

**December 2022**

**Page 2**

Supporting residents  
with the cost of living

**Page 5**

"How I got my life back  
after Grenfell"

**Page 6**

Could you welcome  
a Ukrainian guest?

**Get  
fit for  
free** page 3



# 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



[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



[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 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)

# Supporting residents with the increasing cost of living



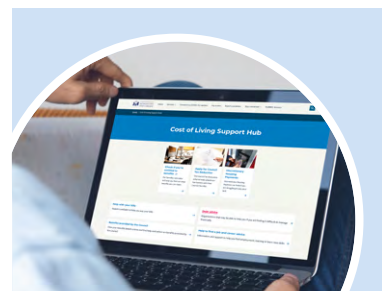
**The Council understands that the rise in the cost of living may be affecting our residents and businesses at this time. We want to remind you that you're not alone and that support is available.**

To help our local community, the Council has pledged a package of support which includes £8 million to support with the cost of living, energy bills, and the ongoing recovery from covid, as well as £318,000 to top up to the latest Household Support Fund for households in poverty.

Residents can expect to see warm winter spaces pop up around the borough, and, through our existing £2.2m voluntary support fund, our work with voluntary organisations continues to help our most vulnerable residents. This includes understanding which residents need support with food and how we can support them into the future.

We have already issued energy rebates, helped residents access unclaimed benefits, provided funding for The Winter Warmth/Cash First Scheme, distributed Local Support Payments for residents in urgent need of essentials and provided funding to emergency food providers.

We are determined to do all we can to support our residents. We encourage you to also visit our cost of living support hub where you can get money advice, find out if you are eligible for Council funds, access mental health and wellbeing support, and more.



**Visit [www.rbkc.gov.uk/cost-of-living](http://www.rbkc.gov.uk/cost-of-living) to find out more.**



# Grants available now for warmer homes

**If you own your home and earn less than £30,000 per year, you could get up to £10,000 to make your home more energy efficient.**

The Council is working with Warmworks and the Energy Savings Trust to help you access the government funded Green Homes grant if your home is cold and your Energy Performance Certificate (EPC) is E, F or G.

The grant can be spent on renewable heating like heat pumps and solar panels. In some cases it can also be used for cavity wall insulation, loft insulation and new windows.

Rent your property? You can get help too via your landlord who can get a grant of up to £5,000 to make your home warmer.

If you think you might be eligible but are not sure of your EPC rating, don't worry, we can arrange a survey free of charge.

To see if you or your landlord could get funding to make your home warmer, call the Energy Savings Trust on **0800 083 2265** or find out more by visiting [www.rbkc.gov.uk](http://www.rbkc.gov.uk) and searching "greener housing".



## Get fit for free with friends and family

**Each week, the Little Wormwood Scrubs Fun Run takes place with friends, families and local people from across North Kensington coming together to run, walk or jog for 2km through the park. Led by K&C Running Mayor Gerard Williams, everyone is welcome to come and join in from 11am to 12 noon every Sunday.**

The run is designed to be inclusive, safe, and sociable. From beginners to experienced runners, all abilities are welcome – pets can even come along too! In partnership with the Council, the Running Mayor wants to help more people look after their health and running is a great, free way to get fitter and healthier, be more sociable, and inspire an 'I can do it' positive attitude.

To find out more, please contact: [sportandleisure@rbkc.gov.uk](mailto:sportandleisure@rbkc.gov.uk)



Afterwards, tea, coffee and biscuits will be served at nearby Venture Play Hut, an organisation working with Kensington and Chelsea Council on delivering wellbeing and physical activity through the borough. Come meet your neighbours and have some fun getting fitter and healthier with family friends. We hope to see you there.

## Free activities and food for children this winter

Children in Kensington and Chelsea on free school meals will receive £20 meal vouchers for every week of the winter holidays this year and will also have priority access to a range of free activities and events to keep them busy, warm and fed.

**Free school meal vouchers will be distributed via schools to eligible children.**

You can find out about activities and events for children to get involved with on the Our City website. There's something for everyone!



Visit [ourcity.org.uk](http://ourcity.org.uk) to find out what's on this winter for young Londoners.

# New GPF2 projects for North Kensington

With almost all our Grenfell Projects Fund 2 (GPF2) projects now live, we wanted to show you what else we have to offer across North Kensington. Ranging from free yoga classes to work experience support and play sessions, there is something for the whole community.

Here are a few of the projects that have recently launched:

**Our Power Hub CIC** – NFT digital art project.

**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.

**Shyne2Chance** – Drop-in play sessions for children with disabilities.

**Hotstuff Studio Collective** – Creation of ceramic art murals dedicated to Grenfell.

**Shamaali** – Community support and translation services.

**Minds United FC** – Female football sessions.

**KidZbox CIC** – Non-contact boxing tuition.

**Westway Yoga Kolektiv Dana** – Yoga, meditation and wellbeing classes.

**Women's Association for Networking and Development** – Work experience and support sessions for girls.

**24 Hearts** – Workshops to make willow sculptures for public art installations.



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)

# Change at the Council – a legacy from Grenfell

Thanks for sharing your views on how the Council can learn from Grenfell to change for the better. Over 500 of you joined the conversation and have shared lots of ideas and suggestions.

