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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

 www.facebook.com/royalborough

 www.nextdoor.co.uk

For updates on Grenfell

 @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 monthly e-newsletter

We've launched a brand new e-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 e-newsletter or to join the mailing list, visit www.rbkc.gov.uk and search **K&C Life**.

Portobello Road to get free wi-fi

While antiques, food and fashion may be what's usually found in Portobello Market, visitors to the area will soon be able to quickly and easily connect to the internet thanks to free public wi-fi.

Free wi-fi will ensure that visitors are able to easily access information about the market area and connect with local businesses and friends near and far. It will also open doors to street vendors who previously may not have had the facilities to accept cashless payments or engage in e-commerce from their market stalls.

At its busiest the market sees thousands of people exploring its shops and spaces, causing coverage from mobile networks to sometimes struggle. Once launched, the free wi-fi will allow all who visit or pass through the market to access the internet.

Keep an eye on the Council's social media for the latest information.

Happy browsing!



Update on Grenfell Tower Memorial Commission

It was a busy start to February for the Grenfell Tower Memorial Commission's community representatives. They held six events across North Kensington to update you on their work so far, listening to your questions and ideas about working towards a proposal for a future memorial at the Grenfell Tower site.

The community representatives confirmed the independent co-chairs they have selected for the Commission, who will facilitate community decision-making and support the representatives in their roles.

The co-chairs are Michael Lockwood, Director General of the Independent Office of Police Complaints, and former manager of the Grenfell site team; and Thelma Stober, Head of Legal at the Local Government Association and survivor of the London 7/7 bombings.

The community representatives and co-chairs are keen to involve you as they embark on a phase of meeting and hearing from the community in the next few months.



Photo credit: Zure Lightfoot

For more information please visit:

 www.grenfelltowermemorial.co.uk

Women supporting women suffering domestic abuse


The Freedom Programme by Total Family Coaching gives women living with domestic abuse a safe place to discuss the tactics, behaviours and beliefs held by abusive partners.

The 12-week educational programme is based on the book 'Living with the Dominator' by Pat Craven.

The group meets on Mondays from 1pm to 2.30pm in Kensington and all women aged 16 plus are welcome.

This programme is also available in Arabic, Albanian, Urdu, Hindi, Serbo-Croat and Punjabi.

For more information contact:

 info@totalfamilycoaching.co.uk

 07397 8718771

Digital signs at Grenfell Tower site

Three digital signs have been installed around the fencing at the Grenfell Tower site. The signs, which are managed by the Ministry of Housing, Communities and Local Government, will provide information about the site, including any routine works, health and safety, local events, and how to get in touch with the site management team.

The signs are in three locations: Grenfell Road site entrance, Station Approach site entrance, and Grenfell Walk.

The site management team are happy to answer any questions and receive feedback on the signs.

For more information contact:

 GrenfellTowerSite@communities.gov.uk

 0303 444 0011

Find out about local courses and training near you

For the first time in Kensington and Chelsea, the Council has launched a full guide of its Adult Learning Services, which are provided by partner organisations across the borough.

The brochure outlines every adult learning course offered by the Council through its partners, including English and maths, technology, business administration, arts, family learning and many more.

As part of the Council's Economy Strategy, launched last year, the courses are designed to support residents in finding secure employment and developing the skills to progress, plus encouraging lifelong learning, which is increasingly important in a constantly changing world.

Enabling residents to find out what's on offer, where to find services, how to apply and how it can help them with their personal and professional development, the guide is a handy go-to for everyone looking to learn.

You can find the guide online at www.rbkc.gov.uk/adultlearning and in libraries, schools and other learning hubs around the borough.



Manhood Academy gives local boys a supportive steer

Another group of young boys have been put through their paces as friends, family and the community gathered to celebrate the completion of Manhood Academy's preparatory urban rites of passage programme.

The youth organisation, which uses Black and Minority Ethnic (BAME) educators to mentor boys of African and Caribbean origin, aims to counteract the stereotypes of urban boys. They teach resilience in the sometimes challenging transition from childhood to adulthood.

