

NEWS



In
this
issue:



Cook & Play -
Page 2
Learning
Journey
Books -
Page 3



Street
Dance -
Page 4
Youth
Club -
Page 5



IT Sessions
Page 6
Volunteer @
Old Oak -
Page 7



Under 2's
Funding -
Page 8
Friendship
Club -
Page 9

Training Opportunities @ Old Oak

Level 2 Childcare with Employability, Food Hygiene, English Language ESOL classes, Computer ECDL course

Want to learn a new skill? Gain a qualification? Develop your CV? We have lots of great courses running at the centre this Autumn.

Food Hygiene course in the New Year

This is a level 2 course and will run from January one day a week, for six weeks. On completion of the course you will get a recognised certificate lasting three years, essential for any role involving handling/preparation of food.

ECDL sessions

The European Computer Driving Licence is a widely recognised qualification which covers all areas of basic PC use and Word Processing. It is taught on an individual basis with personalised learning plans done at your own pace. Sessions run Tues to Fri 10am to 12pm at the centre, with new student registrations every Friday 11am-12pm. Crèche spaces are available if required.

ESOL classes

If you are a Hammersmith and Fulham resident free crèche places are available

for the course (subject to availability).

If English is your second language improve it with an ESOL course. It is available at two different levels, run by the Adult Learning and Skills Centre. The aim is to develop your speaking, listening, reading, writing and study skills.

ESOL for Autumn 2012 has now started and is fully booked. To put your name on the waiting list for January 2013 please call the Adult Community Learning Centre on **0845 839 7912** or pop into the centre for more details.

Level 2 Childcare course.

This 11 week Course is already taking place and enrolment is now closed. Those eligible were aged 19yrs or over, not in employment, full time education or training, who were currently receiving benefits and have lived in the UK for at least three years. A level 2 course, it covers some basic child development theory. Run by London Learning Consortium.



Do you have any ideas for future classes you want to see at the centre? If so please let us know, we value your ideas and feedback.

Do something proactive for you this Winter! Please contact the centre on **02087408008** for further information.

Diary Dates

- Table Top Sale – 10.00am - 2.00pm 10th November
- Parents Forum – Primary School Admissions 21st November 2012
- CDG meeting – 3rd December
- Disability Forum Xmas Lunch – 13th December
- Friendship Xmas Party – 17th December
- I Can Training – 26th January

Check out our website:
www.oldoakcentre.co.uk

There is always a lot of things happening at Old Oak Community & Children Centre, we work with the whole community providing a range of activities for children, young people and adults of all ages..

Children's Centre

Stay & Play

Stay and Play are fun sessions for families with young children under the age of 5 years.

During these sessions you and your children can enjoy painting, sticking, singing, sensory play, outdoor play, and many more new experiences! We use the Early Years Foundations Framework to support children's development and to help prepare children for pre-school.

The Aims of Stay and Play are:-

- For children to play and interact with other children
- For parents and carers to meet and socialise with each other
- For parents and carers to access information and guidance
- To prepare children for nursery or school



Cook & Play

Come and prepare a healthy meal with your child. A fun cooking and tasting session for under 5's which you can recreate at home.



There is a 50p charge per person to cover the costs of ingredients.

Check out our very tasty autumn menu!



Baby stay and play

Baby Stay and Play are fun sessions for new-borns to - 18 months only designed to encourage development. On Monday from 9.30 - 11.00 a.m.

Parent Feedback

Stay and Play feedback:

It's a 'lovely atmosphere for children to play in'. (August 2012)

The 'centre has given me time to bond with my children and get to see more of their own personalities'. (August 2012)

'I become more involved in the community and have made new friends'. (May 2012)

'The kids enjoy the singing, especially my youngest daughter'. (February 2012)

Cook and Play Feedback:

'My daughter ate rice, which she never does normally. So I'm very happy about that'. (February 2012)

'My Child finished his plate, enjoyed the challenge of sharing and cutting with other kids'. (February 2012)

Children's Centre Crèche

Here at the Old Oak Community & Children's Centre, we offer a free crèche that runs along side some of our adult classes.

