

Paddington People

Church Street edition



Christmas light festivities in Church Street

Christmas is coming

The beginning of the Christmas season was celebrated in Church Street with the turning on of the Christmas lights, and a visit from Father Christmas.

Traditional Christmas fare of mince pies and mulled wine was served, along with a spiced fruit punch, and juice for children. Compere Mr Cee entertained a large crowd of local residents, who sang carols, led by a musical quartet from St Paul's Church. For children, there was a visit to Santa's grotto, where Father

Christmas, assisted by the City Guardians, gave them a gift. One local child, Aziz, won a prize draw which entitled him to switch on the Christmas tree lights.

The festivities were organised by Church Street Neighbourhood Management, which also provided the 20ft high tree and the festive street lights. As with the Church Street Summer Festival, the event was seen as a way of bringing together residents of all ages and backgrounds.

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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



Church Street is only about half a mile square, but with around 12,000 residents, our team of City Guardians has a lot of challenges. A big part of our job is to patrol, in order to reduce crime, reassure the public and cut down the fear of crime. Another aspect is improving the local environment. We help keep the streets clean by reporting issues like abandoned cars and graffiti, and make sure that street lighting is working, and that any problems with pavements and traffic are reported.

The City Guardians patrol late in the evening, as well as during the day, and carry mobile phones which allow us to respond immediately to calls from the public alerting us to problems. We also help to reduce anti-social behaviour by building a rapport with young people, and offering them support. This could be by telling them about work and training opportunities, or by encouraging them to take part in activities like the football sessions we run. I think that over the five years of operation, the Guardians have made a dramatic impact on this area by improving life for residents.

Anthony Kilby

Team leader, Church Street City Guardians

The Church Street City Guardians can be contacted on Monday to Friday from 8am to 9.30pm, and on Saturday from 9am to 4.30pm, on 07739 822041

Lunchtime advice



Advice from Befriend a Family

A new, monthly lunch group has been set up in Church Street, for families living in temporary accommodation.

The group, run by Westminster Befriend a Family, gives families the chance to meet others in the same situation. The sessions are held at the Greenside Community Centre on Lilestone Street, and lunch is provided, along with activities for children,

and advice about Westminster's choice-based letting system.

The lunch time get-togethers take place on the first Wednesday of every month, and are open to any family with children under 14, living in temporary accommodation in Westminster.

The group meets from 12.30 to 2.30pm and the next sessions are on 5 December, 9 January and 6 February. For details call Alison on 7828 2765.

Elin Anger working on a Notting Hill Construction Training Scheme site



PHILIP WOLMOUTH

Building a career

The chance of a career in the construction industry is being offered to unemployed people by a partnership of 20 local housing associations.

The Notting Hill Construction Training Scheme supports unemployed individuals over 18, by securing them a place on an accredited two-year college course, and offering them the chance to earn while they learn the skills of a trade. Free tools and equipment are provided, along with professional help and guidance, and access to work placements with contractors.

Elin Anger (pictured) found her first work placement as a painter and decorator quite daunting. 'There were around 150 guys and me on a big new building site,' she explains.

One year on, she is very happy to have taken on the challenge of learning new skills. 'What I've enjoyed is learning the practical side of decorating, from preparation and filling, to hanging wallpaper. It's an extremely good scheme and I would encourage anyone to do it, especially women. It's considered to be very male work and you break a taboo when you do it.'

The scheme supports people into various construction trades as well as painting and decorating. These include plumbing, bricklaying, site carpentry and electrical installation.

For details of the Notting Hill Construction Training Scheme contact Paddington First on 7087 8080 / info@paddingtonfirst.co.uk or Vital Regeneration on 8964 3256 / vitalinfo@cwh.org.uk.

Jan Yorsten remembered



Jan Yorsten, who died in November, will be greatly missed by colleagues, friends and the many local people she worked with. During her time with Paddington Development Trust she worked tirelessly for the benefit of the community, and her achievements included setting up St Peter's House, a resource centre for local groups and individuals. 'Jan will remain an inspiration to me and to the many people she touched with her beauty and wit. Some candles don't burn out,' says Neil Johnston of PDT.

Cockstock at the Cockpit

A new, monthly arts programme is underway at the Cockpit Theatre, with an emphasis on getting more people involved, and on celebrating new talent.

'Cockstock is about trying out new things and making theatre affordable and accessible,' says Chris Lincé, the programme's co-ordinator. During the first week of each month, four events are held, and participation is a common theme. On Tuesdays, the long-running Theatre in the Pound provides a platform for new work, and members of the audience, who pay just £1, give feedback. 'We've had everything from a man dancing with a piano to political comedy beat-boxing,' says Lincé.

On Wednesdays, it's the turn of young musicians, and short films are shown on Thursdays evenings, followed by live music. New films are always sought, as part of an eclectic programme which could include anything from 1950s public information films to cutting edge animation. The week ends with Caburlesque on Fridays (pictured), described as 'the Vaudevillian variety of caberet, in bed with the seductive sensuality of burlesque.'

Tickets cost £1 for Theatre in the Pound and £5 for everything else. For more information, including details of how to submit a film, or perform in Theatre in the Pound, go to www.cockpittheatre.org.uk or email chris@cockpittheatre.org.uk.



Mrs Michelini, at home with her son Girio



PHILIP WOLMOUTH

Caring for the carers

In Westminster alone, there are over 12,000 people who look after a member of their family, neighbour or friend without being paid. Many of them are supported by Carers Network Westminster, which is holding a local information session on Carers' Rights Day, 7 December.

There are many ways in which people depend on their carers, from emotional support, to help with washing, dressing and other personal needs. Very often, people are only able to remain in their own homes because of the help they get from others, which they may need due to illness, disability, old age, or sometimes alcohol or drug addiction.

Carers themselves can be of any age (see page 14 on young carers). They tend to experience disadvantages as they have to balance looking after someone, with other responsibilities

such as paid work or education. Caring can be lonely, too, as there is often little time for friends, or going out. The stress and strain of always putting someone else's needs first can also lead to poor health for the carer.

Eighty-three-year-old Mrs Michelini looks after her disabled son Girio at home, and while she wants him to stay with her, she sometimes feels overwhelmed by her responsibilities. 'I am very busy all the time so I get very tired. When Girio gets ill, I sometimes have to call the ambulance once or twice a week.' She is helped in a variety of ways by a support worker from Carers Network Westminster, who visits regularly and offers emotional support as well as assistance with practical tasks like filling in forms. Mrs Michelini can get advice on anything from paying for care in the home, to dealing with anti-social

behaviour, and Carers Network Westminster has also helped her put together a Shadow Care Plan, which outlines her wishes for Girio's care once his mother can no longer cope herself. Meanwhile, the caring relationship is a mutual one. Girio helps around the house, and, says his mother, is good company: 'He keeps me alive.'

