

# NEWS



In this issue:



Children's Centre - pages 1 and 2



Adult Session: Page 4  
Jobs & Advice: Page 5



After School & Youth Club: Pages 6 & 7  
Other Organisations: Page 8 & 9



Getting Involved: Page 10  
Timetable: Page 11

## Old Oak Annual Fun Day



The annual community fun day is on Saturday 17th September 2011. Each year we get 100s and 100s of visitors attending this fantastic event. The event is completely free and is aimed at the whole family no matter what your age.

The free annual event is 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, mini farm, dance workshop, five a side football (please let the centre know if you and your team would like to join in with this . . . there are prizes up for grabs) plus loads and 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 this fabulous event. We hope to see you, and your family and friends at the Old Oak Centre on the 17th September between 12 - 4pm!



Have you visited our new website [www.oldoakcentre.co.uk](http://www.oldoakcentre.co.uk)

# Children's centre

## Toddler Boost for Children 2-4 years

Sessions are running from Thursday 15th September 11am – 12pm for 6 weeks at Old Oak Centre.

Toddler Boost is specifically designed for 2-4 year olds and their families. There are a total of 6 x 1 hour sessions, on a weekly basis. On attending these sessions families will be provided with guidance on healthy eating, physical activity and behaviour management, as well as healthy habits.

*"This course has helped my child to eat more fruit and learn to cut down on the biscuits. This course has also taught me how to be strong about fussy eating. Thank you very much"*

*"I'm happy because, my son learned to play with others. Our daily life has changed, we have started exercising. We have started to eat more fruit and vegetables. I pay attention to the content sugar, fat and salt in the products".*

## Baby Boost 0-2 years

Sessions running from 12th September 11am – 12 for 6 weeks

### Eating In Pregnancy

The eating in pregnancy session is for pregnant mums and is one hour in length. The session is laid out as a workshop and led by a qualified Dietitian. The sessions



will specifically cover what to eat during and after pregnancy

### Children 0-6 months

The Baby Boost session is for parents/carers of babies aged 0-6 months and is 1 hour in length. The session is laid out as a workshop and led by a qualified dietitian. The session will specifically cover the latest breast feeding advice, pregnancy and post natal diet for mothers and advice for those bottle feeding.

### Children 6-12 months

For parent/carers of infants between 6-12 months, advice will be given on weaning, menu planning, portion size, good nutrition and ideas on how to engage with your baby. There are 2 x 1 hour sessions run over two weeks. Similarly as the session for 0-6 months, there will be dietitian led discussion within a workshop type format.

### Children 12-24 months

The final age group for Baby boost is 12-24 months where the focus of the session looks at good nutrition advice, regarding suitable family food sizes, healthy behaviour change and teaching about the eatwell plate for this age group. There are 2 x 1 hourly workshops, where the parent can take part in a discussion with the Dietitian and the child can play or sit with the parents.

*"It gave me more confidence to try different foods with my baby and experiment with finger foods. I also feel a lot more confident to cook food for -ingredients I can use"*

## Parents Forum

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

### Would you like to . . .

- Have the opportunity to discuss the children centre and its' activities for the under 5's
- Enjoy a free breakfast together
- Listen to guest speakers talk on a variety of topics

If the answer is yes then please come along to the centre a free crèche is provided, it must be pre-booked in advance.

**When:** 10am-11.15am

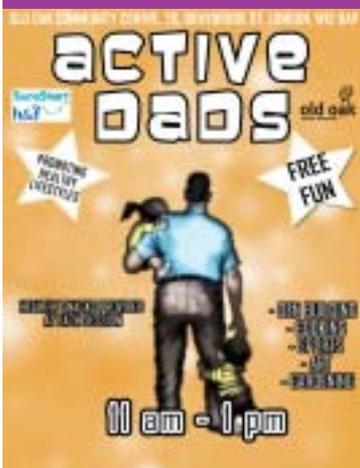
### 2011 dates

Friday 23rd September, 2nd December

### 2012 dates

3rd February, 30th March, 25th May

## Active Dads Saturday (Bi-weekly)



**Did you know that if fathers are physically active, their children will be more likely to take up physical activity!**

Fathers play an important role in the health and wellbeing of their children; they can influence their children in many ways such as diet, physical activity and health.

