

Paddington People

Winter 2009

Church Street edition



PHILIP WOLMOUTH

Installation of a Christmas tree outside the Neighbourhood Centre in Church Street.

PRINTED ON RECYCLED PAPER

Oh Christmas Tree

The sight of a 19-foot tree outside the Church Street Neighbourhood Centre is a sure sign that Christmas is nearly here.

The Christmas tree formed the centrepiece of this year's Winter Wonderland in Church Street, an event put on by the Neighbourhood Management Team to celebrate the approaching Christmas season.

On 26 November, local residents came together to celebrate. Spectators enjoyed Christmas carols from Sylvia Young Choir as well as songs from Tanya Nyaries Oliver Cabaret. Children were treated to a magic show by Zako the clown,

whilst minced pies were served all round. Even Santa Claus arrived in his sleigh to join the festivities and deliver goodies from his grotto.

It was an evening to rival the Regent Street lights ceremony. According to one resident, 'It was a lively event and everybody came away buzzing from all the excitement.'

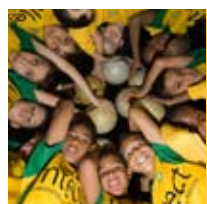
The highlight of the event was a thunderous countdown as the Christmas lights were switched on by special guest Sir Terry Farrell, of the award winning firm of architects Terry Farrell and Partners.

The Christmas tree will remain in Church Street until January.

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View from Church Street

Church Street cherubs Luka Grbic, 8, and Joseph Nolan, 7, are best friends. They attend St Edward's Primary School on Lisson Grove.



How long have you lived in Church Street?

Luka:
All my life.

Joseph:
I have lived in Church Street for three years.

What do you get up to outside of school?

Luka:
I really enjoy drama at Sylvia Young's Theatre School on Saturdays.

Joseph:
I go to Taekwondo lessons every Monday. Sometimes I help out on Dean's fruit and veg market stall.

What don't you like about Church Street?

Luka:
Sometimes it can get overcrowded.

Joseph:
The rubbish scattered all over.

What do you like best about it?

Luka:
I really like the summer festivals especially the smoothie bikes. I also love the kebab stall.

Joseph:
I really liked Broadley Gardens when it was open and I can't wait for it to reopen. I also like the adventure playground in St John's Terrace.



Trevor Withams will carry out free home safety checks in Church Street over the next two years.

Are you 'Well at Home'?

A new scheme has started in the Church Street area to improve the health of local people by improving their housing conditions.

The aim of the 'Well at Home' scheme is to carry out free home safety checks on elderly people, families with young children and others to ensure that their homes are not likely to cause health problems or accidents. The project will take enquiries from anyone in the area but will focus on tenants of private landlords and housing associations as well as some owner occupiers.

Trevor Withams, an Environmental Health Officer, has joined the Neighbourhood Management Team and will be working in the area over the next two years.

'People aren't always aware of the links between their home and their physical and mental health. I can take

action to deal with issues such as poor heating, damp and mould growth, fire and electrical safety, trip hazards and overcrowding,' Trevor explains.

'Last week I visited a couple of leaseholders. One of them will be getting a grant for a central heating system and the other will be getting an old kitchen replaced. The next day I was dealing with a rat infested empty shop in the Edgware Road so the job is quite varied.'

The home safety check will also try to refer people to other services, such as the Safe and Secure Scheme for home security and the Free Handyman Service for minor repairs and odd jobs.

If you are interested in having a free home safety check carried out in your home, contact Trevor on 020 7641 6313 or twithams@westminster.gov.uk or pop into the Neighbourhood Centre at 88 Church Street NW8.

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, tel: 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, Toulia 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



Cutting carbon emissions in Paddington is a step towards addressing global climate change.

North Paddington Goes Green

Now more than ever, climate change is a hot topic of discussion. Its effects are visible and alarming...and everyone's problem to solve together.

We are in the early days of the fastest change to our planet in human history. At five degrees of global warming, drought and melting ice caps can literally change the world's geography. This will eventually cause huge shortages of food and water which will force hundreds of millions of people to move from their homes, not to mention the damage to biodiversity.

Some countries of origin of many Paddington people, such as Bangladesh and Sudan, are already under pressure and more effects will be visible in Britain.

Climate change is the outcome of our way of living, which is largely powered by burning oil, coal and other fossil fuels. The by-products are gases containing carbon which are pumped into the atmosphere.

Without an action plan to rein in the world's emissions, global temperatures could rise between

two and six degrees over the next few decades.

So what can be done to reduce carbon emission? The simple answer is to burn less carbon. This means changing our sources of energy and the way that we use it. With the will and technology, this can be done and many people are already looking into alternative sources of energy.

Governments also need to act and they need to act together. Later this month, government representatives are meeting in Copenhagen to agree a new treaty on climate. This is a step in the right direction, but people also need to come together locally to begin to combat climate change.

In September, Paddington Development Trust organised a Green Summit to explore how local residents and organisations can cut carbon in Paddington and make the area a greener place to live and work.

The changes that are needed begin in homes and in the community.

With some dedication, creativity and cooperation, Paddington is destined to go green.

Get involved. Get green!

PDT is keen to work with interested local people and organisations to make Paddington a greener place to live and work. If you'd like to help to develop any of the ideas below, please get in touch.

Eat (and grow) local food

Transporting food from far afield is a major source of carbon emissions. We are keen to improve access to affordable food grown close to London. If you're interested in sourcing locally produced food, or you want to grow your own, we'd like to hear from you.

Share goods and services

Sharing goods and services reduces waste and energy use. With schemes out there like londonliftshare.com most of us can manage without needing our own car. Tool banks are also handy, and save on storage space. The average household only uses a drill for 17 minutes. Share drills and get to know your neighbours!

Get energy advice

You can get advice on energy efficiency measures from the Council. Phone Debi Waite on 020 7641 7760 for details.

Talk to each other

We need to respond to climate change together. Whether it's cutting your fuel bills or buying more local food, talk to people you know about doing the same thing to make more of an impact.

Act now

Join a campaign group, or get involved here in Paddington. Come along to the Green Paddington Get-together on Wednesday 9 December, 6-7.30pm at Café Ami, 7 Marylands Road, W9.

To find out more or to get involved contact Toby Gale on 020 7266 8250 or toby@pdt.org.uk



Nasrin (right) discusses her future ambitions with Westminster Works Advisor Janki.

Westminster Works... is working

Westminster Works is a project that started in June to help local people get jobs and training. But is Westminster Works working? We asked two local residents:

Nasrin

Nasrin wanted a simple thing: a good well paid job. But she knew she did not have the experience to just walk into one. She applied for lots of jobs without success.

‘I wanted to work in an office, maybe in a bank or a housing association or perhaps a Benefits Office. But I knew I needed more experience of being in an office and of using computers to get a job like that. I had applied for lots of jobs but had not got them.

‘Then one day where I live I saw a poster on the wall that said there was free help for people who wanted to work and get a good job. I called the number and was put in touch with Janki who is one of the advisors for Westminster Works.

‘Janki has been really lovely. I am now going to college three days a week to do an NVQ in Business Administration. Janki helped me find the course. But to do this course you also have to have a work placement.

She got that for me too and now I work as a volunteer at the Selby Centre in Harrow Road for two days a week. I am helping update the database and next I will go onto using Word and Outlook on the computer and talking to customers on the phone.

‘It’s really good experience and the team there are very friendly. I love working with the staff. And it’s only ten minutes walk away from my house to get to. I don’t even have to get the bus.

I just wish now I had met Janki before last September. She’s been great to me.’

Jennifer

Jennifer lives in Lisson Grove. She had been working since 1996 in a good job as a manager in a charity that helped blind people represent themselves and live independently. Then all of a sudden, she was made redundant.

‘I know what being made redundant can do to you because it happened to my husband for a while and I saw the effects. You can feel really deflated - like you are no further use to society. I applied for over 80 jobs in the next five months but I only

got one interview, and that was for something that wasn’t suitable.