Carers Network Westminster encourages anyone who would benefit from its support, to go to its information day at the Harrow Road Health Centre (details below). Information will be available on carers' rights, and all the services that exist for carers in Westminster.

The Carers' Rights information day will be held at the Harrow Road Health Centre, 209 Harrow Road, W2, on Friday 7 December from 12 midday to 2pm. For more information about services for carers call Carers Network Westminster on 8960 3033 or see www.carers-network.co.uk.

Members of the gardening group at the Westminster Prospect Centre for Independent Living



PHILIP WOLMUTH

Growing gains

At the Westminster Prospect Centre for Independent Living, disabled people are supported and encouraged to live full and active lives in society.

More than 100 local people use the centre and benefit from a wide range of services. There is an emphasis on achieving personal goals, so coaching and life planning are offered for people who want to go to college, do volunteering, or go to work. They may also get support in such areas as handling their own money or learning to drive.

The centre is run by Training for Life, a charity that helps people improve the quality of their lives and move into work. It provides employment training, work experience and an advice service

on all matters relating to tax and benefits, including tax credits, self assessment and child benefit.

Complementary therapies are also available, with dedicated spaces for massage and reflexology. The centre also has a hydrotherapy pool and an exercise room. Service users are encouraged to take part in activities like cooking and gardening, that can increase confidence, and help them achieve personal goals. Malcolm Lord (above right) regularly does gardening in the centre's large outdoor space. 'Growing herbs and tending the garden helps me keep my independence,' he says.

The Westminster Prospect Centre for Independent Living is at 42 Westbourne Park Road, W2. For more information call 7243 9720 or see www.trainingforlife.org

What's cooking?

Sweet and sour chicken

This dish was made at a recent cookery session held at the Westminster Prospect Centre for Independent Living (see left).

Chicken, cut into strips
Garlic, finely chopped
Onion, chopped
Pineapple
Sweet corn
Other vegetables for stir frying, such as red and green pepper
A sachet of sweet & sour sauce
Pineapple juice

Fry off the chicken strips in cooking oil, then add the onion and garlic, and cook for five minutes. Add the other vegetables and cook to taste. When everything is cooked, add the pineapple, sweet and sour sauce and pineapple juice. Serve on a bed of rice or pasta.



Herbie Oorloff (above, with the sweet and sour chicken dish) says, 'I love the cookery group and the meal it provides me for the evening.'



Football training at Academy Sport with the Kickz programme

Youth get Kickz from Arsenal

Twice a week, young people aged between 13 and 18 can now take part in free football sessions run locally by community coaches from Arsenal Football Club.

The Kickz programme takes place at Academy Sport, the new community sport and leisure centre at Westminster Academy. Sessions include coaching, five-a-side matches, and games against other teams. There is also an alternative activity each week.

Freddie Hudson, from Arsenal Football Club, explains that the Kickz programme is ‘a way of offering positive activities to young people through using coaches from Arsenal, which has a real attraction for them.’ Kickz, which is offered by a number of professional clubs and is supported by the police and the Westminster Sports Unit, aims to create safer, stronger communities. As well as increasing opportunities for playing football, it is hoped that Kickz will break down barriers

between the police and young people, reduce crime and anti-social behaviour and for some, create paths into volunteering and employment.

Kickz at Academy Sport takes place on Wednesdays and Sundays from 4-7pm. Sessions are free, and there is no need to book, but consent forms need to be signed by parents.

For details of Kickz at Academy Sport, call James Warnock on 7704 4154 (or leave a message) or email jwarnock@arsenal.co.uk.



Left to right: Travellyn, Hilal, Karim and Shahied from College Park School

Sport and me

For some of the students at College Park School, Tuesdays are a highlight of the week. On this day, they follow a Sports Vocational Training Programme at the Moberly Centre.

As well as learning sporting skills, the children, who have a range of special needs, all benefit from spending time with pupils from other schools, and having an increased level of independence. The course is vocational, and it is

hoped that some of them may go on to paid employment in sport.

‘The course helps you build up your voice in front of crowds of people. It helps in building confidence and finding other ways to communicate,’ says Shahied (pictured back, right). His friend Travellyn (pictured far left) is already keen on a sporting career: ‘It’s an interesting course and hopefully it will get me some qualifications – I’d like to coach athletics.’

COURSES & TRAINING



CITY OF WESTMINSTER COLLEGE COURSES STARTING IN JANUARY & FEBRUARY

A range of part-time day and evening courses starts in January and February. For full details, visit the website at www.cwc.ac.uk, ring InfoPoint on 7723 8826 or call into Customer Services at the Paddington Centre, 25 Paddington Green, W2, weekdays from 10am – 4.30pm.

19+ BROCHURE

The 19+ Train and Learn brochure is out now, and includes a listing of full-time, part-time and short courses available for adults. To order a copy, email customer.services@cwc.ac.uk or call InfoPoint on 7723 8826

STUDENT PROFILE

Name: Jannatul Ferdousi Mazumder

Course: Access to Life Science



Background: Jannatul joined the City of Westminster College in 2003 on an ESOL study skills course and in the following year, progressed onto a Pre-Access to Science and Health Studies course. She then

began an Access to Life Science course in September 2005. As well as the Access course, Jannatul studied Maths and English GCSE during the evenings.

Achievements: Jannatul achieved an overall Distinction grade for her Access course and passed both GCSEs. She is now studying Biological Sciences at University college, London. The City of Westminster College recognised this as 'a major achievement following sustained commitment and progress over 3 years.' Jannatul was awarded at the Annual Student Achievement Awards ceremony for her hard work and determination.

FRESH START CERTIFICATE COURSES FOR 16 - 19 YEAR OLDS

If you're 16-19 and not doing anything at the moment, you could enrol onto a free, new full-time, course at the City of Westminster College. Subjects are:

Art & Design
Business
Media
Motor vehicle
Performing Arts
Science
Sports
Theatre
Travel & Tourism

Get a certificate and progress onto other courses at the college or into work related training. Courses start in January and are all free. Call 7258 2954 to find out more.

NEW CAMPUS FOR COLLEGE

The City of Westminster College has been granted full planning consent for an £85m redevelopment at its Paddington Green site. The new campus, due to open in



September 2010, will be the largest single-site further education redevelopment in London. Work will begin in early

2008, following the college's move this December to temporary accommodation at Paddington Basin.

