

Paddington People

Spring 2010

Queen's Park edition



Avenues Youth Club members hit the air waves with Avenues FM.

PHILIP WOLMUTH

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Tune in to 87.7FM

Avenues FM returns to the air waves until mid-March. Tune in to 87.7 FM at any hour to catch all the up and coming talent from DJs, MCs and singers, plus discussions on hot local gossip, issues and news.

Topics this year include health, housing, staying safe, education and training and ways to make a positive contribution within the community.

The Avenues Youth Project, celebrating its 30th anniversary of providing high quality opportunities and experiences for local young people, also runs cookery and dance classes, a fashion show, homework and job clubs, documentary film making and a youth magazine.

These opportunities, along with the guidance of the staff, help channel the energy and enthusiasm of local young people into positive activities and outcomes to help them realise their potential. Thousands have passed through the club over the years and benefited from the experience and friendships it provides.

A recent independent review of the Avenues, commissioned by Westminster's Youth Services, praises the high quality service the club's staff provides. It states: 'the project provides a healthy and safe working environment for the young people who attend'.

Check out www.avenues.org.uk for the weekly radio programme.

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For more information on the Queen's Park Forum go to www.queensparkforum.org

View from Queen's Park

I remember the time when the streets were cobbled and horses jostled for space on Harrow Road.

At 104 years old, I am the oldest resident of Queen's Park and one who has seen Paddington change from the early 1900s through the second decade of the current century.



I was born on 11 May 1905 in a house just down the road to where I live now. It was on the same road that I met my husband

George, back when I was 19 years old. I don't recall the name of the street, but know that it doesn't exist anymore. It was torn down in the last war.

The area has come a long way from when there were hawkers vending coal in the streets or street lights being lit by hand every evening or policemen in their dashing capes patrolling the streets, keeping the crime rate low.

There were many a corner shop in the area where one could purchase paraffin for the lamps or a loaf of bread which they sold by weight in those days. These are just a few of the things that have changed in all these years.

May Brinckley
Queen's Park resident



PC Phil York (front centre) in his running gear, poses with the rest of the Queen's Park Safer Neighbourhoods Team.

Supporting Queen's Park

From fundraising to marathon training, the Queen's Park Safer Neighbourhoods Team (SNT) supports the local community.

Safer Neighbourhoods is based on the principle of local policing for the local community. Dedicated teams of officers work alongside local residents and businesses to tackle problems such as crime and anti-social behaviour.

The SNT invites the views of the community and uses them to shape the way the area is policed. Regular street briefings are held throughout the ward and the SNT regularly knocks on doors to deliver their newsletter and chat to residents about concerns they may have.

The SNT also holds drop-in surgeries to meet members of the community and offer them crime prevention advice on Mondays 2-4pm at the Beethoven Centre, the first Monday of each month

6-8pm at Queen's Park Library and Fridays 12.30-1.30pm for the Muslim community at Jubilee Sports Centre.

They are also involved in supporting many community projects. Recently, the SNT secured over £3000 from Metropolitan Police charitable funds to sponsor the annual December boxing tournament organised by Isola Akay MBE of the All Stars Boxing Gym.

This spring, the team's very own PC Phil York will run the 2010 Virgin London Marathon to raise money for the annual fashion show put on by the Avenues Youth Project.

Contact the Queen's Park Safer Neighbourhoods Team at the Harrow Road Police Station, 325 Harrow Road, W9, on westminsterqueenspark.snt@met.police.uk or on 020 8649 3600 / 07843 065 923. For any other queries please contact the non-emergency number: 0300 123 1212. In an emergency call 999.

Paddington People

Welcome to Paddington People magazine.

This Queen's Park edition brings you news from Queen's Park Forum, as well as other organisations across North Westminster.



The Queen's Park Forum has been set up to give local people a voice in how services in the area are run. It works with partners like Westminster City Council, the

police, the health authority and voluntary groups to improve the quality of life for residents in the Queen's Park area. For details contact Fabian at the Beethoven Centre, Third Avenue, London W10 4JL, 020 8964 8024, fabian@pdt.org.uk

Paddington People magazine is produced four times a year by Paddington Development Trust (PDT). Deadlines for the notice board are 1 Feb (Spring issue), 1 May (Summer issue), 1 August (Autumn issue) and 1 November (Winter issue). Ideas for articles and businesses to feature are welcomed. Contact the editor, Toulou Vasilopoulos, at the Stowe Centre, 258 Harrow Road, London W2 5ES, 020 7266 8255, toulou@pdt.org.uk

Paddington Development Trust www.pdt.org.uk



Micro recycling sites, like this one on the Harrow Road (across from the police station) help to keep the streets clean and the planet green.

Keeping our streets clean and the planet green

Many local residents take full advantage of the recycling service provided by the Council to residents' homes.

Whether households are provided with their own recycling containers or bags which are regularly collected from their homes, or whether they use the communal recycling bins on their estates or grounds of their apartment buildings, many are doing their part to keep the streets clean and the planet green.

But what happens when residents are out and about and find themselves wanting to dispose of recyclable items? It may seem that a litter bin is the only alternative to leaving rubbish on the street; however, if people look carefully, they will notice that micro recycling sites are popping up all over Westminster.

In fact, you needn't walk more than a few minutes before you stumble across one of over 170 micro recycling sites in Westminster. These sites generally accept the same recyclable materials as what gets collected from residents' homes: mixed paper & card; mixed glass bottles & jars; food tins & drink cans; and plastic bottles.

For the avid recycler who wants to recycle even more kinds of materials,

the Council has made provision for additional items such as: plastic bags; mixed textiles & clothes; and cartons, although micro recycling sites where these can be recycled are fewer and further between.

Small waste electronic and electrical equipment (e.g. toasters, irons and hairdryers) can be recycled at any of five locations in Westminster, including one in Church Street Market (at the corner of Salisbury and Samford Streets) and on Harrow Road (opposite the Queen's Park Library). Plus, residents can recycle batteries at any Westminster library or One Stop.

Items that cannot be recycled are: general rubbish, broken glass, Pyrex, window glass, garden and kitchen waste.

Also, it's important to note that although plastic bottles can be recycled, the Council is not able to recycle other plastics at this time. Other plastics that should NOT be put out for recycling are: yoghurt pots; microwave trays; cling film; wrapping; and polystyrene.

To find the locations of the micro recycling sites in Westminster and what can be recycled at each site, call 020 7641 2000, email recycling@westminster.gov.uk or visit www.westminster.gov.uk/recycling

Tips for recycling

When recycling your items, follow the steps below to make sure they are recycled correctly.



Food and drinks cans and aerosols: rinse the cans and check to make sure that the aerosols are empty. **Plastic bottles:** remove caps, rinse bottles and squash them so they take up as little space as possible.



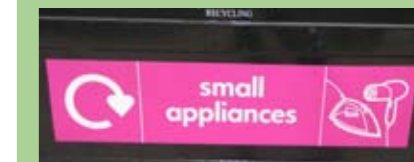
Glass bottles and jars: remove the lids and rinse.



Paper and cardboard: flatten the cardboard boxes.



If you see the symbol above, you can recycle paper-based liquid food and drink cartons (e.g. Tetra Paks).



If you see the symbol above, you can recycle small waste electronic and electrical equipment.

If you have questions about recycling, call 020 7641 2000.

Westminster Works for residents

Zsuzsanna Nemeth, 26, lives in Paddington. With the help of Westminster Works, she recently found a job as a retail assistant with French Connection on Regent Street. Zsuzsanna is from Hungary and has lived in the UK since 2007.

She said, 'At first I couldn't believe I found a job. I started as a retail assistant with French Connection in early December 2009, in time for the Christmas rush. I get to speak to our customers and help them find the right sizes and styles. I also manage the fitting rooms and fold up our clothing. It's all very new to me, but I really love it and want to be a buyer some day. It will be hard work and I have to learn a lot – these are my first steps to get there.'

'I first heard about Westminster Works when I saw a leaflet in one of the libraries. I called them and the advisor was great – I went to her office and everything started there. She told me that shops on Regent Street were recruiting and helped me get into a two week retail course with The Crown Estate, which was delivered by Westminster Adult Education Service.'

