



## In this issue:



Stay & Play  
- Page 2  
Childminders  
- Page 3



Maternity  
Champions  
- Page 6



Community  
Funding  
- Page 7  
Door Step  
Library  
- Page 8



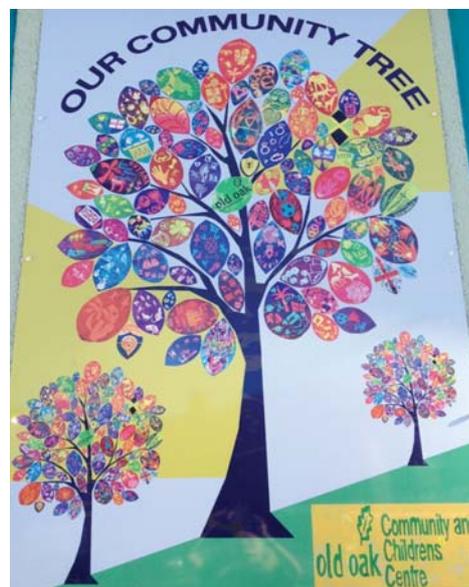
Coffee Morning  
& Parents Forum  
- Page 10  
Kick It Stop  
Smoking Service  
- Page 10

## Our New Community Tree

In 2014 Old Oak Centre worked with Sarah from Cloth of Gold, working across the different sessions as part of an intergenerational community print project. Each person worked with Sarah to choose colours they like and pictures to represent their culture to produce their own family leaf, representing themselves and their family. These leaves have been combined to make a community picture, a beautiful tree displayed at the front of the Centre, with different leaves representing some of the diverse families we work with. The Community Tree was unveiled at the summer Funday and there are additional pieces of art work displayed inside the Centre, a book completed by the afterschool club and two stunning fabric trees with the lovely leaves created by families.

Make sure you have a look next time you pop in.

*Right: Picture of the community tree at the front of the Centre*



## The Amazing Time Machine



The children spent one session a week last academic year producing their own short film. It was named 'The Amazing Time Machine'. The children did everything themselves from writing the script, casting and acting, designing and making props to editing. The children worked really hard and took scripts home to ensure their

acting and delivery was second to none! Their story was about a group of school children who are given homework. They must research past events. They stumble across an obscure looking object and end up being zapped into a time machine. They visit different times including World War II and The Ice Age. They manage to find a way back to the present day and are able to tell their teacher and friends what they have learnt.

The film premièred at the end of the Summer Term. Parents and Carers, staff and other members of the community were impressed at what such young people had achieved. Copies of the film are available to purchase from the Centre.

A massive thank you to all of the children and staff who worked really hard to make this happen and ensured that the project was a resounding success.

## Diary Dates

- Old Oak Children's Centre Christmas Closure: December 24th 12pm until January 5th 2015
- Old Oak Housing Association Christmas Closure: December 24th 12pm until January 5th 2015
- Paediatric First Aid Training: Saturday 7th February & Saturday 14th February
- Employment Fair: March 2015
- Parents Forum: February 4th, March 4th, April 1st
- Food Hygiene Training: March 2015

# Children's Centre



## 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**.

## 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-in's 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.



*Families completing their learning journeys*

### 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 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!

## Baby Signing

**For babies aged 6-18 months. Six sessions in the New Year: 19th and 26th of January at 10 am, 2nd, 9th, 16th and 23rd February at 10 am**

Baby signing while speaking has been shown to encourage the development of communication and language skills. It can help reduce frustration and help parents to understand their baby's needs and wants. It is an opportunity for you to ask the Speech and Language Therapist any questions about your baby's language and communication. Hope to see you there!



**For more information please ask a member of the team or call Caroline Cornell or Holly Garvey, Speech and Language Therapists on 0203 704 6110.**

### 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. All sessions marked with a # are available with free crèche.

## Toy library/book library

Children and their families can borrow age appropriate toys and books from the library for a week. Registration is £1. Only on Mondays, Wednesdays and Thursdays.

# Children's Centre

## What's been happening?

During this term, as part of our Autumn/Winter focus, we celebrated Harvest by getting parents to make bread from different cultural backgrounds. Parents made bread such as Soda bread, Roti, Rye bread, Noshta and Chapati to share with the families.

We celebrated EID, Diwali and had a fancy dress party for Halloween. Families kindly brought food in to share and we carved out Pumpkins. The children who left to go

to school came back to visit during the half term holiday and enjoyed the party.

We have been making soups and winter warmer porridges. During crèche we have been settling in children which went very well. A warm welcome to all our new families who have started with us this term.

