

# NEWS

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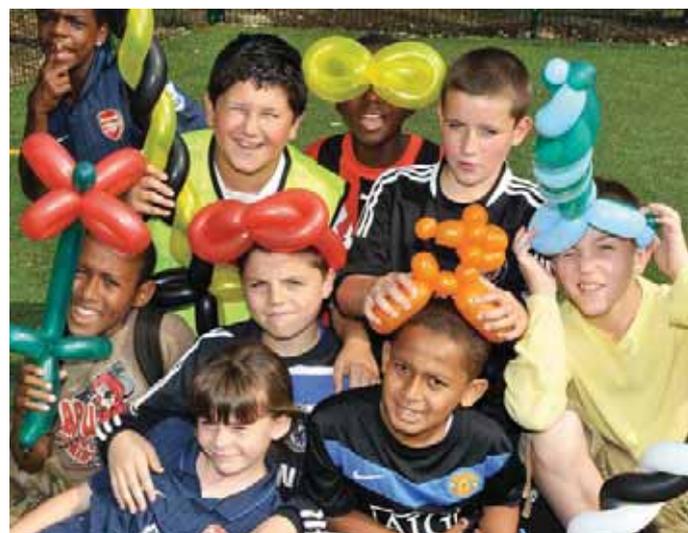
## Come along to our Fun Day in August

This years annual fun day will be held on Saturday 21st August from 12pm at the centre. The day will have many activities for all ages including 5 a side football, music and dance workshops, bingo, bouncy castle, face painting, henna, steel band and much much more. There will be a BBQ and refreshments also available on the day. These events are always in need of volunteers so if you have a few hours you can give on the day to help please come and see us at the centre.



*Steel drums at last years Fun Day*

## Summer Camp 2010



**26th July - 20th August (10am - 3.30pm)**

**We are pleased to let you know that we will be running our very own summer camp for children aged 5-12.**

There will be a wide range of fun filled and challenging activities lined up everyday including: arts and crafts, dance, multisport, cooking, movies, games and much much more including day trips.

Please note: 5-7 years can only stay for a maximum of 2 hours per day. The camp will run daily between the hours of 10:00am to 3:30pm Monday-Friday.

Booking is done on the day in person by the parent/guardian.

***Here's to a great summer!***

# Regular activities @ old oak

All activities/classes will be closed for the summer and will re-open in September



Janet Kimberley and Katie with Acorn children

## Acorn Pre-School (Mon - Fri 9.30 - 3pm)

**Ofsted Registered** Care for a maximum of 16 children aged 2 - 5 years. Children have access to 1 classroom for indoor activities. There is a safe enclosed playground for outdoor play. The settings are able to support children who have learning difficulties and/or disabilities. There are 3 members of staff who are fully qualified and extremely friendly. To find out more call Katie Johnson on **020 8811 1431**.

## Childminding (Thur 1 - 3pm)

Sandra runs the childminding group every Thursday (term time). If you're a new parent who's looking for childcare, please come along and meet the local childminders, and their children. The group promotes children's learning through play, activities include: cooking, role play and messy play.



Sandra Childminder Co-ordinator



Damien, football coach

## Football with Damien

Damien is a sports coach and runs sessions as below. Sessions run at different times for different age groups. Football helps youngsters to improve fundamental movements, listening, social and basic skills. It's a great way to improve your playing ability, meet new friends and keeping fit. These sessions are very popular and well attended. If you would like to come and join the fun then drop by the centre for more information.

**Tuesday:** 16 yrs + (5.00 - 7.00pm) and 13 yrs + (7.00 - 8.30pm)  
**Wednesday:** 7-13 yrs (4.00 - 5.00pm)  
**Friday:** 13 yrs + (7.00 - 8.30pm)



Jean with Bingo ladies

## Bingo (Wed 7 - 9pm)

Bingo sessions are very popular and are held in our small hall (excluding summer holidays). Sessions are well supported by a lively friendly group of ladies and run by our very lovely Jean, Kinsa and Edna. This is a great opportunity to come along and enjoy a game of Bingo, have a chat and to socialise with other residents.

## IT for Adults (Tue - Fri 10 - 12pm)

The IT session is designed to help people acquire additional skills which could improve their employment opportunities. No previous experience of computers is required. Classes are free to the local community. There is a free crèche provided on Wednesday and Friday which must be pre-booked.

## Sewing (Fri 10 - 12pm)

Jennifer runs our free sewing class on a weekly basis (term time). You can bring in your own garments or make something new. There is also a free crèche provided that needs to be booked in advance.