We want you and your family to come join us in our Health and Wellbeing Activities taking place on Saturday's fortnightly.

We have FREE Sports sessions, play sessions, cooking and Den building to name a few . . .

**All you have to do is turn up**

3rd September • 1st October • 15th October • 29th October  
• 12th November • 26th November • 10th December.

# Children's centre

## Acorn-Pre School

Acorn Pre-school is Ofsted registered. We can now care for a maximum of 20 children, from 2-5years. We are open from 9.30am-3pm, term time only.

The children have access to a large classroom, which has a wide selection of equipment, a home corner, writing table, puppet theatre and much more. We also have a separate quiet room, which has a varied selection of books, including dual language, puppets, a cd player and headphones. There is a safe, enclosed outside area, with a wide selection of equipment, such as bikes, scooters, balance beams, water tray, sand tray, home corner and so much more.

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



Janet, Angela and Kimberley

number of years experience working in childcare. The staff are extremely friendly and provide a welcoming environment for children, parents and carers.

Please contact **0208 811 1431** for further information.

### Term dates

Break up for summer holidays 22nd July and return Monday 12th September 2011.

## Baby massage

**Monday 12th September 2011**  
**10.30am - 11am Developmental Baby Massage**

This activity is suitable for all parents/carers and their babies from newborn up to crawling age ONLY.

For this session there are a maximum number of 8 babies, so please contact the

centre to book your place in advance or pop into the centre. This activity is free of charge (please bring a towel)

Baby massage is then followed by our Baby boost activity.

If you would like more information please contact Hannah **0208 740 8008**.

## Doorstep Library -

For children upto 11 years – and it's FREE

The Doorstep Library helps children become familiar with books, and provides a time for parents to contribute to their children's education.

Doorstep visit homes on Monday afternoon to read with your children, offering a selection of books to borrow and enjoy.

## Toy Library

Is your child fed up of their current toys?

### 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 children who are under 5years who live in the East Acton area. You must be registered with the centre in order to join our toy library.

### 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.

Our guidelines for use of the toy library

- All parents/carers that access the toy library must be registered with Old Oak Community & Children's Centre.
- Parents/carers are responsible for choosing toys that they think meet the needs/developmental level of the baby/child
- All toys are the property of Old Oak Community & Children's Centre
- Each Person must sign in and out the toys loaned
- Return each item on the return date or before.
- Each item could be loaned for a maximum of two weeks
- Any toys damaged or broken must be reported when returned

Running every Thursday 11.00 to 11.30am.

## Sensory Room @ the centre

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 now open for bookings and all parents/carers with children aged 0 to 5 can arrange the time for private or small group sessions. Contact Kasia for more information on **0208 740 8008**.

# Adults



## Women's Only Exercise with Hannah - BoxFit Aerobics

**Mon 6.30 – 7.30pm &  
Wed 10 – 11am**

Hannah is our new teacher – she is simply great! Hannah, from Acton, is Britain's number one female boxer in the 48kg category and twice a European Union bronze medallist. Hannah's classes are fun filled where you really notice the difference. Come along and you'll come back for more!

Experience for yourself an hour long class of stress busting benefits.

These sessions are 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

You'll forget you're exercising and feel like a million dollars when you walk out of this class. BoxFit increases your heart rate, burns fat big time and is a feel-good workout with a group of supportive, enthusiastic women

*Note free crèche is only for the Wednesday class which need to be booked 2 days in advance.*

## IT sessions

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

Narendra has been an ICT tutor who has almost 10 years of experience in adult ICT training, understanding the needs of each individual as unique. Narendra teaches a range of most basis ICT to advanced. Each student has their own personal learning plan, and students are assessed throughout their 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).