'I learned about marketing, management and customer services. We did role play and recorded our performances – that really helped me build up my confidence. Then I had an interview with Faheem from The Crown Estate – he was selecting potential candidates for French Connection. My advisor, Janki, helped me with my CV and interview skills – so I wasn't too nervous.'

'I'm very happy to have found a job. I was unemployed for two months. If you don't have a job, you're just home alone and searching for jobs alone, so it's hard to find something.'



Tom Faulkner and Zsuzsanna Nemeth, who work at French Connection on Regent Street, are pleased with how Westminster Works has helped them.

PHOTO COURTESY OF WESTMINSTER WORKS

This is where the advisors can really help – they know so much more about the jobs that are out there. I had worked in a five star restaurant in Kensington, but I wanted to get into fashion and retail. The Crown Estate and Westminster Works helped me get exactly the job I wanted.

'My advice is to never give up. Go to your local library, they have lots of information. The Westminster Works job advisor system is great, because you always speak to the same person and can build up a real relationship. You can always speak to them and ask them anything you don't understand.'

Westminster Works for employers

Tom Faulkner, 25, from Greenwich, is Store Manager at French Connection Regent Street. He used The Crown Estates free recruitment service to find a retail assistant.

He said, 'I was interested in The Crown Estates project because they offer a good screening process. Otherwise, I know nothing about the people who apply for work here – I only have their CVs and that often doesn't tell me enough about them.'

'Faheem from The Crown Estate screens candidates by the criteria I set him. I want specific skill sets and he only sent me candidates that match. They even send people to retail and customer service courses before they put them forward. All the people that have been passed on to us fit in with our shop.'

'In December 2009, we urgently needed more retail assistants and The Crown Estate put forward Zsuzsanna Nemeth. We did a group interview with other candidates, and she came across very well, a really strong candidate.'

'This process saved me a lot of time as otherwise I often have to interview more than 30 people. It's free and another bonus is that Faheem will look after his candidates for six months. It's a really great safety net for me because the advisor will be there to make sure the candidates are happy as well as me.'

'I will definitely use The Crown Estates services again when I look to recruit staff. The quality of candidates is spot on and from our point of view it's a good cause too. Because some of the people have been out of work for some time, they are really keen to get in and do a good job. Zsuzsanna is brilliant; she's always on time and puts a lot of energy into her work.'

For more information about Westminster Works for Residents and Westminster Works for Employers, call 020 7575 3113.



Rachel needed help with putting together a business plan, a profit and loss account and marketing her books.

PHILIPWOLHUTH

Enterprise Centre case study: Rachel Kavuma-Kyagulanyi

Author, illustrator and Enterprise Centre client Rachel Kavuma-Kyagulanyi began telling stories to her children 20 years ago to help them cope with losing their father.

She would recount the same myths and legends she heard from her parents when she was younger, and now, after

many years working as a teacher both in Uganda and East London, she is hoping to make a success out of her new publishing business.

Her first book, Njabala, about a little girl struggling to cope after the loss of her parents, was published in 2006. Now she has produced The Leopard and the

Goat, which is accompanied by an animated DVD.

Her stories help to improve parent-children relationships, sharing African cultures and helping early reading. Ultimately Rachel wants them on sale in bookshops, and would love to do readings of her stories in schools.

Rachel, a Westbourne resident, found the Neighbourhood Enterprise Centre on the Internet when planning to start up her own publishing business. She needed help and support with putting together a business plan, making a profit and loss account, and marketing her books.

With the Enterprise Centre's help, the business has now begun and success depends on the sales of her books. If things go well, Rachel wants to publish more myths and legends, with some of her profits going to the Cluster Branches Ministry here in Westminster, which also helps the Widows and Orphans Project in Uganda.

To buy Rachel's books call her on 020 7289 3405 or email rech.joy@fsmail.net. To contact the Enterprise Centre call 020 7266 0636 or email kim@pdt.org.uk

Free seminars and more at the Enterprise Centre

The Neighbourhood Enterprise Centre provides free support to small, start-up businesses as well as people who are hoping to go into self-employment.

The Centre provides micro loans and grants to local residents who have a viable business idea and need a small injection of funds to get them going.

The new grant and loan scheme, Healthy Enterprise, is available to start-up and first-year sustainable businesses operating in health and well-being markets. This innovative fund, offered by NHS Westminster, with support from PDT, is offered on a first-come, first-served basis.



PHILIPWOLHUTH

It provides loans or grants from £1000 to £50,000 to prospective social enterprises that can demonstrate added value to existing health and well-being products and services through a comprehensive business plan.

Also new is the Centre's rolling programme of free on-site business seminars. Booking is required. Upcoming seminars are:

Mon 8 March, 2-4pm
Introduction to Self Employment
Tue 9 March
Healthy Enterprise Start-up and Growth Finance (all day induction to registering as a social enterprise)
Wed 10 March, 10am-1pm
Marketing Your Business

For more information contact Maria or Kim on 020 7266 0636, email kim@pdt.org.uk or visit www.enterprisecentre.org.uk

A new Paddington festival

Since the 1960s, the greater Paddington area has been a hotbed of cultural creativity.

The Clash was formed here. Bob Marley lived here. Stevie Wonder gave a free concert here. These icons of popular culture were inspired by the greater Paddington area.

Local institutions like London Print Studio, Paddington Arts, Flamboyan and Yaa Asantewaa (formerly known as the Factory) have continued this tradition and gained an enviable international reputation for themselves and the greater Paddington area.

But the local arts scene doesn't stop there. To these we can add a host of new and cutting-edge arts movements and groups that have emerged of late, from the Showroom Gallery in Church Street and the Subway Gallery beneath the Edgware/Harrow Road crossing, to youth arts groups doing music, performing arts, fashion and dance. This creative melting pot is made even richer thanks to the multicultural nature of Paddington.

One outlet for raising the profile of all of this local talent is through annual community-based festivals, which attract over 6000 people each year.

2010 will see everything that happens in the cultural calendar of Paddington between June and August presented under the umbrella of a Paddington-wide festival (name to be confirmed).

As the programme takes shape, new activities and events will be posted on www.pdt.org.uk. Visit the site throughout the summer to see what's on and experience first-hand the rich cultural tradition of the greater Paddington area.



PHOTO COURTESY OF 4in10 THE END CHILD POVERTY LONDON PROJECT

Lack of housing stock, leading to overcrowding, is a major issue affecting children, young people and parents from low income families.

Child poverty and housing

Westminster has the 14th highest level of child poverty in London, with a shocking 53% of the borough's children growing up in struggling families.

To explore the issues causing and exacerbating this, End Child Poverty has been working with local groups in Westminster since March 2009. It is looking to support more parents to get involved in campaigning on the issue.

4in10: The End Child Poverty London Project (4in10) has been working with Westminster's third sector organisations to identify the most important issues affecting children, young people and parents from low income families.

'The overwhelming response has been that lack of housing stock, leading to overcrowding, is the most pressing need and deemed the most important issue by our supporters in the borough,' reported London Campaigns Officer Natasha Adams.

'Research by housing charity Shelter supports this, having shown that overcrowding causes anxiety and depression, limits educational success and harms the health of children.'

Over 1000 households in Westminster are currently experiencing overcrowding, and 8394 households are on social housing waiting lists in the borough.

With the Council consulting on social housing renewal plans at the end of 2009, 4in10 brought organisations together to give their opinions on future action the Council should take. 24 local organisations (including Paddington Development Trust) supported and contributed to 4in10's response to the Council's plans.

Notably, the response focused on reducing overcrowding for existing tenants, highlighting the importance of play space in a child's development, and ensuring sustained investment and responsible community development. The full document can be read in the campaigns section of the 4in10 web site: www.4in10.org.uk

'We now want to support Westminster parents to get their voices heard by local decision makers on the issue of child poverty,' says Natasha.