FREE ENGLISH CLASSES

Improve your language skills with Westminster Adult Education Classes (WAES) classes. ESOL courses are free to many students, depending on circumstance. To find out your level, go to any of these classes with some identification, and the teacher will find you a suitable course. For the 3 venues below, call Ewa Rzepko for details on 7641 8665 or email erzepko@waes.ac.uk.

Wilberforce Primary School

Beethoven Street, W10

The Harrow Road Health Centre

209 Harrow Road W2

St Augustine's Primary School

Kilburn Park Road NW6

For the 4 venues below, call Marcia White on 7641 6327 or 077409 18894 or email mwhite@waes.ac.uk.

Westminster Refugee Consortium

284 Harrow Road, W2

Westbourne Park Family Centre

Westbourne Park Baptist Church, corner of Porchester Rd and Westbourne Pk Villas

Paddington Arts (African Women Group)

34 Woodfield Road, W9

Kongolese Centre for Information and Advice

453 Harrow Road, W10

INTRODUCTION TO ADVOCACY

Learn the principles and practice of advocacy for older people. One day course on Wed 5 December. For details call WASSR (Westminster Advocacy Service for Older Residents) on 7439 3131 or email info@wassr.org.

FREE COMPUTER CLASSES WITH VITAL REGENERATION

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 COMPUTER CLASSES WITH WESTMINSTER ADULT EDUCATION SERVICE

Courses are free to many students depending on circumstance. Call Marcia White for details, on 7641 6327 or 077409 18894 or email mwhite@waes.ac.uk.

Venues include:

The Westminster Refugee Consortium, 284 Harrow Road, W2.

Westbourne Park Family Centre, Westbourne Park Baptist Church, corner of Porchester Rd and Westbourne Pk Villas. Paddington Arts (African Women Group) 34 Woodfield Road, W9.

JOBS & EMPLOYMENT ADVICE

PADDINGTON FIRST

Full and part time jobs in hospitality and catering, retail, construction, security, healthcare, office work, education and childcare, financial services, property and travel. Also careers advice. 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

(13 December, then every Thursday from January onwards)

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 from 6 December)

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

VOLUNTEERING

VOLUNTEER WITH OPEN AGE

Local charity which organises leisure, learning and fitness groups for over fifties seeks volunteers of any age. Opportunities include helping in lively local office, escorting groups travelling by public transport to places of interest, helping weekly social groups or sharing your computer skills. If you are caring and reliable, and would like to spend a few hours a week helping older people in your local community, call 8964 1900

VOLUNTEER CENTRE WESTMINSTER



Find out about volunteering opportunities. Drop in to 53-55 Praed St, W2, 10am to 3.30pm Monday to

Thursday. Call 7402 8076, www.volunteer.co.uk.

HAVE YOU GOT PARENTING SKILLS?

If so, and you have some time to spare, you could have exactly the skills to make a difference to a local family. Home-Start's carefully trained volunteers give free informal, friendly and confidential support to any parent with at least one child under five. By visiting a family in their own home and offering friendship, practical help and emotional support, Home-Start volunteers represent a lifeline for many families who are finding it hard to cope. You can also gain NVQ level 1 or level 2 credits from the Open College Network for your work. The next course will start on January 10. For more information, call Home-Start Westminster on 7724 1345.

EVENTS

BEETHOVEN CENTRE CHRISTMAS PARTY FOR FAMILIES AND UNDER 12S

Activities and entertainment from local residents. Wed 19 December 4-6pm. All children to be accompanied by adults. Entrance by ticket only, available from the Beethoven Centre on a first-come first-served basis. Details on 8969 5881.

YAA ASANTEWAA: STREET STORIES EXHIBITION



Street Stories III: exhibition of photographs from Donna Travis and Peter Hart. From 3 to 14 December at 1 Chippenham Mews W9. Private view on 6 December from 6pm. For more information

email donnatravis@blueyonder.co.uk or peter.hart@googlemail.co.uk.

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. For details contact Laurence Foe on 7641 4490.

Writers' group meets on the second and fourth Thursday of each month.

Sufi group (Middle Eastern poetry) meets on the first Friday of each month from 7-8pm.

FREE GUIDED WALKS AND EVENTS AT PADDINGTON WATERSIDE

Festive guided walks

Paddington BID is hosting a programme of free winter walks around Paddington, each lasting around an hour. To reserve a place email walks@inpaddington.com or call 7313 1011.

Incredible Christmas with Bryan: Thurs 6 December, 1pm and 4pm. Meet at Brunel statue, Platform One, Paddington Station. Christmas Through the Ages: Thurs 13 December at 1pm, 3.30pm and 7pm. Meet entrance to Norfolk Square Gardens, W2.

Candlelit carols

An evening of seasonal music to get into the Christmas spirit. Put on your winter woolies for some festive cheer in Norfolk Square Gardens, W2. Sing along with live carols and christmas music, see Paddington by candlelight, and enjoy mulled wine and mince pies. Thurs 13 December, 5 to 7pm. Free

entry. See www.inpaddington.com

WAYS TO WELL-BEING AT THE BEETHOVEN CENTRE

Special, free event at the Housing and Advice drop-in on Monday 17 December from 1-4pm. Get advice on services and techniques to tackle stress and pressure eg through healthy eating, physical and social activities and relaxation techniques (tasters available). Also try new recipes designed for good mental health. Free creche and refreshments. All residents welcome.

ST JUDES CHRISTMAS BAZAAR

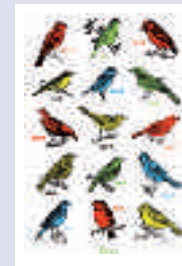
Home-made cakes and preserves, hand-knitted goods, tombola, raffles, bric-a-brac, gifts, tea and biscuits and more. St Jude's Over 50s club (Westminster), corner of Ilbert St and Fourth Ave, Queen's Park W10. Sat 1 December 2-4.30pm.

LONDON PRINT STUDIO

Christmas Open Studio

Free event behind the scenes: learn about printmaking techniques, courses and opportunities, make festive cards and decorations, enjoy mulled wine whilst looking at the Present(ing) exhibition. Sat 8 December 2.30 -4.30pm.

New prints and projects



An opportunity to view and buy prints by Anthony Burrill, John Dilnot and Jill Green. Ongoing until 26 January 2008.

Gallery open Tues to Sat 10.30am-6pm. 425 Harrow Road, W10, 8969 3247

www.londonprintstudio.org.uk

ACADEMY SPORTS COMMUNITY WEEKEND

Come and try out for free all the activities and facilities on offer at Academy Sport on Sat 1 and Sun 2 December. For details call Tacita on 7121 0642.

