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About your North Ken News

North Ken News is a dedicated newsletter for North Kensington communities produced by Kensington and Chelsea Council.

Have you got news for us?

We are always on the lookout for good news stories, whether they are about an event you are running, a local hero who is working wonders in your community or a programme or course that local residents could benefit from.

If you would like to get in touch with an idea or story, please email northkennews@rbkc.gov.uk and we'll get back to you as soon as we can.

Tell us what you think

We're interested in hearing your feedback about North Ken News. We want to produce a newsletter which you enjoy reading and you find useful, so please let us know what you'd like to see more of. Email us at northkennews@rbkc.gov.uk

Staying in touch

There are other ways to keep up to date with borough-wide news as well as updates and announcements from Kensington and Chelsea Council.



For updates on Grenfell



If you would like to opt out of receiving North Ken News or would prefer to read it online, please let us know at northkennews@rbkc.gov.uk

Environmental checks around Grenfell Tower show no increased risk to health

The first stage of environmental checks around Grenfell Tower show that there is no increased risk to health from the aftermath of the tragedy. The levels of chemicals found in the Grenfell area are consistent with those generally found in London.

The checks were carried out by independent specialists and have been verified by experts on the independent Science Advisory Group. The process for carrying out the checks was agreed by members of the group.

Sir Patrick Vallance, Government Chief Scientific Adviser and Chairman of the Science Advisory Group said: "Following a review of the technical documents by the Science Advisory Group, they have agreed that the approach taken was scientifically rigorous and met the agreed specification.

The Group has confidence in the results from Stage 1, which will inform the Stage 2 investigation."

To provide further reassurance to the community, a second stage of testing will also be carried out. The Stage 1 results do not show levels requiring any change to the investigation strategy.

Anyone in the Grenfell community who remains concerned about their health should contact their GP, who is best placed to assess individual needs and consider the most appropriate treatment. Health checks are also available at various clinics in North Kensington via community provider, Enhance, which can be reached on **020 3434 2500**. To see the full results of the Stage 1 checks and a summary of the results visit www.gov.uk and search Grenfell Stage 1.



Join us on Nextdoor

Nextdoor is a hyper-local social network for you and your neighbours to discuss local issues, talk about nearby events and activities and buy and sell things you no longer need.

We're on Nextdoor sharing information relevant to your local area. Compared to a channel like Twitter, you'll only see information suited to you and your neighbours, and the comments on the posts will be from only other locals too, ensuring the conversation remains relevant.

You can also get in touch by email or phone:

environmental-checks@communities.gov.uk **0303 444 0078**

To join visit:

www.nextdoor.com



Sing it loud with new community choir



You don't have to be musically blessed to join a choir – at least, that's the message from new North Ken resident Jack Patrick Healy. Jack's message is a simple one – singing nourishes the soul and gives a guaranteed boost in happiness.

That's why Jack has launched a new community choir at St Helen's Church (St Helen's Gardens, W10 6LP) that meets every Wednesday from 7.30pm to 8.30pm. The group will be learning songs from a

variety of genres including famous showtunes from musicals, classical, chart music and R&B. The choir is brand new so now's the perfect time for newcomers to join. Why not come along and meet new neighbours, enjoy good music and create song together? For ages 16 plus.

If you have any queries, email: sthelenscommunitychoir@gmail.com or search **St Helen's Community Choir** on Facebook.

New Homes for North Ken

The Council has committed to building 600 new homes, 300 of which will be for social rent.

Consultation with residents on the first five sites, all in North Kensington, have been taking place for much of this year and the planning applications are due to be submitted early next year.

The sites being looked at are:

- Acklam Road
- 175-177 Kensal Road
- 15-17 Hewer Street
- Barlby Road
- 54 St Helen's Gardens



For more information go to www.rbkc.gov.uk/new-homes-consultation

Further consultations are taking place throughout November

Strengthen your skills with new community programme

The Grenfell Community Leadership Programme provides individuals and organisations, who are directly supporting residents in North Kensington, with access to a free programme of workshops, one-to-one events and courses which can support them to strengthen their skills and help with the ongoing recovery. These include:

- how to build a business
- how to write an effective plan
- reaching your maximum potential
- developing leadership and management skills

New dates are being added all the time – check the website for updates.

 www.rbkc.gov.uk/grenfell-community-leadership

New grants for environment, culture and education projects

You have until Sunday 10 November to apply to the Grenfell Projects Fund, which provides Grenfell-affected communities the opportunity to apply for a share of £600k available to local organisations. If you want to apply, email NKengagement@rbkc.gov.uk, download an Expression of Interest from the RBKC website or come to the last Information Day at Latymer Community Church, 116 Bramley Road, W10 6SU on Saturday 9 November from 10am to 2pm.