**Narendra Valad - ICT Tutor**  
Microsoft Certified Professional,  
City & Guilds Level 4

The qualification is widely recognised by employers as proof of ability and competence when working with IT.

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

*Note free crèche is only for Wednesday & Friday classes which needs to be booked 2 days in advance.*

## 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 in with everyone else. 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.*



**Jennifer**

## Us girls project

This project is aimed at young women aged 16 - 25 years. Classes will commence week beginning Monday 12th September.

Zumba - Every Monday (Term Time) from 5pm - 6pm

Boxing - Every Tuesday (Term Time) from 4.30 - 5.30

Both classes are held at Old Oak Community Centre in the large hall. You will need to fill out a registration form and then join the classes for FREE!! For more information please contact the centre on 020 8740 8008

## Managing your money

**We all have times when our money runs out before the month does. But if this is a regular thing for you, it's time to work out a realistic budget you can stick to. In these uncertain times, working out a budget is even more important to help you make ends meet, cope with any emergencies and plan for your future.**

Jack Neal is the financial advisor who can help you manage your money. This is a free service that provides impartial information and guidance on the money

matters that shape everyday life. It covers areas like:

- budgeting;
- saving and borrowing;
- protection;
- retirement planning;
- tax and welfare benefits; and
- jargon-busting

If you would like to see Jack or a member from the moneymatters team, please pop over to the centre for more details.

1:1 appointments will be running at the



Jack



Jamil

centre on 23rd September, 21st October, 18th November from 10am-4pm. To book an appointment please contact the centre.

## Next Step - part of Nottingham Housing Trust

**Helping you get on in work and life.**

### What can Next Step Offer?

Next Step offers careers and skills advice to fit your individual needs.

We can help you:

- Find learning and training that is right for you
- Improve your reading, writing and maths
- Understand the local job market
- Develop your CV
- Improve your interview and presentation skills
- Register with Next Step

Help is available online, or with one of our careers advisers over the phone or face-to-face. Please contact the centre for more information on **0208 740 8008**.

## Ingeus

**Wed (10am - 12pm) fortnightly**

Simone works for Ingeus and comes to the centre every two weeks, she can support you to:

- Write a good CV
- Find the right vacancies
- Make strong applications
- Perform well in interviews
- Get working benefits on top of salary
- Refunds for travel costs
- Employment – focused training
- Plus much more

Pop in and see if she can help you.

## Nucleus

**Wednesday 1.00pm - 5.00pm**

**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

## 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

## ESOL - ESOL Entry Level 3

This course is suitable for Adult refugees, asylum seekers or permanent residents, who are intermediate level learners of English. The course will cover the four skills, Speaking, Listening, Reading and Writing, at intermediate level. The scheme of work will be based on topics, functions, grammar and vocabulary related to work, education, training and everyday life and all taught in a citizenship context (these may be varied through class discussion and negotiation), and will include social and cultural awareness. Learners will work towards Cambridge ESOL Listening and Speaking accreditation at Entry 3 Level.

Courses start September 2011 – For more information please contact Adult Education on **0845 839 7912**.

# After School Clubs

## IT for Young People

Tuesday 4pm – 5.30pm, Wednesday 4pm – 5.30pm and Thursday 4pm – 5.30pm

A great club for children aged 7yrs plus. Students can do their homework or learn new IT skills in a fun and relaxed environment. Students learn various IT skills in a fun and relaxing environment. The 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.



## Margaret Dance Academy

Margaret Dance Academy has been based at Old Oak now for 15 years. Here they teach Ballet and Tap for Children from the age of 3 yrs upwards. The Children undertake a Margaret Dance Academy Tests



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

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

## Phoenix Fitness Centre and Janet Adegoke Swimming Pool

# SPORTS

GLL centres offer a variety of sporting activities to keep your child active in a fun environment over the summer.

Kids can get involved in:

- SWIMMING • FOOTBALL •
- ATHLETICS • TRAMPOLINING •
- SAILING • BASKETBALL
- BALLET • CANOEING •
- BADMINTON • SQUASH •
- MARTIAL ARTS • WATERSPORTS
- HOCKEY • CLIMBING

The programme at each centre varies. Please contact your local leisure centre for full details.

