

NEWS



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We did good! OFSTED at Old Oak

Old Oak Children's Centre received a 'good' in November 2012 in their Ofsted inspection.

In November 2012 the Office for Standards in Education, Children's Services and Skills (OFSTED) came to inspect Old Oak Children's Centre. They report directly to Parliament and their job is to make sure that the activities we offer meet the guidelines the government sets. This was our first inspection so we were all very nervous. The OFSTED inspectors were at the centre for two days, generally looking at what we do here. They watched a range of our activities, met with staff, parents attending the centre and some of our professional partners.

Following a few busy days the hard work



we all put in paid off, we were awarded **"Good"** across all areas. Jackie Feeney, Centre Manager said "This is only one step away from the highest score of "outstanding" and as a first inspection this was a fantastic result for us. We are so proud to have achieved this." A huge

thank you from us to everyone "who contributed and made this happen".

OFSTED said that "Old Oak Community and Children's Centre is a good centre that sits at the heart of it's community and meets the needs of local families from all target groups." They felt the centre had a "warm and friendly environment and all users feel included and at home".

If you would like to know more the full report is available on our website www.oldoakcentre.co.uk

EXCITING NEWS from the Adult IT Training centre!

We are delighted to announce that the Old Oak centre is now a registered test centre with BCS. This means you can come and enrol on our ECDL (European Computer Driving Licence) course and then take the accredited exam at the centre. ECDL is an internationally recognised qualification. If you want to gain the confidence, basic skills and knowledge to use computers, then getting an ECDL qualification could be right for you. **Not only will you get familiar with a whole range of common IT software packages, This means when you're looking for work, now or in the future, having the ECDL on your CV will show that you have the computer skills many employers are looking for.**

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.

Diary Dates

- Table Top Sale – Every 2nd Saturday of the month
- Living Eggs in Children Centre – 3rd June to 14th June
- Family Fun Day – Saturday 18th August 2013
- CDG Meeting - 20th May 2013

Welfare Benefits



Bishop Creighton Homes

Home Safety, Fire Safety, and Home Security Checks

Every year many older people and young children are seriously hurt in the home as a result of an avoidable accident, or have their security compromised at home. The trained team at Bishop Creighton House can visit you in your home and carry out an assessment, giving advice and practical help on home safety, fire safety and home security. After this assessment visit, a handyman can then come to install safety equipment and carry out other work to

reduce the risk of injuries, fire, or a burglary in the home.

These checks are usually free if:

- you have a child under the age of five and you are in receipt of benefits
- you are aged over 60
- you are registered disabled

For more information call Alan Sheehan on **020 7385 9689** or speak to a member of staff at Old Oak Centre.

Community Computer Access

Tuesday 12.30pm – 3.00pm

A lot of what we do relies on use of computers and the internet. Finding information, filling forms and contacting agencies is often easier to do online.

The computer room is now open once a week for local community members to drop in and use the computers for housing, benefits and employment related issues. You can look for properties online, find estate agents, find out more about the coming changes to the benefits system, calculate how your income will be affected or start looking for jobs.

This session is a drop in session for independent computer use; you do not need to pre-book a space.

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? Vicky from Nucleus comes to the Old Oak Centre Wednesday (fortnightly).



Vicky

To book an appointment, please contact the centre. Can't come to Old Oak Centre? Visit <http://www.nucleus.org.uk> or call the advice line on **0207 373 4005** for further information.

Welfare Reform Changes



There are lots of changes coming this year following The Welfare Reform Act being passed in March 2012. It is important to check as soon as possible to see how these changes might affect you and your family.

From April 2013:

- **Housing benefit** amounts in Hammersmith and Fulham will be capped at £250 for a 1bed, £290 for a 2bed, £340 for a 3bed and £400 for a 4bed.
- **Bedroom Tax:** will mean that any working-age household deemed to be under-occupying their home will lose part of their housing benefit from April 2013. Any household with more bedrooms than they require, as defined by the criteria, will lose a fixed percentage of the Housing Benefit-eligible rent. This will initially be **14%** for one extra bedroom and a **25%** for

two or more extra bedrooms. Therefore the higher the rent, the higher the amount of money will be deducted from Housing Benefit each week.

- **Council Tax Benefit** is going to be abolished. Each Local Authority will run their own Council Tax Support Scheme instead. Many people of working age may have to pay some Council Tax under the new scheme.
- **Community Care Grants, Budgeting Loans and Crisis Loans** will be abolished. People will have to apply to their Local Authority instead, who will develop their own emergency payment scheme.

