. Portman Children's Centre, 12-18 Salisbury St, NW8. Call 020 7641 4151, 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 & new-borns drop-in, Thu 10am-12pm. Parent & baby group, Fri 2-3.30pm, then Health Visitors Drop-in from 3.30-4.30pm. Kilburn Park Rd, NV6, 020 7641 5755.

MICKY STAR NEIGHBOURHOOD NURSERY

Under 5s Clinic and Drop-In, Wed 9.30-11.30am. Breastfeeding Drop-in & Baby Café, Thu 12.30-2.30pm, all term-time only, call Oma on 07771 840 488. 58-61 St Michael's St, NW8, 020 7641 5409.

PORCHESTER SWIMMING POOL

Swimming for mothers / female carers and children under 5, through March and April. 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 2-3pm, call Fiona on 020 7266 8729. Weaning group, last Tue of the month, 10.30-11.30am, 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.

AMBERLEY YOUTH PROJECT

Under 14s: workshops on animation, computer games programming, short film production and much more!! Also outdoor sports and many indoor activities. Amberley Estate, 11 Clearwell Dr, W9, 020 7286 1014.

AVENUES

Tue: Girls' night for 11-21 yr-olds. Homework support, cooking, arts and crafts / fashion design, 5-8pm. Wed: T-shirt printing, radio, dance, music production, cooking, media workshop, 6.40-9.10pm. Thu: Junior group for 11-14 yr-olds, 4-6pm. For 13-21 yr-olds: radio and multi-media training, music production, film making, cooking, and job search, 6.40-

9.10pm. Fri: Junior group for 11-14 yr-olds, 4-6pm. For 13-21 yr-olds: dance, movie night, radio and music production, 6.40-9.10pm. Sat: Cheerleading, dance, radio, 12-3pm. Holidays: project-based activities and the Edutain Sports Project. Cheerleading: free entry-level and level one courses for 11-16 year-old girls, Fri 4-5.30pm, and Sat 12.30-3pm, call 07950 361 684. 3-7 Third Ave, W10, 020 8969 9552, www.avenues.org.uk

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. The Stowe Centre, 258 Harrow Rd, W2, www.bsca.net

BEETHOVEN CENTRE



Capoeira Class: for adults and children. £2.50 children, Tue 7.30-8.30pm. Also Children's Capoeira, for 5-12 yrs, £2/session, Sat 10.30-11.30am. Choi

Kwangdo: for women and children. £5/class, Fri 7-8.30pm. Creative Dance Class: for 6-8 yrs. £24/term (12 weeks), members £12. Tue 4.45-5.45pm. Call 07957 384 591 or email creativedance@hotmail.co.uk Chinese Kung Fu: for under 12s, £2/class, Mon 6.30-7.30pm and Thu 6.15-7.15pm. Call 07751 768 391 or visit www.shaoлинquanshu.com Silent Step Street Dance: for 5-11 yrs. £2/class. Thu 4.30-6pm, and Sat 12-2pm, call Adrian on 07932 982 802. 173 Third Ave, W10, 020 8969 5881, www.dominionhg.co.uk/beethoven

BRITISH ARABS RESOURCE CENTRE

Ammar Bin Yasser Complementary School: Sat 10am-2pm, term-time only. Teaching Arabic language, culture and social integration. St George's RC School, Lanark Road, W9. Girls' Only Homework Club: Tue 5-8pm. Homework support and fun activities. Avenues Youth Club, 3-7 Third Ave, W10. Call 020 8962 9432.

BRUNEL YOUTH PROJECT

11-19 yr-olds: pool, internet, homework support, discussions, board games, and various other activities. Mon-Thu, 6.15-9.15pm. Buckshead House, Brunel Estate, W2. Contact Sue Yarde, 020 7792 0155, sue_brunel@hotmail.co.uk

CHINATOWN ARTS SPACE

Free sculpture workshops: for families and youth groups, led by East Asian artists. 8th March (for families, Charing Cross Library, 4 Charing Cross Rd, WC2, 2-3.30pm), 22nd March (for youth, Charing Cross Library, 2-3.30pm), 5th April (for families, Charing Cross Library, 2-3.30pm), 8th April (for youth, Chinese Community Centre, 2nd

Floor, 28-29 Gerrard St, W1, 2-3.30pm), and 12th April (for youth, Chinese Community Centre, 2-3.30pm). To register, please email info@chinatownartsspace.com

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 @ STOWE

Information and advice on education, work and training, health, housing and more: drop-in Mon-Fri 10.30am-4.30pm. Sexual Health Clinic: free pregnancy testing, contraception and STI testing, 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 4024. All for 13-19 yrs (or up to 25 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. Venues featured include everything from galleries and museums to the BFI IMAX and theatre youth projects. Everything is completely free to under 16s, and mostly free to over 16s. Head to www.cultureshox.org.uk for more details, and to win free tickets! Or call the Youth Service on 020 7641 1591 / 4013.

