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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

Covid-19

Information on our Coronavirus response and guidance is correct at the time of going to press. For the latest updates, visit www.rbkc.gov.uk/coronavirus

Staying in touch

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

 [@RBKC](https://twitter.com/RBKC)  www.facebook.com/royalborough

 www.nextdoor.co.uk

 www.instagram.com/kensingtonandchelseacouncil

For updates on Grenfell

 [@GrenfellUpdates](https://twitter.com/GrenfellUpdates)

 www.rbkc.gov.uk/grenfell

 To stay up to date with the latest news and events sign up to our newsletter mailing list, visit www.rbkc.gov.uk and search K&C Life

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

Christmas bubbles

As the festive period approaches, some of the Covid-19 restrictions are being eased to allow us to spend time with friends and family.

Here's how you can celebrate together safely.

Between 23 and 27 December you can:

- Form an exclusive 'Christmas bubble' with people from no more than **three households**
- Only be in one Christmas bubble and you cannot change your Christmas bubble
- Travel between tiers and UK nations to meet your Christmas bubble
- Only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- Continue to meet people who are not in your Christmas bubble outside your home according to the rules in the tier where you are staying
- You **cannot** meet someone in a private home who is not part of your household or Christmas bubble



Our Holiday Services Guide

Ahead of the holiday season, we've put together a simple, easy to use guide full of contact details and hours of operation for services provided by the Council.

Available for download on our website and arriving at your doorstep this month, find out what services are open 24/7 and how to get in touch with them for your most urgent issues. We've listed everything that can be of service to you over the holidays including information on housing support, rubbish collection, parking rules and much more.



Make sure you keep it nearby so you can solve any issue quickly.

Visit www.rbkc.gov.uk, search 'Holiday Services Guide 2020'

Portobello and Golborne go online this Christmas!

The last few months have been tricky for our market traders and local businesses with Covid-19 restrictions – to address this, we're bringing Christmas online this year, to give you another way to shop.

You can now find a huge range of stalls and shops in Portobello and Golborne on the **dscvr app**. The app lists different businesses in the area and where to find them, plus you can access their websites so you can shop online too. Just download '**dscvr**' to your device and search the location 'Portobello Road'.

Keep up to date with the latest market news @VisitPortobello on Twitter and Instagram or at www.VisitPortobello.com



A merry virtual Christmas

Christmas will be a bit different this year with many of the usual festive events being cancelled due to Coronavirus and limits on large gatherings.

However, we still want to spread the festive cheer and are going online to do it. Visit our YouTube channel 'KensingtonandChelsea' and discover the 'A merry virtual Christmas' playlist, featuring videos to get you in the holiday spirit.

You can watch the Portobello and Golborne Christmas tree lighting from the comfort of your home and follow along with some fun activities from local businesses, such as mince pie baking and wreath making.

Visit www.youtube.com/kensingtonandchelsea to join the festive fun.

Tier Alert

At the time of going to print, London was in Tier 2 (high alert) and the Government was due to review tiers nationally on Wednesday 16 December. Please check the Council's digital channels for the latest guidelines in place in Kensington and Chelsea.

For further information on Tiers, visit www.gov.uk/find-coronavirus-local-restrictions

Head online for Grenfell Projects Fund updates



Join us online in the new year to hear from some of the inspirational community recipients of the Grenfell Projects Fund (GPF).

Following their launch in October, our web-based presentation evenings are returning in 2021 to allow some of the fantastic projects to share how they adapted their programmes as a result of Coronavirus.

Among the speakers at the inaugural online presentation was Tarik Kaidi, founder of Minds United FC which provides footballing opportunities to adults with lived experience of mental health problems or substance misuse.

The club is using GPF funding to hold weekly training sessions at the Westway Sports Centre, enter three teams into the North West London Mental Health Football League and hire a minibus to get players and coaches to and from fixtures. Last month, it celebrated being named as the Middlesex FA's Charter Standard Club of the Month for November.

Tarik said: **"We have had more than 100 attendees since starting the sessions in September when the Westway started to open up again."**

"People have been really enjoying them and we have between 12 and 15 North Kensington residents coming along every week."

If you want to hear about more inspirational projects, why not join the GPF online presentation evenings in the new year on the following dates?

