

Paddington People

Church Street edition

PICTURE BY PHILIP WOLMUTH



Mr Squash teaches young residents how to spin plates

Fun on a plate

Plate-spinning with entertainer Mr Squash was among the many activities on offer at the fourth Church Street Summer Festival, held in August.

After one of the wettest summers on record, the sun shone all afternoon, and residents of all ages went along to enjoy the entertainment. This year's event was the largest yet, with 50 stalls and attractions including drumming and circus skills workshops, craft activities, face-painting, trampolining and information stands. Mr Cee

hosted the stage, where local talent was showcased alongside professional performers and musicians. The London Tigers ran a 6-side tournament on the Lisson Green pitch, and there was bingo, music, refreshments and more childrens' activities at Penfold Court.

The event was organised and funded by Church Street Neighbourhood Management, which is based in the Neighbourhood Centre, as a way of bringing the community together.

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Send us your ideas

There are four separate editions of Paddington People (one each for Church Street, Queen's Park, Harrow Road and Westbourne). To read articles from all four, see www.4paddington.com.

Please send suggestions for articles, recipes, shops or businesses to Hannah Solloway at

Paddington Development Trust
Westbourne Studios, 242 Acklam Road
London W10 5JJ

Tel 7575 3103

Email: hannah@pdt.org.uk

Paddington People is brought to you by



View from Church Street



It's a phenomenal opportunity for me and our staff, to be able to shape, form and deliver our vision of the new King Solomon Academy.

This September we start with 60 four-year-olds, and in two years will offer both primary and secondary education, so our children will be with us until sixth form. We specialise in maths and music from primary age, and all children joining us will have access to lyricists, composers, singers and musicians, and will sing in a choir and play an instrument. We expect the best from everyone – and are committed to providing children with the skills and confidence to have real choices in later life, for example about entering higher education or pursuing a career.

We will be in temporary accommodation for the next two years while the new school is built, but in the longer term there will be adult education here, and community use of the site, including the playground, sports hall, music facilities and drama studio. As we are starting the school from scratch, it will grow and mould to the needs of the community and the children.

Venessa Wilms

Headteacher, King Solomon Academy, Penfold Street.

Call 7395 2074, email venessa.wilms@arkonline.org or see www.kingsolomonacademy.org.

Come in for Tai Chi



Every Tuesday, tenants of 60 Penfold Street get together for Tai Chi. The session is one of many activities at the sheltered housing scheme, which are available to non-residents who are over 60.

Other physical activity sessions include music and movement, yoga and hand massage. There are also social activities and events, like a monthly film club,

reminiscence group, musical events, a chess club and coffee mornings.

Older residents from the wider community can also attend advice and information sessions on topics like fire safety and dietary awareness. A recent addition to the schedule is a quarterly support session for carers.

The Tai Chi sessions cost £1. For details and costs of all activities call 8762 3077.



Louise Davies of the Westminster Volunteer Centre, with volunteers Tracy Wood and Collette Brumfield

Waterside website

Paddington Waterside Partnership and Paddington BID have launched a new website to raise the profile of Paddington and provide basic, clear information to tourists, visitors, workers and local residents.

www.inpaddington.com features a searchable local guide, events information, travel, walks and special offers as well as links to local recruitment agency Paddington First and information on the Business Improvement District and developments at Paddington Waterside.

The website was launched with a series of events throughout June which raised over £9,000 for four local charities: the Church Army Day Centre, Space for Change, St Mary's Birth Centre and New Avenues Youth Project. Events included the fifth annual sponsored Dragon Boat Race in Paddington Basin (pictured), and a day when people working locally were encouraged to eat out, where participating restaurants agreed to donate a percentage of lunchtime and evening bills to charity.

Forthcoming events at Paddington Waterside include guided walks around the area as part of Open House London (see notice board, page 8). For more information on other events visit www.inpaddington.com.



Work and wellbeing

Every Friday, a group of Westminster residents gets together to help charities and community groups distribute letters, magazines and leaflets. The mailing group is one of many opportunities for disabled people who want to volunteer locally.

For Tracy Wood (pictured), of Westbourne Park, and other volunteers, the group provides a chance to gain confidence, keep active and meet new people, as well as helping the local community. Louise Davies, who co-ordinates the VolEmploy Access project, helps volunteers identify a suitable activity, from working with animals to office administration. For those

unsure about volunteering on their own, there's a gardening group, currently helping the Cabinet War Rooms maintain a World War Two style allotment in St James Park, as well as the mailing group.

The project supports all disabled Westminster residents, including those with long-term illness and mental health needs. Volunteers can do as little as two hours a month, and all expenses are covered. Those wanting to develop careers can get support in finding training or supported employment.

For more information about VolEmploy Access, call Louise Davies at the Volunteer Centre Westminster, on 7402 8129, or email louise@volunteercentrewestminster.org.uk.

For Arabic Speakers

عندما يتنقل طلاب Westminster Academy إلى المبنى الجديد تماماً في Harrow Road في شهر سبتمبر/أيلول القادم، فليتنا نأمل أن نجثوا الإلهام في الوسط الحضري لهذا المبنى. كما أن منيرة العنصرية "اليسون بانكن" (تظهر صورتها على صفحة 4) حلزمة على مستند المجتمع المحيط بالمدسة من تجهيزاتها هناك مساهمات للمحاضرين ومجتمع رياضي ومقهى ومساحة لتناول الوجبات وسينما ومكتبة وأسطونيو طرز لما إلى جانب التجهيزات الأخرى التي سيتمكن سكان المجتمع المحيط بهم من الحجز فيها. وفي شهر يناير/كانون الثاني، سوف تبدأ التصويت الانتخابية للكلية في الأكاديمية.

يمكن للطلاب في المنطقة الالتحاق في جولات منظمة في المباني كبيرة من عطلة نهاية الأسبوع المفتوح في لندن وفي يوم السبت، 4 ديسمبر/أيلول، ستكون "اليسون بانكن" متواجدة للتحديث عن المقرر الدراسي كما سيواجد المهتمون من مؤسسة "الفوت هول" مؤنجلين دوريين في يوم الأحد، 15 سبتمبر/أيلول، أما في يوم الأربعاء 10 أكتوبر/تشرين الأول، فسيتم عقد أسبوع مفتوح للإلقاء أمور للطلاب التي تفتت احتياجاتهم للندوة. للاطلاع على مزيد من المعلومات، اتصلوا برقم 71 210 600 أو تفضلوا بزيارة موقع www.westminscademy.biz



Alison Banks, Principal of Westminster Academy in its new building on Harrow Road

PHILIP WOLMUTH

New school's community focus

When students and staff of the Westminster Academy move into their brand-new building on the Harrow Road this September, there are high hopes that they will be inspired by their state-of-the-art, high-tech surroundings. The school's principal is also determined that the wider community will benefit from the academy's facilities.

'We hope people will see the academy not just as a school, but as a facility for the whole neighbourhood,' says Alison Banks (pictured), who has led the school for the past year at Penfold Street, while it has been in temporary accommodation. 'We want the centre to be well-used by the community, and for people to feel we are there to serve them.' As a member of the Westbourne Neighbourhood Forum's Steering Group, she has had plenty of opportunity to find out what local people want from the school, and says that the entire building will be available for the community.

Exhibition and conference spaces, a sports complex, café, dining space 'with great views', a cinema, library, and drama studio are among the facilities which community groups will be able to book at reduced rates, from October. In January, adult education classes will start at the Academy. There will be wireless internet access throughout the school building (below), which Banks believes is 'the best in Europe, possibly the world'.

The Academy is now the second most popular school in Westminster. Specialising in international business and enterprise, older pupils spend a day a week working with businesses and community groups.

The school's sponsors are an Iraqi family, the Dangoors, who came to the UK as refugees 40 years ago. 'They live in Westminster and are keen to give something back to the country which offered them a home in difficult times,' explains Alison Banks. 'They want to promote the

life chances that a good education can give to young people.'