DREAMARTS

Acting, singing, dancing: every Sun, for over 8s. £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, www.dreamarts.org.uk

FISHERTON STREET YOUTH PROJECT

Under 16s: various youth club activities every Tue 6-9pm and Sat 2-5pm. Fisherton St Community Centre Hall, Fisherton St Estate, NW8, 020 7724 3164 or 020 7723 8308.

FOURTH FEATHERS YOUTH CLUB

Mon: Girls' Night 5.30-8pm. Tue: Homework Club 3.30-5.15pm. Club open 6-9pm. Fisherton Street Youth Project for under 15s, 6-9pm (020 7724 3164). Wed and Thu: Homework Club 3.30-5.15pm. Club open 6-9pm. Also Connexions, on the last Wed of each month, ask for Danielle. Fri: club open 7-10pm. Sat: Saturday Club 3-6pm. Fisherton Street Youth Project for under 15s, 2-5pm, 020 7724 3164. Gym Sessions: Mon 1-4pm (and 5.30-8pm for females only), Wed 2-5pm, Fri 2-4pm, Sat 3-6pm. 12 Rossmore Rd, NW1, 020 7723 8308.

GREENSIDE COMMUNITY CENTRE

Girl Guides: Rainbows (5-7 yr-olds) and Brownies (7-10 yr-olds), Tue 5-7.30pm. Call Mary Nightingale 020 7828 0259 or Ann Penman 01252 546 628. Space for Sports: for ages 8-13, Mon 4-5pm, try a variety of

sports. Incredible Edible Gardening Club: for ages 8-13, Wed 4.30-5.30pm, learn how to grow seasonal food, course ends with a cook and eat session. Creative Homework Club: for ages 7-12, Wed 4.30-6.30pm. Firststep.com: Play Space, for ages 7-12, Thu 4-5.30pm, healthy living workshops with drawing, sculpting and painting. Firststep.com: Connect with IT, age 16+, gain experience teaching basic IT skills to older residents. Visit www.learnatfirststep.com Everything term-time only. 24 Lilestone St, NW8, 020 7245 2861, www.vitalregeneration.org/greenside

KICKSTART HEALTHY LIFESTYLE CLUB

12-week after school programme in Westminster for children aged 7-12 years and their families. The programme is all about healthy eating and physical activity and takes place in various community venues across Westminster. For more information call 020 7563 6110 or email healthy.lifestyle@westminster-pct.nhs.uk

KYU-YO-BU-SHIN



Running Club and Football: ongoing training every Sun, 9am-12.30pm. Meet at Edward Wilson Primary School, Bourne Terrace, W2, then football after

at Academy Sport. 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 Primary School, Bourne Terrace, W2. Call Mary 07890 301 235.

LONDON PRINT STUDIO

Drop-in Family Art Workshop: approximately once a month, call for details. Young Artists Programme: free workshops for aspiring artists aged 16-24, including a Photoshop Superize Me workshop (three weeks, starts 11th March) and a comics workshop (three weeks, starts 14th March). Call for details. 425 Harrow Rd, W10, 020 8969 3247, info@londonprintstudio.org.uk, 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 14-19 not in education, employment or training (NEET). Call 020 8749 6711. 123 Godolphin Rd, W12.

MAIDA VALE LIBRARY

Homework Club: for 7-13 yr-olds. Tue 3.45-5.30pm, term-time only. Sutherland Ave, W9, 020 7641 1300.

