

NEWS



old oak

HOUSING ASSOCIATION

Summer 2015

Issue 10

Check out our website:

www.oldoakcentre.co.uk

In
this
issue:



Baby
Massage
- Page 2
Toy & Book
Library
- Page 3



Family
Links
- Page 4
New Work
Club
- Page 5



Peer Support
Group
- Page 6
92 Wulfstan
Street
- Page 8



After School
- Page 10
Picture Pages
- Page 14-15



Award Ceremony

In June 2015 we held a very special awards ceremony at Old Oak Centre. This was in commemoration of the long-standing and ongoing achievements of attendees and session leaders.

Two nominees, chosen for their significant contribution to the centre, were proudly put forward by their own session leaders and teachers. Sessions included: Children's Centre; Community Champions; Maternity Champions; Skills for Life English; Adults IT; Sewing Club; Friendship Club; and After School Club.

Over 70 people attended the community event, including friends and family of nominees, Old Oak Centre / Housing Staff, and volunteers. The hall was transformed with beautiful decorations and a full stage with our very own professional host, Chad, who led the awards, and an opening speech made by Councillor MP Wesley Harcourt. Guests enjoyed everything from delicious canapés to fruit kebabs and vegetarian wraps, all rounded off with refreshing mocktails.

Nominees were presented with a framed certificate and short speeches were made.

Jennifer Murphy, Family Support Worker and organiser of the event said:

"A great team effort was made for such a great event. Nominees said they felt very special having never experienced anything like this at the Centre before."

The event was such a roaring success that it will now be held annually with a new selection of nominees for next year! Check out more pictures on page 15.

Diary Dates

- Jobs Fair: Tuesday 15th September 12pm – 4.30pm
- Baby Massage: Wednesdays 23rd September – 21st Oct (5 weeks) 1.30pm – 2.15pm
- Family Links: The Nurturing Programme 24th Sept 1-3pm
- Parent's Forum: First Wednesday of every month, 9.30 – 10.30 am
- See page 6 for Community Champions Dates

Family Fun Day at Old Oak

What a fantastic turnout we had at our Old Oak Summer Fun Day in June. Families and staff alike enjoyed a wide variety of events, including a bouncy castle, "Meet the Animals", face painting, arts & crafts, a farmers market, Caribbean food from Errol's Catering, and much, much more. *Continued on page 12.*

Children's Centre



Stay and Play

Tuesday and Thursday 9.30-11.30am

Wednesday 1-3pm

Stay and Play sessions are fun sessions for families with children under 5 years of age.

During these sessions you and your children can enjoy painting, sticking, sensory play, outdoor play and much, much more. Our active singing sessions on Thursdays are very popular with children and parents and involve lots of physical movements too, so do come and join in.

We have drop-ins from a variety of health professionals, and you can get advice and guidance from other organisations such as housing and employment. We follow the Early Years Foundation Statutory Framework to support children's learning and development and to prepare them for school readiness.

The Aim stays the same:

- For the children to play and develop social skills
- For parents and carers to meet and socialise with each other
- For parents to access information and guidance

Come and have fun with your child!

Baby Massage

4 week programme every half term, Babies 8 weeks – crawling

We run developmental baby massage as a four week course, the first introductory session is 45 minutes and each following session is 1 hour. The course looks at the benefits of massage and tummy time, helping to relax you and your baby. It is a fun relaxed class which allows you to spend some quality time together. The massage helps to increase your baby's flexibility so that they can develop muscle strength, to sit and stand properly with improved posture.

For more information or to book your space please call the centre on **0208 740 8008**.



Baby Stay and Play

Monday 9.30-11.30am

Baby Stay and Play sessions are fun interactive sessions for babies and toddlers up to 18 months. Parents and children can enjoy learning through sensory exploration. This is an opportunity to meet other mum's with babies and toddlers in a fun environment.

Not forgetting the singing!



Crèche

Crèche is used for families wishing to attend Family Learning programmes, EDCL, Skills for life English and Sewing. You can leave your children in a safe environment where they can have lots of fun while learning. Children can benefit by getting used to nursery routines and school readiness.

A 'settling in' process is the first step towards attending the crèche. It is essential for staff to get to know the family before hand. This period allows you and your child to get used to the staff and become familiar with the learning environment. It is also a time to find out about your child's interests.

