

# Paddington People

Autumn 2008

Church Street edition



Onlookers watch youth performers at the recent Church Street Festival

## Church Street Festival

Residents from all over the neighbourhood converged on Church Street for a fun-packed afternoon at the now traditional annual Church Street Community Festival on Sunday 10<sup>th</sup> August.

Church Street Neighbourhood Management (CSNM) has put on this Festival for a number of years to give local people a chance to celebrate the area and have a memorable annual event.

Local groups and services were the backbone of the Festival providing people with stalls on loads of topics ranging from health advice to library books.

For those with musical and artistic flair, there were workshops in drumming and mosaics. In addition to creating art, some children even wore art thanks to talented children's face painters on hand to brighten up the occasion.

For everyone's enjoyment, young local talent showed off their skills to a very enthusiastic crowd. And for the more competitive young people, there was even a table football tournament.

The event was funded and organised by Church Street Neighbourhood Management. If you have any ideas or would like to be involved in the planning of next year's festival, please call 020 7641 6633.

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# View from Church Street

## Church Street residents remember the late Councillor Tony Mothersdale

Church Street Ward Councillor Tony Mothersdale, Labour Chief Whip, died on 6th June after a short illness.



Born in Yorkshire, Tony was elected in 2000 at a by-election in Church Street Ward. His overriding

mission was to improve the environment in the Church Street area where he lived for many years. He also chaired the Church Street Market governance group.

Councillor Paul Dimoldenberg, Leader of the Labour Group, said 'Tony will be missed by so many people... He was an exemplary local Councillor who knew what was going on in every corner of Church Street.'

'His shopping trips on Church Street Market took all morning as he would continually have to stop to talk to constituents eager to hear about the progress of the cases that he took up on their behalf or to report a local problem to him.'

'He brought wisdom, common sense and dignity to everything he did and we shall all miss him so very much.'



New Church Street Stars football team

## Church Street Market news

### New Market website

[www.churchstreetmarket.org](http://www.churchstreetmarket.org) is now online, as a result of Church Street Neighbourhood Management (CSNM) working with Westminster City Council, existing street traders and businesses, and residents to improve and promote the market.

Edward Quigley of CSNM says: 'This is part of a wider strategy to promote the market more effectively. Initially, the site is mainly aimed at attracting new traders to Church Street but we will be expanding it to appeal to potential customers and visitors to the area.'

The website includes a host of information about the neighbourhood and Neighbourhood Management, details of commercial properties available for rent and information on how to become a stallholder. Go to the website to find out more!

### Church Street Stars launched

A new football team for under-14s, the Church Street Stars, has been launched with sponsorship from Church Street Market, through CSNM, for strips and kit. The team, which was the idea of the City Guardians, is made up of local boys, some of whom work on the market on Saturdays.

### Market-ing competition

Students from City of Westminster College and the University of Westminster have been invited to pitch innovative marketing strategies for Church Street Market to a panel of Westminster Councillors and local business people. Cash prizes will be awarded for the best entry from each institution and where feasible, the best entry will be put into action.

For details about developments with Church Street Market, phone Edward on 020 7641 5418.



An English language course at the Westminster Refugee Consortium

## Speaking the same language

**Most would agree that a good command of the English language is essential to play a full part in London life; but how easy is it for people who need English classes to find them?**

How do people find out which course is the best for them? What if childcare is an issue? What if paying course fees is an issue?

One way to find out more about opportunities to learn English is to attend an upcoming event on Tuesday 9th September from 11am to 2pm at Paddington Arts, 32 Woodfield Road, W9.

This event, organised by the Westbourne Neighbourhood Forum, will not only highlight English learning opportunities in North

Paddington, but also give local people the opportunity to enrol for courses on the day. Lunch will be provided by local chefs and there will be entertainment by local groups.

There will also be guest speakers and a host of information on English courses run by City of Westminster College, NOVA New Opportunities, Real Action, Skills Campus, Westminster Adult Education Service and Westminster Kingsway College.

If you plan to enrol on the day, be sure to bring some ID with you, and proof of any state benefit could enable you to enrol on some courses for free.

For more information about this event, call Claire Millett on 020 7266 8253.

## For Arabic speakers

يدعوكم Westbourne Neighbourhood Forum (منتدى حي ويستبورن) لحضور حدث يهدف إلى التعرف حول الفرص المتاحة لتعلم الإنجليزية في منطقة North Paddington. سوف يكون هناك ممثلون من الجهات المحلية التي تقدم دورات لتعليم اللغة الإنجليزية فضلاً عن وجود منسقين سيتولون إرشادكم إلى المختصين الذين يمكنكم التحدث إليهم إذا كنت تريدون الحصول على نصيحة حول إحدى دورات اللغة الإنجليزية أو من أجل التسجيل في إحدى الدورات في ذلك اليوم. إذا كنتم تخططون للتسجيل في إحدى الدورات في هذا الحدث، فاحرصوا على إحضار إثباتات للشخصية. سوف تكون هناك عروض للتسليّة كما سيتم تقديم وجبة للغداء بمعرفة طهاة محليين.

نرجو أن نراكم هناك!  
الثلاثاء، 9 سبتمبر/أيلول  
11 صباحاً - 2 ظهراً

Paddington Arts  
32 Woodfield Road, W9

## 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, email [churchstreetnm@westminster.gov.uk](mailto:churchstreetnm@westminster.gov.uk)

Paddington People magazine is produced four times a year by Paddington Development Trust (PDT). The deadlines for the notice board are 1 Feb (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, Toulia Vasilopoulos, at the Stowe Centre, 258 Harrow Road, London W2 5ES, telephone 020 7266 8255, email [toula@pdt.org.uk](mailto:toula@pdt.org.uk), [www.4paddington.com](http://www.4paddington.com)

Paddington Development Trust

## How learning English has helped me

### Hanan Hamad

Born in the Sudan, Hanan Hamad moved to Egypt then came to London in 1994. 'I had a little English which I'd learned at school, but I wasn't good at speaking the language as we did not have much chance to practice.'



KEN MACDONALD

'I've been learning English with computer studies at the African Women's Group. It has really helped my spoken English and it has been very exciting to learn computer and internet skills.'

'Although I have four children, including six-year-old twins, my improved English means I've already started looking for work. I have a degree in economics and business administration from Egypt, but those qualifications are not much help without good English.'

'Doing the course has helped me to meet other people – and I've been able to give my children more help with their homework and to read stories to them. It has also given me the confidence to get more involved with my children's school.'

If this story has inspired you to take an English course through the African Women's Group, call Manahil Ahmed on 020 7289 0900 or 07932 626 663 or email [manahil@btinternet.com](mailto:manahil@btinternet.com) to enrol.



KEN MACDONALD  
A networking session at the first Enterprise Bazaar to launch the Neighbourhood Enterprise Centre

## Neighbourhood Enterprise Centre

...focusing on people wanting to start their own business in North Westminster

**Have you ever thought about starting your own business but don't know where to start? Do you run your own business already and know that it could be improved?**

Here are three reasons why you should take advantage of the services of the Neighbourhood Enterprise Centre:

- Free one-to-one support and advice about starting up or improving your business
- Low cost spaces, desks and meeting rooms for hire, whether or not you access one-to-one support
- Start-up loans and grants to promising businesses

up as self-employed or as a micro-business can access resources and information by coming to the centre.

It mainly provides support on a one-to-one basis and is completely confidential and free. The Enterprise Centre also works with local, existing businesses to assist in business growth and development.

The aim is to provide an economically inclusive service that also recommends and signposts towards training opportunities, makes employment referrals and progressions to relevant organisations within the community.

The Enterprise Centre also provides start-up grants or loans to businesses which show promise and the potential to grow. These are available to residents of North Westminster only.

Low cost spaces, desks and meeting rooms are available to rent on a regular or flexible basis for local entrepreneurs, social enterprises and community organisations.

The Enterprise Centre also holds regular networking events called 'Enterprise Bazaars' and welcomes and encourages all local businesses, aspiring or established, to participate.

For further information contact Aparna Zaveri, Enterprise Co-ordinator on 020 7266 0636 or email [aparna@pdt.org.uk](mailto:aparna@pdt.org.uk)



PHILIP WOLMUTH  
Another affordable space for hire at the Neighbourhood Enterprise Centre

### Community Market CALLING ALL:

- Aspiring local entrepreneurs wishing to test trade
- Crafts-people and artisans wanting to sell their wares
- Designers, beauty-related trades people
- Anyone else wishing to explore retailing as a means of earning an income

A Community Market at the Enterprise Centre will be starting after the summer holidays on a fortnightly basis. Stalls cost £5 for two hours (table sharing allowed).

