

NEWS



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Launch of our Work Club Wednesday 25th April (9am - 1pm)

After Easter we will be focusing on learning, training and employment. Along side our current adult learning sessions, we will be running a Work Club and offering 1:1 mentoring as part of the Wishes programme.

The Work Club is aimed at parents who are actively looking to return to work. This will be a fortnightly session, offering access to computers for job searching, peer support and sharing experiences and input from professionals with practical advice around writing CVs,

Interview skills and looking for work.

There are lots of different programmes out there; to make the picture clearer some of our partner organisations will be coming to the launch of our Work Club to share information about their services. We will have representatives from organisations including Wishes, Work Club, Take One Day, Burleigh College, Adult Learning, Job Centre Plus, Hammersmith and Fulham Volunteer centre, Nucleus and Childcare provision.

So whether you are interested in work, building skills, finding training or just getting some ideas, drop in to our launch day and see what we have to offer. Wednesday 25th April. We would love to see you there!

Diary Dates

- Work Club Launch 25th April
- Parent's Forum 25th May
- Wishes Launch 11th May
- Old Oak Fun Day 21st July
- CDG meeting 11th June
- CDG meeting 10th September
- CDG meeting 3rd December

Old Oak Annual Fun Day 21st July 2012 (12pm - 4pm)



Yes it's that time of year again!

Each year we get 100s of visitors attending this fantastic free event. The event is aimed at the whole family no matter what your age. It's widely enjoyed by the local community and provides an opportunity to bring people together.

Whatever the weather this event will include activities such as; bouncy castles, rodeo bull, face painting, henna, dance

workshop, five-a-side football (please let the centre know if you and your team would like to join in with this) plus loads more the list is endless.

There will also be food available on the day for a small price. Please add this date into your diary as you don't want to miss it.



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.

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 children can enjoy painting, sticking, singing, sensory play, outdoor play and many more new experiences! We use the Early Years Foundation Stage 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 make friends and feel part of their local community
- To prepare children for nursery or school



Cook & Play

Introduce your child to the basics of simple cooking, they will learn about different foods and how to cook them. What better way to spend quality time with your child?

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. (This is put towards the cost of the ingredients).

Active Play

Both parents/carers and toddlers have lots of fun playing and joining in with games such as parachute, hoops, balls, balancing rope, jumping bags and many more.

The staff member who runs the session encourages parents/carers to spend quality time with their little ones whilst being active at the same time. Our main aim is to promote outdoor physical activities all year round, regardless of the weather. Over a period of time, children learn new games and develop new routines that can support their development and offer new skills such as, turn taking, sharing, listening and responding.



Story time for children 0-5

Come and have fun and unwind after school with a story. Our new weekly story session is aimed at children 0-5years.

It gives them opportunity to listen to and enjoy new stories and develop a love of books.

Parents' Forum

The Parents' Forum is the voice of parents in the centre and a great way to have a say in what goes on in your children's centre The Parents' Forum is a chance:-

- To comment on the groups, events and courses run at the centre
- To make suggestions for improvements
- To suggest new events or groups
- To generally have an input into what goes on in the centre and how things are run.

Free breakfast is also provided.

There are guest speakers invited to the Parents Forum on a variety of topics.

Crèche

Here at the Old Oak Community & Children's Centre, we offer a FREE crèche service 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**
- **Work Club**

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 here can get to know you and your child! After "Settling In", you need to book the crèche 2 days in advanced to secure a place.

For more information, please talk to one of our Early Years Workers, Kasia or Chantel.



Baby Massage with Hannah

For new-born to crawling. Please bring a towel

Baby massage is beneficial for you and your baby in so many ways. Studies have shown how important touch is to your growing baby and its importance for you in helping build confidence and an understanding of the new special person in your life. There are many benefits of baby massage including relief for your baby, creating bonds between you and your baby, relaxation for you both and helping your baby's development. Come along to the session where you can ask Hannah for more information.

Sensory Room

The sensory room provides an environment that can create events which focus on particular senses such as touch, vision, sound, smell and taste. This can happen in many ways: through special sound and visual effects, tactile experiences, vibration, use of aromas and music – in many combinations and variations.

The Sensory Room is available for bookings for all parents/carers with children aged 0 to 5.

For more information please contact Kasia or Chantel at the Centre.

