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Memorial
mosaic marks
two years on
from Grenfell

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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 news and announcements from Kensington and Chelsea Council.



For updates on 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



Support for young people struggling with loss

A confidential helpline has been launched by charity Grief Encounter to support bereaved children and young people. The "Grief Talk" helpline is open Monday to Friday from 9am to 9pm and provides any young person struggling with the loss of a loved one a space where they can talk openly and privately about their feelings. If you have felt the pain of losing a loved one, you don't have to suffer in silence. Trained professionals are waiting to help.

If you would like to contact the helpline, call **0808 802 0111** or chat online by visiting www.griefencounter.org.uk or griefftalk@griefencounter.org.uk

Local projects get a helping hand

The Kensington & Chelsea Foundation is offering the remaining funds from their Grenfell Tower Fund for projects that will help the community in North Kensington to rebuild and flourish.

Up to £10,000 is available for each individual organisation and up to £50,000 for those who want to work in partnership, either with other local organisations or with organisations out of the borough.

The foundation is looking for project proposals that are forward thinking, will empower and support local people, will have positive long-term outcomes and will demonstrate that they are needed by the local community.

For more information, contact Charlotte on Crossan@thekandcfoundation.com or call **020 7229 5499**. Visit the Kensington and Chelsea Foundation website to find out more about what they do www.thekandcfoundation.com

You can only apply if you represent a group that is a registered charity, constituted group or social enterprise/CIC. You must be based in Kensington and Chelsea and have a bank account in the charity or group's own name which has been open for at least six months.

Snap your way to the Saatchi

- budding photographers' chance to win big

If you've ever wanted to see your photography on the walls of a famous gallery, this could be your big chance. Renowned BAFTA award-winning photographer Alison Jackson is curating a new competition which asks budding photographers to show her and a panel of judges "a day in your life".

Those behind the winning shots will see their work exhibited at Chelsea's Saatchi Gallery, where some of the most influential names in the art world have displayed their work.

Applicants are encouraged to have fun with the brief, answering it however they see fit. Perhaps you think a day in your life is wildly unique, or maybe you feel your day-to-day life is more mundane than manic. Whatever makes up your day, get creative, think outside the box and share.

Both the youth (age 13 to 18) and adult (age 18 to 35) categories have a range of prizes to be won – as if the chance to exhibit at the Saatchi gallery wasn't enough, you could also win up to £400 or a membership to Royal Photographic Society.

If you're interested, get snapping because the deadline is midnight on Saturday 15 June. Visit the competition website for the full brief and details of how to apply. Good luck!



(left) BAFTA award-winning photographer Alison Jackson

(right) A selection of entries from young people



Extraordinary art and local culture celebrated at Kensington + Chelsea Art Weekend



This month (June) will see our borough host an arts extravaganza the likes of which has never been seen before in Kensington and Chelsea. The extensive programme of events and installations will cater not only to art fans but food lovers, music fans, appreciators of the classics, street-art chasers, architecture buffs, theatre revellers and everything in between. Returning for its second year, Kensington + Chelsea Art Weekend (KCAW) will showcase truly extraordinary art and culture across the borough. The focus this year is public art and how thought-provoking art can help people discover familiar places in a new way.

It'll be all eyes on us when KCAW takes over from Friday 28 June to Sunday 30 June. The programme of events listed online will make sure you make the most of the weekend and fit in as many arty activities as possible. The festival's vision is to celebrate and promote West London as a cultural hotspot and celebrate its artistic legacy and abundant creative future.

There's loads to see in North Kensington: for the foodies there will be walking tours led by Walk Eat Talk Eat. In the daytime, get digital with coding workshops and DJ sessions for kids and adults. There will be a public art trail along with many specialist events held across participating venues. In the evening, a party at The Museum of Brands will showcase live music and visual effects created by algorithms.

Why not take this chance to explore some bits of the borough you might never have visited? Hop on the free Art Bus and take a journey across to Sloane Square, Lots Road, Holland Park, Golborne Road and further while listening to an information-packed broadcast recorded by Portobello Radio that will tell you the most unusual and surprising facts about the area.

Visit the KCAW website for more information about what's in store and to plan your weekend.



Find out more  www.kcaw.co.uk

Grenfell anniversary - managing your health

As we commemorate two years on from the Grenfell tragedy you may want to pay closer attention to the way you and the people around you are feeling, and, if you feel that you need to, reach out to those who can help.

Please don't suffer silently. Whatever you are going through, somebody is trained and ready to listen. Almost two years on, the impact of this major tragedy lives on, as does our commitment to supporting the people in North Kensington to rebuild their lives.

At this time of remembrance, strong emotions are normal and to be expected. Please don't hesitate to reach out to us for confidential support if needed.

Dr Andrew Steeden,
GP and Chair, NHS West London CCG



Managing your emotions around the anniversary of Grenfell

The Grenfell Health and Wellbeing Service has published information and tips that you might find helpful as we approach the two-year anniversary of the Grenfell tragedy. Strong emotions are normal at this time and there is no right or wrong way to think or feel.