SPORTS & HEALTH

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 (at same time as housing and advice surgery).

Womens' aerobics/ step: Tuesdays and Fridays 10-11am. £1.50 for members

Capoeira: For adults and children, Tuesdays 6.30-7.30pm, £5 adults, £2.50 children

Chinese Kung Fu: Self defence mixed classes for all ages. Mondays 7-8.30pm. £15 a month for members, £20 non-members.

Choi Kwando: Friday 7-8pm for women and children only. £5 a class

Ways to well-being: see events above.

MANAGE YOUR DIABETES

X-PERT is a 6 week education programme for adults with Type 2 diabetes. Learn about personal diabetes care and dealing with diabetes. Participants need to be referred by their GP. For more details email diabetes@westminster-pct.nhs.org or call the Westminster Diabetes Centre on 7316 1200.

KYUYO 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: Mondays at 9.15am at Edward Wilson School.

Running club: Sundays at 9am from Edward Wilson School

Mentoring: Call number above to make an drop in to make an appointment
Karate: new classes start 11 January at the Warwick Community Centre

QUIT SMOKING THIS NEW YEAR

Westminster PCT's Stop Smoking Service is running a free group support session over 6 weeks, starting 11 December at St Mary's Hospital. Drop-in sessions will also be taking place at Lisson Grove Health Centre over December and January, for local businesses. For details, call freephone 0800 328 8537 or email stopsmokingservice@westminster-pct.nhs.uk. You can also speak to your GP or pharmacist for stop smoking advice.

DON'T RISK FLU THIS WINTER

Over 65s and other vulnerable groups such as people with asthma, diabetes or Multiple Sclerosis are entitled to a free flu jab this winter. The flu vaccine is available at GPs in



Westminster until the end of January 2008. To check whether you are entitled to a free flu jab, or to make an

appointment to receive one, please contact your GP. The service is also available at selected pharmacies.

PHARMACIES OPEN IN HOLIDAYS

A list of pharmacies open over the Christmas and New Year holiday period will be made available at www.westminster-pct.nhs.uk

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.

GREENSIDE COMMUNITY CENTRE

For more details of any of the activities below, call 7641 6750, call in to 24 Lilestone Street, NW8 or visit

www.vitalregeneration.org/greenside

Yoga for adults: Mons 12.30-2pm

Chantraine dance for adults: Mons 6.30pm and Thurs 7pm

Womens fitness/exercise: Tues 6.30-9pm

Karate Jitsu for adults: Weds 7pm

Taekwondo: Fri 6.30pm

THE HUB IN REGENTS PARK



Free and low-cost sports activities for adults. For more details of any of the activities listed below contact the

Active Sports Manager on 7935 1379, visit www.royalparcs.org.uk/events or email info@royalparcs.gsi.gov.uk for a brochure.

Running group: Free, Mon 12.30-1pm and Wed 6-6.45pm.

Health walk: (Meet Clarence Gate) Free, Wed 1.30pm then refreshments at the Hub

Power walking: Free, Thurs 10-10.30am and Sun 9.30-10am

Beginners jogging: Free, Sun 10.30-11am
Other low cost activities include pilates, Hatha yoga, circuits and line dancing

STRESS REDUCTION COURSES

Stress reduction and well-being courses at the Greenside Centre, Lilestone Street NW8. A Womens Day event is also planned for 1 March 2008 (10.30-4.30) for learning and enjoying relaxing techniques for stress reduction and wellbeing (a special price will include lunch). Call Christene Burgess of TARA for more details on 7402 6711.

ACADEMY SPORT

New sports and leisure facility now open at Westbourne Green. Sport facilities include indoor courts for netball, 5-a-side football, basketball and badminton, dance studio with ballet bar outdoor synthetic pitches, and outdoor tennis, basketball and netball courts. There is also a range of activity programmes for all ages. Open to the public from 5.30-10pm Monday to Friday, and 9am to 10pm on weekends.

A community weekend will be held on the first weekend of December with a chance to try the facilities and activities for free. For more details call 7121 0642.

OLDER PEOPLE

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. 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, held at the Beethoven Centre, Third Ave W10.

PADDINGTON LIBRARY

Porchester Rd, W2

Silver surfers group: every Tuesday from 2 to 4pm. Call Laurence Foe or Sabrina Grattoni for details on 7641 4490.

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

KEEP MIND AND BODY ACTIVE THIS WINTER WITH OPEN AGE

For men and women all ages over 50 to 100+, wanting to socialise and keep in touch with local events and services.

Open Age offers a Monday to Friday network of over 100 low cost (£1 - £2 a session), community based, learning, creative, fitness and social groups, some a short walk away, others a bus ride.

Activities include: 'Reaching U' groups such as Drama for All, Art for All, Singing for All and two chair exercise groups as well as a variety of other fitness classes such as Tai Chi gentle exercise, Ballet moves, Tap Dance, Walking Group, Line Dancing etc.

Social Groups also meet weekly for local information speakers, tasters of activities, trips out, quizzes and fun.

Mens groups are also on offer for a growing group of men who enjoy wide-ranging discussions, swapping stories of travel and life as well as guest speakers or trips out.

Circulo Italiano group welcomes new members from around the world at this social group with an Italian flavour.

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

OVER FIFTIES AT THE GREENSIDE



T.A.R.A over fifties group welcomes new members for activities and lunches. From 12.30 to 4pm at the

Greenside Centre, Lilestone Street NW8. Call 7641 6750 for details.

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.

COMMUNITY GENERAL

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 also available for childrens parties.

St Peter's House Resource Centre: Meeting space and small room, kitchen, connection to church hall, and wheelchair access. Contact Kim on 7266 0636, or see www.stpetershouse.org for details

Disabled Living Foundation:

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

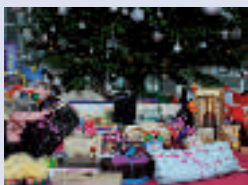
Call Louise Evans on 7432 8010 or email training@dlf.org.uk.

The Greenside Community Centre:

Hall available for hire for parties, meetings, conferences and community groups. For more information call 7641 6750. www.vitalregeneration.org/greenside.

CHARITY AT CHRISTMAS WITH PADDINGTON WATERSIDE

Christmas Challenge Secret Santa
For the past 5 years, hundreds of Paddington residents and workers have bought an extra gift at Christmas for



someone less fortunate in the local community. Join in by picking up a tag (now available across Paddington),

visiting www.inpaddington.com or calling 7313 1011.