'To help make this happen, we will be running free campaigns training for aspiring campaigners who are interested in forming a parents group. This is a fantastic opportunity for parents to achieve real change locally on issues they know are important.'

To find out more about the free training for parents or the wider housing campaign, please contact 4in10's London Campaign Officer Natasha Adams on 020 7278 6676 or natasha@ecpc.org.uk

EVENTS

The Big Brew

Sat 6 Mar, 10am-12pm at St Paul's Church Centre, 5 Rossmore Road, NW1. Fair Trade Coffee Morning with free tea, coffee and biscuits. Fairtrade cakes for sale, as well as a Fairtrade stall and Raffle.

Cockpit Theatre

THEATRE Tue 2 Mar, 6 Apr & 4 May, 7pm, Theatre in the Pound: a great opportunity for theatre makers to develop new ideas, get feedback on their works-in-progress. £1. Wed 3 Mar, 7 Apr & 5 May, 7.30pm, Where from? Where now? Mapping Samuel Beckett: fascinating exploration of the work of Samuel Beckett. £7/£5 conc. **MUSIC** Thu 4 Mar, 8 Apr & 6 May, 7pm, Maqam: exploration of traditional Greek Turkish music. Series combines concerts, talks, workshops and film. £10/£7 conc. The Cockpit Theatre, Gateforth Street, NW8. 020 7258 2925. www.cockpittheatre.org.uk



Queen's Park Library

Thu 4 Mar 5.30-7pm, **World Book Day Party for Kids:** a chance to come to the library dressed up as your favourite character. Prizes for the best dressed and all the best games. Plenty of food and drink. Tickets £2.50. Thu 11 Mar 5.45-7pm, **Screening of Hidden Herstories:** a locally produced documentary on four women and their political and social successes (<http://hiddenherstories.org>). Refreshments provided. Mon 19 Apr 6.30-8pm, **Quiz Night:** a chance to prove your knowledge in the library. Team bookings encouraged but not required. If interested call 020 7641 1300 and ask for Queen's Park Library. Thu 6 May 6-8pm, **Open Mic Night:** Show off your music or comedic talents at the library. First come, first served. Refreshments provided. Queen's Park Library, 666 Harrow Road, W10, 020 7641 1300.

West 9 Community Bazaar

Wed 3 Mar, 7 Apr & 5 May, 1-4pm. The thriving bazaar will offer an impressive array of sights, tastes and textures, not to mention a FREE cup of tea or coffee. Entrance costs 20p for adults. You can hire a stall to sell your goods at the bazaar (£3 per session). St Peter's Church Hall, 59 Elgin Avenue, W9. 07982 802 725 (ask for Sandra or Jackie), sansdc@hotmail.com

community notice board

COURSES & TRAINING



COLLEGE OPEN DAY

We are holding a College-wide Open Day on Thursday 22 April from 2-7pm. Meet tutors, take a look at our classrooms and facilities, get advice and course information and apply for a course. Call 020 7723 8826 or visit www.cwc.ac.uk for more information. We look forward to seeing you!

FREE TRAINING PROGRAMMES:

The Prince's Trust Team Programme

This is an exciting personal development programme for unemployed people aged 16-25, offered by Safer Westminster Partnership, working with youth charity The Prince's Trust and City of Westminster College. The programme offers a range of skills and training including Computing, Job Search and Work Experience, plus tasters in areas including Sport & Leisure, Media & Arts, Administration and Retail. The course runs for 12 weeks. The next programme starts Monday 26 April. For more details call Sheromie Brewster on 07920 723 504 or email sheromie.brewster@cwc.ac.uk

Personal Best

(Olympic Volunteering Programme)

Do you find returning to work challenging? Do you want to increase your confidence or gain new skills? Personal Best is a FREE 10-week training programme that includes a volunteering placement, first aid and a guaranteed interview for volunteering posts at the 2012 Olympic Games. You will also cover a range of subjects including conflict management, health and safety and team building. The programme will work towards the Certificate in Personal Best, a nationally recognised qualification. For details call 020 7258 5536 or email stephen.hayes@cwc.ac.uk

SKILLS AND EMPLOYMENT TRAINING

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

Over 19, employed and seeking training? Through Train to Gain and Apprenticeships, we offer training programmes in a wide range of skills and sectors. Employees can gain valuable skills, while employers can improve the efficiency and productivity of their business. We also offer various bespoke training courses. For

more information call 020 7258 7215 or email joanne.bailie@cwc.ac.uk

COURSE INFORMATION & ADVICE

If you would like full details of all of our courses you can visit www.cwc.ac.uk or ring InfoPoint on 020 7723 8826. If you would like to talk to someone about your choice of course you can drop-in to InfoPoint at the Paddington Basin Campus, North Wharf Road, London W2 1LF. You can talk to our InfoPoint and Course Advice staff and get information on fees, support and other details. Drop in any weekday from 10am to 4.30pm and some Tuesday evenings from 5-7pm (call to check first).

Voluntary Action Westminster

Free training for voluntary and community groups. 2 Mar, Business planning for faith-based groups; 3 Mar, How to prepare the final accounts; 10 Mar, How to develop a child protection policy and undertake CRB checks; 17 Mar, How to improve your fundraising skills. 15 Apr, Getting ready for commissioning and procurement; 20 Apr, Project management; 21 Apr, Developing social enterprise. 12 May, Managing for the first time; 17 May, Welcome to Westminster; 18 May, Final accounts and preparing for independent examinations and audit; 19 May, Involving volunteers; 25 May, Setting up a group; 27 May, Paying volunteers. For a booking form, email training@vawcvcs.org or call 020 7723 1216.

Westminster Centre for Independent Living

Tue evenings over 24 weeks (60 hours in total), **BSL Sign Language Course.** Wed 2-3pm, **Learn French:** WCIL is offering disabled people the opportunity to take regular French lessons. Contact Catherine at cnjau@trainingforlife.org **Healthy Eating Cooking Class:** runs over 6 weeks and is divided into three parts - How can I eat healthily?; How to shop; and Get cooking! To reserve your place contact Naima at naima@trainingforlife.org Training for Life Westminster Centre for Independent Living, 42 Westbourne Park Rd, W2. 020 7243 9720.

SUPPORT & ADVICE

Advice Plus

Mon 1-4pm. Welfare benefits advice, free 10-minute benefit entitlement checks and in-depth debt advice available with Arabic and Bengali translation. Advice is also available from various agencies providing advice around housing, shared ownership, employment and training options plus a weekly councillors surgery. The Beethoven Centre, Third Ave, W10. 020 8969 5881. Wed 10 Mar, 14 Apr, 12 May, 3-5pm. Same as above, but with health checks and advice around immigration. Greenside Community Centre, Lilestone St, NW8. 020 7245 2861.

Eaves Domestic Violence Support Service

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

HELP (Homelessness Employment and Learning Project)

Supports residents who live in Temporary Accommodation in Westminster to find employment, volunteering opportunities and training courses. The HELP Project also offers an employment aftercare service once residents are in work to support with housing needs and in work benefits. All referrals are made through Westminster Housing Options Service. Please call 020 7641 1000 and ask to be referred.

PAN-Westminster (Parents Advocacy Network)

Founded and run by experienced parents of children with special educational needs and learning difficulties. All parents of children who have special educational needs are welcome. If you have any concerns about your child's education, we can give advice and information. We run about 6-7 fixed meetings a year where you can meet other parents in a similar situation to you and learn from each others experiences. We offer one-to-one meetings where we focus on key issues and can help with letter writing/reading and statement formulation. Helpline 020 7723 8656, panwestminster@yahoo.co.uk

Special Grandparents United

Are you a full or part-time carer for your grandchild? Well you are not alone! Special Grandparents United is a welcome forum for all grandparents. Taking on the role of looking after a grandchild is never easy. For details, contact Natalie on 020 7485 2901 or w10carers.supportgroup@grandparents-association.org.uk

Tithe Barn Counselling Service

Established in 1995, we offer low cost counselling to the general public. Since 2000, we have been offering counselling to students of Westminster Adult Education Service and City of Westminster College. The service is open to all. All our volunteers are either trainees or fully qualified counsellors and are members of BACP/AHPP or UCKP. They all abide to their organisation's as well as BACP

code of ethics. If you need to talk in confidence and are feeling stuck, please contact TBCS for further information on 020 7372 8955.