‘I met James in July 2009 when I registered with Westminster Works. He seemed like he really had time to sit down and help. I started going to his job club at the Greenside Community Centre which meant I would sometimes see jobs I hadn’t known about before. One day I came across a job as a fundraising officer in a charity.

James helped me apply by sharpening up my CV. It was too wordy and he said I could summarise things better to show what I could do. I know that helped get me the interview for my job because I had applied for so many without a result but with the new CV I got an interview the first time! James also ran off lists of tips from the computer about how to answer more difficult interview questions.

Now I am working three days a week as a fund raiser. Without the support of Westminster Works I wouldn’t have had this chance. I can’t thank James enough for the interview techniques and CV support.’

If you would like to chat with a Westminster Works Advisor please call **020 7575 3113. The service is free and does not affect any benefits.**



Westminster Works Advisor James helped Jennifer find a job after she was made redundant.



The Westminster Women in Business Group meets each month to discuss issues faced by self-employed women.

Westminster Women in Business Group

The Westminster Women in Business Group is a member-led group of local women who are in the process of starting up their own business, have recently started or have more established businesses.

The group provides a platform for women to support each other through the often lonely processes of running a business.

‘Westminster Women in Business offers inspiration, encouragement and a place to talk about our skills and expertise through sharing our diverse experiences,’ says member Shirley Nicolaou, Churros and Chocolate market trader.

The group meets every month to discuss and increase understanding of issues facing self-employed women.

It also provides an informal setting for social interaction and fun.

To join the group or for more information, please call Kim on 020 7266 0636.

New directory of local businesses

To help you find quality local businesses, the Enterprise Centre has produced Paddington Pages, a new directory of local businesses. To request a free copy, call 020 7266 0636.

Grants for small businesses

NHS Westminster, working with Paddington Development Trust (PDT), has launched Healthy Enterprise, a grant and loan scheme for start-up and first-year sustainable businesses operating in health and well-being markets.

This innovative fund will be offered on a first-come, first-served basis providing loans or grants from £1000 to £50,000 to prospective enterprises. Businesses

should demonstrate added value to existing health and well-being products and services through a comprehensive business plan.

The Enterprise Centre, managed by PDT, offers advice and support to prospective start-up businesses and assists in the business planning process.

To book an appointment or for information about grants, please contact Kim Sadler at the Enterprise Centre, 59 Elgin Avenue, W9 on 020 7266 0636 or kim@pdt.org.uk



Case Study: Selina Jones

Corporate film-maker Selina Jones used to work making music videos and commercials, but after having a baby she felt she couldn’t return to the intense hours the job required.

She started looking for work in other industries, but couldn’t find anything. The Jobcentre told her she should consider starting up her own business and becoming self-employed, due to the lack of job opportunities out there.

Film-maker Selina Jones in action at the Maida Hill Café Gallery.



But Selina didn’t know where to start. She’d never run a business or been self-employed before.

She happened to pick up a leaflet advertising the Enterprise Centre, made an appointment to see Aparna, and has gone from there.

‘The Enterprise Centre has been brilliant, giving me start-up help and advice and providing me with lots of links,’ she says. ‘If it wasn’t for them, I’d still be looking for work.’

Now Selina is self-employed and feeling confident about the future. Her aim is to have a pool of freelancers to call on for different jobs. She describes her style as ‘youthful, cutting-edge, but corporate.’

Selina can be contacted on 07900 087 920, selina@captainjones.com or www.jonesproductions.110mb.com To contact the Enterprise Centre, call 020 7266 0636 or kim@pdt.org.uk

Keeping you healthy

Swine flu

Swine flu is a completely new virus to which very few people are likely to have immunity. NHS Westminster's swine flu vaccination programme is underway for at-risk groups including pregnant women and household contacts of immunocompromised people, such as those receiving chemotherapy. These groups will primarily be contacted through their general practices. Vaccinations for swine flu and seasonal flu can be given on the same day (each vaccine in a different limb).

Seasonal flu vaccinations

The vaccination for seasonal flu is different to the vaccination for swine flu. Free vaccinations against seasonal flu are available for people aged 65 and over and for people aged six months to 65 years in certain risk categories including those with asthma, diabetes and heart disease.

The vaccine, which lasts for up to 12 months, is available from your GP or practice nurse, and also from 40 pharmacies throughout Westminster. For more information and a list of local pharmacies visit www.westminster.nhs.uk

Health services open over the Christmas and New Year period

For a list of health and social services (including pharmacies) in Westminster that will be open over the festive season visit: www.westminster.nhs.uk



A business in Westminster receiving a free Healthy Business Consultation worth £250.

PHOTO COURTESY OF WELLATWORK

Be well at work

Westminster business owners can now take advantage of free fast track health services and impartial business advice worth up to £250 per hour by signing up to the Well at Work service.

The team, supported by NHS Westminster and Westminster City Council, will be visiting the area in the coming weeks giving Paddington businesses the opportunity to benefit from the service.

A local Chief Executive told us, 'As a charity, we don't have the budget to outsource our occupational health needs, so Well at Work is a real lifeline. The range of issues they can assist with is fantastic, everything from training to conducting a risk assessment for a pregnant staff member to advising on how we can support our staff who may be suffering from stress. We can't recommend Well at Work strongly enough.'

The Well at Work service has been designed to give local businesses a helping hand in staying healthy and profitable during the recession. Dorothy Acheru, Project Manager

for the Well at Work Service says, 'Our service is for all local business owners, whether you employ one person or 200. It's free, so no business should be without this additional help at the moment.'

'We saw a genuine need for public support to keep our local business community healthy and decided to take action. We have an amazing team here who work collaboratively with the business owner. We offer advice and occupational health services which are proven to increase productivity and business success.'

Businesses who sign up to the Well at Work Service will be teamed up with a business advisor who will help review the business, offer practical advice and cost-free solutions to promote healthy working practices and manage staff sickness. If an employee has a work related health problem, you will be immediately referred to a member of the occupational health service for medical evaluation and support.

For fast track health services and free impartial business advice call the Well at Work team on 020 7641 5600. www.westminsterwellatwork.co.uk

EVENTS

Back-to-Work Help for Westminster Mums

This FREE workshop is a general introduction to Women Like Us - who we are, what we do, and how we can help you on your journey back to work. You will have the opportunity to meet career coach Sarah Archer, our recruitment teams and to decide what support you want from them. It is essential to book. Wed 2 Dec, 10.15am, Gateway Primary School, Capland St, NW8. 020 7561 3786 (ask for Vicky), Victoria.cain@womenlikeus.org.uk

Christmas Bazaar

St Jude's Over 50's Club is hosting the bazaar which will have home made cakes and preserves, bric-a-brac, haberdashery, nearly new clothes, hand knitted goods, tombola, toiletries and gifts, toys, books, records and raffles. Tea and biscuits will be available. Entrance costs 30p. Sat 5 Dec, 2-4.30pm, St Jude's Hall, corner of Ilbert St & Fourth Ave, W10.



The Cockpit Theatre

Lovesong Of The Electric Bear: a staged reading of a new play about the true-life story of celebrated mathematician, logician and cryptographer, Alan Turing. Not suitable for children. Sat 5 Dec, 8pm. Tickets £5. **Theatre in the Pound:** a chance for theatre makers to develop new ideas and get audience feedback on their works-in-progress. Tue 15 Dec, 12 Jan & 2 Feb, 7pm. Tickets £1.

