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Delivered alongside this edition: The Grenfell Community Leadership Programme, to help build skills and capacity among residents.

**Photo:
Winner
of the Day
in Your Life
competition.
More info on Page 8**



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 news and announcements from Kensington and Chelsea Council.

 @RBKC

 www.facebook.com/royalborough

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





Improve your skills with Westway Trust

Give your skillset the boost it needs to build your confidence, make your job easier or find new work with free adult learning courses at Westway Trust. Their range of courses give people the chance to explore careers in new areas or simply be a more assured and skilled individual.



Courses include English for Speakers of Other Languages (ESOL), maths and even teaching assistant courses for those looking to build a career in education. As well as this, your social skills will receive a boost as you talk with other people in a similar situation to yourself.

Elena, a current attendee of the ESOL course, said: "If you have a language barrier it stops you introducing yourself. When you can speak with people, you will be happier."

If you're interested, come along to one of the registration sessions at:

-  1 Thorpe Close (under the Westway between Portobello Road and Ladbroke Grove), W10 5XL
-  Tuesday 3, Thursday 5, Tuesday 10 and Thursday 12 September between 10am and 3pm.

Or

-  St Cuthbert with St Matthias Children's Centre, Warwick Road, SW5 9UE
-  Wednesday 4 and Wednesday 11 September between 10am and 1pm.

You can also register at 1 Thorpe Close, W10 5XL between 10am and 2pm every Tuesday and Thursday.

You'll need to bring along photo ID, your National Insurance number and proof of any benefits you receive.

For more information:

 gigi.yacoub@westway.org  020 8962 5741

Therapy 'a normal thing' after Grenfell

The Grenfell Health and Wellbeing Service has produced an audio story in which young people share their experiences of using talking therapies.

They describe the benefits of having therapy, though some admit they weren't initially keen and share their preconceived ideas about it.

One young woman said, "I thought it would be like a circle like Alcoholics Anonymous and you'd go round and they'd be like, 'oh what's your story' and you'd stand up and say something."

Instead, she found that the sessions were held in small groups, in a friendly environment with no pressure to share.

Later in the clip they describe helpful techniques learnt during therapy that now help them to cope with difficult feelings.

"Because of Grenfell, more and more people are going to counselling. It's a normal thing" said another.

The next focus group will be advertised on the Grenfell Health and Wellbeing website, www.grenfellwellbeing.com

You can listen to the audio story by visiting:

www.vimeo.com/342734070 [0342 734 070](tel:0342734070)

New Grenfell Community Assembly

You may have heard about the new Grenfell Community Assembly that will be taking place from the end of September. The Assembly will allow residents to discuss topics that matter most to them and to receive answers from partners involved in local issues.

A new Assembly will take place every eight-weeks in North Kensington, bringing the conversation closer to you. At the first Assembly at Avondale Park Primary School, Sirdar Road, W11 4EE on Tuesday 24 September we will be discussing health and wellbeing. We'll also be discussing what future topics residents want to see addressed and agree how we can make the best use of the meetings and work together in a way that is productive and useful for all who attend.

Parents with children are welcome and a creche will be available at each Assembly. You'll also be provided with light refreshments.

For information on how you can get involved with the first Grenfell Assembly visit:

www.rbkc.gov.uk/grenfell
[@GrenfellUpdates](https://twitter.com/GrenfellUpdates)

A supportive insight for local young people

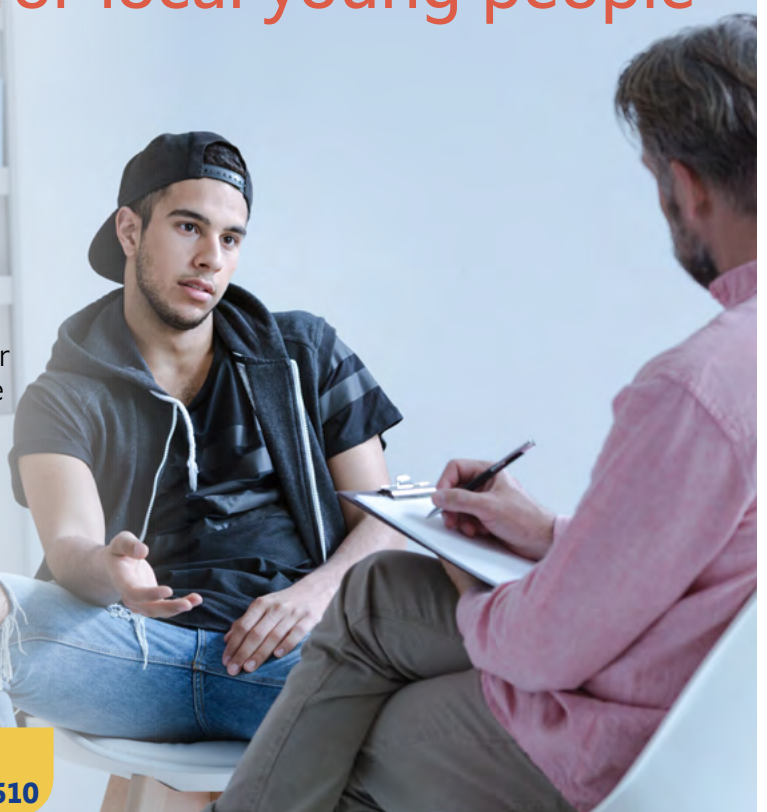
'Insight' has been providing health and wellbeing services to young people in Kensington and Chelsea for 11 years, and for the last year their services have extended to Westminster too. Now they're relaunching with a new look in the hope of ensuring that every young person who needs to access the service can do so in a safe and secure way.