Westbourne Safer Neighbourhoods Team (SNT)

Drop in to speak about antisocial or illegal activities that are affecting the quality of your life. First Mon of each month, 6-7.45pm at Maida Vale Library; First Thu of each month for residents of Brunel and Wessex Garden Est, 7-8.30pm at 23 Anglebury House, Wessex Garden Est; Second Tue of each month for residents of Windsor Castle Estate and Elmfield Way, 6-7.630pm at Harrow Road Police Station; Last Wed of each month for residents of Amberley/Warwick and Brindley Est, 6-7.30pm at Warwick Community Centre. You can also contact the SNT on 020 8649 3602. The non-emergency number to report crimes is 0300 123 1212.

Westminster Drug Project

This charity provides free support for adults with substance misuse issues. Open Access Service on Harrow Road includes a daily drop-in, advice and information, needle exchange, counselling, community support, keyworking, complementary therapies and a specialist crack cocaine service. We aim to provide a safe, non judgmental environment where people can get help whatever stage they are at with their drug use. We also work closely with external organisations to provide access to legal advice, IT training, housing support and debt advice. Westminster Drug Project, 474 Harrow Rd, W9, 020 7266 6200, Helpline 020 7266 6300.

Westminster Works (see page 4)

Westminster Works helps local people to move into the employment, training or volunteering opportunities they need to start or re-start their career. People who are out of work can get advice about their options. The Westminster Works team knows the local job market and what skills employers need. Clients are linked to their own Learning and Employment Advisor who will work with them for as long as they remain on the programme. Advice is free and does not affect benefits. To book or find out more information call 020 7575 3113.

VOLUNTEERING

Home-Start Westminster

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

Collage Network. The next course will start in May. For more information call 020 7724 1345 or email admin@hswestminster.co.uk

Open Age

Open Age is looking to recruit volunteers to be Physical Activity Champions as part of the Positively Physical Programme. Volunteers would be able to attend training (e.g. walk leader training), organise socials with the help of the project co-ordinator, etc. The Positively Physical Programme aims to support residents from Harrow Road, Westbourne and Queen's Park who are 50+ in leading more active lifestyles by providing a range of activities, events and information on well-being and fitness. Make a valuable contribution to your community. For more information contact Simone on 020 8964 1900.

SPORTS, HEALTH & WELLBEING

Academy Sport

Academy Sport boasts a Sports Hall (badminton, basketball, netball and 5-a-side football), Dance Studio (with ballet bar), outdoor 3G pitches and outdoor netball and tennis courts. We offer a varied programme for the whole family including fitness for adults, sports coaching sessions for children & holiday programmes. Start your London 2012 journey here at Academy Sport where you can take part in Archery (children), Basketball (adults & children), Fencing (adults & children), Football (children) & Gymnastics (children). 255 Harrow Road, W2 (entrance on Torquay Street). 020 7121 0642. www.westminsteracademy.biz/academysport

Adult Beginners Ballet Course

Wed 21 Apr-14 Jul (no class 2 Jun), 10-11am at Little Venice Sports Centre, 10 Crompton



St, W2. £120 (includes handouts). By the end of the course, you will have grasped the basics in ballet and its vocabulary. Ballet has many benefits including toning and strengthening the whole body, increasing memory, balance, core stability, flexibility, coordination, musicality and rhythm. Enrol online www.balletforyou.co.uk or call Serena on 07956 260108.

Beethoven Centre

Third Ave (next to 174 k), W10. Annual membership is £6 for adults and entitles you to a variety of physical activities for £1.50 per class (with some free crèche places). **MON** 10-11am Yoga with Marcia with free crèche places; **TUE** 10-11am Step Class for women only with free crèche places; 2.30-3.30pm Yoga class for over 50s (free for Open Age and Beethoven Centre members); **WED** 10.30-11.30am Aero tone for Women with free crèche places; **THU** 2-3pm Pilates; **SAT** 10.30-11.30am Yoga with Marcia. For more info call 020 8969 5881.

Food Co-ops

Selling low cost, good quality fruit and veg at Edward Wilson Primary School, Senior St, W2, Wed 3.30-4.15pm; Westbourne Park Family Centre, Porchester Rd, W2, Thu 10am-12pm; and Beethoven Centre, Third Ave (next to 174 k), W10, Mon 1-4pm.

Help shape NHS services

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

Zumba

Come join the party and shake it with Zumba on Wed 10-11am & 6.45-7.45pm (Studio One) and Fri 6.15-7.15pm (Studio Two) at Porchester Sports Centre, Queensway, W2; Sun 12.30-1.30pm at Jubilee Sports Centre, Caird St, W10. Fri 11am-12pm at Moberly Sports Centre, Kilburn Lane, W10. These classes are for Adults Only! Children's classes also available. Call Sandra for costs on 07732 011 963 or visit www.zumbasandra.co.uk

Irish Dance Classes

Sat 10-11.30am at Warwick Community Centre, 300 Harrow Rd, W2. 07966 029 469 or 07958 273 011, b.morgan@aaroncrosbie.co.uk www.aaron-crosbie.co.uk

Latin & Ballroom Dance Classes

Mon and Thu evenings at St Joseph's Primary School, Lanark Rd, W9. Mon: 7-8pm Beginners class / 8-9pm Practice class. Thu: 7-8pm Beginners class / 8-9pm Intermediates class. Classes are running as a 6 weeks course, fee is £50 per person for 6 weeks or pay as you go £12 per lesson. For more details and book your place contact 07834 361 199 or learntodance@live.com

V Massage

We will transform any space to an oasis of calm and relaxation with our soft lights, tranquil music and aromatherapeutic sprays. A bespoke massage service offered by fully qualified and insured massage therapists. We offer sports and remedial massage, home visits to women in the West London area, pamper massages at events and parties across Greater London and a corporate massage service. 07981 007 415. info@vmassagelondon.com www.vmassagelondon.com

Westminster Libraries Helping To Keep You Healthy

Libraries in Westminster are giving special attention to how we can help residents stay healthy and well with better access to good information and interesting activities. Linsey Howard is our new Health Information Co-ordinator, and she'll be making sure all libraries have the kind of helpful information local people need, with up-to-date books on everything from childhood diseases to what food labels mean, as well as CDs on keeping mentally alert and relaxed. She'll also be running new projects like Books on Prescription, Bibliotherapy, computerised cognitive behaviour therapy, and joining forces with the NHS to get the best out of both services. To find out more, visit your local library.

Westminster Stop Smoking Service

Did you know you are four times more likely to quit with NHS support? Call 0800 328 8537 or drop in to your local pharmacy or GP practice to find out more. Did you know smoking a Waterpipe (Shisha) is just as dangerous as cigarette smoking? Smoking shisha contains tobacco, nicotine, carbon monoxide and other poisonous chemicals. It is scientifically proven that smoking shisha for 45 minutes is the equivalent to smoking at least 100 cigarettes. To find out more, log on to www.talkshisha.com For support to quit shisha smoking, call 0800 328 8537.

FOR CHILDREN & YOUNG PEOPLE

See pages 11-13.

FOR CARERS

A carer is someone who provides help and support to a friend, partner or family member

who could not manage without such help. This could be because of any form of physical or mental illness, disability or addiction, or because of the effects of ageing. The support carers provide is unpaid.

Carers Network Westminster

Information Surgeries: Your opportunity for face-to-face information and advice on a range of issues. Drop in or call 020 8960 3033 to book an appointment. **All Carers** Tue 2.15-4.30pm, Harrow Road Health Centre, 209 Harrow Rd, W2. **Mental Health Carers** Third Tue of the month, 1.30-4.30pm, 7a Woodfield Rd, W9. **Carers of Older People** Second Mon of the month, 10am-12pm, Beethoven Centre, Third Ave, W10. **Support Groups** Meet other carers and support one another. Call 020 8960 3033 for further information.