Stay and Play for Babies up to 18 months

Stay and Play for Babies is a relaxed session aimed at parents and babies. It offers a chance to come and play in our sensory room, sing songs, explore new toys and get advice from our early years staff. It is a great way to spend some quality time together with your child and meet some other parents.



Breast Feeding

New mothers can have many questions and concerns about breastfeeding in the weeks leading up to and after birth. Breastfeeding support groups are a wonderful way of getting 1:1 support within a supportive group. If you would like to attend a local group then please come along there's no need to make an appointment!

Every Wednesday, Canberra Health Centre, South Africa Road, White City, London, W12 7DU

Any time between 1.30pm-3pm.

If you would like to know more please contact Hannah at the centre.

Speech and Language

Tashia, the Speech and Language Therapist and Sue, Speech and Language Assistant visit the Stay & Play sessions each month. Tashia and Sue aim to:

- Support the language and communication development of all children from birth.
- Raise awareness of early interaction and support families to create more frequent opportunities to support language development.
- Raise awareness of the importance of using a families first language.
- Promote early identification of difficulties with language or communication.

- To increase collaborative working with other professionals and agencies through joint work and modelling of activities.
- To link up with the speech and language clinic service and support families to attend therapy appointments.



Tasha Pillay



Sue Duggins



Dummies and Talking - what you should know...

Speech and Language Therapists recommend that children over 12 months do not use a dummy or bottle. If your child uses a dummy a lot, it may affect speech and language development by:

- Preventing babbling, an important step in learning to talk.
- Restricting tongue movements which may make your child talk late.
- Changing the pattern of tongue

movements making speech sounds unclear.

- Causing a gap between the upper and lower front teeth which may lead to a lisp.
- Causing social withdrawal – with a dummy in the mouth, it becomes harder to express a need for attention. This in turn can mean that a child is talked to and interacted with much less.
- Causing dribbling – dummies may also make it more difficult for your child to swallow and make your child become more 'dribbly'.

Remember...

- Never dip your baby's dummy into anything sweet. This can cause tooth decay.
- Don't allow your child to talk with a dummy in their mouth, it stops tongue and lip movement.
- Whilst your child is using a dummy, use it as little as possible and try other means of comforting such as cuddling or reading to your child at bed time.

After School

Cooking Club

Tuesday 4.00pm – 5.30pm (5-11yrs)

Lydia and Joe run the cooking sessions here at the centre, where you cook everything as a group. Everyone gets the chance to take part, and then you will eat what you have cooked at the end.

The Centre will provide all ingredients and equipment required. There is no need to book, so please feel free to drop-in, but arrive promptly as spaces are limited. Only 12 places available per session.



Lydia



Joe



Alan

IT for Young People

Wednesday 4.00pm – 4.45pm / 4.45pm - 5.30pm

Alan runs the computer club for children aged 8yrs and over. Students can do their homework or learn new various IT skills in a fun and relaxed environment.



Lets Create/Art Attack

Thursdays 4.00pm – 5.30pm

Classes are very popular and provide fun after school activities for anyone 5yrs plus. If your child can't get enough art, here's the class to try for a variety of art experiences: painting, collage, sculpture, crafts, and LOTS of imagination!



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 3 yrs upwards. Margaret Dance Academy enters children for Imperial Society of Teachers of Dance Tap Exams, The Royal Academy of Ballet Exams and the Margaret Dance Academy Class Exams.

For more info please contact Margaret on: **020 8740 0727** or pop into the centre on Thursday afternoon.

www.margaretdanceacademy.co.uk

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; whilst also having the opportunity to perform at the end of term. Classes held every Wednesday (Term time only)

Beginners (ages 6+): 4 - 5pm / General (ages 11+): 5 - 6pm - Cost: £1per 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 the Old Oak Estate every Monday during school 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 and to lend a book or two to borrow for the week.

This is a free service which can take 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



Young People

Youth Club

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

The youth club continues to improve and are attracting new membership with 45 people young people attending per session.



Michael Defoe

We have created a positive learning environment where young people can feel safe and are encouraged to participate in a variety of engaging activities.

This has been achieved with the members and Youth Committee who are working with Emilia on the organisation and running of the committee.

Healthy Eating

The kitchen has been used a lot more during youth club sessions, much to the



delight of the members who are turning into little master chefs. These cooking sessions have not only been fun but a great resource for informal learning to take place. We have cooked a variety of dishes like chicken curry, spaghetti bolognese and chinese food.

