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## Welcome to your first edition of the Old Oak Community & Children's Centre Newsletter

**We welcome readers to the centre's first edition newsletter as asked for by you our residents of Old Oak.**

The centres own newsletter will bring you a variety of information and events happening in the community and how you can get the most out of the centre.

This newsletters sister paper by Old

Oak Housing Association will continue and will focus on information directed by you, the readers.

Since the centres refurbishment was completed in May last year we have seen over 10,000 people come through our doors. The centre has been developing and expanding its programme of activities with some of the activities you wanted us to keep and new additions in areas such as



*Parents who undertook Triple P Parenting Programme*

health, education and employment, training and leisure activities.

We aim to have something of interest for all of you at the centre and we welcome your ideas and suggestions on new activities, ways we can improve or anything you have to say about our centre.

We hope you enjoy reading your newsletter and find the information useful. You can find our contact details on the back page of this newsletter.



*Chloe, Lucy, Kezia and Tammy at the Easter Camp*

### Easter Camp

**Old Oak's Easter camp proved a huge success with the children of Old Oak. Over 30 children attended and took part in a wide range of activities. We are applying for funding to run a camp in the summer so watch this space to make sure you book a place.**



## General News

# Old Oak centre gets awarded Children's Centre status

**Some of you may be aware that Old Oak Centre has recently been awarded children's centre status, this has brought much needed funding into the centre to provide activities for parents and children under 5.**

Old Oak centre is one of six, phase 2 Children's centres in the borough and provides support services for families with children under the age of 5. This includes health, family support and fun educational play opportunities for children and advice for jobs and training for

parents and carers.

This is an exciting time for the development of children's centres. The new facilities aim to boost the range of educational and support services for the community and act as a fully integrated one-stop shop for children and their families. Old Oak Community and Children's Centre will always sign post you to other services if we are unable to provide you with a particular service. For a full timetable of activities please see page 4 and 5.

## Parents forum What's your view?

**To all parents/carers with children under 5 years of age**

Would you like to help shape the services at Old Oak Community & Children's Centre for you and your children?

One way you can support each other and the centre and make new friends is to join our Under 5's parents forum.

If you would like to be involved then please come along to our parent/carer forum - free crèche provided.

For more information please contact Hannah Parks on **020 8740 8008**



## Compost Bins

Hammersmith & Fulham no longer offer green garden waste collection service. However they are promoting home composting and have thousands of compost bins for a small charge or for free to encourage residents to take up the composting habit. For further information on how to purchase a compost bin call: **020 8753 1100**.

## Pregnant or have children under four? Have you heard about Healthy Start?

**With Healthy Start you can get free vouchers every week which you swap for milk, fresh fruit, fresh vegetables and infant formula milk.**

You can also get free vitamins. You can use your vouchers in any shop that's taking part in the Healthy Start scheme. Look out for the Healthy Start stickers in shop windows. Healthy Start shops include greengrocers, milkmen, market stalls, chemists, corner shops and food co-ops as well as supermarkets.

You could qualify if you're on benefits or you're pregnant and under 18. If you'd like to find out more, ask your midwife or health visitor. You can also call **08701 555 455** for a leaflet and application form

# Health and lifestyle



Hannah Coleman

Hannah Coleman is our health trainer and smoking cessation officer based at White City

## Health Centre.

Hannah provides local people motivation and practical support to improve their health on a one to one basis.

**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:** 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 **07826 894 911**. Hannah is also able to do home visits for those who have mobility issues.

## Women's only exercise Classes

Marlena Harris runs our women's only exercise classes every **Mondays and Wednesdays (term time)** here at the centre. These classes are designed to be fun, enjoyable and very effective. Marlena can provide you with a great workout to burn calories increase the heart rate and strengthen and tone your muscles.

Look after yourself; eat and exercise for good health should be all that's needed to ensure your life is full of

energy and vitality. This will in turn help with weight control, fight infection, ward off diseases and achieve strength and stamina in later years. So, come and meet new people, have fun and keep fit for life.

All classes are free, all you have to do is turn up making sure you wear loose comfortable clothing and appropriate footwear

**Monday: 18.30 - 19.30**

**Wednesday: 10.30 - 11.30**



Marlena Harris

Please note: Wednesday's classes are provided with a free crèche which must be pre-booked on Monday.

## Weightwatchers comes to the Centre

Weightwatchers have a new meeting point here at the Old Oak Centre which started in April. At the meetings you'll learn everything you need to about how to lose weight and keeping it off. Get important information from the week's weight loss topic and a confidential weigh-in each week to keep you on track. Meetings are an opportunity to get expert advice, share helpful information - or just listen and gain support. It's an hour out of your week, and it's worth it. If you're interested weightwatchers are here every Wednesday evenings from 19.00 – 20.15.