For more information, please call Aparna or Kim on 020 7266 0636.



PHILIP WOLMUTH  
One of the affordable space for hire at the Neighbourhood Enterprise Centre

The Neighbourhood Enterprise Centre (St. Peter's House, 59 Elgin Avenue, W9) has been launched to provide business support and coaching to anyone living in North Westminster. People who wish to set



PHOTO COURTESY OF WESTMINSTER CENTRE FOR INDEPENDENT LIVING

A local resident enjoys a very reasonably priced massage at the Westminster Centre for Independent Living

## Affordable ways to unwind

**Everybody now has access to the complementary therapy services of two vastly experienced therapists at the Westminster Centre for Independent Living.**

Massage and reflexology are on offer, on a sliding scale of prices- from £25 to £35 per hour, depending on whether you are able-bodied or disabled, or a carer of a disabled person.

Both therapies have been around for many thousands of years and there is evidence of them being used as far back as 3000 B.C. Research has proved that they are effective, when applied by qualified and experienced therapists.

The benefits of massage are widely known. Massage has been shown to help with a wide range of conditions, including anxiety, arthritis, chronic and temporary pain, circulatory problems, headaches, stress-related conditions, insomnia and aching muscles.

The massage therapist works with you to release any tensions and gently ease the muscles so that you feel relaxed and ready to face the world again!

Reflexology is the application of specific pressure to reflex points in the feet which correspond to areas and systems in the body. Following

illness, stress, injury or disease, or just general wear and tear, the body can become unbalanced and vital energy pathways are blocked, preventing the body from functioning effectively.

Reflexology can help to restore this balance. This gentle therapy encourages the body to heal itself, often counteracting a lifetime of misuse. It can help with a vast array of conditions, particularly stress-related symptoms, acute and chronic conditions, sleep problems, digestive disorders, hormonal imbalances and sub-fertility.

It is also used as a preventative therapy as it is excellent at restoring the immune system, warding off coughs and colds and generally allowing the body to function more effectively and freely.

The therapists also have vast experience of using complementary therapies with disabled people with conditions such as strokes, arthritis, MS, cancer, brain injuries, cerebral palsy, motor-neurone disease, spinal injuries, dementia, learning disabilities and many others.

To find out more or to book a session, contact the Westminster Centre for Independent Living, 42 Westbourne Park Road, W2. Tel 020 7243 9720.

## What's cooking?

### BANOFFEE PIE (Serves 4)

#### Ingredients

- 12 digestive biscuits
- 3 bananas
- 1 tin of condensed milk (can be bought ready caramelised; otherwise boil in the tin for 4 hours and allow to cool before opening)
- 10 oz double cream or ready whipped cream
- cocoa powder, to decorate
- icing sugar, to decorate
- 4 oz melted, unsalted butter
- 1 tsp cinnamon
- Fruit or berries, to decorate



ARIKE

#### Method

- Pound the biscuits to crumbs
- Mix in the 1 tsp cinnamon
- Add the melted butter
- Compress biscuit mix into a container or mould
- Slice bananas (in last 2 minutes to avoid browning)
- Add condensed milk
- Layer on whipped cream
- Dust with cinnamon, cocoa powder and icing sugar
- Decorate accordingly with fruit or berries

This recipe was provided by **Dads Do Dinner**, a fun session for dads and children under five to learn some cooking skills from professional chefs. Sessions run one Saturday per month at Dorothy Gardner Nursery. Call Arike on 020 7641 5841 for more details.

## Talking to

**Councillor Colin Barrow, Leader of Westminster City Council**

**What would an ideal day out in London be for you?**

I would start with a walk through one of our lovely parks, probably St. James's, followed by a nice lunch, a nap, a drink and then an evening at the theatre.

**What is your favourite place you have ever visited?**

It would have to be Sirmione, on Lake Garda between Switzerland and Italy. The view of the blue lake and the Swiss Alps in the background is fantastic.

**What is the best dish you can prepare?**

That would have to be roast lamb for Sunday lunch.

PHOTO COURTESY OF WESTMINSTER CITY COUNCIL



**What, above all else, would you like to achieve in your first six months in the job?**

To fix Marble Arch. There's nothing wrong with the Arch itself or the area just beneath it. It's the area around it that looks horrible. It desperately needs planting and maintenance. You wouldn't see this in Paris!

Cllr Colin Barrow was elected the new leader of the central London authority on 18<sup>th</sup> June following Sir Simon Milton's appointment as Boris Johnson's senior planning adviser.



## Paddington then and now: captured through the lens

**'Paddington: That was then, this is now' is a lively reflection of the changing fortunes of Queen's Park, Harrow Road, Westbourne and Church Street wards, captured through the lens of photographer Philip Wolmuth.**

If you haven't already dropped in to view this amazing exhibition, don't miss the opportunity to see, in pictures, how much the area has changed in the last decade.

The exhibit has been organised to celebrate the first ten years since the formation of the Paddington Development Trust, a key player in the local neighbourhood. The exhibit was launched at the Beethoven Centre in May and was available for public viewing throughout June and July.

The photographer behind the exhibit, Philip Wolmuth, has catalogued community action and change in Paddington since the mid-1970s. Wolmuth is also responsible for most of the lovely photographs that have graced the pages of this magazine since its conception in 2000.

Wolmuth says, 'I think what has impressed me most as I have done the rounds taking photographs for Paddington People over the last ten years, is the commitment of so many local residents to working together in an enormous variety of organisations, big and small, and their determination to make the best of often difficult circumstances.'

The photo exhibition will move to a number of venues in the area, including London Print Studio, between now and Christmas.



If you would like to contact Photographer Philip Wolmuth directly, you can email him at [pw@philipwolmuth.com](mailto:pw@philipwolmuth.com)

### COURSES AND TRAINING



#### NEW LOGO

Eagle-eyed readers may spot a few differences in our logo, which has been updated to reflect the exciting changes taking place at City of Westminster College. The familiar London cityscape now includes the iconic London Eye alongside the Houses of Parliament. We've also chosen a softer curved shape and made our College name larger and easier to read. We hope you like the changes!

#### ENROLLING NOW!

**Are you looking to start a course in September?**

City of Westminster College offers a wide range of full and part-time day and evening courses including: A levels, Art & Design, Business, Childcare, Computing, Digital & E-Media, Engineering, ESOL, Electrical Installation, GCSEs, Graphics, Health & Social Care, Motor Vehicle, Media, Performing Arts, Photography, Plumbing, Science, Sound & Music, Sport & Leisure, Travel & Tourism, and many more. Courses are based in our five College centres in Paddington, Maida Vale, Queen's Park, Cosway Street and at the Cockpit Theatre.

#### WE'RE ENROLLING NOW!

For more information call 020 7723 8826 or drop in to InfoPoint, 10am-4.30pm Mon-Fri at Paddington Basin Campus, North Wharf Road, W2 1LF. Go to [www.cwc.ac.uk](http://www.cwc.ac.uk) or email [customer.services@cwc.ac.uk](mailto:customer.services@cwc.ac.uk)

#### PRINCE'S TRUST TEAM PROGRAMME

This exciting new personal development programme for unemployed young people aged 16-24 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. **Next course starts 29<sup>th</sup> Sept and runs for 2 weeks.** For more details visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or contact Sheromie Brewster on 020 7258 2975 or [sheromie.brewster@cwc.ac.uk](mailto:sheromie.brewster@cwc.ac.uk)

including Sport & Leisure, Media & Arts, Administration and Retail. **Next course starts 29<sup>th</sup> Sept and runs for 2 weeks.** For more details visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or contact Sheromie Brewster on 020 7258 2975 or [sheromie.brewster@cwc.ac.uk](mailto:sheromie.brewster@cwc.ac.uk)

#### SITO DOOR SUPERVISORS TRAINING COURSE

Do you work in the security industry and need the right qualification to apply for a licence? We run the **Skills for Security training course** for those working in the industry. This 4-day course runs every month. **Next course starts 20<sup>th</sup> Sept.**

For more information visit [www.cwc.ac.uk](http://www.cwc.ac.uk) or email [dane.murdock@cwc.ac.uk](mailto:dane.murdock@cwc.ac.uk)

#### NEW COURSE GUIDES

**Our new Higher Education and Part-Time Course Guides are out now!** They include full H.E. and P.T. course listings, as well as information on Student Support, Course Information, Advice and Financial Support. To order a copy, email [customer.services@cwc.ac.uk](mailto:customer.services@cwc.ac.uk) or call InfoPoint on 020 7723 8826.