## Margarets Dance Academy (MDA) (Thur 4 - 8.15pm)

MDA teach Ballet and Tap for children from the age of 3 years onwards. MDA have also introduced Adult Tap (total beginners to advanced welcome). The



Margaret

children undertake a MDA Test. (The Royal Academy of Dance Ballet Exams and Imperial Society of Teachers of Dancing Tap Exams).

Price per class (from September 2010):

- Younger Children: £3.00
- Older Children: £3.25
- Adult Tap: £5.50 - 7-7.50pm

To register call Margaret on: **020 8740 0727** or pop into the centre.

[www.margaretdanceacademy.co.uk](http://www.margaretdanceacademy.co.uk)

## Women's Exercise (Mon 6.30 - 7.30pm & Wed 10 - 11am)

These classes are fun and free. All you have to do is turn up, register, make sure you wear loose clothing and appropriate footwear. We provide a free crèche for Wednesday which must be booked in advance.



Craig with his weightwatchers students

## Weightwatchers (Every Wed 7 - 8.15pm)

Craig is the leader of weight-watchers at Old Oak centre. He has over 40 people attend his meeting. As a weight loss expert Craig can help you discover how to lose weight and keep it off with a combination of healthy eating, activity, and small lifestyle changes. The sessions are very popular. The class is open to everyone and there are many special joining offers. To find out more email Craig at [www.craigparker@gmail.com](mailto:www.craigparker@gmail.com) or pop in one evening.

## Old Oak Youth Project

- When:** Every Tuesdays & Fridays (term time)
- Age Range:** 13 -19 (up to 25 if with a disability).
- Times:** 13 - 14 years: 6.30 to 8pm  
15+: 8.00 - 9.30pm
- Staff:** Rachelle Brammer-Knowles,  
Ian McIntosh,  
Emmanuel Richards,  
Rianna Lewis-Wilkinson

Our focus at the centre is the development of young people and further work has been done to encourage integration of projects to bridge community rapport and rid territorial behaviour.

We offer a range of activities within the centre. We have also organised off site trips some of which have included:

- St Patricks Day - Willesden Library to watch live performances and exploring the Irish culture.
- West End Theatre production called 'Hairspray'.
- Roller Disco in Stonebridge Park
- Other youth projects and played football tournaments.

We plan to continue bridging the current gap and recognise the achievements this has made.

Congratulations to Abbie Collett, Billy O'Brian and Tony Mitchell who were awarded £150 towards resources of their choice.

### Art Club

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!



Afterschool art with teacher Osmanu

## Summer Uni Course at the centre

**Starts Monday 26th July until 30th July for ages 11 to 19 years**

The course being run is in Graphic Design and is called 'DigiGraphics 2D'.

- Ever wanted to design your own magazine, comic or poster? RollingSound's "DigiGraphics" Graphic Design course will give you insight into the graphic design techniques.
- It is a unique opportunity for you to create graphics related to your own special projects, such as event flyers, posters, magazine covers, storyboards and even comics. As well as learning bespoke software, you will also gain a variety of transferable skills associated with Design, Art and animation. You have the opportunity to gain NOCN Entry level (Unit Award) qualification, which gives you QCF credits to aid progression and take your skills forward.

### Course dates

- Mon 26th is a taster session and overview of the project.
- Tuesday 27 and Wednesday 28 July, Thursday 29 and Friday 30 July.

For more information please call Jackie on **020 8740 8008**.



Chris with her students

### Gentle Exercise run by LBHF Agewell

Monday 10.30 - 11.30am - This is a great class with great energy! Within this class you'll be doing an aerobic workout with seated body conditioning, using resistance bands to enhance muscle strengthening. The session is supported by Agewell and is open to men and women over the age of 50.

### Computer skills for young people

This club plays a vital role in bringing together young people to learn new skills and more importantly to socialise with children/families from all walks of life. Students can learn various IT skills in a fun and relaxing environment

### Gardening Club

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. Join in and learn the skills of growing fruit and veg, we even have our own composting bins. You'll be surprised at how many children love mucking in.

## Seaside - 'Bognor Regis' or 'Worthing'

'Old Oak Tenants & Residents Association' are organising a summer trip to two different locations on Thursday 29th July 2010. You have a choice of either 'Bognor Regis' or 'Worthing'.

Coach will be leaving from the Old Oak Children's Centre at 8.15am and will be back by 5.15pm.

Tickets: Adult £10 each and Children £6 each. Payment is required in full at time of booking, and all children must be accompanied by an adult.

For more information please contact the Old Oak Tenants on **020 8740 7882**.