Carers of Older People Third Thu of the month, 11am-1pm, Lancaster Hall Hotel, 35 Craven Terrace, W2. **Active Learning and Support Group for Mental Health Carers** First Wed of the month, 2-4pm, Community Day Service, 1 St Mary's Terrace, W2. **Mental Health Carers Afternoon Group** Third Thu of the month, 1.30-3.30pm, Lancaster Hall Hotel, 35 Craven Terrace, W2. **Carers of Adults with Learning Disabilities** Coffee Morning at the Beethoven Centre, Third Ave, W10. Call Lorna on 020 8960 3033 for days and times. **Bangladeshi Carers** First Thu of the month, 1-3pm, Beethoven Centre, Third Ave, W10. Call Tareq on 020 8960 3033 if you would like to come along.

FOR OLDER PEOPLE

Kyu-Yo-Bu-Shin

Walking every Mon 9.15am outside Edward Wilson Primary School, Senior St, W2. Yogalates Fri 7.15pm at Warwick Community Centre, 300 Harrow Road, W2. Yogalates Sun 4pm at Academy Sport, Dance Studios, Torquay St, W2. 07890 301 235 (ask for Mary).

Monthly 50+ Open Age Socials

A variety of creative activities, guest speakers, bingo, music, refreshments etc. For a current programme, call Simone on 020 8964 1900.

Open Age

Open Age promotes socially active lifestyles for people over 50 by providing a wide range of free and low cost physical and social activities across Westminster. Call to request our full programme. 020 8964 1900.

Over 50s Active Life Health Day

Wed 3 Mar 2-4.30pm at Little Venice Leisure Centre, 10 Crompton St, W2. Get inspired to get healthy with Open Age at this FREE health day for people over 50. Learn something new from Thai Chi to dance at our taster sessions and maybe pick

up a new hobby. Meet local organisations who can give you health help and advice, listen to interesting talks from health professionals and try some delicious healthy food. 020 8964 1900.

Reaching U

A joint project between Age Concern Westminster, Open Age and Westminster Adult Education Service, providing a programme of weekly learning activities for the over 50s across Westminster. Enrol and pay at chosen activity, fees are £1/hour, some activities are payable in advance.

MISCELLANEOUS

Church Street Library

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

Free Open Access to IT

Use computers and scanners, check email, browse the Internet. Our friendly facilitators are on hand to help. **Firststep.com:** Wed 10am-1pm at Greenside Community Centre, 24 Lilestone St, Lisson Green, NW8. **Queen's Park New Media Centre:** Wed 1-4pm at the Beethoven Centre, in Queens Park, Third Avenue, W10. For more information, contact Alison on 020 7245 2865 or amooore@cwh.org.uk

Paddington Farm Trust

This small London charity owns a beautiful organic farm in Glastonbury, Somerset. We aim to improve the quality of life and well-being for socially-excluded people from London by enabling access to rural green open spaces. We invite London charities to stay at our farm, where there is dormitory accommodation for up to 20 people in two large bedrooms, plus 3 single rooms. Outside there are 43 acres of land to explore. We are able to provide some environmental or outdoor education, such as animal feeding, Forest School and survival skills if you are interested. For details or to book please call 01458 832752 or email info@paddingtonfarm.co.uk

St Paul's Community Centre

Mon 11am Barnardos, 2pm Barnabas Group (Mental Health) Drop-In, 7pm Exercise To Music; **Tue** 10am Parents & Toddlers Group, 7pm Line Dancing; **Wed** 10am Barnabas Group (Mental Health) Drop-In, 10am Baking Group, 1pm Yoga, 2.30pm Bereavement Drop-In (1st Wed of month), 7pm Alcoholics Anonymous; **Thu** 10.30am WEDGE (Physically Disabled Women's Group), 2.45pm Thursday Club (Abbey Road Mental Health Team), 7pm Continental Railway Circle (2nd Thursday of month) **Fri** 10am Parents & Toddlers Group, 2pm Bingo (1st Friday of Month), 5.30pm Beaver Scouts Colony, 8pm Alcoholics Anonymous; **Sat** 10am Music Tuition (with Tanya Nyari), 2pm Georgian Maspindzeli Choir (2nd Sat), 6pm London Tigers Ladies Taekwondo; **Sun** 6pm Crew Youth Club.

Monthly activities: Explore London and Pub Lunch @ Primrose Hill. Also, hall and meeting rooms for hire. 5 Rossmore Rd, NW1, 020 7724 8517, www.stpaulschurchcentre.org.uk

Westminster Centre for Independent Living

Activities include arts, sailing, and gardening clubs and an access forum. New classes will include art, literacy, healthy eating/cookery, drama, IT and confidence. Popular options such as hydrotherapy, massage and reflexology continue to be available for members (massage and reflexology are available to non-members). Training for Life Westminster Centre for Independent Living, 42 Westbourne Park Rd, W2. 020 7243 9720. Geraldine@trainingforlife.org

SPACE FOR HIRE

Beauchamp – The Electric Barge and Floating Classroom

Hard to believe, but spring / summer is around the corner and it's the perfect time for events on The Electric Barge. Newly refurbished with a silent-running electric motor, the boat is a great venue for meetings, training courses, away days, receptions and parties. Hire charge discounted for voluntary and community organisations and all income earned supports the running of our education project, the Floating Classroom. To find out more or to make a booking please call us on 020 7266 8247, email us at info@beauchampplodge.co.uk or visit our website at www.beauchampplodge.co.uk

Beethoven Centre

Third Ave, W10. The Main Hall (capacity 150) is available for private hire starting at £12.50 per hour. Multimedia equipment (PA, TV, sound system, DVD player, multimedia projector and screen) is also available to hire. Two meeting rooms are available starting at £5 per hour for Beethoven Centre Members. Also, the Queen's Park Crèche is available for groups to book, to provide an onsite crèche facility alongside any events, training or activities

taking place in the centre. Call the crèche for more information on 020 8960 2479. For more info or to book call 020 8969 5881.

Neighbourhood Enterprise Centre

Do you need an affordable room for a meeting or training event? Neighbourhood Enterprise Centre has a meeting room facility for hire with full disabled access, which can accommodate up to 30 people. It's ideal for workshops, training events and meetings, equipped with a television, DVD player and picture rails for exhibiting artists, a flipchart/whiteboard easel and access to a large fully equipped kitchen. A Wireless Broadband Network is provided throughout the centre. St Peter's House, 59 Elgin Ave W9, 020 7266 0636.



Paddington Academy

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

The Stowe Centre

Located next to lovely Westbourne Green, this centre has a number of spaces available for hire on weekdays until 6.30pm and on weekends from 2.30-11pm. Ideal for conferences, meetings or parties, these reasonably priced spaces include a main hall (with or without kitchen hire) with a capacity of 200, a dance/drama studio and meeting rooms. Bookings include use of tables and chairs. 258 Harrow Rd, W2. For more information or to book, please contact Judith on 020 7266 8220.

Warwick Community Centre

Available for day bookings and early evenings. 07717 492 715 (ask for Clair). 300 Harrow Road, W2 5HG.

FAMILY INFORMATION SERVICE

Information: on childminders, childcare and early education, starting a career in childcare (and job vacancies in local childcare settings), out of school hours clubs, activities for children and young people, going back to work or training, tax credits, financial assistance. FIS helpline is open Mon-Fri 9am-5pm, with answer phone service at all other times. Drop-in and see FIS Outreach Officer Patrick Green every Tue, 10am-12pm, Harrow Road One Stop, 317 Harrow Rd W9; 3 Mar, 7 Apr, 5 May, 10am-12pm, Marylebone JobCentre, 26-46 Lisson Gr, NW1; 25 Mar, 22 Apr, 27 May, 1.30-3.30pm, Maida Vale Children's Centre, St Augustine's Primary School, Kilburn Park Rd, NW6; 1 Mar, 5 Apr, 3 May, 10am-12pm, Westbourne Children's Centre, Edward Wilson Primary School, Senior St, W2. Call 020 7641 7929, email fis@westminster.gov.uk or visit www.westminster.gov.uk/childreinfo

UNDER FIVES DROP-IN & PLAY

All activities year-round unless stated.