For more information about using the crèche please speak to Chantel and Muna.

Children's Centre

Antenatal Clinic and Breastfeeding Workshop

Breastfeeding: New mothers can have many questions and concerns about breastfeeding in the weeks leading up to and after birth. The breastfeeding workshop is a free, friendly and informal session. It is a great way to get 1:1 support within a reassuring group.

Antenatal Clinic: Designed to help expectant parents prepare for labour, birth and early parenthood. Get advice on diet and choice for labour and much more. Queen Charlotte Hospital will contact expectant families to arrange sessions.

Toy library/ book library

Children and their families can borrow age appropriate toys and books from the library for a week. Registration is £1. Takes place in all stay & play sessions. We are looking for a new volunteer to help with our Library. Get in touch with the Children's Centre for further info.

Childminders

**Are you looking for flexible childcare?
Look no further.**

Old Oak Childminders Quality Forum are dedicated registered childminders in the Old Oak local area. They meet every month at the Children's Centre to update their professional knowledge and share good practice.

Childminders can offer a home from home, early years experience and can often provide more individual attention to young children than a nursery setting could provide. Leading to relaxed, happy children who are supported to learn.

As well as providing flexible hours of care, childminders can often also take children to and from school and some provide



Parent Amy helps to water the garden

What's been happening?

In January we re-launched our popular sensory den. Full of different colours, textures and a brilliant light changing bubble tube.

We welcomed the new spring term and Easter with real chicken eggs provided by company Living Eggs. Over a period of two weeks families learnt the life cycle from egg to chick and we watched them hatch with much excitement.

To mark the month of Ramadan in June we had a colourful display where families could

learn about the religious month of fasting.

Thanks to the warmer weather children have been gardening. We are growing lots of different fruit and vegetables including strawberries, tomatoes and peas. Yummy!

In July we took the children moving to Nursery School on a leavers outing to Hounslow Urban Farm. Meeting the animals and reptiles was a lot of fun! We wish them all the luck on their next adventure.



weekend and overnight emergency care. Many childminders have extensive professional qualifications and experience including degree qualifications in Early Years Education. All registered childminders must meet the Early Years Foundation Stage legal requirements as do Nurseries and are inspected by Ofsted. A number of childminders also accept the Two Year Old Childcare Places Funding for parents/carers who have applied for funding and are eligible to receive it.

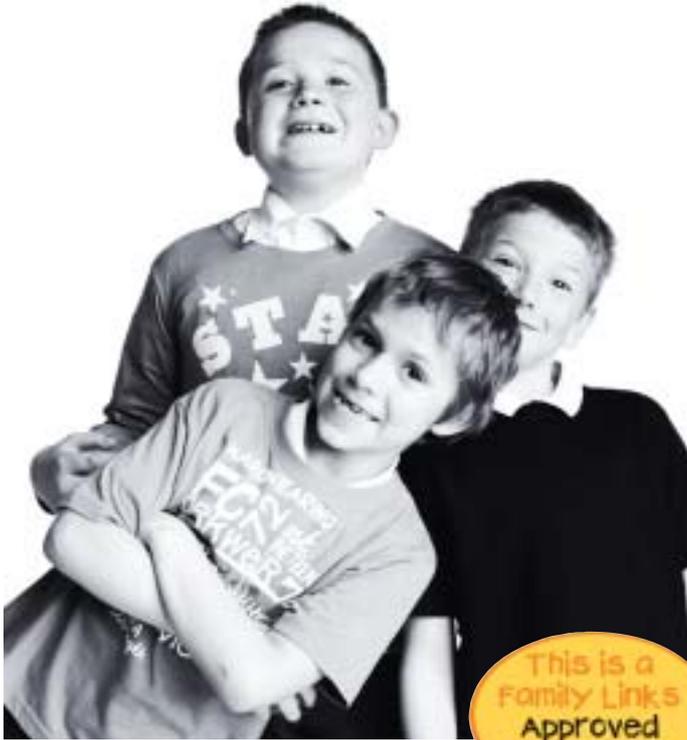
Childminders who have been judged by Ofsted as Good or Outstanding may choose to accept the Two year old funding.

To find out more about local childminders contact details are provided on the childminder noticeboard at Old Oak Children's Centre or contact the Family Information Service

Tel: **0845 313 3933** Website:

<http://www.fisd.lbhf.gov.uk/fisdFamily>

Information for Parents



Family Links: The Nurturing Programme

Are you interested in improving upon your own parenting skills and enhancing your relationships even further with your children? We have a new and exciting programme coming to the centre for parents.

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

In the last 21 years Family Links has helped over 100,000 families achieve profound change through the nurturing programme.

The course starts on the 24th September 2015 from 1-3pm for 10 weeks. Each session is two hours with tea breaks. Partners are welcome and it's also fine to come on your own or with a relative or friend. Crèche is available with a settling in process. You will need to come to all ten sessions.

For more information and to book your place speak to Jennifer on **020 8740 8008**.

Book people Tuesdays

Parent volunteers have arranged with the Book People to sell books to our families at a discount rate. Families must pay for the books beforehand when ordering and then collect the books on a specified date. Come to Tuesday Stay and Play for more information.



Old Oak Centre Trials New Births Registrations

New parents with children born in the Hammersmith & Fulham borough will be able to register their new-borns at Old Oak Children's Centre for a trial period.

With our host of baby sessions, such as Baby Stay & Play, Baby Massage and Peer Support Group, new parents should find it easier to discover the great range of support available to them in the Children's Centre and throughout the borough. The trial will continue until mid-October and if successful it could be rolled out across Children's Centres in Hammersmith & Fulham. Parents can still register their new-borns at Hammersmith Town Hall Register Office.

For further information and to book an appointment to register a new birth go to www.lbhf.gov.uk/registerbirth or call the Town Hall Register Office on **020 8753 2140**.

H&F Parent Partnership: Information, Advice & Support Service

Parent Partnership provides an impartial service to parents and carers who have children (0-25 years) with special educational needs or a disability to enable them to take a full part in their child's education as well as to ensure their views and concerns are heard. The Service supports parents and carers with:

- Writing letters to and explaining letters and assessment reports sent by the Local Authority, their child's school, the educational psychology service and other agencies
- Listening to parents views'
- Helping to support parent/carers' understanding of the terminology that has been used
- Ensuring they have understood the next step in the process
- Helping through the transition process from nursery to primary, primary to secondary, and further education.
- EHC (Education, Health & Social Care) assessments and plans
- SENDIST Appeals
- Choosing a school and admission appeals
- Putting parents in touch with other sources of help and information

We run weekly drop in sessions every Wednesday from 9.30 to 12.30. Please ring **Pat McNair** on **020 8799 5658** to book a time in advance where possible, to avoid unnecessary waiting.

Training and Employment

Jobs Fair this Autumn

Old Oak Centre is working with Work Zone to hold our third annual jobs fair in September 2015.



Tuesday 15th September, 12pm to 4.30pm

We have run these events for the past few years and many local residents have found them extremely helpful if looking for training or employment. There will be a range of providers and recruiters present offering vacancies, training courses, apprenticeships and employment support. Vacancies are planned to include:

- Childcare roles
- Cleaning roles
- Care roles
- Administration
- Part time roles
- Access to construction

If you are looking for any kind of information and support with employment please do pop in. Light refreshments will be provided.

For more information please contact the Centre on **0208 740 8008** or Lesley Grant at Work Zone on **020 8753 6773**.



Hopscotch Employment & Training Advice

Friday Fortnightly
10.00am – 12.30pm at
Hammersmith Library,
Shepherds Bush Road, W6 7AT

Hopscotch provide the following service: • Benefit calculation; check if you are receiving the correct benefits • Provide information, Advice and Guidance • 30 minutes appointment slots • Book follow-up appointments where necessary • Signpost or refer to other service providers

Hopscotch AWC provides support services for Asian women and their families. Their staff speak a range of languages including Bengali, Sylheti, Hindi, Urdu and English.

For more information or to make an appointment please contact: Eashmota Khatoon or Kushba Bibi
Eashmota.khatoon@hopscotchawc.org.uk
Kushba.bibi@hopscotchawc.org.uk

New Work Club Sessions at the Centre



Surayia

Looking for expert help with job hunting, CV writing and mock interviews? Come to our new monthly sessions with company MITIE to guide you through. MITIE employ over 70,000 staff nationwide, so they know a thing or two about employment!