# Old Oak Community & Children

	Activities	Time	Information
<b>Monday</b>	<b>Acorn Pre-School - OFSTED registered</b>	9.30 - 15.00	2 - 5's yrs - Please call: 020 8811 1431 for more information
	<b>Triple P – Parenting Programme</b>	9.30 - 11.30	7 week course with FREE Crèche (Starts April – Fully Booked)
	<b>3c's - Chill, Chat &amp; Coffee (Monthly)</b>	9.30 - 11.15	Coffee mornings – free crèche provided. Starting 28th June - then last Monday of each month
	<b>Keep fit for over 50's</b>	10.30 - 11.30	Gentle exercise by LBHF Agewell
	<b>Music House for Children</b>	11.30 - 12.15	Fun music sessions for under 5's
	<b>Bump2Baby</b>	13.00 - 15.00	Advice and information for Mum's & Dads under 21 yrs.
	<b>Women's Only Exercise</b>	18.30 -19.30	Free style fitness class
<b>Tuesday</b>	<b>Acorn Pre-School - OFSTED registered</b>	9.30 - 15.00	2 - 5's yrs - Please call: 020 8811 1431 for more information
	<b>Stay &amp; Play</b>	9.30 - 11.30	Fun Play Sessions for families with young children (under 5's)
	<b>Family Learning through play</b>	9.30 - 11.30	5 week course - Literacy & Numeracy FREE Crèche (Starts April)
	<b>IT - Word Processing</b>	10.00 - 12.00	Computer training for adults
	<b>Toy Library (Members Only)</b>	13.00 - 15.00	High quality toys & equipment from birth – 5 yrs
	<b>IT for Young people</b>	16.00 - 18.00	Fun & creative IT learning (6-7 years) 2 sessions – 4 - 5 & 5 - 6pm
	<b>Lets Create</b>	16.00 - 17.30	Junior creative gardening club (5 - 12 years)
	<b>Youth Club</b>	18.30 - 21.45	Youth activities (14 years +)
<b>Wednesday</b>	<b>Acorn Pre-School - OFSTED registered</b>	9.30 - 15.00	2 - 5's yrs - Please call: 020 8811 1431 for more information
	<b>IT Training (Drop in session)</b>	10.00 -12.00	FREE Crèche - to be pre-booked on Monday
	<b>Women's Only exercise</b>	10.30 - 11.30	FREE Crèche - to be pre-booked on Monday
	<b>Toddler Boost (Parents &amp; Children)</b>	11.00 - 11.30	Fun active play & learning about healthy eating (2-4 yrs) ( May for 5 weeks)
	<b>Nucleus Advice (Appointment Only)</b>	14.00 -17.00	Help with housing, welfare benefits, debt & immigration
	<b>Herbal Haven</b>	15.30 - 17.30	Make everyday products using herbs – All Ages (28th April for 5 weeks)
	<b>Art Attack</b>	16.30 - 17.30	Arts & Craft (5-8 years)
	<b>IT - Young people</b>	16.00 - 17.30	Music making, design, websites (8-10 yrs)
	<b>Connexions PA</b>	15.00 - 17.00	Advice for young people up to 19yrs (Drop In)
	<b>In2Work (Drop in)</b>	13.00 - 15.30	Help with finding work, training courses, Help with CV
	<b>Weight Watchers</b>	19.00 - 20.15	Call 0845 602 7076 (Over 18's)
<b>Bingo Club</b>	19.00 - 21.00	Great fun and prizes for everyone	

# Women's Centre Weekly Timetable

	Activities	Time	Information
<b>Thursday</b>	<b>Acorn Pre-School - OFSTED registered</b>	9.30 - 15.00	2 - 5's yrs - Please call: 020 8811 1431 for more information
	<b>Stay &amp; Play</b>	9.30 - 11.00	Fun Play Sessions for families with young children (under 5's)
	<b>Active outdoor Play</b>	11.00 - 11.30	Fun sport games for children, parents and carers (Under 5's)
	<b>Community Midwives</b>	10.00 - 12.30	Please contact: 020 8383 5183 for more Information
	<b>IT Training</b>	10.00 -12.00	Computer drop in for all levels
	<b>Job Centre Plus (Coming Soon)</b>	10.00 - 14.00	Job hunting and career information & Benefit checks
	<b>Baby Boost</b>	11.00 - 11.30	From pregnancy – 2 yrs old (Starts May for 6 weeks)
	<b>Childminder Drop-In</b>	13.00 - 15.00	Sandra McCarty – childminding network co-ordinator
	<b>Junior Art Attack</b>	16.00 - 17.30	Arts & crafts (5 -13 yrs olds)
	<b>Young People IT</b>	16.00 - 17.30	Music making and website design (11-13 yrs)
	<b>Margaret's Dance Academy</b>	16.15 - 20.15	Ballet, tap and modern dance Call: 020 8740 0727
<b>Friday</b>	<b>Acorn Pre-School - OFSTED registered</b>	9.30 - 15.00	2 - 5's yrs - Please call: 020 8811 1431 for more information
	<b>Sewing Class - Hand &amp; Machine</b>	10.00 -12.00	FREE Crèche (pre - booked on Wednesday)
	<b>ECDL Word &amp; Typing Skills</b>	10.00 -12.00	Accredited computer training FREE Crèche (pre- booked on Wednesday)
	<b>Youth Club</b>	18.30 - 21.45	Youth activities 14+



## Diversity Week Programme Tuesday 1st - Friday 4th June 2010

### Tuesday 1st June

- 9.30am - 11.30am **Stay & Play (Under 5's)**
- 1.00pm - 2.30pm **Salsa (Intro) (All Ages)**
- 2.30pm - 3.00pm **African Dancing (Intro) (All Ages)**

### Wednesday 2nd June

- 9.30am - 11.00pm **Threading (16+)**
- 11.00am - 12.30pm **Henna (All Ages)**
- 1.00pm - 3.00pm **Indian Head Massage (All Ages)**
- 1.00pm - 3.00pm **Futsal (All ages)**
- 6.00pm – 8.00pm **Traditional Fish & Chips Night - Bingo**

### Thursday 3rd June

- 9.30am - 11.30am **Stay & Play (Under 5's)**

### Friday 4th June

- 9.30am - 12.30am **Lyric Theatre Dance Workshop (World Dance) (5-16yrs)**
- 9.30am - 12.30am **Football (5-16yrs)**
- 1.00pm - 3.00pm **Face Painting**
- 1.00pm - 3.00pm **Art Club (5-16yrs)**
- 3.00pm - 4.30pm **Video Presentation (Everyone)**

Places are limited and must be booked in advance - Please come by the centre at least a week before to book your places or call us on **020 8740 8008**. (This programme is subject to change).

# Education, training and support @ old oak centre

## Job Centre Plus coming to Old Oak

Job Centre Plus (JCP) is coming to Old Oak centre. They will be running fortnightly drop in sessions. During the sessions you can get advice on returning to work, benefits check to make sure you are getting all the benefits you are entitled to, job searches and help with CV's. JCP can also provide information on access to training courses.

## Advice for young adults

A new service has just started for young adults needing advice on training and employment. Connexions, the information and advice service for young people started running sessions at the beginning of March and are keen for young people to use this local service.

## Need help finding Work?

Employment Liaison Officer Paul Flavell is here to help you. Paul can help you complete application forms, write a CV, prepare for interviews and generally help you feel more confident about your employment prospects. You can make an appointment to see Paul by calling us on **020 8740 8008**.

## Computer Classes

Narendra has been running the IT sessions for adults here at the Old Oak Centre for several years and has seen many residents come through the doors and successfully go on into work or further training.

We are currently introducing ECDL to the centre which is designed to help people develop their IT skills. This is a



IT Tutor  
Narendra Valand

Europe-wide qualification in basic computer skills.

We run free courses from beginners to those more advanced from Tuesdays – Fridays 10am - 12pm (term time only).

(Free crèche facility on Wednesdays and Fridays but remember to pre-book a place at least 48 hours before).



Sewing teacher Jennifer Barrow (left) with student Khadra Yahye.

## Sewing Classes with free crèche

Jennifer runs the free sewing class every Friday (term time) 10.00 – 12.00 pm and it also comes with a free crèche. If you've always wanted to know how to use a sewing machine and make alterations to a garment yourself then this is the class for you. You'll learn Basic sewing machine skills, measuring, marking and pinning for alterations, basic hems, seams and darts in a friendly and supportive environment which means you'll be able to confidently hem and alter a pair of trousers and / or a skirt. Please remember to book the crèche at least 48 hours before

## Acorn Pre-School – run by the Pre-School Learning Alliance (PSLA)

Acorn is a 16 place pre-school for children aged 2-5 years. They are ofsted registered and operate a

morning place from 9.30 – 12.30pm, and a full time place from 9.30 – 3pm (term time only.) Acorn nursery follow the Early Years Foundation stage and have 3 qualified members of staff. If you would like any more information or book a viewing please contact the manager Katie Johnson on **020 8811 1431**.

## Lets Create/Art Attack

Lydia and Osmanu both run 'The Let's Create Gardening Club' on Tuesdays (term time) 16.00 – 17.30 and the 'Art Attack' classes every Wednesdays (term time) 16.30 - 17.30 and Thursday (term time) 16.00- 17.30. These classes are very

popular. Children love to be kept busy and if we can get them outdoors in the fresh air learning as they go, then that's a plus. They develop a keener interest and accomplish more in group gardening. These classes are free and aimed at all children aged 5 - 12 years no matter their special requirements.

## Summer Camp

We are hoping to run a summer programme at the centre. This is dependant on whether we are successful at securing some funding. If in the meantime you have any suggestions please do not hesitate to contact the centre to share your ideas.



Lydia Gandaa



Osmanu Gandaa



Alan Smith, Young Peoples IT sessions

## Young peoples IT sessions

Alan runs a wide range of exciting projects here at the Old Oak Centre featuring: IT projects, photography, website design, music projects and graphics covering various skills for children aged 6-12 years.

These sessions are free-of-charge and cover a various age range on Tuesday, Wednesday and Thursday afternoons (term time)

Amongst other projects we are currently working towards our upcoming diversity week using the wide range of IT and media equipment to celebrate the diverse range of backgrounds represented here in the centre.

## Ellen

I'm Ellen Sutton and I'm studying for my CACHE Level 3 Certificate & Level 3 Diploma in Child Care and Education. At the moment I am on work experience at the Old Oak Children's Centre. I take part in the Stay & Play sessions and Crèche. I have found all the staff, parents and children who

visit the centre very welcoming. I enjoy participating in activities with the children such as arts & craft, model making, cooking, music, story time and much more. I find that each session is different and provides different opportunities for the parents and children. I enjoy spending time and interacting with the children. I feel the centre is a very exciting place for the parents and children as they provide a range of different activities and the children are valued and celebrated in different ways such as celebrating different cultures, festivals and birthdays.



Ellen Sutton - Volunteer



## Herbal Haven

This is an inter-generational project centred on growing herbs and making simple cosmetics, home remedies, and cookery and household products from herbs. The activities create the opportunity for younger and older participants to develop positive relationships and share their knowledge and experiences. The workshop runs every Wednesday 3.30 – 5.30pm (term time) from April 28th - 26th May.

# Forthcoming Events

## May 2010



### Disability Forum

Thursday 27th May 2010  
12.00 - 2.00pm

## June 2010



### Diversity Week

Tuesday 1st - Friday 4th 2010  
See timetable on page 5 (Subject to change)



### Men's Health Week

14th June – 20th June  
Lookout for timetable @ Old Oak Centre



### Walkabout Wednesday

Wednesday 23rd June

## July 2010



### OOTRA seaside trip

Thursday 29th July

## August 2010



### Old Oak Community & Children's Centres Fun Day

# Old Oak Community & Children's Centre



## Old Oak Community & Children's Centre

76 Braybrook Street

London W12 0AP

Phone: (+44) 020 8740 8008

E-mail: oldoakcentre@familymosaic.co.uk

## Opening Hours

Monday to Friday – 9.00am - 5.30pm

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

**Tube:** Central line to East Acton Station

## Disability Details

**Arrival:** Parking available

**Entrance:** A ramp exists at front and back entrance

**Internal:** Level access throughout building

**Facilities:** Wheelchair toilet facilities  
Guide dogs welcome

## Staff

**Jackie Feeney**

Senior Community  
Centre Officer

**Hannah Parks**

Family Support  
Outreach Worker

**Kasia Kwiatecka**

Early Years Worker

**Parveen Sharma**

Admin Support

**Osmanu Gandaa**

Play Worker

**Sandra McCarthy**

Child Minder Co-ordinator

**Ellen Sutton**

Volunteer

**Angela Stewart**

Under 5's Worker

**Lydia Gandaa**

Art Tutor

**Narendra Valand**

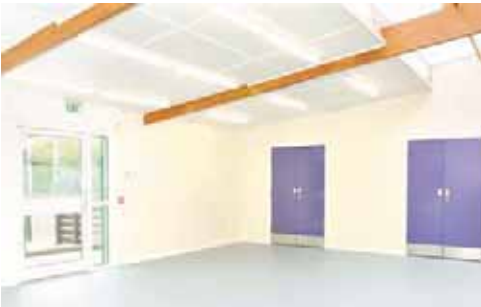
IT Tutor (adults)

**Alan Smith**

IT Tutor (Young People)

**Danny Hilderal**

IT Maintenance



## Halls for hire

Old Oak Community Centre has 2 halls available for hire by the hour for parties, get-togethers, meetings etc

**Large Hall** - capable of seating up to 100 people

**Small Hall** - capable of seating 40 people

Recently 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 والأنباء 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.