This means you can leave your little one's to play and have fun whilst you enjoy our free adult classes such as:

**Women's Exercise • Adults It Classes • Sewing Classes • ESOL
Strengthening Families Strengthening Communities**

Before you can use the crèche, you must go through a "Settling in Process" where you and your child can get used to the centre, and so that staff can get to know your child. After 'Settling In', you need to book the crèche 2 days in advance to secure a place (subject to availability).

For more information, please talk to one of our Early Years Team at the Children's Centre.

Children's Centre

Antenatal Clinic & Breastfeeding Workshop

Antenatal Clinic: Designed to help expectant parents prepare for labour, birth and early parenthood. Get advice on diet and choices for labour and much more!

Breastfeeding: New mothers can have many questions and concerns about breastfeeding in the weeks leading up to and after birth. A free, friendly and informal session. A great way to get 1:1 support within a reassuring group.

Both sessions are run by Queen Charlotte Midwives. For more information and to book please call **0208 383 5185**. Places by appointment only.



Learning Journey Books

Do you want to know more about how your child learns through play? Do you want to know how you can support your child's learning at home? In our stay and play sessions we offer the opportunity for you as a parent/carer to make a learning journey book to document your child's interests and development over the period of time they attend. The early years team will give you help and information e.g. taking photos of our child at play and writing about your child's experiences. The early year's teacher also provides sessions to discuss further the learning involved and how to support that learning. Parents are children's first and most important teachers and we are here to support you.

Parents Forum

The Parent's Forum is the voice of the parents and provides parents with a chance to comment and make suggestions on groups, events and courses at the centre.



Baby Massage with Claire

Baby massage is beneficial for you and your baby, both physically and emotionally. Studies have shown how important touch is to your growing baby and that it is important for helping parents to build an understanding of the special person in their life.

Baby Massage is free and runs from November during Baby Stay and Play. 1:1 sessions (in the centre or at home) can also be booked.

Call the centre and ask Claire for more information.

Sensory Room

The Sensory Room is available for bookings for all parents/carers with children aged 0 to 5. Inspire your child to use particular senses such as touch, vision, sound, smell and taste.

For more information please contact an Early Years Worker in the children's centre.



Family Support

The Family Support team is dedicated to supporting parents who have children under 5. We help families on a 1:1 basis and focus on working in partnership with the parents to create a tailor-made support package, specific to individual needs.

If you feel you would benefit from receiving Family Support, or even if you want to ask a question, please contact Claire or Becca in the centre.

Upcoming Parents Forum:

21st November 2012 10am-12pm **Education** Get all your questions about applying for Nursery, Primary Schools and Child-minder places answered here.

13th February **Universal Credits**

Free Breakfast Provided. Crèche available - book in advance.

After School

Margaret Dance Academy

Margaret Dance Academy has been based at Old Oak now for 17 years. Here they teach Ballet and Tap for Children from the age of 3yrs upwards. The children can be entered into the Imperial Society of Teachers of Dance Tap Exams, The Royal Academy of Ballet Exams and the Margaret Dance Academy Class Exams.



Sessions run on a Thursday afternoon, visit www.margaretdanceacademy.co.uk or contact 020 8740 0727.

Street Dance

These classes are designed to teach young people how to dance and express themselves through movement and dance. The students are given the opportunity to showcase their individual talent through dance: they have the option of performing at the end of term. Classes every Wednesday (term time only)



Beginners (ages 6+) 4-5pm/General (ages 11+): 5-6pm – Cost: £1 per session. For more information please contact scariofunk@hotmail.co.uk or call us on **07961 585 136**

Doorstep Library

The Doorstep Library is a charity project that visits homes on Old Oak Estate every Monday during term time. A pair of volunteers visit your home with a selection of children's books, to read to children up to the age of 11.

This is a free service which takes place on the doorstep.

If you would like more information please contact the Project Manager, Katie Bareham on **020 8870 1476** or email info@doorsteplibrary.org.uk



New funding for after school activities

Lydia, Alan and Joe run the after school activities.

We have been lucky to attract further funding to extend our after school programs.



Lydia



Joe



Alan

Homework Club & IT

Every Tuesday 4.00pm – 5.30pm (5-12 years)

In addition to the existing IT Program your child can also have support with their homework and use our facilities to help complete homework.