Surayia is on hand to discuss all things employment from potential job opportunities, provide help with CVs and

tackle those tricky interview techniques. Great if you are just beginning to think about employment - right through to getting to that final interview.

Sessions are on a 1:1 drop in basis held every 3rd Wednesday of every month for 2015 from 12 – 3pm in the IT Room.

Dates: 15th July, 16th September, 21st October, 18th November, 16th December

For further information email communitysh@mitie.com



Family Mosaic Employment Team

We have a commitment to helping tenants find work, access training, get qualifications and work experience – we are here to support you in your journey to Employment.

We provide a range of opportunities for our customers such as training, employment and access to learning so they can improve their prospects, find new opportunities and move on. All of our services are free and tailored towards the needs of the job seeker. Support that we provide includes:

- Personalised employment advice;
- CV building;
- Interview coaching;
- Free training;
- Work placements;
- Job finders' resource room;
- Apprenticeships;
- Job brokerage service to secure the jobs that you want.

Contact - **Simon Matin 07508875458** **Alison McFarlane 07785718715**

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 on Wednesday (fortnightly). 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.



Vicky

Health News and Community Champions



BECOME A COMMUNITY CHAMPION

Get involved, help your community and gain skills that can help you find work!

Ask for Caroline or call 020 8740 8008

Like us on Facebook: Search Old Oak Community Champions

JOIN OUR TEAM

COMMUNITY Champions

We're recruiting! If you live on Old Oak estate or in the neighbourhood and can spare on average 3 or 4 hours a week to give something back to our community, come and talk to us about becoming a Community Champion volunteer. You don't need any experience but do need to be interested in health matters and in finding out how to improve the health of your family, your friends and your neighbours. Volunteering in this role is also a great excuse to talk to people you may not know, get to know your neighbours and make new friends whilst gaining valuable skills and experience to put on your CV. We can offer you accredited training and the chance to learn lots about health. For an informal chat to find out more call Caroline at the Centre (020 8740 8008) or pop in to see me. We have a great team and you can be part of it!

Community Champions Dairy Dates

Sat 19 September 10am to 2pm:
Promotion of Wulfstan Street services on the green outside 92 Wulfstan Street

Tues 22 September 12:30 to 3pm: National Eye Health Week event with local optician, lunch (12:30 to 1pm) and 1pm to 3pm with crèche

Wed 30 September 10am to 12 noon: World Heart Day event with expert talk on heart health (with crèche)

Tues 13 October 1pm to 3pm:
Breast Cancer Awareness event with expert talk with crèche

Mon 19 October 10am to 12 noon: World Mental Health Day event (details TBC)

Sat 07 or Sat 13 November:
Men's Health Awareness Month, healthy breakfast and expert talk on men's health by local GP

Call the Centre for more details -020 8740 8008



Peer Support Group

1st and 3rd Friday of each month: 12.30 – 2.30 pm at Old Oak Community Centre

2nd and 4th Thursday of each month: 12.30 - 2.30 pm at Parkview Centre for Health and Wellbeing, 56 Bloemfontein Road W12 7FG

A brand new group launched in February 2015 by our Maternity Champions, the Peer Support Group is a social and relaxed session for new and expectant mothers to get together, share experiences about pregnancy and new babies and to network. If you are expecting your first baby then this is the place to ask all those niggling little questions in an informal atmosphere and enjoy some refreshments too!

Taking place on alternate weeks at Old Oak Centre and Parkview Centre (near White City). Our Champions speak various community languages including Arabic, Bengali & French. Our volunteers are also on hand to signpost to other useful sessions running in the Community Centre and borough. Children welcome.

Interested in becoming a Maternity Champion or for more information please contact Carmella on 020 8740 8008 or email carmella.obinyan@familymosaic.co.uk

Health News and Community Champions

Men's Cooking Sessions Omelette Popovers

Gentlemen, are you interested in brushing up your cooking skills for free? Want to learn how to make tasty, healthy and quick recipes that won't break the bank?

Community Champions are looking for men participants for their new male only cooking sessions. Learn new skills in a relaxed and informal setting, with take home recipe cards. Interested? Contact Caroline on **0208 740 8008** or email caroline.lister@familymosaic.co.uk



This easy to make recipe has been a huge success for our Community Champions events – with adults and kids alike. They are delicious eaten hot or cold and great for packed lunches and picnics.