#### BAYSWATER FAMILIES CENTRE

**Adult education classes:** computers on Mon, Wed & Fri, English classes Tue & Thu. Enrol early Sept or phone for more details. Crèche available. 14-18 Newton Rd, W2, 020 7221 3290.

#### BEETHOVEN CENTRE

**FREE NVQ Level 2 courses** in Customer Care, Business Administration & Childcare Learning and Development for local residents on 1<sup>st</sup> Sept. Crèche provided. Lone parents and benefits claimants welcome. Third Ave, W10. For details call 020 8969 5881.

#### FIRSTSTEP.COM

This community-learning centre is managed by Vital Regeneration and offers **ICT and digital media training** for local residents and communities. Greenside Community Centre, Lilestone St, NW8. For details call 020 7245 2861.

#### REAL ACTION AT THE LEARNING STORE



**Learn English** quickly through daily **Callan Method classes**; study for **Cambridge PET certificate**; **fast track Reading and Spelling** course; or master 'Life in the

**United Kingdom'** for the test. 3 Mozart St, W10. For details call 020 8960 2065.

#### WESTBOURNE PARK FAMILY CENTRE

**Parent-led Women's Learning Group**, Tue 1-3pm; **English as a Second Language (ESOL) class with crèche**, Wed and Fri 10am-12pm; **Computer Class with creche**, Thu 10am-12pm and Fri 1-3pm. All courses at Porchester Rd, W2. For details call 020 7727 6019.

### JOBS & EMPLOYMENT ADVICE

#### FIRST FOR WORK

CityWest Homes funded by the Dolphin Square Foundation is holding **training and employment sessions**. Provided by local job brokers **Paddington First**, these sessions offer one-to-one employment and training advice to all local residents. If you are interested please ring 020 7087 8088 to attend any of the following surgeries, or

alternatively you can just drop in: **Queen's Park and Mozart**, 1-4pm, 9 Sept, 14 Oct, 11 Nov & 9 Dec, 82 Bruckner St, W10.

**Westbourne Park**, 9.30am-12.30pm, 18 Sept, 16 Oct, 20 Nov & 18 Dec; 1-4pm, 11 Sept, 9 Oct, 13 Nov & 11 Dec, Sunderland House, Brunel Estate, Great Western Rd, W2.

**Little Venice**, 1-4pm, 10 Sept, 24 Sept, 8 Oct, 22 Oct, 12 Nov, 26 Nov & 10 Dec, 324 Harrow Rd, W9.

**Walterton and Elgin Community Homes (WECH)**, 9.30am-12.30pm, 25 Sept, 23 Oct & 27 Nov; 1-4pm, 3 Sept, 1 Oct, 5 Nov & 3 Dec, 416 Harrow Rd, W9.

**Church Street**, 1-4pm, 16 Sept, 21 Oct, 18 Nov & 16 Dec, Cherrwell House, Penfold St, NW8.

**Lisson Green**, 9.30am-12.30pm, 4 Sept, 2 Oct, 6 Nov & 4 Dec, Greenside Community Centre, Lilestone St, NW8.

**Bayswater**, 1-4pm, 2 Sept, 7 Oct, 4 Nov & 2 Dec, The Roundhouse (Nr Caernarvon House), Hallfield Estate, W2.

**Paddington Green** 1-4pm, 25 Sept, 23 Oct & 27 Nov, Hall Place, Hall Park Estate, W2.

**Job Shop** Attention local job seekers: Queen's Park Neighbourhood Forum, with Vital Regeneration and various local providers such as Jobcentre Plus and Paddington First, will run the **Job Shop** Mon 2-4pm. Drop in for an **advice and job search service**. Beethoven Centre, Third Ave, W10. For details contact Carlton on 020 8964 8024 or [carlton@pdt.org.uk](mailto:carlton@pdt.org.uk)

#### NEIGHBOURHOOD ENTERPRISE CENTRE

**FREE** one-to-one support and advice about starting up your own business, low cost spaces and desks for hire, and start-up loans and grants to promising businesses. 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)

**VITAL ADVICE** Learning and employment advice service and apprenticeship advice. Mon & Thu 9am-1pm. Greenside Community Centre, Lilestone St, NW8. For details call 020 7245 2861.

**WAYS INTO WORK** **FREE** event organised by CityWest Homes. Mon 22 Sept 1-3.30pm. Get help with finding local and citywide jobs, career search, CV writing, advice on courses, training and benefits, tips on interview preparation. Beethoven Centre, Third Ave, W10. For details call Mike Wilson on 020 7245 2546.

### VOLUNTEERING

#### HOME-START

If you have **parenting experience and time to spare**, you could have exactly the 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 home and offering friendship, practical help and emotional support, Home-Start volunteers represent a lifeline for many families who are finding it hard to cope. You can also **gain NVQ level 1 or level 2 credits** from the Open College Network for your work. Next course starts 25 Sept. For details call 020 7724 1345.

## OPEN AGE

This local charity which organises leisure, learning and fitness groups **for over 50s** welcomes enquiries from people who would like to know more. Volunteering opportunities include helping in our lively local office, escorting groups travelling by public transport, helping at weekly social groups or sharing computer skills. If you are caring and reliable and would like to spend a few hours a week helping older people in your local community, call 020 8964 1900.

## EVENTS

### AVENUES FASHION SHOW

This annual show is created and produced by Avenues Youth Club members. Come along and check out the clothes and the dancing! Evening of 26<sup>th</sup> Oct, 3-7 Third Ave, W10, 020 8969 9552.

### ESOL EVENT

Tue 9<sup>th</sup> Sept 11am-2pm. Information about **English courses**, advice about benefits and childcare, guest speakers, live entertainment, food from local chefs and more! Paddington Arts, 32 Woodfield Rd, W9. For more information call Claire from the Westbourne Neighbourhood Forum on 020 7266 8253.

### LONDON PRINT STUDIO

Open Tue-Sat 10.30am-6pm with a number of **FREE** exhibitions this autumn. Please phone 020

8969 3247 before visiting as dates and opening times may vary. **Gallery Exhibitions:** 1-27 Sept, **B\*\*K**, an exhibition of artworks inspired by, about or made of books; 17 Oct-17 Jan (closed 21 Dec-1 Jan), **Reasons to be Cheerful: The Graphic Art of Barney Bubbles**, artist designed record covers for Elvis Costello and the Attractions, Ian Dury and the Blockheads, Stiff Records and redesigned the NME logo; Sat 27 Sept, 2.30-4.00pm, **Gallery Family Art Workshop:** Creative, fun activities in the gallery for 5-11 year olds. Workshops are free, but booking is essential. All children must be accompanied by an adult. 425 Harrow Rd, W10. www.londonprintstudio.org.uk; info@londonprintstudio.org.uk

### OPEN AGE 50+ DAY EVENT

Stowe Centre, Harrow Rd, W2. 8 Oct, 10am-4pm. For details call 020 8964 1900.

### QUEEN'S PARK LIBRARY

**Halloween Party** Fri Oct 31<sup>st</sup>, 5.30-7pm. Come along to this terrifying event on the

spookiest day of the year, where all the ghouls come out to play. Everyone is invited to dress up and enjoy the fun. Tickets are £3. **Acclaimed author of Boy A, Jonathan Trigell, will give a talk.** Boy A is the tale of what happens when a young man who was imprisoned as a child is released into society as an adult. The book was made into a BAFTA winning film which stunned audiences at film festivals around the world. Thu 2<sup>nd</sup> Oct 6.30-8pm. 666 Harrow Rd, W10. Call 020 7641 4579 for more info.

### WESTBOURNE PARK FAIR

Sat 13<sup>th</sup> Sept, 12-4pm. There will be games for children, face painting, refreshments, prizes and fun in the sun. **Come and join in the fun!** Brunel Estate, W2.

## SPORTS, HEALTH & WELL-BEING

### BALLROOM AND LATIN AMERICAN DANCE CLASSES



Take lessons in **Jive, Waltz, Social Foxtrot and Cha Cha** from dance teacher, Hanna Haarala, from **Strictly Come Dancing series 3**. This is a 10-week

course beginning Thu 18 Sept. 7-8pm beginners/8-9pm intermediates. Payment options are £12 per lesson/£50 for 5 weeks, payable in advance/£80 for 10 weeks, payable in advance. St. Paul's Church Centre, 5 Rossmore Rd, NW1. For more details or to book, call 07834 361 199 or email learn2dance@live.com

### BEETHOVEN CENTRE

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. Third Ave, W10. For more info call 020 8969 5881.

