

Women's group launched to support victims of domestic abuse

Are you a woman who has been the victim of domestic abuse? Are you in an unhealthy relationship and looking for advice and support? You are not alone and there is help out there.

One in four women and girls will suffer domestic abuse in their lifetime, according to the Government Office for National Statistics. Total Family Coaching is offering a 12-week "Freedom Programme" for those who are suffering abuse and are looking for support from experts and other women.

The Freedom Programme is a domestic violence programme which provides information, not therapy. It examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help women to make sense of and understand what has happened to them.



The course will help attendees learn about healthy and unhealthy relationships, as well as the traits, personas and warning signs of abuse. It will also offer help and support for safety planning and a range of resources, advice and information.

The first session will be held on **Monday 11 March** at the **Harrow Club, 187 Freston Road, W10 6TH** from **11am to 1.30pm** and is for women over the age of 16. Each session lasts 90 minutes. It's a rolling programme so you can miss a session and take part at a later date when you are ready.

For more information contact info@totalfamilycoaching.co.uk or call **020 8969 5554** or **07397 871877**.

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Residents asked to redirect mail

Since the Grenfell tragedy former residents of Grenfell Tower and Walk have had the option to have their mail redirected to The Curve.

From **Wednesday 27 February** this service will no longer be available. Residents will need to set up a free mail redirect before this date.

If an alternative redirect isn't set up, residents will need to collect their mail from **Unit 20-23, West London Delivery Office, 7 Premier Park Road, NW10 7NZ**.

For more information, call **01752 387055** to speak to a member of the Royal Mail team.

Last Grenfell Support News

As announced last week, this is the last edition of Grenfell Support News.

We've heard that residents from North Kensington want to receive more information about what's happening in the area. To answer this call, we are producing **North Ken News**, a monthly newsletter that will be delivered to every household in North Kensington. The new newsletter will feature

information on local events, activities, courses, programmes and opportunities. It will also showcase members of the community who go above and beyond to make the borough a better place.

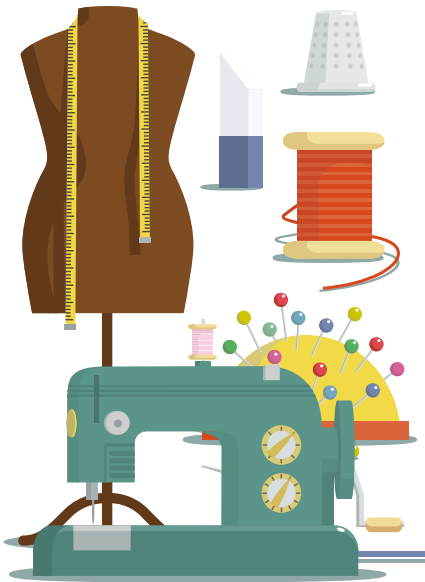
You can follow **@RBKC** on Twitter for the latest updates. We have also launched a new dedicated Grenfell area on the RBKC website www.rbkc.gov.uk/grenfell-response-and-recovery

Activities programme at The Curve Community Centre

Monday 25 February

- **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)
- **5pm-7pm** - Arabic language classes for ages seven plus (booking required, email thecurve@rbkc.gov.uk)
- **6.30pm-7.30pm** - Zumba with Paula for ages 18 plus (drop-in)
- **6pm-8pm** - Functional Skills in English with NOVA. Contact Chrissy, booking required **020 7221 9836**

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



Tuesday 26 February

- **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 (drop-in)

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



Wednesday 27 February

- **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)
- **1.15am-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-7pm** - Free Cuban salsa class for beginners and improvers (drop-in)
- **6pm-8pm** - Functional skills in English with NOVA. Contact Chrissy, booking required **020 7221 9836**
- **7pm-8pm** - Free Cuban salsa class for intermediates and advanced (drop-in)

Crèche: 10am-12.30pm and 1pm-5pm

Thursday 28 February

- **10am-4pm** - Job search sessions from Clarion Housing Group. Open to everyone to help with job applications and CV writing (drop-in)
- **10.15am-12.15pm** - Open Age speaking with confidence course. 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)
- **1pm-3pm** - Total Family Coaching parenting programme (booking required, email info@totalfamilycoaching.co.uk)
- **2pm-6pm** - Home Office. Help with immigration and passport issues (drop-in)
- **5pm-7pm** - Arabic language classes for ages seven plus (booking required, email thecurve@rbkc.gov.uk)

Crèche: 10am-1.30pm and 2pm-3pm

Friday 1 March

- **10am-10.45am** - Zumba with Paula for women ages 18 plus (drop-in)
- **11am-12 noon** - Zumbinis, 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)

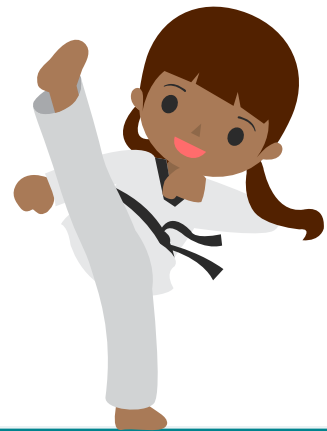
Crèche: 10am-12 noon and 12.30pm-5pm

Saturday 2 March

- **11am-12 noon** - 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 3 March

- **11am-12 noon** - Learn Taekwondo for beginners aged six to 12 (drop-in)
- **11am-3pm** - Turbo Tutors Key Stage 3 and Key Stage 4. Homework Club with a qualified tutor (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

Transfer of Grenfell Tower site to government and establishment of Memorial Commission

At its meeting on **20 February**, the Council's Leadership Team approved the terms of the transfer of the Grenfell Tower site to the Government. The transfer will allow the Government to take responsibility for the site until its long-term future use has been determined by the Grenfell Memorial Commission.

As announced by the Ministry of Housing, Communities and Local Government (MHCLG) last year, the Memorial Commission will be made up of 10 community representatives, including the bereaved, survivors and residents of the Lancaster West Estate. The Commission will develop a proposal for the long-term future use of the site, including the shape and size of a future memorial.

Throughout February, MHCLG is seeking views from the bereaved, survivors and the Lancaster West Estate on its proposals for voting for community representatives for the Commission. The government recognises how important this is and wants to make sure the process for setting up the Commission is inclusive and driven by members of the community.

MHCLG will be consulting on their proposals until the end of February before voting begins in **March**.

Residents' steering group to launch at The Curve

The Curve is looking for local residents who want to help shape the future of the centre to come and form part of a residents' steering group.

If you would like to learn more about this, come to a coffee and cake drop-in at **The Curve (10 Bard Road, W10 6TP)** on **Wednesday 27 February** from **10am to 12 noon** or from **6pm to 8pm**.

If you're unable to attend one of the sessions but would like to learn more, contact Di on **020 7221 4514**.



Memorial mosaic spells out change

We've been following the progress on the Grenfell Community Mosaic, a partnership between ACAVA, Al Manaar and community groups since the one-year anniversary of the Grenfell tragedy last June. Since then eight petals have been created by groups around North Kensington, with each one choosing a word to include in the mosaic that was meaningful to them.

The mosaic has become a focal point of the hoarding at the base of the Tower, bringing an intricate piece of art to the community space.

A further four petals will be added to the mosaic before it's completed in June this year, marking two-years since the tragedy. The next petal, designed and created by The V1llage based in Acklam Village, will feature the word "Change".

You can follow the progress of the memorial mosaic, along with other projects, on the ACAVA Flourish twitter account www.twitter.com/ACAVAFourish



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.



Upcoming meetings - Residents welcome to attend.

Full Council

Wednesday 6 March, 5.30pm, 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.

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for **21 February 2019**



Have you got questions about the Grenfell Tower Inquiry?

The Grenfell Tower Inquiry team will be at **Notting Hill Methodist Church (240 Lancaster Rd, W11 4AH)** on **Monday 4 March** from **4pm to 6.30pm**. The team will be available to answer questions you might have about the inquiry process.

Phase 1 hearings at the Inquiry have concluded with the Chairman publishing a statement on the next steps on the Inquiry's website bit.ly/2NicRvW

If you have been affected in any way by the Grenfell Tower tragedy, including information from the public inquiry, the Grenfell Outreach Team is open every day from **9am to 8pm** and at night from **10pm to 7am**. They can be reached on **020 8962 4393**.

Updates on the Grenfell Tower Inquiry can be followed on Twitter twitter.com/grenfelinquiry



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 and Chelsea. Visit their website for more information and to find your nearest location: kensingtonandchelseacab.org.uk