## Lets Create/ Art Attack

Tuesday 4.00 – 5.30,  
Wednesday 4.00 – 5.30 &  
Thursdays 4.00 – 5.30

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!



Lydia



Jo



## 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+ 5.00 - 7.00pm & 13yrs + 7.00 - 8.30 pm  
Wednesday: 7-13 yrs - 4.30 - 6.00pm  
Friday: 13 yrs + 7.00 - 9.00pm



# Youth Club

**Tuesday and Friday 6.30pm-10pm**

**12yrs-18yrs 6.30pm-8.30pm**

**18yrs-mid 20's (including learning difficulties) 8.30pm-10pm**

Old Oak has re-opened with a new set of staff, new activities and projects.



Sean and Michael

At Old Oak we aim to provide a safe environment in which young people can come and enjoy time spent doing activities, socialising, talking and communicating and hanging out with their peers whilst making new friends!

We provide all ages with arts and crafts sessions which consist of anything from drawing, painting, mask making, canvas drawings, glass art, hammer beads and more arty things. Each week we have a different set of art projects to do.

Engaging the young people in art is a good way of keeping them focused and calm. Art also gives them time to sit and concentrate. Whilst producing something they can be proud of and in most cases

take home to their family.

## Hair and beauty with the girls

The girls who attend the club are interested in make-up, hair, nails and all aspects of being a girl!

We provide the young girls with advice on using the correct make-up and not going over board, less is more! Natural beauty is what we promote whilst letting the young girls experiment with colours and styles and supervising them while they do so.

## Health & Fitness

Promoting health to young people is a very important role as a youth worker, we provide a session in which young people can train and use gym equipment to get fit and tone up. Healthy eating is promoted and young people are educated on the best ways to work out in order to

stay safe and not hurt your body whilst getting the best results.

## PS3, table tennis, pool

General activities every session help the young people engage with staff and each other and keeps them active. Young people and staff play together helping us to bond and create relationships with the young people whilst getting to know them. General fun is achieved by these activities keeping young people motivated and entertained.

## Progress and results from Old Oak so far . . .

So far the turn out at Old Oak has been remarkable, not only are the young people showing up but they are enthusiastic and keen to keep coming. In the little time we have been here the young people have shown us respect and developed trusting and friendly relationships with us. We have had very little problems and feuds and very many good turn outs and positive feedback from young people and parents.

We have now reached a turn out of 30-60 young people per session which is a great result and means the young people and their parents are happy and keen. The more young people who turn up means we can do more and plan more for future activities. Seeing so many young people respecting and enjoying the environment we have provided them with makes us more motivated and inspired to do more and achieve more.

Our overall aim and dream is to make the young people happy, satisfied, educated and safe whilst achieving learning and having lots of fun. We have high expectations of all the youths who attend the club and it is in our best interest to make sure they do themselves and us youth workers justice. We see a bright future for all the youths and look forward to many more fun filled days at Old Oak together.

## Men's health week



Once again the centre celebrated Men's health week with a variety of health workshops and a range of healthy snacks. We had guest speakers offering general health information, additional taster exercise classes took place and finally free health MOT checks were carried out. This is an annual event at the centre, so look out for it next year where we hope all the men from the local community will come along and enjoy the event.

# Expert Patient Programme

**Nubian Life Resource Centre working in partnership with Hammersmith and Fulham NHS are delivering a six week Expert Patient Programme course.**

The Programme gives people the knowledge, skills and confidence to deal with a long term health condition such as Diabetes, High Blood Pressure, Asthma, Depression and Arthritis.

The course covers topics such as action planning, exercise and diet, relaxation techniques, skills to help you manage your health. The programme is totally

FREE and lasts for six weeks with a two and half hour meeting each week.

A healthy meal is provided and everyone receives a certificate of achievement.