Local residents can go on guided tours of the academy on Saturday 14 and Sunday 15 September, as part of London's Open House weekend. On the Saturday, Alison Banks will be on hand with some students, to talk about the curriculum and show their work. On the Sunday, the architects, Allford Hall Monaghan Morris, will be present. On Wednesday 10 October, there is an open evening for parents of prospective pupils.

For more information about Westminster Academy and future events, or for a copy of the 2008/9 prospectus, call 7121 0600 (from Sept) or see www.westminsteracademy.biz.





Jeremy Vine at the awards ceremony with Ola Badamosi, Neil Johnston and Jackie Rosenberg of Paddington Development Trust

Major award for

The role of Paddington Development Trust (PDT) in regenerating North Westminster has been recognised with a prestigious award.

The award for ‘Leadership in Creating Sustainable Communities’ was won by PDT in a national scheme run by the Academy for Sustainable Communities. BBC radio’s Jeremy Vine presented the award to Chief Executive Neil Johnston, pictured above with colleagues at the award ceremony.

PDT was set up 10 years ago by local residents and community organisations, and has worked in a number of ways to improve the quality of life for local people, particularly in the wards of Queen’s Park, Westbourne, Harrow Road and Church Street. The organisation has helped to develop the physical environment, and provided economic and business training

opportunities. It has contributed to regenerating failing schools and youth services, and supported a wide range of community groups and projects.

Much of PDT’s work is based at a local level. Staff from neighbourhood forums and neighbourhood management schemes work closely with residents, community groups and providers of housing, health and other local services.

The organisation is described by the Academy for Sustainable Communities as ‘a leading example of the work that can be done when local communities are enabled to reach their full potential, particularly in situations where outside agencies would be simply too out of touch with the living fabric and culture of the area.’

PDT’s website is www.4paddington.com

What’s cooking?

Pizza to make with children

This recipe, which involves children in a very hands-on way, was provided by Dads do Dinner. Based in Queen’s Park, the sessions (below) encourage fathers and young children to cook. For details call Arike on 7641 4527.

- 400 ml strong plain flour
- 1 tsp fast action dried yeast and a pinch of sugar
- 1 tin best quality tomatoes
- 1 onion, and 1 clove garlic, sliced
- 1 tsp fresh or dried oregano
- Olive oil, salt and pepper
- Choice of toppings, such as cheese, courgettes, ham, pineapple

Squash the tomatoes in a bowl (children can do this with their hands), then leave in a sieve for 20 minutes to drain. Sweat the onion in olive oil over a low heat until soft. Add garlic, then tomatoes, oregano and a little salt and pepper. Cook on a low heat.

To make the base, put yeast, sugar, flour and a pinch of salt in a large bowl. Slowly mix in 250ml of luke-warm water with a wooden spoon. Knead dough on a flour-sprinkled surface until smooth and elastic. Cut into quarters, roll out thinly and leave to rest for 15 minutes. Spread tomato paste and let children choose their own toppings. Bake in pre-heated oven at 220c for 12-15 minutes.





Sydney James, Ahmed Akacha and Simon Binns, camping in Wales as part of the Sports Vocational Training Programme

Young people who went on a camping trip to Wales this summer had to contend with floods and cold temperatures. But the trip was still a highlight of a three-month sports programme.

The residential weekend was part of the Sports Vocational Training Programme (SVTP), which is targeted at young people between 15 and 19 years old, who are not in education, employment or training. The idea is to give them the skills

and opportunity to get work in the sports industry, or to continue on to further training or education. Participants take part in a wide range of sports, including football, parkour, weight training, cricket, table tennis and basketball, and gain coaching awards in many of them. The programme also covers topics like first aid, child protection, healthy eating and job application skills.

Having completed the programme this July, some of the participants,

including Simon Binns (above right and below) went on to volunteer with the Sports Unit's Edutain programme this summer. Community Sports Officer Eugene Minogue explains that they each spent five hours a day for five weeks, helping to run childrens' activities. 'By volunteering like this, these young people have shown real commitment, and will hopefully go on to get paid employment.'

For further information about SVTP, contact Eugene Minogue (details below).



Simon Binns

Sport and me

Eighteen-year-old Simon Binns got involved with the Westminster Sports Unit when he was sent to the Avenues Youth Project on Community Service. He now wants a career in the sports industry.

Having spent time living in hostels he had thought he might work with the homeless, but his experience at the Avenues lead to a place on the Sports Vocational Training

Programme. Highlights for Simon included learning non-contact recreational boxing skills, football coaching - and, he adds, getting the chance to watch the Charity Shield football match. Other achievements included a 20 kilometre walk while camping in Wales (pictured above).

Simon recognises that the programme has given him the skills he needed to be confident about his future: 'Now I've got a career ahead

COURSES & TRAINING



CITY OF WESTMINSTER COLLEGE ENROLMENT TIMES

Enrolment for all September start courses at our Paddington Centre, Maida Vale Centre and Queens Park Centre:
 Thursday 30 August - 10am to 7pm
 Friday 31 August - 10am to 4pm
 Monday 3 to Thurs 6 Sept - 10am to 7pm
 Friday 7 Sept - 10am to 4pm
 Other evening enrolment times are available for some courses. Please ring InfoPoint on 7723 8826 for details.

COURSE ADVICE & INFORMATION

Are you looking to start a course in September? For information and advice: Ring our Course Hotline on 7258 2721 or call into InfoPoint at City of Westminster College, 25 Paddington Green, London W2 (nearest tube Edgware Road) from 10am to 7pm Monday to Thursday and 10am to 4pm on Fridays.

We offer a wide range of full and part-time courses in the following areas:

- AS/A2 & Intensive A Levels
- Administration
- Animation
- Apprenticeships
- Art & Design
- Business
- Childcare
- Computing
- Digital Media
- E-Media
- Engineering
- English for Speakers of Other Languages
- Entry to Employment
- Electrical Installation
- Foundation Degrees
- Game Design
- GCSEs
- Graphics
- Health & Social Care
- Motor Vehicle
- Media
- Performing Arts
- Photography
- Plumbing
- Science
- Sound & Music
- Sport & Recreation

TV & Video

Travel & Tourism

Courses are based in five College Centres in Paddington, Maida Vale, Queens Park, Cosway Street and at the Cockpit Theatre.

STUDENT PROFILE

Name: Omotayo Kosoko

Course: Omotayo has now completed the BTEC First Diploma in Sport & Fitness

Next step: In September, she hopes to start the National Diploma then go on to University to study Sport.



Omotayo says: 'I really enjoy the practical side of my course, being in the gym and being active – it's all good hands-on experience. I also enjoy participating in presentations for the theory side.'

PADDINGTON LIBRARY

Link-in training session for improving numeracy and literacy skills using online material. Applicants must be 25 and over, and need to bring passport and National Insurance number. For dates and times contact Sabrina or Laurence on 7641 4402.

FREE COMPUTER CLASSES

Vital Regeneration offers free computer and digital arts training at all levels. See www.vitalregeneration.org

Firststep.com provides free ICT courses, digital art courses and drop-in sessions for adults, held at the Greenside Community Centre, Hughenden and Missenden Estates, and Fisherton Hall. Call 7641 4157 or see www.learnatfirststep.com.

Queens Park New Media Centre offers free ICT courses, digital art courses and drop-in sessions for adults, held at the Beethoven Centre and the Maida Centre. Call 7641 4157 or see www.qpnmc.com.

FREE ENGLISH CLASSES

Improve your language skills with Westminster Adult Education Classes (WAES) classes. Call 7641 6327 or 07740 918894, or email mwhite@waes.ac.uk. ESOL courses are FREE to many students, including refugees and students at beginner level. Venues include:

Queens Park library, 666 Harrow Rd, W10.

WECH Community Centre, Chantry Close, W9.

Dorothy Gardner Childrens' Centre, 293 Shirland Rd, W9.