Where from? Where now?: A series of nine monthly evening readings by The Godot Company's literary adventurers. Wed 16 Dec, 13 Jan & 3 Feb, 7.30pm. Tickets £7/£5 conc. **The London Butoh UK Festival:** Butoh UK presents the work of internationally acclaimed solo artists Yuko Kaseki and Marie-Gabrielle Rotie. Contains nudity. Sun 13 Dec & Mon 14 Dec, 7.30pm. Tickets £15/£14 conc. **Maqam:** explores traditional Greek Turkish music, plus an informative but informal excursion into the roots of this fascinating genre. Thu 17 Dec, 14 Jan & 4 Feb, 6pm. Tickets £10/£7 conc. The Cockpit Theatre, Gateforth St, NW8, Box Office: 020 7258 2925, www.cockpittheatre.org.uk

For fast track health services and free impartial business advice call the Well at Work team on 020 7641 5600. www.westminsterwellatwork.co.uk

West 9 Community Bazaar

The thriving bazaar will offer an impressive array of sights, tastes and textures, not to mention a FREE cup of tea or coffee. There is a 20p entrance (adults only). You can hire a stall to sell your goods at the bazaar (£3 per session). Wed 2 Dec & 3 Feb, 1-4pm. St Peter's Church Hall, 59 Elgin Ave, W9. 07982 802 725 (ask for Sandra or Jackie), sansdc@hotmail.com

COURSES AND TRAINING



January and February start courses

We have a range of part-time day and evening courses starting in January and February. For full details, visit our website at www.cwc.ac.uk, call 020 7723 8826 or drop in to InfoPoint at Paddington Basin Campus, North Wharf Road, W2 1LF any weekday from 10am-4.30pm (and some Tuesday evenings during term times from 5-7pm).

College Open Day

We are holding a College-wide Open Day on Wednesday 10 February 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 information. We look forward to seeing you!

Free Training Programmes: The Prince's Trust Team Programme

This is an exciting personal development programme for unemployed people aged 16-25, 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 Experience, plus tasters in areas including Sport & Leisure, Media & Arts, Administration and Retail. The course runs for 12 weeks. For more details call Sheromie Brewster on 020 7258 2975 or email sheromie.brewster@cwc.ac.uk

Personal Best (Olympic Volunteering Programme)

Do you find returning to work challenging? Do you want to increase your confidence or gain new skills? Personal Best is a FREE 10-week training programme that includes a volunteering placement, first aid and a guaranteed interview for volunteering posts at 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 call 020 7258 2782 or email kate.farrar@cwc.ac.uk

Skills and employment training

Over 18 and unemployed? We offer free advice and guidance and various programmes that can help you gain the skills, training and experience you need to get into work, including interview and job search skills, job applications, computing skills and a range of vocational tasters. For more information, call 020 7258 7224.

Over 19, employed and seeking training? Through Train to Gain and Apprenticeships, we offer training programmes in a wide range of skills and sectors. Employees can gain valuable skills, while employers can improve the efficiency and productivity of their business. We also offer various bespoke training courses. For more information, call 020 7258 7215 or email joanne.baillie@cwc.ac.uk

Free open-access sessions

You can make use of the ICT facilities and the support of volunteers to work on your own projects, enhance your CV, email friends and search the web. Wed 1-4pm, Queen's Park New Media Centre, The Beethoven Centre, Third Ave, W10. Fri 1-4pm, Firststep.com, The Greenside Community Centre, 24 Lilestone St, NW8. Sessions will not run from 16 Dec-4 Jan and 15-19 Feb. 020 7245 2267 (ask for Damien).

Learn Sign Language

Westminster Centre for Independent Living is starting a new British Sign Language NVQ Level 1 Course in January. The course costs just £350 per person and takes place every Tuesday evening over 24 weeks (60 hours in total). For those wanting to make their newly found skill official, they can take a BSL exam for £50. Westminster Centre for Independent Living, 42 Westbourne Park Rd, W2, 020 7243 9720, Russell@trainingforlife.org www.trainingforlife-westminster.org

Marylebone Bangladesh Society

ESOL Basic Literacy: Mon & Wed 1-3pm (term-time). **ESOL with Computers:** Thu 10am-12.30pm (term-time). Marylebone Bangladesh Society, 19 Samford St, NW8, 020 7641 5474 (ask for Mahbuba).

Mindfulness Stress Reduction Course

Learn to effectively calm your mind, relax and reduce stress. Enjoy renewed confidence, vitality and quality of life. Eight-week course. Carers get special rate. Starting Mon 1 Feb, 6.30-8.30pm, 60 Penfold St, NW8. 020 7402 6711 (ask for Christene), www.mindfulness-mbsr.com

Queen's Park Library

For Adults- ESOL Basic Entry: Mon 9.30-11.30am & Wed 10am-12pm; **Basic IT:** Mon 11.30am-1.30pm; **Bengali Women's**

Reading Group: Tue 9.30-11.30am; **Mock interviews and employment advice:** Wed 12-1.30pm; **Basic Computing:** Thu 11.30am-1.30pm; **Numeracy and IT:** Fri 11.30am-1.30pm; **Reading Group:** last Mon of every month 6-7pm. **For Seniors–Seniors Online:** a computer class for the over 50s from the Harrow Road ward only, Tue 11.30am-1.30pm & Fri 9.30-11.30am, (must book in advance.) Queen's Park Library, 666 Harrow Rd, W10, 020 7641 1300.

Real Action

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

Training for Voluntary and Community Groups

Voluntary Action Westminster, an independent charity supporting voluntary and community organisations, is offering free training courses to members. Membership fees are decided according to the size/income of the group. A deposit of £20 per course is required at the time of booking. Upcoming courses include: Developing a Fundraising Strategy; Becoming a greener group; Preparing budgets and cash flows; Involving Volunteers; Setting up a group, and many more. 020 7723 1216, training@vawcvs.org www.vawcvs.org

SUPPORT AND ADVICE

Eaves Domestic Violence Support Service

In partnership with Westminster Children's Centres. Anyone can experience domestic violence, regardless of age, race, sex, disability or wealth. Domestic violence includes physical, emotional, mental, financial or sexual abuse. It may be viewed or experienced in varying ways in different communities, but it is unacceptable in every culture and community. If you are a woman with a child under 5 years old and are experiencing, or have experienced domestic violence our Family Relationship Workers can offer you support and advice. This may include; listening, safety planning and support to access advice services on benefits, housing, immigration and legal issues. 020 7641 4517/22.

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. First Wed of the month 4.30-5.45pm, Beethoven Centre, Third Ave (next to 174 k), W10. 020 7485 2901 (ask for Natalie) w10carers.supportgroup@grandparents-association.org.uk

Want to Stop Smoking?

Did you know you're four times more likely to quit with NHS support? Come to our Community Support Groups. We have a Tuesday group, 6-7pm and a Wednesday group at St Mary's Hospital, Praed St, W2 until 15 December. Get free advice and support about quitting and how you can access FREE treatments, or drop in to your local pharmacy or GP to find out more. For more information call 0800 328 8537.

VOLUNTEERING

Home-Start Westminster

Have you got parenting experience and some time to spare? If so, you could have exactly the skills needed to make a difference to a local family in Westminster. Home-Start's carefully trained volunteers give free informal, friendly and confidential support to any parent with at least one child under five. By visiting a family in their own home and offering friendship, practical help and emotional support, our volunteers represent a lifeline for many families who are finding it hard to cope. Our course is accredited by the Open College Network. The next course starts in Jan. 020 7724 1345, admin@hswestminster.co.uk

SPORTS, HEALTH AND WELLBEING

Ballroom & Latin American Dance Classes

Learn to dance from Strictly Come Dancing series 3 star Hanna Haarala. Payment options for six-week courses are £12/lesson or £50 in advance for 6 lessons. From 7 Jan, Thu 7-8pm for beginners, 8-9pm for intermediates. St Paul's Church Centre, 5 Rossmore Rd, NW1. From 11 Jan, Mon 7-8pm for beginners, 8-9pm practice class. St Joseph's Primary School, Lanark Rd, W9. 07834 361 199, learn2dance@live.com

Bayswater Social and Cultural Association

Healthy living project for ages 60+. Wed 12-2pm, Pickering Hall, Hallfield Estate, W2. 020 7266 8244 (ask for Karim).