These are some of the comments from previous groups:

" I left my buggy at home and decided to walk instead into the centre"

" Completing the course Im even more determined and more aware, more confident"

One lady from the group who was diagnosed with rheumatoid arthritis in 1978 aged 37, said " It can be challenging living with arthritis, but I've learnt it certainly does not mean you have to give in to pain"



She has now learnt to control her pain and rely less on medication with help from the Expert Patient Programme.

For more information or to book your place on the next course please call Dave on **0208 749 8017**.



## Friendship Club - Over 50s

**Monday 1.00 - 4.00pm**

A friendly group meet on Monday afternoon and enjoy food, drink and some nice music. There are 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.



## Agewell Over 50's yoga

**Tuesday 10.00am - 12.00pm**

Liz runs the over 50's Yoga classes in the centre – Yoga is for everyone of every ability for every age at any stage. For more info contact Agewell or pop into the centre.



## Bingo

**Wednesday 7.00pm - 9.00pm**

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



## Agewell Keep fit over 50's

**Monday 10.30am - 11.30am**

An active lifestyle should be on the agenda with exercise at the core of your thought. Agewell holds a gentle exercise class with seated body conditioning, open to men & women over the age of 50.



Alix Richards, Care support worker

## Care/Support Group

**Monday 10.00am - 12.00pm**

Alix runs the support groups, drop-in information and advice services. She also provides assistance with form filling. These informal groups give carers a chance to meet other people in similar situations, to talk about their experiences and alleviate some of the isolation felt by many carers. You do not need to make an appointment to attend and you can turn up on the day. Newcomers are welcome.

# Speech and Language support

Have you seen The King's Speech posters at our Children's Centre?

The King's Speech-Winner of 4 Oscars and 7 Baftas!

The story of how one man learnt to overcome his stammer!

*The King's Speech*, a movie about the relationship between stammering George VI and his Australian speech therapist inspired the Speech and Language Therapy team to take advantage of this golden opportunity to raise understanding and awareness of stammering. The Kings Speech posters were launched using photos of the academy award winning actor Colin Firth to coincide with the Royal Wedding and DVD release of the film.

Did you know . . .

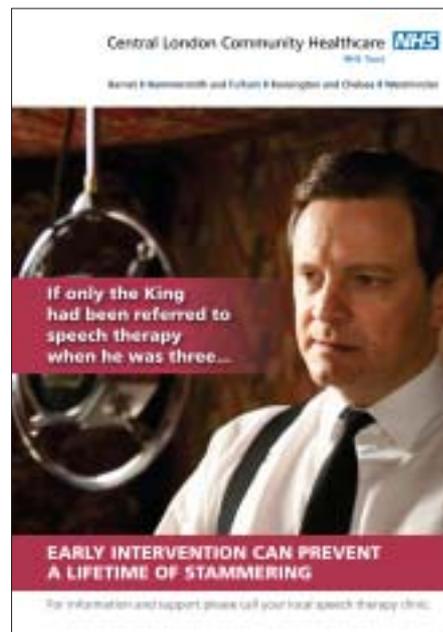
- There are about 720,000 adults and children in the UK who stammer.
- Children have the best chance at overcoming stammering, if intervention happens close to when the child begins to stammer.
- Stammering usually starts at around 2 to 3 years, so intervention before a child starts nursery or primary school

has the best chance of success.

- By 3 years of age, around 7 - 8.5% of children have a stammer. That would be 1 in 12 children.
- Let's overcome the belief of 'ignore it and it will go away'. While this is true for the majority of children, this attitude will expose a minority to a lifetime of stammering.
- Today's speech and language therapy experience would be rather different than the one in the film. This is hardly surprising as the events depicted are over 70 years ago!

Today therapy for pre-school children is play based and fun!

- If you have concerns about your child's stammer, please contact your local Speech and Language Therapy Team at White City Centre on **0208 846 6430**



or speak to Tashia, your local Speech and Language Therapist who visits stay & play sessions every month.