**MON** 10.30-11.15am **Women's Only Zumba** (A Latin work-out with Paula Dos Santos), members £2.50/non-members £3.50; 7-8.30pm **Chinese Kung Fu**, self-defense mixed classes for all ages, members £15 per month/non-members £20. Call Sifu Norman Morrison 07751 768 391; **TUE** 10-11am **Aerotone** (Aerobics and Body Conditioning) for women only, members £1.50/non-members £2.50. Free crèche places available; 11.30am-12.30pm **Fitter Patter** (Specialist Pre- and Post- Natal Exercise Programme) for women only, members £4/non-members £6; 2-4pm **Low Cost Complementary Therapies** (Small Meeting Room), affordable massage treatments, members £5/non-members £7. Call Shereen on 07773 763 981 for further details or to book; 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**, members £2.50/

non-members £3.50; 7.30-8.30pm **Capeoira class (mixed ages)** members £2.50/non-members £4.50; **THU** 1.30-3pm **Tai Chi class for all ages**, members £1/non-members £2; 7.30-8.30pm **Capoeira class (advanced)**, capoeira is a martial art with African origins that merges music, drumming, dance and tradition, members £2.50/non-members £4.50; **FRI** 10-11am **Step class for women**, members £1.50/non-members £2.50. Free crèche places available; 11am-12pm **Legs, Bums and Tums exercise for women**, members £1.50/non-members £2.50. Free crèche places available; 7-8.30pm **Choi Kwangdo class**, £5 per class, open to children and women only; 12.30-1.30pm **Movement and Relaxation Yoga for women only**, members £1.

### BREASTFEEDING CLINICS

**Drop-in:** for advice and support, Tue 2-3.30pm. **Lisson Grove Health Centre**, Gateforth St, NW8. **Drop-in/baby cafe:** meet other mums and get advice. Thu 12.30-2.30pm term-time. **Micky Star Neighbourhood Nursery**, St. Michael's St, NW8. Call Oma for details of either drop-in on 07771 840 488.

### DROP INTO WEIGH IN



Adults aged 18+ can drop in to **FREE** weight management sessions run by Westminster PCT dieticians. Get practical advice on healthy eating, physical activity and

weight management. Get weighed and review your progress. Mon 4.30-6pm at Lisson Grove Health Centre, NW8 and Wed 4.30-6pm at Bessborough Street Clinic, SW1. For more info call 020 7479 8832.

### FIRST AID COURSE

Course takes place at the **Westbourne Park Family Centre**, Porchester Rd, W2, on Fri 12<sup>th</sup> Sept, 10<sup>th</sup> Oct or 21<sup>st</sup> Nov. £20 due upon booking and crèche is available upon request.

### FIT FOR LIFE

**FREE** 13-wk programme for you if you're aged 18+ and overweight, helping you to get fit and manage your weight. Dieticians from Westminster PCT organise sessions that are fun and interactive. You will receive expert advice on all aspects of healthy eating and get to participate in different forms of physical activity. Next programme starts Tue 9 September from 10am-12pm at the Stowe Centre, 258 Harrow Rd, W2. Call 020 7479 8832 for more info.

### 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.

### GREENSIDE COMMUNITY CENTRE

**Chantraine Dance of Expression** Dance Classes for Adults, 7-9pm Mon & Thu; **Yoga Class** Beginners to Intermediate 12.30-1.30pm Mon, £2 per session; **Self Defence Class** 7-8pm Tue; **Karate Class** for adults and more advanced students 7-9pm Wed; **Taekwondo** 6.30-9pm Fri. 24 Lilestone Street, NW8. For more info on these classes call 020 7245 2861.

### KYUYO BU SHIN

**Mixed Yagalates for ages 16+:** Sun 4-5pm. Westminster Academy, Torquay St, W2. For more information call Mary on 07890 301 235 or 020 7266 3473.

### STOP SMOKING SUPPORT GROUP

The Westminster PCT's **FREE** group with friendly and highly experienced Stop Smoking Specialists is there every step of the way to assist and provide you with guidance and support. 4 Sept, 7 Oct and 6 Nov. St. Mary's Hospital, Chest and Allergy Unit, Mint Wing, Praed St, W2. For details call 0800 328 8537.

### STRESS REDUCTION COURSE

Help yourself to enjoy life, reduce and manage stress, focus, relax and feel better with mindfulness, meditation and yoga. 8-week course with CDs for continuing self-support. £250. Starts Mon 8 Sept, 6.30-8.45pm at 60 Penfold Street, NW8. For more info call Christene on 020 7402 6711, email christene@calminspired.com or go to www.mindfulness-mbsr.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 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

### X-PERT PROGRAMME

For adults with Type 2 Diabetes who live or whose GP is located in Westminster, this **FREE** 6-week group focuses on self-empowerment and is designed to provide diabetes sufferers with the confidence, knowledge and skills to self-manage their diabetes. Learn about up-to-date treatments and management of diabetes and explore and address problems/issues that you have with your diabetes. All the sessions last for 2½ hours and take place at the Westminster Diabetes Centre, 4B Maida Vale, W9. If you would like to attend please call 020 7316 1200.

## FOR OLDER PEOPLE

### KYUYO BU SHIN

**Over 50s Walking Club:** Mon 9.15-10.15am. Meets at Edward Wilson Primary School, Senior St, W2. **Over 50s Mixed Yagalates Class:** Fri 7.15-8.15pm at Warwick Community Centre, 300 Harrow Rd, W2.

### OPEN AGE

For a good life OVER 50! Open Age offers access to over 100 low-cost activities held in local community venues. Membership is just £7 per year! **Keeping Fit & Healthy** 19 classes on weekdays for all levels from frail to frisky across North Westminster, including: Self Defence, Chair Exercise, Jazz Dance & Tap, Table Tennis, Salsa, Women's-only Exercise to Music, Walking Groups and more! **NEW Weekend 50+ Fitness Classes** Let us know what you want and get on our mailing list now. **Computers for All** Open Age is working with local libraries to offer 6-wk beginner courses. Drop in to yours to book. We have other classes too. **Enjoying Creative Arts** Wonderful opportunity to discover or develop your talents in Art for All, Singing for All, or Stories 'Old & New'. **Socialising Plus** All groups are friendly and welcoming with staff or tutors on hand. A number of groups have a weekly programme of invited speakers to keep everyone up to date on local amenities and leisure opportunities. **Trips Out**—with Freedom Pass! Members of Open Age visit a variety of places each Thursday in and around London. 1 Thorpe Close, London W10. If you would like Open Age to send you a **FREE** copy of the **Autumn North Westminster Programme**, call 020 8964 1900.

### OPEN AGE 50+ DAY EVENT,

10.30am-4pm on 8<sup>th</sup> Oct. Stowe Centre, Harrow Rd, W2. Call 020 8964 1900 for more details.

### SENIORS ON-LINE 2008 (SOL)



If you are a Westminster resident aged 65+, you can sign up for six **FREE** weekly computer sessions in a library or community setting near you. Sessions are run from 10am-12pm by an experienced IT tutor, as a friendly first look at computers, internet and email. To register, call 020 7641 1300 or drop in to your local library and leave your contact details. You will be contacted as soon as a space becomes available.

### TARA OVER 50S CLUB

12.30-4.30pm Tue. Greenside Community Centre, Lilestone St, NW8. Call 020 7245 2861 for more details.

### WESTMINSTER FALLS PREVENTION SERVICE

The Westminster PCT's **FREE** Falls Prevention Service encourages anybody who has a history of falls, a fear of falling, or lacks confidence with his or her balance to get in touch to find out how their everyday lives can be improved. To find out more contact the team on 020 7641 3960.

### YOGA CLASS FOR OVER 50S

Tue 2.30-3.30pm at the Beethoven Centre, Third Ave, W10. Free for Open Age and Beethoven Centre members.

## FOR CARERS

A **carer** is someone who looks after a friend or family member who relies heavily on his or her help. This could be because of any form of illness, disability or addiction, or because of the effects of ageing. Carers are not paid and sometimes balance caring with education or paid work.

### CARERS NETWORK



**Information Surgeries** Your opportunity for face-to-face information and advice on a range of issues. Drop in or call 020 8960 3033 to book an appointment. **All Carers Tue**

2-5pm, Harrow Road Health Centre, 209 Harrow Road, W2; **Mental Health Carers** Tue 2 Sept, 7 Oct & 4 Nov, 1.30-4.30pm, Room 7a, Woodfield Road, W9; **Carers of Older People** Mon 8 Sept, 13 Oct & 10 Nov, 10.30am-12.30pm, Beethoven Centre, Third Avenue, W10.

**Support Groups** Meet other carers and support one another. Call 020 8960 3033 for further information. **Carers of Older People** 8 Sept, 13 Oct & 10 Nov, 2.15-3.45pm, Marylebone Health Centre, 17 Marylebone Rd, NW1; **Mental Health Carers** 3 Sept, 1 Oct & 5 Nov, 2-4pm, The Terrace Day Centre, 1 St. Marys Terr, W2; **Carers of Adults with a Learning Disability** Coffee Morning at the Beethoven Centre, Third Ave, W10. Call Lorna on 020 8960 3033 for days and times; **Arabic Speaking Carers** 8 Sept, 13 Oct & 10 Nov, 11am-1pm, Beethoven Centre, Third Ave, W10; **Bangladeshi Carers** 4 Sept, 2 Oct & 6 Nov, 1-3pm, Beethoven Centre, Third Ave, W10.

**Holiday Scheme** If you are looking after someone who is heavily dependent, you may be eligible to a grant towards a holiday to help you get a break from caring. For further information contact Carers Network Westminster on 020 8960 3033.

**Volunteer Induction Session** Wed 3 Sept, 12-2pm at the Beethoven Centre, Third Ave, W10. For current and potential

volunteers to the Carers Network. Volunteers help in the office, with events and activities, and help run outreach stalls at events across Westminster. Volunteering is a great way to reach carers who do not access any support or services and is a great way of developing interests outside of your caring role. It might be possible for us to provide replacement care. Call 020 8960 3033 for more information or to book a place at the induction session.

## Info & Training for Carers

Wed 17<sup>th</sup> Sept at Health@The Stowe, 260 Harrow Road, W2. 10am Injury Prevention Session/12.30pm Lunch/1pm Telecare: the benefits of new technology for carers and the people they look after; and Wed 24 Sept at the Beethoven Centre, Third Avenue, W10. Stress Management 1.30-3pm including a light lunch.

## 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 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 entertainers etc on request. For more information 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 please call 020 7266 8247 or email info@beauchampplodge.co.uk. If you would like to find out more 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.

### GREENSIDE COMMUNITY CENTRE

Located in the heart of Lisson Green Estate, this centre is ideal to host private functions, meetings, training days, staging exhibitions, displays and public events. It is designed to accommodate up to 170 people and the centre is accessible for people with disabilities. The centre can be hired 7 days a week from 9am-9pm. If you would like more information please call 020 7245 2861 or email thegreenside@cw.h.org.uk

### NEIGHBOURHOOD ENTERPRISE CENTRE



St. Peter's House, 59 Elgin Ave, W9. Low cost spaces, desks and meeting rooms are available to rent on a regular or flexible basis for local entrepreneurs, social

enterprises or community organisations. For rates and availability contact Aparna on 020 7266 0636 or aparna@pdt.org.uk

### STOWE CENTRE

258 Harrow Rd, W2. 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. For more information or to book, please contact Judith on 020 7266 8220.

### WESTMINSTER ACADEMY

Academy Com, the community branch of the Academy (259-265 Harrow Rd, W2) encourages local community groups and businesses to make the most of the award-winning building with a wide variety of spaces available to hire, all at affordable rates. Full technical support and catering available. The building has already been used for charity events, community concerts, fun days and learning activities. For more info, call 020 7121 0625.

## GENERAL

### BAYSWATER FAMILIES CENTRE

**Drop in advice sessions:** on benefits, housing, childcare. Mon-Wed, 12-3pm. There may be facilities, please call to confirm. 14-18 Newton Rd, W2. Call 020 7221 3290 for more info.

### 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 Acton Housing, City West, Octavia Housing and Care, PCHA, Soho Housing Association

and Stadium) and Housing Options Service are available to deal with your housing issues, including providing information and advice on overcrowding, transfer/allocation options, affordable home ownership options and all general housing enquiries. Local agencies are available to support residents on a number of issues: community safety and crime prevention, advice for the over 50's, training opportunities, employment options and benefits entitlement. All welcome and refreshments are available; 2-4pm **Queen's Park Councillors Surgery** An opportunity to seek advice or make a complaint about issues affecting Queen's Park residents.

### FAMILY SERVICES TEAM

Based at Rainbow Family Centre, and part of the Westminster Society for People with Learning Disabilities, the Team offers support advice and information to parents and carers of children with disabilities and adults with learning disabilities across the borough of Westminster. Parents and carers can refer themselves the Family Services Team. 11 Bravington Rd, W9. For more information contact 020 8968 2693/4 or ssage@wspld.org

### MOSAIC COMMUNITY TRUST

Community cohesion through increasing respect and understanding between faiths. **Interfaith Family Learning Group** Mon, 10am-12pm at Quintin Kynaston School, Marlborough Hill, NW; and Thu, 9.30-11.30am at St. Paul's Community Centre, St. Paul's Church, 5 Rossmore Rd, NW1. For details contact Betty Musprat on 01923 465 685 or bettymus30@ntl-world.com. **For advice and support on setting up interfaith activities,** contact Lena Choudary-Salter on 020 7289 1170 or lenac@mosaiccommunitytrust.org.uk

### THE ARABIC WOMEN'S GROUP

For Arabic women with children under five years old.

مجموعة كيان  
تُسر إدارة الروضة "نورثي كادنر"  
إعلامكم عن وجود حلقات نقاش  
للامهات العربيات.  
تدير هذه الحلقات الأخصائية  
والمعالجه النفسية السيدة نوال  
عسوس. إن هدف هذه الحلقات  
النقاشية هو دعم العلاقة بين الام  
والطفل نفسياً وتربوياً وأجتماعياً.  
نرحب بك ايته الام واذا كان بودك  
الانضمام فالرجاء الاتصال بشذى  
على الرقم التالي  
020 7641 4542  
او التسجيل عند موظفة الاستقبال  
ويبي في "نورثي كادنر"

Dorothy Gardner Nursery, 293 Shirland Rd, W9.

## CHILDREN UNDER 5 YEARS OLD

### BAYSWATER FAMILIES CENTRE

**Drop-In:** play facilities, crèche. Mon, Wed and Fri 12-4pm, Tue and Thu 1-4pm. 14-18 Newton Rd W2, 020 7221 3290.

### BEETHOVEN CENTRE

Residents can apply for membership for £6/year and get subsidised rates. **All Nations Drop-In:** for parents, childminders, toddlers and babies. £1 donation. Thu 10am-12pm. **Creative Dance Class:** for 3-5 yrs. £24/term (12 weeks), members £12. Tue 4-4.45pm. Call 07957 384 591 or email creativedance@hotmail.co.uk for more details. Crèche: Mon-Thu 10am-12pm or 1-3pm, Fri 10am-12pm, term-time only. £12/2hr session. Some free places are available for parent doing certain activities at the Beethoven Centre. Call for details. Also available for exclusive bookings (for a min of 5 places) outside of these times. Call to book. Third Ave, W10, 020 8969 5881.

### THE CHURCH OF OUR LADY

**Parents and Toddlers:** Tue-Thu 9.15-11.30am. 54 Lodge Rd NW8, 020 7286 6387 (or call Paddington Green Outreach on 020 7641 5409).

### CHURCH STREET LIBRARY

Under 5s: songs, stories and crafts. Thu 10.30am-12pm. Just for Dads storytime, last Sat of the month, 11am-12pm. Term-time only. Church Street NW8, 020 7641 1300.

### 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 answerphone service at all other

times. **Drop-ins** take place on Tue 10am-12pm, **Harrow Road One Stop**, 317 Harrow Rd W9, or every first Fri of the month, 1-3pm, **Portman Early Childhood Centre**, 12-14 Salisbury St NW8, or the second and fourth Mon of each month, 1-3pm, **Rainbow Family Centre**, 11 Bravington Rd, W9, or every other Thu, 10am-12pm, **Marylebone Jobcentre**, 26-46 Lisson Gr NW1, or every other Fri, 10.30-11.30am, **Queen's Park Library**, 666 Harrow Rd, W10. There's also a **drop-in for teenage parents**, every other 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/children.

### GREENSIDE COMMUNITY CENTRE

**Room 2 Play:** Mon, Wed and Fri 10am-12pm. Term-time only. 24 Lilestone St London NW8, 020 7641 6750 or 020 7245 2861, www.vitalregeneration.org/greenside

### THE HUB, REGENT'S PARK

**Parent and Pram Session:** gentle exercise for mothers around Regent's Park. £3/class (10% off for Westminster and Camden residents). Tue 10.30-11.30am. Meet at The Hub, Regent's Park NW1, 020 7935 2458, www.royalparks.org.uk/hub

### KIDS HOME LEARNING

For children with disabilities and developmental concerns: Kids does home visits and takes referrals from parents and professionals. **Home Learning Sensory Group:** Wed 10-11.30am (may be moving to Tue, call to confirm) at the Portman Children's Centre, 12-18 Salisbury St NW8. For children who have sensory impairments and limited mobility, and who are receiving Home Learning or are on the waiting list. Call 020 7641 4151, www.kids-online.org.uk

### MARY PATERSON NURSERY



**Drop-In:** free play and rhyme sessions. Mon-Wed and Fri 9.15-11.15am/1-3pm (term-time). **Toy Library:** Thu 9.30am-12pm/1-3pm (term-time). May be moving to Essendine School by September. 13 Riverton Close W9, 020 7641 5804.

### MAIDA VALE LIBRARY

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

### MEANWHILE GARDENS PLAYHUT



**Drop-In:** indoor and outdoor play space and activities. Mon-Fri 2-5pm (closed Wed, although up to Sept 19 it's open Mon-Fri 1.30-5.30pm). Playhut also available for private hire. Elkstone Rd W10, 020 8960 7894.

### MICKY STAR NEIGHBOURHOOD NURSERY

**Under 5s Clinic and Drop-In:** Wed 9.30-11.30am (term-time). Childminder **Drop-In:** Thu 9.30-11.30am (term-time). 58-61 St. Michael's St NW8, 020 7641 5409.

### NEWPIN

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

### PADDINGTON CHILDREN'S LIBRARY

**Under 5s Mornings:** stories, rhymes and crafts. Wed 10.30-11.45am. Clifford Hall, Porchester Rd W2, 020 7641 4403/78.

### PORTMAN EARLY CHILDHOOD CENTRE

**Drop-In:** Mon 9.30am-12pm and 1-3pm and Tue, Thu and Fri 9.30am-12pm and 1-3.30pm. **Sensory Group:** see 'Kids Home Learning' 020 7641 5409.

### QUEEN'S PARK CHILDREN'S CENTRE

**Drop-In:** free play and rhyme sessions. Mon, Tue, and Thu 9.30-11.30am, Fri 9.30-11.30am, and Mon-Thu 1-3pm. 88 Bravington Rd W9, 020 7641 5838.

### QUEEN'S PARK LIBRARY

**Under 5s:** stories, rhymes and crafts. Wed and Fri 10am-12pm. **Dad's Hour:** storytelling and crafts for dads and their kids. Sat 10am-12pm. 666 Harrow Rd W10, 020 7641 1300.

### STOWE CENTRE



**Ballet:** for 3-5 yrs, boys and girls. £4/session. Mon 4-4.45pm (term-time only, begins Sept 15). 258 Harrow Rd W2, call Sandie on 07957 327 322.

### VESTRY PRE-SCHOOL

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

### WESTBOURNE PARK FAMILY CENTRE

**Pre-School Drop-In:** Wed & Thu 10am-12pm. **Creative Session Drop-In:** Fri 10am-12pm. **Childminders Support Group:** Tue 10am-12pm. **Baby & You:** postnatal group for 0-1 yr. Mon 11.30am-12.30pm. **Toy Library:** Wed 11am-1pm. Cnr of Porchester Rd and Westbourne Park Villas W2, 020 7727 6019, www.westbourneparkfamilycentre.org.uk

### WESTMINSTER PRE-SCHOOL LEARNING ALLIANCE

Nine pre-schools (for 2-5 yrs), and two parent & toddler groups in the borough of Westminster, in W2, W9 or NW8. All registered by Ofsted, managed by a committee of parents, with a high adult/child ratio. Please call 020 7586 8879 for more info or go to www.pre-school.org.uk/westminster

### WILBERFORCE PRIMARY SCHOOL

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

## CHILDREN AND YOUNG PEOPLE AGED 5-19 YEARS OLD

### AMBERLEY YOUTH PROJECT

**Under 14s:** outdoor sports inc football, rounders & cricket; indoor activities inc table tennis, pool, table football, cooking, baking, art and craft. Also drama and dance workshops, computers, girls' sessions, movie nights, and music lessons.

**Over 14s:** Steel Pans, photography, film making, girls' sessions, movie nights, dance, and music lessons. Amberley Estate, 11 Clearwell Dr, W9, 020 7286 1014.

### ANGLO EGYPTIAN SOCIETY

**Saturday Supplementary Schools at:** The Egyptian School London: for 6-16 yrs (to GCSEs) from Sept to Easter; term-time and holidays. 9am-3.15pm. Acland Burghley School, Burghley Rd NW5. Westminster Academy: for 6-12 yrs. 255 Harrow Rd, W2. Contact 020 7266 8259, agharib.uk@hotmail.com, www.angloegyptian.co.uk

### AVENUES



**Mon:** Media Workshop 1-3pm. Media Production 1-4pm.  
**Tue:** Girls Only Night for 11-21 yrs. Homework support, cooking, arts and

crafts/fashion design, 5-8pm.  
**Wed:** Junior Group for 11-14 yrs, 4-6pm. Media and Radio Workshop 1-3pm. Alpha Femmes (girls group), radio, dance, music production, media workshop, football, swimming, and air track trampoline for the juniors, 6.40-9.10pm.

**Thu:** Junior Group for 11-14 yrs, 4-6pm. For 13-21 yrs: Radio and multi-media training, music production, Alpha Femmes, cooking, and music room, 6.40-9.10pm.

**Fri:** Junior Group for 11-14 yrs, 4-6pm. For 13-21 yrs: Radio and multi-media training, 6.40-9.10pm.

**Sat:** cooking, drama, 12-3pm.  
**Half-Term:** Project-based activities from 3.30-9pm, as well as the Edutain Sports Project.  
**Fashion Show:** This annual show is created and produced by Avenues Youth Club members. Come along and check out the clothes and the dancing! Evening of 26<sup>th</sup> Oct, 3-7 Third Ave W10. Call 020 8969 9552 for details. www.avenues.org.uk

### BAYSWATER SOCIAL & CULTURAL ASSOCIATION

**Homework Club:** Fri 4-6pm.  
**Supplementary School:** Sat 10am-1pm.  
**Advice Session:** appointment only. Contact 020 7266 8244/3 or info@bsca.net. The Stowe Centre, 258 Harrow Road W2, www.bsca.net

### BEETHOVEN CENTRE

**Capoeira Class:** for adults and children.

£2.50 children, £4.50 non-members. Tue 7.30-8.30pm. Also Children's Capoeira, for 5-12 yrs, £2/session, £1 members, 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 for more details.  
**Chinese Kung Fu:** for under 12s, £2/class, £1 members, Thu 6.15-7.15pm. Call 07751 768 391 or visit www.shaolinquanshu.com  
**Silent Step Street Dance:** for 5-11 yrs. £2/class, £1 members. Thu 4.30-6pm, and Sat 12-2pm, call Adrian on 07932 982 802. 173 Third Ave W10, 8969 5881, www.dominionhg.co.uk/beethoven

### 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 for more details. All for 13-19 yrs (or up to 25 for people with a disability or learning difficulty). The Stowe Centre, 258 Harrow Road W2, 020 7266 8230.

### DREAMARTS



Acting, singing, dancing: every Sun, for over 8s. £1/day, £2 non-members. The Cockpit Theatre, Gateforth St NW8. Contact Becki Lunn on 020 7266 8262/07951 921 247

or becki@dreamarts.org.uk  
www.dreamarts.org.uk

### FAMILY INFORMATION SERVICE

**Information:** on services and activities for children and young people aged 0-19, call the FIS helpline (open Mon-Fri 9am-5pm, with answerphone service at all other times) on 020 7641 7929, email fis@westminster.gov.uk or visit www.westminster.gov.uk/children or www.westminster.gov.uk/youngfun.

### FOURTH FEATHERS YOUTH CLUB

**Mon:** Girls' Night 5.30-8.15pm.  
**Tue:** Homework Club 3.30-5.30pm. Fisherton Street Youth Project for 11-16 yrs, 6-9pm.  
**Wed and Thu:** Homework Club 3.30-5.30pm. Club open 6-9pm.  
**Fri:** club open 7-10pm.  
**Sat:** Saturday Club 3-6pm. Fisherton Street Youth Project for 11-16 yrs 2-5pm. Activities include arts and crafts, playground activities, pool, table tennis, DJ'ing, ICT, cooking, basketball, dance, gym, drama, job club and others, call for details.

Skate Park now open. 12 Rossmore Rd NW1, 020 7723 8308.