Tuesday 19 January 2021 from 6.30-7.45pm

Tuesday 23 February 2021 from 6.30-7.45pm

Tuesday 30 March 2021 from 6.30-7.45pm

For more information about Minds United FC, email info@mindsunitedfc.com or search Minds United on social media.

Check out more details on how to register by searching Grenfell Projects Fund at www.rbkc.gov.uk

Share your views on Grenfell Tower and the future memorial

Community engagement specialist, Kaizen, is gathering thoughts about Grenfell Tower, as well as ideas for the Memorial Commission about a future memorial. During October and November, the Kaizen team has been hearing the views of the Lancaster West community, as well as continuing to reach out to bereaved families, former residents of the Tower and residents of North Kensington.

You can share your views with Kaizen by emailing info@kaizen.org.uk or calling **020 7082 5505**.

Grenfell safety works and asbestos removal

The Government shared information in July about the safety works that will be taking place at the Grenfell site over the next year, and which includes the safe removal of asbestos from the Tower, as well as the installation of new aluminium 'props' to maintain the ongoing stability of the Tower.

Asbestos removal began as part of garage conversion works on the Grenfell Tower site in late September. This work is complete, and the on-site team is now focusing on asbestos removal from the Tower. This work is expected to continue in phases over the next year, until summer 2021.

Asbestos is being carefully removed by a specialist contractor in secure conditions. During all of these works, additional air quality monitoring is taking place, and the monitoring so far has found no cause for concern.

If you have any questions about the planned safety works at the Grenfell site, including about the air monitoring, please email GrenfellTowerSite@communities.gov.uk or call **0303 444 0011**.



To find out more, see the write-up and video of our recent event at www.gov.uk/grenfell-community-updates

Free recovery and wellbeing courses for Grenfell-affected community



The Grenfell Health and Wellbeing Service has teamed up with CNWL's Recovery & Wellbeing College, the Volunteer Centre, the Venture Community Association and Community Champions to offer a programme of free workshops that focus on wellbeing for the Grenfell-affected community.

All the courses will take place online and are open to anyone living in Kensington and Chelsea. They are free to attend.

Courses will range from sessions on self-compassion, changing habits, mindfulness and wellbeing, coping at Christmas time and exploring emotions.

To find out more or book a place, call the Recovery & Wellbeing College admissions office on **020 3214 5686** or contact the Grenfell Health and Wellbeing Service on **020 8637 6279** or email recoverycollege.cnwl@nhs.net

Government update on Grenfell environmental checks

The soil sampling for Stage 2 of the Grenfell environmental checks, which aims to reduce uncertainty about any health risks, is now complete. Stage 1 found the levels of chemicals in the soil were consistent with those generally found in London and that there was no increased risk to health from land contamination because of the Grenfell Tower tragedy.

The Stage 2 soil sampling was carried out across 39 areas by AECOM, the independent specialists, over five weeks. The initial focus was on schools and nurseries, followed by allotments, kitchen gardens, communal gardens, parks and within the Grenfell Tower site cordon. The scientists also collected fruit and vegetables.

Residents and community growers were able to observe the sampling and ask the scientists questions. The independent and qualified adviser, Dr Paul Nathanail, observed and reviewed AECOM's work to make sure it was consistent with good practice.

All the soil and crops are now with the laboratory to be analysed. Once this is completed a detailed report, including a health risk assessment, will be produced. This will be used to consider any possible risks to public health. The report will be available in April next year.



Support for those experiencing violence at home

Anyone can experience domestic abuse regardless of their age, race, culture, sexuality or religion. However, we know that it disproportionately affects women and girls. If you, or someone you know, is afraid or worried about sexual or domestic abuse, support is available.

If you are
**worried about
domestic or sexual
abuse at home,**
we are here for you.

In partnership with other authorities and the Angelou Support Service we're working to direct residents to support should they need it.

- Call the Angelou Support Service on 0808 801 0660 Monday, Tuesdays, Thursday and Fridays: 10am to 4pm and Wednesdays: 10am to 4pm and 6pm to 9pm.
- The 24-hour National Domestic Abuse Helpline can be contacted on **0808 2000 247**.
- If you'd rather not speak to the Police you can call Crimestoppers anonymously on **0800 555 111**.
- In an emergency call **999**.