Beethoven Centre

£6 annual membership entitles you to a variety of physical activities for £1.50 per class and some with free crèche places. **MON** Yoga 10-11am; Healthy eating cooking demonstration (first Mon of the month) 1.30pm. **TUE** Step Class for women 10-11am; Yoga for over 50s 2.30-3.30pm; Drop-in to Weigh In (free advice and support on weight management issues and healthy eating) 4.30-6pm; Tai Chi 6.30-8pm. **WED** Aero tone for Women 10.30-11.30; **THU** Pilates 2-3pm. **SAT** Yoga 10-11am. The Beethoven Centre, Third Ave, W10. 020 8969 5881.

Breastfeeding Support

Baby Café: Mon 12.30-2.30pm (term-time), Micky Star Children's Centre, St Michael's St, W2; **Drop-in Breastfeeding Clinic:** Tue 1.30-3.30pm, Lisson Grove Health Centre, Lisson Grove, NW6; **Breastfeeding Drop-in:** Fri 10.30am-12pm, Woodfield Medical Centre, Woodfield Rd, W2. (Call Kerry on 020 7266 8727.) **Breastfeeding Support Helpline:** Mon-Fri 8am-6pm (07771 840 488) or Mon-Thu 8am-6pm (020 7563 6179).

Flexicare

A befriending service providing 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, 020 7286 9465, flexicare@westminstermind.org.uk

Food Co-ops

Great value fruit and veg. Mon 1-4pm, Beethoven Centre, Third Ave, W10. Wed 3.15-3.45pm, Edward Wilson Primary School, Senior St, W2. Wed 3.15-3.45pm, Hallfield School, Hallfield Estate, W2. Thu 3.15-3.45pm, St Mary of the Angels School, Shrewsbury Rd, W2.



The Munro Health Co-operative

Complementary Therapy for Over 50s living in Little Venice ward. £2/treatment (£1/treatment for ages 60+ yrs). Wed 11am-2pm, Little Venice Sports Centre, 10 Crompton St, W2. 07748 678 571 / 020 8969 6799 (ask for Sheila).

Yoga

Free 6-week yoga courses for Westbourne residents recovering from any addiction and/or weight issues. **Addictions:** 2 Dec-23 Dec. **Weight Issues:** Wed 6 Jan-10 Feb and 24 Feb-31 Mar. The Stowe Centre, 258 Harrow Rd, W2. 07833 570 095 (ask for Cathy), catherinealison1@hotmail.com

Zumba

A Latin inspired dance fitness class for adults. Suitable for all levels. Come and workout to the sounds of salsa, merengue, cumbia and reggaeton, to name just a few. Wed 10-11am & 6.45-7.45pm (Studio One) & Fri 6.15-7.15pm (Studio Two), Porchester Sports Centre, Queensway, W2. Sun 12.30-1.30pm, Jubilee Sports Centre, Caird St, W10. 07732 011 963 (ask for Sandra), www.zumbasandra.co.uk

FOR CHILDREN AND YOUNG PEOPLE

See pages 11-13.



FOR 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.

Carers Network Westminster Information Surgeries

Your opportunity for face-to-face information and advice on a range of issues. 020 8960 3033. **All Carers:** Tue 2.15-4.30pm, Harrow Road Health Centre, 209 Harrow Rd, W2. **Mental Health Carers:** Third Tue of the month, 1.30-4.30pm, Woodfield Medical

Centre, 7a Woodfield Rd, W9. **Carers of Older People:** Second Mon of the month, 10am-12pm, Beethoven Centre, Third Ave, W10. **Support Groups**— Meet other carers and support one another. 020 8960 3033. **Carers of Older People:** Third Thu of the month, 11am-1pm, Lancaster Hall Hotel, 35 Craven Terrace, W2. **Mental Health Carers Day Group:** First Wed of the month, 2-4pm, The Terrace Day Centre, 1 St Mary's Terrace, W2. **Mental Health Carers Afternoon Group:** Third Thu of the month, 1.30-3.30pm, Lancaster Hall Hotel, 35 Craven Terrace, W2. **Carers of Adults with Learning Disabilities:** Coffee Morning at the Beethoven Centre, Third Ave, W10. (Call Lorna on 020 8960 3033 for days and times.) **Bangladeshi Carers:** First Thu of the month, 1-3pm. (Call Tareq on 020 8960 3033 if you would like to come along.) The Beethoven Centre, Third Ave, W10.

Carers Network Westminster Christmas Party

A fun and festive party for all carers looking after someone in Westminster. A hot lunch will be available including a Halal and vegetarian option. Bookings are essential. Tue 15 Dec, The Stowe Centre, 258 Harrow Rd, W2, 020 8960 3033.

FOR OLDER PEOPLE

Open Age

Over 160 low cost activities for over 50s. 020 8964 1900.

Reaching U

A joint project between Age Concern Westminster, Open Age and Westminster Adult Education Service (WAES) that offers a wide range of learning activities for the over 50s across Westminster. Current programme - **Age Concern activities:** French, Tai Chi, Ballroom and Latin Dance, Computer Courses, Art, and Bridge for all levels. 020 3004 5610. **Open Age activities:** Hands on History Celebrations, Art, Computer Courses, Singing, Chair Exercise, Tai Chi for Beginners, Yoga, Line Dancing, Computer Course in Cantonese, Chinese Ribbon Dance. 020 8964 1900. **WAES activities:** Complementary Therapies, Jewelry, Ceramics, China Restoration, Computers, Italian, French, Visual Art, and Gentle Yoga-Lates. 020 7297 7297. For more information about Reaching U and to request a programme for the new term beginning in Jan, please drop in to our new location at 23-25 Praed Street, W2, call 020 3004 5610 or email ReachingU@acwestminster.org.uk

Seniors Online IT Training

Free six-week courses available to Bayswater Ward residents aged 50 and over. This course is aimed at beginners so if you've never used a computer before you'll benefit from friendly training and advice.

Paddington Library, Porchester Rd, W2. 020 7641 1300 (ask for Paddington Library).

MISCELLANEOUS

Beethoven Centre

Queens Park Advice Plus: a multi agency housing drop-in and advice service with free benefit entitlement checks, welfare and debt advice. Arabic and Bengali translation is available. Advice is also available from various agencies providing advice around housing, shared ownership, employment and training options, plus a weekly councillors' surgery. If you are unable to attend the Queen's Park Advice Plus session, but would like to book an appointment for welfare benefits advice in Queen's Park or Church Street then please call the special advice line on 020 7723 5928. Mon 1-4pm. The Beethoven Centre, Third Ave, W10. 020 8969 5881.

Church Street Library CV & Employment Surgeries with

Paddington First: Tue 1.30-3.30pm; **Bengali Women's Reading & Writing Group:** Fri 10am-12pm; **Knitting Club for all ages and abilities:** Sat 10.30am-12pm. Church Street Library, 97-99 Church St, NW8, 020 7641 1300.

FreqOUT local history project

A new exciting local history project will be run by Vital Regeneration's FreqOUT! project in the new year. The FreqOUT! team is looking for residents aged 13-100 who are interested in being part of this project in January and February. Sessions will run weekly for 8 weeks. Residents will be able to tell their own stories, research historic information at the Westminster Archives and learn how to digitise visual information using creative software such as Photoshop and i-Movie. Places are limited. Register your interest by 15 Dec. 020 7245 2263 (ask for Jenny), jirish@cw.org.uk



Grassroots Grants Westminster

This is a fund for small community organisations in the borough, administered by Capital Community Foundation. Grants of up to £5000 are available for community groups, charities, community interest companies and social enterprises groups that have a yearly

income of less than £30,000, have been active for at least 12 months and meet at least one of the 4 main aims of the fund (Strengthening Communities; Bringing People from Different Backgrounds Together; Responding to Local Need; Strengthening Organisational Capacity and Ability). The next deadline is 29 Jan. You can download an application form and guidelines from our website www.capitalcf.org.uk/grants or call us on 020 7582 5117.