Insight support young people's wellbeing and can help young people who want to talk about parents or loved ones who are using drugs or alcohol. Alongside talking about substance misuse, they can help with housing, benefits, education and training. They're based around North Kensington and visit schools, colleges and hostels to make it as easy as possible for young people to find support.

If you are aged under 25 and feel like you need impartial advice and support, you can reach out to Insight confidentially.

For more information:

insight@blenheimcdp.org.uk [020 8960 5510](tel:02089605510)



Grenfell Memorial Mosaic to bloom again

The Grenfell Memorial Community Mosaic, a community art project delivered by ACAVA in partnership with Al Manaar Muslim Cultural Heritage Centre, has captured the hearts of locals and passers-by for the past year. Starting as a simple circular mosaic panel, the artwork has seen an intricate mosaic petal created by local community groups added to it each month.

On the second anniversary of the Grenfell tragedy, the mosaic was unveiled at the base of Grenfell Tower with 12 stunning petals flowering around the core. Now, thanks to support from the Kensington and Chelsea Foundation, ACAVA and Al Manaar have announced the continuation of the project – the Grenfell Memorial Community Mosaic: Bloom.

Over the next two years, mosaic leaves will be added to the existing artwork, with North Kensington community groups, tenants, resident associations and schools helping to create each new leaf.

The 24 leaves will feature 72 gold flecks, paying tribute to the lives lost at Grenfell.

In addition, four paid part-time photography placements have been offered under the mentoring of commissioned photographer Zute Lightfoot.

More information on the future of the project will be available soon.

The best way to keep up to date is by following

 [@ACAVAFLOURISH](https://twitter.com/ACAVAFLOURISH)  [@ACAVAArts](https://twitter.com/ACAVAArts)



*Nothing meant to be granted
 When I graduated
 But needed the words that were handed
 And managed
 I wanted beauty
 The girls
 While, splashing raindrops
 The words meaning could be given
 From the living
 We cannot manage tomorrow
 Freedom came
 Truth and justice demanded
 Love could and should
 Simplified longer and mightier
 Open wounds continue to
 Tackle heads tend to be damaged
 Family have genetic matter
 Underneath hanging branches
 Encouraging complex
 Campaigns is something blanket
 We talk, reveal risk
 Rays arranged with crumbling granite
 The earth, green sheets of hope promise
 Experiments all over the games
 Banded together
 Our plan can withstand any
 Inadequate's substance
 Classics in the rough
 Intense pressure toughness
 Precious game pieces through
 Even when games could mean
 With souls full of being
 Community customs
 Liberty, freedom
 Faith, wonder, justice
 Mothers, fathers and grandmothers
 Our garments, our armor
 Tulle from lace on their arms
 From now 'til forever
 The departed in our hearts
 Mourning stars show their signs
 To be remembered forever
 And illuminate darkness*
 By Tammy Evans



Plans for the new mosaic leaves



Photo credit Zute Lightfoot

Updates from Government

Environmental checks

Following the community event on Saturday 20 July, the government is continuing to analyse the data from the Stage One soil sampling. The full report on Stage One will be published in September. Plans for the procurement of the specialist to undertake Stage Two of the programme, which will involve more detailed sampling, are now underway. The environmental checks project team will be seeking views from residents on this in a range of ways, including at their regular Tuesday drop-in at The Curve, 10 Bard Road, W10 6TP between 12 noon and 5pm and on Nextdoor (you can download the **Nextdoor app** or visit www.nextdoor.co.uk and search for Grenfell Community Updates – HM Government).

The team will also be at Bay 20 between 12 noon and 2pm on Thursday 29 August and Thursday 5 September. If you would like to contact the team to discuss the procurement you can email environmental-checks@communities.gov.uk or call **0303 444 0078**.