Cooking Club - Healthy Eating

Every Wednesday 4.00pm – 5.30pm (5-12 years)

Healthy Eating will now run every Wednesday from 4.00 - 5.30pm. Lydia and Joe will continue teach cooking skills and living healthy lifestyles.



Lets Create/Art Attack

Every Thursday 4.00pm – 5.30pm (5-12 years)

Lets Create Arts & Crafts will continue to run every Thursday in the Children's Centre.

For more information or to register your child for our after school activities program please contact the Centre.

Young People

Youth Club



The ever popular Youth Club is still taking place this autumn. Young people can try out boxing, healthy eating with cooking sessions, regular art sessions and much more.

Summer Holidays

The summer holiday programme had workshops on sexual health, crime and antisocial behaviour and an ex cons workshop. Young people also went to events such as motocross, go karting, snowboarding and laser tag.

Monday - 7.45pm - 10.00pm,
Tuesday - 6.30pm - 9.30pm,
Friday - 6.30pm - 10pm. Mixed gender generic sessions for all young people. Aged 13 - 21 years.



Junior Club

New to Old Oak Community Centre is the Junior Youth Club for young people aged 8-12years. The club is growing in popularity with links being made with the local schools.

Harrow Youth Club is a continuing success enabling young people to learn new skills, engage with new activities and socialise.

October Half Term Age 11-16 Art and Fashion Programme

Over October school half term young people aged 11-19 years old (up to 25 for young people with learning difficulties or disabilities) attended a wide variety of exciting, challenging and positive activities in visual arts and fashion at Old Oak Community Centre, all week between 3.30-6pm. For future information visit www.ibhf.gov.uk/youthlife

- Activities included:**
- Face Painting
 - Food Art – (Yummy, Yummy!)
 - Special Effects for beginners (Get ready to be transformed!)
 - Hair braiding for fun
 - Nail Art for Beginners
 - Catwalk Make-up – (Runway!)



Football

The football sessions help youngsters to improve the fundamental movements, listening, social and basic football skills. The sessions are a great way to improve your playing ability, meet new friends and to keep fit. If you would like to come and join the fun then please drop by on the following days and register.

Tuesday: 16yrs+ 5.00pm - 7.00pm (£1.50 per session)

13yrs + 7.00pm - 9.00pm (Youth Club Members)

Wednesday: 7-13 yrs - 4.30pm - 6.00pm (£1.00 per session)

Friday: 13 yrs + 7.00pm - 9.00pm (Youth Club Members)



Bike Club

During August a Bike Club coordinated by Staying First and funded by Hammersmith and Fulham ran here at the centre. We had ten local residents which included 5 members of the youth group attend.

Over 4 sessions totalling 12 hours the group learnt bike maintenance and cycle safety. With regular weekly escorted bike rides.

All who attended the fun informative sessions with Bikeworks Trainers cycled away at the end of the programme with a free recycled bicycle. Built their own confidence and learnt skills for life!

Some of the feedback included:

"They do not just show you how to fix the bike they make you try to fix it too - I learnt how to repair a puncture and enjoyed the cycling around wormwood scrubs".

"I couldn't ride at all and built the confidence in an hour - I can not believe my progress- it is so liberating - this has given me a goal to get fitter"

"I have learnt some valuable bike maintenance skills and have improved the way I ride my bike - I can now repair a puncture and check brake pads, cables and the chain for wear"

For more information Contact Rose Hircock **0208 996 8820**.

Free Adults Activities

IT sessions

Tuesday, Wednesday, Thursday
& Friday: 10.00am – 12.00pm



Narendra

Narendra has great experience in adult ICT and really understands where everyone is starting from. Through the European Computer Driving License (ECDL) each student has their

own personal learning plan and are assessed throughout the course.

You can also get help with such tasks as producing CV's, filling in application forms, job searching online and help with refresher courses to update skills.

- Wednesday & Friday classes have a free crèche (please book in term time only).



The seven ECDL Units are:

Security for IT Users	IT User Fundamentals	Using e-mail and the Internet	
Word Processing	Spreadsheet Software	Database Software	Presentation Software

Strengthening Families Strengthening Communities

Strengthening Families Strengthening Communities is a 13 week parenting programme for parents who have children between the ages of 3 – 18 years of age.