The Mayor of Kensington and Chelsea, Cllr Will Pascall, as well as those working at the Council, supported the group

with a 'RBKC luxury cake bake-off' fundraiser last year with special guest judge, community celebrity and businessman, Levi Roots.

With support from St Helen's Ward Councillors and City Living Local Life funding, the younger group of Manhood Academy boys aged eight to 12 years old spent a weekend in the countryside at an outdoor adventure activity centre in Surrey.

Last year Manhood Academy teens also spent six days on an international cultural exchange programme in Amsterdam.

The popular programme aims to shape positive self-image in BAME boys empowering them towards making informed decisions independent of their peers and street culture.

Manhood Academy is based at The Curve Community Centre, 10 Bard Road, W10 6TP and free sessions run on Saturdays from 11am to 2pm. Just drop in and register on the day.

You can get in touch with Manhood Academy by email, Instagram or phone.

@ info@manhoodacademyofficial.com
www.instagram.com/manhoodacademy_official
 07599 504680

To contact The Curve Community Centre,

@ thecurve@rbkc.gov.uk
 020 7221 9836



Second Grenfell Projects Fund Decision Day sees £400k allocated

A host of initiatives benefiting the North Kensington community received £400k of funding following the second Grenfell Projects Fund Decision Day.

Residents headed to St Clement Church on Saturday 8 February to watch five-minute presentations from each applicant before scoring for their favourite projects in Outcomes 3 to 6, which covered social and cultural events, community safety, activities for young people and food-based initiatives.

The event followed a first Decision Day held in January, which saw the community allocate £200k to dozens of organisations, individuals and new collectives.

The successful projects from Outcomes 1 and 2 were listed in the February edition of North Ken News. You can see a list of all successful projects on the Council website - visit www.rbkc.gov.uk and search Grenfell Projects Fund.

Find out more about the projects that received funding and hear from people who attended the day on the **following pages**.



Grenfell
Projects
Fund

Outcome 3

Social and cultural events that bring communities together and provide information to increase connections across the community including initiatives to reduce isolation for older people.

KCS Carnival Band will teach young people between five and 19 living in North Kensington to sign soca songs during Carnival.

Tavistock Residents' Association will provide seating for people to come outside and socialise. This will enable them to read a book, play draughts and enjoy the fresh air.

24 Hearts CIC will provide a six-week programme of free drop-in workshops where participants are invited to create street decorations for Notting Hill Carnival 2020.

CHUMS will develop a social circle to enable friendships to be formed; bringing together the diversity and cultures that live within the community through social events and workshops.

North Kensington Hearts and Minds CIC will deliver free film clubs to run at Bay20, open to all.

Kids on The Green will deliver a circus project including pop-up workshops for the whole community from April to September 2020 on green areas in the housing estates closest to Grenfell Tower.

New Waves Art will produce a documentary style series of interviews involving a cross-section of local residents past and present. Video interviews around their views of how the local area has developed and in some cases been lost.

West10Arts will deliver a pilot project of creative workshops that will explore classical text such as Shakespeare's sonnets and deliver a creative pilot workshop incorporating movement, music and drama.

The Photography Project (part funded) will engage young people into photography by accessing cameras and taking new pictures of their lives.

Outcome 4

Community safety that increases the safety of everyone.

Harrow Club W10 will provide a weekend youth club on Saturday evenings for 11-to-19-year-olds, including food, refreshments and minibus transport.

Muay Thai Local will deliver three 12-week pilot courses in basic Muay Thai and self-defence techniques, enabling a healthier lifestyle while promoting positive mental health.

Jacquerie London will provide direct practical support and assistance, including weekly advice and support surgeries and community events which bring people together, increase social involvement and interaction, and improve health and wellbeing.

The ClementJames Centre with Crosslight and NK Law Centre will see ClementJames partner with Crosslight Advice and North Kensington Law Centre to offer a comprehensive package of information, advice and guidance around benefits, housing, money, relationships and immigration advice.

