

Old Oak Community & Children's Centre

- Working with the best organisations to deliver excellent services

Jan • Feb • March 2018



76 Braybrook Street | East Acton | London W12 0AP
 020 8740 8008
 www.oldoakcentre.co.uk | oldoakcentre@familymosaic.co.uk



Charity Registration Number: 1082846
 Company Limited by Guarantee: 3679351

Our Staff

Carla Martin
 Jennifer Murphy
 Belina Louvrou
 Chantel Gordon
 Muna Hajj
 Caroline Lister
 Carmella Obinyan
 Carol Evans
 Narendra Valend
 Eva Eneso Ikuga
 Eleanor Harrington
 Lydia Gandaa

Head of Community and Housing
 Deputy Centre Manager
 Family Support Worker
 Early Years Co-ordinator
 Early Years Worker
 Community Champions Manager
 Maternity Champions Manager
 Centre Administrator
 Adult IT Tutor
 Admin Assistant - Community Champions
 Community Involvement Officer
 Children's Art Tutor

MONTHLY SESSIONS

9:30-11:30 Have your Say with breakfast: give feedback on Centre activities. Also guest speakers. 3rd Friday every month

15:00-17:00 Saturdays: Football with QPR for ages 14-25. Info on 07483 006 982 Pablo

COUNCILLOR'S SURGERY
11:00-12:00: 2nd Saturday of every month. Informal session to meet your councillors and raise your concerns

- **Free Legal + Housing Advice**
- Every other Wednesday
- Call Centre to book
- If you would like any part of this translated into your language, produced in larger text or in Braille please call us on 020 8740 8008



Family Support Team: 020 8740 8008
 Family Information Service: 0845 313 3933
 Harrow Club: 020 8969 2528
 Old Oak Housing: 020 8743 5486
 H&F Council: 0845 313 3935

Job Centre Plus: 020 7560 5381
 Margaret's Dance: 020 8740 0727
 Old Oak Primary School: 020 8743 7629
 Safer Neighbourhoods: 020 8246 2747
 Parkview Centre for Health & Wellbeing: 020 3704 6102