From October 2013:

- The **benefit cap** is being introduced to limit the maximum benefit that a **working-age** claimant can receive. In Hammersmith and Fulham this will start from October 2013. This will be: **£500.00**

per week for couples and lone parents; **£350.00** per week for single adults

- **Universal Credit** is due to be introduced in October 2013 as a single, means-tested benefit and will eventually replace many existing benefits, including: Income Support, Income based JSA, Child Tax Credit, Working Tax credit, Housing Benefit and Budgeting loans
- Payments of **Universal Credit** will change from the current fortnightly separate payments to **one monthly payment**, for all entitlements. This will be paid directly by the DWP into a claimant's bank account, **including amounts for rent**. It is then the claimant's responsibility to pay rent to their landlord.

For more information please contact Hammersmith and Fulham on **0845 313 3935** or DWP on **0845 605 7065**.

Job Hunting / Training

1:1 Training and Employment Support

This is a 1:1 mentoring service for parents who are looking for courses and training. The service is for parents with children under 5 years who want to think about building a career or returning to work in the future.

Staff mentors work 1:1 with parents to create an individual plan on how to achieve their goals. So far, we have supported parents to apply for and enrol on courses, from basic skills to college or university. We have worked with parents to look into their options and address barriers such as childcare, language or qualifications. If you would like to know more please contact Rebecca or Claire on **0208 740 8008**.

Meet the Old Oak Volunteers



Lynette,
Homework club volunteer



Sufia,
Outreach volunteer



Morita,
Toy library volunteer



Christina,
Reception volunteer

We now have 4 volunteers from the local community helping out at the centre in a variety of roles.

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 will continue to advertise voluntary roles as they become available. If you would like more information about future voluntary opportunities please speak to Jackie or Rebecca on **0208 740 8008**.

jobcentreplus

Old Oak Centre works in partnership with Jobcentre plus. There are two LONE PARENT ADVISORS at Shepherd's Bush Job Centre Plus, Paulette and David, 0208 210 8713, 0845 606 0234. If you have any questions or would like support to contact them please speak to a member of staff.

Jobcentre plus has a range of support 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.



At the Old Oak Centre we hosted an exciting 3 day programme called Get That Job! The course is designed to give you confidence to take your next steps in getting back into work. Here you can see the course leaders and the attendees on their final day.

The Work Club

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

Work Club is a weekly session run at the centre, offering access to computers for online job searches and job applications, 1:1 support with writing CVs and covering letters, completing job applications and practical advice around interview skills.

Appointments are free but must be pre-booked. Please contact Rebecca on **0208 740 8008** for more information or to book an appointment.

Employment Team

Family Mosaic 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
- Discuss career paths and options
- Assist with creating a winning CV
- Arrange practice interviews
- 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

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



Community Champions are coming to Old Oak and will be having an impact on local health issues. Community Champions are local people who receive health-based training, then volunteer their time to connect friends, families and neighbours with local services and to spread important messages about health and well being.

Have your say on Health!

Nearly 100 local adults and children attended our **Have your say on Health!** event at the end of March. Child dental health information was given with free toddler toothbrushes and advice from the Oakwood Dental Practice and the Primary Care Trust's oral health team. Healthy eating information was given by health trainers who also promoted 'Boost' exercise programme for new mothers. Local people also had their say on what health challenges they face. Meanwhile, their children were busy having fun with our face-painter and meeting visiting animals like a meerkat, racoon, harrier hawk and even a baby crocodile from Michael's Menagerie. If you want to know more about Community Champions call Caroline or Jackie on **020 8740 8008** or pop into the Centre.



First Aid Training

Our first fantastic training event in February was for local parents to learn first aid essentials including resuscitation. Each parent who took part in the first aid training will then talk to ten other local parents to pass on some simple first aid messages to help keep their children safer. Feedback from one parent first aider told us she had already been showing her mother how to put her children into the recovery position. This is what the Community Champions programme is all about.

We will run first aid training for fathers and grandfathers on Saturday 18th May. Call 020 8740 8008 at the centre to book.



The new Smokefree Homes project is working together with local communities to improve the health of their families and reduce the risk of home fires in Hammersmith & Fulham, Kensington and Chelsea and Westminster.

When you smoke inside your home, everyone there is exposed to harmful secondhand tobacco smoke. This puts babies and children in particular at higher risk of developing asthma, chest infections, cot death, meningitis and ear infections. Did you know that smoking by the door or window doesn't help as harmful smoke can still blow back inside? And because more than 80% of smoke is invisible, you can't see where it goes making it impossible to control.

