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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 news and announcements from Kensington and Chelsea Council.



For updates on Grenfell



To stay up to date with the latest news and events sign up to our enewsletter 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

Our continued response to Coronavirus

Normality is starting to return following Coronavirus lockdown, as schools, workplaces and shops slowly and safely welcome people back.

It's still so important that we practice social distancing where possible and take all the precautionary measures we can to keep the virus from spreading. There are still members of the community who will be at risk should they contract the virus, so please keep washing your hands and wear a facial covering when travelling and in busier places.

The Council is continuing to support residents who need help with accessing food and other supplies during this time, and you can find all the information on our response on the Coronavirus pages of the website, www.rbkc.gov.uk/coronavirus

If you have concerns about your mental health in relation to Coronavirus, please visit www.rbkc.gov.uk and search 'Health and Social Care'.

To contact the Council's Covid-19 Hub for support accessing food, email C19Hub@rbkc.gov.uk or call 020 7361 4326.

Lines are open seven days a week from Monday to Sunday from 9am to 5pm.

Coronavirus: follow these simple rules



Stay at home as much as possible



Keep your distance if you go out



Work from home when you can



Limit contact with other people



Wash your hands regularly

#protectlivesprotectlivelihoods

www.rbkc.gov.uk/coronavirus

Remembering Grenfell three years on

Sunday 14 June marked three years since the Grenfell Tower tragedy. A service was held at the base of the Tower for the survivors, bereaved and family members, with many more joining online remembrance sessions.

Across London, several churches and cathedrals tolled their bells 72 times in tribute to the 72 people who lost their lives in the tragedy.

Cllr Elizabeth Campbell, Leader of the Council, said:

“Once again, events and ceremonies were so dignified and incredibly moving. I am aware that politicians often say a lot at times like this – but really there is nothing I, or many of us, can say that will take the

pain away. Three years might also seem like a long time to many people around the country. But to this community, and the families involved, the tragedy feels like yesterday.”

The Grenfell Health and Wellbeing Service offers support to anyone affected by the tragedy. If you need support, or just want to talk through any feelings, call them on **020 8637 6279** or visit www.grenfellwellbeing.com

Photo credit: Yasmin Abdi
Cover photo credit: Zute Lightfoot

Black Lives Matter

The appalling killing of George Floyd by a police officer in Minnesota was a sickening act of brutal violence, and has triggered enormous protests across the US and beyond.

As thousands of Londoners have made clear over the past few weeks, we in the UK need to make sure that every one of us, regardless of our ethnicity, can live without fear of violence, and have an equal chance to flourish in our society. That means that we need to root out racial injustice, and racism itself.

Please know that the Council will always challenge racism wherever we see it. We support each and every resident regardless of the colour of their skin.

Additionally, the Mayor of London has announced a city-wide review of statues, street names and other public places. We are happy to be part of that review so long as any future decisions will take into account the views of local people, and we are absolutely committed to representing the views of residents in our diverse communities in Kensington and Chelsea.

Elizabeth Campbell, Leader of Kensington and Chelsea Council.

News from the Grenfell Tower Memorial Commission

The Grenfell Tower Memorial Commission has recently launched its Twitter account and published the first in a series of regular blogs.

In the first blog, Commission co-chair, Michael Lockwood, talks about his role, what the Commission has been doing during the Coronavirus pandemic and how they are planning to approach their important ideas-gathering work.

The Commission is using Twitter and their blog to share information about:

- how they commemorated the third anniversary of the tragedy, by placing two trees and a commemorative plaque by the site hoarding
- what they are hearing, what they are covering in their meetings and their decision-making
- how you can share your ideas and take part in discussions
- how they will work in partnership with you

Follow the Commission on Twitter at:
twitter.com/GrenfellTowerMC

Read Michael's blog at:
www.grenfelltowermemorial.co.uk/news/grenfell-tower-memorial-commission-blog

Join the Commission's mailing list at:
www.grenfelltowermemorial.co.uk/contact

Teens get creative with ClementJames

From Monday 27 July to Friday 31 July, creative and passionate young people aged 13 to 16 are invited to ClementJames' Express Yourself online programme.

Sessions will focus on spoken word, theatre and film-making with young people encouraged to connect their creativity to the issues they feel passionate about.

At a time when solidarity is so important, this is a great opportunity to enjoy producing creative content while articulating your voice and having your opinion heard.

The creative pieces produced throughout the week will contribute to an online exhibition which family and friends will be able to view.

The programme is free to attend and is a great way to meet other like-minded individuals.



To register interest in being part of the remote Express Yourself Creativity and Social Justice Programme, please contact wellbeing@clementjames.org

Taekwondo takes North Ken by storm

Despite lockdown, North Ken kids are becoming masters of Taekwondo thanks to online sessions held by former Great Britain Taekwondo professional John Webster.