Charity Greetings Cards

Paddington Waterside Partnership and Paddington BID are selling 'Paddington in Winter' cards designed by local school children, with 100% of the sale price going to local schools and charities. To purchase the cards at £2.50 for a pack of 6, visit Paddington Central Management office, 1a Sheldon Square, Paddington Jewellers, 131 Praed Street or by calling 7313 1011.

THE DISABLED LIVING FOUNDATION

Equipment Demonstration Centre has a huge range of disability equipment, from bath lifts to stairlifts, riser-recliner chairs to scooters. Call 0845 130 9177 (M-F, 10am-4pm) to make an appointment to visit the Centre or speak to a Helpline advisor. Free factsheets on www.dlf.org.uk

HOME FIRE SAFETY VISITS



The London Fire Brigade carries out free Home Fire Safety Visits with the aim of reducing accidental fire deaths and injuries. They will fit free smoke alarms when needed, and give home fire safety advice. Call free on 08000 284428.

See www.london-fire.gov.uk/firesafety.

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

07739 822041

Queen's Park City Guardians

07734 335940

Harrow Road City Guardians

07921 875095

Westbourne City Guardians

07743 840651

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: 12-3.30pm Mon- Thurs.

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).

WESTMINSTER TALKING NEWSPAPER FOR THE BLIND

Do you know of someone who is visually impaired? Registered charity offers two free services:

Weekly audiotape of local news

Monthly magazine to blind and partially sighted people of all ages, living in or otherwise connected with Westminster. Includes readings from local papers and stories about local events.

For more information call June Quammie on 7266 1426 on Tuesdays 10.30am to 3pm or on Thursdays 10.30am to 1pm, or leave a message and your call will be returned.

THE MOSAIC COMMUNITY TRUST

Promotes community cohesion by increasing respect and understanding between faiths.

Interfaith Family Learning Group

Meets every Monday from 10am to 12noon at Quintin Kynaston School, Marlborough Hill, NW8 and every Thursday from 9.30-11.30am at the St Paul's Community Centre, St Paul's Church, 5 Rossmore Road, NW1. For details call Betty Musprat on 01923 465685 or email bettymus30@ntlworld.com.

For advice and support on setting up interfaith activities in your community call Lena Choudary-Salter, Executive Director of the Mosaic Community Trust, on 7289 1170 or email lenac@mosaiccommunitytrust.org.uk

BEETHOVEN HOUSING & BENEFITS ADVICE DROP-IN

Talk to your local councillors or MP, social landlords and a variety of agencies to support you and advise you on housing and benefit issues. Every Monday from 2 to



4pm at the Beethoven Centre, Third Ave, W10. Call 8969 5881 for more information. Advice available includes:

Independent housing and benefits advice, general advocacy and support with utility issues and bills from the Bayswater Family Centre.

Information on allocation and transfers from housing workers from Dominion Housing, CityWest Homes, PCHA/Genesis, Octavia Housing, Soho Housing, Stadium and Housing Options

Advice on private housing issues and environmental health issues from Westminster Council's Environmental Health Team.

Employment opportunities and training advice and information

Community safety advice

WESTMINSTER CENTRE FOR INDEPENDENT LIVING

Disability Information Store offers a service for all disabled residents of Westminster. Help and advice with any disability issue including benefits, equipment, complementary therapies and social activities. For more information call Paul on 7243 9720. Alternatively go along to the drop in at the Beethoven Centre's Housing and Benefits Advice session which takes place every Monday from 2-4pm (see above).

Children and young people

UNDER FIVES / PARENTS

BAYSWATER FAMILY CENTRE

Drop-in: play facilities, crèche. Mon, Wed and Fri 12-4pm, Tue and Thu 1-4pm.

Advice: on benefits, housing, childcare. Mon-Wed and Fri 9.30am-3.30pm. 14-18 Newton Rd W2, 7221 3290.

BEETHOVEN CENTRE

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

Contemporary Dance: for 3-5 yrs. £50/term. Members £30. Tue 3.45-4.30pm.

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

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

THE CHURCH OF OUR LADY

Parents and Toddlers: Mon-Fri 9.15-11.30am. 54 Lodge Rd NW8, 7641 5409.

DOROTHY GARDNER NURSERY

Drop-in: free play and rhyme sessions. Mon-Thu 9.30-11.15am and 1-2.45pm. 293 Shirland Rd W9, 8969 5835.

FERNHEAD METHODIST CHURCH

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

GREENSIDE COMMUNITY CENTRE

Room 2 Play: Mon, Wed and Fri, 10am-12pm. 24 Lilestone St London NW8, 7641 6750, www.vitalregeneration.org/greenside

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.

THE HUB, REGENTS PARK

Parent and Pram Session: gentle exercise for mothers around Regent's Park. From £1/class. Tue 10.30-11.30am. Meet at The Hub, Regent's Park NW1, 7935 2458, www.royalpark.org.uk/hub

KIDS HOME LEARNING

For children with disabilities and developmental concerns: Kids does home visits and takes referrals from

parents and professionals.

Home Learning Sensory Group: Wed 10-11.30am at the Portman Children's Centre, 12-18 Salisbury St NW8. For children who have sensory impairments and limited mobility, and who are receiving Home Learning or are on the waiting list. Call 7641 4151, www.kids-online.org.uk

MARY PATERSON NURSERY

Drop-in: free play and rhyme sessions. Mon-Wed and Fri 9.15-11.15am/1-3pm.

Toy Library: Thu 9.30am-12pm/1-3pm, 13 Riverton Close W9, 7641 5804
Both sessions term-time only

MAIDA VALE LIBRARY

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

MEANWHILE GARDENS PLAYHUT



Drop-in: indoor and outdoor play space and activities. Mon-Fri 2-5pm (closed Wed). The Playhut is available for private hire for children's parties. Elkstone Rd W10, 8960 7894.

MICKY STAR NEIGHBOURHOOD NURSERY

Under 5s Clinic and Drop-in: Wed 9.30-11.30am, (term-time).

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

NEWPIN

Drop-in: Mon and Thu 1-3pm and Wed 9.30-11.30am (term-time). Luton St NW8, 7641 5409.

PADDINGTON LIBRARY

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

PORTMAN EARLY CHILDHOOD CENTRE

Drop-in: Mon 9.30am-12pm/1-3pm and Tue, Thu and Fri 9.30am-12pm/1-3.30pm.

Sensory Group: See 'Kids Home Learning'. 12-18 Salisbury Rd NW8, 7641 5409.