Grenfell Tower Site

You can now contact the Ministry of Housing, Communities and Local Government (MHCLG) team who are responsible for managing the Grenfell Tower site on GrenfellTowerSite@communities.gov.uk, or on their new phone number **0303 444 0011**.

A plan to help residents work, learn and earn

The Council has launched a new plan of action to help narrow the gap between some of the borough's most successful and least advantaged residents.

Kensington and Chelsea has many strengths: a thriving business sector, world-class institutions, popular high streets, the famous Portobello Market and a diverse and entrepreneurial population – but there are areas of the borough where people and businesses are not fully benefiting from this vibrant economy.

We've had many conversations with members of the community to look at what barriers obstruct them from obtaining the right skills to achieve stable work. We needed to understand what we could do differently and how we can support an economy that works for everyone.

We all know that jobs shape our daily lives and are a huge factor in moulding health and wellbeing, but it's important to work positively in a way that brings satisfaction, security and, of course, the appropriate payment. Recently at the Council, work experience students have been learning about workplace life with some securing positions either at the Council or in local establishments.

Take a look at the plans yourself and find out more about how Kensington and Chelsea is set to become an even better place to live, work and learn.

For more information:

 www.rbkc.gov.uk/economy-strategy



Have you got bulky waste to get rid of?

Residents who have large items that are too big for the bin can book a special 'bulky waste' collection online.

If your item is unsuitable for reuse, the Council will collect up to 10 bulky items for £32.60 from homes in Kensington and Chelsea. The service is currently free for residents who receive Housing and/or Council Tax benefits.



We will collect most furniture and household items like TVs, stereos, washing machines, sofas, tables, chairs, mattresses, and cabinets etc.


Find out more and choose your collection slot:

 www.rbkc.gov.uk/specialcollections

 020 7361 3001

Alternatively, contact the London Re-Use Network which collects and sells unwanted household items, giving them new homes in the capital.

To find out more, search: London Re-Use Network

 020 3142 8506

Breaking down barriers with gardening

Every Monday and Tuesday, the local community is helping to bring the joy of gardening to the patients at St Charles Hospital, Exmoor Street, W10 6DZ.

Two gardening groups, one at the Gardeners Yard, Westway Trust (which meet on Mondays, 2pm to 4pm) and another at St Charles Community Allotments (which meet on Tuesdays 2pm to 4pm) give patients the chance to grow everything from corn to strawberries, beetroot, and marigolds.

The group is run by Simon Coulon, a former patient, who discovered the joys of gardening as a volunteer. Now, as a teacher, he shows other patients how to grow plants from seeds and cuttings.

Francisco Amat, CNWL Activity Coordinator at the hospital ward and Cate Latto, whose job is to engage with service users and carers, helped Simon to launch the gardening groups.

Cate said, "Being discharged back into the community is exciting but also daunting. The work we do is to bridge that gap between discharge, hospital and the community. Getting patients involved is very empowering for them. It gives them something they can feel good about."



"The role of the community is changing, and I think bringing in volunteering and bringing in community groups is really important because it's going to enable people to hopefully be able to get well quicker and stay well for longer," says Cate.

If you would like to volunteer at the Gardeners Yard and help less able people find their feet through gardening, email Colin Ellis at collin.ellis@westway.org

Visit the NHS Grenfell Health and Wellbeing Service website to self-refer yourself
www.grenfellwellbeing.com

Take control of your health with One You Kensington and Chelsea

Want to be smoke free? Lose weight? Eat well? Be more active? Drink less alcohol? One You Kensington and Chelsea is here to help anyone living in Kensington and Chelsea who wants to make positive changes to their health. The trained professionals can provide guidance, support and advice on a one-to-one basis, including giving comprehensive health assessments.

At the One You Club, you can take part in fun exercises and workshops to learn about healthy eating and mindfulness, while meeting other like-minded locals who are looking to take charge of their health too.

It's never too late to make positive changes in your life and feel the accomplishment of doing so. If you'd like to find out more about One You and locate the nearest clinics and health clubs to you, give them a call or an email to start your journey to better health.

For more information:
hello@oneyourbkc.org.uk 020 3434 2500

ONE YOU
 KENSINGTON
 AND CHELSEA



£600k grants pot soon to be available to support Grenfell affected communities

Local organisations, residents' associations and new and existing groups in the Grenfell affected area will soon be able to bid for grants to deliver priority projects that contribute to the ongoing recovery of local communities.

The Grenfell Projects Fund is the new grants programme which will make £600k available for this year (2019/20) to support communities affected by the Grenfell tragedy.