Once applications for the Project Fund close, residents can attend the Decision Day on Saturday 16 November from 9.30am to 5.30pm at Harrow Club, 187 Freston Road, W10 6TH where the community will decide which projects are awarded grants.

Register your attendance on Eventbrite, visit www.eventbrite.co.uk and search Grenfell Project Fund. For more information go to www.rbkc.gov.uk and search Grenfell Projects Fund.

Learn new skills and get a boost in your job search

With a range of fun and friendly classes in English, Maths and ICT, you can take your skillset to the next level at Nova. Established in 1983, the service provider prides itself on offering flexibility, with classes available at a range of times in nine locations around the community.

Have an untapped vocation you'd like to explore but absolutely no experience, and unsure where to start? From help with job searches to advice and guidance in finding courses, volunteering opportunities and work placements; if you have the commitment to develop and the

motivation to succeed, Nova will give you the practical help and support to get to the next step.

Dust off your CV and visit Nova's team for its full range of information and opportunities, as all advice and guidance services are free of charge.

The friendly staff at Nova will ensure every person who joins is supported throughout their visit.

If you want to find out more about how Nova can help to take your career to the next level, give the team a call or follow them on Twitter:



Kensington and Chelsea Children's Services rated Outstanding by Ofsted



Children's services in Kensington and Chelsea have been given a clean sweep of outstanding ratings in every practice by Ofsted, the independent inspectorate.

The bi-borough service, its teams and leadership were highly praised, with assessors describing services as excellent. Kensington and Chelsea was judged to deliver "exemplary practice" for children who cannot live with their families.

One member of staff who works with families in North Kensington said: "This shows that we really do our absolute best to help the most vulnerable residents of the borough and that means so much to all of us – it's what we do this for."

For more information on Ofsted Outstanding, visit www.rbkc.gov.uk and search 'Ofsted'.

First Grenfell Community Assembly shines a spotlight on health and wellbeing

More than 40 residents attended the first Grenfell Community Assembly at Avondale Park Primary School in September. It provided an opportunity for residents to discuss important topics that matter to them with relevant partners including representatives from the local Clinical Commissioning Group, Central and North West London NHS Foundation Trust, Public Health England and local voluntary organisations such as Together for Grenfell, One You Kensington & Chelsea, Everyone Active, Kids on the Green and Latimer Community Art Therapy.

Residents took part in table discussions on topics ranging from mental health, respiratory concerns, primary care and GP services to soil and air contamination. The discussions generated a host of ideas and questions.

Among the issues residents raised and discussed were:

- stigma attached to accessing certain local services
- the need for reassurance that the same level of health and wellbeing support for young people over 18 was there once they left school
- more information about where to access Enhanced Health Checks
- questions about soil and air testing

GPs in attendance reassured residents that the surgeries in North Kensington have developed a closer working relationship with each other, offering mutual services to residents if needed.

Residents suggested future topics that they would like the Grenfell Assembly to cover including community cohesion, housing, community safety and the Council's role in the social impact on health.

The next Grenfell Community Assembly will be held on Tuesday 19 November from 5pm to 7pm at The Harrow Club, 187 Freston Road, W10 6TH.

Read about residents' discussions that took place at the first Grenfell Assembly held at Avondale Park School and find out more about the next meeting.

ClementJames

www.clementjames.org [@clementjames](https://twitter.com/clementjames)

When was the last time you took care of you? ▶

Come along to a pamper party helping all women to explore the benefits of self-care on Thursday 28 November from 10am to 2.30pm. ClementJames invites you to enjoy beauty treatments, holistic therapy sessions and interactive workshops, on the house. As an extra special thank you for joining them, there will also be a free gift and delicious lunch for all attendees. There are limited spaces available, so secure your space by contacting Bobby or Becky at wellbeing@clementjames.org or call **020 7792 9189**.



◀ Homework help available

Is your (not so) little one stuck for homework support and in need of extra help? ClementJames offers an afterschool homework programme for students in years seven to 13. Let them help you to plug the gaps; for more information, email the team at youngpeople@clementjames.org

In Year 13 and want to go to university? ▶

Many young people have a desire to go to university but have no clue where to start. If you are (or know) a Year 13 student with a passion to go to university, ClementJames offers support throughout the process with its University Mentoring Scheme at IntoUniversity North Kensington. Call **020 7221 8801** if you would like to hear more.