- Visit our website: www.oldoakcentre.co.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
<p>9:30-12:30 One Year Development Check: Pre-book with Health Visitor. Last Monday of every month</p> <p>From 9:30 Work Club: 1to1 employment advice with Gosia. 3rd Monday of each month Call 020 8740 8008 to book</p> <p>9:30-11:30 Baby Stay + Play: Fun activities designed to encourage development. Newborn to 18 months only. <i>Free</i> 10:30-11:00 Baby Toy Library: Borrow books + toys for 0-18 months (during Stay + Play)</p> <p>11:00-11:30 Rhyme + Song Time</p> <p>13:00-15:00 Community Champions + Maternity Champions: Workshops and Health Talks - call for info and to join our mailing list</p> <p>13:00-16:00 'The Healing Star': therapeutic play service for ages 3 to 15 years, individual + group sessions. Referrals only. Call Belina for info on 020 8740 8008</p> <p>13:00-16:00 Friendship Club: over 60s lunch, bingo + raffle £2.50</p> <p>15:30-18:30 Doorstep Library: volunteers read to children up to 11 years old on your doorstep [term time]</p> <p>17:00-18:30 Tae Kwondo with Dana: For ages 5 to 15 - enhance self-esteem, build confidence and discipline. £3</p> <p>16:30-18:00 Football with Damien: ages 7-11 years</p> <p>19:00-22:00 Youth Club: run by Harrow Club for 13-21 years</p>	<p>9:30-11:30 Stay + Play: Fun session with engaging activities for under 5s. <i>Free</i> incl. 11:00-11:30 Rhyme + Song Time <i>plus Mini Sparks returns for more musical fun!</i></p> <p>09:30-12:00 Breastfeeding Workshop: Book via Queen Charlotte's Hospital. 1st Tuesday of every month</p> <p>10:00-12:00 Adults IT: BCS Level 2 IT User Skills [formerly ECDL] and mixed abilities. <i>Small fee applies</i></p> <p>10:30 to 12:30 MEND Mum: For mums with a child aged 6 wks to 2 yrs. Healthy eating, food planning + weight. Ask for next dates. Run by MyTimeActive. <i>Free</i></p> <p>12:30-15:00 ESOL: accredited English for speakers of other languages from Sept 17 with creche (must be booked)</p> <p>13:45-14:45 Aerobic Fitness with Ayesha: Women-only dance exercise class 16+ Creche available (must be booked) £2</p> <p>16:00-17:30 Homework Club with IT: for children ages 5-12 years</p> <p>17:00-18:00 Yoga with Mary: traditional form of yoga which is relevant for today for overall wellbeing H+F residents. £3</p> <p>18:30-21:30 Youth Club: run by Harrow Club for 13-21 years. Call 020 8969 2528 for info</p> <p>19:00-21:00 Football with Damien: for youth club members only</p>	<p>10:00-11:30 Talk + Learn: Fun session targeting language development for under 5s. Speech + language therapist from 10 Jan to 28 March 2018. Referrals only</p> <p>9:30-12:30 Parent Partnership: Works with parents of children with disabilities. Call 020 8840 9099 to book. Term-time only</p> <p>10:00-12:00 Computers: Getting Online. <i>Small fee applies</i></p> <p>10:00-11:30 Birth Preparation + Relaxation: for women 12+ weeks pregnant. Helps prepare your body for birth. Call for dates and to register interest + book. Runs for 4 weeks. <i>Free</i></p> <p>11:00-13:00 Jukebox Cafe: Re-live your youth whilst enjoying your choice of music from back in the day. 1st Wednesday of every month. Over 55s. <i>Free</i></p> <p>13:30-14:15 Baby Massage: developmental baby massage for 8 weeks to crawling (five week course). Call Centre to book + for dates £10 <i>for course</i></p> <p>16:00-17:30 Cooking + Gardening: for children aged 5-12 years. Run by Lydia + Osman</p> <p>16:30-18:00 Football with Damien: ages 8-14 years</p> <p>17:00-18:00 Street Dance: ages 6+ years £1.50</p>	<p>9:30-11:30 Stay + Play: Fun session with engaging activities for under 5s. <i>Free</i> incl. 11:00-11:30 Rhyme + Song Time</p> <p>09:30-12:30 Parent Information: Book via Queen Charlotte's Hospital. 1st Thursday of every month</p> <p>10:00-11:45 Adults IT: BCS Level 2 IT User Skills [formerly ECDL]. Drop-in and mixed abilities</p> <p>11:45-12:30 Adults IT - New Students: drop in to register for classes with the IT tutor</p> <p>12:30-15:00 ESOL: accredited English for speakers of other languages from Sep 17 with creche (must be booked)</p> <p>16:00-17:30 Let's Create: art session for children aged 5-12 years. Run by Lydia + Osman</p> <p>16:00-20:00 Margaret's Tap and Ballet: for 3+ years. For info call 020 8740 0727</p> <p>16:30-18:30 Football with Damien: ages 5-7 years</p> <p>20:00-21:30 Weightwatchers:</p>	<p>10:00-12:00 Sewing Workshop: Please call for info and to register £2</p> <p>10:00-12:00 Adults IT: computer and online basics from mid-September. <i>Small fee applies.</i> 8 weeks course</p> <p>10:30 to 12:00 Over 60s Exercise + Relaxation: Feel stronger, more energised + relaxed. Improve concentration + coordination. Call Centre to book. <i>Free</i></p> <p>15:30-18:00 Junior Youth Club: for 8-12 years. To register ask for a form at Centre Reception. Call for info on 020 8969 2528</p> <p>18:30-22:00 Youth Club: run by Harrow Club for 13-21 years. Call for info on 020 8969 2528</p> <p>19:00-21:00 Football with Damien: for youth club members only</p>								
<p>KEY</p> <table border="1"> <tr> <td>Under 5s</td> <td>Champions sessions</td> </tr> <tr> <td>5s to 12s</td> <td>Midwife/Health Visitor</td> </tr> <tr> <td>Youth</td> <td>Play Therapy</td> </tr> <tr> <td>Adult</td> <td></td> </tr> </table>				Under 5s	Champions sessions	5s to 12s	Midwife/Health Visitor	Youth	Play Therapy	Adult		<p>HAVE YOUR SAY with breakfast 3rd Friday of every month: discuss and contribute to what you would like to see at the Centre. Guest speakers will provide talks around different topics. 09:30-11:30</p>
Under 5s	Champions sessions											
5s to 12s	Midwife/Health Visitor											
Youth	Play Therapy											
Adult												
<p>MENTAL HEALTH FIRST AID: 2 DAY ACCREDITED COURSE Recognise the symptoms of mental health issues, learn to provide initial help Runs over two Saturdays (09:30 to 17:00) Please call Caroline on 020 8740 8008 for dates, info + to book "Very capable and knowledgeable tutors" "Great course, helped me as a person" "A really worthwhile course"</p>				<p>LATEST EDITION: 19 December 2017</p>								