Volunteer Centre and Lanc West will facilitate a range of opportunities to enable local people to get out, increase social and community safety and improve the place that they live.

Venture Community Association will cater for children and young people's mental health and wellbeing through specialist activities such as non-contact boxing, swimming, sound healing music therapy, art therapy, eco play, yoga and more. The project will also recruit a community development assistant.

Outcome 5

Activities for young people.

Urbanwise.London will teach nine-to-12-years-olds about the environment with an entrepreneurial perspective through hands-on science, technology, engineering and mathematics activities at North Kensington Library.

Corner Nine Arts Project will run a holiday woodwork club for children aged six and over, promoting hand-eye-brain sensory connectivity, environmental sustainability and skills associated with using hand tools.

Allegorical will inspire creativity in young people through workshops in cinematography, photography, clothing manufacture, creative direction and leadership with creative production.

Optimum Sports Academy will create a vlogging programme to allow young people to document and promote their journeys through sport.

Kensington Dragons U17 Teams will host football and fitness training sessions to help teenagers navigate the transition into adulthood. They will also organise a team tour to Belgium.

Chickenshed will run a six-month project delivering after-school children's theatre workshops at Oxford Gardens Primary School, culminating in a summer performance at The Playground Theatre.

RISE Kids will extend its after-school club for five-to-11-year-olds from three to five days a week.

240 Project will create a safe space to support young people and adults who suffer from mental health issues, addictions, stress or PTSD.

Outcome 6

Food growing/greening and food-based initiatives that increase communities coming together and enhances the local environment.

Corner Nine Arts Project will run during school holidays to help families learn how to run gardens in their communities.

A Plant For Every Home will deliver a plant to every home on the Lancaster West Estate, opening up a conversation around green issues.

Tavistock Garden Club will buy a greenhouse, cold boxes, soil, seeds and pots, offer teaching sessions and organise get-togethers to allow its community to continue to grow.

Convent Estate RA will transform the green space on the Convent Estate, creating a garden with plants from all its residents' countries and making a film and website to capture the process.

Let's Co-design Meanwhile Gardens will deliver a co-design process for Meanwhile Gardens to secure a long-term lease for the gardens.

Grenfell Shrooms will create and develop a mushroom growing space run by residents to learn growing skills and get together once a month to eat mushrooms through other projects running community kitchens.

Swinbrook Estate RA will create a new kitchen garden with 12 raised bed kits to allow a dozen North Kensington residents to meet neighbours, engage in physical activity and enjoy an improved diet.

Just Solutions 123 will appoint a qualified landscape architect to conduct a feasibility study over the installation of a geodesic dome greenhouse, creating a green infrastructure along the Westway near Maxilla.

Food Therapy and Reflection will allow community members to come together on the 14th of every month away from the Silent Walk, providing food, cultural songs and dances and a safe space for reflection.

Trees 4 Grenfell will provide additional trees and planting schemes to North Kensington.

What did people have to say?

All projects in Outcomes 5 and 6 received full funding which meant residents did not have to vote for their preferred projects. All organisations and new collectives did get to present their ideas on the day though.



Among the projects selected by the community to receive funding at the second Decision Day was CHUMS, a new collective formed by North Kensington resident Jill Brown to tackle isolation and loneliness among the elderly.

Speaking after being selected to receive £10k, Jill said: *"I looked around and couldn't find a system that meant this sort of care in the community was happening."*

"I hope through this project we can branch out to have a volunteer buddy system making a phone call, picking up a newspaper, checking on people on a regular basis and bringing them together once a month."

"It's for every culture and every faith – it doesn't matter who you are. This is something I'm passionate about and I'm really looking forward to getting it started."

Tom Fitch, of the Swinbrook Estate Residents' Association, was successful in his application for £9,484 to create a new kitchen garden between the Westway and Golborne Road.