### GREENSIDE COMMUNITY CENTRE

**Karate Jitsu:** for children. Wed 6-7pm.  
**Taekwondo:** Fri 6.30-7.30pm.  
**Trupaz Street Dance:** Sun 12-3pm.  
**Firststep.com:** free ICT classes for young people. Also, **homework club** Thu 4.30-6.30pm for 8-12 yrs. Call 020 7641 4157 or visit www.learnatfirststep.com 24 Lilestone St NW8, 020 7245 2861, www.vitalregeneration.org/greenside

### KYU-YO-BU-SHIN



**KYBS Running Club and Football:** ongoing training every Sun, 9am-12.30pm. The Junior Team (8-10yrs) runs in the park; the Running Club

(11-17yrs) runs in the park and on the road and can train for the mini-marathon. Edward Wilson Primary School, Bourne Terrace W2. Football takes place after running, at Academy Sport Westminster.  
**Karate:** Mon 5-6pm for ages 5-9 (for graded students), Mon 6-7pm for ages 10+ (for graded students), Fri 5-6pm for ages 5-9 (beginners), and Fri 6-7pm for ages 10+ (beginners). Warwick Community Centre, 300 Harrow Rd W2.

**Mentoring and Discussion Group:** for ages 8+, Sun 9-11am at Edward Wilson Primary School, Bourne Terrace W2.  
**Mixed Yagalates Class:** for ages 16+, Sun 4-5pm, Westminster Academy, 259-265 Harrow Rd W2. Call Mary 07890 301 235.

### LONDON TIGERS



**Club for 8-13 yrs:** snooker, pool, Playstation 3, quizzes, Mon 4-6pm.  
**Muslim Boys Youth Club:** for 13-19 yrs, Mon and Thu 6-8.30pm and Tue 4-6pm.

Contact Helal on 7289 3395 or 07817 143 030.  
**Muslim Girls Youth Project:** for 13-19 yrs, Sat 2-5pm. All at WECH, 416 Harrow Rd W9.

**Basketball:** for 13-19 yrs. Westminster Academy, 259-265 Harrow Rd W2.  
**Girls' Football:** for 8-13 yrs, Mon 4.30-6pm. Lisson Green NW8.  
**Girls' Multi-Sports Sessions:** for 8-13 yrs, Thu 5-7pm.  
**Badminton:** for 8-13 yrs, Tue 7-9pm. £1/session. Both at Jubilee Sports Centre, Caird St W10.  
**Girls' Youth Club:** Sat 12-3pm, Boscobel Street NW8.  
**Taekwondo for girls:** aged 11+, Sat 7-9pm. £2.50/session. St Paul's Church Centre, Rossmore Rd NW1. Contact Sultana 07966 638 437 or 020 7289 3395 or

sultana@londontigers.org  
**Football:** teams from ages under 9s upwards. Call for times and venues. Call 020 7289 3395 for more details on all the above, www.londontigers.org

### MAIDA VALE LIBRARY

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

### OUR LADY OF LEBANON YOUTH CLUB

**Arabic Supplementary School:** educational, social and recreational activities (inc Arabic, art, music, sport, and drama) for 4-18 year-old Lebanese. Sat 9.30am-1.30pm (term-time), Our Lady of Dolours Primary School, 19 Cirencester St, W2, 020 8566 8866/07887 777 100, www.olol.org.uk

### PADDINGTON ARTS



**Performing arts and media workshops:** for young people 6-26 yrs. Includes 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:** for 8-12 yrs.

**Planet X:** a unique sensory installation space with exciting areas to stimulate the senses of young disabled people, 5-18 yrs. Call Shaun 020 8964 5060.

**Elimu Carnival Mas Band:** Paddington Arts based, Notting Hill Carnival Partners. 32 Woodfield Rd W9, 020 7286 2722, info@paddingtonarts.org.uk, www.paddingtonarts.org.uk

### PADDINGTON CHILDREN'S LIBRARY

**Homework Club:** for 6-13 yrs. Mon and Fri 3.45-5.15pm (term-time, parents need to register their children).  
**Half-term craft activities** include origami and making bookmarks. Clifford Hall, Porchester Rd W2, 020 7641 4403/78.

### PRO TOUCH SOCCER ACADEMY



**Football Coaching and health and fitness sessions for 9-18 yrs.**

There are boys teams playing in the Camden & Regent's Park Saturday Youth League U9s, 10s, 11s, 12s, 13s, & 15s. Also under 16s & 18s playing in the Cheshunt Sunday Youth League. Pro Touch also delivers workshops on health, anti-racism and conflict resolution. Call Ash or Zahid on 020 7813 3007 or 07732 872 022 or visit www.protouchsocceracademy.com

### QUEEN'S PARK LIBRARY

**Homework Club:** for 7-13 yrs. Mon and Wed 3.45-5.30pm, term-time only.  
**Manga Club:** for 10-18 yrs. Third Thurs of every month, 5-6pm.  
**Gaming Group:** for teenagers, also reading groups, call for details.  
**Halloween Party** on October 31, dress up and enjoy the fun! Tickets £3. **And acclaimed author Jonathan Trigell is coming to talk about his award winning novel Boy A,** the story of a child criminal released into society as an adult, October 2, 6.30-8pm. 666 Harrow Rd W10, 020 7641 1300.

### REAL ACTION

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

### SAMBA STREET SOCCER

**Street Soccer:** for Under 10s and Under 15s, Mon, Tue, Thu, Fri, call for times. Westminster Academy, 259-265 Harrow Rd W2. Contact Andrew Amers-Morrison on 020 7034 0186/07591 855 532, sambastreetssocceruk05@yahoo.co.uk, www.sambastreetssoccer.org

### ST. LUKE'S CHURCH

**3rd Paddington Scout Group:** for 6-7, 8-10 and 11-14 yrs. Thu 6-9pm. Games, sports and training, as well as weekend activities. All faiths welcome. St. Luke's Church Centre, Fernhead Rd W9. Contact Diana New on 020 7912 0640 or newdds@aol.com

### STOWE YOUTH CLUB



**Free activities for 13-19 yrs.**  
**Mon:** Club Night. Union Dance, gym (all gym sessions 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, media design, IT room, cooking (healthy eating programme), music studio. 6.30-9.15pm. **Wed:** Muslim youth group, 6.30-9pm. **Thu:** Sexual health clinic, 3-6pm, see Connexions entry above. 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 8968 2693/4 for details. **Ballet:** 6-11 yrs boys and girls. £4/session. Mon 4.45-5.30pm (term-time only, begins Sept 15). Call Sandie 07957 327 322

### VITAL REGENERATION

**Enrolment days:** Firststep.com on 15th Sept; Queens Park New Media Centre on 17th Sept. Classes on offer include Preparation for Work, Graphic Design, How to use a Mac, and for children, Play Space and

Homework Clubs. Contact Hana Osman on 020 7245 2865 or vitallearning@cwh.org.uk  
**Studio +:** courses for 14-19 year olds from Westminster. Music industry professionals teach you how to manage live events and produce your own music. Contact Katy Haigh on 020 7245 2267 or kchaigh@cwh.org.uk  
**Vital Apprenticeships:** advice service for young people aged 16-24 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 an appointment, contact Daniel Williams on 020 8964 3256 or dcwilliams@cwh.org.uk  
**Vital Vocations:** Young people aged 16-25 will 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. The service is just getting started and they are eager to hear from youth volunteers who would like to get involved in the project. To volunteer contact Fiona Black on 020 8962 0721 or fblack@cwh.org.uk For further information on any of these projects, visit www.vitalregeneration.org

### WESTBOURNE PARK FAMILY CENTRE

**Club Express:** for 7-11 yrs. Fri 5.30-7pm.  
**West 2:** for 11-16 yrs. Fri 7.45-9.45pm.  
**Young Volunteers:** project for 13-19 yrs. Fri 5-10.15pm.  
**Detached Project on Warwick Estate:** Fri 6-9pm. Cnr of Porchester Rd and Westbourne Park Villas W2, 020 7727 6019, 07983 207 725, www.westbourneparkfamilycentre.org.uk

### WESTMINSTER SPORTS UNIT

Promotes and delivers a range of sports and physical activity programmes. Call Eugene Minogue, Westminster Sports Unit, 020 7641 5891/07940 021 959, eminogue@westminster.gov.uk, www.westminster.gov.uk/sport

### WESTMINSTER YOUTH DANCE

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

### YAA ASANTEWAA



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

£1/session. Thu 5-6.30pm for 8-15 yrs. **Holiday Time:** ring for October half term activities (Oct 27-31), for 8-15 yrs, 10am-4pm. Book early. 1 Chippenham Mews W9, 020 7286 1656, talibah.hawkins@yaaasantewaa.com, www.yaaasantewaa.com

## New Youth Enterprise Hub at Stowe

Are you aged 20 or under and live in Westminster? Do you have a great idea for a business? Would you like to learn how to get your money-making idea off the ground? If so, the Youth Enterprise Hub at the Stowe Youth Club could be just for you!