# Children's centre

## Baby Boost & Toddler Boost

Boost is a programme run by Mytime Active. This is a charitable trust which has been commissioned by NHS Hammersmith and Fulham to provide a range of services for families with children between 0-5years. The courses are a free and fun way of getting expert health information and advice. The aim is to get the whole family eating healthily and taking part in regular physical activity so that babies and toddlers grow up healthy and happy.

Two boost programmes are currently running here at the Centre:

### Baby Boost from 0 - 2 years

6 week programme for parents run by a registered dietitian and covers a range of topics; from healthy eating during pregnancy, breast & bottle feeding, weaning- when to start and how to do it, how to create helpful habits around mealtimes, coping with fussy eating, suitable snacks, how to ensure meals are balanced and nutritious, reading food



Baby Boost

labels and much more . . .

Sessions are informative and relaxed and provide an opportunity to meet other parents as well as providing support and guidance.

### Toddler Boost from 2 - 4 years

6 week programme of fun and games for you and your toddler, delivered by a physical activity specialist and registered dietitian which incorporate healthy eating



Toddler Boost

messages through fun active play. The session also includes a 15 minute nutrition workshop for parents which allows the opportunity for you to ask any questions you may have, and to discuss topics such as fussy eating, portions, fruit and vegetables, suitable snacks, food labels etc

If you are interested in helping your child and have fun at the same time, then why not find out more at your children's centre or contact us on **020 8323 1725**.

## What is the Bump 2 Baby Programme?

### Are you . . .

- Under 21yrs?
- Are you expecting a baby or is your partner expecting a baby?
- Have you recently given birth or has your partner recently given birth?
- Do you live in the north of the borough?
- Would you like information on how to access funding, benefits advice, or just some general support?

If you answer yes to the above this is a programme that may be of great interest to you and your future

### 'How will I benefit from coming to this programme?'

Bump 2 Baby offers support to young parents or parents to be under 21yrs. This group has been developed to support young parents and their children. Bump 2 Baby aims to support parents in achieving individual goals, helping with confidence building, career mapping, child-care, and your child's development.

**Bump 2 Baby takes place every Monday 1pm - 3pm at Old Oak Community & Children's Centre.**

If you have a child or have recently had your baby bring them along to the sessions. Bump 2 Baby comprises stay &

play and 1:1 time with guest speakers.

If you are interested or would like some more information, please contact Hannah Parks on **020 8740 8008** or pop into Old Oak Community & Children Centre.

## Have you heard of the Hammersmith and Fulham child friendly dentist?



**Looking after your teeth is really important and getting children into good habits as soon as they start to brush will help keep their mouths healthy for life.**

With this in mind, NHS Hammersmith and Fulham has trained special child-friendly dentists and is working with the council to set up dental screenings.

This is an exciting new scheme to improve the oral health of the children in the Borough. NHS Hammersmith & Fulham is working with local children's centres and nurseries and are shortly planning to carry out these annual dental screenings. A child can only be examined if parents have positively consented i.e. parents / guardians have signed a form.

If you would like anymore information please contact Old Oak Community & Children's Centre **020 8740 8008** at present our screening date has not been given, however if you are interested we can take your details and inform you when the date has been agreed.

If you cannot find a dentist for your child, you could contact PALS on **0800 389 9092** for a list of dentists or you can access the internet on **www.nhs.uk**

# Is your child fed up of their current toys?

If your answer is yes we may have the solution . . .

## What is a Toy Library?

Toy Libraries operate along similar lines to public libraries. Members borrow toys for a fixed time period. Toy libraries cater mainly for pre-school children and generally have a limit on the number of toys that can be borrowed at each visit.

## Who can use it?

It is open to all families with children under 5 who have registered with the Children's centre.

## What does it offer?

A wide range of toys specially selected to help improve your child's skills and also for enjoyment, stimulation and fun. It also allows children and families the freedom of playing with different toys and games and not have to pay for the privilege.

## Dads Corner



Martyn Lee, Fathers Development Worker

To all Dads - The Fathers Development service has been set up in Hammersmith & Fulham to provide a single point of contact for fathers, mums, male carers and professionals seeking information, advice and guidance about positive fathering.

We aim to provide fathers and their families with activities across the Borough of Hammersmith & Fulham as well as offering group or 1 to 1 support for fathers and young fathers of children aged 0-5 We are also here to provide training and advice to services working with fathers.

For information please contact Martyn Lee, Fathers Development Worker on **020 7605 0196** or email **martyn@upg.org.uk**. You can also visit our website **www.upg.org.uk**

Did you know research has shown if a father spends 15 minutes a day reading with his child/children they can have:

- Higher IQ at age 7 and 11, and better exam results at 16
- Greater the child's interest in books later in life
- Higher educational attainment
- Higher self esteem

## Job Hunting, Advice & Training @ old oak



Stephen

## Family Solutions

Family Solutions (FS) offers support to families on low income and/or at least one child under 12 years. Steven from FS is based at the centre on Tuesday afternoon (12-4pm) and Friday morning (9.30 - 12.30pm). FS can help get you into education, training, help find work also able to help fund childcare, and providing practical help to move forward.

