

Poolside portraits make a splash

Kensington Leisure Centre will host its first portrait exhibition by celebrated local artist Gill Bradley in February. "Taking the Plunge", will feature a series of paintings of women celebrating strength and natural beauty through body language and gesture.



The exhibition will be launched at **Kensington Leisure Centre, Silchester Road, W10 6EX**, on **Tuesday 5 February** from **7pm to 9pm**, with local residents welcome to come and view the portraits free of charge. Following this, the paintings will be on public view on **Wednesdays, Fridays and Sundays** from **2pm to 8pm** until **Wednesday 6 March**.

The subjects of each portrait are all members of the Leisure Centre who take part in the Water Workout classes at the Centre's swimming pool.

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What's on at Kensington Leisure Centre?

If you like the sound of the Water Workout classes, why not take a look at what else is on offer at Kensington Leisure Centre over the next few months on their website?

And if your New Year's resolution was to get fit and healthy, look no further.

Each week, free swimming courses for all ages, gym sessions, yoga and more are available for locals to get involved with. There's something for everyone! Visit the Kensington Leisure Centre website for more information bit.ly/2feluWS

Musical therapy for parents and toddlers

A new music group for parents and infants has been launched by the NHS Grenfell Health and Wellbeing Service. The group will provide a dedicated time and space for young infants under three and their parents to bond through music and sounds, as well as giving parents a chance to meet other parents from the community.

The group will meet every **Thursday**, starting on **Thursday 7 February** from **9.30am** at **Latymer Community Church, 116 Bramley Road, W10 6SU**. Sessions will run for one hour. There will be time for tea, coffee and socialising from **9am**.

If you would like to know more or if you have any questions, call the Grenfell Outreach Team on **020 8962 4393**.



Activities programme at The Curve Community Centre

Monday 21 January

- **10.30am-12.30pm** - ICT classes for beginners from NOVA with the opportunity to achieve a qualification (drop-in)
- **12.30pm - 2.30pm** - Job Search Workshop from NOVA. Support with online job hunting (drop-in)
- **6pm - 8pm** - Functional Skills in English with NOVA. Contact Chrissy, booking required **020 7221 9836**
- **6.30pm - 7.30pm** - Zumba with Paula for ages 18 plus (drop-in)

Crèche: 9.30am-12 noon and 12.30pm-3pm

Tuesday 22 January



- **10am - 3pm** - Fouzia's Sewing Club. Drop-in sewing club for all, grow your skills, knit and natter
- **10.30am - 12.30pm** - ICT classes for beginners from NOVA with the opportunity to achieve a qualification (drop-in)
- **4pm - 5pm** - Shared Reading Group for adults and children. Contact Erin on **07483 972020** or **erincarlstrom@thereader.org.uk** to find out more. Open to all reading abilities

Crèche: 9.30am-11.30am and 12.30pm-3pm



Wednesday 23 January

- **10am-12 noon** - The Curve coffee morning. Come along for a coffee and a chat
- **10.30am-12.30pm** - CV workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **1.15pm-3.15pm** - Drug and alcohol support session (drop-in)
- **4pm-7pm** - Girls' youth group for ages 13 plus with Laura. Promoting emotional health and wellbeing
- **6pm-8pm** - Functional skills in English with NOVA. Contact Chrissy, booking required **020 7221 9836**
- **6pm-7pm** - Free Cuban salsa class for beginners and improvers (drop-in)
- **7pm-8pm** - Free Cuban salsa class for intermediates and advanced (drop-in)

Crèche: 10am-12.30pm and 1pm-5pm

Thursday 24 January

- **10am-1pm** - Introduction to cutting women's hair from Kensington and Chelsea. Get a free qualification in hairstyling (12-week course. Drop-in on the day to register).
- **10am - 4pm** - Job search sessions from Clarion Housing Group. Open to everyone helping with job applications and CV writing (drop-in)
- **10.15am - 12.15pm** - Open Age - Speaking with Confidence. This course is for speakers of English as a second language who want to improve their confidence (drop-in)
- **11.30am - 2pm** - Adult creative arts with Jay. Come along and fuel your creativity (drop-in)
- **2pm - 6pm** - Home Office. Help with immigration and passport issues (drop-in)