QUEEN'S PARK LIBRARY

Under 5s: stories, rhymes and crafts. Wed and Fri 10am-12pm. 666 Harrow Rd W10, 7641 1300.

RAINBOW FAMILY CENTRE

Drop-in and crèche: Mon-Fri 1-3pm. Wiggle and 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.

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: for 3-5 yrs boys and girls. £4/session. Mon 4-4.45pm. 258 Harrow Rd W2, call Sandie 07957 327 322.

SURE START INFORMATION AND RESOURCE CENTRE



Information: on childminders, childcare, health visitors, baby clinics, advice on breastfeeding, weaning, 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. Mon and Wed 1-3pm, (term-time). 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. Cnr of Porchester Rd and Westbourne Park Villas W2, 7727 6019, www.westbourneparkfamilycentre.org.uk

WILBERFORCE SCHOOL

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

Warnock 7704 4154, jwarnock@arsenal.co.uk

CHILDREN & YOUNG PEOPLE

AMBERLEY YOUTH PROJECT

Project nights: Pool, chess, Parkour, gym sessions, boxing, steel pan band, study groups. Tues, Wed, Fri 4-8pm.

Holiday time: Go karting, quad biking, theatres, museums and Thorpe Park.

By appointment: 1 to 1 advice, job hunting, CV workshops, careers advice. Daily 11am-5pm. Amberley Estate, 11 Clearwell Dr, Amberley Rd W9, 7286 1014. All activities for 14 yr plus.

Children and young people

AVENUES



Tues: Girls Only Night. Homework support, cooking, arts and crafts / fashion design. T, 5-8pm, with the British Arabs 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 yrs. 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 yrs. 4-6pm. Radio and multi-media training, pool, table tennis, creative arts, dance and music room. 6.40-9.10pm.

Sat: Cooking, music production, drama and dance for 11-16 yrs. 12-3pm. 3-7 Third Ave W10, 8969 9552, www.avenues.org.uk

BAYSWATER FAMILY CENTRE

Support for families in temporary accommodation or about to be homeless. **After School Club:** for 5-13 yrs. Tue-Thu 4-6pm, (term-time). 14-18 Newton Rd W2, 7221 3290.

BAYSWATER SOCIAL & CULTURAL ASSOCIATION

Homework club: For young people from disadvantaged families, Fridays 4-6pm
Supplementary school: Sat 10am-1pm
Advice sessions: By appointment only. For more information contact the Stowe Centre, 258 Harrow Rd W2, call 7266 8244 or 8243, or see www.bsca.net

BEETHOVEN CENTRE

Capoeira class with Jackson Pinto: for adults and children. £2.50 children or £3.30 non-members. Tue 6.30-7.30pm.

Chinese Kung Fu: Self-defence mixed classes for all ages. £15/month, or £20 for non-members. Mon 7-8.30pm.

Choi Kwando: for women and children. £5/class. Fri 7-8pm.

Contemporary Dance: for 6-8 yrs. £30/term or non-members £50. Tue 4.45-5.45pm. Call Galina 07957 384 591.

Silent Step Street Dance: for 5-11 yrs. 50p/class. Thu 4.30-6pm, 07932 982 802. 173 Third Ave W10, 8969 5881, www.dominionhg.co.uk/beethoven

BRUNEL ESTATE

Youth Project: for 11-19 yrs. Mon-Thu 6.15-9.15pm. Buckshead House, Brunel Estate W2. Call Sue Yarde 7792 0155.

Football: Tue 6.30-8pm. Contact Eugene Minogue, Westminster Sports Unit, 7641 5891/07921 495 202, eminogue@westminster.gov.uk, www.westminster.gov.uk/sport

CONNEXIONS

Education, work and training, health and housing: Advice, information and support on these issues and more, for 13-19 yrs. Mon-Fri 10.30am-4.30pm.

Sexual Health and Relationships: free pregnancy testing, contraception and STI testing. Thu 2-5pm.

Connexions @ Stowe, 258 Harrow Road W2, call 7266 8230.

FLAMBOYAN COMMUNITY ASSOCIATION

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

First Steps: A musical collaboration with Kook Muzik to mark the 200th anniversary of the abolition of the slave trade. Singers, dancers and others needed.

For details call Gloria on 8969 0700 or 07986 761854, email inezg60@aol.com, or drop in to 1 Fernhead Rd, W9.

GREENSIDE COMMUNITY CENTRE

Women's Fitness/Exercise for ages 13+. 7-Tues, 8pm.

Karate Jitsu for children, Wed 6pm.

Taekwondo Fri, 6.30pm.

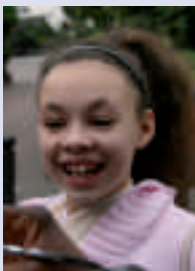
Trupaz Street Dance Sun, 12-3pm.

Firststep.com: free ICT classes for young people. Call 7641 4157 or visit www.learnatfirststep.com

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

HARROW ROAD NEIGHBOURHOOD CENTRE

Drop-in: information and advice. Thu 12.30-5.30pm.



Vital Regeneration: Advice for under 24s on employment, training, CVs and apprenticeships. Call 8964 3256 for an appointment (Fridays from 2-4pm). 421 Harrow Rd W10

THE HUB, REGENTS PARK

Girls' Football: new team, all players welcome. Free session coached by Football Association qualified coaches.

Meet at The Hub, Regent's Park NW1. For more details call 7935 2458 or see www.royalparks.org.uk/hub

KONGOLESE CENTRE FOR INFORMATION AND ADVICE

Youth Club: meets Sats 12-2pm, at the Moberly Sport Centre, Kilburn Lane W10, call Peter Nsumbu on 8964 2777 for details, or see www.kcia.org.uk kongolesecentre@hotmail.com,

KYU-YO-BU-SHIN



Junior Running Club: for 8-10 yrs. Starting 13th Jan. Every Sun 9am at Edward Wilson School, Bourne Terrace W2.

Karate: new classes start on 11th Jan. Enrolments 5pm. Warwick Community Centre. 300 Harrow Rd W2, call Mary 07890 301 235.

LONDON TIGERS

WECH: activities at 416 Harrow Road **Badminton** for ages 13+. Tue 7-9pm.

Muslim Girls Youth Project for 13-19 yrs. Sat 2-5pm.

Muslim Boys Youth Club for 13-19 yrs. Mon and Thu 6-9pm and Tue 4-6pm.

Westminster Academy: Basketball for 13-19 yrs. 259-265 Harrow Rd W2.

Lisson Green: Girls' Football for 8-13 yrs. Mon 4.30-5.30pm.