Make the Smokefree Homes promise today by asking for a leaflet at reception, visiting: www.kick-it.org.uk/smokefreehomes, or calling **020 3434 2530**. The Smokefree Homes Officer will be visiting the community centre over the next few weeks and will be happy to discuss making your home smokefree.

Healthy Start

Are you trying for a baby, pregnant, breastfeeding or have a child under 4?

If so, you will be eligible for a reduced rate or even free Vitamins as Old Oak Community Centre have joined up with the NHS Healthy Start vitamins scheme.

Deficiency of some vitamins is fairly common but can also be very serious. For example lack of Vitamin D can lead to bone problems such as a disease called rickets in children and osteomalacia in adults.

Healthy Start contains vitamins important for health and growth for you and your child. Containing the recommended daily allowance of vitamins C, D and folic acid for pregnant and breastfeeding women and vitamins A, C and D for children under 4.

Ask at reception for a leaflet to find out if you're eligible for the free Vitamins. Alternatively you can buy them at our reception at a much reduced cost than a pharmacy. **The women's vitamin tablets are 91p and children's vitamin drops are £1.80 for two months supply.**

www.healthystart.nhs.uk, call **0845 607 6823**



HEALTHY START

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



Sewing Friday 10.00am - 12.00pm

From beginners to advanced come to our free sewing classes with our experienced teacher Jennifer. A great place to socialise. You can bring in your own clothes to alter, or make something new.

Free crèche available - ask at reception for more information.



Women's Exercise

Zumba **NEW!**

Monday 6.00pm – 7.00pm

Come join the 'fitness-party' with Zumba. The world's largest and most successful dance-fitness program. A Latin inspired high calorie burning class is designed for women of all ages and abilities.

Term time only. No crèche.
For 18 years +.

Macromedia Fireworks

(Graphics & Design) IT Sessions
Wednesday 12.45pm – 2.45pm
Starts 17th April

This course is available for enthusiasts interested in furthering their current IT knowledge to design.

Students will be taken through an 8 week course, learning the basics of Macromedia Fireworks, software that can be used to create graphics, edit images - design publications and more.

It is a great skill to possess and an impressive addition to add to your C.V.

Prior to the course an assessment will need to be completed, please contact the centre for further information.



ESOL - English Classes

If English is your second language improve it with an ESOL course. Develop your speaking, listening, reading, writing and study skills.

We run 2 levels: ESOL Entry3/Level1 and ESOL Pre-entry/Entry1.

The spring term is now closed for new students. Ask at reception to be put on the contact list for enrolment details for September 2013. Free crèche for H&F residents available however space is limited. For more information regarding the course and other classes running in the borough please call the Adult Community Learning Centre on **0845 839 7912**.

African Dance

Wednesday 10.00pm – 11.00pm

African dance ran by Olga is a dynamic and fun session fused with Martial arts. Achieve body toning with cardio. You will be stronger, fitter, energised and revitalised. Come and boost your energy with music from around the world.

Term time only. Free crèche available.

Children's Centre



Baby stay and play

Monday 9.30am – 11.30am **NEW TIME**

Baby Stay and Play are fun sessions for new-borns to - 18 months only designed to encourage development.



Cook & Play

Monday 12.30pm – 2.30pm **NEW TIME**

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 spring/summer menu in the 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.

Day	Time
Tuesday	9.30am - 11.30am
Wednesday	1.00pm - 3.00pm
Thursday	9.30am - 11.30am



Parent Feedback

BABY STAY AND PLAY:

"Baby Stay and Play has provided good opportunities to learn and explore with my baby and to meet other parents".

"Great for my son to interact with other children".

STAY AND PLAY:

"It has allowed me to get to know people locally and has allowed my son to develop socially and learn through play".

"It has made my child happier as he mixed with other children; also using the facilities which are difficult to get at home".

Children's Centre 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 • ESOL

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 child. After 'Settling In', you need to book the crèche 2 days in advance to secure a place.

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



Children's Centre



New Mum, New You

Thursday 1.00pm – 2.30pm **STARTS 18th APRIL**

New Mum, New You is designed for mothers who want to lose weight following pregnancy and promote a good recovery and long term healthy lifestyle. The programme consists of dietary advice and exercise sessions. The free 12-weeks programme aims to develop physical fitness and improve health in a fun and interactive way. Each week different nutritional subjects are covered to help establish healthy habits for life. The programme is for mothers with babies under 12-months. It incorporates energy boosting workouts and great nutrition tips for the whole family.