A new hub for young North Ken residents



Local young people checked out the new-look Lancaster Youth Centre last month (October) and shared their feedback on the events and activities planned for the space. The centre is one of two new hubs in Kensington and Chelsea, the second of which is based at Chelsea Youth Centre in the World's End Estate.

and residents working with young people to use during the day and at weekends.



The two spaces have had a revamp following consultation with over 1,000 young residents and will be up and running in the new year. They'll hold Youth Clubs on weekday evenings but will also be open for organisations, groups

More information on this will be made available in the coming months. Until then, young residents can keep up to date with the latest on Youth Hubs as well as information about youth events and activities taking place locally by following the [@RBKYouth](https://www.instagram.com/RBKYouth) Instagram.

For more information on Youth Hubs, visit www.rbkc.gov.uk and search Youth Hubs.

Christopher Herbert meets Mayor of Kensington and Chelsea, Cllr Will Pascall at the Kensington & Chelsea Business Awards 2019.



Community spotlight

Business award praises sporty start-up

When people think of North Kensington they think of vibrancy, carnival, community spirit and warm, welcoming people. What people might not know (but what locals are all too aware of) is that North Ken is abuzz with sports and fitness activities for all ages – and residents love it.

In fact, there's such an appetite for sports that this year's winner of the 'Best Business Start-Up' award at the Kensington and Chelsea Business Awards was Fit for Life Youth, an organisation which understands the positive impact that sport can have on the direction of a young person's life.

Christopher Herbert, the driving force behind Fit for Life Youth's success, has worked around North Kensington for 15 years. Before then, Christopher worked in schools and on community youth

programmes, so has always had a passion for sharing the joy of sport with young people.

Now, operating out of Fit for Life Youth's base in Ladbroke Grove as well as around the community in schools, colleges and community centres, it provides training classes, one-to-one coaching and group sessions for young people looking to get fit and hone their skills as young sportspeople – or just have some fun!

At the awards, Fit for Life Youth took home the coveted first place award, and the team couldn't have been more thrilled.

Chris said:

"I am proud that my business has won this award, I hope that it can be an example to people in North Kensington that we can achieve anything we put our minds to and work hard for."



Find out more about Fit for Life Youth:

📞 07949 162 082

🌐 www.fitforlifeyouth.co.uk

📷 @fitforlifeyouth

What's on at The Curve?

The Curve Community Centre hosts courses, events and programmes as well as continuing to offer support to those who need it.

It's located at **10 Bard Road, W10 6TP** and is open **Monday to Friday, 10am to 8pm** and **Saturday and Sunday, 11am to 6pm**. For the full programme of events at The Curve, visit **www.rbkc.gov.uk/curve-events**

New for November

Free Hairdressing Courses

Calling all aspiring hairdressers! In partnership with Kensington and Chelsea College, The Curve is hosting free hairdressing courses for a range of abilities. Drop into The Curve on Thursdays throughout November from 10am to 1pm to find out more and enrol.

Induction to Childcare

Learn how you can get into the rewarding world of childcare with Induction to Childcare courses, covering what babies and young children need to thrive and how to keep them safe and healthy. Interested? Call or email The Curve.

 **020 7221 9836**  **thecurve@rbkc.gov.uk**

Do your mental health a favour this winter

Having good mental health helps us relax, achieve and enjoy our lives more. It's important we all look after our mental health, so why not use Every Mind Matters' simple online tool to develop a personalised Mind Plan?

Available via One You Kensington and Chelsea at **www.oneyou.rbkc.gov.uk/stress-less**, Your Mind Plan is an interactive, NHS-approved quiz which asks you five questions about your mood, sleep, anxiety, stress and worries.

Your answers will generate a customisable Mind Plan outlining the simple steps you can take to improve your mental health, including practical self-care advice and links to organisations that can provide support.

Every Mind Matters is a major Public Health England campaign offering a range of useful resources encouraging adults to be more aware of their mental health.

Winter is upon us, have you had your flu vaccine?

People get ill from flu every year and while most people usually recover within a week, for some, it can be dangerous. The flu vaccination is free for everyone who is at increased risk, including:

- Children aged two to three
- Children in primary school (reception to year six)
- Pregnant women
- Everyone aged 65 and over
- People in long-stay residential care homes
- Everyone who has a long-term health condition like a heart problem, bronchitis, emphysema, severe asthma, kidney disease, liver disease or diabetes
- Carers and frontline health and social care staff with their ID badge at their local pharmacy

Even if you vaccinated against flu last year, you will need another this year as the virus can change from year to year. Autumn is the best time to vaccinate against flu. To get the vaccination, speak to your GP, practice nurse or pharmacist.

To find out more visit:

 **www.nhs.uk/oneyou/every-mind-matters**

To find out more visit:

 **www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine**