

Grenfell Support News



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Maxilla flourishes with new mosaic

A new plastic bottle cap mosaic has been completed in North Kensington and the organisers at ACAVA Flourish have invited the community along to see the finished piece.

ACAVA (the Association for Cultural Advancement through Visual Art), are hosting the grand opening **Tuesday 16 October** from **4pm** to **6pm** at

Maxilla Studios, 4 Maxilla Walk, W10 6NQ so everyone can celebrate the completion of this project.

Many people helped to make the project possible by collecting over 40,000 bottle caps for the vibrant mosaic which will brighten up one of North Kensington's main community hubs. Volunteers made weekly trips to cafes, businesses and schools to

collect the caps before sorting them into colour groups and helping to design the artwork. This was all helped along by local mosaic artist Tomomi Yoshida who saw the whole project through from start to finish.

Come and join the celebrations and see how the team have turned leftover plastic into art.

Visiting The Curve for World Mental Health Day

This **Wednesday 10 October** was World Mental Health Day. The **#OKnottofeelOK** campaign visited The Curve Community Centre in North Kensington to see how they are supporting this year's theme of **young people and mental health in a changing world**. While there, the staff explained what role they felt The Curve played in the community and spoke about the services they offer.

The Curve provides a safe, welcoming space for families and individuals across North Kensington.

One support group available at The Curve is an emotional and practical support group for girls aged 13 plus, run every **Wednesday** from **4pm** to **7pm**.

If you live in Kensington and Chelsea and are struggling emotionally, help is available. Whatever your age, head

over to **oknottofeelok.org** for support and information on a range of issues.

For more information about The Curve visit **grenfellsupport.org.uk/thecurve** and see the full programme of events for next week on page two of this newsletter.

Take a look at the video we filmed at The Curve on the **#OKnottofeelOK** Facebook page **facebook.com/oknottofeelok**.

Activities programme at The Curve Community Centre

Monday 15 October

- **1pm–3pm** – Healthy Hearts weight management 10-week course. Sign up every Wednesday with Olivia at The Curve from 10am to 12noon or email olivia.bales@healthyhearts.org.uk
- **2pm–4pm** – Community Contact Team. Drop-in advice
- **5pm–7pm** – Homework Club for ages 11 to 18 with a qualified tutor (drop-in)
- **6pm–8pm** – Functional skills in English with NOVA Contact Chrissy at The Curve to book **020 7221 9836** (booking required)
- **6.30pm–7.30pm** – Zumba with Paula for ages 18 plus (drop-in)
- **6.30pm–7.45pm** – Jambi presents Tribo Samba-Reggae Percussion Workshop. All abilities welcome (drop-in)



Tuesday 16 October

- **10.30am–12.30pm** – CV workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **10am–3pm** – Fouzia's Sewing Club. Drop-in sewing club for all, grow your skills, knit and natter.
- **10.30am–12.30pm** – ESOL Award in English skills at entry level 1 and level 2 in both speaking and listening Accredited course from Westway Trust. (drop-in)
- **2pm–4pm** – Open Age Health and Wellbeing course for ages 50 plus. To book, call Maude on **020 8962 5594**
- **4.30pm–5.30pm** – 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.
- **5pm–7pm** – Arabic language classes for ages seven plus (booking required, email thecurve@rbkc.gov.uk)

Wednesday 17 October

- **10am–12noon** – The Curve coffee morning. Come along for a coffee and a chat
- **10am–12noon** – ICT skills with Open Age. For more information and to book to attend all sessions, call Maude on **020 8962 5594**
- **10am–12noon** – Circle of Security parenting programme from Total Family Coaching and Parenting. The Circle of Security is an eight-week relationship-based early intervention programme designed to build attachment between parents and children. To enrol, contact info@totalfamilycoaching.co.uk or call **020 8969 5554** or **07397 871877**
- **12noon–2.30pm** – ICT classes for beginners from NOVA. Contact Chrissy, booking required **020 7221 9836**
- **1.15pm–3.15pm** – Drug and alcohol support session (drop-in)
- **4pm–7pm** – Girl's youth group for emotional health and wellbeing (run by Laura for ages 13 plus)
- **6pm–7pm** – Free Cuban salsa class for beginners and improvers (drop-in)
- **6pm–8pm** – Functional skills in English with NOVA. Contact Chrissy, booking required **0207 221 9836**
- **7pm–8pm** – Free Cuban salsa class for intermediates and advanced (drop-in)