Crèche: 10am-1.30pm and 2pm-3pm

Friday 25 January

- **10am-1pm** - Introduction to Hairstyling from Kensington and Chelsea College. This session, plating and more. Get a free qualification in hairstyling. Twelve-week course. Drop-in on the day to register. This session is your last chance to join the course.
- **11am-12 noon** - Zumbini, Zumba for children (drop-in)
- **4pm-4.30pm** - Learn Taekwondo for beginners aged four to six (drop-in)
- **4.30pm-5.30pm** - Learn Taekwondo for beginners aged six to 12 (drop-in)
- **5.30pm-6.30pm** - Learn Taekwondo, intermediate ability aged six to 12 (drop-in)
- **6.30pm-8pm** - Learn Taekwondo for teens and adults aged 13 plus (drop-in)

Crèche: 10am-12 noon and 12.30pm-5pm

Saturday 26 January

- **11am-2pm** - Manhood Academy. A preparatory programme for boys of African Diasporan descent, shaping positive masculinity for ages eight to 12 years (drop-in)
- **2.30pm-3.30pm** - Free Cuban salsa class for beginners and improvers (drop-in)
- **3.30pm-4.30pm** - Free Cuban salsa class for intermediates and advanced (drop-in)

Sunday 27 January

- **11am-12 noon** - Learn Taekwondo for beginners aged six to 12 (drop-in)
- **12 noon-1pm** - Learn Taekwondo, advanced level for ages six to 12 (drop-in)
- **1pm-2.30pm** - Learn Taekwondo for teens and adults aged 13 plus (drop-in)



To book a place in The Curve crèche, call **020 7221 9836** or email **thecurve@rbkc.gov.uk**

The Curve Community Centre, 10 Bard Road, London W10 6TP

Opening hours Monday to Friday: 10am to 8pm, Saturday to Sunday: 11am to 6pm. Some sessions need to be booked in advance by emailing **thecurve@rbkc.gov.uk**. For a full list of events visit **grenfellsupport.org.uk/thecurve/events**

Local Lettings Plan applications go live

Eligible residents living on the Lancaster West Estate and in Bramley House received information this week on how to apply to move to an empty home in the area which is more suitable for them.

The new Local Lettings Plan which was approved last week at Leadership Team, gives residents who were living on the Lancaster West Estate or in Bramley House at the time of the Grenfell tragedy the opportunity to move to an empty home that better meets their needs on the Estate or in Bramley House.

Residents may wish to move to a new home due to overcrowding in their current home, a change in needs making their current home unsuitable or perhaps because they want to downsize to a home that meets their current household's needs.

Work has already started on bringing empty homes up to a high standard.

Properties will only be let once this work is complete.

If you lived on the Lancaster West Estate or in Bramley House at the time of the tragedy and haven't received a letter on the Local Lettings Plan, you can find everything you need on the Council's website rbkc.gov.uk/local-lettings

If you have any further questions, email housingopportunities@rbkc.gov.uk or call Housing Line on **020 7361 3008**.

Local Lettings specialists from the Council's Housing Team are available at the Lancaster West Neighbourhood Office offering help and advice to anyone who would like to apply to move.

You can find them there on **Tuesdays** from **9.30am to 12.30pm** and **Thursdays** from **1pm to 4pm**.



North Kensington women break into business

This week saw the Make It Your Business team take over The Curve Community Centre, bringing a business building buzz to the women of North Kensington.

The evening event offered a relaxed yet stimulating environment for women at all levels of their business careers to mix and mingle, showcasing a panel of successful local business women who shared some hints and tips, drawing from their own experiences.

