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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.

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

 www.facebook.com/royalborough

 www.nextdoor.co.uk

For updates on Grenfell

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

 www.rbkc.gov.uk/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

Subscribe to K&C Life, our new monthly newsletter

We're launching a brand new newsletter to bring you the latest information that's relevant to your life in Kensington and Chelsea, K&C Life. Discover what's on, learn about our latest initiatives and receive updates about our services.

To find out more about our newsletter or to join the mailing list, visit www.rbkc.gov.uk and search **K&C Life**.

Growing praise for local gardeners



A group of gardeners with their award (above). One of the borough's many grow-gardens (below)



Local gardeners were recently recognised at the annual London in Bloom awards for their high level of engagement, with some of the borough's keenest gardeners winning the Growing Communities Award.

In the colder months you'd be forgiven for putting gardening to the back of your mind. But groups across the borough are keeping their fingers green by tending to beautiful gardens for both the enjoyment of gardening and to produce yummy vegetables and herbs to add a fresh, homemade zest to their kitchens.

In North Kensington new groups have been offered food growing plots at St Charles' Centre for Health and Wellbeing. One of the groups supported by the community gardeners are Grenfell-affected residents referred by the NHS. The judges of London in Bloom were particularly

impressed by how much this small group had achieved in just one growing season.

Growing space is available to residents around the borough, ranging in size from a couple of raised beds in social housing communal spaces to the largest site with 89 plots on a disused railway platform at Kensington Olympia Station. In total, there are now more than 65 sites throughout the borough.

If you want to see your gardening skills flourish while building friendships with your neighbours, get in touch to find out more.

Find out more:

 community.gardeners@rbkc.gov.uk

Shop local this December



Show some love to your local businesses and buy local on Saturday 7 December. As part of 'Small Business Saturday UK', Westway Trust has collaborated with the Council to support local independent businesses.

We're spoiled for choice in North Kensington when it comes to independent shops. Yet how easy is it to fall into the routine of never visiting new places or shopping around?

This initiative, which features a 'shop local' advert on Ladbroke Grove, aims to break those habits by getting us all out and about and into the shops we might not usually visit. It includes 'Made in Podobello', featuring the unique pop-up units on Thorpe Close for entrepreneurs and the bespoke designers of Portobello Green Arcade, all alongside the delights of the world-renowned Portobello Road Market.

Do your bit on Saturday 7 December, you might just find your new must-visit shop.



Find out more:

 www.visitportobello.com

Grenfell grant submissions flood in

We've had an amazing response to the Grenfell Projects Fund, receiving over 100 expressions of interest and would like to thank you all for your response.

We are now busy reviewing them ahead of the Decision Day where residents will decide which projects are awarded the grants.

The Grenfell Projects Fund is a grants programme which is making £600k available for this year (2019/20) to support communities affected by the Grenfell tragedy.

As you will know we had to postpone the Decision Day due to the pre-election period. We can now announce the rearranged Decision Day will be held on Saturday 11 January from 10am to 4.30pm at Kensington Aldridge Academy, 1 Silchester Road, W10 6EX. Lunch will be provided.

If you have not yet registered and wish to do so, please visit our Eventbrite page to book your place. If you have already registered there is no need to re-register for the new date.

Residents who live in North Kensington Wards are eligible to register to take part. You can register to attend if you live in Notting Dale, Norland, Golborne, St Helens, Colville, Pembridge and Dalgarno Wards. Only one registration per person.

Read more information on:

 www.rbkc.gov.uk and search for Grenfell Projects Fund.

All I want for Christmas is you (to recycle)



Buying thoughtful gifts and sharing joy with loved ones is part of what makes this time of year so special. It's easy to see how, among the indulgence and merriment, our environmental standards slip.

To make it easier for you to go green, we've gathered some useful information about recycling and waste collection as well as choices you can make to minimise your impact on the environment this festive period.

Recycle your real Christmas tree



Do your bit for the environment over the festive period by taking advantage of the Council's free real Christmas tree composting scheme.

Last year Kensington and Chelsea residents recycled 71.46 tonnes of real trees for composting and from Tuesday 2 January to Sunday 19 January you can drop off your real Christmas tree to be recycled at locations across the borough.

To check where you can drop off your real tree for composting, please visit www.rbkc.gov.uk/christmascollections

For residents living on estates, in mansion blocks or in flats, please check arrangements with your caretaker or Housing Association.

For more information, please telephone Streetline on **020 7361 3001**.