Credit to www.letsgetcooking.org.uk. Check out their website for more delicious recipes!

Vegetarian. Contains greens & dairy.

Ingredients

Serves 4 – 6 (makes approx. 12 Popovers)

2 x 15ml spoons sunflower oil

1/2 medium onion

150g Cheddar cheese (low fat)

150 g frozen peas

2 x 15ml spoons fresh chopped chives OR herbs (optional)

Ground black pepper



Method

1. Preheat the oven to 180°C fan or gas mark 4.
2. Divide the oil equally between the holes in the muffin tin.
3. Peel and finely chop the onion and divide equally between the holes
4. Put in the oven for 5 minutes
5. Meanwhile, weigh and grate the Cheddar cheese. Put the peas into a medium bowl with the grated cheese
6. Chop the herbs using a pair of scissors and add the cheese mixture.
7. Break the eggs, one at a time into a small bowl and add to the cheese mix. Add some black pepper to taste (if using) to the mixture.
8. Mix with a fork until the peas have separated from each other and the eggs are well mixed.
9. Using a large spoon, divide the mixture between the 12 holes and stir each one to mix in the onion. Return to the oven for 15 minutes or until golden brown on the top.
10. Allow to cool for 5 minutes then remove the popovers from the tin with a spatula or desert spoon. **Enjoy!**



Champion's tune into Radio Skills

A group of Community and Maternity Champion volunteers will be completing an introductory course in radio skills in the coming months. Participants will learn a wide range of skills including different interview techniques, how to use portable recording equipment, write scripts, gain insight into media law and much more.

They have already taken part in live broadcasts at Avenues Radio which is based in North Paddington. Maternity Champion Project Worker Carmella Obinyan has also featured on this production back in February 2015, promoting the Maternity Champions programme at Old Oak Centre.

Carmella is delighted with the new training for Old Oak Champions and enthused "radio is a great medium for our champions to really get out into the community and report on local events and issues which matter the most".

With many of us now owning smartphones, the radio podcasts they produced will be easily accessible online to everyone.

Links to future shows will be published on the Community Champions brand new Facebook page. Just search 'Old Oak Community Champions' on Facebook and have a listen!



Maternity Champions Upcoming Events

Buggy Walk - TBC Summer 2015
Pregnancy Yoga - TBC Autumn 2015
Want to be involved? Call 020 8740 8008 and speak to Carmella for further information.

92 Wulfstan Street



New to Old Oak: 92 Wulfstan Street

92 Wulfstan Street is a Family Mosaic property at the heart of the estate. Formerly occupied as offices we now have new health & wellbeing services for H&F residents.



Helping you to manage housing debt

First Thursday each month 10 am to 2pm

Do you live on Old Oak Estate?

Are you struggling to keep a roof over your head?

Problems with rent arrears, housing benefit, council tax

If so, you could benefit from a 1-2-1 service designed to support you with complex cases. The service is provided by Hammersmith & Fulham Citizens' Advice Bureau.

To book your FREE appointment call **020 8740 8008** or pop into Old Oak Community Centre.



Health Trainer Service

Every Tuesday 10 am to 4 pm
and Wednesday 1.15 pm to 3 pm

**Aged 40 to 74? Find out about
FREE NHS Health Checks**

After just 30 minutes of simple tests, you'll find out how healthy you are and how you can help prevent illness like diabetes, dementia, stroke and heart disease.

**Aged 18+? We provide free support,
motivation and advice to residents
who want to improve their health and
wellbeing.**

We offer support to people who want to: Stop smoking, eat more healthily, become more active, drink less and reduce stress levels.

Through one-to-one sessions, we will work with you to develop a personal health plan to identify those areas of health you want to improve and the actions you can take to achieve your goals.

To book your FREE appointment call **020 8740 8008** or pop into Old Oak Community Centre.



Stop Smoking Service

Every Tuesday 12.30 to 2.30pm

Kick It's stop smoking advisors can provide you with six, free, weekly sessions of help and support to get you through the hardest part of quitting. Get top quality advice on medications that can help you (which you'll get on prescription) along with support on the really difficult bit – changing behaviours and habits so you can be smoke free, for good!

You'll also be able to see your health improving with regular Carbon Monoxide tests. Appointments are available 1 to 1 with an advisor (or you can go to a group drop in session if you think you'll benefit from the support of other quitters). Don't worry if you have a busy schedule and think you'll find it difficult to make appointments – whilst we'd like to see you as much as possible face to face, we can also offer telephone appointments, online consultations and a text messaging service.