PHOTO COURTESY OF HARDCORE IS MORE THAN MUSIC  
Silk-screening, one of many business ideas

Hardcore Is More Than Music and Paddington Development Trust have teamed up to offer specialist masterclasses and seminars on creating your own business and getting your fashion label, business model or money-making idea off the ground.

Representatives from local businesses and the creative industries will give you advice on getting your business started and at the end of the programme you can pitch your idea at the Youth Enterprise Hub 'Dragon's Den', where you could win £1,000 to use to start up your own business.

The programme starts mid-September on Tuesdays 6.30-8.30pm at the Stowe Centre. It's free to take part in this project but places are limited. If you're interested, get in early to register!

If you would like more information on how to get your business empire off the ground, or to enrol, drop in to the Stowe Centre, 258 Harrow Road, W2 or email [nendieandnina@hotmail.com](mailto:nendieandnina@hotmail.com)



PHOTO COURTESY OF VITAL REGENERATION

Young person at Studio + Midi Sequencers Session

## Making a vital difference

**Vital Regeneration works with community centres, schools, youth clubs and local businesses to promote learning, employment and enterprise opportunities for all.**

This autumn, their learning centres will run a variety of innovative courses for all ages. You can sign up at dedicated enrolment days: Firststep.com - 15th September and Queens Park New Media Centre - 17th September. Classes on offer include Preparation for Work, Graphic Design, How to use a Mac, and for children, Play Space and Homework Clubs.

Vital Regeneration's Studio + is also running courses from September for 14 to 19 year olds from Westminster. Music industry professionals will teach you how to manage live events and produce your own music. Since Studio + started, more than 70 young people have been involved. The project has helped 14 young people secure jobs and supported 47 to gain qualifications. 'Studio + is a big step for people wanting to take music seriously,' says 18 year old Tyson, a Studio + participant.

Vital Regeneration also offers an extensive career service. Vital Apprenticeships is an apprenticeship advice service for young people aged

16 to 24 who are socially housed in Westminster. Advisors provide information, advice and guidance on apprenticeships, training courses and job opportunities. They support you to make the right choices for your career. Advice sessions are run (by appointment) at the Beethoven, Greenside Community and Stowe Centres.

Vital Vocations is a careers service with a difference! Young people aged 16 to 25 will 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. The service is just getting started and they are eager to hear from youth volunteers who would like to get involved in the project.

### Further information on:

#### Courses

For details on course enrolment for **Firststep.com** and **Queens Park New Media Centre** contact Hana Osman on 020 7245 2865 or [vitallearning@cwv.org.uk](mailto:vitallearning@cwv.org.uk); For **Studio+** enrolment contact Katy Haigh on 020 7245 2267 or [kchaigh@cwv.org.uk](mailto:kchaigh@cwv.org.uk)

#### Careers Advice

**Vital Apprenticeships:** to book an appointment, contact Daniel Williams on 020 8964 3256 or [dwilliams@cwv.org.uk](mailto:dwilliams@cwv.org.uk)

**Vital Vocations:** to volunteer contact Fiona Black on 020 8962 0721 or [fblack@cwv.org.uk](mailto:fblack@cwv.org.uk)

You can also visit the website: [www.vitalregeneration.org](http://www.vitalregeneration.org)



Clockwise from top: new design for the ground floor; basement; and sub-basement.

## New chapter for Church Street Library

**It's all change for Church Street Library, which is set for a major Big Lottery-funded £1 million remodelling and expansion.**

The existing single-storey building will close in November to be transformed into a three-storey library which will incorporate the disused area to the rear of the current building.



The new library will have a children's area, a large adult library and a space for use by local organisations. Other facilities will include a quiet reading area, study facilities, a computer area and a learning centre. Provision will also be made for bicycle parking, toilets (including disabled provision and baby changing facilities) and a working area for staff.

The refurbishment is scheduled to take nine months and during that time there will be a temporary library opening at 97-99 Church Street (the old butcher's shop).



KEN MACDONALD

Interior design firm, Bisset Adams, has been appointed to design the internal layout of the library. The firm has already designed several libraries, including the acclaimed Idea Store in Whitechapel.

These improvements will mean that the already popular community library, currently open for 55 hours per week and receiving nearly 160,000 visitors a year, will be able to provide much-expanded and improved services.

One intriguing feature of the new library building will be its sedum roof, a roof housing a layer of plant life. This will contribute to the reduction of carbon dioxide levels in the atmosphere and provide a habitat for a rich variety of wildlife while absorbing up to 20 per cent of airborne dust and toxic particles.

For further details on the transformation of Church Street Library please email Laura Hannan at [lhannan@westminster.gov.uk](mailto:lhannan@westminster.gov.uk) or call her on 020 7641 3270.

## It's my business

### Build HQ

Husband and wife team and business partners, Shakkell and Liza Yunis have recently opened Build HQ, an independent builder's and timber merchant on Broadley Street. Previously, they managed their own construction team, developed several properties in central London, and worked as business consultants.



As a family business, Shakkell and Liza are excited at the prospect of building a strong base to support the needs of the Paddington community. They believe they can only do this by utilising local talent and have already signed up to a Local Employer Programme, which focuses on recruiting from within the community.

Shakkell already works with Church Street Neighbourhood Management on developing strategies and plans for improving the social and commercial outlook of the Church Street Ward.

Build HQ primarily serves tradesmen and construction companies, but with an open door policy, the company also welcomes enquiries from the public and will endeavour to give free advice on products and minor build projects.

Build HQ is at 131a Broadley Street, NW8. Tel 020 7723 6117



PHILIP WOLMUTH

Progress at Lisson Gardens at the time of print

## Lisson Gardens facelift

**The re-opening of the Gardens in Lisson Street is being celebrated by the ‘Gather in the Gardens’ programme of activities which includes music, exercise tasters and children’s activities running from the end of the summer into the autumn. Come down and take part!**

The Gardens will boast a new accessible walkway, an amphitheatre activity area, spruced-up planting,

as well as the play-area. Partnership work between residents, the Neighbourhood Management Team and Groundwork raised £100k for the works.

As part of the makeover of the Gardens, this lovely space will soon be renamed. Do you have any suggestions? If so, contact the Neighbourhood Centre on 020 7641 6633 or pop in.

## Residents get involved

**The Church Street Neighbourhood Management Board, responsible for overseeing the work of the Neighbourhood Management Team, includes officers from the Council, representatives from local voluntary and community groups, and six local residents, chosen by the people who live in the Church Street Ward in elections held every two years.**

Don Mackenzie has been a local resident for 23 years and is a relative newcomer to the Board – he joined nine months ago. Before retiring, he worked in the building industry for 50 years and has found that some of his expertise has been helpful in his role as a Board member.



KEN MACDONALD

‘I’ve been involved with the housing advisory panel because it’s something I know about from my previous

professional life, and because I see overcrowding as such a pressing issue in this area.

‘I’ve also been involved with the library refurbishment programme, especially thinking about how to minimise the inevitable disruption that a 40-week construction project will bring.’

To get involved with the Board or to contact your resident representatives, drop in to the Neighbourhood Centre at 88 Church Street or call 020 7641 6632.

## In brief

### Welcome to Church Street



KEN MACDONALD

**Edward Quigley** (left) is a new **Neighbourhood Management Officer** focusing on local economic

development. Edward is solely charged with regenerating and promoting Church Street Market (see article on page 2). ‘I’m really enjoying working here at Church Street,’ says Edward. ‘I’m really keen to work closely with the traders as well as residents and Westminster City Council in building on the quality and unique, traditional feel that we have.’

### Cecilia Faduola (below)



KEN MACDONALD

recently joined the team as the **Communications and Events Officer**. She worked previously

on community initiatives for Octavia Housing & Care, which involved work in the Church Street area, so she is no stranger to the neighbourhood. ‘I love this area,’ says Cecilia. ‘I’ll be working on increasing community engagement so I hope people will feel free to approach me when they see me around!’

### New Church Street Guide

This guide is a treasure trove of useful information about services and organisations in the Church Street area and includes a helpful map showing exactly where all the services are located. The Guide was put together by Church Street Neighbourhood Management and the Housing Options service. To request a copy, call 020 7641 6633.