Mary Paterson Nursery School, 13 Riverton Close, Ashmore Road W9

Wilberforce Primary School, Beethoven Street, W10 (also here a sewing

class with literacy and numeracy).

The Harrow Road Health Centre, 209 Harrow Road W2

ADVOCACY FOR OLDER PEOPLE

Introductory one day course on principles and practice, includes case studies. For anyone interested in, or working with, older people. Wed 10 October 10am-4pm at WASSR (Westminster Advocacy Service for Senior Residents), 55 Dean St, W1. Tel 7439 3131 or email ops@wassr.org.

WANT A CONSTRUCTION CAREER?

Are you unemployed and 18 years old or over? The Notting Hill Construction Training scheme offers the chance for unemployed individuals to become skilled trades people. Notting Hill will support you to secure a college place, provide free tools and equipment and create access to work placements with contractors. This is a great opportunity to earn as you train. For more information contact Paddington First 7087 8080 or info@paddingtonfirst.co.uk,

JOBS & EMPLOYMENT

or Vital Regeneration on 8964 3256 or vitalinfo@cwh.org.uk.

BENGALI SPEAKERS SOUGHT BY



PDT COMMUNITY RESEARCH

Project. Local people needed for paid community research work. Gain new skills, meet people from different communities, receive

training, and work flexible hours. Applicants also need a good command of English. To find out more, contact Angela on 07956 467149 or email angela@pdt.org.uk

PADDINGTON FIRST

Full and part time jobs in building, catering and more, careers advice and information.

Call 7087 8080, drop in to 143-145 Harrow Road, email

info@paddingtonfirst.co.uk or visit www.inpaddington.com/jobs.

Regular employment advice sessions are held at the following venues:

Mondays

Beethoven Centre, Third Ave W10, 2-4pm,
 Maida Vale library W9, 1.30-3.30pm
 (fortnightly from 3 Sept)

Tuesdays

Church Street library, NW8 1.30-3.30pm
 Marylebone library, 1.30-3.30pm

Wednesdays

Queen's Park library W9, 1.30-3.30pm

Thursdays

Beethoven Centre, W10, 1pm-3.30pm
 Fourth Feathers, 12 Rossmore Rd, NW1,

5.30-7pm (fortnightly)

Fridays

Paddington library, Porchester Rd 1-3.30pm

VITAL ADVICE

Support and advice to adults and young people on employment and training opportunities. Regular surgeries across Westminster - at the Beethoven Centre, the Greenside Community Centre, 421 Harrow Road, and the Stowe Centre.

VOLUNTEERING

To book an appointment, call 8964 3256 or email vitaladvice@cwH.org.uk. www.vitalregeneration.org/vitaladvice

OLYMPIC VOLUNTEERING

Short courses aimed at local residents. Contact Paddington First for more information on 7087 8080.



VOLUNTEER WITH OPEN AGE

Skilled volunteers of any age (but particularly over 50s) sought by Open Age, a lively, local charity providing exciting leisure programmes

for people over 50. If you have a variety of interests, would like to get more involved in your local community and have a few spare hours a week during the day time, please contact us on 8964 1900

DISABLED LIVING FOUNDATION

Volunteers needed for mailings, office administration, web enhancements, finance administration, reception duty or helping in the busy equipment demonstration centre. Improve your working skills while you are here. 380-384 Harrow Road. For details call 7432 8004.

VOLUNTEER CENTRE WESTMINSTER

Find out about local volunteering opportunities. Drop in to 53-55 Praed St, W2, 10am to 3.30pm Monday to Thursday. Call 7402 8076, www.volunteer.co.uk.

MIGRANT AND REFUGEE COMMUNITIES FORUM

Volunteers needed for refugee wellbeing mentoring project. Looking for people from refugee backgrounds who speak community languages and have a couple of hours to spare a week. Provide support to individuals and be a positive role model. Mentors help with issues of self esteem, confidence and motivation. Regular supervision and training provided. Call David Palmer on 8964 4815 or Nora Hussein on 8962 3049.

EVENTS

ADVOCACY FOR OLDER PEOPLE

Volunteers needed, especially in Church St area. Call WASSR on 7439 3131.

LITTLE VENICE MUSIC FESTIVAL

Concerts supporting St Mary's Hospital Stroke Unit, Paddington. Friday 28, Saturday 29 and Sunday 30 September.

Venues are St Mary's Church, Paddington Green, St Saviour's Church, Warwick Avenue and the BBC Studios, Maida Vale. Programme includes:

BBC Singers choral concert

Agon Trio

Opera Gala

Young Artists Recital

Enoch Arden -poetry by Tennyson

Enquiries Sylvia Rhys_Thomas, 7289 1728,

email sylvia-rhysthomas@hotmail.com or

see www.littlevenice-mf.com.

EVENTS AT PADDINGTON LIBRARY

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

Readers' group third Fri of month, free

and no need to book. Themed discussions

coming up include Political Diaries and

Journals at 7pm on 21 Sept, Arthur Miller

and Harold Pinter at 6.30pm on 19 Oct

and the sparkling lives of media

personalities at 6.30pm on 16 November.

Talk on the International Who's

Who by its editor, Richard Fitzwilliams,

free and no need to book, 7pm on Tues 4

Sept.

Details from Laurence Foe on 7641 4402.

FREE GUIDED WALKS AND EVENTS

Programme of walks and other local events

in and around Paddington Waterside

including events for Open House London

weekend (see separate entry). Call 7313

1011 or see the new website



www.inpaddington.com which has a searchable local guide, events information, travel, walks and special offers.

LONDON PRINT STUDIO

Art gallery with changing exhibitions, printmaking and digital courses for all abilities, open access printmaking, family workshops, prints for sale, free internet access. Gallery open Tues to Sat 10.30am-6pm. 425 Harrow Road, W10, 8969 3247

www.londonprintstudio.org.uk

I Love Print

A collection of new works made at London Print Studio by over 100 artists, all for sale, until 22 September.

The Print That Changed The World

An exhibition with Wilberforce Primary School, marking the 200th anniversary of the abolition of the slave trade in Britain. 5 October to 10 November.

OPEN HOUSE LONDON

London's largest architecture festival - an annual event inviting people to experience, explore, and understand architecture, design and the built environment. Over 600 buildings new and old all over London celebrate design excellence by opening their doors at no charge to the public.

Weekend of Saturday 15 and Sunday 16

September.

Local buildings open with free admission,

and other events include the following:

St Augustines Church, Kilburn Park

Rd NW6. Sat 10am to 5pm, tours 11am

3pm and 4pm

Iyengar Yoga institute, 223a Randolph

Ave W9, Sat 9am-

3pm, Sun 10am-5pm

St Mary

Magdelene Parish

Church, Rowington

Close W2. Sat 10am-

5pm, Sun 11.30am-

5pm, with half hourly

tours of the gilt-

decorated crypt.

Last entry 4.30pm

Hopkins Architects' office

27 Broadley Terrace NW1 Sat 1-3pm.

Built in the 1980s and 90s, and linked by a covered walkway. Current work on display.

Brunel guided walk

A tour of Paddington by Brunel in his 200th anniversary year. See the major new architectural developments and landmark buildings of Paddington Waterside, including Paddington Central, The Point and Waterside House.

Sat and Sun 10am, 12 noon, 4pm (approx 1

hour), meet at the Brunel statue, Platform

1, Paddington station, Praed st, W2.

Pre-book on 7313 1011, email

walks@inpaddington.com or turnout on

first come basis

Fleming guided walk

A walk around Paddington; learn about St Mary's Hospital and other local architecture including St James church and the impact of Fleming's discovery of penicillin.

Sat 2-3pm, meet at arched gate to St

Mary's Hospital (opposite Fountains Abbey

pub), Praed St W2.

Can be pre-booked as above.

William Whiteley guided walk.

A tour of Paddington by the founder of the



SPORTS & HEALTH

famous Whiteleys shopping centre.
Sun 2-3pm. Turn up or pre-book as above.
Meet Norfolk square gardens W2.