For further information contact Kick It on **020 3434 2500**. To book your FREE appointment call **020 8740 8008** or pop into Old Oak Community Centre.



Back on Track

Every Wednesday 9am to 1pm – by appointment only

back on track
improving access to psychological therapies

Back on Track is a free, confidential NHS psychological therapies service for people over the age of 18 who live in the borough of Hammersmith & Fulham.

Everyone feels stressed sometimes. If you are feeling on edge and would like help getting on top of your worries we can help. Or if you are feeling down and tired we can give you ideas of how to improve your mood. You can speak with one of our trained therapist to figure out the best way forward.

We offer a range of options, including guided self-help and talking therapies, including counselling, cognitive behaviour therapy (individually or in a group), couples therapy and employment support.

We can also connect you with services giving practical support and advice if you are having difficulties with: housing, debt, training and education, domestic violence, alcohol & drugs.

You can access Back on Track by speaking to GP, nurse or other health professional to make a referral on your behalf. Alternatively you can refer yourself to Back on Track by phone or online.

To make an appointment and further information please call **0300 123 1156**
www.backontrack.nhs.uk

Free Adult Activities

ECDL

Tuesday, Wednesday, Friday 10.00am -12.00pm

Thursday 'drop in' 10.00am -11.45am

Enrolment for new students on Thursdays 11.45am -12.30pm

Here at the Centre you can gain a free accredited computer qualification; a course graded 'A' by the British Computer Society (BCS). Aimed at both beginners through to the more advanced, the European Computer Driving Licence (ECDL) by BCS is a flexible course set at your own pace.

This qualification will not only provide you with the confidence to use a computer, it will ensure your competence in a variety of computer skills, such as Microsoft Office, an important addition to any CV.

Our computer teacher, Narendra, holds a wealth of experience both with computers and with training. Fortunately, Narendra has the benefit of being able to teach students through the course while guiding them all the way up to the test, as we are also an accredited exam centre.



Additionally, we offer more casual drop-in sessions on a Thursday for Centre users who would like access to a computer with assistance available if required.

New for September 2015: Introductory Computer and Online short courses. With certificate upon completion.

Call Narendra on **020 740 8008** for more information.

Free crèche available - ask at reception for more information.



Sewing teacher Jennifer on stage at our Old Oak Centre Awards Ceremony

Sewing

Friday 10.00am – 12.00pm

For beginners and advanced alike, our free and popular sewing classes with experienced teacher Jennifer are a great place to improve on your sewing skills and socialise. You can bring in your own clothes to alter, or create something new.

Free crèche available - ask at reception for more information.

Skills for Life: English Classes

Adult Education is currently delivering a two day a week course in English. Here, students work on spelling, reading & comprehension skills, sentence construction, vocabulary building, punctuation and grammar skills. The duration of the course is 16 weeks and the class is interactive and fun. There are lots of benefits gained from the course. For example, students progress on to vocational courses, help their children with their homework, attend parents evening with more confidence and feel better equipped to manage their everyday life skills. Students also gain an accreditation, Functional Skills English Entry 2 qualification, on completion of the course which is a tremendous sense of achievement for them.

Next term commences in September 2015 until February. For more information please call **0845 839 7912** or email **alssinfo@lbhf.gov.uk**. Additionally please call the Centre to put your name on our interest list. Interview and assessment days are held at the Centre and exact dates are advertised closer to the time.

Free crèche available - ask at reception for more information.

Old Oak Outdoor Gym

With lighter evenings and nicer weather it's time to make good use of the brilliant, free-to-use outdoor gym which is just behind Old Oak Centre on the edge of Wormwood Scrubs. From July one of Hammersmith & Fulham's sports coaches will be on site to show residents how to use the equipment safely including the essential warm-up and cool-down stretches and exercises. This great opportunity for local



residents runs from Monday 6th July to Friday 28th August every Monday, Wednesday and Friday between 1:30pm and 2:30pm. You can, of course, come and use the equipment at any time. If you bring your smartphone, you can use it to scan the QR code on each piece of equipment – this will quickly link you to a short video showing you how to use each machine! A great use of technology which makes the outdoor gym really accessible.