There are many workshops available in August:

- Take 3 day
- Self confidence
- Identifying your skills, knowledge and experience
- Making your money work for you
- Talk your way into a job
- Job Search and Application Form
- Introduction to Massage

For more information please contact Stephen Beckford **07518 227 236 / 020 8753 5928** or you can register online: **www.familyolutionsonline.co.uk**

## In2Work

In2Work come to the centre every Wednesday morning and are here to help everyone, and it's free. You can get help with:

- information on jobs and training opportunities
- assisted job searches
- help with producing a CV
- help with filling out application forms
- job application training skills
- a voluntary work placement programme
- employment and training events



Sabrina



Sandra



Debbie

## Job Centre Plus (JCP)

Debbie is a Lone Parent advisor at Shepherds Bush Jobcentre Plus (JCP). She is based at the centre every Thursday from 9am-4.30pm. JCP is an executive agency of the Department for Work and Pensions and provides services that support people of working age from welfare into work, and helps employers to

fill their vacancies. Debbie will be sending out appointment letters and is also available to offer employment advice. To make an appointment please contact Old Oak Community Centre.

# Events

## Past events



Residents at the forum



Carla with residents

## Disability forum 27th May 2010

This was a great turn out, with over 40 residents that attend the forum. Disability Forums are a great way of getting your voice heard on things that matter to you, and are making a huge difference for people within their communities by influencing the development of services. By working together in Forums, people with disabilities can have an impact. We look forward to seeing you at our next forum.

## Diversity Week

1st - 4th June 2011

Old Oak Community Centre celebrated Diversity week to help raise awareness and understanding in other religions, cultures and experience something new. We held a series of free events which included: salsa & african dancing, henna, treading, indian head massage, art club, brazilian football, and we even had lyric theatre come join us in celebrating diversity. Thanks to everyone who participated, we had great feedback and look forward to doing it again next year.



Sam from Station Salon

## Expert Patients Programme

**This is a free six week course for anyone living with any long-term health condition(s). The programme aims to provide support and develop self confidence to help you feel more in control.**

The course looks at:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and professionals
- Planning for the future

Each session lasting two-and-a-half hours. It is facilitated by trained tutors who are themselves living with a long-term condition.

### Who can take part?

Anyone living with one or more long-term health condition(s).

### How can it help you?

By taking part in an Expert Patients Programme, you will:

- Learn new skills to manage your health condition
- Develop confidence in the daily management of your specific condition(s)
- Meet others who share similar experiences
- Learn about developing more effective relationships with healthcare professionals

Sessions start in September - If you'd like to know more get in touch with Old Oak Community Centre



Staff from Phoenix Gym and Junior from NHS

## Men's Health Week 14th - 18th June 2010

Old Oak was happy to support Men's Health Week in June. There was a range of activities within the centre such as: health workshops, boxing, football and even Phoenix Gym came down to do body MOT's and give away great offers on membership. We also did BMI's and a cook and eat with our Health Trainers from Shepherds Bush Housing Group which was great fun.

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys, and to encourage them to become more physically active for example: walking, gardening, sports, DIY etc.

For parents you have a huge influence on your children. Your child is likely to adopt your exercise habits. Help your children build physical activity into the pattern of their life and encourage good life-long habits for your children.

## Events 2010

### July

29th July: Sea-side trips

### August

21st August: Community Fun Day

Walkabout Wednesday

### September

Harvest Festival (Give & Take Day)

Eid

### October

Black History Month

Breast Cancer Awareness Month



# Old Oak Community & Children's Centre



## Old Oak Community & Children's Centre

76 Braybrook Street

London W12 0AP

Phone: 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

**Angela Stewart**

Under 5's Worker

**Lydia Gandaa**

Art Tutor

**Narendra Valand**

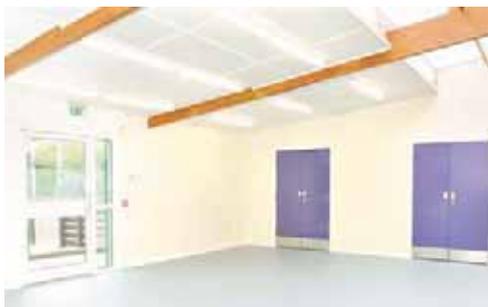
IT Tutor (adults)

**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

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