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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](mailto: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 find useful, so please let us know what you'd like to see more of. Email us at [northkennews@rbkc.gov.uk](mailto:northkennews@rbkc.gov.uk)

## 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](https://www.facebook.com/royalborough)

 [www.nextdoor.co.uk](http://www.nextdoor.co.uk)

 [www.instagram.com/kensingtonandchelseacouncil](https://www.instagram.com/kensingtonandchelseacouncil)

For updates on Grenfell

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

 [www.rbkc.gov.uk/grenfell](http://www.rbkc.gov.uk/grenfell)

 To stay up to date with the latest news and events sign up to our e-newsletter mailing list, visit [www.rbkc.gov.uk](http://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](mailto:northkennews@rbkc.gov.uk)

# NHS statement following media coverage of Grenfell firefighters' health concerns

**Following recent media coverage about firefighters facing health issues following their involvement on the night of the Grenfell tragedy, the NHS has published a statement on the Grenfell NHS website.**

The NHS, along with the Council, understands that local people still have anxieties about their own health following the tragedy. To provide more information to those concerned, the NHS is working with local and national partners to:

- ▶ review the approach that has been taken to monitor the health of bereaved, survivors and local people, making changes where potential improvements are identified.

- ▶ ensure that the authors of the study are contacted about this to understand the research in more detail.
- ▶ agree how we will work together to ensure we are taking the right approach to supporting the health of bereaved, survivors and local people, providing reassurance wherever we can.

**To read the full statement, go to [www.grenfell.nhs.uk/news-and-publications/news](http://www.grenfell.nhs.uk/news-and-publications/news) or scan the QR code.**



# Build strength and gain confidence in 2023

**There are more ways than ever for residents to reach their fitness goals this year, thanks to a number of local projects and Council initiatives.**

If you want to get fit and have fun doing it, why not try out Calisseum, a leading calisthenics group which offers free training for borough residents who want to try something new, get stronger and feel great. Sessions are from 3.15pm to 4.15pm in Avondale Park every first Monday of the month and Little Wormwood Scrubs every first Thursday of the month.

If you prefer to exercise with others, take a look at our Active for Life programme for wallet-friendly and free exercise groups.

Visit [www.rbkc.gov.uk](http://www.rbkc.gov.uk) and search 'activities for adults'.

If it's still a bit too cold outdoors, try our Residents' Pay and Play card, which is free to all residents in Kensington and Chelsea and gives you discounts on activities at both Kensington Leisure Centre and Chelsea Sports Centre.

Visit [www.rbkc.gov.uk](http://www.rbkc.gov.uk) and search 'Pay and Play card'.



Contact [jonas.charles@rbkc.gov.uk](mailto:jonas.charles@rbkc.gov.uk) for more information about the sessions.

## Help sculpt a new arts scene

**Kensington and Chelsea's Arts Grants Scheme has awarded almost half a million pounds in funding to creatives, community groups and organisations delivering innovative and engaging arts activities for residents in the borough since 2011.**

The Arts Grants Panel chooses which creative projects to award funding to, through the Arts Grants Scheme. Applications are now open for local residents to apply for the panel and help shape a new, exciting arts scene in the borough. The role is voluntary, and panellists must be able to give their time to reading and assessing all eligible applications and attend decision-making meetings.

### Applicants must:

Live in Kensington and Chelsea between 2023 and 2025

Be aged 18 years and over (unless recruited via the Youth Council)

Engage with the local community in some way; whether through work, leisure activities, working with local schools, or organising and attending community events

Demonstrate a strong interest in arts, culture and/or community engagement



### Are you interested?

Please visit [www.rbkc.gov.uk/artsgrants](http://www.rbkc.gov.uk/artsgrants) to find out more and apply now, before 4pm on Monday 20 February 2023.

# Residents help draw up future Council priorities

**Over the last six months we've heard from more than 1,000 residents who have told us where the Council should focus its services and how we can change for the better.**

We have been having conversations with our communities to help us draw up plans for the future. What you have told us will be set out in our new four-year Council Plan which is due to be published in March.



As part of our Let's Talk K&C conversation, over 500 people took part in a series of events, drop-in sessions or completed a survey to let us know where we need to focus our resources.