Recycling at Christmas

Don't forget to recycle the following items and any Christmas cards and wrapping paper – but not foil-based wrapping paper:

- Glass bottles and jars (please put metal lids loose in recycling bags/banks)
- Paper, card and cardboard (not shredded)
- Plastic bottles, pots, tubs and trays (please squash plastic bottles and put plastic lids back on)
- Clean and empty food and drink cartons, including Tetra Pak (please squash cartons and put plastic lids back on)
- Cans and tins (no aerosol cans)

If you have extra cardboard, please flatten it and place it beside your recycling bag, or inside your recycling bank when you put it out for collection.

To check what can and can't be recycled in Kensington and Chelsea, please visit www.rbkc.gov.uk/recycling



Rubbish and recycling

There will be no recycling and rubbish collection on Thursday 26 December.

If you normally receive a collection on Thursday, your recycling and rubbish will still be collected on Monday 23 December and Monday 30 December. All other recycling and rubbish collection days will remain the same.

For more information, visit www.rbkc.gov.uk/collections

Garden waste

There will be no garden waste collections on Wednesday 25 December, or Wednesday 1 January 2020.

If you would normally receive a garden waste collection on Wednesday 25 December, your garden waste will be collected on Saturday 28 December.

If you would normally receive a garden waste collection on Wednesday 1 January, your garden waste will be collected on Saturday 4 January 2020.

For more information, visit www.rbkc.gov.uk/gardenwaste

Too Big for the Bin

There will be no special bulky waste collections (Too Big for the Bin) on:

- Wednesday 25 December
- Thursday 26 December
- Wednesday 1 January 2020

Food waste

If you receive a food waste collection, there will be no changes to this service.

NHS

The following content (pages 5 to 8) is provided by our partners in the NHS to give you useful tips to stay healthy over the festive period, as well as providing you with the details and information you'll need should you need medical help.

Support following publication of the Phase 1 Inquiry Report

Following the publication of the Inquiry Report you may have noticed strong emotions surfacing and you may be feeling more stressed, low or anxious. Feelings of numbness are also normal, there is no right way to think or feel but we are here to help.

The NHS Outreach Team is here whenever and wherever you want for a chat about your wellbeing. You can also get in touch if you are worried about someone you know.

- Call Outreach on: **020 8962 4393** (8am to 8pm and overnight from 10pm to 7am)
- Email: grenfell.wellbeingservice@nhs.net

This is a free and confidential NHS service for the community. If you are already in contact with us, please talk to us about how you are feeling so we can provide the support you want and need.

Other non NHS support available:

- **SHOUT** – Anyone going through a crisis can text SHOUT to **85258**. Powered by a team of volunteers, the service is there for people who are struggling to cope and need immediate help.
- **Samaritans** – Call **116 123**, free, 24/7 for confidential support.

Stay well this winter

Accessing services over Christmas

There will be a wide range of local NHS services available during the festive period. From pharmacies open on Christmas Day to NHS 111, which is open 24/7 every day.

- **Seeing a doctor** – if you have an urgent medical problem over the Christmas period and your GP practice is closed, please call NHS **111** which will be able to give you the right advice or find you the right local service. Appointments will be available locally at St Charles and Violet Melchett Care Centre during this period.
- **Mental & emotional wellbeing** – the Grenfell Outreach Team is available over the Christmas holidays – including the three bank holidays (Wednesday 25 December, Thursday 26 December and Wednesday 1 January) and the weekends. You can call Grenfell Outreach on

020 8962 4393 from 9am to 8pm, and 10pm to 7am. The Therapy service is not open on the bank holidays but is otherwise open as usual.

- **Pharmacy** – not all pharmacies will be open on the bank holidays, for a list of those that are visit www.westlondonccg.nhs.uk
- **Emergency care** – for life threatening services visit your local A&E service or call **999**.



Protect against flu this winter

Free flu jabs for everyone in North Kensington

Book an appointment at your GP practice or local pharmacy. It's an important and easy way to stay well this winter.

The flu vaccination is being offered free to all residents in North Kensington this winter to reduce the spread and risk from the effects of flu. This is an extension of the vaccination programme which is normally offered free to



the most vulnerable, including people aged 65 and over, pregnant women, those with certain long-term health conditions and children (aged two to 10).

Dr Andrew Steeden, Chair of West London CCG, said: "Flu can really be unpleasant and may cause severe illness and even death if you are particularly vulnerable so it's very important that people get the flu jab if they are eligible."