For more information about support available, visit www.rbkc.gov.uk and search Domestic Abuse and Violence.

Nature walks to boost physical and mental health

Following a year unlike any other, one Kensington and Chelsea resident is using the Community Leadership Programme (CLP) to help people forget their stresses and strains through the Japanese art of Shinrin-Yoku.

Shinrin-Yoku, or forest bathing, is an immersive experience involving walking in natural surroundings to stimulate the senses. Sessions last for approximately two hours, including a tea ceremony at the end of the walk, and have been shown to aid physical and mental health.

Now Jude Abraham hopes to introduce people from the borough to the art after completing Portobello Business Centre's CLP Rocket Launch Your Business course.

Jude enrolled on the sessions after finding out about the CLP from a flyer that dropped through her letterbox in September and covered everything from

digital communications to branding and finance. She is using her new-found skills to kick-start her healthy enterprise, Ecoforestbathing.

She said: "I enjoyed the course tremendously. It was held via Zoom and Marianna, the moderator, along with the speakers injected a feeling as if one was in a meeting room, rather than on a webinar. I am currently working on my website and have also been developing an Instagram account.

"Clinical research over the past 20 years has proven the mental and health benefits from being in nature for as little as 15 mins a week, by following certain steps.



"If forest bathing is undertaken for two hours, over three consecutive days, or equivalent hours over a week, the mental and physical benefits will still be experienced for up to a month."

To find out more about Jude's forest bathing business, call **07595 068970** or check out **@ecoforestbathing** on Instagram.

Portobello Business Centre will be running more CLP courses in the new year.

Search Community Leadership programme at www.rbkc.gov.uk for details.



Extra CCTV to help deter crime

The Council is investing £536,000 to upgrade and extend CCTV in several locations to help keep communities safe in Kensington and Chelsea. So far, £115,000 has been spent on fixing and upgrading the existing stock of 58 public space CCTV cameras across the borough. New CCTV cameras will be installed across four locations between December 2020 and March 2021.

The North Kensington locations that will benefit are Portobello Road and Ladbroke Grove, with cameras also being upgraded on the Kings Road and High Street Kensington.



Are you living on the Lancaster West Estate?

A new newsletter has launched for residents living on the Lancaster West Estate. Lancaster West News subscribers receive regular news and information about what's happening on the Lancaster West Estate and stay up to date with Lancaster West Neighbourhood Team services, including the estate-wide refurbishment.

Subscribe using the QR code or check out the WeAreW11 app.



New borough-wide 20mph speed limit

A new 20mph speed limit is coming into force across Kensington and Chelsea. At seven times faster than the average walking speed, about the same as Marcus Rashford running at full pelt and almost as fast as Usain Bolt in the 100m record, 20mph is fast enough on our roads.

Full implementation across the borough, including road markings, will be complete in January 2021.

The new measure is part of active travel plans to make walking and cycling safer during the Coronavirus pandemic and follows a pilot scheme in St Helen's and Dalgarno wards.

If you have any comments or queries on the new 20mph speed limit, you can email 20mph@rbkc.gov.uk



You can still get your flu jab

Every year the flu kills thousands of people, so it's vital that all those who can should get their flu vaccination as soon as possible. It can take up to three weeks for the vaccine to be fully active, so the sooner you get your jab the better.

For parents of children aged two to three who are normally offered a nasal spray, they can now get an appointment with their GP for an injection instead if they prefer. The reason for this is that the nasal spray does contain a highly processed form of porcine gelatine which helps to keep the vaccine stable. We know this can prevent some children being able to receive the vaccine. The injection does not contain any porcine gelatine.

Find out more about flu vaccinations
www.nhs.uk/flu vaccine



Covid-19 Hub

During the recent national restrictions, we contacted nearly 5,000 people who are deemed clinically extremely vulnerable and had been shielding in the first lockdown to ensure they were aware of what and where support was available to them. We remobilised the Covid-19 Hub to ensure there was a way residents could find out more information.