Jubilee Sports Centre: Girls' Multi-Sports Sessions for 8-13 yrs. Thu 5-7pm.

Badminton Tue 7-9pm. Caird St W10.

Girls' Youth Club: Sat 12-3pm at Boscobel Street NW8.

Football: Teams from ages under 9 yrs upwards. Call for times and venues. Call 7289 3395 for more details on all the above, www.londontigers.org

LYDFORD ESTATE

Football: Mon and Wed 6.30-8pm, Sat 12-1.30pm. 74 Fernhead Rd W9, contact Eugene Minogue, Westminster Sports Unit, 7641 5891/07921 495 202,

eminogue@westminster.gov.uk, www.westminster.gov.uk/sport

Lydford Youth Project: 8-12 yrs. Fri 6-7.30pm. 13-19 yrs. Fri 7.30-9pm. 74 Fernhead Rd W9, contact Sally Nkrumah 07980 505 953, lydfordyouthproject@hotmail.com

MARYLBONE 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 sports and arts 2-5pm. 19 Samford St NW8, and 2 Boscobel St NW8, 7724 7427, www.mbs-uk.org

MAIDA VALE LIBRARY

Homework Club: for 7-13 year olds, Tues 3.45-5.30pm. Sutherland Ave W9, 7641 1300.

Children and young people

MILLENIUM CENTRE:

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

MOBERLY SPORTS CENTRE

Range of activities for 5-18 yrs. Kilburn Lane W10, 7641 4807.

MOSAIC COMMUNITY TRUST

Youth Programme: Series of workshops planned for 2008, exploring faiths using stories and art. If you're a young person interested in the youth programme visit www.mosaiccommunitytrust.org.uk.
61A Warwick Avenue W9, 7289 1170.

PADDINGTON ARTS

Planet X: Fun, tactile installation space created to stimulate the senses of young disabled people (5-18 yrs). Once a month. £1 entry. For info and to book call Shaun, 8964 5060.

Performing arts and media: for young people 6-26 yrs. Membership for the

workshops is £15/yr. Free workshops for 6-26 yrs in singing, dance, drama, steel pans and video.



Also, projects for young people with learning disabilities. 32 Woodfield Rd W9, 7286 2722, www.paddingtonarts.org.uk

PADDINGTON LIBRARY

Homework Club: for 7-13 yrs. Mon and Fri 3.45-5.30pm. Clifford Hall, Porchester Rd W2, 7641 1300.

PRINCE'S TRUST

Get Started Westminster: a pre-business course for 16-25 year olds in Westminster. For details call Marcus on 7543 1443.

PRO TOUCH SOCCER ACADEMY

Football coaching for 11-14 yrs for players of any ability. Tue 6-8pm.

For girls: fit club and outings.

For boys: health and fitness sessions, football coaching and matches in the Camden and Regent's Park Saturday Youth League for 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 yrs. 10am-1pm. Wilberforce School, Beethoven St W10, 8968 1177, www.qpba.org

QUEEN'S PARK LIBRARY

Homework Club: for 7-13 yrs. Mon and Wed 3.45-5.30pm. 666 Harrow Rd W10, 7641 1300.

QUEEN'S PK NEW MEDIA CENTRE

Free ICT and digital art courses: for young people, held at the Beethoven Centre and Queen's Park Court. Beethoven Centre, Third Ave W10, 7641 4157, 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 7034 0186/07940 084 695, sambastreetsocceruk05@yahoo.co.uk, www.sambastreetsoccer.org

ST. LUKE'S CHURCH

3rd Paddington Scout Group: for 6-7, 8-10 and 11-14 yrs. 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, visits, weekends away. All faiths welcome. St. Luke's Church Centre, Fernhead Rd W9, 7912 6640.

STOWE CENTRE

Free activities for 13-19 yrs at 258 Harrow Road, tel 7266 8220/1.

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

Tues and Thurs: Dance, DJ-ing, fashion and design, media design, IT, board games, cooking, music studio. 6.30-9pm. Boxing (£1/session). 6.30-9pm.

Wed: Football. 6.30-8.30pm.

Hardcore is More Than Music; 10 week programme for young photographers and writers aged 13-19 to create a new newspaper. Next term begins in Jan, every Wed and Fri 6pm. Call 7266 8220/1, www.myspace.com/stowe_newspaper, www.hardcoreismorethanmusic.com



Fri: Movie night, cooking, IT, music studio, multi-media. 7-10pm. 258 Harrow Rd W2, 7266 8220/1.

Ballet: 6-11 yrs boys and girls. £4/session. Mon 4.45-5.30pm, Sandie 07957 327 322.

WARWICK COMMUNITY CENTRE

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

WECH

The activities below take place at the WECH Community Centre, W9, www.wech.co.uk.

Silent Step Street Dance: for 5-11 yrs. Wed 4.30-6pm, 50p/class, 07932 982 802

Youth Club: for 13-19 yrs. Tue 6-9pm.

Under 13s night: Football, karate, cooking and crafts, Fridays 5.30-8.30 starts January. For details call Kierra, 8968 5543.

WESTBOURNE PARK FAMILY CENTRE

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

West 2: for 11-18 yrs. Fri 7.45-9.45pm.

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



Project on Warwick Estate: Thu 7-9pm.
Interfaith Youth Drama Project for Girls: Fri 7-9pm.
Corner of Porchester Rd and Westbourne Park Villas W2, 7727 6019, 07983 207 725,

www.westbourneparkfamilycentre.org.uk

WESTMINSTER APPRENTICESHIP PROGRAMME

For 16-24 yr olds living in Westminster. An apprenticeship means you are employed and training for an NVQ at the same time. Contact the Vital Advice team at vitaladvice@cwah.org.uk, or call 8964 3256.

WESTMINSTER SPORTS UNIT

The Westminster Sports Unit promotes and delivers a range of sports and physical activity programmes. Call Eugene Minogue, Westminster Sports Unit, 7641 5891/07921 495 202, eminogue@westminster.gov.uk, www.westminster.gov.uk/sport

WESTMINSTER YOUTH DANCE

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

YAA ASANTEWAA

Saturday Arts School: for 8-16 yrs who want to dance, act, sing or work behind the scenes. 11am-2pm, 19th Jan-29th March.

Street Dance: £1/session. Thu 4.30-6.30pm.

Table Tennis: free professional coaching. Wed 4.30-6.30pm.



Holiday Time: ring for dates and activities. Book early.