Christmas Theatre went very well in November. Families and their children enjoyed seeing the play. We had lots of good feedback. Thank you Lyric theatre.



## 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 weekend and overnight emergency care. **Many childminders have extensive professional qualifications** and experience including degree qualifications in Early Years Education. All 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>

## Cordis Bright Parents' Survey

The Centre continues to focus on training for community members and development of services. In October 2014 eight Centre users were trained by Cordis Bright to become community surveyors, the purpose being to speak to other community members about the Centre and record their views. They received a certificate for completing the training and helped the Centre to find out about the views of the local community. The completed surveys will be collated into a report to show the impact the Centre is having on the local community and look at what the Centre can do next, in terms of future development, to provide for the



*Some of the parents with their certificates*

community. The completed report will be available for parents and will be discussed at the next coffee morning in February.

## 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.

## Community Midwifery

I have been a Community Midwife for over 5 years and find it very rewarding - being able to follow pregnant women through their passage to motherhood is a very privileged position to be in. We share their journey from beginning to end and support them on their way to being parents.

We provide continuity of care/carer which research has shown lowers the risks of intervention in the Intrapartum period

(labour). Women have the reassurance that their midwife knows them and will understand and provide tailored support during and after their pregnancy.

I especially enjoy meeting mums and babies after they have given birth and have developed several friendships with women I have cared for. I love this job and would not trade it for anything in the world.

**Charmaine McNeil-Thomas(RM)**

## Information for Parents

### 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 & 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.

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## Family Learning

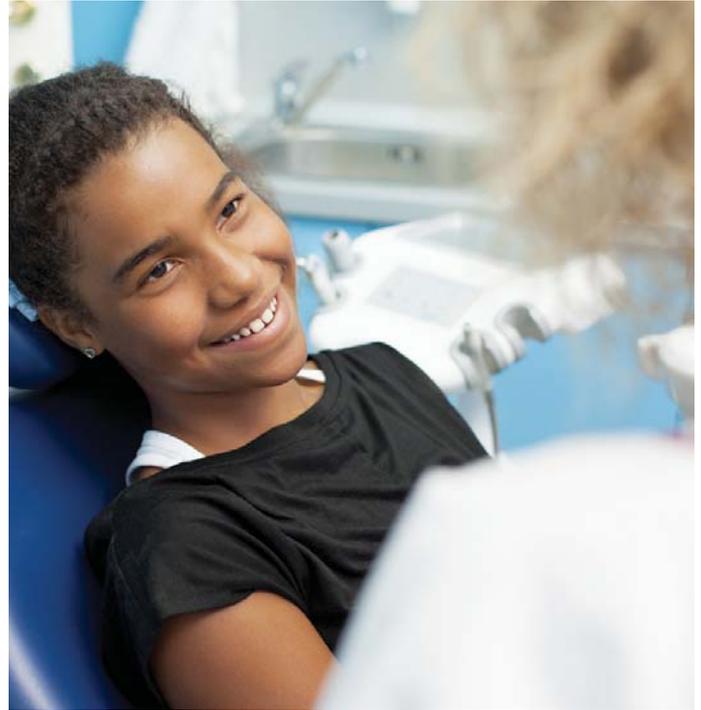
These are family friendly sessions where you can bring your child and learn about a topic of interest. In 2014 Family Learning sessions covered topics including sleep, weaning, dental health and fussy eaters. Families learned about how to improve the bedtime routine and help babies sleep through the night, how to encourage children to eat a wider variety of foods and the best diet to help reduce cavities. More sessions will be booked for 2015, speak to Family Support at the Centre for more information.

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## Triple P Parenting Programme, Feb 2015 #

This is a six week course for families with children up to 11years. It is a 'Positive Parenting Programme' which supports parents to make small changes that will have a positive long term impact on their child's behaviour. Parents are introduced to a range of strategies to enhance parent-child relationships and manage children's misbehaviour.

Crèche will be available, to book please call the centre on **0208 740 8008**. If you are interested in other parenting classes please call **0207 605 0191** and speak to Ushma.



## Dental Health: Ten Tips for Healthy, Happy Smiles

### Brushing

- Start brushing as soon as you see teeth in your baby's mouth.
- Brush your child's teeth twice a day.
- Use fluoride toothpaste (1000ppm for under 3 years and 1350-1500ppm for over 3 years.)
- Brushing should last two minutes in the morning and two minute before bed time.
- Encourage your child to spit after brushing. They do not need to learn rinsing after brushing.