Baking is also popular, young people have made carrot cakes, brownies and cup cakes. All of the participants get an AQA certificate relating to cooking or baking.

The Art project is also very popular due to the hard work of Jay our part time youth worker.



Football

The football sessions helps youngsters to improve 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. This session is very popular and well attended. 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)



Join the free healthy lifestyle course (7-13yrs)

The MEND (Mind, Exercise, Nutrition . . . Do it!) 8-week healthy lifestyle programme is available to families with children aged between 7 and 13 who are above a healthy weight.

Staying First – SBHG - Well Being Project is running a free, fun and healthy lifestyle MEND programme.

Sessions take place twice a week on Monday and Thursdays and places are available from March 19th 4.00pm – 6.00pm at Old Oak Community & Children's Centre, 76 Braybrook, Street, London W12 OAP.

On the programme, families will find out how to read food labels and take part in fun food taster sessions. They will also learn about healthy portion sizes and will be shown the effect different foods have on their health and wellbeing. During the course children also take part in a physical activities and games with a QPR community coach.

The free course was developed in partnership with child health experts at Great Ormond Street Hospital to tackle child obesity in a cost-effective way. Independent research conducted by the University College London's Institute of Child Health found that children who attended the MEND programme experienced long-term health benefits, including weight loss and improvements in fitness and self-esteem.

If you think your child is above a healthy weight and would like to find out more information about MEND or to register please contact:

Rose Hircock (Well Being Project Manager)
020 8996 8820/07811 351 741
www.mendcentral.org

Free Adults Activities

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 Monday 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**.



Sewing

Friday (10.00am - 12.00pm)

From learners to advance - Jennifer runs our free sewing class every Friday (10.00am -12pm). There is a huge interest in these classes; they are great fun, and a chance to mingle with everyone. The best part is that you can bring in your own garments, or make something new.

Note this classes has a free crèche which needs to be booked 2 days in advance.

Womens exercise and African dance

A fun way to keep fit! These sessions are FREE and strictly women only, so you can feel free to let your 'hair down' – literally.

Whether you want to improve:
Cardiovascular health • Muscular strength
• Muscular endurance • Muscular tone • Flexibility • Core stability and balance • Speed and agility • Body composition

Enjoy a variety of women's only exercise classes that will help develop and maintain your physical fitness as well as improve your overall health and wellbeing.

Old Oak run 2 women only exercise sessions at the centre

Monday evenings: 6.30pm – 7.30pm:

This will be a range of classes from BoxFit, to many more. Please look out for our different classes in the centre

Wednesday mornings: 10.00am – 11.00am: Free crèche available – needs to be pre-booked. African Dance exercise classes that is a whole load of fun! This is



an aerobics type session, offering a work out with a variety of fun music, including African beats.

Beginner to intermediate all are welcome - Make sure you wear loose comfortable clothing and appropriate footwear for the classes.

Come along and join in the fun!!!

IT sessions

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

New students registration and assessments take place every Friday 11.00–12.00pm

Narendra has been an ICT tutor for 10 years: He has experience of adult ICT training, and a great understanding of the needs of each individual.

Each student have their own personal learning plan, and students are assessed throughout the course. Drop in sessions also available for assistance with producing



curriculum vitas (CV's) as well as filling in application forms. Assistance with job searching online is also available, as well as refresher courses to up date skills after a career break and the European Computer Driving Licence (ECDL).

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

Please note Wednesday & Friday classes have a free crèche which needs to be booked (term time only).

Triple P

The Triple P parenting programme is a short course for parents and carers around parenting skills. It aims to build parents understanding of their children's behaviour and helps parents to make small changes at home, develop new strategies and increase their confidence in their parenting. Please contact the centre to book you place. Crèche places provided.

WISHES Programme

WISHES is a 1:1 mentoring project. It offers long term support to parents whose ultimate goal is employment. Parents for the Wishes programme may have few or no qualifications, training or experience, they may lack confidence or not know where to start. The Wishes mentor then works 1:1 with the parent to work out what their goal is and how to overcome the barriers to achieve the goal. If you would like to know more please contact Rebecca on **0208 740 8008**.

jobcentreplus

Job Centre Plus

We work closely with Job centre plus. Our LONE PARENT ADVISOR is Paulette Myrie at Shepherds Bush Job Centre Plus. If you have any questions or would like to contact her please ask a member of staff Job Centre Plus has a range of initiatives and money available to support parents going back to work, including help with cost of child care for interviews and one off job grants. For extra information about support available to you please talk to a member of staff or book an appointment with an advisor at your local Job Centre Plus.