ST JUDES JUMBLE SALE

Saturday 22 September, 2-4.30pm. Lots of bargains, tea and biscuits and more.
St Judes Over 50s club (Westminster), corner of Ilbert St and Fourth Ave W10.

BEETHOVEN CENTRE

For more details about any of the activities below, drop in to the centre on Third Avenue, W10, call 8969 5881, or see www.dominion.co.uk/beethoven.

Food co-op: Mondays 1-4pm. Come and buy low cost, high quality fruit and veg (and visit housing and advice surgery at the same time).

Womens' aerobics: Mondays 10-11am. £1.50 for centre members, some free creche places available.

Womens' aerobics: Thursdays 6.15-7.15. £1.50 for members.

Capoeira: For adults and children, Tuesdays 7.45pm, £5 adults, £2.50 children.

KYU YO BU SHIN

For details of any of the activities below call Mary on 07890 301235. Nearest buses 18 and 36, nearest tube Royal Oak.

Walking to fitness and health: Every Monday meet 9.15am at Edward Wilson School -starts 17 September.

Yogalates: pilates, yoga and calanetics Fridays 7.30pm, start 14 September at the Warwick Community Centre, 300 Harrow Rd, W2.

Running club: Starts back Sunday 16 Sept at 9am from Edward Wilson School



Centre

Mentoring: Starts 16 September. Please drop in to make an appointment

Karate: New classes start Friday 14 September 5pm at the Warwick Community

FREE STOP SMOKING SERVICE

Record numbers of people in Westminster are quitting smoking following the 1 July ban. Free group support sessions designed to help you kick the habit are run at St Mary's Hospital from 25 September to 30 October and 1 November to 6 December. Free workplace sessions and individual support also available. Call freephone 0800 328 8537 or email stopsmokingservice@westminster-pct.nhs.uk for more information.

FREE FLU JABS

Over 65s and other vulnerable groups such as people with asthma, diabetes or Multiple Sclerosis are entitled to a free flu jab this winter. It is expected that the flu vaccine will be available at GPs and selected pharmacies in Westminster from October. To check whether you are entitled to a free flu jab, or to make an appointment to receive one, please contact your GP.

GP OUT OF HOURS NUMBER

From 4 September this year, there will be a single telephone number for people living in Westminster, and Kensington and Chelsea, who are ill and need to see or speak to a GP or District Nurse outside normal surgery hours. That number is 020 8969 7777. Patients should still call 999 in an emergency and should still contact NHS Direct on 0845 4647 for health information and advice.

PRE-SCHOOL BOOSTER



Westminster PCT is running a campaign to remind parents to immunise their children (aged between three and a half and five) with the pre-school booster and second dose of MMR. These immunisations will

protect children against serious illnesses such as whooping cough, diphtheria, meningitis and measles. Please contact your local GP to make an appointment.

WESTMINSTER SPORTS UNIT

Promotes, facilitates, develops and delivers sports and physical activity programmes. Tel 7641 2012, email sport@westminster.gov.uk or see www.westminster.gov.uk/sport.

HARROW ROAD HEALTH CENTRE

209 Harrow Rd W2, 7286 1231. Interpreting in Arabic, Polish, Albanian, French and more.

General medical services include: Travel immunisations, ante-natal and post-natal care, contraception, pregnancy testing, drug and alcohol counselling, minor surgery, cervical and breast screening, flu immunizations, stop smoking, counselling and mental health signposting.

Chronic disease management:

Includes asthma, disease and stroke prevention, diabetes and hypertension.

Other services include:

Welfare and benefits advice, carers support, victim support, family support, support for people in temporary accommodation, and basic English classes.

OLDER PEOPLE

POSITIVELY PHYSICAL & OPEN AGE

Low cost and free fitness classes for those of 50+ in W2, W9 and W10.

Monday: Walking group, line dancing

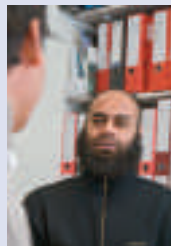
Tuesday: Chair exercise, yoga

Wednesday: Ballet, pilates

Thursday: Tai Chi, tap dance

Friday: Tai Chi, Walk to fitness, Watersplash

Details from Open Age, 8964 1900



AGE CONCERN WESTMINSTER

Advice on benefits, health and social services, social activities and more. Drop-in advice on Mondays and Wednesdays 9.30am-1pm at 268-272 Edgware

Rd. Call 7724 6930 for details or email enquiries@acwestminster.org.uk

ADVOCACY FOR OLDER PEOPLE

Westminster Advocacy Service for Older Residents (WASSR) offers support for older people facing difficulties with health care, social services, housing or because of dementia. The service also needs volunteers, especially in the Church St area. Training, support and supervision provided. Call WASSR on 7439 3131. Call 7439 3131.

BINGO AT ST JUDES

St Judes over 50s club (Westminster), corner of Fourth Ave and Ilbert St, W10. Bingo on Tuesdays and Thursdays 2-4.30pm. Also coach outings to various destinations during the summer. Call 8969 1891 for details.

ACTIVITIES AT THE BEETHOVEN

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

Tai Chi for over fifties: Thursdays 2-3.30pm £1.50 a class.

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

50 PLUS POSITIVELY PHYSICAL

Open Age can help you improve your fitness and lead a more active lifestyle. Exercise and activity classes free for over 50s in Queen's Park, Harrow Road and Westbourne Park areas. Pilates, line dancing, yoga, chair exercise, water-splash and walking.

For details of times, days and venues call Open Age on 8964 1900 or drop in to Open Age, 1 Thorpe Close London W10 5XL. (under Westway off Ladbroke Grove)

PADDINGTON LIBRARY

Porchester Rd, W2

Silver surfers group: every Tuesday from 2 to 4pm - starts again on 25 September. Free internet and email tuition. To book, call Laurence Foe or Sabrina Grattoni on 7641 4402.

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

AUTUMN FUN WITH OPEN AGE

For men and women over 50, wanting to make the best of life, and keep in touch with local events and services. Open Age offers a Monday to Friday network of over 90 low cost (£1 - £2 a session), community based, learning, creative, fitness and social groups, some a short walk away, others a bus ride. Widen your interests and socialise by trying any of these: computers, art classes, trips around London, line dancing, socials with a quiz or speaker, ballet, singing, languages, mens morning, tap dancing, tai chi, seated exercise, power walking in the park, and many more. New groups being planned, include singing,

COMMUNITY GENERAL

art, drama, and local history; let us know what you would like, when and where.

Membership £7 per year, but non-members very welcome too. Free information pack and current weekly programme with full details of all groups is obtainable from Open Age, 1 Thorpe Close London W10 5XL. (under Westway off Ladbroke Grove) Tel: 8964 1900.

HALLS & MEETING ROOMS TO HIRE

Beethoven Centre: Large hall with capacity of 150, available for residents to hire for events and parties at subsidised rate of £10 an hour. Also PA, TV, video, sound system, DVD multimedia projector and screen available to use.

Meetings rooms from £7.50 an hour for centre members.

Call 8969 5881 for details.

Both spaces can access the on-site creche. Creche is also available to hire for childrens parties.

St Peter's House Resource Centre:

Meeting space and small room, kitchen, connection to church hall, and wheelchair access.

Contact



Jan@pdt.org.uk,
7266 0636, www.stpetershouse.org

Disabled Living Foundation: Fully

accessible rooms with state-of-the-art audio and visual systems for conferences, training and meetings.

Call Bridget on 7432 8010 or email training@dlf.org.uk.

The Greenside Community Centre:

Hall available for hire for parties, meetings, conferences and community groups. For more information call 020-7641-6750 or email thegreenside@cwH.org.uk

BUSINESS ADDRESS

St Peter's House offers a service to residents working from home. Postal business address, IT facilities and reduced room hire rate. Contact Jan@pdt.org.uk, 7266 0636, www.stpetershouse.org

THE MOSAIC COMMUNITY TRUST

Promotes community cohesion by increasing respect and understanding between faiths. Projects include women's groups, youth theatre, and a befriending project for isolated Muslim women.