John, who has produced numerous national and international champions, has been enlightening local people with the discipline of Taekwondo, which develops skills including including self-defence, attentiveness and patience.

After just 18 months of sessions, local young people have already taken home a number of medals and trophies from tournaments and championships.

Lockdown wasn't enough to stop John and his dedicated groups keeping up their sessions, with many of them tuning into classes using Zoom to ensure they keep their Taekwondo skills honed.

Speaking on the pride he felt towards the exceptional young people, John said: "No matter what your level of fitness or confidence, Taekwondo has something for everyone, and the young people attending the sessions at The Curve and, since lockdown, online have shown a remarkable ability and passion towards the ancient practice."

John also offers classes for adults of all abilities and hopes to return to The Curve once it is safe to do so. Classes are free but you will need to purchase a few essentials to join in such as a uniform.



If you or a young person you know would like to find out how you can get involved, contact The Curve by calling **020 7221 9836** or email thecurve@rbkc.gov.uk

Send us your photos of the borough

Are you following the Council on Instagram?

We're showcasing your beautiful photos of the borough. Send us your favourite spots to take a walk, must-visit attractions, colourful sites and more. We want to see the borough through your eyes and showcase the wonderful corners and hidden gems within the borough.

Email your Insta-worthy photos to socialmedia@rbkc.gov.uk and use the hashtag **#OurRBKC**

Search

[@kensingtonandchelseacouncil](https://www.instagram.com/kensingtonandchelseacouncil) on Instagram and give us follow.

Subscribe to the Council newsletter, K&C Life

Subscribe to K&C Life, the Council newsletter that brings you the latest information about services updates, events and other borough news in Kensington and Chelsea. Discover what's on and receive regular updates.

To join the mailing list, visit www.rbkc.gov.uk and search K&C Life

K&C Life

An update from Government on the Grenfell Tower site

The following information has been shared by the Ministry for Housing, Communities and Local Government on the work taking place at the Grenfell Tower site.

What work is taking place at the site?

The Grenfell Tower site management team continues to ensure that the Tower is safe and secure and that all those who are working on site can do so safely.

Following the updated Coronavirus pandemic guidance from the Government, the re-wrapping work on the Tower is now continuing. This work was temporarily paused in response to the previous guidance and resumed the week commencing 18 May. Originally due to be completed in April, the re-wrapping is now expected to be completed in mid-July.

Vehicle access to the garages at Grenfell Road, Testerton Road and Hurstway Road is being kept

to a minimum. If you do need access to your garage, we encourage you to do this by foot. The garages outside of the site cordon on Testerton Road and Hurstway Road can also be accessed by foot. If this affects you, please contact the site team by emailing GrenfellTowerSite@communities.gov.uk or by calling **0303 444 0011**.

What is happening with the environmental checks?

Plans for Stage 2 of the environmental checks have been reviewed and ministers have agreed parts of this work should be paused to ensure residents continue to be engaged with the testing process. Safety was the main consideration in coming to this decision.

How to get more information

We continue to be available to you over the phone and by email and you will also find information on the digital signs that are located around the Grenfell Tower site.

We would also like to hear from you on how you would like us to contact you at this time. Please telephone or email us with your thoughts and ideas.

Telephone drop-in:

Wednesdays from 10am to 12 noon

☎ **0303 444 9086**

For the site management team:

✉ GrenfellTowerSite@communities.gov.uk

☎ **0303 444 0011**

For the environmental checks team:

✉ environmental-checks@communities.gov.uk

☎ **0303 444 9086**

For the latest government information on Coronavirus (COVID-19):

🌐 www.gov.uk/coronavirus

For the latest information and advice from the Central and North West London NHS

Foundation Trust (CNWL):

🌐 www.cnwl.nhs.uk/coronavirus-updates

If you're anxious or need to talk to someone call the Grenfell Health and Wellbeing Service

✉ grenfell.wellbeing@nhs.net

☎ **020 8637 6279**

Stay informed on NextDoor

🌐 www.nextdoor.co.uk and search for 'Grenfell Community Updates– HM Government'.

Sign up for the new online Community Leadership Programme

Would you like to learn valuable new skills, meet new people and help your community, all from the comfort of your own home? If so, the online Community Leadership Programme is for you.

Following its successful debut last year, the Programme has returned for 2020 with an exciting line-up of free online courses for the entire borough.

Kensington and Chelsea residents aged 18 and over can sign up for virtually-delivered tuition in everything from football leadership and business skills to food safety and even barbering.

Caroline Thomas, who completed a life coaching course in last year's Programme and went on to set up the Lalo and Nippy messy play business, is encouraging people from across the borough to take advantage of the sessions.

She said:

“My message to everyone that is contemplating starting this programme is that you should have started it yesterday!”

“I couldn't list all the benefits as I would never finish, but I can say that everyone should enrol in this programme as it can only help you in starting a new way of living a better life.”

