

# Grenfell Support News

## One year on supporting children to stay strong



As we approach the date that marks one year on from the Grenfell Tower tragedy, children may be strongly reminded of their reaction to the events of 14 June 2017 and how they felt at the time. It's natural and very common to have a negative reaction to a traumatic anniversary. This is known as an 'anniversary reaction'.

No matter how well children may have been trying to put negative memories away, only thinking about them when they choose to, the anniversary will be a powerful reminder. It's important to note that not everyone will experience an anniversary reaction, however, knowing what to expect in advance may be helpful.

Children may want to avoid events, places, situations or people connected to the Grenfell tragedy, as the feelings triggered by the

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anniversary may feel overwhelming for them. Some children may need as much time, patience, understanding and emotional support to cope during this period as they did during the immediate aftermath of the fire.

It can be helpful to prepare and plan ahead as much as possible. Find time to talk about the approaching anniversary with children – talking about what might happen and how they might feel, can help to release some of the anxiety and pressure surrounding it.

The Bi-Borough Education Psychology Consultation Service have produced a full and thorough guide to dealing with children's reactions to the one year on mark of Grenfell which is available online at <a href="https://bit.ly/2IYYHjv">https://bit.ly/2IYYHjv</a>

### Emotional support available for those affected by the Grenfell Tower Inquiry

The Grenfell Tower Inquiry began on Monday (21 May) with a series of hearings to commemorate those who lost their lives.

There is lots of emotional support on offer for those who may need it. The NHS Outreach team are based at the Inquiry which is being held at the Millennium Gloucester Hotel & Conference Centre and are providing emotional, health and wellbeing support. They are also offering support at the Notting Hill Methodist Church where the Inquiry is being screened. Members of the team will be easy to

identify by their green t-shirts, and will carry photo ID for anyone who wants to see it.

Two leaflets describing the support available for those affected by the Inquiry have been published by the NHS and are available at <a href="https://bit.ly/2k3XYiJ">https://bit.ly/2k3XYiJ</a>.

For urgent emotional and wellbeing support, you can call **0800 0234 650** at any time.

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## Women's football academy trials at Chelsea FC

West London College are excited to announce a new female football programme in partnership with Chelsea FC.

As part of the programme applicants will represent the college and the Chelsea FC Foundation in national competitions and tournaments. You will receive 10 hours of coaching and matches per week with experienced Chelsea FC coaches, as well as have access to nutrition and exercise plans to ensure you are playing to your full potential.

Alongside your football programme you will study one of the college's recognised full-time qualifications in sport to learn valuable knowledge and skills to apply to your sport as well as to assist you with career progression.



To sign up visit **www.wlc.ac.uk** and search for 'Women's academy trials.'



#### **Get into fashion with ASOS**

Would you like the chance to gain a behind the scenes insight into one of the UK's leading fashion retailers? If you live in London, are aged 16 to 30 and are currently not in education, training or employment, why not join ASOS' free four-week programme? You will:

- Gain a behind the scenes insight to one of the UK's leading retailers
- Learn about fashion buying and merchandising training
- Receive bespoke employability sessions with members of the ASOS HR team
- Meet new people and improve your confidence and teamwork skills
- Receive up to six months support after the course to help you take your next step

If that wasn't enough, attendees of the course will be guaranteed interviews for jobs with ASOS upon successful completion of the programme.

The taster day will be held on Wednesday 6 June and the main programme will run from Monday 11 June to Friday 6 July.

To register interest and get more details email Kyronne Parkes at **kyronne.parkes@ princes-trust.org.uk** or call **0800 842 842.** 



### Rent compensation for Walkways, Bramley House, Treadgold House and Verity Close residents to be extended

The Council has agreed to extend the rent and service charge compensation period from **31 May 2018** to **30 June 2018** for residents who are living at home on the Walkways. The compensation continues to be set at 50 per cent of rent and service charges to tenants, and 50 per cent of service charges to leaseholders.