News in the Children's Centre



The children centre has been busy celebrating a range of cultural festivals and events. We had families sign up each week to make bread from their home country, including Ambasha bread from Etreia and plain bread from Kurdistan. We enjoyed celebrating Pancake Day, Eid, Diwali and a Christmas party which was a great success. Thank you for all your help.

To celebrate the variety of cultures within the community last term we put

together a family photo gallery. Families are continuing to take and bring in their family photos to join the family wall.

Last term the chillier winter seasons inspired the team to explore dark and light with families during stay and play and crèche. The children enjoyed the dark den made by the early year's team and parents/carers and children enjoyed shining torches inside.

We have been reading stories to the children with props to catch their attention; the children have been enjoying 'Dear Zoo' and 'Brown bear'. We have also been learning all about Makaton signing for young children and babies. Signing and having symbols of objects can help children and babies communicate with others.

All these great activities took place in the children's centre for under 5's. Please speak to the early years team for more information.



Toy/book Library

We are re-starting our toy and book library here at Old Oak Centre. Anyone registered with the centre can borrow a toy and/or a book for a week for free after a £1 registration payment. Help your child learn from things they enjoy by choosing a toy/book to have fun & play with them at home.

The library will be open as part of our Stay & Play sessions on:

Wednesday 2.00am – 2.30pm

Thursday 11.00am – 11.30 am

Speak to the early year's team for more information.

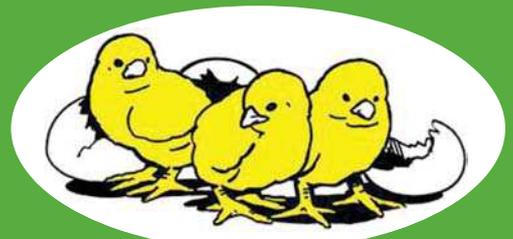
Health Visitors

Every family with children under five has a named Health Visitor: they aim to promote good health by developing appropriate programs with parents to give their child the best start in life. Health Visitors work alongside midwives, GPs and with Children's Centres to ensure every family is supported to their needs. We have Health Visitors drop into the centre during Stay & Play sessions. If you don't know who your health visitor is, and you live within in area, call White City Health Centre on **0208 846 8433**.

Learning Journey Books

Parents are children's first and most important teachers and we are here to support you. 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 year's teacher provides sessions to further discuss the learning involved and how to support that learning. Other help is given such as taking photos of your child at play and writing about your child's experiences.

Upcoming Events



We are very excited to have 'Living Eggs' coming to the children's centre. The real chicken eggs will arrive on June 3rd and the chicks will hatch out over the next two weeks – they will go back to the farm on Friday 14th June.

After School

After school activities

Day	5-12 Years	Term Time Only
Tuesday	Homework/IT Club	4.00pm - 5.30pm
Wednesday	Cooking Club	4.00pm - 5.30pm
Thursday	Arts & Crafts	4.00pm - 5.30pm



Healthy Living – Cooking & I.T (Alan, Joe, Lydia & Lynette)

For the After-School club on Wednesdays, children are involved in an exciting project on healthy living.

Cooking and baking activities are accompanied by I.T. sessions and children are producing a recipe book, animated films about healthy living, menus, and other exciting results.

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.

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



This red nose day the After School Club had a bake sale and raised a fantastic £140.18. Kids helped bake, advertise and sell at the event with staff bringing in cakes to sell also.



Homework Club

Tuesday (Joe, Lydia & Lynette)

Children can come and receive support with their homework.

We have use of the small hall and the ICT suite if children need to use the internet for further research.

All you need is to bring along your homework, we have pens, pencils, rulers, rubbers, and everything you need along with help from Lydia, Joe & Lynette!

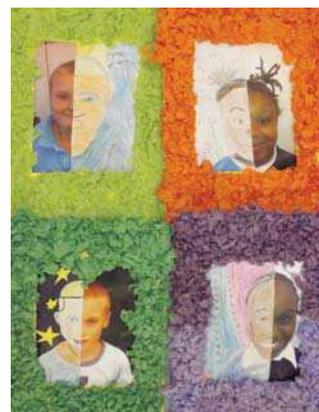


Let's Create Arts & Crafts

(Joe & Lydia)

The Let's Create Arts and Crafts continues to run on Thursdays. Giving children an opportunity to get in touch with their creative sides. We have just received a new order of equipment for the term so we have new materials to experiment with.