Artist Ilaria Di Fiore took part in both one-to-one and community coaching courses from Styleutions in last year's Programme and used the increased confidence she developed to hold an exhibition in which she sold 14 pieces of her art.

She explained:

“The Community Leadership Programme is great. You feel like your problems are not only yours, but they are very common and there are precise techniques you can learn to solve them.”

The latest Community Leadership Programme kicks off in 2020. To view the full range of interactive online courses, visit www.rbkc.gov.uk and search Community Leadership Programme.



Managing existing trauma in lockdown

The Grenfell Health and Wellbeing Service has produced a video in collaboration with Kids on the Green, providing guidance for families and children who have been through a traumatic or distressing event.

Coping during the pandemic may be harder for people who have experienced trauma, and this video provides practical tips for managing stress and anxiety.

To find out more, watch the video at www.vimeo.com/423637320

Dr Sara Northey and Dr Cassie Roberts, Clinical Psychologists with the Grenfell Health and Wellbeing Service for Children and Young People feature in the video, providing information and guidance.

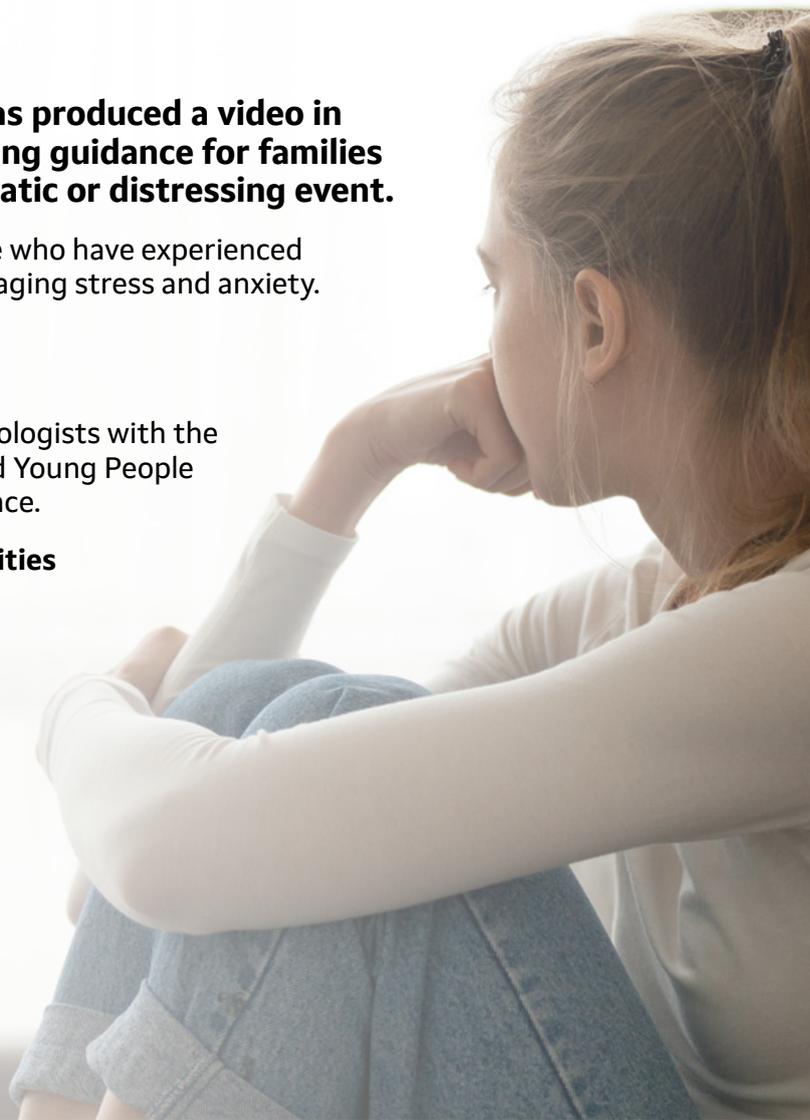
Supporting parents of children with learning disabilities or Autism

The service has also produced a video with advice for parents of children with learning disabilities or Autism during lockdown.

She explains how using social stories, creating and keeping routines, and using sensory play can help.

To watch this video, visit www.vimeo.com/425198948

If you need support, advice or just to have a chat with someone, you can call the Grenfell Health and Wellbeing Service on **020 8637 6279** or visit www.grenfellwellbeing.com



Businesses reopen in K&C

The Government announced that all non-essential retail business could reopen from Monday 15 June 2020, as long as they follow the Coronavirus secure guidelines and have completed a risk assessment. The Council is now working to get the borough back on its feet and to protect lives and protect livelihoods; making social distancing as easy as possible, supporting the local economy and keeping people safe.

Helping businesses to reopen is essential and the Council will be in touch with business owners with advice, guidance and information to make sure they're equipped to start operating again safely. All information is available at www.rbkc.gov.uk/covid19-business

Together K&C
Protect Lives, Protect Livelihoods