PADDINGTON ARTS

Performing arts and media workshops: for ages 6-26, singing, dance, drama, steel pans,

video and ballet. All workshops included within the cost of membership (£16 per year, £8 if you join late in the year). Also projects for young people with learning disabilities. Milkshake Discos: one Fri late each month (20th March, call for further dates), 6.30-9pm, for 8-12 yr-olds. Planet X: a unique sensory installation space with exciting areas to stimulate the senses of young disabled people, aged 3-16. Takes place last Sat of the month, (28th March, call for further dates), 12-4pm. £1 on the door. Call Shaun 020 8964 5060. 32 Woodfield Rd, W9, 020 7286 2722, info@paddingtonarts.org.uk, www.paddingtonarts.org.uk

PADDINGTON CHILDREN'S LIBRARY

Homework Club: for 7-13 yr-olds. Mon and Fri 3.45-5pm. Chatterbooks: Sat afternoon reading club, details tbc but probably 2pm. Westminster Adult Education Institute Family Learning Events: 28th Mar, 3D Mask Making (age 6+), 25th Apr, Creepy Crawlies (age 5+), both 2-4pm. All term-time only. Clifford Hall, Porchester Rd, W2, 020 7641 4403/4478.

PRO TOUCH SOCCER ACADEMY

Football Coaching and health and fitness sessions for 7-15 yrs. There are boys' teams from U9s to U15s. Call Ash on 020 7813 3007 or 07732 872 022 or visit www.protouchsocceracademy.com

QUEEN'S PARK LIBRARY

Homework Club: for 7-13 yr-olds. Mon and Wed 3.45-5.30pm. Manga Club: for 8+ yr-olds, alternate Thu, 5-6pm. Gaming Group: for 8+ yr-olds, with board games and Warhammer, alternate Thu, 5-6pm. Chatterbooks: book club for 8-13 yr-olds, alternate Tue, 5-6pm. Arts Club: 8+ yrs, alternate Tue, 5-6pm. All term-time only. 666 Harrow Rd, W10, 020 7641 1300.

REAL ACTION

Butterfly Saturday Reading School: for 5-12 yr-olds, Sat mornings, term-time only. The Learning Store, 3 Mozart St, W10. Contact Katie Ivens 020 8960 2065, realaction@btconnect.com, www.realaction.org.uk

STOWE YOUTH CLUB



Free activities for 13-19 yr-olds. Mon: Club Night, also for young people from the Rainbow Project. Union Dance, gym (for over 16s only), football, recording

studio, art and fashion, multi-media and music production, IT room, chill out room, 6.30-9.15pm. Tue: boxing (£1/session), dance, fashion and design, IT room, cooking (healthy eating programme), music studio, 6.30-9.15pm. Wed: Muslim Youth Group, homework support, youth work training, 5-8.30pm, and gym program 5-7pm. Thu: sexual health clinic, 3-6pm, with Connexions. Then same as Tue. Fri: movie night, cooking,

IT, music studio, multi-media, gym and multi-sports, 7-10pm. 258 Harrow Rd, W2, 020 7266 8220/1. Sat: Rainbow Family Centre project for young disabled people, 10am-1.30pm. Call 020 8968 2693/4 for details. Ballet and Jazz, for boys and girls 3-11 yrs, £4/session, Mon 4-5pm. Term-time only. 258 Harrow Rd, W2, call Sandie 07957 327 322.

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. Use industry-standard equipment and put on live music events. Courses also include embedded Skills for Life and lead to qualifications, work experience and employment. Next course starts May. Queen's Park New Media Centre, Beethoven Centre, 173 Third Ave, W10. Contact Matt Kepple 020 7245 2269, mkepple@cwh.org.uk, www.vitalregeneration.org/studio **Vital Apprenticeships:** advice service for 16-24 yr-olds who are socially housed in Westminster. Advisors provide information, advice and guidance on apprenticeships, training courses and job opportunities. Sessions are by appointment at the Beethoven, Greenside Community and Stowe Centres. To book contact Daniel Williams 020 8964 3256 or dcwilliams@cwh.org.uk

Re-Evolve: young people aged 16-25 get to be in charge of designing and creating a job information service for other young people who want to find out how to get into careers they are passionate about. To volunteer contact Victoria Wickins 020 8962 0721 or Re-Evolve@cwh.org.uk For further information visit www.vitalregeneration.org

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 Project: for 11-25 yrs, Fri 6.30-8.30pm. All activities cost 50p-£1, term-time only. Half-Term Holiday Club: for 5-11 yrs, 10am-3pm Wed-Fri, £3.50/day, £9 for three days. Cnr of Porchester Rd and Westbourne Park Villas W2, 020 7727 6019, 07983 207 725, www.westbourneparkfamilycentre.org.uk

WIGMORE HALL

In the mix - Bach: 11-16 yr-old singers and instrumentalists can work with a composer, an education team and a DJ to discover, experience and reshape Bach, performing a live remix on stage at the end of the day. 28th March, 10am, £10. Giddy Goat family concert: musical story for age 5+, 23rd May, 11am, £7 adults £4 children. Wigmore Hall, 36 Wigmore St, W1. Call 020 7935 2141, boxoffice@wigmore-hall.co.uk

Qi Gong

City of Westminster College students had a spiritual session in January when they had a Qigong workout with a Shaolin Monk Master.

The students, training as Arsenal in the Community coaches as part of their BTEC National Certificate in Sports, usually spend six hours a week learning new football drills which they then use in their own coaching sessions in local schools and estates.

But Qigong Master Shifu Shi Yanzi showed them movements and breathing patterns designed to channel inner energy – Qi – around the body, helping to develop balance, co-ordination, power and calmness under pressure.



Qigong Master Shifu Shi Yanzi leads CWC students through movements to channel their Qi.

The BTEC National Certificate in Sports is just one of the courses on offer at the City of Westminster College. Another programme, run by the Prince's Trust, sees a mixture of work experience, qualifications for employment, and work on community projects for unemployed young people in the Paddington area.

For further information on any courses at the City of Westminster College, contact Raffaella Cuccia on 020 7258 5522 or Libby Norman on 01 799 550 007
raffaella.cuccia@cw.ac.uk
elizabeth.norman@cw.ac.uk



PHOTO COURTESY OF AVENUES YOUTH CLUB

Avenues Youth Club members do activities with Chinese students.

Avenues China trip

Last November, seven young people from Avenues Youth Club in Queen's Park went on a once-in-a-lifetime trip to China, as part of a British Council exchange program called UK China 400.

The trip, led by Youth Leader Joanna Peik-Azadi, was intended to strengthen the understanding between youngsters in both countries, to broaden their international perspectives, and to find out about youth projects in China.

The group visited a primary school for children of migrant workers, a youth club, the Olympic Park, a 'Youth Development Centre' complete with children's village, and of course the Great Wall of China. The young people also all spent a day with a local family, experiencing a day-in-the-life of a Chinese young person.

As well as the many differences between their UK lives and those of their Chinese counterparts (such as the one-child policy, how much families invest into their child, the absence of teenage parents, Chinese food), there were many more similarities. Their hosts were welcoming and generous, and Joanna says China 'succeeded in winning the hearts of the group'.

The seven Avenues members who went on the trip were Cherell Smith, 21, Sean Gallagher, 19, Shereena Friday, 18, Candice Fontaine, 21, Keighley McNeish, 21, Patrice Etienne, 20, and Kirsty Tison, 19. Kirsty, who was already volunteering as a junior youth worker at Avenues, raised nearly £7,000 to fund the trip.

All seven were already volunteers, working with children in the community or students of higher education. They have all shown a keen interest in visiting China again.

Queen's Park doesn't boast anything quite as grand as the Great Wall, but we're sure Joanna and the Avenues gang will find plenty of fantastic activities for the Chinese young people when they come to London!

Avenues Youth Club is located at 3-7 Third Avenue, W10. For information on Club activities, call 020 8969 9552.



PHOTO COURTESY OF AVENUES YOUTH CLUB

In front of the Great Wall of China.



PHOTO COURTESY OF CHURCH STREET NEIGHBOURHOOD MANAGEMENT

One of the food stalls at last year's Good Food Festival in Church Street.

Good food, good times

London is renowned for the variety and quality of food that can be bought in the capital's shops and eaten in its cafés and restaurants – and Church Street is no exception. To celebrate this, the Good Food Festival will be running on Church Street during March, April and May.

Edward Quigley, who works for Church Street Neighbourhood Management, has special responsibility for developing the market. He says, 'The amazing diversity of food that is available around Church Street is a direct reflection of the variety of people that live in the area. We feel that having a food festival is a great way to bring the neighbourhood together. It's also an opportunity to promote the excellent street market we have here and a chance to enjoy some delicious food from around the world.'

The Festival will concentrate on four world food themes, Afro-Caribbean and Latino, Arabic and North African, Asian, and European and Mediterranean.

Some of the best artisan producers and retailers will be at the Festival and there will be the usual high quality fresh produce available from the regular Church Street traders.

Ubuntu Chocolate is one of the companies that will be there. Ubuntu is a Zulu word meaning togetherness and the cocoa beans for their chocolate are grown on their organic farm in Sri Lanka. Some of the more intriguing flavours they produce include Lime Chilli, Fennel and Mango.