Bayswater Children's Centre

Easter holiday play scheme, 6-16 April for 3-7 yr-olds, St Mary of the Angels School, Shrewsbury Rd, W2. Open 8.30am-6pm, charges apply, call 020 7641 4482 for details. Also at St Mary's, in the school playground, there is a fresh fruit & veg co-op every Thu, 3.20-4pm, bring a bag! And look out for a planned street party on or near the Brunel Estate for early summer, dates and details tbc.

Beethoven Centre

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

Queen's Park Crèche, Mon-Fri 10am-2pm, £6/hour, some free places available for parents doing certain activities at the Beethoven, call Olicia or Noreen on 020 8960 2479. Beethoven number is 020 8969 5881. 173 Third Ave, W10.

Harrow Road Children's Centre

Every Child Matters Building, Essendine Primary School: Mon-Fri 9.10-11.30am. Mon is Messy Monday, Tue focuses on cooking, Wed is Sensory Session plus Toy Library, Thu is a walk to and in Paddington Rec (with a weigh-in session at the ECM Building), Fri is Physical Friday. Also Under 1s Drop-in, Thu 1-3pm. Term-time only. Essendine Rd, W9, 07879 895 093. **Mary Paterson Nursery:** Mon & Wed 9.15-11.15am and 1-3pm, Tue 9.30am for a walk in the park, Fri 9.15-11.15am. Under 1s drop-in Tue 1-3pm. Term-time only. 13 Riverton Cl, W9, 020 7641 5804.

Meanwhile Gardens Playhut

Mon, Tue, Thu, Fri, 2-5pm, with songs on Thu

at 3.30pm. Free indoor and outdoor play, with trikes, sandpit, books, toys, art activities, dressing up etc. Elkstone Rd, W10, 020 8960 4600.

Micky Star Children's Centre

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

Newpin

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

Portman Early Childhood Centre

Mon, Tue, Thu, Fri, 9.30am-12pm/1-3.30pm, Wed 9.30am-12pm. Different specific activities each day, call for details. Also Family Lunch Club each day, 12-1pm. 12-18 Salisbury St, NW8, 020 7641 5409/35.

Queen's Park Children's Centre

Mon, Tue, Thu, Fri 9.30-11.30am, & Mon-Thu 1-3pm. Wed 9.45am-11.45am, for childminders. Every third Sat, 10am-12pm, Date with Dad, all term-time only, 88 Bravington Rd, W9, 020 7641 5838.

Rainbow Family Centre

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

St Luke's Church

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

St Mary Magdalene & St Peter's Churches

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

St Stephen's Primary School

Thu 9.15-11.30am, play, learn, singing, bikes etc. Westbourne Park Rd, W2, 020 7641 4482.

WECH

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

Westbourne Children's Centre

Mon-Fri, 10am-12pm. Mon & Thu toy library, Tue Arts & Crafts, Wed is an 'Out & About' session, and separately a childminders only drop-in, Fri for under 1s, with breastfeeding support. Afternoon sessions include a drop-in for parents under 21 on Tue 1.30-3.30pm, Romp & Roll exercise class for parents and toddlers, Mon 2-2.45pm, and Messy Play for under 3s, Fri 1.30-2.30pm. Senior St, W2, 020 7641 4312.

Westbourne Park Family Centre

Baby and You (for 0-18mths), Mon 10.30-11.30am; Toy Library, Tue 11am-12.30pm & Wed 11am-1pm; Family Learning, Tue 1-3pm (adults chat and do activities while the children play); Acorns Drop-In, Thu 10am-12pm; Creative Session Drop-In, Fri 10am-12pm. All activities 50p-£1 (except Baby & You and Family Learning, which are free), term-time only. Cnr of Porchester Rd and Westbourne Park Villas, W2, 020 7727 6019, www.westbourneparkfamilycentre.org.uk



Westminster Centre for Independent Living

Sunshine Corner, for all mums, dads, carers & under 5s, particularly those with a learning or physical disability. Activities include arts & crafts, playing and singing. 42 Westbourne Park Road, W2, call Yvonne on 020 7243 9720 or Aneta on 020 7641 6488.

Wigmore Hall

Chamber Tots: music workshops for toddlers and their carers, including singing, percussion, meet the musicians and see the instruments. 9 Mar, 10-11am (2-3 yr-olds) and 11.30am-12.30pm (3-5 yr-olds); 17 Mar, 2-3pm (2-5 yr-olds); 19 Mar, 10-11am (2-3 yr-olds) and 11.30am-12.30pm (3-5 yr-olds); 27 Mar, 11am-12pm (2-5 yr-olds). £6 per child. For Crying Out Loud, 45 minute classical concerts aimed at new parents and their babies (under one) – 10 & 25 Mar, 11-11.45am. £6/adult, babies free. Wigmore Hall, 36 Wigmore St, W1U. Call 020 7935 2141, boxoffice@wigmore-hall.co.uk www.wigmore-hall.co.uk

Wilberforce Primary School

Sat-Sun 10am-3pm, nursery playground open for under fives accompanied by an adult. For children aged 8-13 yrs, the large school playground is open Sat 12-4pm. Enter from Beethoven St, W10, 020 7641 5865.

UNDER FIVES LIBRARY DROP-INS

All library drop-ins are term-time only.

Church Street Library

Thu 10.30am-12pm. Just for Dads storytime, last Sat of the month, 11am-12pm. 97-99 Church St, NW8, 020 7641 1300.

Maida Vale Library

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

Marylebone Library

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

Paddington Children's Library

Wed 10.30-11.30am. Clifford Hall, Porchester Rd, W2, 020 7641 4490.

Queen's Park Library

Wed & Fri 10.30-11.30am. 666 Harrow Rd, W10, 020 7641 1300.

UNDER FIVES HEALTH & WELLBEING

All activities year-round unless stated.

Bayswater Families Centre

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

Beethoven Centre

Creative Dance Class for 3-5 yr-olds, Tue 4-4.45pm. 12-week session, £12/term for members. 173 Third Ave, W10. Call 07957 384 591 or email creativedance@hotmail.co.uk or call the Beethoven on 020 8969 5881

KIDS Home Learning

Home Learning Sensory Group, for children who have sensory impairments and limited mobility, and who are receiving Home Learning or are on the waiting list. Tue 10.30am-12pm. Portman Early Childhood Centre, 12-18 Salisbury St, NW8. Call 020 7641 4151, www.kids-online.org.uk

Micky Star Children's Centre

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

Newpin

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

Portman Early Childhood Centre

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

Queen's Park Health Centre

Baby & Under 5s Clinic, Tue 9.30-11.30am & Thu 1.30-3.30pm. Dart St, W10, 020 8968 8899.

Westbourne Children's Centre

Child Health Clinic, Thu 10am-12pm, and Under 1s drop-in with breastfeeding support, Fri 10am-12pm, Edward Wilson School, Senior St, W2, 020 7641 4312.

Woodfield Medical Centre

Child Health Clinic, Tue 2-3.30pm, call 020 7266 8721. Post-natal group, Mon 2-3.30pm. Baby massage, Thu 11am-12pm, call Fiona on 020 7266 8729. Breastfeeding drop-in, Fri 10.30am-12pm, 7e Woodfield Rd, W9, call Kerry on 020 7266 8727.

ACTIVITIES FOR 5-19 YEAR OLDS

All activities year-round unless stated.

Amberley Youth Project

Youth club open Tue-Fri 4.30-7.30pm, activities include photography, cookery, creative art, football training, and sessions for under 14s and over 15s. Also indoor games inc table tennis, pool and board games. Debates, discussions, competitions, trips, residential and lots more. All for ages 10-21. Career Development Sessions, for age 16+, take place Tue-Fri 2.30-4.30pm. Millennium Centre, 11 Clearwell Drive, Amberley Estate, W9, call Julie-Ann 020 8286 1014.