Residents of Bramley House, Treadgold House and Verity Close will also continue to receive compensation equal to 15 per cent of rent and service charges, up to **30 June 2018.** 

We continue to make good progress on the Lancaster West Estate. We have installed new hoppers to all bin chutes, which are self-closing and improve the level of fire safety. The mechanical improvements will be completed by the end of May, and we are currently negotiating with the Grenfell Site Management Project Team and rubbish collector Suez to ensure collection from the bin storage rooms underneath each Walkway. Once agreed, we will tell all residents when the new bin chutes can be used, and the frequency of collections.

Fire safety work is ongoing across the Estate. The majority of Walkways properties now have a FD30S-rated fire door – this means that the doors are fire resistant for 30 minutes. Fire Marshalls will remain on site for the duration of June when we will review where they are still required.

We have also agreed to make improvements to the interim temporary boiler system, following a recent interruption to the hot water supply for a few hours on **Sunday 13 May.** 

We have written to tenants and leaseholders with more information. If you require any more information, you can call **020 8206 7525.** 



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### **Activities Programme at The Curve Community Centre**

#### Monday 28 May

- 9.30am-3pm Early year's activity
- 10am-12pm Women's cooking group hosted by Jada from the NHS (drop-in)
- 10am-5pm Amplifying voices justice for Grenfell
- **5pm-7pm** Homework and revision club with qualified tutor for ages 11 to 18 (drop-in)
- **5.30pm-7.30pm** Pre–ESOL English
- **8pm** Join us for Iftar this Ramadan (hosted by Ramadan Tent Project)

#### **Tuesday 29 May**

- 9.30am-11.30am or 12.25pm-2.30pm - ESOL - English language classes (please book by emailing: sakinah.touzani@westway.org)
- 10am-3pm Fouzia's Sewing Club. Drop-in sewing club for all. Grow your skills, knit and natter.
- 10.30am-12.30pm Helping children deal with loss (please book by emailing: thecurve.rbkc.gov.uk)

### **Curve Job Advert**

The Curve Community Centre is looking for a Communications Officer to join their team. Responsibilities will include ensuring co-ordination of content for services, activities and events at The Curve for sharing across a range of channels.

If you're passionate about working with the local community and want to make a difference, take a look at the job advert online at https://bit.ly/2GIjmmH

The Crèche's opening hours are:

Monday, Tuesday, Wednesday and Friday **10am to 12pm** and **1pm to 3pm. No crèche** on Thursdays.

The Crèche is for parents attending appointments or courses at the Curve. Other Curve users are also able to use the crèche space when attending an event or activities. To book, please email: thecurve@rbkc.gov.uk

- **10.30am–12.30pm** Job search workshops (drop-in)
- 1.30pm-2.30pm Grief Encounters, speak, listen and share with Alisha and Anna
- **2pm-4pm** Grief encounters with Colin (drop-in counselling)
- 5pm-6pm Children's Yoga fun and relaxed session for children aged five-11 (drop-in)
- 7pm Iftar soup kitchen for the displaced residents
- 9.30am-10.30pm MEND minihealthy lifestyles programme for families. (drop-in)



#### Wednesday 30 May

- 10am-12pm World coffee morning free and open to all
- 10.30am-12.30pm Job search workshops
- 10.30am-12pm Shared reading group, open to all abilities.
- 10am-1pm Felt making with Heather F. Martin: introduction to Nuno felting (please email flourish@acava.org to book)
- 1pm-3.30pm Adult book break group - Come and enjoy shared reading. Open to anyone with any level of reading
- 4pm-7pm Girl's youth group for ages 13+
- 8pm-11pm Join us for Iftar this Ramadan (hosted by Ramadan Tent Project)