**We are currently analysing your feedback** – some of the things you told us you loved and valued about the borough are our parks and green spaces, a sense of community and that Kensington and Chelsea is generally cleaner and safer than other boroughs. Some of the challenges you told us you faced and where you'd like to see us improve were around getting better at listening to the community and acting on feedback, the availability of housing and maintaining existing housing stock, the cost of living and the need for good communication and customer service.

Once the results have been analysed they will be fed into the new four-year Council Plan which will go to councillors to review and agree in February and March. Once finalised, the plan will be shared with our communities.

Alongside this, over 600 bereaved, survivors and residents have shared ideas and suggestions with us as part of our 'Change at the Council – a legacy from Grenfell' conversation, which we launched last summer. This conversation was focused on how we can use learning from the Grenfell tragedy to change for the better. We are working through the feedback in detail and will publish a full report in March.

In the meantime, we have summarised some of the main themes from what you told us.

The two most important lessons residents said the Council should learn from Grenfell are:

- ▶ **Listening and acting**
- ▶ **Improving safety**

**56%**

of survey respondents think the Council hasn't changed

**44%**

of survey respondents think the Council has changed

Given the scale of the challenge, we will be working up a draft plan showing how we will act on your feedback to try to make change happen. Before that, we think the first step is to check with you that we have understood what we heard. Head to [linktr.ee/grenfelllegacycomms](http://linktr.ee/grenfelllegacycomms) for details of some open sessions where you can review the interim analysis with us and help ensure the right next steps are taken.

## Winter wellness

**Rates of Covid-19 and flu have increased in recent weeks. If you're aged 50 or over, pregnant or have certain health conditions, you're at a higher risk of serious illness from these viruses and are entitled to be vaccinated.**

Cases of flu, Covid and Strep A are still occurring in young people. Remember that children aged two to 17 are also offered a flu vaccination, either at their GP or their school. If a child is unwell and has a fever, they should stay off school/nursery until they no longer have a fever.



**It's not too late to have your vaccines and protect yourself, go to:**  
[www.rbkc.gov.uk/coronavirus](http://www.rbkc.gov.uk/coronavirus)

# How the Community Leadership Programme put a local entrepreneur on the map



**Setting up a business is a huge life step that many of us dream of, but lack the confidence or knowledge to commit to.**

That's why in 2019, the Council began working with local voluntary sector organisations to roll out a selection of free training courses to upskill residents across North Kensington as part of the Community Leadership Programme.

One of these included Portobello Business Centre's Rocket Launch Your Business course, a programme that helped to equip residents with the information and skills required to set up a business.

North Kensington resident and local success story, Beverley Duguid, is one of the people that took full advantage of this course, using the knowledge she gained to launch her own freelance business.

InsightMind, which supports disadvantaged people through mindful creative courses in meditation, poetry, and intuitive coaching, was created in 2020 after Beverley recognised the need for more health and wellbeing support for marginalised groups.

**Beverley said:** "When I saw the course being advertised, I knew I wanted to do something to support mental health, wellbeing and mindfulness, but I was still undecided about what this was actually going to be. The course really helped me to focus in on my goals and create a business that offered more targeted support."

With previous experience working to highlight issues that affect residents who are blind and partially sighted – and living with a serious eye condition herself – Beverley initially set up the business to help tackle anxiety and social depression.

After Covid-19 highlighted how widespread these issues were among other marginalised groups, Beverley decided to extend her offering to those with other disabilities and diverse groups who may have experienced similar disadvantages. Using the Council's Health Equalities Programme and Grants for the Arts, InsightMind has since hosted a series of affordable mindful courses online and in person to help North Kensington residents deal with the aftermath of Covid-19 by becoming more present and self-aware.

**She continued:** "Without the Community Leadership Programme, I wouldn't have had the confidence to launch my business. It taught me how to set clear objectives, and properly brand and market my services to reach my target audience."

"Even if people attend the courses and don't end up setting up a business, drawing out the talent within the local community and showing people that they can help themselves and be role models to other residents is incredibly important, which is why I think the programme is so great."

Beverley has also recently been employed by leading sight loss charity Bravo Victor, a sister charity of Blind Veterans, after InsightMind helped to raise her personal profile and gain the transferable skills required for the new role.