Avenues Youth Club

Activities for ages 11+, including cooking, music, dance, computers, girls-only and more. Also cheerleading for 10-19 yr-olds, free, Fri 4.30-5.30pm and Sat 2.30-4.30pm, call La Toya on 07508 687 285. 3-7 Third Ave, W10, 020 8969 9552.

Bayswater Families Centre

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

Beethoven Centre

Chinese Kung Fu, for under 12s, Mon 6.30-7.30pm & Thu 6.15-7.15pm, call 07751 768 391 or visit www.shaolinquanshu.com Street Dance for 5-12-yr-olds, Mon 5.15-6.15pm. Creative Dance Class, for 6-8 yrs, Tue 4.45-5.45pm, call 07957 384 591 or email creativedance@hotmail.co.uk Children's Capoeira, for 5-12 yrs, Sat 12-1pm. Call for costs. 173 Third Ave, W10, 020 8969 5881, www.a2dominion.co.uk/beethoven

Church Street Library

Homework club for 7-13 yr-olds, Thu 3.45-

5.30pm. Chatterbooks book club last Fri of the month, 4-5pm. 97-99 Church St, NW8, 020 7641 1300.

Cockpit Theatre

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

DreamArts

Acting, singing, dancing: every Sun, for 8-12s and 13-19s. £1/day, £3 non-members. The Cockpit Theatre, Gateforth St, NW8. Contact Becki on 020 7266 8262 / 07951 921 247 or becki@dreamarts.org.uk www.dreamarts.org.uk



Flamboyan Community Association

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

Fourth Feathers Youth Club

Mon: Girls' Night 5.30-8.15pm, inc cooking, gym & cheerleading. Tue, Wed & Thu: Homework Club 3.30-5.15pm. Club open 6-9pm, inc ICT, arts & crafts, music, skate park, pool & table tennis. Fri: Gym 4-6pm. Club open 7-10pm. Sat: Saturday Club 3-6pm. Also non-contact boxing for under 17s, Wed 7-8.30pm and Fri 7.30-9.30pm. Volunteering and placements also available. 12 Rossmore Rd, NW1, 020 7723 8308 www.feathersassociation.org.uk

Kickstart Healthy Lifestyle Club

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

Kyu-Yo-Bu-Shin

Running Club, football, karate: all ongoing training, call for details. Trials for the Mini London Marathon take place 7 Mar, from 9.15am, at Paddington Rec, Randolph Ave, W9,

for ages 11-17. Cycling training ongoing for the London Youth Games in July, with KYBS trials in May. Mentoring and Discussion Group: ongoing at Edward Wilson. Call Mary 07890 301 235.

London Skills Academy

Accredited courses in Web-Design, PC Repair & Maintenance, ICT, Functional Skills (Numeracy & Literacy), Personal & Social Skills, Music Technology. Also trips out, careers guidance, work and volunteer placement. For young people aged 14-19 not in education, employment or training (NEET). Call 020 8749 6711. 123 Godolphin Rd, W12. www.lsa-edu.org

London Tigers

Various sporting activities for children aged 8+, including football, cricket, and dads & kids swimming. Also separate Muslim Youth Clubs for boys and girls. Girls activities include Badminton Club (Sun 10-11am at Westminster Academy), Football Club (Mon 6-7pm at Westminster Academy), Taekwondo Club (Sat 6-8pm at St Paul's Church Centre), and Multisports (Thu 5-6pm at Westminster Academy). 020 7289 3395. info@londontigers.org

Maida Vale Library

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

Paddington Arts

Performing arts and media workshops: for ages 6-26, singing, contemporary dance, drama, steel pans, Thai boxing (for 13+). Membership £17 per year. Milkshake Discos, for 6-10 yr-olds: 26 Mar, 30 April, 28 May, 6.30-9pm. For young people with disabilities, Planet X, a fun tactile interactive installation space, £2/person, Sat 12-4pm, 6 March (call Shaun on 020 8964 5060). 32 Woodfield Rd, W9, 020 7286 2722, info@paddingtonarts.org.uk www.paddingtonarts.org.uk

Paddington Children's Library

Homework Club for 5-13 yr-olds, Mon & Fri 3.45-5.15pm. Chatterbooks, Sat afternoon reading club. Free Family Learning events with Westminster Adult Education Service, first Sat of the month, 2-4pm (please book in advance). Nintendo Wii every Thu, 3.45-5.15pm. All term-time only, though half-term and holiday activities are also organised, call for details. Clifford Hall, Porchester Rd, W2, 020 7641 4403/4478.

Queen's Park Library

Homework Club for 7-13 yr-olds, Mon & Wed 3.45-5.30pm; Arts Club for 8+ yrs, first Fri of the month, 4.30-6pm; Chatterbooks book club, second Fri of the month, 4.30-5pm for under 10s, 5-6pm for 11+; Gaming Club, third Fri of the month, 4.30-6pm; Film Club, last Fri of the month, 4.30-6pm. World Book Day Party, 4 Mar, 5.30-7pm, come dressed as your favourite character, prizes on offer, food & drink, tickets £2.50. Also Easter holiday activities, call for details. 666 Harrow Rd, W10, 020 7641 1300.

Real Action

Butterfly Saturday Reading School, Sat 10am-12pm, and Sums Up! after-school maths on Mon, Wed, Thu 4.30-5.30pm, both for 5-12 yr-olds. Youth Life programme includes after-school 2-hour literacy and music classes for Westminster Academy pupils, Mon-Thu. All term-time only. The Learning Store, 3 Mozart St, W10. Katie Ivens 020 8960 2065, realaction@btconnect.com www.realaction.org.uk

Samba Street Soccer

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

Stowe Youth Club

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

Vital Regeneration

Apprenticeships Advice Service: careers advice and job brokerage for 14-24 yr-olds from Westminster. Sessions by appointment at the Beethoven, Greenside Community and Stowe Centres. Contact Daniel Williams 07912 888 114, dcwilliams@cwh.org.uk www.vitalregeneration.org

Media Film Production Course:

free 11-week course for 14-19 NEET / at-risk-of-NEET. Create short movies using latest technologies and gain qualifications! Runs from Mon 10 May, 5-8pm, 11 weeks, Beethoven Centre, 173 Third Ave, W10. Contact Miranda 020 7245 2269, msikkens@westminster.gov.uk

Re-evolve: careers service for young people run by young people. Volunteer and learn and gain accreditation. Beethoven Centre, Third Avenue, W10. Call 020 7245 2267 (Mon-Wed) or 020 8962 0721 (Thu-Fri), emilyb.reevolve@gmail.com or visit www.re-evolve.ning.com

Music Production Course: free 11-week course for 14-19 NEET / at-risk-of-NEET. Learn to create your own original music using Logic and gain qualifications! Runs from Tuesday 11 May, 5-8pm, 11 weeks, Beethoven Centre, 173 Third Ave, W10.

Contact Miranda on 020 7245 2269 or msikkens@westminster.gov.uk



Westminster Sports Unit

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

Wigmore Hall

Free concert tix for 8-25 yr-olds for various dates Mar-May. Family events, aimed at children aged 5+, include The Three Cornered Hat, 13 Mar, 10.30am; Baroque Idol, 27 Mar, 10.30am; Junk Jam, 15 May, 10.30am; family concert, 29 May, 11am. Also RNIB Family Day, for children aged 3-8 who are blind or partially sighted, 22 May. Wigmore Hall, 36 Wigmore St, W1. 020 7935 2141, boxoffice@wigmore-hall.co.uk www.wigmore-hall.co.uk

Youth Hub @ Cosway Street (previously Connexions)

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

Youth Hub @ Stowe (previously Connexions)

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

Zumba Kids

Latin-inspired dance-fitness classes, suitable for all levels, fun for kids and adults. Thu 4-5pm, WECH Community Centre, Chantry Close off Elgin Ave, W9; Mon 5-6pm, Academy Sport, Torquay St, W2. Call Sandra for costs and more on 07732 011 963, www.zumbasandra.co.uk

Academy students run to raise money

Eight students from Westminster Academy joined Ed Balls, Secretary of State for Children, Schools and Families, to run the equivalent of a marathon and raise money for Children In Need.