If you are the main carer of an older or disabled person whose welfare may be at risk if you fall ill, it is important you get the free flu jab, so speak to your GP or local pharmacy.

Aside from having your flu vaccine, the best way to prevent the spread of flu is to practice good hand hygiene. Catch coughs and sneezes in a tissue, throw the tissue away and wash your hands.

Get the flu jab now, for more information visit
 www.nhs.uk/flu vaccine

Check if you have flu

Flu symptoms come on very quickly and can include:

- a sudden fever – a temperature of 38°C or above
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

How to treat flu

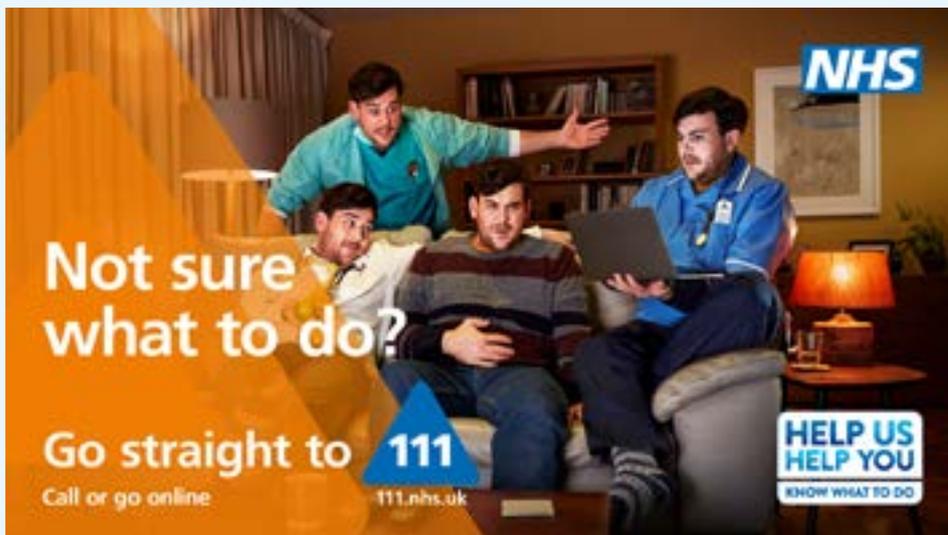
To help you get better as soon as possible, the best things to do are:

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)



Richard Pile, GP

Are you eligible for a free flu jab? Speak to your GP or pharmacist today.



Health advice in a hurry

In a bit of a health bother and don't know what to do? Call NHS 111 and get the right treatment. NHS 111 can advise you on what to do and what services to access if you or your family are feeling ill.

Depending on the situation you'll:

- find out what local service can help you
- be connected to a nurse, emergency dentist, pharmacist or GP

- get a face-to-face appointment if you need one
- be told how to get any medicine you need
- get self-care advice

You can now also access NHS 111 online. Visit www.111.nhs.uk and answer some simple questions to get the help you need.

For more information go to
 www.111.nhs.uk

Keep calm it's Christmas

Christmas can be a time of fun, but it can also be stressful. Mental health charity Mind has given these top tips for staying cool at Christmas:

- Try to relax. There's no point running around like a headless turkey – take a Christmas time-out to do something unrelated to the festivities. Go for a walk or a swim and forget about it all for an hour or two. Exercise is proven to reduce stress.
- Get better organised. Don't take all the responsibility for Christmas on yourself. Get other members of the family to muck in and help with shopping, cooking and washing-up. Give yourself at least one afternoon in front of the box.

- Confide in someone. If your in-laws are getting to you or you're feeling fraught, why not phone a friend and let off some steam?
- Don't take it all too seriously. Laughter is known to provide short-term stress relief. Swap jokes with friends or watch some of your favourite comedy classics and get grinning!
- Eat and drink well. And not just mince pies and sherry! Good food with plenty of fruit and vegetables can lift your mood significantly.

To find out more go to
 www.mind.org.uk

Visit your pharmacist

Not only does your local pharmacist offer advice and treatment for common ailments and illnesses, plus help with managing your medicines or contraception, they now offer a whole range of new services.

So if you need health advice over the holiday period, visit www.westlondonccg.nhs.uk for a list of pharmacies opening during the Christmas and New Year period.

Make sure you've got enough supplies of any prescription medicines you might be taking to last you through the holiday.