Nucleus

Wednesday (fortnightly) 1.00pm - 4.00pm

Legal Advice Centre. Free, impartial, confidential advice!

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

To book an appointment, please contact the centre.



Vicky

The Work Club

This will run fortnightly from Easter and is aimed at parents who are actively looking to return to work. It will run at the centre with support from some of our partner organisations. Offering access to computers for job searching, peer support and sharing experiences and input from professionals with practical advice around writing CVs, Interview skills and looking for work. Crèche is available but will need to be pre-booked. Please contact Rebecca for more information, call **0208 740 8008**.

Hammersmith and Fulham Volunteer Centre

Hammersmith and Fulham Volunteer Centre is a not-for-profit organisation committed to developing, supporting and promoting volunteering in West London. We also do a lot of work with unemployed people, helping with training, job searching and confidence-building.

We work closely with local charities and community groups - the people who do so much to support our area. We keep in touch with them to find out what volunteering opportunities/ jobs are available. Please feel free to come in and have a chat with us - we are here to help.

Opening Times

9.30am - 1.00pm and 2.00 - 5.00pm, Mondays to Fridays.

Hammersmith and Fulham Volunteer Centre, 148 King Street, Hammersmith W6 0QU. Phone: **020 8741 9876** • Fax: **020 8741 3344** • enquiries@hfvc.org.uk

Councillors Surgery

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

Councilor Elaine Chumney & Councilor Wesley Harcourt

You can meet with your local councilors 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 councilors and raise your issues and concerns.



Elaine Chumney



Wesley Harcourt



Job Fair- Reach out to get linked in!

Family Mosaic Floating Support Team held a job fair for young people between 16-30 on 28th March 2012.

There were various recruiters from job, education, voluntary opportunities to CV workshops. This was a great opportunity to get free professional careers advice, one to one support and get linked in with useful contacts.

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 three 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 **0208 811 1431** for further information.

Weightwatchers

Wednesday 6:30pm – 8:30pm

Weight Watchers is a flexible plan designed to fit in with your life, so you can keep on living while losing weight! No food is banned and nothing is compulsory, so you'll find it easy to stick with the new ProPoints Plan. These meetings entail a private and



confidential weigh in to monitor your progress, a chance to set attainable goals with your leader and to discuss the real-life issues you face with your weight loss.



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.



Friendship Club - Over 50s

Monday 1.00pm - 4.00pm

A friendly group who meet on Monday afternoons and enjoy food, drink and listen to some nice music. The meal costs £2 and there is also a variety of things to do at the club including bingo, rent a book from the library, catching up with the latest news or just enjoying the company of others. There are occasional speakers informing you on various subjects. There is lots to do here including forthcoming trips and visits to places of interest plus much more.

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 conditioning, but also for those with any rehabilitation needs. Plus, it's fun!

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

Running from 17th April for 12 weeks.

Enrol at the Macbeth Centre, W6 9JJ, or call **0845 839 7012** if you can pay by card.



ESOL

If English isn't your main language, you can do a course to help you improve your English. ESOL is available at all levels from beginners to advanced. The aim is to develop your speaking, listening, reading, writing, and study skills so that you can manage with every day life.

If you are interested and would like more information please contact Adult Learning and Skills Centre. Tel: **0845 839 7912**
Email: alssinfo@lbhf.co.uk Website: www.hfals.co.uk
Address: Adults Community Learning Centre, Australia Road, White City, W12 7PT

Other Organisations

EASTER HOLIDAYS TIMETABLE FOR OLD OAK COMMUNITY AND CHILDREN'S CENTRE

Monday 2nd April

Baby Massage	09.30 - 10.15	Newborn – Crawling
Time Together	10.15 - 11.00	0-12months
Cook and Play	11.30 - 13.00	Under 5's (50p per person)
Sensory Room	15.00 - 16.00	Book with Kasia & Chantel
Let me Play	13.00 - 16.00	T-Shirt Workshop (8yrs+ bring your own t-shirt)