New project: Family Learning

Group: Meet other mothers from a wide range of faiths, religions and cultures, and gain knowledge and skills to bridge any communication gaps between you and your child /their teachers. 10am-12pm at St Peter's Church Hall, Chippenham Road, W9, every Thursday starting in September. For details contact Rebecca Beard on

07757 313402. Similar groups held at St Augustines CE Secondary School and Quintin Kynaston Secondary School Call Lena Choudary-Salter on 07828 149777, or email



lenac@mosaiccommunitytrust.org.uk.

GALOP -LONDON'S LESBIAN, GAY, BISEXUAL & TRANSGENDER CHARITY

dealing with community safety issues. Advice and assistance in reporting homophobic and transphobic hate crime. GALOP urges LGBT people to report any abuse (including domestic) or violence (can be anonymous). Call 7704 2040 or report online at www.galop.org.uk. Always call 999 in an emergency.

CITY GUARDIANS

Helping make Westminster safer and cleaner by patrolling the streets and providing a visible presence to help reduce crime and anti-social behaviour.

Church Street City Guardians

07734 335 939 / 7641-1635

Queen's Park City Guardians

07734 335 940 / 7641 5849

Harrow Road City Guardians

07921 975 095 / 7641 3593



Westbourne City Guardians

07921 283 960 / 7641 3598

PADDINGTON FARM TRUST

Holidays and short breaks for Westminster groups, families and individuals,

on a 43 acre organic farm near Glastonbury in Somerset. Call 01458 832752, email pft@onetel.net or see www.paddingtonfarm.co.uk

QUEEN'S PARK HOUSING AND ADVICE DROP-IN

Talk to your local councillors, and to housing and advice workers from Dominion Housing, CityWest Homes, PCHA/Genesis, Octavia Housing and Stadium. Also -Information on welfare benefits, community safety, training, housing transfers and allocations and more. At the same time, you can buy affordable fruit and vegetables. Beethoven Centre, Third Ave, W10. Mondays 2-4pm. Call 8969 5881.

THE FAMILY SERVICES TEAM

The Westminster Society for People with Learning disabilities offers support, advice and information to families of children with learning disabilities.

Rainbow Childrens Centre, 11 Bravington Rd W9, 8968 2693, www.wspld.org, email ssage@wspld.org.

THE WOMEN'S DAY CENTRE

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

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

General drop-in: 12 noon -3.30pm.

Other services include basic skills programme, IT classes and career advice. For details contact the day centre reception on 7262 3818 extension 235.1 Cosway Street, Marylebone, NW1 (entrance from Marylebone Road).



WESTBOURNE BEFRIENDING AND MENTORING SCHEME

If you need someone to talk to in the Westbourne area, for friendship and support, call Mary on 07890 301235.

UNDER FIVES / PARENTS

BAYSWATER FAMILY CENTRE

Drop-In: play and, crèche, daily 12.30-4pm. Advice on benefits, housing, childcare. 14-18 Newton Road, W2, 7221 3290.

BEETHOVEN CENTRE

Residents can apply for Beethoven Centre membership for £6/year and get subsidised rates on activities and hall hire.

Contemporary Dance Class: for 3-5 yr olds. Tue 4-4.45pm. £2.50 for members.

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

Crèche: £4.50/hour Mon-Thu 10am-12pm. Places are limited so you need to pre-book. The crèche is also available for exclusive bookings (for a min. of 5 places) outside of these times and for children's parties. Call 8960 2479 or 07950 208 305 to book any of above. Third Ave, W10, 8969 5881, www.dominionhg.co.uk/beethoven.

DOROTHY GARDNER NURSERY

Drop-In: with free play and rhyme. Mon-Thu 9.30-11.15am and 1-2.45pm



Yoga for Dads and Mums: with crèche for newborns, gentle exercise aimed to tone muscle and to promote calm and well-being. Fri 12.45-2pm.

293 Shirland Road,

W9, 7641 5835.

FERNHEAD METHODIST CHURCH

All Nations Drop-In: run by local childminders. Wed 10am-12pm. Fernhead Road, W9, 8960 8504.

HEALTH @ THE STOWE

Drop-In Baby Clinic: speak to a health visitor about immunisation, baby weighing, development assessments. Thu 10-11.30am. 260 Harrow Rd, W2, 7316 6800.

KIDS HOME LEARNING

For children with disabilities and developmental concerns:

Home visits, with referrals by parents and professionals. Kids works with parents to help their children gain new skills.

Home Learning Sensory Group: Tues 1-2.30pm at the Portman Children's Centre, 12-18 Salisbury Street, London NW8. For children for who have sensory impairments and limited mobility, and who are receiving Home Learning or are on the waiting list for the service. Call 7641 4151. www.kids-online.org.uk

MARY PATERSON NURSERY

Drop-In: free play and rhyme sessions, Mon-Wed, & Fri 9.30-11.30am & 1-3pm. 13 Riverton Close, W9 3DF, 7641 5804.

MAIDA VALE LIBRARY

Under 5s Mornings: stories, rhymes and crafts. Tue & Fri 10.30-11.30am. Sutherland Ave, W9, 7641 1300.

MEANWHILE GARDENS PLAYHUT

Drop-In: with indoor and outdoor play space and activities, paddling pool and sandpit. Mon-Sat 1.30-5.30pm (closed Wed). Elkstone Rd, W10, 8960 7894.

MICKY STAR

NEIGHBOURHOOD NURSERY

Drop-In: Mon & Thu 9.30-11.30am (term-time). 58-61 St. Michael's St, NW8, 7641 5409.

PADDINGTON LIBRARY

Under 5s Mornings: stories, rhymes and crafts. Wed 10.30-11.30am. Clifford Hall, Porchester Road, W2, 7641 1300.

PORTMAN EARLY CHILDHOOD CENTRE

Drop-In: am and pm Mon, Tues, Wed, Thu
Sensory group -see page 14 article and entry under Kids home learning. 12-18 Salisbury Road NW8, 7641 5409.

QUEEN'S PARK LIBRARY

Under 5s: stories, rhymes and crafts. Wed & Fri and 1st Sat of month. 10am-12pm. 666 Harrow Road, W10, 7641 1300.

RAINBOW FAMILY CENTRE

(formerly Rainbow Children's Centre)
Drop-In & Crèche: Mon-Fri 1-3pm, beginning 10th September.

Wiggle & Giggle for Under 2s: Sessions include music and movement, songs and stories. Fri 10-11.30am.

Date with Dad: Session for dads and their under 5s. 10am-12pm. Every 3rd Sat of the month.

11 Bravington Rd, W9, 8968 2690.



ROOM 2 PLAY AT THE GREENSIDE COMMUNITY CENTRE

Parents and under 5s: Mon, Wed & Fri, 10am-12pm. 24 Lilestone Street,

London, NW8, 7641 6750.

www.vitalregeneration.

org/greenside

ST LUKE'S CHURCH

Drop-In: free play and rhyme sessions. Tue 10-11.30am. Fernhead Rd, W9, 8960 4195, www.stlukeskilburn.co.uk

STOWE CENTRE

Ballet: 3-5 yr old boys and girls. Mon & Wed 4-4.45pm. £4/session. Call Sandie 07957327322. 258 Harrow Road, W2.

SURE START INFORMATION & RESOURCE CENTRE

Information on childminders, childcare, health visitors, baby clinics, advice on breastfeeding, weening, going back to work or training, tax credits. Mon 12.30-2.30pm (fortnightly). 21 Dart St, W10, 7641 4530.

VESTRY PRE-SCHOOL

Drop-In: free play and rhyme sessions. Mon & Wed 1-3pm. St Mark's Church, Abercorn Place, W8, 7624 2705.