You've been clear about the scale of change that is needed and you've told us it starts with:

- ▶ **Listening to residents and acting on what they say**
- ▶ **Putting the safety and wellbeing of our residents first**
- ▶ **Becoming a better landlord and focusing more on those who need most support**

We'll be spending the next couple of months looking at your feedback in detail and understanding everything you've told us.

Look out for an update in **January 2023** when we'll be talking to you about what's next and how we will act on your feedback.

It's not too late to share your views about change at the Council. You can do this by visiting [linktr.ee/grenfelllegacy](http://linktr.ee/grenfelllegacy) or by scanning the QR code by **Sunday 18 December**.





# How therapy gave me my life back after Grenfell

**Whenever she would go to church, Anne\* would sit with her back facing the hoarding surrounding Grenfell Tower as she “couldn’t face it.”**

She had lost two carers in the tragedy, and both of her sons were also directly affected. Prior to the fire, Anne had faced ongoing challenges through her life and had felt unable to go out alone.

One day, Anne saw a poster for the Grenfell Health and Wellbeing Service, offering trauma support for people affected by the tragedy. Anne jotted down the number but didn’t actually reach out to the service until 18 months later.

*“I thought I could cope,” she said. “I didn’t feel okay about sharing my business. I was very afraid in the beginning.”*

Finally, Anne reached out, telling the service that she felt depressed and hopeless, and that she needed a different kind of support than what was usually offered by the NHS. When Anne first met with her newly assigned therapist, she told her:

*“If you’re coming for six weeks I’m not interested.”*

Anne had received support before but found it distressing to have to reapply once a month or so had passed.

The Grenfell Health and Wellbeing Service was able to offer Anne more long-term support that was culturally sensitive and catered to her needs. Sessions were held at Anne’s home while she developed her confidence.

Anne’s therapist supported her to gradually go out more and engage in social activities such as exercise and drama classes, reading groups, creative writing courses and a gardening group.

*“I’d never even done gardening before. Or creative writing or drama. My therapist encouraged me to do everything. I was afraid of going out before,” says Anne.*

Anne has now regained control of her life, and therapy is coming to an end. Her hope is to empower people who may be struggling like she was. Now when Anne goes to church, she no longer sits with her back facing the Grenfell Tower.

*“Since therapy I can face it. I can face it now, and I say a prayer for all the people who died in the fire. I can do that now.”*

The Grenfell Health and Wellbeing Service allows you to self-refer via their website, or you can speak to your GP about their services. Their website also features information on the available support and leaflets with self-help advice.

To find out more, visit [grenfellwellbeing.cnwl.nhs.uk](https://grenfellwellbeing.cnwl.nhs.uk) or call **020 8637 6279** from 8am to 8pm.

\*Names have been changed



# Could you welcome a Ukrainian guest?

**As the war in Ukraine continues, the Council is looking for families to open their homes to a Ukrainian guest to provide safety to them in this time of conflict.**

If you would like to support those fleeing war by offering a space in your home, you can do so by applying online. This will lead to our dedicated Ukraine response team registering your contact with Central Government and enabling initial checks to be carried out on you by the Council as a potential sponsor.

Oonagh, a sponsor living in Kensington, welcomed Anastacia into her home earlier this year. She said:

*"It's a great feeling to help. You're welcoming a whole other story into your life and providing vital support at their time of need."*

Sponsors receive 'thank you' payments to help them support their new house guest, which will not affect any existing benefit entitlement.

## Homes for Ukraine

Kensington and Chelsea

Coming together to provide homes for Ukrainians in Kensington and Chelsea

To find out more and apply to be a sponsor, visit [www.rbkc.gov.uk/ukraine](http://www.rbkc.gov.uk/ukraine)

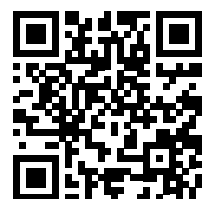
# Grenfell Tower site update from DLUHC

**For information on the Grenfell Tower site from the Department for Levelling Up, Housing and Communities (DLUHC), and to ask questions about the Grenfell Tower site, please:**

- ▶ Come to the next online Tower site update and Q&A meeting, Tuesday 6 December from 6pm to 7pm. Join with this link: [ms.teams.link/5K52](https://ms.teams.link/5K52) or dial in on **020 3795 5763** and enter conference ID: **321 898 16#**
- ▶ Come to a drop-in to talk to officials from the Grenfell Tower site team on **Friday 9 December** from 12 noon to 2pm before and after Jumma (Friday) prayers, at the Al-Manaar Muslim Cultural Heritage Centre, 244 Acklam Road, W10 5YG

- ▶ Contact the Tower site team directly at any time by emailing [GrenfellTowerSite@levellingup.gov.uk](mailto:GrenfellTowerSite@levellingup.gov.uk) or calling **0303 444 0011**

Grenfell  
community  
updates



For the latest updates, go to [www.gov.uk/grenfell community updates](http://www.gov.uk/grenfell-community-updates) and scroll down to sign up to email notifications.