In November, the students travelled to the Department for Children, Schools and Families and met Balls in the basement gym. They each had to run at least a mile on the treadmill, and some of them ran two miles.



Westminster Academy student, Tyrell Joseph Campbell with Ed Balls.

In total 26 miles were run, the equivalent of a marathon. Over £2000 was raised for Children In Need.

Westminster Academy has been on a drive to increase the amount of physical education its students are doing. There are now sports clubs before school, at lunch time and every day after school.

It has also increased the variety of sports on offer and has girls-only sports sessions, boxercise, golf, cricket, badminton, dance, and futsal (Brazilian style football), in addition to the more common school sports.

For information on Westminster Academy visit www.westminsteracademy.biz
For information on the Department for Children, Schools and Families visit www.dcsf.gov.uk



Dragon's Den judge Peter Jones (centre) challenges Paddington Academy students to make their mark, as part of the Make Your Mark with a Tenner challenge.

A Dragon in Paddington

Entrepreneur and Dragon's Den judge Peter Jones visited Paddington Academy in January to launch this year's Make Your Mark with a Tenner challenge.

The scheme loans young people £10 and challenges them to make as much profit and social impact as they can during the month of March. You just have to show some enterprising spirit and make as much profit as possible in a way which benefits your community.

Last year there were 16,000 under 19s from schools, colleges and youth groups across the UK taking part, and this year there will hopefully be even more. The judges choose the national winners in April, with an award ceremony in late April or early May.

Paddington Academy students from years 10 and 11 in the Social Enterprise Class told Peter Jones how they're 'making their mark' by producing and selling food.

They began by selling popcorn at the Academy's pantomime, where they sold out, and then reinvested the profits to make more exciting dishes themed around popular holidays such as Valentine's and Pancake Day.

It's helped them to gain a better understanding of profit, market research, ethical sourcing, marketing, and of

course, has greatly developed their cookery skills! All their profits will go to a charity at the end of the year.

Students taking part in the competition will receive a certificate outlining the skills they develop. The winning team will be given some start up capital and support from a business mentor to develop their entrepreneurial ideas.

The Make Your Mark with a Tenner project is part of Enterprise UK's Make Your Mark campaign. The campaign runs groups, clubs and challenges, and offers teacher and student support to get enterprising thinking starting in schools. There is also a further education programme to continue the work, and a project to work with disadvantaged young people.

For more information, call the Tenner Team on 020 7430 8053, email tenner@enterpriseuk.org or visit www.enterpriseuk.org/tenner For more information on Paddington Academy visit www.paddington-academy.org.uk



Paddington Academy students are making their mark by producing and selling food.



It's all smiles at the Juniper House Christmas party.

Festivities galore at Juniper House

Guests at Juniper House had a very merry Christmas this year. The Christmas party, organised by the Council's Housing with Care Services and Queen's Park Forum, was an instant hit with the 40 odd people who attended.

The party kicked off with a spirited chair dance performed by a group of graceful women from the Asian Centre, all of them over 50.

The guests were then treated to an energetic dance performance by young people from the Asian Centre, who gyrated to foot stomping Bollywood songs.

Avenues Youth Club members came along to do a bit of cheerleading. The routine by the youngsters was well received by the guests, who egged the girls on for an encore.

'I think the effort made by the young people was a good way to break the ice between the elderly and younger members of the community,' said Elizabeth Kelshaw, scheme manager at Juniper House. She went on to add that such an effort can go a long way in breaking the stereotypes attributed to the young by the elderly and vice versa.

According to Elizabeth, opening the party to guests other than just

residents of Juniper House also contributed to the success of the event.

After the performances, the youngsters handed out cookies and muffins they and their parents had made especially for the Christmas event and mingled with the older guests.

Mary Mahaffey, who attended the event, was very pleased with the efforts taken by the organisers to put together a wonderful afternoon; she said it was one of the best she had attended.

Moira Zacharias was especially pleased with the live singing performance which brought back fond memories for all present who sang along.

The ambience on the day was festive with seasonal decorations, serving of traditional food and Christmas goody bags being handed out to everyone.

For more information about activities at Juniper House, call 020 7641 5817 or 020 7641 7117.



PREENA UPPAL

It's my business

Mobile therapy

Shereen Jackson, a Queen's Park resident for the last five years, is glad to be working in the area.

She is a mobile therapist who has worked with private clients, charities and community projects. Shereen is happy to contribute towards the well-being of a community that helped her establish herself professionally.

Shereen completed her Amberley College I-Tech course in Holistic Massage, reflexology and Indian head massage, and an intensive course in ayurvedic massage from India.

Shereen (standing) works with private clients, charities and community projects.



PREENA UPPAL

In one of her initial ventures, she conducted therapy sessions at the Beethoven Centre in Queen's Park. 'That was a good way to introduce my business to people and a lot of people benefited from the venture as well,' she says.

In terms of working in Queen's Park, she finds the area family-friendly and lauds it for its healthy community spirit. She also feels that the support system the area affords, especially in terms of child care, is something that helped her establish her work successfully.

Shereen Jackson, Mobile Therapist
07773 763 981
shereen_jackson@hotmail.com



Greetings fellow residents!

I am pleased to write to you about issues that affect and concern each of us that lives in Queen's Park,

When it comes to accessing certain services, a trend has emerged where people are often fully informed of their rights and the things that they are entitled to. We as residents do indeed have the right to decent homes, decent jobs and a safe living environment, free from the fear of crime; however, I believe that with rights come responsibilities.

One example is health. Many of the services in Queen's Park are aimed at genuine empowerment of residents and include personal measures that individuals can take to prevent or alleviate health problems (e.g. smoking cessation support, advice from community dieticians, provision of affordable fruit and vegetables, to name a few).

I would like to see more examples of steps that individuals can take to make our community a better place. Whilst areas such as housing may not seem as personally manageable as health, there are ways that individuals can get involved in working towards affecting change (e.g. collective lobbying for more loft/garden extensions as one measure of addressing overcrowding).

We, as a community, are in a position to take more responsibility for what happens in our area and we do have a right to make our opinions, ideas and aspirations known. I recently heard a quote along the lines of: 'If people have the right to vote, they should use it; if they don't, then they can't complain about what politicians do'.

Aside from voting, there are many ways that residents can get involved with deciding what happens in their community. The Queen's Park Forum is one route; we have a number of themed action groups on the topics already mentioned and residents are an integral part of driving things forward. To get involved all you need is the passion to take some responsibility for the area in which you live.

The time has come for us to move forward from knowing our rights to doing our bit.

I look forward to hearing your thoughts. Please write to me:

*C/O the Queen's Park Neighbourhood Management Board
The Beethoven Centre
Third Avenue
London W10*

Yours faithfully,

*Angela Singhate
Chair of the Queen's Park
Neighbourhood Management Board*



PHILIP WOLMUTH

In brief

Queen's Park Health Fair

Come along to the Beethoven Centre on St Patrick's Day, 17 March, 3-8pm for a whole range of activities, information, food and fun around healthy living.

Flower Power

As the evenings grow longer and the sun slowly returns it is time to get your fingers green and get ready for the Queen's Park Front Garden Competition 2010. Judging will take place in June. Details to follow.

Women's Pampering

Treat yourself to beauty treatments and relaxation at affordable prices. Next session 10 March 5-8.30pm at the Beethoven Centre. All women are welcome. Free crèche is available.

Neighbourhood Leadership Awards

Congratulations to Avenues Youth worker Wayne Louis who was commended for his commitment and enthusiasm in setting up creative film and photography workshops with young people.

Amateur Theatre

If you are interested in community theatre we want to hear from you. Soho Theatre are starting a project in Paddington to work with women who live or work locally to explore their experience of life here, and stage it on the streets around Harrow Road. To find out more call 020 8964 8024.

Calling all young families

Fun fitness sessions for parents and children are running at Wilberforce Primary School on alternate Sundays throughout Feb and March with a Sports Day celebration on 28 March. Call 020 8964 8024 for more details.