**For more information:**  
**The British Stammering Association**  
[www.stammering.org](http://www.stammering.org)



If you have not met our Speech and Language therapist yet, her name is Tashia Pillay. Tashia does monthly drop ins during our stay & play sessions, she offers families 1:1 advice and shares great ideas of how to promote your child's speech and language.

Also, if you do have any concerns regarding your child's speech then do come along and discuss these with her. The centre places great emphasis of early identification of speech and language difficulties so that support and advice can be put in place as soon as possible. The centre staff can make referrals to the speech and language department on your behalf. Please come to the centre or call 0208 740 8008.

## Shokriya Hamidi - my story



I am Shokriya Hamidi (known as Marwa Sobhan) and I live in Old Oak. I started to write my first book Mohra E Meher in 2010 and it has been

release in June 2011 in 136 pages with 123 title, hard back and glossy cover in Persian (Farsi) language which is available in Amazon website in book section.

I was coming last year to the IT training in Old Oak community centre and it helped me a lot to improve my skill about

computer and how to use it.

I am very happy that attending in the community centre has helped me progress further in my ambitions to write a book as it was always been my dream

It was years since I have had a passion for writing poems but I had kept that part of me hidden from everyone else. I cannot really remember when that secret part of my life was revealed to everyone and slowly but surely took over my life!

My passion became the perfect excuse to write!

My first pieces of work were read and liked by my friends. I was shocked to hear that they were complimenting me and my work and that encouraged me to do more.

At times in my life when I was feeling down or had too much going on, writing poems, turned into a remedy or a cure which

helped me not to lose my mind and I never even dreamt of turning my back on writing!

Yes dear reader, I wrote whatever was on my mind and I let it all pour out onto the page. I wrote so much that I felt like I was soaring high above the clouds and nothing could bring me down!

Today is the day that I have been waiting and dreaming of ever since I was taught to read by my wonderful and inspiring teacher, Fowzia Jaan in Lese Malalay in Kabul, Afghanistan.

Today, of all days is the most fabulous, amazing and joyous because my childhood dream has been fulfilled!

This Is A Book Of Poems, Full Of Passion, Desire, Joy, Hope And Some Of The Sadnesses That Life Burdens Us With!

[http://www.amazon.co.uk/Marwa-Sobhan-Mohra-E-Meher/dp/9649977635/ref=sr\\_1\\_1](http://www.amazon.co.uk/Marwa-Sobhan-Mohra-E-Meher/dp/9649977635/ref=sr_1_1)

# 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.feeney@familymosaic.co.uk](mailto:jackie.feeney@familymosaic.co.uk). We will ask you to register with the Centre by completing a simple form with your details. We will then help you get involved in the services or groups you are interested in joining.

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



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

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



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

**Active Dads** – this group caters specifically for dads and male carers. They meet once a month with their children on a Saturday. They arrange stay and play sessions and other activities such as den building and cookery.



**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 Weekly Timetable

(Subject to change)