# Nominations open for Mayor's Awards

**Nominations have now opened for the 2023 Kensington and Chelsea Mayor's Awards. The awards recognise incredible people and extraordinary organisations that have gone above and beyond to serve the local community.**

If you know someone or an organisation that has made a significant difference to the lives of residents, then now's the time to share their story by nominating them for a Mayor's Award.

This year, the public are invited to submit nominations in three categories:

- ▶ **Individual Contribution**
- ▶ **Young Person**
- ▶ **Local Community Organisation**

Winners will be selected by a six-person judging panel including councillors, the Leader of the Council, the Mayor of Kensington and Chelsea, Michael Ashe (CEO of Volunteer Centre Kensington and Chelsea), Angela Spence (CEO of Kensington and Chelsea Social Council) and the new Youth Mayor of Kensington and Chelsea (to be elected in January 2023).

Nominations will close at **5pm on Monday 23 January 2023.**



**Mayor's Awards 2023**  
Nominations now open



 Nominations close 5pm on Monday 23 January 2023

For more information and to make your nomination, visit [www.rbkc.gov.uk/mayors\\_awards](http://www.rbkc.gov.uk/mayors_awards)

**Grenfell Tower Memorial Commission**

## Grenfell Tower Memorial Commission questionnaire

**Please let the Grenfell Tower 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/news/questionnaire](http://www.grenfelltowermemorial.co.uk/news/questionnaire)**

**Grenfell Tower Memorial Commission drop-in**  
Talk to some of your community representatives at the Grenfell Tower Memorial Commission's informal, monthly drop-in. Meet their design adviser, and pick up a copy of their report – which you can also read online at [www.grenfelltowermemorial.co.uk/report](http://www.grenfelltowermemorial.co.uk/report)

**When:** Saturday 10 December, between 12pm and 3pm

**Where:** North Kensington Resource Centre, Testerton Walk, W11 1WG

There will be family activities and refreshments. Everyone is welcome.

**Can't make it? Get in touch to arrange another time to talk to the Memorial Commission:**

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

**Call:** 0303 444 4831

**Twitter and Instagram:** @GrenfellTowerMC

**Or scan this QR code:**





# Inspiring future Lionesses

The Lionesses smashed it in this summer's Euros, and with the World Cup around the corner, if you or a girl you know has been inspired by the the nation's female footballers, come join our girls' football sessions at Kensington Leisure Centre. For girls aged between 11 and 15 years old, the training sessions build stamina, skills and offer coaching from QPR Community Trust.

Held every Monday from 5.30pm to 6.30pm, in collaboration with Kensington and Chelsea Council and Better, the sessions are incredibly popular, and we hope to roll out the clubs to more locations across the borough soon.



To register your interest and find out more information, email [adnan.mohamed@qpr.co.uk](mailto:adnan.mohamed@qpr.co.uk)

## Get your Covid booster before Christmas

Even if you have had three or more Covid-19 vaccinations, or had the virus itself, it is important you get the booster as your immunity decreases over time. The latest booster provides extra protection against newer variants of the virus.

For details of who can get vaccinated and when vaccinations are available at these sites go to [www.rbkc.gov.uk/coronavirus](http://www.rbkc.gov.uk/coronavirus)

## Let's Talk K&C

Kensington and Chelsea has been challenged to become the best Council, and become a borough that is greener, safer, and fairer – but we need your help. Let us know your priorities and what is important to you in our Let's Talk K&C consultation.

We started the process a few months ago, with residents sharing ideas on what the Council should focus on and how the Council can use the learning from Grenfell to change for the better.

As we draw up plans for the future, which will be set out in our new Council Plan in March, we want to continue these conversations to ensure we hear from as many people as possible.

The contributions we've heard so far have been important in helping us understand your priorities. This has helped shape the questions in our Let's Talk K&C Resident Survey. To complete the survey, visit [www.rbkc.gov.uk](http://www.rbkc.gov.uk) and search 'Let's Talk K&C'. You have until **Tuesday 3 January 2023** to complete it.



If you would like to contribute to the conversation in person, there is an upcoming drop-in event on **Thursday 15 December** from 5.30pm to 7.30pm at Chelsea Old Town Hall, King's Road.