As London is now in a Tier 2 (High alert) area, the Covid-19 Hub has paused some activities but is still open for clinically extremely vulnerable residents who may need support. Contact the Hub Monday to Friday between 9am and 6pm by calling **020 7361 4326** or by emailing **C19Hub@rbkc.gov.uk**

You can also find out more information, including advice on where you can get support with finances, getting medicine delivered and mental health and wellbeing at **www.rbkc.gov.uk/coronavirus**

Online Grenfell Assembly to focus on activities for young people

The next Grenfell Community Assembly will be held on Monday 25 January 2021 from 6pm to 7.30pm and will focus on activities for young people.

Sixty six per cent of residents who attended the last Grenfell Community Assembly said this was a topic they would like to discuss.

We are currently planning the Assembly with young people including our Young Mayor and Youth Council, and will be ensuring the participation of young people who are less familiar with youth democratic processes as we are keen to make sure more young people are involved and those from differing backgrounds have a voice.

Due to the current Covid-19 pandemic, we are still unable to hold a face-to-face meeting but you will be able to access the discussion online via Zoom:

Join Zoom Meeting:
rbkc-westminster-gov-uk.zoom.us/j/93815032605



Participate in the next Council meeting

Did you know that Council meetings are still taking place? As all of our meetings are being held virtually, you can attend a Planning, Overview and Scrutiny or Full Council meeting from the comfort of your own home. All the meetings are livestreamed and can be viewed on the Council's YouTube channel from any digital device. Watch from your laptop or your mobile phone on the day or at a more convenient time as all meetings are stored online.

We intend to continue taking public questions at Full Council meetings and the process of submitting questions hasn't changed. We will continue to register speakers on a first come, first served basis.

To find out about the next virtual Council meeting, visit our meetings page www.rbkc.gov.uk/committees/meetings.aspx

Get instant access to Kensington and Chelsea news

You can find out the latest news about changes to Council services and Coronavirus updates every week by simply signing up to K&C Life, our Council newsletter.

Every Thursday, you'll get info on new testing centre dates, news about Council support, information on local events and lots more.

All you need to do is scan the QR code and put in your details. It's that simple. Sign up today.



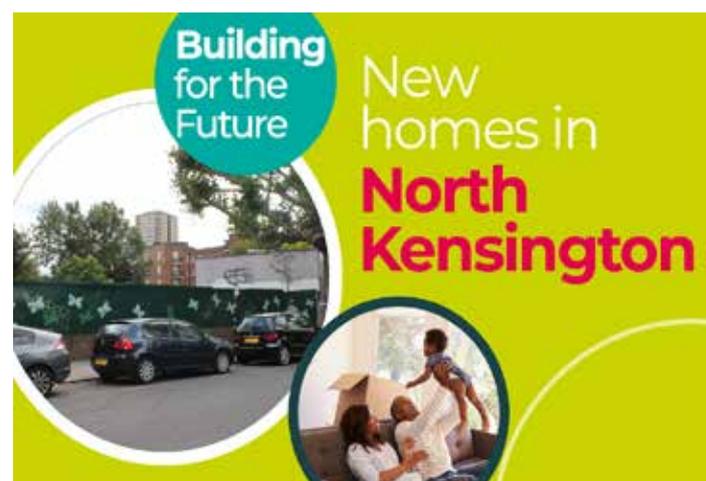
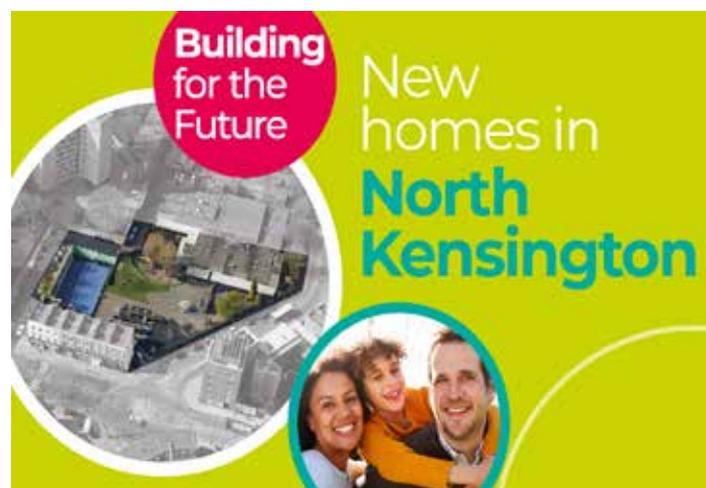
Share your views on new homes schemes

Have your say on plans to build new Council-owned homes in North Kensington by taking part in the first phase of our public consultation.