Paddington Library

Monthly Reader's Group: usually on third Fri of the month from 6.30pm;
Writer's Group: usually on second and fourth Thu of the month at 7pm; **Reading and Writing for Everyday Life:** 10-wk literacy course run by Westminster Adult Education Service. (Contact Ewa Rzepko on 020 7641 8665), Mon 3-5pm & Tue 9.30-11.30am (21 Sept-7 Feb); **Pensions Advice Service:** Free advice for everyone - not just pensioners. No appointment necessary. Thu 10am-12pm; **City Guardians Surgeries:** Thu 4-6pm; **Employment Advice Service:** Fri 1.30-3.30pm; **Business Start-up Drop-in:** Paddington Development Trust offers free confidential advice and possible further training. Customers should contact the library to check the time and date of the next session. Paddington Library, Porchester Rd, W2, 020 7641 1300.

Portman Early Childhood Centre English Speaking Club: Wed 10am-12pm. Portman Early Childhood Centre, 12 Salisbury St, NW8. 020 7641 5474 (ask for Mahbuba).

Westbourne Park Family Centre Women's Learning Group: Parent-led group. Children welcome. Tue 1-3pm; **Community Café:** serving tea, coffee and soup at reasonable price. First Friday of the month, 1-3pm. Westbourne Park Family Centre, Westbourne Park Baptist Church, Porchester Rd, W2, 020 7727 6019.

Westbourne Safer Neighbourhood Team

Drop-in to speak to your Westbourne Safer Neighbourhood Team about antisocial or illegal activities that are affecting the quality of your life. Mon 7 Dec, 4 Jan & 1 Feb 6-7.45pm at Maida Vale Library, Sutherland Ave, W9; Tue 8 Dec, 12 Jan & 9 Feb 6-7.30pm (for residents

of Windsor Castle Est and Elmfield Way) at Harrow Road Police Station, 325 Harrow Rd, W2; Wed 30 Dec, 27 Jan & 24 Feb 6-7.30pm (for residents of Amberley/Warwick and Brindley Est) at Warwick Community Centre, 300 Harrow Rd, W2. Thu 3 Dec, 7 Jan & 4 Feb 7-8.30pm (for residents of Brunel and Wessex Garden Est) at 23 Anglebury House, Wessex Gdns Est, W2. You can also contact the SNT by calling 020 8649 3602.

Work with your GPs and help shape your local NHS services

Would you like to help shape NHS services in your local area? Do you have good ideas for change? You can join a patient participation group which works with their GPs, practice managers and nurses to improve existing services for everyone. You can also join a patient panel, which works with a group of local GP practices to plan and design new services in the local area. We need patient feedback on plans and ideas for new services. Participants must be registered with an NHS GP in Westminster. Groups tend to meet for one or two hours either monthly or bimonthly. Refreshments are provided. No experience or qualifications are needed, just an interest in helping to make services work for everyone. For details, contact NHS Westminster's Involving People team, 020 7150 8124, involving.people@westminster-pct.nhs.uk

SPACE FOR HIRE

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 Rd, W2 (entrance on Torquay St), 020 7121 0642, westminsteracademy.biz/academysport

Beethoven Centre

The main hall (capacity 150) is available starting at £12.50/hour for members. Multimedia equipment is also available at a reasonable rate. Two meeting rooms are available starting at £5/hour for members. Also, the Queen's Park Crèche (020 8960 2479) is available for groups to book, to provide an on site crèche facility. Third Ave, W10, 020 8969 5881.

Beauchamp Lodge: Electric Barge and Floating Classroom

With the festive season fast approaching, why not join us for a Christmas Cruise along the Regent's Canal on board the Electric Barge? See another side of the city as we travel along the waterways from our mooring at Little Venice to Camden Lock and back. Enjoy delicious food cooked fresh on deck on our spit roast and celebrate the holiday season

with selections from our extensive wine list. Boat hire is £180/hr, min 3 hour hire period. The Electric Barge is operated by charity Beauchamp Lodge, who teach school children from across London on board the Floating Classroom. All income earned from Christmas Cruises is used to support children's education. 020 7266 8247, www.beauchampplodge.co.uk



Paddington Academy

We boast state of the art facilities which are available for hire every evening during term time, Saturdays and during the holidays. This is a secure site with gated entrance, monitored CCTV and security. We have parking available for 52 cars and 20 bicycle stands. Our facilities include: a multipurpose gymnasium with changing facilities, outdoor multi-use football pitch and trim trail, drama and dance studios, studio theatre, large assembly hall, dining room, ICT training rooms, and classrooms with whiteboards. A wide range of services are also available including catering and equipment hire. Bookings & Enquiries: 020 7479 3935 / 07802 450 911, office@paddington-academy.org

Paddington Farm Trust

We invite London charities to come and stay at our beautiful organic farm in Glastonbury, Somerset. There is dormitory accommodation for up to 20 people in two large bedrooms, plus three single rooms. Outside there are 43 acres of land to explore, with lovely views and plenty to do, such as exploring Glastonbury and its famous tor, looking at caves, swimming, hiking, or going to the beach. We can provide environmental or outdoor education, such as animal feeding, Forest School and survival skills if you are interested. 01458 832 752, info@paddingtonfarm.co.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. Ideal for conferences, meetings or parties, 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.

Family Information Service

Information: on childminders, childcare and early education, starting a career in childcare (and job vacancies in local childcare settings), out of school hours clubs, activities for children and young people, going back to work or training, tax credits, financial assistance. FIS helpline is open Mon-Fri 9am-5pm, with answer phone service at all other times. Drop-in and see FIS Outreach Officer Patrick Green every Tue, 10am-12pm, Harrow Road One Stop, 317 Harrow Rd W9; 2 Dec, 6 Jan, 3 Feb, 10am-12pm, Marylebone JobCentre, 26-46 Lisson Gr, NW1; 10 Dec, 28 Jan, 25 Feb, 1.30-3.30pm, Maida Vale Children's Centre, St Augustine's Primary School, Kilburn Park Rd, NW6; 7 Dec, 4 Jan, 1 Feb, 10am-12pm, Westbourne Children's Centre, Edward Wilson Primary School, Senior St, W2. Call 020 7641 7929, email fis@westminster.gov.uk or visit www.westminster.gov.uk/childreninfo

UNDER FIVES DROP-IN & PLAY

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All activities year-round unless stated.

Beethoven Centre

All-Nations Drop-in, for parents and childminders to meet, Thu 10am-12pm, £1 donation. 173 Third Ave, W10, call Pepe on 07960 083 553.

Every Child Matters Building, Essendine Primary School

Mon-Fri 9.10-11.30am. Mon is Messy Monday, Tue focuses on cooking, Wed is Sensory Session plus Toy Library, Thu is a walk to and in Paddington Rec, meet at ECM at 9.30am, Fri is Physical Friday. Term-time only. Essendine Rd, W9, 07879 895 093.

Mary Paterson Nursery

Mon & Wed 9.15-11.15am and 1-3pm, Tue 9.30am for a walk in the park, Fri 9.15-11.15am. Under 1s drop-in Tue 2-3pm. Term-time only. 13 Riverton Ct, W9, 020 7641 5804.

Meanwhile Gardens Playhut

Mon, Tue, Thu, Fri, 2-5pm, with songs on Thu 3.30-4.30pm. Indoor and outdoor play, with trikes, sandpit, books, toys etc. Elkstone Rd, W10, 020 8960 4600.

Micky Star Children's Centre

A variety of drop-in and workshop sessions throughout the week (including sessions for childminders/carers/grandparent and dads). Term-time only. 58-61 St Michael's St, W2, 020 7402 4854. www.westminster.gov.uk/children

Newpin

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

Portman Early Childhood Centre

Mon, Tue, Thu, Fri, 9.30am-12pm/1-3.30pm (until 3pm on Mon), Wed 9.30am-12pm. Different

specific activities each day, call for details. 12-18 Salisbury St, NW8, 020 7641 5409.