Tom said: *"It will be healthy, it gives residents creative things to do and it puts them in touch with the seasons so that they can watch their plants grow at different times of the year and get closer to nature."*

"It encourages them to cook at home, so they get better diets and it's generally a happy thing to do – you benefit from digging the soil, planting the seeds and watching the plants grow."



It was also a successful day for Ali Hassan, the Creative Director of Allegorical, which will use its £10k to put on a range of creative workshops for the area's young people.

Ali said: *"I have lived in the area since I was four and I'm so happy that there are initiatives within the local area that have been created since the Grenfell tragedy to give people the opportunity to do something positive."*

"I feel amazing and over the moon that I will get to run workshops for people who are essentially my peers and friends."

The Grenfell Projects Fund was created using £600k from Kensington and Chelsea Council and the money was allocated using participatory budgeting, which puts the decision-making power in the hands of the local community. All projects are still subject to financial and safeguarding checks.

For more information about the fund and the full list of winners, visit www.rbkc.gov.uk and search **Grenfell Projects Fund**.

Grenfell
Projects
Fund



Music to restore mental health

When was the last time music made you feel something? Energised in the morning? Relaxed after work? Confident before an exam? Music can conduct our emotions as surely as a conductor leads the crescendos of an orchestra – and one charity knows just that.

Key Changes was set up in 1997 by a group of patients at Highgate Mental Health Centre in North London to provide music activities on the wards, using music as a therapeutic tool to support their, and other's recovery.

From this month the charity is bringing its Studio Discovery programme to Kensington and Chelsea, offering support to aspiring, early and mid-career musicians experiencing mental health problems. In partnership with Pirate Studios, musicians can access a programme of five weekly one-to-one sessions through self-referral or preferably through referral by a health or social care professional. Studio sessions are held on Wednesdays with a music industry mentor who offers support in a collaborative setting covering use of equipment, recording, advice and professional development.

Navigating career development as an artist can be a daunting prospect. Finding an identity as an artist can be liberating, improve your confidence and help

illuminate pathways to other opportunities. Whether you're a musician, composer, producer, song-writer or a vocalist, if you're struggling with your mental health and would like some support, get in touch with Key Changes.

Phone, email or visit their website for more information:

📧 referral@keychanges.org.uk
 🌐 www.keychanges.org.uk
 📞 020 7549 8172

Share your childcare experiences

If you care for children under five years old and live in the North Kensington area, come and discuss your views and concerns on childcare with scrutiny members at our drop-in event.

The event will take place on Tuesday 3 March at St Francis of Assisi Primary School, Treadgold Street, W11 4BJ from 4pm to 6pm.

We need you to help shape scrutiny's recommendations on childcare in North Kensington.

For more information, please contact
 🌐 scrutiny@rbkc.gov.uk

Cashless parking to cut carbon



The Council is moving to cashless parking as part of our ambition to tackle climate change in Kensington and Chelsea. By putting in a pay by phone system we will cut the need for cars collecting cash and maintaining parking meters, helping to reduce our carbon footprint.

To help us do this we have teamed up with PayByPhone and are taking part in their Meters for Trees initiative. The award-winning carbon footprint reduction initiative is offsetting 70 tonnes of carbon dioxide in the Amazon rainforest and in our own borough, PayByPhone will donate 70 trees in return for the Council removing 700 parking meters. We expect to cut our carbon footprint by nearly seven tonnes per year!

We are removing parking meters in phases in order to give residents and visitors time to adjust to the change. Removal of North Kensington meters will begin in February. PayByPhone signage is clearly displayed to inform drivers on how to use the service. The Council aims to complete the transition to cashless parking by March 2020.

Find out what you can do locally to help the environment visit www.rbkc.gov.uk/environment

Cutting engine idling to clean up our air

Pollution from road vehicles produces over 70 per cent of the borough's air pollution and can have a damaging impact on people's health and local wildlife. The Council is on a mission to create cleaner, greener streets and have set an ambition to be a carbon neutral borough by 2040 and improve our air quality too.