After School

After school activities

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



Homework Club & I.T. - (Alan, Joe and Lydia)

Come along if you would like help with your homework. With access to our stationery, computers, internet for research and support from the tutors all you need to bring along is your homework. You can also try some of the fun but challenging educational games when your work is completed. Once you have finished your homework you can work alongside your peers and tutors as the group are also learning how to use specific computer programmes to create songs and make music.



Cook & Grow (Joe, Lydia and Simona)

During Wednesday's session, the club offers children a chance to develop their cooking skills in the kitchen while learning how to maintain a garden throughout the year. We use the organic produce from the garden as ingredients in our meals too!



Let's Create (Joe and Lydia)

Lets Create Arts and Crafts continues to run on Thursdays. The session gives children an opportunity to get in touch with their creative sides. We have an abundance of art materials and equipment to experiment with. So if you like to draw, make, build or create come join Joe and Lydia.

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 Network

Monday 4.15 - 6.00pm

Doorstep Library is a community project visiting 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 and lend them books for the week. At the end of the spring term 2015, Doorstep Library volunteers were reading to 81 children from 42 families each week. This is a free service that takes place on the doorstep for about 20minutes.

If you would like more information please contact Emily Oliver on 020 8870 1476 or email info@doorsteplibrary.org.uk



After School Club Transforms Old Oak Garden

Old Oak Centre's garden has been transformed this summer into a leafy paradise thanks to the hard work of our After School Club and the new gardener Simona.

Back in September 2014, the children came together to plan their perfect garden in terms of how they wanted it to look and what specifically would grow in there to create a beautiful landscape.

Since then they have been busy upcycling old plastic bottles to turn into plant pots, using coffee grounds to nurture the soil, and using food waste / collected worms for composting.

Tasks have also included, watering plants, removing snails, and even designing their own labels for fruit and vegetables.

The children wash and often eat raw, delicious organic produce straight from the garden. More unusual options such as lemon sorrel have been surprisingly popular, while fennel seeds have been given the nickname, "bubble gum extra", due to their fresh almost aniseed taste.

The After School Club also sold fresh produce on their Fun Day stall, including tomato starter plants and strawberries. The produce they grow provides for our cooking sessions too!

Cook & Grow is held every Wednesday from 16:00-17:30 for children 5-12 years (term time only).

After School and Young People

Street Dance

Wednesday 5 – 6pm (term time only)

The class is designed to teach young people how to dance and express themselves through movement. The students are given the opportunity to showcase their individual talent through dance at the optional end of term performance.

6 years plus. £3 per session.



Street Dance

Junior Youth Club

Friday 3.30 – 6.00pm, 8 – 12 years

Jay, Joe, and Terrie - Harrow Club

Junior youth is an activity filled afternoon for the children. With indoor and outdoor sports and games, Arts & crafts, cooking, I.T and more, there is an activity that you will enjoy. We hold interesting and thought provoking talks where the children have an opportunity to get their opinions heard. Come and join us, a fun way to start your weekend.



Children Serving Guests at their Big Picnic event

Youth Club

Monday 7.30pm – 10.00pm,

Tuesday 6.30pm – 9.45pm,

Friday 6.30pm – 10.00pm, 13-21yrs

Harrow Club Staff

We are currently running four projects at Old Oak youth club. This includes a cooking programme that covers healthy eating, football training and tournaments, art and creative activities, outside fitness and bar training. We also have access to pool, table tennis, video games and computer access. The club continues to be popular for the local members. Youth club will be running at normal times over the summer. For more information about Harrow Club call **020 8969 2528**.



Junior Youth Club

Football

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

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

Wednesday: 8-14 years – 5.00 - 6.00pm
(£2 per session)

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

The football sessions run by Damien help youngsters to improve fundamental movements and basic football skills, and are a great way to socialise. The sessions are a good 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 above days and register.



Youth Club

Other News

old oak
Old Oak Housing Association present:
A Day Trip To Clacton On Sea

For our tenants with children who live with them
Come along and socialise with other tenants
and enjoy a range of exciting activities for
you and your children!

- Sun Bathing
- Fair Ground Adventures
- Beach Rounders
- Football
- Shopping
- Picnics

Date: Friday 21 August 2015

For more information please call 0208 743 5486
Book your place now. Spaces are limited!!