To find out more about InsightMind or to access its services, please contact Beverley by emailing [admin@insightmind.co.uk](mailto:admin@insightmind.co.uk)



**Beverley Duguid**

The second part of the Community Leadership Programme is currently being shaped by our resident panel. To find out more, visit [www.rbkc.gov.uk](http://www.rbkc.gov.uk) and search 'Community Leadership Programme'.

# Unbeaten local boxer smashes fundraising targets

A North Kensington-based boxer remains unbeaten after successfully fighting off the competition at a fundraising boxing event in December. Twenty-two-year-old Leo Smith, who has trained with Fit for Life Youth since he was 17, took part in the show to fundraise for youth and community projects provided by Fit For Life Youth.

The event was supported by Dalgarno Amateur Boxing Club and Armzhouse Boxing, and run in partnership with St Charles Catholic College which opened its doors to host the event.

Upon winning the main event, **Leo** said: *"I was happy to catch the victory, even happier to build my experience and I'm excited for what the future holds."*

Fit for Life Youth CEO and Founder, **Chris Herbert**, said: *"I am immensely proud of all the boxers that competed on the night. They all put in a huge amount of hard work and dedication and should be proud of themselves."*



*"We are happy that we could bring this event back to showcase the local talent and the fact that we were able to raise over £1,000 for our organisation is an added bonus. We are so grateful to each person who contributed."*



If you would like to take part in the next show scheduled for summer 2023 or would like take part in boxing training and learn how to box, contact Fit for Life Youth on **020 8213 7281**, email [info@fitforlifeyouth.co.uk](mailto:info@fitforlifeyouth.co.uk) or drop into their community gym at 151 Freston Road, W10 6TH.

## Access cost of living support and shape future Grenfell Community Assemblies

**For the next Grenfell Community Assembly, we're partnering with Kensington and Chelsea Social Council to help combat the rising cost of living by hosting a community warm hub.**

There will be hot food and a range of information stalls, offering advice on saving energy, welfare rights, financial health checks and information about handling money and debts.

We will also be gathering feedback on how you would like North Kensington's Grenfell Community Assembly to look moving forward.

Unlike previous Assemblies there will be no formal discussion, so please drop in at any time throughout the event. Lead Member for Communities,

Cllr Sof McVeigh, and Director for Communities, Moira Ugoji will also be in attendance.

A written record of the feedback collected from attendees will be used to help shape future Grenfell Community Assembly events.

To get involved, please simply turn up to The Harrow Club, 187 Freston Road, W10 6TH on Monday 6 February from 5pm to 7.30pm.

Find out more at  
[www.rbkc.gov.uk/grenfell-community-assembly](http://www.rbkc.gov.uk/grenfell-community-assembly)



# Discover new community projects in 2023

We've entered the New Year with a long list of free workshops and sessions for North Kensington residents to take full advantage of – courtesy of the Grenfell Projects Fund 2. From free bike maintenance lessons and arts and crafts to essential skills training, we have something for everyone.

Here is a quick reminder of some of the projects on offer:

- ▶ **Walk2Cycle** – Bike maintenance workshops.
- ▶ **The Grove Think Tank CIC** – Holistic self-development training.
- ▶ **Growing with the Community** – Teaching residents about the benefits of mushrooms.
- ▶ **Bridging the Gap** – Essential skills training, physical activities and family mentorship workshops.
- ▶ **Baraka Community Association** – Healthy living activities programme.
- ▶ **The Playground Theatre Company** – Creative workshops and events.
- ▶ **Hotstuff Studio Collective** – Creation of ceramic art murals dedicated to Grenfell.
- ▶ **Minds United FC** – Female football sessions.
- ▶ **Westside Basketball Club** – Basketball sessions.
- ▶ **Westway Yoga Kolektiv Dana** – Yoga, meditation and wellbeing classes.
- ▶ **Women's Association for Networking and Development** – Work experience and support sessions for girls.
- ▶ **LWCCN Toy Library Play Project** – Free play sessions with two-week toy loans.