Virginia Crosbie, the event organiser, said, *"Thank you to all those that came and made this event such a success. It is important that we support the many talented women in our community."*

One panellist, Talibah Stevenson, spoke about her business House of Sankofa which creates textile opportunities for UK and Ghanaian women. Adjoua Yapobi-Attie shared the story of her local business that produces a range of chilli sauces. Adjoua

has worked alongside West London University to develop her product and will be selling the sauces at Westway Portobello Green in the near future.

Elsa Caleb from the Portobello Business Centre spoke about *MyLifeMix*, a free weekly business start-up course to help women launch their businesses starting on **Tuesday 22 January** from **9.30am to 2.30pm**. For more details on this, visit pbc.co.uk/mylifemix

Following the Q&A, an informal group discussion allowed all attendees to chat and discuss their business ventures and share their experiences.

If you would like to hear more about the Make It Your Business events, or take part in the next event at The Curve, contact Virginia Crosbie hello@makeityourbusiness.co.uk

Free and confidential debt advice

The Kensington and Chelsea Citizens Advice Bureau provides free, confidential and impartial advice on debt matters to people who live, work, or study in Kensington & Chelsea. Visit their website for more information and to find your nearest location: kensingtonandchelseacab.org.uk



Virginia Crosbie and an attendee of the event

Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the Grenfell tragedy is asked to contact the Met Police on **020 8201 2426**.

Important contacts

Grenfell Enquiries service

A one-stop shop for support, advice and guidance around Grenfell. For more information visit grenfellsupport.org.uk/grenfell-enquiries or call **020 7745 6414**.

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email helpline@cruse.org.uk. The helpline is open **Monday-Friday** from **9.30am to 5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until **8pm**.

Replacement UK passports, visas or immigration queries

Call the Home Office advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, see your GP and mention Grenfell. They will be able to direct you appropriately.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit victimsupport.org.uk. The line is open 24 hours a day.

You can also get emotional and practical support at **The Curve Community Centre**.

Call **020 7221 9836**.

YoungMinds mental health support

Text YoungMinds for free if you are a young person struggling with your mental health **85258**.

The **Grenfell Health & Wellbeing Service** is a free and confidential NHS service for those affected by Grenfell. Self refer at: grenfellwellbeing.com. If you need urgent help, contact your GP or visit your local A&E. In an emergency, always call 999.

Grenfell Tower and Grenfell Walk rehousing progress update

These are the figures for **17 January 2019**



Get support and advice from the Community Contact Team

The Grenfell Community Contact Team can continue to provide support to you and your family if you previously accessed the Key Work Service. The team is able to help you with a range of queries or support needs, including:

- Assistance with completing forms
- Support settling into your new home or returning home
- Finding local-based activities
- Accessing health services
- Signposting to other services

The team has been working in the community for a number of months and has now expanded to provide a more flexible service.

The Community Contact Team will be primarily based at **The Curve, 10 Bard Road, W10 6TP** between the following hours:

Monday, Tuesday, Wednesday and Friday: 10am to 8pm

Thursday: 10am to 6pm

Saturday: 11am to 4pm

You can come and speak to the team with no appointment, just drop-in.

If you would prefer to meet a member of the team somewhere else, you can request a meeting in the community **Monday to Friday, 8am to 8pm** and **Saturday from 11am to 4pm**, just call **07970 081429, Monday to Friday 8am to 8pm**.



Upcoming meetings – Residents welcome to attend.

Full Council –

Wednesday 23 January, 6.30pm, Kensington Town Hall

Grenfell Recovery Scrutiny Committee –

Wednesday 6 February, 6.30pm Kensington Town Hall

Overnight emotional support

The NHS Outreach Team is providing a targeted clinical service for those who feel that they require overnight support; this includes a dedicated phone-based mental health service throughout the night, with home visits for those who require it.

If you need to talk, anyone can call the night service on **020 8962 4393**, between **10pm** and **7am** seven days a week.