To tackle this problem our enforcement officers have been encouraging drivers to switch off their engines when stationary to cut engine idling. If drivers refuse to turn off the engine, enforcement officers have the option to issue a fine but the response from drivers has been very positive to date. Since February 2019



we have spoken to more than 2400 drivers with 100 per cent of people we spoke to moving on or turning their engines off.

In North Kensington, we know outside schools during drop off and pick up can be problematic and officers regularly patrol these areas to cut engine idling. So, if you are out in the car, you can help the environment by turning off when sat in traffic or picking up passengers. Better still if it's an option, why not leave the car at home and explore the borough on a bike, with our 9km of cycle paths?

Find out what you can do locally to help the environment visit www.rbkc.gov.uk/environment

Immerse yourself in art this month

An exciting new arts festival will be taking over North Kensington this March featuring nine local artists exploring their relationships with this area and its history, both recently and from decades passed.

POP! Festival features dance, story-telling, music, theatre, visual art, film and even a 'drag king' flashmob performance.

Events will be held at various local venues, including Westbank Gallery, the Yaa Centre, The Muse Gallery, Bay 20 Community Centre and in outside spaces on the Westway estate.



Get involved – attend our Resident Safety Panel

We're currently looking for residents who may be interested in attending our Resident Safety Panel.

The safety panel looks at fire safety, but also considers other issues such as gas, electrical and water (Legionella) safety. Members are given access to free training which enables them to make informed challenges to the Council's policies and its approach to safety issues.

The next meeting is on Monday 23 March from 6.30pm at Kensington Town Hall, Hornton Street, W8 7NX.

Meetings are held every two months.

We already have good leaseholder representation on the panel. However, Council tenants and those living in high-rise homes are currently under-represented. We feel it's important that members of the panel are representative of a diverse mix of both tenants and leaseholders, and include those living in high-rise buildings, street properties and sheltered blocks.

If you'd like to attend the Resident Safety Panel – and especially if you're a Council tenant – we'd like to hear from you.

For more information, get in touch peta.caine@rbkc.gov.uk

For more information about all the events, please see www.westwayarts.org/pop2020

What's on at The Curve?

Information on activities and courses can be found on The Curve page of the Council website. Visit www.rbkc.gov.uk and search 'events at The Curve' or drop into the centre for more information.

Some of this month's highlights include free women's-only legs, bums and tums classes to help you tone up in a friendly environment. Just drop in every Wednesday at 10am.

The NHS is offering enhanced health checks for residents who may be concerned about their health. Drop-in from **10am to 3pm every Wednesday** where someone will be available to talk.



Why not let loose on the dance floor and show off your best salsa moves. There's a **free session** to suit all abilities, from dance floor novices to salsa pros.

Every Saturday

2.30pm to 3.30pm for beginners and learners.

3.30pm to 4.30pm for intermediate and advanced.

Join The Curve for a free community breakfast on **Wednesday 25 March** from **10.30am to 12.30pm**.

Come and natter with your neighbours over a full English or some cereal and a cup of tea or coffee. Halal and vegetarian options are available too.

No need to book, just drop in.

The Curve is located at 10 Bard Road, W10 6TP and is open on Monday to Friday from 10am to 8pm and on Saturday and Sunday from 11am to 6pm.

Contact The Curve

 **020 7221 9836**  thecurve@rbkc.gov.uk

Your sexual health services are changing

From Wednesday 1 April, the way you access sexual health services is changing. Clinics in Woodfield Road by Westbourne Park, Raymede Clinic in St Charles Hospital and Crowther Market in Fulham will no longer provide sexual and reproductive health services.

For free screening, contraception and prescribing, book appointments through the London-wide sexual health services www.shl.uk/clinics or contact your GP.



You don't need to wait until April, you can book appointments and get free support anytime to protect your sexual health.

If you would like assistance booking an appointment or general, free, confidential sexual health advice, please contact SASH www.sashlondon.org or call **020 7851 2955**.

For more information visit:

 www.rbkc.gov.uk and search Sexual Health.