WESTBOURNE PARK FAMILY CENTRE

Pre-School Drop-In: Thu 10am-12pm.

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

Childminders Support Group: Tue 10am-12pm.

Toy Library: Tue 11am-12.30pm.

Corner of Porchester Rd and Westbourne Park Villas, W2, 7727 6019, www.westbourneparkfamilycentre.org.uk

WILBERFORCE PRIMARY SCHOOL

Family Play Sessions: playground opens for families to come and play. A space for the entire family to play freely

CHILDREN & YOUNG

without older children sharing the same space. Sat-Sun 10am-3pm. Beethoven St, W10, 7641 5865.

Road, W10, 7575 3110.

AVENUES YOUTH CENTRE

Tue: Girls Only Night (primarily homework support). 5-8pm, with the British Arab Resource Centre.

Wed: Radio and multi-media training, Alpha Femmes (girls group), creative arts, music room, street dance. 6.40-9.10pm.

Thu: Junior Group for 11-14 yr olds: 4-6pm. Radio and multi-media training, Alpha Femmes (girls group), cooking, and music room. 6.40-9.10pm.

Fri: Junior Group for 11-14 yr olds: 4-6pm. Radio and multi-media training, pool, table tennis, creative arts, dance and



music room. 6.40-9.10pm.

Sat: Cooking, music production and dance for under 16s, 12-3pm.
3-7 Third Ave, W10, 8969 9552,
www.avenues.org.uk/

AMBERLEY YOUTH PROJECT

Tue: Chill out session 4.30-5.45pm.
Focused Workshops for 13-14 yrs 6-7pm.
Enterprise Scheme (coming soon)
for 13-15 yr olds.

Wed: Cooking for 10-14 yrs 5-7pm.

Fri: Girl Friday! for 11-14 yrs 4.15-5.30pm.
Sports Session 11-14 yrs 5.45-7.30pm.
Amberley Estate, 11 Clearwell Dr,
Amberley Rd, W9, 7286 1014.

BEETHOVEN CENTRE



Contemporary Dance: for 6-8 yr olds.
Tue 4.45-5.45pm, £2.50 for members.

Karate: for 5-16 yr olds. Tue 6.30-8.30pm,
£35/month.

Silent Step Street Dance: for 7-12 yr
olds. Thu 4.30-6pm, 50p/class.

Choi Kwando Classes: for women and
children. Fri 7-8pm, £5/class.
Call Galina 07957 384 591
173 Third Avenue, W10, 8969 5881,
www.dominionhg.co.uk/beethoven

BAYSWATER FAMILY CENTRE

Support for families in temporary
accommodation or about to become
homeless.

After School Club: for 5-13 yr olds.
Tue-Thu. 4-6pm (term-time only).
14-18 Newton Road, W2, 7221 3290.

BRITISH ARABS RESOURCE CENTRE

Arabic-speaking Project for children,
young people & families: Improves young
people's attainment in mainstream schools
and makes a first point of contact with
vulnerable people.

Ammar Bin Yasser School: Saturday
Mother-tongue supplementary school.
10am – 2pm. St George's RC School,
Maida Vale W9.

After -School clubs: in partnership
with The Avenues Youth Centre.
Homework support, physical fitness, drama
& arts.

Beethoven Centre, Third Avenue, W10,
8962 9432, barclondon@yahoo.co.uk,
www.casweb.org/barc

BRUNEL ESTATE

Football: Tue 6.30-8pm. Buckshead

House, Brunel Estate, W2,
contact Eugene Minogue, Westminster
Sports Unit, 7641 5891 or
07921 495 202,
eminogue@westminster.gov.uk,
www.westminster.gov.uk/sport

CONNEXIONS

Advice and support for young people
aged 13-19 about education, work and
training, health, housing, money,
volunteering and personal issues.
Mon, Wed & Fri: 10.30am-4.30pm, Tue &
Thu: 1-6.30pm.

Also, advice about sexual health and
relationships, including pregnancy testing
and free contraception, Thu 2-5pm.
Stowe Centre, 258 Harrow Road, W2
0845 077 0779.

DREAMARTS

The Cockpit Theatre: acting, singing and
dance every Sunday for over 8s. £1/day, £2
non-members. 7266 8262,
www.dreamarts.org.uk/

FLAMBOYAN COMMUNITY ASSOCIATION

Clothing Diaspora: Learn about fashion
and make your own. Mon 6-9.30pm, Wed
6-9.30pm & Fri 10am-3pm.

First Steps: A musical journey to
remember the 200th anniversary of the
abolition of the slave trade. Collaboration
with Kool Muzik. We need singers, dancers
and other supporting parts.

For information call Gloria on 8969 0700
or 07986 761 854, email inezg60@aol.com,
or drop in to 1 Fernhead Rd, Maida
Gardens W9.

FOURTH FEATHERS YOUTH CLUB

Mon: Girls' Night including cooking, arts &
crafts, trampolining, massage, playground
activities, pool & table tennis. 5.30-8.15pm.

Tue: Homework Club 3.30-5.30pm, then
from 6-9pm, gym,
ICT, kick boxing,
pottery, pool &
table tennis.

Wed: Homework
Club 3.30-5.30pm,
then from 6-9pm,
cooking, basketball,
arts & crafts,
dance, gym,
Information &
Communication



Technology (ICT), playground activities,
pool & table tennis.

Thu: Homework Club 3.30-5.30pm, then
from 6-9pm, drama, youth forum, job club,
gym, ICT, playground activities, pool & table
tennis.

Fri: Men's Gym, 4-6pm, then from 7-10pm,
cooking, arts & craft, dance, gym, hair &
beauty, Brook Advisory, playground
activities, pool & table tennis.

Sat: Saturday Club 3-6pm, arts & crafts,
ICT, basketball, playground activities, pool &
table tennis, gym.
12 Rossmore Rd, NW1, 7723 8308.

GREENSIDE COMMUNITY CENTRE

Wed: Karate Jitsu for children. Wed 6pm

Fri: Taekwondo. Fri 6.30pm.



Sun: Trupaz Street
Dance. 12-3pm.
Firststep.com: free ICT
classes for young
people. Please call
7641 4157 for more
details. Visit

www.learnstfirststep.com or
www.vitalregeneration.org.
24 Lilestone St NW8, 7641 6750.
www.vitalregeneration.org/greenside

KONGOLESE CENTRE FOR INFORMATION & ADVICE

Kongolese Youth Club: meets
Saturdays at Moberly Sport Centre 12-
2pm. 453 Harrow Road, W10 4RG, contact
Peter Nsumbu 8964 2777,
www.kcia.org.uk,
kongolesecentre@hotmail.com

KYU-YO-BU-SHIN

Running Club: every Sunday.

Karate: Mon & Fri at the Warwick
Community Centre.

Fit-for-Life: for 5-10 yr olds. Sun 11am-
1pm. Edward Wilson School.
Call Mary 07890 301 235.

LONDON TIGERS

Football: Teams from ages under 9s
upwards, call for times and venues.

Badminton: for ages 13+. Jubilee Sports
Centre. Tue 8-10pm.

Basketball: for ages 8+. Lisson Green. Fri
6.30-8pm. Also, for 13-19 yr olds: Jubilee
Sports Center. Fri 6-7pm.

Men's Swimming: Seymour Leisure
Centre. Fri 8.30-10.00pm.

Girls' Football: for ages 8-13. Lisson
Green. Mon 4.30-6pm.

Women's Fitness/Exercise: for ages
13+. Greenside Community Centre. Tue
6.30-9pm.