Tuesday 3rd April

Stay & Play (0-5yrs)	09.30 - 11.30	Fun Sessions for Under 5s
Adults IT	10.00 - 12.00	Free IT Sessions for adults
Let me Play	13.00 - 16.00	T-Shirt Workshop (8yrs+ bring your own t-shirt)
Youth Club	18.30 - 21.45	13 years+
Football with Damien	19.00 - 21.00	13 years+

Wednesday 4th April

Stay & Play (0-5yrs)	09.30 - 11.30	Fun Sessions for Under 5s
Adults IT	10.00 - 12.00	No crèche over Easter
Nucleus Advice	13.00 - 16.00	Free financial advice
Sensory Room	15.00 - 16.00	Book with Kasia & Chantel
Football with Damien	16.30 - 18.00	7-13yrs
Weightwatchers	18.30 - 20.00	Call 0845 602 7076
Bingo	19.00 - 21.00	Great fun and prizes (50+)

Thursday 5th April

Stay & Play (0-5yrs)	09.30 - 11.30	Fun Sessions for Under 5s
Health Visitor Drop-In	11.00 - 11.30	In the Stay & Play Session
Adults IT	10.00 - 12.00	Free IT Sessions for adults
Outdoor Active Play	11:00 - 11:30	Fun session full of activities

Friday 6th

BANK HOLIDAY – CENTRE CLOSED – NO SESSIONS

Monday 9th April

BANK HOLIDAY – CENTRE CLOSED – NO SESSIONS

Tuesday 10th April

Stay & Play (0-5)	09.30 - 11.30	Fun sessions for Under 5's
Adults IT	10.00 - 12.00	No crèche over Easter
Passion for Fashion	11.00 - 13.30	Design and create (13-19yrs)
Football with Damien	19.00 - 21.00	13 years+
Youth Club	18.30 - 21.45	13 years+

Wednesday 11th April

Stay & Play (0-5)	09.30 - 11.30	Fun sessions for Under 5's
Adults IT	10.00 - 12.00	No crèche over Easter
Passion for Fashion	11.00 - 13.30	Design and create (13-19yrs)
Sensory Room	15.00 - 16.00	Book with Kasia & Chantel
Football with Damien	16.30 - 18.00	7-13yrs
Weightwatchers	18.30 - 20.00	Call 0845 602 7076
Bingo	19.00 - 21.00	Great fun and prizes (50+)

Thursday 12th April

Stay & Play (0-5yrs)	09.30 - 11.30	Fun Sessions for Under 5s
Adults IT	10.00 - 12.00	Free IT Sessions for adults
Outdoor Active Play	11.00 - 11.30	Fun session full of activities
Passion for Fashion	11.30 - 13.30	Design and create (13-19yrs)

Friday 13th April

Adults IT	10.00 - 12.00	Free IT Sessions for adults
Passion for Fashion	11.00 - 13.30	Design and create (13-19yrs)
Youth Club	18.30 - 21.45	13 years+

The Police have a new number ... 101 ...

If it is NOT an emergency but you need to report something to the police you can call 101. They will then take all of the details and pass it on to the relevant department at your local police station, in case of an emergency please call 999.



For local issues and concerns you can also contact the local Safer Neighbourhood team. There are 16 safer neighbourhood teams in the borough which have been set up in partnership with the council and the Metropolitan Police Service. They are local, familiar with the area and can help with a range of issues including antisocial behaviour and day-to-day crime and disorder issues. For College Park and Old Oak ward you can call **020 8246 2747** or email **OldOak.CollegePark.SNT@met.police.uk**.

Spurgeons Visitors Centre at Wormwood Scrubs

The Visitors' Centre at Wormwood Scrubs Prison is now run by Spurgeons, the children's charity. Old Oak centre is working in partnership with Spurgeons visitors centre to reach and support more families. The aim is to provide a supportive, friendly and welcoming environment for everybody who is visiting a prisoner, including those with children. If you have any questions or concerns about visiting anyone at Wormwood Scrubs please contact:

Spurgeons Wormwood Scrubs Visitors Centre, DuCane Road, W12 0AE. Tel: **020 8735 0595**

Family Nurse Partnership

Old Oak Centre hosted an event for Family Nurse Partnership on Wednesday 14th March 2012 to celebrate achievements of all of their parents.