Activities	Time	Information	Activities	Time	Information
<b>Monday</b>					
Care support group	10.00 - 12.00	Drop In Service	Nucleus Advice	1.00 - 4.00	Financial Advice
Agewell - Exercise	10.30 - 11.30	Over 50's Exercise	Football	16.30 - 18.00	7-13 yrs old
Baby Massage	10.30 - 11.00	With Hannah	Lets Create	16.30 - 17.30	After School Club
Baby Boost	11.00 - 12.00	Topics on pregnancy and children 0-24 months	IT for young people	16.00 - 17.30	After School Club
Say and Sign (babies aged 6 – 12months)	11.00 - 12.00	4week programme on 14th, 21st, 28th November and 5th December.	Bingo	19.00 - 21.00	Great Fun & Prizes
Friendship Club	1.00 - 4.00	To book your place please contact the centre asking for Hannah.	Weightwatchers	19.00 - 20.15	Call 0245 602 7076 (18yrs+)
Ramajam	2.00 - 4.00	Food Drink & Nice Music	<b>Wednesday</b>		
Sensory Room	4.00 - 5.00	FULL	Stay & Play (0-5yrs)	9.30 - 11.00	Fun Sessions for under 5's
Zumba (16-25 Years)	5.00 - 6.00	Book with Kasia	Community Midwives	10.00 - 12.00	Call 020 8383 5183 for info
Women's only exercise	6.30 - 7.30	Zumba run by US GALS	Adults IT	10.00 - 12.00	Free IT Sessions
			Toddler Boost	11.00 - 12.00	Healthy advise 2-4 yrs
			Outdoor Active Play	11.00 - 11.30	Enhances Physical Balance
			Toy Library	11.00 - 11.30	Toys for 0-5 yrs
			Esol (TBC)	13.00 - 15.00	Registration Required
			Lets Create	16.30 - 17.30	After School Club
			IT for young people	16.00 - 17.30	After School Club
			Margaret's Dance	16.15 - 20.15	Ballet - Call 020 8740 0727
			Adults IT	10.00 - 12.00	With free creche
			Sewing Class	10.00 - 12.00	With free creche
			Triple P (TBC)	12.00 - 1.30	With free creche
			Childminder Drop-in	13.00 - 15.00	Childminders Group
			Youth Club	18.30 - 21.45	10 Years Old
			Football	19.00 - 20.30	13 yrs plus
			Active Dads	11.00 - 13.00	3rd September & 1st October
			Councillors Surgery	11.00 - 12.00	2nd Saturday of Each Month
			<b>Thursday</b>		
Stay & Play (0-5yrs)	9.30 - 11.30	Fun Sessions for under 5's	Adults IT	10.00 - 12.00	With free creche
Tuesday Lunch - Under 5's	12.45 - 2.45	Prepare Healthy Lunch	Sewing Class	10.00 - 12.00	With free creche
Adults IT	10.00 - 12.00	Free IT Sessions	Triple P (TBC)	12.00 - 1.30	With free creche
Agewell Yoga	10.00 - 12.00	Run By Agewell	Childminder Drop-in	13.00 - 15.00	Childminders Group
Lets Create	16.00 - 17.30	After School Club	Youth Club	18.30 - 21.45	10 Years Old
IT for young people	16.00 - 18.00	After School Club	Football	19.00 - 20.30	13 yrs plus
Circuit Training (16-25 Years)	16.30 - 17.30	Run by US GALS	<b>Friday</b>		
Football	17.00 - 19.00	16 yrs plus	Adults IT	10.00 - 12.00	With free creche
Youth Club	18.30 - 21.45	Run by Harrow Club	Sewing Class	10.00 - 12.00	With free creche
Football	19.00 - 20.30	13 yrs plus	Triple P (TBC)	12.00 - 1.30	With free creche
			Childminder Drop-in	13.00 - 15.00	Childminders Group
			Youth Club	18.30 - 21.45	10 Years Old
			Football	19.00 - 20.30	13 yrs plus
			Active Dads	11.00 - 13.00	3rd September & 1st October
			Councillors Surgery	11.00 - 12.00	2nd Saturday of Each Month
			<b>Saturday</b>		
Women's exercise class	10.00 - 11.00	With free creche	Adults IT	10.00 - 12.00	With free creche
Adults IT	10.00 - 12.00	With free creche	Sensory Room	2.00 - 5.00	Book with Kasia
Sensory Room	2.00 - 5.00	Book with Kasia	<b>Wednesday</b>		

# 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	Centre Manager
Myrtle Nixon	Childrens Centre Teacher
Kasia Kwiatecka	Early Years Worker
Hannah Parks	Family Support Worker
Gitana Saukaiyte	Family Support Worker
Parveen Sharma	Centre Administrator
Joseph Gandaa	Play Worker
Sandra McCarthy	Child Minder Co-ordinator
Lydia Gandaa	Art Tutor
Narendra Valand	IT Tutor (adults)
Alan Smith	IT Tutor (Young People)



## Halls for hire

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

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

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

Recently renovated, security system, full use of the kitchen facilities, Disabled access to all areas, tables and chairs provided.

## Translations

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

### Somali

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

### Farsi

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

### Arabic

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