Muslim Boys Youth Club: at WECH.
Mon & Thu, 6-8.30pm, Tue 4-6pm. Call 7289
3395 for more details on all the above,
www.londontigers.org

LYDFORD ESTATE

Football: Mon & Wed 6.30-8pm, Sat 12-1.30pm. 74 Fernhead Road, W9 3EW, contact Eugene Minogue, Westminster Sports Unit, 7641 5891/07921 495 202, eminogue@westminster.gov.uk, www.westminster.gov.uk/sport

LYDFORD YOUTH PROJECT

Fri: 8-12 yrs: 6-7.30pm. 13-19yrs: 7.30-9pm. 74 Fernhead Road, W9 3EW, contact Sally Nkrumah 07980 505 953
lydfordyouthproject@hotmail.com
MAIDA VALE LIBRARY
Homework Club: for 7-13 yr olds. Tue 3.45-5.30pm. Sutherland Ave, W9, 7641 1300.

MARYLEBONE BANGLADESHI SOCIETY

Tue: Homework Club, plus indoor games and activities. 6-8.30pm.
Wed: Indoor rowing session, plus indoor games and activities. 6-8.30pm.
Thu: Employability Session, plus indoor games and activities. 6-8.30pm.
Fri: Offsite sports and keep-fit. Open to all levels. 6.30-9.30pm.
Sat: Girls session, including sports and various arts projects. 2-5pm. 19 Samford Street, NW8, and 2 Boscobell St, NW8, 7724 7427, www.mbs-uk.org

MILLENNIUM CENTRE

Teenage Mums Group: Wed 1-3pm. Clearwell Dr, W9 2JZ, 07725 938 858.

MOBERLY SPORTS CENTRE

Range of activities for 5-18 yr olds. Kilburn Lane, W10 4AH, 7641 4807.

PADDINGTON ARTS

Performing arts and media for young people aged 6-26. Membership for the workshops is £15/yr.
Free workshops for 6-26 yr olds in singing, dance, drama, steel pans and video.
Projects for young people with learning disabilities.
Planet X: Fun, tactile installation space for young disabled people -see article page 14.
32 Woodfield Rd, W9, 7286 2722,



www.paddingtonarts.org.uk

PADDINGTON LIBRARY

Homework Club: for 7-13 yr olds. Mon & Fri 3.45-5.30pm. Clifford Hall, Porchester Road, W2, 7641 1300.

PRO TOUCH SOCCER ACADEMY

Community Activities: for 11-15yr old boys

and girls, in Camden and Westminster from Sept 2007. For girls: fitness club and outings. For boys: health and fitness sessions, football coaching and matches in the Camden and Regents Park Saturday Youth League under 12s and 14s. Call Ash or Zahid on 7813 3007 or 07732 872 022 or visit www.protouchsocceracademy.com

QUEEN'S PARK BANGLADESHI ASSOCIATION

Saturday Supplementary School: for 11-16 yr olds. 10am-1pm. Wilberforce School, Beethoven Street, W10, 8968 1177, www.qpba.org

QUEEN'S PARK LIBRARY

Homework Club: for 7-13 yr olds. Mon & Wed 3.45-5.30pm. 666 Harrow Road, W10, 7641 1300.

QUEEN'S PARK NEW MEDIA CENTRE

(A Vital Regeneration Learning Centre)
Free ICT and digital art courses for young people, held at the Beethoven Centre and Queen's Park Court. Please call 7641 4157 for more details. www.qpnmc.com or www.vitalregeneration.org

SAMBA STREET SOCCER

Soccer for all ages: Cost is £2.50/training session, £3 on Saturdays. Contact Andrew Amers-Morrison on 7159 1010/07940 08 495, sambastreetssocceruk05@yahoo.co.uk, www.sambastreetssoccer.org

ST LUKE'S CHURCH

Expression: for ages 13+. Youth group. Sun 7.30-9pm.

The Verbal: for ages 13+. Christian discipleship and socialising. Tue.

Sunday School: for 0-16 yr olds. Sun 10.30am-12pm.

Wednesday Warriors: for 6-10 yr olds. Activity-based club with some Christian content. Wed 5.30-7pm.

Contact Natasha 07968 238 007, natashaclatworthy@hotmail.com, www.stlukeskilburn.co.uk

3rd Paddington Scout Group: for 6-7, 8-10 and 10-14 yr olds. Thu 6-9pm.

Games, sports activities, and training in Safety, First Aid, Hygiene, Hobbies, Local Knowledge and service to others. Weekend activities include sports, swimming, visiting places of interest, weekends away. All faiths welcome.



St. Luke's Church Centre, Fernhead Road, London W9, 7912 6640.

STOWE CENTRE

Free activities for 13-19 yr olds.

Mon: Club Night or Parkour. 6.30-9.15pm.

Tue: Dance, DJ-ing, fashion & design, media design, I.T., board games, music studio, 6.30-9pm, and boxing (£1/session). 6.30-9pm.



Wed: Football. 6.30-8.30pm.

Thu: Same as Tue.

Fri: Movie night, cooking, IT, music studio, multi media.

7-10pm. 258 Harrow Road, W2, 7266 8220/1.

BALLET AT THE STOWE CENTRE

6-11 yr old boys and girls. Mon & Wed 4.45pm-5.30pm. £4/session. Call Sandie on 07957 327322. 258 Harrow Road, W2.

VITAL REGENERATION

The Museum Of The Moment: artist Jennie Savage and young people from the Harrow Road. will broadcast Interviews and music from shops along the Harrow Road in September /October so you can walk and listen. Pick up headphones – or dial in on your mobile's radio to hear a sound picture of the Harrow Road. Call 7641 4584.

WESTMINSTER YOUTH DANCE

For ages 5+: tap, jazz, modern, ballet, streetdance, singing. Wed & Thu 5-8pm. Lesley Inniss, 07973 541 361, l.inniss@btinternet.com

WARWICK COMMUNITY CENTRE

Silent Step Street Dance: for 5-11 yrs. Tue 4.30-6pm, 50p/class. 300 Harrow Road (off Chicester St), W9, 07932 982 802.

WECH

Silent Step Street Dance: for 5-11 yr olds. Wed 4.30-6pm, 50p/class. 416 Harrow Rd, W9, 07932 982 802. www.wech.co.uk/

WESTBOURNE PARK FAMILY CENTRE

Club Express: for 7-11 yrs, Fri 5.30-7pm.

West 2: for 11-16 yr olds. Fri 7.45-9.45pm

Young Volunteers: project for 13-19 yrs, Fri 5-10.15pm.

Corner of Porchester Rd and Westbourne Park Villas, W2, 7727 6019, www.westbourneparkfamilycentre.org.uk/

WESTMINSTER APPRENTICESHIP PROGRAMME

16-24 yr olds living in Westminster are invited to join this programme. An apprenticeship means you are employed and training for an NVQ at the same time. Contact the Vital Advice team at

Scoring with QPR

Queen's Park Rangers Football Club is now providing coaching to two special schools in the north Paddington area.