Queen's Park Children's Centre

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



Rainbow Family Centre

Mon-Fri 1-3pm, with a music session on Thu. For ages 6 mo to 4 yrs. Stay and play or book into the crèche. Term-time only. 11 Bravington Rd, W9, 020 8968 2690, www.wspld.org

St Luke's Church

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

St Mary Magdalene & St Peter's Churches

Thu 2.30pm and Mon 2.45pm respectively, Prayers for Bears. St Mary Magdalene, Rowington Ct, W2, and St Peter's, 59 Elgin Ave, W9. Call 020 7289 2011 for details.

WECH

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

Westbourne Children's Centre

Mon-Fri, 10am-12pm. Mon & Thu toy library, Tue drop-in ('Out and About' on first and third Tue of the month, 'Arts & Crafts' on the second and fourth Tue of the month), Wed for childminders only, Fri for under 1s. Drop-in for parents under 25 on Tue 1.30-3.30pm. Senior St, W2, 020 7641 4312.

Westbourne Park Family Centre

Baby and You (for 0-18mths), Mon 10.30-11.30am; Toy Library, Tue & Wed 11am-12.30pm; Pre-School Drop-In, Thu 10am-12pm; Creative Session Drop-In, Fri 10am-12pm. All activities 50p-£1, term-time only. Xmas party 16 Dec. Cnr of Porchester Rd and Westbourne Park Villas, W2, 020 7727 6019, www.westbourneparkfamilycentre.org.uk

Wigmore Hall

Chamber Tots: music workshops for toddlers and their carers, including singing,

percussion, meet the musicians and see the instruments. 2 Dec, 10-11am (2-3 yr-olds) and 11.30am-12.30pm (3-5 yr-olds); 21 Jan, 11am-12pm (2-5 yr-olds); 3 Feb, 10-11am (2-3 yr-olds) and 11.30am-12.30pm (3-5 yr-olds); 16 Feb, 11am-12pm (2-5 yr-olds). £6 per child. Wigmore Hall, 36 Wigmore St, WIU. 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 Sat 12.30-3.30pm in term-time (holiday times are different). Enter from Beethoven St, W10, 020 7641 5865.

UNDER FIVES LIBRARY DROP-INS

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All library drop-ins are term-time only.

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.

Maida Vale Library

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

Marylebone Library

Tue 'Tiny Tots' 10.30-11.30am, Fri 'Story Time for under 5s, 3.45pm. 109-117 Marylebone Road, NW1, 020 7641 1300.

Paddington Children's Library

Wed 10.30-11.30am. Father Xmas is here 16 Dec, 10.30am-12pm, giving out presents and singing songs. Clifford Hall, Porchester Rd, W2, 020 7641 4490.

Queen's Park Library

Wed & Fri 10.30-11.30am. Father Xmas is here 16 Dec, with some elves, 10am-12pm, with presents, snacks and carols, £2 tickets. 666 Harrow Rd, W10, 020 7641 1300.

UNDER FIVES HEALTH & WELLBEING

.....
All activities year-round unless stated.

Bayswater Families Centre

Services for families in temporary accommodation, unsuitable housing, or on a low income. Drop-in and play Mon-Thu 2.30-4pm. Also childminders drop-in, Mon 10am-12pm (term-time only), call Pauline on 020 7641 4515. 14-18 Newton Rd, W2, 020 7221 3290.

Beethoven Centre

Creative Dance Class for 3-5 yr-olds, Tue 4-4.45pm. 12-week session, £12/term for members. 173 Third Ave, W10. Call 07957 384 591 or email creativedance@hotmail.co.uk



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. Tue 10am-11.30am. Portman Early Childhood Centre, 12-18 Salisbury St, NW8. Call 020 7641 4151, www.kids-online.org.uk

Micky Star Children's Centre

Child health clinic, baby breastfeeding café, breastfeeding counsellors (breastfeeding helpline 07771 840 488), Active Kids (physical activities for under 5s), baby massage for mums or dads and baby, child care & development advice and support, smoke-free homes and smoking cessation advice/support. Please call for days/times, all term-time only. 58-61 St. Michael's St, W2, 020 7402 4854.



Newpin

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

Portman Early Childhood Centre

Baby Health Clinic for Under 5s, Mon & Tue 1-3.30pm (Tue includes a breastfeeding clinic, call Oma on 07771 840 488). 12-18 Salisbury St, NW8, 020 7723 2213 or 020 7563 6100.

Queen's Park Health Centre

Baby & Under 5s Clinic, Tue 9.30-11.30am & Thu 1.30-3.30pm. 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. Baby massage, Thu 11am-12pm, call Fiona on 020 7266 8729. Weaning group, last Tue of the month, 11am-12pm, call Sophie on 020 7266 8732 (venue may change). Breastfeeding drop-in, Fri 10.30am-12pm, 7e Woodfield Rd, W9, call Kerry on 020 7266 8727.

ACTIVITIES FOR 5-19 YEAR OLDS

All activities year-round unless stated.

Anglo-Egyptian Society

Runs Saturday Supplementary Schools at: The Egyptian School London, Acland Burghley School, Burghley Rd, NW5, for 6-16 yrs (to GCSEs), term-time and holidays, 9am-3.15pm; and at Westminster Academy, 255 Harrow Rd, W2, for all ages, 10am-2pm. AES also offers translation service in Arabic and Bengali, see www.translationshop.co.uk. Contact 020 7266 8259, agharib.uk@hotmail.com www.angloegyptian.co.uk

Avenues Youth Club

Activities for ages 11+, including cooking, music, dance, computers, girls-only and more. 3-7 Third Ave, W10, 020 8969 9552.

Bayswater Families Centre

Services for families in temporary accommodation, unsuitable housing, or on a low income. Drop-in and play Mon-Thu 2.30-4pm. Advice on benefits and housing, Mon, Wed & Fri, 12-3pm. After-school Club for 5-11 yr-olds, Tue-Thu 4-6pm, with Homework Club on Thu for years 3, 4 and 5. Adult education classes on computers and English, with creche, call for details. All classes and crèches term-time only. 14-18 Newton Rd, W2, 020 7221 3290.

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 www.bsca.net

Beethoven Centre

Children's Capoeira, for 5-12 yrs, Sat 12-1pm. Zumba (Latin dance-fitness), for women and children, Thu 4-5pm. Creative Dance Class, for 6-8 yrs, Tue 4.45-5.45pm, call 07957 384 591 or email creativdance@hotmail.co.uk Chinese Kung Fu, for under 12s, Mon 6.30-7.30pm & Thu 6.15-7.15pm, call 07751 768 391 or visit www.shaolinqianshu.com. Call for costs. 173 Third Ave, W10, 020 8969 5881, www.a2dominion.co.uk/beethoven

Church Street Library

Homework club for 7-13 yr-olds, Thu 3.45-5.30pm. Chatterbooks book club last Fri of the month, 4-5pm. 97-99 Church St, NW8, 020 7641 1300.

Cockpit Theatre

Under 25? If you want to play Big Band Jazz, and think you're ready to rehearse with the National Youth Jazz Orchestra, then come along Sat, 10am-2pm throughout the year! No auditions, no fees, but please phone first. Gateforth St, NW8. 020 7258 2925.

Connexions @ Cosway Street

Drop-in for info and advice on a range of issues, from careers to education and employment, benefits, housing, things to do and places to go, Tue & Thu 2-5pm, Wed 2-6pm. Also the Young Parents Group - share experiences and get 1-2-1 support, Wed 1-3pm. For 13-19 yrs (or up to 24 for people with a disability or learning difficulty). Connexions Young People's Centre, 29 Cosway St, NW1, 020 7641 6133.

Connexions @ Stowe

Information and advice on education, work and training, health, housing and any other issues you need support with: drop-in Mon-Fri 10.30am-4.30pm. Sexual Health Clinic, Thu 3-6pm. All for 13-19 yrs (or up to 24 for people with a disability or learning difficulty). The Stowe Centre, 258 Harrow Rd, W2, 020 7266 8230.

DreamArts

Acting, singing, dancing: every Sun, for 8-12s and 13-19s. £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

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

Flamboyan Community Association

Steelband classes, Mon for 8-15 yr-olds, Wed for 16+, Fri for over 25s, all 6-8pm. Alternatively, open rehearsal sessions on Saturdays, 3-6pm. For info on these and other projects, drop in to 1 Fernhead Rd, Maida Gardens W9, or contact Gloria on 8969 0700 / 07854 900 645, inezg60@aol.com

Fourth Feathers Youth Club

Mon: Girls' Night 5.30-8.15pm, inc cooking, gym & cheerleading. Tue, Wed & Thu: Homework Club 3.30-5.15pm. Club open 6-9pm, inc ICT, arts & crafts, music, skate park, pool & table tennis. Fri: Gym 4-6pm. Club open 7-10pm. Sat: Saturday Club 3-6pm. Volunteering and placements also available.

12 Rossmore Rd, NW1, 020 7723 8308 www.feathersassociation.org.uk

Kickstart Healthy Lifestyle Club

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

Kyu-Yo-Bu-Shin

Running Club and football: ongoing training every Sun, from 9am, meet at Edward Wilson Primary School, Bourne Terrace, W2, then football after at Academy Sport. Working towards the Mini London Marathon in April 2010 (KYBS trials in Feb). Karate: for beginners Fri 5pm, intermediates Mon 5pm, for ages 5+, Warwick Community Centre, 300 Harrow Rd, W2. Cycling training starts Jan to train for the London Youth Games. Mentoring and Discussion Group: ongoing at Edward Wilson. Call Mary 07890 301 235.

London Tigers

Various activities for children aged 8+ including football (several teams across all age groups), badminton, basketball, dads and kids swimming (for kids up to 12), separate Muslim Youth Clubs for boys and girls, girls-only and other activities. 020 7289 3395. info@londontigers.org

Maida Vale Library

Homework club for 7-13 yr-olds, Tue 3.45-5.30pm. Sutherland Ave, W9, 020 7641 1300.

Paddington Arts

Performing arts and media workshops: for ages 6-26, singing, contemporary dance, drama, steel pans, Thai boxing (for 13+). Membership £17 per year. Also projects for young people with learning disabilities. Milkshake Discos: one Fri late each month, 6.30-9pm, for 6-10 yr-olds. Winter Show takes place 9-10 Dec. Also Planet X, a fun tactile interactive installation space for young people with disabilities, £2/person, Sat 12-4pm, 12 Dec, 6 Feb, 6 March (call Shaun on 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 5-13 yr-olds, Mon & Fri 3.45-5.15pm. Chatterbooks, Sat afternoon reading club. Free Family Learning events with Westminster Adult Education Service, first Sat of the month, 2-4pm (please book in advance). Nintendo Wii every Thu, 3.45-5.15pm. All term-time only. Clifford Hall, Porchester Rd, W2, 020 7641 4403/4478.

Queen's Park Library

Homework Club for 7-13 yr-olds, Mon & Wed 3.45-5.30pm; Warhammer Gaming Club, first Thu, 4.30-6pm; Chatterbooks book club, first Tue, 4.30-5pm for under 10s, 5-6pm for 11+; Arts Club for 8+ yrs, second and fourth Tue, 4.30-6pm; Film Club, third Tue, 4.30-6pm. 666 Harrow Rd, W10, 020 7641 1300.

Real Action

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

Samba Street Soccer

Soccer for all 4-16 yr-olds, with emphasis on ball skills. Cost is £3.50/training session, which are Mon, Tue, Thu & Fri at Westminster Academy, 255 Harrow Rd, W2. Please call for details of girls football. Contact Andrew Amers-Morrison on 07591 855 532. sambastreetssocceruk05@yahoo.co.uk www.sambastreetssoccer.com

Stowe Youth Club

Free activities for 13-19 yr-olds, including multi-sports, gym, recording studio, cooking, youth enterprise (art & fashion & design), multi-media & music production, IT room, chill out room, homework support and table tennis. Mon: 6.30-9.30pm, various activities. Tue: 6.30-9.30pm, boxing (£11 session), T-shirt making (youth enterprise), various activities. Wed: 5.30-9pm, Muslim Youth Group, various activities, The Cut magazine (youth enterprise). Thu: sexual health clinic, 3-6pm, with Connexions, fashion (youth enterprise), then same as Tue. Fri: 7-10pm, various activities. Sat: Rainbow Family Centre project for young disabled people, 10am-2pm. 258 Harrow Rd, W2, 020 7266 8220/1.

Vital Regeneration

Apprenticeships Advice Service: careers advice and job brokerage for 14-24 yr-olds from Westminster. Sessions by appointment at the Beethoven, Greenside Community and Stowe Centres. To book contact Daniel on 07912 888 114 or dcwilliams@cwh.org.uk For more visit www.vitalregeneration.org New Media +: free 11-week course Mon, 3-6pm, starting 18 Jan, exploring emerging technologies

and digital media to create short documentary-style films. Call Miranda on 020 7245 2269.

Re-evolve: careers service for young people run by young people. Beethoven Centre, Third Avenue, W10. Call 020 7245 2267 (Mon-Wed) or 020 8962 0721 (Thu-Fri), re-evolve@cwh.org.uk or visit www.re-evolve.ning.com

Show Case Youth Music Production

Engagement Programme: free 11-week course each Tue, 5-8pm, starting 19 Jan, using industry-standard music production equipment to create your own songs and perform them at the end of the course. Call Miranda on 020 7245 2269

WECH

WECH Juniors, for under 13s, Fri 5.30-7.30pm, and WECH Playmakers, for 8-14 yr-olds, Sat 12.30-3.30pm (meet at the football pitch, call the Play Service on 020 7641 1107 for more info). Includes sport, creative activities, self-defence, cookery etc. WECH Youth Club, for 13-19 yr-olds, Tue 6.15-8.30pm, includes DJ mixing, pool, table tennis, PS3, trips etc. WECH Community Centre, Athens Gardens, Chantry Close off Elgin Ave, W9. Call 020 7266 3347.

Westbourne Park Family Centre

Club Express: for 7-11 yrs, Fri 5.30-7pm (Xmas Party 11 Dec). W2 Youth Club: for 11-16 yrs, Fri 7.45-9.45pm (Xmas Party 18 Dec). Detached Youth Projects, for 11-25 yrs, Fri 6-9.30pm. All activities cost 50p-£1, term-time only. Cnr of Porchester Rd and Westbourne Park Villas, W2, 020 7727 6019, www.westbourneparkfamilycentre.org.uk

Westminster Sports Unit

Promotes and delivers a range of sports and physical activity programmes, including football in estates and youth clubs across Westminster. Call 020 7641 2012, sport@westminster.gov.uk www.westminster.gov.uk/sport

Wigmore Hall

Workshop day for 8-12 yr-olds on contemporary music, 23 Jan, 10.30am, £10; and for 11-16 yr-olds a three-day half-term workshop devising a new musical theatre piece, 17-19 Feb, 10am-3.30pm, £30. Free concert tix for 8-22 yr-olds for various dates Dec-Feb. Family events include Story Tree concert, 30 Jan, 11am. Call or check website for further details and dates. Wigmore Hall, 36 Wigmore St, W1. Call 020 7935 2141, boxoffice@wigmore-hall.co.uk www.wigmore-hall.co.uk

Zumba Kids

Latin-inspired dance-fitness classes, suitable for all levels, for kids and adults. Wed 4.30-5.30pm, Westbourne Park Baptist Church, cnr of Porchester Rd and Westbourne Park Villas, W2; Thu 4-5pm, WECH Community Centre, Chantry Close off Elgin Ave, W9; Fri 4.30-5.30pm, Academy Sport, Torquay St, W2. Call Sandra for costs and more on 07732 011 963, www.zumbasandra.co.uk

Students raise funds for Tanzania

A school Interact Club, set up by 20 Westminster Academy sixth form students, is raising funds for a micro finance project in Tanzania.