The programme allows parents to explore a range of different topics such as children's behaviour, culture, community and violence.

The **Strengthening Families Strengthening Communities** course to support parents to:

- Build positive parent-child relationships
- Encourage strong ethnic and cultural roots in their children
- Provide their child with a range of life skills, self esteem and self discipline.
- Ensure parents and their children stay safe and become an active member of their community
- Give parents a chance to think about their own experiences, and how their own culture and family background has shaped their parenting style.

This group has already started on Tuesday 18th September 12.15-3pm at Old Oak Children's Centre.

- If you would like more information about future programmes please contact Ushma Bal on **020 7605 0190**.

Sewing Friday (10am-12pm)

Come from beginner to advance for our free sewing classes with our experience teacher Jennifer. A great place to socialise. You can bring in your own clothes to alter, or make something new. *Free Crèche available, 2 day advance booking needed.*



My Time Health



Hannah Coleman

Hannah Coleman is the health trainer and smoking cessation officer based at White City and attends the Old Oak Centre every Wednesday morning. Hannah provides practical support to improve health on a one to one basis.

These sessions are free and open to everyone.

Diet: Support on simple changes to your diet that really can make a difference to your overall health.

Exercise: Help you access free or low-cost fun activities available within the borough.

Smoking Cessation: Provide one to one advice, support and encouragement along with the option of having Nicotine replacement therapy (patches, gum etc) as well as Champix on prescription. Once you stop taking the 4000 toxins found in cigarettes your body can begin to repair the damage done by smoking. In just 24 hours your lungs will start to clear and in 5 years your risk of a heart attack will fall by half.

Emotional Wellbeing: Support and advice on the small changes you need to make for yourself in order to feel better as life can seem difficult from time to time.

If you would like to make an appointment with Hannah please call **07921 060 299**.



Womens exercise - African dance

This sessions is free, great fun and keeps you fit!

Wednesday: 10.00am - 11.00am. Free crèche- must be pre-booked. African Dance.

Wear loose and comfortable clothing and appropriate footwear for the classes.

The Work Club

If you are thinking about returning to work, or are looking for work and would like some support with searching and applying for jobs we can help.

Work club is a weekly session run at the centre, offering support for those seeking employment. This session offers access to computers for online searches and applications, 1:1 support with writing a CV, covering letter, completing a job application or practical advice around interview skills.

Please contact Rebecca for more information, call **0208 740 8008**.

Volunteer @ Old Oak!

Volunteering is a great way to build your confidence, increase your knowledge, develop your skills and improve your CV as well as giving some time back and to help others.

We currently have some volunteer opportunities available at the Centre, to help local people to add something new to their CVs and support staff with the running of our busy centre. We are looking for volunteers to make a regular commitment of 2-4 hrs per week, for a minimum of 3 months. For parents with young children it may be possible to arrange this with crèche provision. We are looking for suitable candidates for the following roles:

- Reception Support Volunteer
- New Families and Outreach Volunteer
- IT support Volunteer
- Events Volunteer

All posts are subject to a clear CRB disclosure. Once this has been received by HR a volunteer will be able to start the post. Once posts are filled names of interested parties will be placed on a waiting list. If you would like to discuss these opportunities and for further information please contact Rebecca or Jackie on **0208 740 8008**.

Employment Team

The Employment Team aims to provide free access to employment, training and business start up opportunities to Family Mosaic customers aged 16 and over.

We can help you into work and will:

- Provide motivational one-to-one support
- Assist with creating a winning CV
- Refer you to our job brokerage team who negotiate vacancies with a variety of organisations just for our customers
- Access a wide range of free accredited training courses
- Discuss career paths and options
- Arrange practice interviews

For further information or to register you can contact the Employment Team at:
Email: **p2w@familymosaic.co.uk** or Phone: **0207 089 1345**

jobcentreplus

We work in partnership with Jobcentre plus. Our named **LONE PARENT ADVISOR** is Paulette Myrie at Shepherds Bush Job Centre Plus, **0208 210 8713**. If you have any questions or would like support to contact her please speak to a member of staff.

Jobcentre plus has a range of support and money available to support parents who are returning to work, including help with the cost of child care for interviews and one off job grants. For more information about the support available please speak to a member of staff, or book an appointment with an advisor at your local Job Centre plus.