The event was a huge success: Parents, stakeholders and staff were invited to look at the history and share their success' and then the afternoon was spent playing with the children, enjoying Easter activities, baby massage and messy play.

Family Nurse Partnership works with first time mothers under 20 years. They work across Hammersmith and Fulham and offer 1:1 support for parents from pregnancy until their child is two years old.

Old Oak Staff

New Staff



Myrtle Nixon

Myrtle Nixon is the Children's Centre Teacher and she will be spending more time at the Centre after Easter. She is around for Stay and Play sessions working alongside Chantel and Kasia. Her role is to share her knowledge of child development and to encourage and support parental interest in their children's learning. In addition to the small group sessions she runs to develop learning journey books, Myrtle will lead some afternoon group sessions on 'Learning through Play' and for children who are almost three, sessions on helping them become more independent and help them move on to nursery. These are interesting and fun sessions where parents get a chance to play too!



Rebecca Willett

Rebecca Willett is our Senior Family Support and Outreach Worker. Rebecca is setting up our new work club, she is one of our Wishes mentors and she is working with some of our partner organisations to increase new registrations from some of the harder to reach families in the borough. If you are interested in going back to work or have any questions about training, employment or our WISHES programme or Work Club please contact Rebecca.



Claire Duffy

Claire Duffy is our Community Involvement Office. Claire is primarily involved in working with new families, conducts home visits with Old Oak Housing and is one of our Wishes mentors.

She is currently working on gaining more feedback from parents, so as to improve on the services we provide. If you are new to the centre and would like to learn about the sessions we run then please contact Claire.



Chantel Gordon

Chantel Gordon is an Early Years worker at Old Oak Community and Children's Centre. Chantel runs the under 5's Stay and Play for babies on Mondays, Stay and Play on Tuesdays and Thursdays, Cook and Play on Mondays with the Early Years team within the Children's Centre.

Chantel supports children's learning development through observation and planning and gives advice to parents on how children benefit by learning through stimulating play experiences. Chantel also provides crèche places for those parents wishing to use the number of facilities available at the centre as well as signposting parents. If you would like any further information on the sessions we are running then please come say hello to Chantel.

Parents Feedback

We are always keen to know what you think about the sessions we run and get your feedback and Ideas. Each quarter and at the end of each programme we will now be collecting parents feedback and asking for any suggestions for improvement. We have received lots of positive feedback from February

"Having a crèche available whilst I do IT EDCL has made a huge difference, as I am able to learn and be comfortable [that] my daughter is safe and settled as she loves the crèche!"

"My daughter really enjoys the sessions and settled here really quickly. All the staff are very friendly and approachable and will answer any questions you have and are great with the children."

If you would like to share any comments, compliments or complaints with us please be aware that our policy is displayed throughout the centre. We welcome suggestions for improvements or things you would like to see us do in the future, please pop in and drop something in the suggestion box or complete a feedback form in reception. Alternatively you can leave feedback through the contact us section on our website.



The Old Oak Staff are participating in this years 'Race for Life' on Wednesday 11th July 2012 (7pm) at Wormwood Scrubs, Off Du Cane Road, Shepherds Bush, London, W12 0AE and you are all welcome to join in!

Be part of the biggest fight against cancer at Race for Life. Walk, jog or run to help beat cancer. Race for Life is an amazing event, with a fantastic atmosphere that keeps women coming back year after year. The event unites thousands of women, coming together in celebration or memory of loved ones and playing their part in the fight against cancer.

To enter please visit: raceforlife.cancerresearchuk.org where you can register yourself, your friends and family.

Entry fee

- £14.99 per adult
- £10.00 children under 16

Together we can and will beat cancer!!

Getting involved

If you would like to get involved in our services please give us a call on 020 8740 8008 or contact us on our email jackie.feeny@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.

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 Feeney	Centre Manager
Rebecca Willett	Senior Family Support Outreach Worker
Hannah Parks	Family Support Worker
Myrtle Nixon	Early Years Professional
Kasia Kwiatecka	Early Years Worker
Chantel Gordon	Early Years Worker
Claire Duffy	Community Involvement Officer
Parveen Sharma	Centre Administrator
Narendra Valand	Adults 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

تمدك هذه الوثيقة بالمعلومات اللازمة عن أخبار الإسكان والأحداث والأبناء 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.