Come down on Thursday afternoon for a session of making and creating!



Fantastic examples of children's artwork from Let's Create on a Thursday after school.

After School / Young People

Junior Youth Club

8-12yrs Friday – 3.30pm – 6.30pm

In this club there is DJ-ing, dance, cookery, arts & crafts, I.T, boxing & fitness, karaoke and music. The club also has fun intriguing group sessions to encourage social interaction & development. By engaging young people in such session the end results have been outstanding. Old Oak has a welcoming, fun, friendly, safe well equipped youth club. We welcome more friendly faces who just want to kick back and have some fun.



Youth Club

13-21yrs

Monday – 7.45pm – 10.00pm

Tuesday – 6.30pm – 9.45pm

Friday – 6.30pm – 10.00pm

The club has been a very positive outlet for a broad spectrum of young people, including those not attending school, to now attending school and doing well. We have boxing, healthy eating with cooking sessions, regular art sessions, pool, ping pong and much more. Look out for our summer residential and we will be at the Old Oak Fun Day!



Both Junior Youth Club and Youth Club are mixed gender generic sessions for all young people.



Street Dance

The class is 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. Class every Wednesday (term time only)

All abilities 6yrs plus. **5.00pm-6.00pm** – Cost: £2 per session. For more information please contact scariofunk@hotmail.co.uk or call us on **07961 585 136**



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.

Monday: 7-11 yrs - 4.30pm – 6.00pm (£2 per session)

Tuesday: 13-21 yrs 7.00 – 9.00 (youth club members only)

Wednesday: 8-14 yrs - 4.30 - 6.00pm (£1 per session)

Friday: 13-21 yrs – 7.00 – 9.00pm (youth club members only)

Other News

Indoor Table Top Sale and Councillors' Surgery at Old Oak Centre

New to Old Oak Centre is our Table Top Sale running every 2nd Saturday of each month from 10.00am to 2.00pm. Stalls will be selling Clothes + Toys + Bric + Books – New & Used. Come and a grab a Bargain! Refreshments available.

Got items to sell? The monthly event is ran by our Friendship Club. If you would like to have your own table for £6 please contact Jean on: **07947809058**

You can also meet with your local councillors at Old Oak Community & Children centre on the same day. The councillors surgery is between **11.00am – 12.00pm, 2nd Saturday of every month.** The surgeries are informal open sessions. Come along to meet your councillors and raise your issues and concerns.

Your local councillors for the College Park and Old Oak Ward are Councillor Elaine Chumnerly & Councillor Wesley Harcourt.



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).

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



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 50's Monday 1.00pm - 4.00pm

A friendly group who meet on Monday afternoons and enjoy food, drink and nice music. The meal costs 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.



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 Pre-School directly on **0208 811 1431** for further information.

Funday

Every year we hold a summer funday at the Community Centre for families and local residents. This is always a brilliant day for people of all ages. We hope to see you there.



Save the date: Saturday 17th August 2013. Everyone welcome.

Health and Wellbeing Project

Family Mosaic is running a pilot project with general needs residents over 50 in Hackney, Islington and Old Oak. We want to see if, over 18 months, we could help to improve the health and wellbeing of FM residents in the pilot. The only commitment that we ask is for you to complete a basic questionnaire with us every 6 months. As part of the project we may also offer you

some additional services.

To say thank you, we are giving all participants £25 at the start of the pilot study, and another £25 at the end.

If you are interested in taking part please contact: Kate Simpson, The Health and Wellbeing Project Manager on: **0203 544 9471** or email: healthandwellbeing@familymosaic.co.uk

Butterfly walks at Wormwood Scrubs with Groundwork

Butterfly Surveys - learn to identify and record the butterflies that are found on Wormwood Scrubs. Join a 2km survey walk every monday (except bank holidays). Meet at 1pm at the car park just off Scrubs Lane. Free to join and no experience necessary. Weather dependent so please call Netty to confirm: **07890 195 928**

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.

We provide a wide range of activities across all age ranges at the Community Centre. We have not advertised the programme in this edition of the newsletter because the programme changes so quickly and becomes out of date. If you'd like to get our most up to date programme please contact the centre by either email oldoakcentre@familymosaic.co.uk or phone us and we will be happy to post it out to you. Check out our website www.oldoakcentre.co.uk

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
Myrtle Nixon	Early Years Professional
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
Caroline Lister	Community Champions Co-ordinator



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 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.