Nucleus

Wednesday
(fortnightly)
2.00pm - 4.00pm



**Legal Advice Centre.
Free, impartial,
confidential advice!**

Do you need help with housing, debts, welfare benefits, and tax credits advice? Aida from Nucleus comes to the Old Oak Centre Wednesday (fortnightly).



Aida

To book an appointment, please contact the centre.

Changes are coming in March 2013 ...

Universal Credit and the new Housing Benefit Cap will be taking effect next year. If you are worried about how this might effect your housing or income please contact a member of the Family Support Team for advice.

employment team

Other Organisations

WISHES Programme

What is your wish or goal for the future? Where do you see yourself in three years time once the children are in school? Do you know what you would like to do or how to get there? Maybe Wishes can help.

WISHES is a 1:1 mentoring project, offering longer term support to parents whose ultimate goal of employment is still further away. Wishes parents may have few or no qualifications, training or relevant experience. They may have an idea of what they would like to do or they might just not know where to start. A Wishes mentor works 1:1 with parents to work out what their goal is and helps them create a plan of how to overcome the barriers to achieve that goal.

So far we have supported parents to apply for and enrol on courses, from Basic Skills to College places. We have helped parents find out more about available childcare options and look at translating existing qualifications. If you would like to know more please contact Rebecca or Claire on **0208 740 8008**.



Friendship Club - Over 50s

Monday 1.00pm - 4.00pm

A friendly group who meet on Monday afternoons and enjoy food, drink and nice music. The meal cost a very reasonable £2, with a variety of activities including bingo, rent a book from the library, catching up with the latest news or just enjoy the company of others, with the occasional guest speakers. The group also organises fun trips out and activities, such as a trip to Blackpool! Come along to a session to find out more.

The Friendship Xmas Party will take place on the 17th December 2012.

Bingo

**Wednesday
7.00pm - 9.00pm**

A great way of getting out, mingling in with other residents and enjoying a cup of tea, have fun and win a prize.



The 2yr Old Offer

One thing we are able to do for Wishes parents and other parents accessing the centre is to access the 2 year old offer spaces. There are a limited number of free Early Years places available for 2 year olds living in the borough, to enhance a child's learning opportunities and support low income families. These must be applied for through a children's centre, please do not contact setting directly. Applications can be made before a child turns two and if given a space the offer ends when the child is eligible for an Early Years education space at 3 yrs.

To be eligible a family must live in the borough and be in receipt of a qualifying benefit (Income support, Job Seekers Allowance, Working tax credits relating to disability, Pension credits, or higher rate Child Tax Credit). Or meet a range of additional eligibility criteria for both parent and child, making them a more vulnerable family.

If you think you might be eligible and feel you and your child may benefit from a 2yr childcare space please contact Rebecca or Claire at the centre, **0208 740 8008**.

Councillors Surgery

Making contact with your local councillors for College Park and Old Oak Ward.

Councillor Elaine Chumnerly & Councillor Wesley Harcourt.

You can also meet with your local councillors at Old Oak Community & Children's Centre on the 2nd Saturday of each month between 11.00 am- 12.00 pm. The surgeries are informal open sessions. Come along to meet your councillors and raise your issues and concerns.



Elaine Chumnerly



Wesley Harcourt

Pilates – Agewell

Tuesday 12:30pm - 13.30pm



Aimed at anyone over 50, Pilates will help you to rediscover your balance, aid mobility and strengthen your muscles. It is entirely safe and recommended not just for general body condition, but also for those with any rehabilitation needs. Plus, it's fun!

Fees: £25 (borough residents), £15 (concessions), £35 (out-of-borough).

Running from 18th September for 12 weeks.

For enquires please call the Agewell Officer, Christine Blake, on **07903 048 790** or the information line on 0845 839 791.

Other Organisations



Acorn Pre-School

Ofsted registered. Open 9.30am-3pm (term time only)

The children have access to a large classroom, which has a wide selection of equipment. There is also a separate quiet room, which has a range of books, including dual language. There is a safe, enclosed outside area, with lots of fun equipment.