For more information go to
 www.westlondonccg.nhs.uk

Free wellbeing sessions

A programme of free wellbeing courses is being held this autumn by a partnership between the Lancaster West Residents' Association (LWRA), the Grenfell Health and Wellbeing Service and CNWL's Recovery & Wellbeing College.

This latest course consists of five sessions on sleep, developing resilience, managing stress, coping with Christmas and understanding anxiety.

Courses are open to everyone living in Kensington and Chelsea and anyone affected by Grenfell and take place at the Lancaster West Estate Community Centre, 1A Station Walk, W11 1WF.

To book your place call
 **020 3214 5686**
or email
 recoverycollege.cnwl@nhs.net



Partying this Christmas – tips for drinking moderately

Here are a few tips to help you have a good time without feeling rough the next day.

- Have something to eat before you start drinking – it stops the alcohol from going straight into your bloodstream in one go.
- Try not to mix your drinks – you’ll be glad you didn’t in the morning. Mixing your drinks will make you feel so much worse.
- Space out your alcoholic drinks and add in a few soft drinks.
- Drink a litre of water before you go to bed – hangovers are partly down to dehydration, so drinking water will help you to avoid that fuzzy-head feeling.
- If you have overindulged, don’t drive the next morning – your liver takes time to clear alcohol, so you could be over the limit.

To learn more about alcohol and its effects follow [#KnowAlcohol](#) on Twitter [@HealthierNWL](#) and Facebook [NHS Stay Well](#).



Check your health...



The NHS is offering Enhanced Health Checks for residents in North Kensington.

These are an opportunity to discuss any health concerns you may have and find the early signs of any health problems or underlying conditions.

The Enhanced Health Checks are for both adults and children and they cover:

- Lung health & breathing
- Mental wellbeing
- Physical health

Book an appointment today

Speak to your GP practice or call Enhance on **020 3434 2500**

Delivered in partnership with



Enhance

Your community inspired health check

Kensington and Chelsea Foodbank moves to a permanent home

The Kensington and Chelsea Foodbank has moved to a permanent purpose-built area of Notting Hill Methodist Church, Lancaster Road, W11 4AH.

The foodbank provides food for around 40 people each week and is part of the Trussel Trust, a nationwide organisation whose aim is to end the need for foodbanks in the UK.

People needing help must be referred to the foodbank by one of the agencies which issues vouchers such as Citizens Advice Kensington & Chelsea or Adult Social Care.

Those wishing to donate to the foodbank can give directly at Notting Hill Methodist Church or at Tesco on West Cromwell Road, W14 8PB.



For more information call ☎ 020 3728 9003 or email ✉ info@kensingtonchelsea.foodbank.org.uk

Can you spare some time for a young person in care?

The Council is looking for Independent Visitors (IV) to build and maintain positive relationships with looked after young people aged eight to 18.

An IV is a volunteer mentor who befriends, provides advice/guidance and has regular contact with a looked after young person or a young person in care. They'd be expected to take the young person on activities that you both agree on such as cooking together or visiting the cinema or funfair. Expenses are reimbursed.

A young person in care is someone who is being looked

after by social services, for example through a foster carer or living in a residential home.

As an IV you would be a consistent, positive adult in the young person's life outside of their professional network. IVs are there to promote empowerment of the young person and to stick up for them, ensuring that their views are respected.

Ideally an IV should be able to commit to working with a young person for the minimum duration of one year but we will consider those who want to apply for a shorter duration.

Full training and support will be provided. This is a role that will allow you to use the skills that you already have to impact young lives as well as developing new transferable skills to progress in your career.



If this sounds like an opportunity that you would like to find out more about, please contact:

✉ KC.advocacy@rbkc.gov.uk ☎ 07739 969 702

Heather Watson serves up a tennis treat for Kensington kids

Kensington Leisure Centre received a visit from sports royalty as Wimbledon Doubles Champion and Olympian Heather Watson dropped into a 'Give It Your Max' (GIYM) tennis session.

The UK tennis charity introduces primary school aged children to tennis, many of whom are from inner city areas and might not be otherwise able to explore their tennis skills.

As a GIYM ambassador, Heather was on hand to share her experience and expertise with 30 local children. She even took to the court herself to help the budding young tennis stars hone



their skills as they rotated around the various drill stations.

Heather Watson, said: "The power of sport is often talked about and it's at appearances like these where it really hits home for me. Sport is so powerful, it unites, it inspires and most importantly it makes people happy."