The Interact Club, sponsored by the Rotary Club of Paddington, requires students to plan and start an international project of their own choosing (the micro finance project), and also start a project to benefit the local community (they are teaching ICT to senior citizens).



PHILIP WOLMUTH
Mac Purcell of Paddington Rotary Club gives student Suika Mantilla the President's Chain of Office.

The project in Tanzania will see single parents setting up a poultry business, giving them a regular income from the sale of chicken eggs. The micro finance loan is then paid back slowly, and the repayments go towards supporting other parents to set up other small businesses.

The Club has been raising funds in a number of ways, including selling tickets to 'guess the number of sweets in the jar' and raffling prizes.

For more on Westminster Academy or the Paddington Rotary Club see www.westminsteracademy.biz or www.paddingtonrotary.org.uk



PHOTO COURTESY OF PADDINGTON ACADEMY

Paddington Academy student Shafik Ali stands at Gordon Brown's right hand side at a reception at 10 Downing Street.

Paddington Academy Students go Green

Over the summer, three students from Year 11 at Paddington Academy, Shafik Ali, Julia Kaseem and Chelsea Philips, participated in a six-week programme designed to see how young people from urban communities engage with the environmental debate.

The programme gave them the opportunity to visit leading companies in the country, to observe how the business community is helping society to adapt to the challenge of climate change.

Shafik spent three days based at Rolls-Royce in Derby, Chelsea visited Boots in Nottingham and Julia went to Investec, where she interviewed the Head of Corporate Responsibility to find out what the company is doing to be environmentally responsible.

The three students then spent two days at the Royal Society of Arts analysing their findings and went on to give a presentation to an audience of 30 business leaders.

A film of the entire programme is currently being produced and will be shown on the Academy website.

At the end of the programme Shafik was chosen to attend a reception at 10 Downing Street as a guest of Gordon Brown. Shafik was the spokesperson for the programme and he is captured on the Prime Minister's right hand side in the picture above.

Shafik says, 'Visiting Rolls Royce allowed me to understand what big business was really doing to tackle the issues of climate change. To then meet Gordon Brown was a once in a lifetime opportunity, which has made me more determined to achieve the best I can.'

The Prime Minister said that Shafik so inspired him that he wants the programme to be scaled up, with up to 10,000 green job placements for young people.

For more details on Paddington Academy, visit www.paddington-academy.org.uk



PHOTO COURTESY OF CSNM

Let's Go-Let's Grow has transformed this area of tarmac into an oasis of vegetables and herbs.

The future looks green

Church Street residents of all ages have been doing their part to go green and the result has been new and innovative projects that are bringing residents closer together.

The Let's Go-Let's Grow project, initiated by local resident Mike Wohl, has brought 60 residents aged between three and 72 from the Church Street Estate together to transform an area of tarmac into a green oasis of vegetables and herbs.

Not only have the project participants reaped pounds of vegetables, but new friendships have developed as neighbours from 24 countries work together. The Council has awarded Mike a Green Achievement Award for his work in getting this project going.

Another award-winning green-fingered group is the Fourth Feathers Youth Club. Over 20 young people have created a roof garden at their club in Rossmore Road NW1. They were awarded a Green Achievement Award from the Council.

The ward Councillors funded this project as well as a number of other green projects, co-ordinated by Vital Regeneration. These include:

- A garden clean-up scheme for older residents unable to look after their gardens;

- The creation of a new sensory garden at 60 Penfold Street for residents suffering with dementia;
- Finding a growing space in Luton Street for the Bangladeshi Women's Group based at the Lisson Grove Health Centre so they can grow vegetables as well as get some gentle exercise; and
- Brightening up the communal garden behind Hughenden and Missenden Houses with hanging baskets, climbers and pots of colourful flowers, through the help of residents.

All of these projects have benefited from compost made from the food waste of hundreds of Church Street residents. Vital Regeneration, in partnership with the Council and CityWest Homes, has distributed special bins to residents to store their food waste. The waste is collected and put into a 'Rocket' composter, housed behind the Church Street Library. Within two weeks, the food waste is converted to compost which is available free of charge to local people.

If you are a local resident and you would like some free compost, please contact Marie Monaghan from Vital Regeneration on 020 7245 2867 or email mmonaghan@cwv.org.uk

It's my business

Terry Farrell and Partners

Not many locals would identify Church Street as an area home to innovation in urban design.



PHOTO COURTESY OF TERRY FARRELL AND PARTNERS

Sir Terry Farrell

However, tucked away far from the hubbub of Church Street Market, stands a dignified

building replete with camouflaged aircrafts figurines, hallmarks of award-winning firm of architects Terry Farrell and Partners.

Cheshire-born Sir Terry Farrell founded his first practice in 1965. Since then, his firm in Church Street has been responsible for buildings and planning projects across London including developments in the Paddington Basin, the MI6 Building in Vauxhall and the British Library St Pancras.

'I have lived and worked in the Church Street neighbourhood for almost 25 years and love its vitality, vibrancy and edge. What many may not realise is that before the building of the Westway, Church Street was an integral part of Paddington, with Paddington Green being the true heart of the village.

'Working with both the local community and the Council, one of my ambitions is to reconnect us here in Church Street back to the Paddington that lies on the other side of the Westway.'

enquiries@terryfarrell.co.uk
www.terryfarrell.co.uk



Call the non-emergency number to report crimes that have already happened, such as theft or vandalism.

PHILIP WOLNUTH

Crimes should be reported

Criminal and anti-social behaviour remains a concern for people in Church Street, even though official statistics suggest that crime is decreasing.

Earlier this year, the City Guardians interviewed 300 local people to gain a better understanding about the effects of crime and anti-social behaviour. The three most common problems that people identified were young people gathering in the streets, drugs and vandalism.

The Guardians' survey also asked what people thought about the performance of the services that work to prevent crime and bad behaviour in and around Church Street. Satisfaction levels were positive and certainly much better than the days before local Safer Neighbourhoods Police and City Guardians were around.

Home Secretary Alan Johnson wrote to all police forces recently encouraging neighbourhood police to work closely with neighbourhood management. In Church Street, the local police share the same office as the Neighbourhood Management

Team. This means they have a much better understanding of other things going on in the neighbourhood and has led to more trust between local people and police.

However, perhaps the most outstanding problem in tackling crime and anti-social behaviour remains peoples' reluctance to call the police.

Neighbourhood Manager Marco Torquati says, 'People don't call 999 because they either think a problem is not serious enough, or they think they'll get slow or no responses. But I can't emphasise enough the importance of ringing 999 if you want a response to crime or anti-social behaviour, however small, or ringing 0300 123 1212, if you want to report something that has already happened.'



In brief

Church Street Connectors

Anyone interested in getting key messages out into the community and bringing feedback from the community to the Neighbourhood Management Team is welcome to become a Church Street Connector. Connectors meet monthly over a Saturday breakfast. For more information contact Cecilia on 020 7641 6696 or cfaduola@westminster.gov.uk

Food Safety Course

The Neighbourhood Management Team is offering the opportunity for eight Church Street residents to gain a Chartered Institute of Environmental Health Level 2 - Food Safety in Catering and Retail. The course is aimed at people who want to provide local catering. Course fees will be subsidised but subject to conditions. For details contact Cecilia on 020 7641 6696 or cfaduola@westminster.gov.uk

Generation Dance

Contemporary dance organisation Dance Physics has teamed up with the Neighbourhood Management Team and the Neighbourhood Crime Reduction Service to create an intergenerational dance project. They are recruiting 30 local residents of all ages to explore the issues of community life through a series of dance workshops and a performance showcase. The project will be documented on film with a public viewing at the Showroom Gallery in March. For details contact Dance Physics on 020 7724 0202 or info@dancephysics.co.uk