The setting and staff can support children of all needs and abilities. There are fully qualified members of staff, each has an NVQ 2 or 3 in Early Years Childcare and Education, all are first aid trained.

The staff are extremely friendly and provide a welcoming environment for children, parents and carers.

Please contact the Nursery directly on **0208 811 1431** for further information.



In July 2012 members of Old Oak staff raised £460 by walking jogging or running either 5 or 10 k round the Scrubs for the Cancer Research UK Race For Life. A fantastic effort to those who ran!



Pink Thursday at Old Oak

On Thursday 26th October 2012 the Old Oak Centre had a cake sale to raise funds for Breast Cancer Care. Staff, Stay & Play, Cooking Club, and the community donated cakes for the event. A fantastic turn out with just under £250 being made on the day.

New Staff

Eleanor Harrington

Eleanor Harrington is the new centre administrator taking over from the much missed Parveen. Eleanor (known as Elly) will spend most of her time at reception and is here and happy to help you!



Family Fun Day

Our annual Family Fun Day in July 2012 was a resounding success. Over 350 people from the local Old Oak community attended for fun, games and performances. Over £120 was raised from fabulous food - with all proceeds going to the Children's Centre.



The Volunteer Police Cadets

For ages 14 and 18 the VPC is an exciting way to meet wonderful people and pick up valuable skills all while having a great time.

Roles include assisting the local Safer Neighbourhood Teams Stewarding for local and high profile events.

Cadets go on visits to different units in the police service. They can also undertake training which will encourage positive leadership within communities. Gain qualifications including your Duke of Edinburgh Award from bronze to gold level, first aid training, cycle safety, RYA qualification and BTEC National Diploma in Public Services.

Want to know more?

You can find out more about the cadets by visiting www.met.police.uk/cadets

Getting involved

If you would like to get involved in our services please give us a call on 020 8740 8008 or contact Jackie at jackie.feeney@familymosaic.co.uk. We will ask you to register with the Centre by completing a simple form with your details. We will then help you get involved in the services or groups you are interested in joining.

In addition to the services we provide you may wish to get involved in some of Groups that have developed at our Centre. They provide a useful forum for feedback to the Centre and help us to shape and prioritise our services, provide a forum for discussing common issues, training, advice, support and much more.



Board of Management – Old Oak residents and tenants may wish to get involved in the governance of both the community and children’s centre and housing estate. There are several avenues for joining when vacancies arise, by selection, election or nomination from Old Oak Tenants and Residents Association.

Community Development Group – oversees the running of the Centre as an advisory group to the Old Oak Housing Association board of management. The group is made up of Local Authority members including Ward Councillors, Old Oak Board Members, and delivery partners such as local schools, and service users with an emphasis on parents. The group reviews data and feedback to help us to shape the services we provide, develop our policies and procedures for Board approval and monitors our plans and service level agreements.



Parents Forum – provides a regular get together for parents to discuss common issues and share problems, whilst engaging training services, advice and support, and providing feedback to the centre. Your views are important to us and this is a great forum for having your say and helping us to provide the best possible services with the resources we have available.



Friendship Forum – volunteers run this service for over 50’s. They meet weekly on a Monday and enjoy lunches, bingo, book clubs, trips and other social activities.



Youth Forum – provides young people with a “voice” that is listened to by decision makers about the issues and services that affect them both within the centre and the borough as a whole. The forum works in close partnership with Hammersmith and Fulham and their Youth services.



Disability & Carers Forum – provides a discussion, support and feedback group helping to access welfare benefits advice, specialist services and training as well as a popular social event with regular speakers on various topics.