Tom Edwards, Community Sport Manager at GLL (the company behind Kensington Leisure Centre) said: "As a social enterprise, GLL exists to provide affordable, accessible sport and leisure facilities, to get more people more active, more often.

A key part of this is developing and maintaining an extensive tennis programme which is open to the whole community.

"We are proud to have delivered these sessions in partnership with Give It Your Max – an organisation with similar values to ourselves – to help make the sport more accessible for the whole community."



What a racket! Heather talks tennis with the young sports stars.

Kensington Leisure Centre has weekly tennis sessions available, find out more at:

 www.better.org.uk/kensington

Pat Osbourne and her fellow volunteers at the Volunteer Centre event.



Community spotlight

Celebrating our volunteers

The Kensington and Chelsea Volunteer Centre recently marked its 50th anniversary by celebrating the contributions and achievements of 50 volunteers at a special event at the Victoria and Albert Museum. The Drug and Alcohol Wellbeing Service (DAWS) offered by charity Turning Point celebrated the achievements of Pat Osbourne who has been volunteering with DAWS for four years.

Pat started volunteering at DAWS with the Education, Employment and Training (ETE) team where she worked for two years, helping service users to access courses, prepare for assessments, complete homework or assignments, and prepare CVs and job applications.

Pat then moved on to dedicate her time to the Criminal Justice team where she supports our Criminal Justice worker.

Pat attended the event with her son, Ashton, and DAWS Service Manager Ray O'Brien. The event was held after hours at the

museum and featured speakers who highlighted the importance of volunteers across the borough and the positive change they bring to many people's lives.

Pat said:

"It was really nice to see so many volunteers receive an award and feel appreciated for the time they have given to the community over the years. The best part of the evening for me was having my only son attend and see me receive my award in such a lovely building and with such lovely folks!"



**Interested in volunteering?
Find out more about Turning Point's Drug and Alcohol Wellbeing Service:**

 www.wellbeing.turning-point.co.uk/centrallondon

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

The Curve are putting on a variety of activities and events just in time for Christmas. All activities are drop-in.

Wednesday 11 December 1pm to 3pm

Our wonderful gardener has kindly set up shop within The Curve for a festive day of wreath making. An array of accessories will be on offer for you to take advantage of.

Monday 16 December 4.30pm to 7.30pm

Get creative at Jay's arts and crafts Christmas special and design some decorations or a card for a loved one.

Tuesday 17 December 4.30pm to 7.30pm

Get into the Christmas spirit: sew seasonal stockings and create fabric cards with resident designer Ilaria.

Wednesday 18 December 4pm to 5.30pm

Come and join Christmas baking for the whole family with Tanya.

Friday 20 December 1pm to 5pm

The Curve Christmas party

Join The Curve for a fun festive day of food and laughter for all the family with live entertainment, Santa's Grotto and various activities on the day.

(This event is a ticketed event. Please contact The Curve for more information).

The Curve is now a licensed provider of the Duke of Edinburgh Award, and will be running a Bronze award programme in January 2020. This is an amazing opportunity for young people in North Kensington. If you have a child aged between 14 and 19 who would like to be involved, email Laura at The Curve for more information: laura.pham@rbkc.gov.uk

Christmas hours at The Curve

Friday	20 December	1pm to 5pm
Tuesday	24 December	10am to 2pm
Wednesday	25 December	Closed
Thursday	26 December	Closed
Friday	27 December	Closed
Saturday	28 December	Closed
Sunday	29 December	Closed
Monday	30 December	Closed
Tuesday	31 December	Closed
Wednesday	1 January 2020	Closed
Thursday	2 January 2020	10am to 8pm

Two new studio spaces open at Rugby Portobello Trust

The Rugby Portobello Trust (RPT) has opened two brand new state-of-the-art studios at its centre in Walmer Road, W11 4EY. The production studio and recording studio have been fitted out with the latest equipment to enable young people to unleash their musical potential and work on their own projects. This is part of RPT's new creative arts programme, Amplify Studios.

RPT is committed to making Amplify Studios into a creative hub for young people in west London offering workshops, training and access to work experience in the creative industries.

The music studio is open for use by RPT's youth club members whenever it's open. Visit 221 Walmer Road, W11 4EY to sign up for the club – it's completely free and open to young people aged 13 to 19 (up to 25 with learning or physical disabilities).

Youth club is open during term time on Monday, Tuesday and Wednesday from 6.30pm to 9pm and on Thursday for girls only from 5pm to 9pm.

For more information

 020 7221 9836

 info@rpt.org.uk