Silchester Arches and Barlby Road are the latest proposed sites for stage two of the Council's New Homes Delivery Programme (NHDP), with a third site at Edenham also selected as a potential location.

Residents, businesses and the wider community were able to find out more about each scheme at a series of online chats late last year and details of each project, including video presentations outlining the local areas, are available on the Council's website.

The opening round of consultation for Silchester Arches and Barlby Road is open until Thursday 7



A new chapter for Kensal Library

The Council is looking at how Kensal Library can provide additional services and support to residents once it reopens through an upcoming consultation. We will be asking residents about how they use the library and what additional services might increase how often they use it.

The consultation will launch on Monday 11 January 2021 and will be open to submissions from all those who live in the area and use the library. You have until Monday 22 February to tell us your views. The consultation will be available on the central consultation page of the Council site and will be promoted on the libraries' social media closer to the time. Follow **@RBKCLibraries** on Twitter and Instagram. You can find the Council's consultation portal on our website: www.rbkc.gov.uk/council-and-democracy/how-council-works/consultation

We know how well-loved our local libraries are and we're pleased that our three largest and most-used libraries have reopened for select and collect services as well as computer and internet use. To find out the latest on our libraries and their services, visit www.rbkc.gov.uk and search "COVID-19: Libraries"

January 2021 and you can share your thoughts by completing the feedback form available on each site's dedicated page.

The first round of consultation will help the NHDP team shape each scheme to reflect the views of the community, with more detailed plans to be presented at further consultations taking place in 2021.

The New Homes Delivery Programme will see the Council build 600 new homes on land it owns in the borough, with a minimum of 300 available at social rent. The programme will be completed without the loss of any existing homes.

Planning permission for the four sites in NHDP stage one was granted earlier this year, with construction due to begin in 2021.

Find out more by searching "new homes" at www.rbkc.gov.uk

Changes to your rubbish and recycling collections

There will be no recycling and rubbish collections on Friday 25 or Monday 28 December 2020 and Friday 1 January 2021.

If you normally receive a collection on Friday 25 December and Friday 1 January, your rubbish and recycling will be collected on Tuesday 22 December and Tuesday 29 December.

If you normally receive a collection on Monday 28 December, your rubbish and recycling will be collected on Thursday 31 December.

All other rubbish and recycling collection days will remain the same. If you're displaying symptoms of Covid-19, and self-isolating, you must put any potentially infected items like used tissues and personal waste into separate plastic bags and double-bag them. These bags should then be put aside for at least 72 hours (three days) before you put them out into your external rubbish bag/bin and communal bins.



For more information about various collections this festive period:

- For rubbish and recycling collections: www.rbkc.gov.uk/collections
- For food waste collections: www.rbkc.gov.uk/foodrecycling
- For garden waste collections: www.rbkc.gov.uk/gardenwaste
- For recycling your real Christmas tree: www.rbkc.gov.uk/christmascollections

St Charles Urgent Care Centre to temporarily re-open as pre-booked clinic

In October, St Charles Urgent Care Centre re-opened as a pre-bookable clinic.

If you have a minor injury like a minor scalds or burns, minor head injuries or abdominal pain and need same day urgent treatment, your GP or NHS 111 will be able to book you an appointment at St Charles Urgent Care Centre.

The pre-booked clinic will be open Monday to Sunday from 8am to 6pm.

Due to Coronavirus, the walk-in service at St Charles remains temporarily suspended to ensure the safety of patients and staff. The walk-in will re-open once it is safe to do so.

Where else can I be treated?

- Call your GP practice, or visit your GP practice website
- Call **111**, or visit www.111.NHS.UK
- Call **999** if it's an emergency and you feel your life is in danger

St Charles Urgent Care Centre is located on Exmoor Street, London, W10 6DZ.

To contact St Charles Urgent Care Centre, call 0208 102 5111 or email wlccg.integratedcare@nhs.net