### Food

- Avoid sugary foods and drinks in-between meals.
- Sugar free snacks are better for your child's dental health.
- Plain water and plain milk are two healthy drinks for children especially in-between meals. Try to avoid fizzy drinks.

### Dentist

- Take your child to the dentist when they are around one year old.
- Take your child to the dentist as often as the dentist recommends.
- Ask your dentist for prevention advice.

## 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.

# Training and Employment

Old Oak continues to focus on training and employment support and opportunities. Over the last year some of the training we have offered has been Skills for Life English, ECDL, First Aid, Community Surveyors, Expert Patient Program and as part of the Community Champions project Walk Leader, L2 Understanding Health Improvement and L3 Health Trainer. We will continue to offer additional courses next year based on the needs of the local community and the results of the parent survey.

## Workzone

Every Wednesday appointments available between 2pm and 5pm

Do you need assistance writing your CV, with interview skills or work experience? If so Workzone can help. You can book a 1:1 session with Kash from Workzone who can help you compete for jobs through pre-employment support, apprenticeships, sector specific training and qualifications, volunteering and much more.

For help in getting a competitive edge in the job market, contact reception on **0208 7408008** to make an appointment.



## Family Mosaic Employment Team

We have a commitment to helping tenants find work and a certain proportion of job vacancies we earmark specifically for Family Mosaic tenants.

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 – **Michelle Regan 07507 761098**



## Expert Patient Program

Nubian Life Resource Centre is a partner provider in the Expert Patient Service funded through the NHS.

The Expert Patient Service provides self-management courses for people living with long-term health conditions, such as heart disease, diabetes, depression, asthma, high arthritis, blood pressure, cancer, or any other condition.

The course is **free** and open to people who live in Hammersmith and Fulham, Kensington and Chelsea or Westminster (or are registered with a GP in the area). **The service is also open to carers living in the area.**

The course lasts for six weeks, with a weekly meeting of 2.5 hours and covers healthy lifestyle advice, action planning, managing stress, pain and fatigue, weight management, relaxation techniques and better communication with family and friends and health professionals.

All participants receive a free self-management book, a certificate of completion and more importantly have the opportunity to meet other people with similar conditions or experiences. One person on the course said: *"Like most of us, I have put my own health last, but this doesn't help myself or the person I care for. This course has shown me that even little things can make a difference to my physical, mental and emotional health. I feel empowered. My diagnosis of diabetes no longer feels like a death sentence."*

Our next course is at:

**Old Oak Community Centre,  
7 Braybrook Street, W12 OAP  
Wednesday 21st January 2015, 11.00 - 1.30**

For more information about the course and to register, contact by email **eps@nubianlife.org.uk** or by phone Davendra on **0208 749 8017 Ext 102**

## Jobs Board

Did you know that there is a training and employment board at the centre? Offering you tips for CVs, possible jobs sites to search, information about support services and details of job vacancies. Why not take a look next time you come in?

## 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



From left – Community Champions Co-ordinator, Caroline Lister, with Community Champions Laila, Entisar, Verna, Lanre, Sufia, Bridget, Sevil, Ozlem and Taiwo.

## Join our Team of Health Volunteers

We are always on the look-out for enthusiastic local residents to join our team of volunteers. All volunteers have the opportunity to gain nationally recognised qualifications and access a range of training relating to health and

maternity issues. Volunteering is a great way to build skills and experience to add to your CV. Call Caroline or Carmella on 020 8740 8008 or ask for us at Old Oak Community Centre.

"I love being part of a rewarding role as a

Community Champion whereby the whole community is empowered to be healthier and turn their lives around. Volunteering is one of the best ways to make a difference in any community."

**Old Oak Community Champion**



Carmella Obinyan

## Maternity Champions

In November we welcomed Carmella Obinyan to the team as Maternity Champions Project Worker. This new project is just launching in Old Oak and the neighboring area to offer support to both parents-to-be and new parents before and after birth. We aim to make sure that residents know about local antenatal and postnatal services and feel happy to come to us with ideas for new

services they might like to see. Our first Maternity Champion, young mother of two, Christina said: "I'm looking forward to the training. This role brings me one step closer to where I want to be, as I'm in the process of enrolling for an access to midwifery course."

We will recruit and train local volunteers who will work with the community midwives team now based at Old Oak Children's Centre, as well as with the Children's Centre team and other local services. We want to work with local residents to make sure people get the best from health and related services and to signpost new and expectant parents to access the right services and look at ways to reduce health inequalities in the community by developing new services such as opportunities for expectant and new parents to meet others and to support each other through their own experiences. On Tuesday 20th of January 2015 we will be starting a monthly Peer Support Group for new and expectant parents with support from the Maternity Champions. The maternity Champions are trained volunteers who are able to use their personal life experiences and skills to support any families who may need help both before and after the birth of their baby and up to 1 year old.

If you want to find out more about this exciting new project, especially if you're interested in becoming a volunteer, please contact Carmella on **020 8740 8008**.

## De-Stress Lunch and Aromatherapy

Old Oak Community Champions project always tries to organise something different to mark various health Awareness Weeks and Months during the year. During 2014 for Mental Health Awareness Week we decided to run a stress-busting afternoon starting with a healthy buffet lunch followed by a talk on using different essential oils to combat stress and anxiety. Two aromatherapists from Neal's Yard Remedies then gave a demonstration of relaxing hand massage before we all paired up to try this out for ourselves. One participant said: "It was a fantastic and invigorating session and that night I slept like a log; I haven't done that for ages!" Local resident, Jennie, commented: "I really enjoyed learning about essential oils and how to use aromatherapy in everyday life to combat stress and help relax."



## My Experience of Being a Community Champion



Sufia Sultana

I believe in contributing to society by doing something. I moved to this area at the end of 2011, when my daughter started nursery at Old Oak Primary School. I became interested in the activities of Old Oak Community &

Children's Centre where I met Caroline Lister, a friendly and helpful staff member of the Centre, who told me about a paediatric First Aid course which helped me to get a job at the school. This was the beginning of my Community Champion voluntary work. Caroline always informs me about new courses and training and I have been attending courses like nutritional guidelines, social research methods training, Food Hygiene, Kids Boost programme, Level 2 Award in Understanding Health Improvement, Mental Health First Aid, etc. This training has made me aware of the importance of public participation and awareness of health issues in the community. In my neighbourhood if I come across a new tenant I normally give them information about local health-related services, training and facilities.

**Sufia Sultana**

# Free Adult Activities

## ECDL #

Tuesday, Wednesday, Friday 10.00am-12.00pm  
Thursday drop in 10.00-11.45

Enrolment for new students on Thursdays  
11.45-12.30

### Free Internet Classes

The Centre offers free computer training for beginner's to the more advanced.

### ECDL

The Centre is registered as an accredited exam centre for ECDL (European Computer Driving License) by BCS. All adults in our community are able to learn a full accredited IT course and also take the qualification exam at the Old Oak Community and Children's Centre. This qualification can be extremely valuable when applying for jobs. An ECDL qualification demonstrates that you have been trained to use computers and computer



programmes, such as Microsoft Office, with confidence. The course itself is very flexible and can be learnt at your own pace. If you want to gain an ECDL qualification or come to free classes please contact Narendra (IT Tutor) on **0208 7408008**.

## 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 more 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 on 23rd February 2015 until 10th July 2015. For more information please call **0845 839 7912** or email **alssinfo@lbhf.gov.uk**. Interview and assessment days are held at the centre and dates are advertised closer to the time.



## Salsa

Mondays 6pm -7pm

*"I really like the salsa class and the teacher is very professional. Hope this class runs and runs!"*

During the summer local residents kept asking me if we could run salsa classes so I have now found a great salsa teacher who runs Tropicana Salsa classes throughout parts of north London. The idea of running salsa sessions in Old Oak is to have the best possible fun whilst working up a sweat and learning 'Strictly'-style moves from one of the best! New students should arrive at least 15 minutes before the class to register. Wear comfortable clothing and shoes and bring your water bottle – you will need to re-hydrate!

**For more info call Caroline:  
020 8740 8008**

# 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
Wednesday	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

(Jo, Joe and Lydia)

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 over the autumn winter period. We use the vegetation from the garden as ingredients in our meals and prepare planting seeds to be sown in the coming months.



### 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](http://www.margaretdanceacademy.co.uk) or contact 020 8740 0727.



## Healthy Cooking and Eating on a Budget

Healthy cooking and eating on a budget sessions have continued to be hugely popular and are having a real impact on the eating habits of local residents. One told us: "Veggie nuggets and omelette 'popovers' are now in our family favourite foods list." Simple food swaps like cooking with lentils instead of meat a couple of times a week reduces your food costs, tastes great and reduces cholesterol as well as increasing protein and fibre intake. Ask Caroline or our Community Champions for recommended easy-to-follow recipes. This autumn we started doing weekly 5 Minute Food demos during Stay & Play sessions. Under 5s are often not the easiest to impress with new foods but we got empty plates and happy faces with yummy home-made hummus and other snack ideas.

From mid-November Community Champions took the healthy eating message into Old Oak Primary School with Snack Attack! Children were lining up to volunteer their selling skills and help with our after-school healthy snacks stall in the school playground. Our first session sold out of fruit kebabs and banana and apricot loaf in 20 minutes! Head teacher, Joe Brown, welcomed this new project as it fits in so well with the school's healthy eating policy. If you want to get some great cooking experience and learn new budget-conscious recipes as part of this project, contact Community Champions Coordinator Caroline on **020 8740 8008** or see her at the Community Centre. We will be offering free accredited Food Hygiene training in January 2015 – call the Community Centre for info.

## Door Step Library Network

Monday 4 - 6.30pm

The Doorstep Library is a charity project that visits homes on Old Oak Estate every Monday during term time. A pair of volunteers visit your home with a selection of children's books, to read to children up to the age of 11. At the end of the summer term the Doorstep Library volunteers were reading to 92 children from 45 families each week. This is a free service that takes place on the doorstep.



If you would like more information please contact Emily Oliver on **020 8870 1476** or email [info@doorsteplibrary.org.uk](mailto:info@doorsteplibrary.org.uk)

## 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**

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.



After School Club

# Youth Club

**Monday 7.30pm – 10.00pm, Tuesday 6.30pm – 9.45pm, Friday 6.30pm – 10.00pm, 13-21yrs**

We are currently running four projects at Old Oak youth club. This includes a cooking program 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. Over the summer we went on 12 offsite trips that included Go-Karting, paintballing, ice skating and Thorpe Park. Also this summer, local residents and club members Roy, Rikki and Jamie came away with silver in their group at the National Table Tennis Competition.



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 Housing

### Are you a tenant of Old Oak Housing Association with a satellite dish on the front of your property?

If yes, then you will have received a letter from us recently about the removal of these. The local authority has asked us to write to you all about the re-location of any dishes that are on the front of your property or front facing. The council have said "The installation of a satellite dish on a wall or roof slope fronting a road or public footpath requires planning permission because the property is in a conservation area".

We have received many calls from you and appreciate that this letter may not have applied to everyone so we apologise if you received a letter where this did not apply. If this does apply to you, please make the arrangements needed to re-locate your dish as enforcement could be costly. Further information can be found on [www.lbhf.gov.uk](http://www.lbhf.gov.uk) or by calling us on **020 8743 5486**.

### Keep Warm in Winter

Every winter in the UK, 25,000-30,000 deaths are linked to the cold weather. Currently, approximately four million households in the UK are in fuel poverty. This is when a household spends more than 10% of its income to keep warm. The government's advice on getting ready for

winter aims to reduce cold-related illness and deaths. Key tips include:

- Keep your home warm. Your main living room should be between around 18-21C (65-70F) and the rest of the house at a minimum of 16C (61F). You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.
- Eat well. Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.
- Wrap up warm, inside and out. Layer your clothing to stay warm and wear shoes with a good grip if you need to go outside. If possible, stay inside during a cold period if you have heart or respiratory problems.
- Check on older neighbours or relatives to make sure they're safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather.

If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on **0800 00 99 66**.



## 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 60's. They meet weekly on Monday and enjoy lunches, bingo, book clubs, trips and other social activities.

## Kick It

On Thursday mornings starting in December Kick-it Stop Smoking Service will be offering free one-to-one consultations and nicotine replacement products or medication. Structured over 6 weeks, the scheme offers flexibility for individuals to enable success to be achieved in a friendly and non-judgemental manner. A phone call to Victor on **07860750695** will get you an appointment.



## 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](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.

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](mailto: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](http://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. The first round of applications will be considered on the 12th January 2015.

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.

# 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](http://www.oldoakcentre.co.uk)

E-mail: [oldoakcentre@familymosaic.co.uk](mailto: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

<b>Jackie Feeny</b>	Centre Manager
<b>Rebecca Emptage</b>	Senior Family Support Outreach Worker
<b>Chantel Gordon</b>	Early Years Worker
<b>Muna Haji</b>	Early Years Worker
<b>Caroline Lister</b>	Community Champion Project Worker
<b>Carmella Obinyan</b>	Maternity Champion Project Worker
<b>Emma Stevens</b>	Centre Administrator
<b>Narandra Valand</b>	Adult IT Tutor
<b>Joseph Gandaa</b>	Play Worker
<b>Lydia Gandaa</b>	Play Worker
<b>Alan Smith</b>	Young People's IT Tutor

## Halls for hire

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

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

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

Renovated, security system, full use of the kitchen facilities, disabled access to all areas, tables and chairs provided.

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.