Coach leaves at 8am sharp from the Old Oak
Housing Office.

Family Fun Day at Old Oak

Continued from page 1

Community Champions displayed Vitamin D promotions, a summer survey, and conducted a healthy living quiz. Maternity Champions held a reflexology and aromatherapy stall aimed at blossoming pregnant women and brand new mums.

Many stalls were presented by our partners on the day, which included, Safer Neighbourhood Teams, Carers Network, Young Carers, SNT, Funpact, Health Trainers, CAB, Bike Works, Kick it, Bishop Creighton House, Work Zone, Back on Track, Health Checkers - Turning Point, and Life in Balance. The Ward Councillors were also in attendance on the day to enjoy the festivities.

Jackie Feeney said: "This was the most popular fun day yet. A visit from our Mayor was really special. She also cut our amazing community tree cake. A big thank you goes to everyone who made the day a big success."

Pictures continue on page 14.



Bingo

Wednesday 6.30pm - 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.

Coffee Morning & Parents' Forum

First Wednesday of every month, 9.30 - 10.30am

Coffee morning and Parents' Forum is a regular session where parents can come together and catch up and discuss sessions, centre improvements, new services and provisions and future changes. Why not come in and join us for breakfast? Sessions are facilitated by centre staff and crèche is provided, please call the Centre to book your crèche space.



Friendship Club

Monday 1.00pm - 4.00pm

Volunteers run this service for over 60s. They meet weekly on Monday and enjoy lunches, bingo, book clubs, trips and other social activities.

Councillors' Surgery at Old Oak Centre

You can meet with your local councillors at Old Oak Community & Children's Centre.

The councillors surgery is between **11.00am - 12.00pm**, on the **2nd Saturday of every month**. There are no surgeries in August, or if the 2nd Saturday of the month coincides with a bank holiday.

The surgeries are informal open sessions. Come along to meet your councillors and raise your issues and concerns, or just drop in for a chat if you don't have a problem. Your local councillors for the College Park and Old Oak Ward are Councillor Elaine Chumnerly and Councillor Wesley Harcourt.



Elaine Chumnerly



Wesley Harcourt

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.



Parents' Steering Group – 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.

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.

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.



Community Funding



Do you have an idea about a new service or project which would benefit the local community?

We want to hear from you. We have a small pot of money available for people to apply for funding for new projects or events they want to run which will benefit the people living on Old Oak estate. We will fund projects from £50 up to a few thousand pounds. Applications will be considered on a rolling basis.

Grants will be awarded quarterly and decisions are made by the **Community Development Group**. For more information or help with an application please contact Jackie or see the website.

Family Fun Day



Awards Ceremony



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 Emptage	Senior Family Support Outreach Worker
Jennifer Murphy	Interim Senior Family Support Worker
Muna Haji	Early Years Worker
Chantel Gordon	Early Years Co-ordinator
Carol Evans	Centre Administrator
Eleanor Harrington	Community Involvement Officer
Caroline Lister	Community Champions Co-ordinator

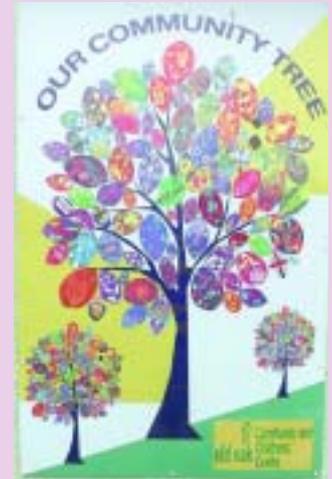
Carmella Obinyan
Maternity Champion
Project Worker

Narendra Valand
Adult IT Tutor

Joseph Gandaa
Play Worker

Lydia Gandaa
Art Tutor

Alan Smith
Young Persons' IT Tutor



Halls for hire

Old Oak Community Centre has 2 halls available for hire by the hour.

Large Hall - capable of seating up to 100 people

Small Hall - capable of seating 40 people
Renovated, security system, full use of the kitchen facilities, disabled access to all areas, tables and chairs provided.

We offer competitive rates for hall hire at Old Oak Community and Children's Centre. For example children's parties for 3 hours at £90, and discounted rates for Tenants of Old Oak Housing at £40 per hour for the large hall. Call reception for further details or to book a hall.



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 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.