Thursday 18 October

- **10am–4pm** – Clarion Housing Group. Job search sessions open to everyone to help with job applications and CV writing (drop-in)
- **10.30am–12.30pm** – Job search workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **11.30am–2pm** – Creative arts with Jay for adults. Jewellery making, upcycling and fabric design activities, including African head wrapping (drop-in)

- **2pm–6pm** – Home Office. Help with immigration and passport issues (drop-in)
- **3pm–5pm** – One Digital at The Curve. Learn how to access and enjoy the internet. For all abilities (drop-in)
- **4pm–6.30pm** – Creative arts with Jay for ages seven plus. Younger children must be accompanied by an adult. Sessions will consist of painting, drawing and mask-making (drop-in)
- **5pm–7pm** – Arabic language classes for ages seven plus. Booking required, email thecurve@rbkc.gov.uk)

Friday 19 October

- **11am–12noon** – Zumbini. Zumba for children (drop-in)
- **5pm–6.15pm** – Dance class with James for ages seven to 12. Beginners' workshop (drop-in)
- **6.15pm–7.30pm** – Dance class with James for ages 13 to 18. Beginner's workshop (drop-in)

Saturday 20 October

- **10am–12noon** – ICT classes for beginners from NOVA. Six-week course. Contact Chrissy, booking required **020 7221 9836**
- **2pm–4pm** – Jambi Tribo Samba-Reggae percussion workshop. All abilities welcome (drop-in)
- **2pm–5pm** – Music studio workshop with Moss. Moss specialises in beat making, songwriting, recording and live performance skills (drop-in)
- **2.30pm–3.30pm** – Free Cuban salsa class for beginners and improvers (drop-in)
- **3pm–5.30pm** – The Abbey Community Centre & Association's all age youth club. Games, emotional wellbeing support and other activities will all be provided throughout the session (drop-in)
- **3.30pm–4.30pm** – Free Cuban salsa class for intermediates and advanced (drop-in)

The opening times for the creche at The Curve are:

Monday and Tuesday: 10am to 3pm
Wednesday and Friday: 10am to 5pm
Thursday: 10am to 12noon

To book a place in the creche, call **020 7221 9836** or email thecurve@rbkc.gov.uk

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

This information is provided weekly by The Curve Community Centre. For more information call **020 7221 9836**

Green Shoots gets community projects off the ground

The Kensington and Chelsea Foundation (K&C Foundation) recently launched a new project called Green Shoots, offering grants ranging from £250 to £1,000 for small one-off projects around the borough as part of its Grenfell Community Development Fund.

£50,000 has been designated to the project, which will be assigned to groups and organisations that apply for the funding through the K&C Foundation website.

The type of projects which the K&C Foundation aims to help with this fund are small one-off projects that will bring pockets of hope and joy to the community. For example a new piece of sports



equipment, a street party, a community barbecue or planting a new green space.

If you are part of a resident's association, school or voluntary, community or local group in Kensington and Chelsea and would like some funding for a project, there's still time to get in touch and apply

for a Green Shoots grant. All projects must demonstrate how they will benefit North Kensington. Visit the K&C Foundation website where you can find out more and download the application form theandcfoundation.com/latest/green-shoots

Take the first steps to a healthy new you

Find out how you can live a healthier lifestyle at the ClementJames drop-in Nutrition Day. Running from **1.30pm to 5pm on Thursday 18 October**, the afternoon of interactive stalls and workshops will show you how to live better through the way you eat and prepare your food. Just drop-in to the **ClementJames Centre, 95 Sirdar Road, London, W11 4EQ**.