For details of all activities, call in to 1 Chippenham Mews W9, call 7286 1656, email admin@yaaasantewaa.com or visit www.yaaasant.demon.co.uk

A family affair

Westminster residents caring for a family member with disabilities are able to get support for the whole family through a range of services based at the Rainbow Family Centre.

One of the services on offer is a holiday play scheme, which seeks to include the siblings of children with disabilities. Brothers Joel and Adam (pictured below) are among the children who have benefitted, says Fran Smith from the centre: 'They can play, learn and enjoy themselves together while doing fun and positive activities.' The holiday scheme also acts as informal respite for families.

Family support services are available to families caring for a child, young person or adult with disabilities. As well as the play scheme, they offer advice and information, a youth project, and support groups.

The Rainbow Family Centre (part of the Westminster Society for People with Learning Disabilities) is at 11 Bravington Road, W9. For further information, call 8968 2690 and ask for the Duty Manager.



Young carers visit a farm



Animal magic

Looking after a relative with a disability, or a physical or mental illness, can be difficult for anyone. For young people, being a carer is often even tougher, but the local Young Carers Service can give help and support.

The service, part of the Westminster Carers Service, supports over 100 children and young people whose relatives depend on them for a variety of reasons. Their mother, father, brother, sister, grandparent or other relative may need help with everyday tasks like cooking, cleaning or getting dressed, they could have drug or alcohol problems, or they may just be frail. Some young carers also help with translating into English.

As with adult carers (see page four), coping with the extra responsibility can sometimes mean young people are unable to spend much time with their friends, or

their school work may suffer because they don't have enough time for homework and study. They may end up being late for school or even missing it. Young carers may also have to cope with the worry of seeing their parent or other relative in pain or suffering.

Staff at the Young Carers Service can listen, provide information and advice, and even help with school work. They also organise events and activities for young carers, so that they can take a break and meet others in similar situations. In recent months there have been trips to London Zoo, a children's farm (pictured), Thorpe Park and the David Beckham Academy. Young carers have also been involved in theatre projects, been to plays in the West End, and had weekends away in country houses.

For more information, contact John Henry or Carly Mitchell on 7434 0670 or see www.westcarers.co.uk.



PHILIP WOLMUTH

John MacDonald (left) and Marco Torquati (centre) of Church Street Neighbourhood Management, with residents Sheila Henderson and Mr Ahmed in Broadley Gardens

In the public eye

CCTV cameras have long been recognised as an effective way of deterring street crime and anti-social behaviour. Following a recent campaign by local residents, a number of cameras are now located in residential areas of NW8 as well as Church Street itself.

One of the new cameras is on Broadley Gardens, which has been identified as a hotspot for trouble. Church Street's Neighbourhood Manager Marco Torquati, pictured above on a visit to the site, says the area is a particular problem at night. 'We've had fires being lit in the play area, and drug dealing by the phone boxes. The new camera means police will also be able to see Lisson Gardens, too, so it should make a real difference.'

A CCTV camera has also now been sited by Lambourne House, and another is being put up on the junction of Orchardson Street and Penfold Street.

The three cameras were relocated from Church Street itself, where there are still nine cameras, as it was felt the new positions would be more effective. Funding came from the City Council, as part of its support for improving the area.

Another change is that until recently, CCTV cameras in the Church Street area could only be accessed through a central control room at the Trocadero in the West End. Now, the Church Street police team can operate them too, and it is hoped that this will also provide reassurance to local residents.

It's my business

Collins Chemist

Collins Chemist is one of a number of pharmacies across Westminster which are offering free flu jabs this winter for those at most risk. Any Westminster resident over the age of 65, or who suffers from illnesses such as asthma, diabetes or serious heart or kidney disease, can take advantage of the scheme up to 31 January. You don't need to book: just walk in.

The service here is very personal,' says Dhimant Patel (pictured) who has been a pharmacist in the Church Street shop for 29 years. 'We know most of our customers on a first-name basis and will endeavour to get anything they want.' Other services offered at the pharmacy include free stop-smoking clinics and a minor ailments service.



Collins Chemist is at 113-115 Church Street, call 7723 9600.

Nicholas Logsdail, Samantha Spring and Don Mackenzie outside the Neighbourhood Centre



PHILIP WOLMUTH

New reps on the block

Three new residents have been elected to the Church Street Neighbourhood Management Board. They will be working alongside other resident representatives, and staff from the health service, council and community sector, making sure that the Neighbourhood Management team improves the area for local people.

All three new members have lived in the Church Street area for much of their lives, and are familiar with everything it has to offer local residents, as well as the challenges of the neighbourhood. Nicholas Logsdail (above left) has lived in Bell Street since 1966, and has an interest in local business, having set up the Lisson Gallery in 1976. 'The gallery brings 15,000 people a year from London and around the world to Bell Street, which undoubtedly has a good effect on many of the local businesses.'

Samantha Spring (above), whose family has lived in the area 'for generations', is a governor at Christchurch Bentinck School, and an active member of St Paul's Church. Don Mackenzie (above right) also brings a wealth of experience, having worked for 50 years in the building industry and lived locally for 20 years. His particular interests include the creation and maintenance of open spaces, and Church Street market.

Elections for the resident posts took place this summer, and nine candidates put themselves forward for the postal ballot. 'Residents interested in improving the neighbourhood can get involved in a number of ways, and joining the Neighbourhood Network is the best way to hear about them' says Alison Proud, the Neighbourhood Centre's Communications officer.

For more information, contact Alison at the Neighbourhood Centre on 7641 6633.

In brief

The first black councillor in Westminster has been honoured with a green plaque at 38 Church Street, the former office for the Labour party. Henry Sylvester Williams first became a councillor in



1906, in the Church Street ward, and he fought hard for racial equality in the city and beyond. The plaque was unveiled by his grandson

George Burns (pictured right, with Councillor Dimoldenberg and the Lord Mayor of Westminster).

For out of hours contact with a GP or District Nurse, the local number to call is 8969 7777. You can also call NHS Direct to speak to a nurse about health problems, on 0845 4647.

An exhibition of photographs by Church Street residents is now on permanent display at the Greenside Community Centre on Lilestone Street. Working with a professional photographer, the participants, who



were aged from 14 to 60 years old, made images

exploring the theme of 'My Generation'. The group had attended a series of workshops with Photoworks Westminster.

Help is needed for Lisson Gardens, the community-run pocket park in Lisson Street. Volunteers who like the outdoors and have a couple of hours to spare each week, are needed to join other local residents for a range of tasks. In particular, people are sought who can join a rota of residents able to open the gates on weekday mornings, and open and close them at weekends. For details, call Julie Mallett on 7641 6633.