Tastes of the Nile will also be there and they specialise in Egyptian food. Look out for their Ta'amia, the original falafel. It's freshly made to a secret ancient recipe from the time of the pharaohs with broad beans, spices and lots of fresh herbs. Their Kofta meatballs are made without fillers or egg, just ground beef, herbs and a delicate balance of spices.

The dates for the festivals are:

Friday 27th & Saturday 28th March
Afro-Caribbean and Latino theme

Friday 10th & Saturday 11th March
Arabic, North African & Lebanese theme

Friday 24th & Saturday 25th April
Asian theme

Friday 8th & Saturday 9th May
European and Mediterranean theme

Details of the event can be found at:
www.goodfoodfestival.org

For more information or to participate as an exhibitor please call 020 8144 8287 or email jeremy@goodfoodfestival.org

It's my business

Don Pepe Restaurant

Don Pepe Restaurant was the first in London to serve tapas, the typically Spanish snack food that is served with drinks. The restaurant also has a full à la carte menu with many dishes from the region of Galicia.

The Garcia brothers who founded and still own the restaurant originally come from Galicia, as does manager Jesus Lopez and most of his staff.

Jesus has managed the restaurant for 23 years. 'I originally came over on a temporary basis,' says Jesus, 'but I soon became a permanent fixture!'



Jesus has managed Don Pepe Restaurant for over 23 years.

PHILIP WOLMUTH

'I love working in this neighbourhood. We have many regulars who come back year after year – and there are always new faces as well. We have a real mixture of customers including locals, tourists and cricket fans from Lord's.'

Tapas dishes that come highly recommended include Pulpo a la Gallega (octopus), Chorizo (Spanish sausage) in red wine and prawns in garlic.

If you're looking for reasonably priced authentic Spanish food, Don Pepe will not disappoint.

99 Frampton Street NW8
0871 3328753
www.don-pepe.co.uk



PHILIP WOLMOUTH

Attendees learn about careers available with British Gas.

Ways into work

A partnership of British Gas, Church Street Neighbourhood Management and CityWest Homes (which manages council housing in Westminster) organised a well attended careers open day in January.

The event was held at the Greenside Community Centre on Lilestone Street and attracted some 150 people. As well as representatives from British Gas, a variety of training organisations were on hand to give advice, including City of Westminster College, Kensington & Chelsea College and the Prince's Trust.

Although there were no actual vacancies to fill, those attending were able to get full information about the type of careers available at British Gas, which includes apprenticeships in the areas of installation, technical and electrical engineering.

People were also offered the opportunity to register with British Gas to be informed immediately when a vacancy comes up.

Carole Willsher from British Gas explained that the company only recruited local people for jobs as this cut down on the amount of vehicle journeys.

Mike Wilson, community development officer at CityWest Homes said, 'This is part of CityWest Homes' Ways into Work initiative, which is designed to help our jobless tenants find work.

We are surprised at the response we've had today – a year ago we would not have had nearly so many people coming to an event like this. Obviously, this reflects the current economic situation.'

CityWest Homes also runs advice sessions on finding work or training at its estate offices. It helped 60 people to find work last year with many more enrolling on training courses.

If you are a CityWest tenant, you can find out about your nearest advice surgery by dropping into your local estate office or calling Mike Wilson of the Community Development Team on 020 7245 2356.

In brief

Neighbourhood Leadership Awards

Winners and commended candidates were announced in January. The second place prize of £100 in the 'changing the lives of older people' category was awarded to Dolly Cuthbert from the Lisson Green area. Jeanette Buckley from the Church Street area was awarded £100 for third place in the 'changing the community' category. Congratulations to you both!

New Zebra Crossing



PHOTO COURTESY OF CSNM

On 16th January, Penfold Street's new zebra crossing

was unveiled in Church Street ward. This marked the halfway point of the completion of repairs identified in the Red Dot Exercise. The scheme began in 2006 and with residents' help the Neighbourhood Management Team identified a number of areas of Church Street ward that would be repaired by the council.

Paddington People for Paddington Green Residents

For the first time residents of Paddington Green will be receiving the Church Street quarterly edition of Paddington People magazine in their homes. Paddington People has been in circulation since 2001 and is distributed door-to-door in Queen's Park, Harrow Road, Westbourne and Church Street wards...and now to Paddington Green! We would like to extend a warm welcome to all the residents of Paddington Green and hope you find the magazine informative interesting and useful.