There will be three talks by leading professionals on

- Nutrition related anxiety
- How to eat healthily and affordably
- How nutrition can transform your wellbeing while boosting body confidence.

There will also be six interactive stalls to encourage hands-on learning around healthy eating and nutrition. Coffee and light refreshments provided.

This workshop is perfect for individuals and families alike, why not bring along the family to keep the whole house healthy?

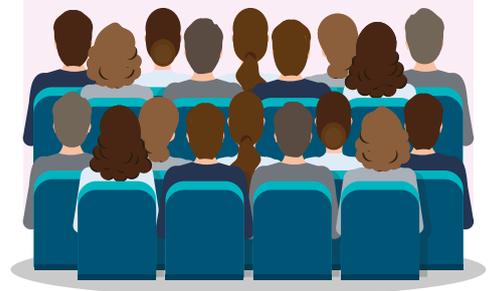


Grenfell Recovery Scrutiny Committee meeting next week

The next Grenfell Recovery Scrutiny Committee meeting will take place on: **Monday 15 October, 6.30pm** at Kensington Town Hall in the Small Hall.

This meeting is open to the public and the papers for the meeting can be found online here: bit.ly/2yy9gCL

For more information on the Grenfell Recovery Scrutiny Committee visit: bit.ly/2Oi6ZWZ



Notice: Fire drill at the Grenfell site

Between **11am and 12noon on Tuesday 23 October**, a fire drill will take place at the Grenfell Tower site. This is a routine process, designed to make sure those working on site remain safe. It is not in response to any issues with the Tower, which continues to be monitored and remains stable.

There will be no siren but you may see teams working inside the building evacuate and assemble within the site. The site management team apologise in advance should you experience any disruption.

No action is required from members of the local community.

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 **0800 032 4539**.

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**.



Upcoming meetings

Residents welcome to attend.

Grenfell Recovery Scrutiny Committee

Monday 15 October, 6.30pm
Kensington Town Hall

Full Council

Wednesday 17 October, 6.30pm
Kensington Town Hall

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for
11 October 2018



Silver Sunday celebrates the borough's older residents

Older residents of Kensington and Chelsea have been celebrated for the past week as part of the Silver Sunday events programme. In one workshop, green-fingered residents tried their hands at making the perfect spring planter to bring beauty and nature to their homes and gardens. For those who preferred pampering to planting, a bath-bomb workshop gave them the

chance to make their own luxury bath products.

If you or an older person you know missed out on Silver Sunday this year, be sure to look out for the brochure this time next year to make sure you take full advantage of the huge range of events, workshops, days-out and community get-togethers available to older residents of Kensington and Chelsea.

All enquiries about Silver Sunday are being managed by Open Age who can be contacted at silversunday@openage.org.uk or **020 8962 5500**.

For more information on the Silver Sunday programme in Kensington and Chelsea, visit the RBKC website rbkc.gov.uk/silver-sunday



Changes to overnight support

From **Friday 26 October 2018** the overnight service will no longer operate from the Notting Hill Methodist Church. The NHS will provide a more targeted clinical service for those who require overnight support in the future. This will include a dedicated phone-based mental health service throughout the night with home visits for those who require it. There will be a full

review of the small number of people who are using the service in its current form.

The NHS Outreach team can be contacted on **020 8962 4393** (seven days a week from **9am to 8pm**)

For urgent health and wellbeing support, you can call **0800 0234 650**, 24-hours-a-day, seven-days-a-week.

The Grenfell Inquiry team will be hosting a drop in on the first day of each month at **Notting Hill Methodist Church, W11 4AH**.

The newsletter is also available in Arabic and Farsi languages.