#### Thursday 31 May

- 10.30am-12pm Massage session with a massage therapist (drop-in)
- **12.30pm-2.30pm** Mums and Bumps session (drop-in)
- 1pm-3pm ICT Skills and preemployment support (drop-in)
- 4pm-6pm Young artists (ages five-11. For keen young artists looking to develop their skills
- 4pm-4.45pm Healthy snack time for kids (limited spaces, please email thecurve@rbkc.gov.uk to book)

#### Friday 1 June

- 9am-10.30am Mend mini-weekly sessions ran by a registered nutritionist and physical activity specialist. Ages two to four years
- **10am–1pm** ACAVA the pottery workshop (drop-in)
- 10.30am-12pm Mindfulness TFC group (drop-in)
- **10.30am–11.30am** Meditation group (drop-in)
- 5pm-8pm Byron presents: Caribbean evening with ludo and dominoes club



The Curve Community Centre opening hours are **10am to 8pm Monday to Friday** and **11am to 6pm** on weekends.

The Curve Community Centre 10 Bard Road London W10 6TP

Some sessions need to be booked in advance to secure your place, so email **thecurve@rbkc.gov.uk** and they will confirm your reservation by return.



For a full list of events visit grenfellsupport.org.uk/thecurve/events

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## Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the fire is asked to contact the Met Police on **0800 032 4539**.

#### **Important Contacts**

#### **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-5pm**. Extended hours Tuesday, Wednesday and Thursday

## Replacement UK passports, visas or immigration queries

Call our advice line on **0300 303 2832**. The line is open 24 hours.

#### Air quality and smoke exposure

If you have concerns about any symptoms, please see your doctor or call NHS 111.

#### **Housing support**

evenings, until 8pm.

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.

The Grenfell Muslim
Response Unit also offers additional support. Find out more by emailing info@gmru.co.uk

You can also get physical and mental support at **The Curve Community Centre.** Call **077 1223 1133**.

Hestia, Central and North West London NHS Foundation Trust, and the Drug and Alcohol Service are based overnight at the Notting Hill Methodist Church, Lancaster Road, from 10pm to 8am. Pop in for a chat and support.

## Housing update



#### Grenfell Tower and Grenfell Walk

We have committed £235 million to finding new homes for residents and have now secured 307 properties for families. We invite households to choose which properties they want to view from all those available on our Home Connections website. Households currently living in temporary accommodation provided by the Council or our partners, also have the option to make these properties their permanent home if they wish. For those households living in hotels and who wish to move into a temporary home, we will help to find private rented accommodation.

We will help with furniture, bedding, crockery and cutlery, white goods and utilities.



These numbers are accurate as of 24 May 2018

### Poetry4Grenfell

The Poetry 4 Grenfell project started as an immediate response to help deal with the emotional aftermath of the Grenfell Tower tragedy in an artistic way.

Led by a local professional artist and arts facilitator, it combines rap-poetry, dance and film in workshops and performances, all with the aim of alleviating the pain and giving a platform to the voices in the North Kensington community.

The next Poetry 4 Grenfell show will take place on **Tuesday 29 May** at **Maxilla Social Club, 2 Maxilla Walk, W10 6SW** at **7pm**, with a free workshop to take place beforehand at **5pm**.

You can find out more about the Poetry 4 Grenfell programme and other activities and events around the borough on our social media feeds:

**y** @grenfellsupport

www.facebook.com/GrenfellSupport

## "Listening Ear" walk-in service in Malton Road Hub

The walk-in service provides a safe and welcoming space that gives an opportunity for families and individuals affected by the Grenfell Tower tragedy to speak to a Key Worker who can offer a listening ear, emotional support, advice and guidance and practical support. The service can offer support within a number of areas such as childcare, education and information about local community services.

The walk-in service is based in the **Malton Road Hub, 2-4 Malton Road, W10 5UP** and will take place **Monday** to **Friday** at **9.30am** to **11.30am** and **2pm** to **5pm**.

Please ask to speak to a Key Worker when you arrive at reception.

For regular updates please follow us

The newsletter is also available in Arabic and Farsi languages.



facebook.com/grenfellsupport