Earlier this year we went out to speak to residents and organisations about what outcomes and changes they'd like to see the Grenfell Projects Fund achieve in the local area.

The community decided that successful projects should fall into one of the following six outcomes:

- 1 Wellbeing for children, young people or adults
- 2 Educational opportunities to increase skills, knowledge, enterprise and qualifications
- 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
- 4 Community safety that increases the safety of everyone
- 5 Activities for young people

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

If you are interested in applying for a grant, we are holding information days as part of our Community Leadership Programme, where you can come and talk to us about your ideas no matter how big or small.

Please come along on either of the following information days:

- Friday, 20 September from 5.30pm to 7.30pm at Latymer Community Church, 116 Bramley Road, W10 6SU
- Saturday 26 October from 10am to 12pm at Latymer Community Church, 116 Bramley Road, W10 6SU

We will be providing further details about the grants programme and how to apply in late September.

In the meantime if you'd like more information

 NKengagement@rbkc.gov.uk

Get moving and feel good about it at the Move More Festival

A celebration of physical activity and wellbeing is coming to North Kensington this September to increase awareness of activity, health and wellbeing organisation Active for Life. The Move More Festival will bring free family activities to Emslie Horniman's Park, Kensal Road, W10 5DB on Saturday 14 September from 11am to 4pm.

Those looking to get in touch with their inner-self can find relaxation and inner peace through Tai Chi, Yoga, meditation, massage and health checks. If you're more sporty than serene, get your heart-rate soaring with a friendly game of cricket, tennis, football or rounders. As well as this, Zumba classes and exercise to African music are sure to get you moving. Sport and exercise activities are also available to suit older



attendees and those with disabilities, so there's really something for everyone.

Come along, get your face painted, play the raffle and join in the fun on what's sure to be a great day out.

For more information:

 sportandleisure@rbkc.gov.uk  **020 7938 8182**

What's on at The Curve?

The Curve Community Centre hosts courses, events and programmes as well as continuing to offer support to those who need it. It's located at **10 Bard Road, W10 6TP** and is open **Monday to Friday, 10am to 8pm and Saturday and Sunday, 11am to 6pm.**

Every Tuesday

The Insanity Workout has taken The Curve by storm. Come and have a go if you think you can handle it! Drop in from 6.45pm to 7.45pm. For ages 18 plus.

Fouzia's Sewing Group, free to all who want to learn or about sewing. Drop in from 10am to 3pm.

Every Wednesday

Join James for Women's Legs, bums and tums classes to help you tone up in a friendly environment. No need to book, just put on your gym kit and drop in from 10am for an hour of fitness fun.

The NHS is offering enhanced health checks for residents who may be concerned about their health. These are aimed at finding the early signs of potential health problems or underlying health conditions. The NHS drop-in service is available 10am to 4pm.

Every Friday

In need of IT support from a patient, active listener? Volunteer digital champions are at The Curve to help, offering a wide range of IT know-how. No need to book, just drop in from 11am to 2pm.

Every Friday and Sunday

Taekwondo classes are open to all abilities and take place every Friday from:

4pm to 4.30pm

for beginners aged four to six

4.30pm to 5.30pm

for beginners aged six to 12

5.30pm to 6.30pm

for intermediate ability aged six to 12

6.30pm to 7pm

for all abilities aged 13 plus

And on Sundays from:

11am to 12 noon

for beginners aged six to 12

12 noon to 1pm

or advanced ability aged six to 12

1pm to 2.30pm

for all abilities aged 13 plus

Every Saturday

Come and let loose on the dancefloor and show off your best salsa moves. Whether you're a salsa pro or a dancefloor novice, there a free session to suit you.

2.30pm to 3.30pm

for beginners and improvers

3.30pm to 4.30pm

for intermediate and advanced

Brazilian Independence Day

Join the celebrations at The Curve's Brazilian Independence Day celebration on Saturday 7 September from 12 noon to 6pm. Along with dance shows, samba-reggae and Roda de Samba, guests can enjoy delicious Brazilian food and plenty of activities for all, including guest speakers and family fun. Come and join the party!



Family Fun Day



Free Brazilian Food



Live Music & Dance

THE CURVE
COMMUNITY CENTRE

BRAZILIAN INDEPENDANCE DAY

Contact The Curve

020 7221 9836



thecurve@rbkc.gov.uk

Cover photograph shot by Yasmin Abdi.

Yasmin submitted her photograph to Alison Jackson's 'Day in Your Life' photography competition, winning first place in the North Kensington adults category. Yasmin said, "For me, this particular picture symbolises the community spirit that lives on in North Kensington weeks, months and years after the tragedy." For more information visit www.dayinyourlife.co.uk