For the full list of projects, please visit [www.rbkc.gov.uk](http://www.rbkc.gov.uk) and search 'Grenfell Projects Fund' or email [Grenfellcommunityteam@rbkc.gov.uk](mailto:Grenfellcommunityteam@rbkc.gov.uk).

Grenfell Tower  
Memorial Commission

## Grenfell Tower memorial questionnaire

Please let the Memorial Commission know how you think the future memorial should be owned and looked after by completing their short questionnaire at [www.grenfelltowermemorial.co.uk/survey](http://www.grenfelltowermemorial.co.uk/survey)

Printed copies of the questionnaire, with pre-paid envelopes to return them, are available at:

- ▶ **Al Manaar Muslim Cultural Heritage Centre**, 244 Acklam Road, W10 5YG
- ▶ **Baseline Studios**, Unit 7, Whitchurch Road, W11 4AT
- ▶ **Bay20**, 71 St Marks Road, W10 6JG
- ▶ **The ClementJames Centre**, 95 Sirdar Road, W11 4EQ
- ▶ **North Kensington Library**, 108 Ladbrooke Grove, W11 1PZ
- ▶ **The Space**, 214 Freston Road, W10 6TT

To speak to the Grenfell Tower Memorial Commission directly:

Email: [GTMCsecretariat@levellingup.gov.uk](mailto:GTMCsecretariat@levellingup.gov.uk)

Call: 0303 444 4831

Twitter and Instagram:  
[@GrenfellTowerMC](https://twitter.com/GrenfellTowerMC)



For more information about the Memorial Commission, go to [www.grenfelltowermemorial.co.uk](http://www.grenfelltowermemorial.co.uk) or scan the QR code.

# Support with the cost of living

**We understand that the cost of living is causing hardship for many residents and we are continuing to direct the appropriate services and support to those who need it in partnership with many voluntary organisations.**

We will continue to do what we can to support residents as costs rise and target help at those facing the most complex challenges.

All households will have received our health and wellbeing booklet which advised how to stay healthy and warm this winter. Our local Warm Spaces have been welcoming residents across the borough.

If you've not yet taken advantage of these spaces, they are open and ready to welcome you.

**Please visit**

[www.rbkc.gov.uk/  
cost of living](http://www.rbkc.gov.uk/cost-of-living)



**Cost of Living  
SUPPORT**

to find our Warm Spaces map as well as further advice on managing money, accessing Council funds, and our benefits calculator.

We will be continuing to update the webpage with further support available so keep checking for the latest information.

# Have your say on how social housing is allocated

**There's still time for you to share your views on how the Council should allocate its limited supply of social housing.**

The Council has created a draft update of its Housing Allocations Scheme and is running a consultation until Thursday 16 February.

The updated scheme being consulted on has been drafted using the feedback provided by residents and community groups during a pre-consultation engagement exercise in early 2022.

A fair and effective Housing Allocations Scheme is vital in a borough with more than 3,000 households on its housing register and only around 400 homes –

the majority studio or one-bedroom properties – available each year.

**Help us  
refresh how  
social housing  
is allocated**



**To take part, visit**

[https://consult.rbkc.gov.uk/housing/  
housing-allocations-scheme-2023/](https://consult.rbkc.gov.uk/housing/housing-allocations-scheme-2023/)

# Update from the Department for Levelling Up, Housing and Communities

**A decision has not yet been made about the future of Grenfell Tower. The Government is committed to supporting bereaved families, survivors and local residents and knows how important and sensitive a decision will be. It is currently planning the next set of conversations with them.**

For more information, either email [GrenfellTowerSite@levellingup.gov.uk](mailto:GrenfellTowerSite@levellingup.gov.uk) phone 0303 444 0011 or visit the link, and go to 'Get in touch':

[www.gov.uk/grenfell](http://www.gov.uk/grenfell) community updates

For information about the Grenfell Tower site, and to ask questions, please come to community drop-ins on:

- **Thursday 16 February**, between 1pm and 3pm, Kensington Leisure Centre, Silchester Road, W10 6EX
- **Friday 17 February** between 12pm and 2pm, before and after Jumma (Friday) prayers, Al-Manaar Muslim Cultural Heritage Centre, 244 Acklam Road, W10 5YG

**Grenfell  
community  
updates**