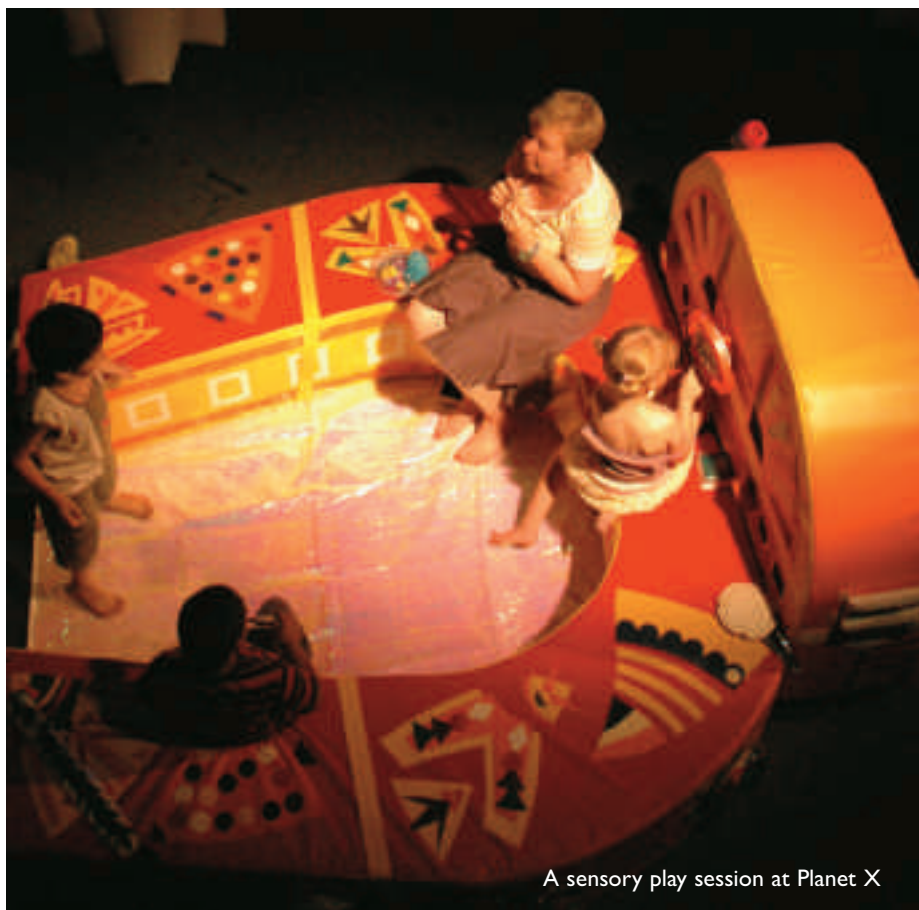
Pupils at College Park on Garway Road, and Queen Elizabeth II School on Kennett Road (pictured), are taking part in weekly football sessions where they develop ball skills and work on co-ordination, agility and footwork. The sessions always end with a friendly match.

Anthony Hennelly, a QPR Community Sports Coach, says that as well as developing physical skills, the students improve their communication, confidence and general well-being. 'Above all, they have a lot of fun, and enjoy the opportunity to strengthen friendships with fellow students.'

For more information on how QPR can create sport and social opportunities in the community, call Anthony Hennelly on 07932 300 556 or 8740 2591 or email Anthonyh@qpr.co.uk.



Pupils at QEII School at QPR session



A sensory play session at Planet X

The X factor

Young people visiting Planet X at Paddington Arts on Harrow Road can travel in a rocket, take a ride in a space station and visit an alien garden.

This unique play project is an exciting sensory space created to stimulate the senses of young people with disabilities. Planet X has many magical areas to explore, themed upon space travel and strange planets. The rocket ship is made out of fabric, foam and Velcro, and the alien garden has an array of different sights, sounds, smells and surfaces to touch.

The play space can accommodate children in wheelchairs, and those with profound and multiple learning disabilities, sensory impairments, autism and other special needs. Trained co-ordinators are on hand to encourage the young people to explore the area.

Paddington Arts run Planet X on the third Friday of each month. In addition, it aims to open on one Saturday a month, so that children with disabilities can come with parents, carers and siblings, and play with non-disabled children.

As for families living in the Church Street area, Kids Home Learning also run a sensory group. The weekly session is designed for children who have sensory impairments and limited mobility, and who are receiving Home Learning (or are on the waiting list for the service).

Planet X takes place at Paddington Arts, 32 Woodfield Road, London W9. For dates and times call Shaun Dawson on 8964 5060, or email shaun@turtlekeyarts.org.uk. The Home Learning Sensory Group is held every Tuesday, from 1 to 2.30pm at the Portman Children's Centre, 12-18 Salisbury Road, NW8. For details call 7641 4151 or see www.kids-online.org.uk

Carina Ogle, Volunteer Reparation Supervisor, and Salonee Batavia, Reparation Co-ordinator, at the Broadley Street plot



PHILIP WOLMUTH

Good will hunting

Children at a local pre-school are now able to plant up a previously unused patch of land, thanks to the work of group of youth offenders.

The plot, outside the Independent Mothers' Pre-School in Broadley Street, was cleared of weeds and roots, by young people doing reparation, the youth equivalent of community service. They also sanded down and painted benches for parents and children to use. The clean-up, which took place in May, was set up by Church Street Neighbourhood Management.

Reparation is a chance for young people who have committed an offence, to give something back to the community, explains Salonee Batavia, Reparation Co-ordinator for the Youth Offending Team (pictured above right at the Broadley Street plot). 'As well as acting as a punishment, it better the chances of the young people. Their work is appreciated, so it

builds links with the community, which also plays a part in the rehabilitation of offenders. Another benefit is that projects like this can make the young people realise that hard work can be enjoyable. One of the girls who helped at Broadley Street really came out of her shell that day and enjoyed doing the practical tasks.'

This year, four volunteers have been recruited by the Youth Offending Team, to assist in the supervision of reparation. Carina Ogle (pictured above left) and the other volunteers 'have hugely assisted the team in reducing young people's waiting time before starting reparation,' says Batavia.

Other projects which young offenders have been involved with in the Church Street area have included helping maintain the library garden, and working with clients and painting at the Tresham Day Centre, which caters for people with dementia.

It's my business

Mac's Cafe

Nadia Sahin, pictured below with her father Huseyin Sahin, is known for her good memory. Her customers appreciate not having to explain, for example, how they take their drinks. 'Some people like their tea strong, and some prefer it milky.'

Mac's Cafe is a family-run business, and Nadia's brother works there too. Over six years, they have got to know their regular customers says Nadia: 'We know everyone by their name as well as their faces.'

English breakfasts are served to a mixed clientele of office workers, builders, market traders and passers-by. Lunches include traditional dishes like lasagne, shepherd's pie, sandwiches, jacket potatoes and omelettes.



Mac's Cafe is at 82 Church Street. Open from 7am to 5.30pm six days a week.



A stall from the French market coming to Church Street this September

PHILIP WOLMUTH

French market to NW8

French cheeses and sausages, leather bags and belts, olive oil, garlic and lavender soap are the sorts of products you will be able to buy in Church Street on Friday September 21, when a French market will be set up for the day.

The French market is the first of what is hoped will be a number of similar events, designed to renew interest in the market, and bring more visitors to the area.

In March 2007 Simon Milton announced in his Leader's speech that, 'The council will devolve power where it can to the neighbourhood level, starting this year with the management of the Church Street market to the neighbourhood office.'

In order to make this happen a market governance group has been established which is made up of

senior council officers, local councillors, residents and market traders. The group is looking at changes to the day-to-day management of the market, such as street cleaning and litter collection, as well as physical changes to the street. These are likely to include improvements to market stalls as well as shop frontages.

Marco Torquati, Church Street's Neighbourhood Manager, says he hopes the governance group will be able to turn the market into the 'jewel in the crown' for street trading in Westminster. 'Church Street market is viewed by many as the commercial and social hub of the area, but it has been in decline for over 20 years. Upgrading and developing the market is vital if it is to become, once again, something that local people are proud of and which people from outside the area consider an attraction worth travelling to.'

In brief

Bickering children and moody, disrespectful teenagers are normal parenting challenges, but would you like some support and ideas for dealing with them? This could be through parents' information days, regular support groups or parenting courses. Church Street Neighbourhood Management would be interested to hear your views. Contact Julie Mallett on 7641 6633.

Children from the Lisson Green area helped tidy up the Greenside Community Centre garden recently. Vital Regeneration teamed up with environmental charity Groundwork to help the children weed the garden's 'living' dragon and set up a new raised vegetable garden.



Lisson Gardens Association is looking for people who like gardening and could help look after the community pocket park in Lisson Street. Call the Neighbourhood Centre on 7641 6633 for details.

Nominations for the Neighbourhood Management Board resident representative posts must be in by Friday 7 September. Nomination packs have been delivered to all homes in the qualifying area. If more than three are returned, there will be a postal ballot at the end of September. For more information, call Alison at the Neighbourhood Centre on 7641 5418.

Performance artists and musicians



including Emmanuel Okine from Music for Change were among the entertainers at the Church Street

Festival. For details of this educational charity see www.musicforchange.org.