Weekly timetable October - December 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30-12:30: 1Yr Development Check Last Monday of Every Month 29 Oct, 26 Nov.</p> <p>9:30-11:00: Baby Stay & Play Fun activities for newborn - 18mths designed to encourage development</p> <p>9:30-11:00: Boost Advice Breast & bottle feeding, pregnancy & postnatal diet 17 Sept, 1 Oct, 15 Oct</p> <p>09:30-15:00: Introduction to Childcare Level 2 Contact centre for more details. From 8 Oct. Enrol on 1 Oct.</p> <p>11:30-13:30: Cook & Play Prepare healthy meals with your child (50p)</p> <p>12:00-13:00: Toddler Boost (2-4yrs) Healthy eating, physical activity and behaviour. Runs during Cook & Play. From 10 Sept</p> <p>13:00-16:00: Friendship Club (Over 60s) Lunch, bingo & raffle £2.50</p> <p>16:00-18:30: Doorstep Library Read to children up to 11yrs on your doorstep.</p> <p>19:45-22:00: Youth Club 13-21yrs old run by Harrow Club</p>	<p>9:30-11:30: Stay & Play Fun session for under 5's including singing.</p> <p>10:00-11:00: Speech & Language Advice Drop-in during Stay & Play.</p> <p>10:00-12:00: Adults IT Free computer classes for all abilities</p> <p>10:00-12:00: Community Breastfeeding Workshop Bookings made via Queen Charlotte's hospital.</p> <p>12:30-13:30: Pilates for over 50's run by Agewell - To enrol call 0845 8397912</p> <p>12:15-15:00: Strengthening Family Strengthening Communities* Parenting course for parents of children up to 18 years. Call to book. From 18 Sept to 18 Dec.</p> <p>16:00-17:30: Homework Club For young people aged 5-12yrs run by Lydia, Joe and Alan</p> <p>17:00-19:00: Football with Damien 16yrs+ £1.50</p> <p>18:30-21:45: Youth Club for 13-21yrs old run by Harrow Club</p> <p>19:00-21:00: Football with Damien for youth club members only</p>	<p>10:00-11:00: Women's Exercise* African Dance. Runs until 14 Nov</p> <p>10:00-12:00: My Time Active Hannah can support you with diet, exercise, quit smoking & wellbeing (free)</p> <p>10:00-12:00: Adults IT* Free computer classes for all abilities</p> <p>10:00-12:00: Transition Session* for parents who's child is moving to pre-school. 3 week course 28 Nov, 5 Dec 12 Dec</p> <p>13:30-15:30: Stay & Play Fun session for under 5's including singing & storytime</p> <p>14:00-16:00: Nucleus Free legal/financial advice. Booked appointments only. 31 Oct, 14 Nov, 28 Nov, 12 Dec.</p> <p>16:00-17:30: Cooking Club for young people aged 5-12yrs run by Lydia and Joe</p> <p>16:00-17:00: Streetdance 6yrs+ £1.00 per session - Run by Lucy</p> <p>16:30-18:00: Football with Damien (7-13yrs) £1.00 per session</p> <p>17:00-18:00: Streetdance 6yrs+ £1.00 per session</p> <p>18:30-20:30: Weightwatchers Get support in reaching goals 18yrs+</p> <p>18:30-21:00: Bingo Run by Edna - Over 50's</p>	<p>9:30-11:00: Stay & Play Fun session for under 5's including active play</p> <p>10:00-11:00: Health Visitors Drop-in advice during Stay & Play 18 Oct, 1 Nov, 15 Nov, 29 Nov, 13 Dec</p> <p>10:00-11:00: Speech & Language Advice Monthly drop in during Stay & Play.</p> <p>11:00-11:30: Outdoor Active Play for under 5's outdoor fun</p> <p>10:00-12:30: Antenatal Clinic bookings made via Queen Charlotte's hospital. Starts 11 Sept</p> <p>10:00-12:00: Adults IT Free computer classes for all abilities</p> <p>13:00-15:00: Esol English* classes run by Adult Education. Ring the centre to register</p> <p>13:00-15:00: Work Club* Helping you get back into work</p> <p>13:00-15:00: Learning Journey Workshop* Book with Myrtle</p> <p>16:00-17:30: Let's Create aged 5-12yrs run by Lydia and Joe</p> <p>16:15-20:00: Margaret's Tap & Ballet 3yrs+ For more information please call 020 8740 0727</p> <p>20:15-21:15: Meditation Class Reflective meditation class for adults. £3 per class.</p>	<p>10:00-12:00: Sewing Class* Learn to sew with Jennifer in this relaxed class</p> <p>10:00-12:00: Esol* English classes run by Adult Education. Ring the centre to register</p> <p>10:00-12:00: Adults IT Free computer classes for all abilities.</p> <p>11:00: New Students Registration & Assessments</p> <p>15:30-18:30: Junior Youth Club For 8-12 yrs old run by the Harrow Club</p> <p>18:30-22:00: Youth Club for 13-21yrs old run by Harrow Club</p> <p>19:00-21:00: Football with Damien for youth club members only</p>
<p>Old Oak Community & Children's Centre, 76 Braybrook Street, W12 0AP 020 8740 8008 www.oldoakcentre.co.uk oldoakcentre@familymosaic.co.uk</p>				
<p>* Free Crèche is provided but needs to be prebooked 2 days in advance. Call centre to book or for more info.</p>				
<p>WISHES 1:1 Mentoring for parents looking for a job. Contact Rebecca at Centre for more info.</p>				
<p>INTERACTIVE STORYTIME New Activity during Stay & Play - run with Speech and Language Team. Fun story-time to encourage children's language development Wed 31 Oct 13:30-15:30 Tues 20 Nov 10:00-11:30 Tues 4 Dec 10:00-11:30</p>				
<p>PARENTS FORUM* Primary Schools Admissions 21 Nov Universal Credit 13th February</p> <p>SENSORY ROOM Book with the Early Years Team</p> <p>FAMILY SUPPORT Individual 1:1 support for parents of children 0-5. Ask for Becky or Claire at the centre.</p> <p>COUNCILLOR SURGERY Second Saturday of each month 11-12pm: 10 Nov, 15 Dec</p>				

Old Oak Community & Children's Centre



Old Oak Community & Children's Centre

76 Braybrook Street

London W12 0AP

Phone: 020 8740 8008

Website: www.oldoakcentre.co.uk

E-mail: oldoakcentre@familymosaic.co.uk

Opening Hours

Monday to Friday – 8.00am - 6.00pm

Bus: 283, 72, 70, 228, 7, 272, 260

Tube: Central line to East Acton Station

Disability Details

Arrival: Limited parking available

Entrance: A ramp exists at front and back entrance

Internal: Level access throughout building

Facilities: Wheelchair toilet facilities,
Guide dogs welcome, Loop system

Staff

Jackie Feeny

Centre Manager

Rebecca Willett

Senior Family Support
Outreach Worker

Myrtle Nixon

Early Years Teacher

Chantel Gordon

Early Years Worker

Muna Haji

Early Years Worker

Claire Duffy

Family Support
Outreach Worker

Eleanor Harrington

Centre Administrator

Narendra Valand

Adult IT Tutor

Joseph Gandaa

Play Worker

Lydia Gandaa

Play Worker

Alan Smith

Young People's IT Tutor



Halls for hire

Old Oak Community Centre has 2 halls available for hire by the hour.

Large Hall - capable of seating up to 100 people

Small Hall - capable of seating 40 people

Renovated, security system, full use of the kitchen facilities, disabled access to all areas, tables and chairs provided.

Translations

This document gives information about housing news, events and local information. If you need any part of this information in large print, Braille, on CD or explained in your own language please contact us on the number below **020 8743 5486**.

Somali

Dokumentigan wuxuu ku saabsan yahay warka cusub oo guriyo, dhacdooyin iyo gobol ah. Haddaad u baahan tahay warkan afkaaga-hooyo, afka loogu talagalay dadka aan arki karaan – afka faraha ama CD-ga ama ajeladda rekorka nala xirir. Namberkan isticmaal.

Farsi

این نوشتار اطلاعاتی درباره اخبار، رویدادهای مسکن و اطلاعات محلی در اختیارتان قرار می دهد. اگر مایل به داشتن هر بخش از این اطلاعات به صورت چاپ شده با حروف بزرگ، خط بریل، روی CD، نوار صوتی و یا توضیح داده شده به زبان خودتان هستید، لطفاً با استفاده از شماره تلفن زیر با ما تماس بگیرید.

Arabic

تمتلك هذه الوثيقة بالمعلومات اللازمة عن أخبار الإسكان والأحداث والأخبار المحلية. إذا كنت ترغب في الحصول على أي جزء من هذه المعلومات مطبوعاً بأحرف كبيرة أو بطريقة برايل أو مسجلاً على اسطوانة مدمجة أو شريط صوتي أو مشروحاً باللغة التي تتحدثها، يرجى الاتصال بنا على الرقم الموضح أدناه.