“Some things you might notice in yourself or others are difficulty sleeping, feeling more ‘on edge’, increased sadness and negative thoughts, not wanting to talk or avoiding reminders”, says Dr Alastair Bailey, Consultant Clinical Psychologist, Grenfell Health and Wellbeing service.


He adds, “Children may experience any of the above and could also be clingier with parents or carers. They might also complain of physical ailments such as headaches and stomach aches.”


If you feel down, stressed, traumatised or bereaved, help is available. If you're already in contact with someone at the service, talk to them about how you can help yourself.

The outreach team is available for a chat about your wellbeing at any time.

Do whatever you want and need to mark the occasion

- join in planned activities with your friends or your family
- take time to reflect in your own way, in private if you like
- check in with others who may be struggling
- think carefully about how much time you spend online – if it's not helping, switch it off
- talk to someone you trust, if you want to
- plan relaxing, comforting things to do and think about how you might manage if you are upset
- get exercise, eat well and do nice things
- keep your routine if it helps you
- take unnecessary pressure off yourself
- do things for the community.

 **Call outreach on 020 8962 4393 (8am to 8pm and overnight from 10pm to 7am).**

 **If you need help in an emergency or out of hours, call 0800 0234 650.**

 **If you need urgent medical attention, call 999.**

 **www.grenfellwellbeing.com**

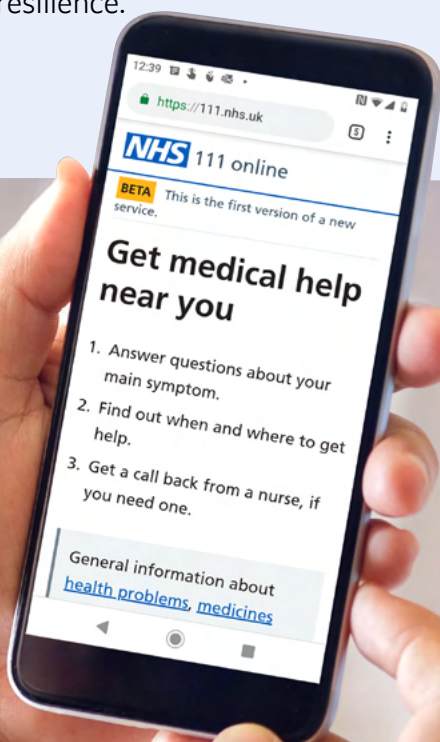
The future of North Kensington health

We are asking residents in the North Kensington area affected by the Grenfell tragedy what services are needed in the next few years.

The local NHS has pledged to support everyone affected and has been providing a range of specific services in addition to the existing services (including, the hospital, GP and community services available to all).

“We have learnt a lot in this time from the local community” says Krishna Sarada, Head of Engagement, NHS North Kensington Response, “now is the time to pause, reflect and refresh. We have spoken to people across the community as well as voluntary and faith groups to understand the impact of the tragedy on people’s lives. They have asked us to:

- understand and reflect the unique and dynamic needs of a population affected by disaster in the services we offer
- provide services that cater for the needs of a diverse local community
- provide information and support to patients which promotes and enables self-care and community resilience.



In addition, we have looked at all the information we have about the health of the local community from before the tragedy, the local expertise of our many local clinicians who are delivering care on a daily basis as well as the evidence from other UK and international disasters to see what lessons we can learn.”

Within this context, the NHS is proposing to focus on these areas:

- primary health services with access to specialist services when needed
- emotional support and wellbeing
- services for children and young people
- self-care and social prescribing, which involves connecting people with local community services to improve overall health and wellbeing. Examples might be gardening, chair exercise, art or yoga classes.

Dr Andrew Steeden, Chair of West London Clinical Commissioning Group, said: “Whether people need a little help or a greater level of care, we will be working with the community and our partners to fund self-care projects as well as a wide range of services to support both physical and mental health needs.”



“I’m pleased the NHS is listening and learning from what we are telling them, so that people who may need further support are more likely to access NHS services in the future.”

Nabil Choucair

To find out more about our plans and how you can have your say visit www.grenfell.nhs.uk

NHS 111 is now also available online

Just like the phone service, NHS 111 online takes you through questions about your symptoms and provides tailored advice on what to do next.

If necessary, they can advise that you visit a doctor or arrange for you to speak to a healthcare professional. Access the service via your smartphone, tablet or computer. Available 24 hours a day, seven days a week. If you think you need urgent medical help, you can now call NHS 111 or visit 111.nhs.uk.

‘Help Us Help You’ know what to do.

Cervical screening – have you had yours? Now is the time

Cervical screening saves lives and is the best protection against cervical cancer. Cervical Screening Awareness Week takes place from Monday 10 June to Sunday 16 June and marks an important week in the calendar to make sure you are up to date with your screening. All women aged 25 to 64 who are registered with a GP are invited for cervical screening, a test which detects abnormalities and prevents cancer developing in the longer term.

Being screened every three to five years provides a high degree of protection. It means any abnormal changes in the cells of the cervix can be identified at an early stage and, if necessary, treated to stop cancer developing.

If you haven't had an invitation for screening or if you are unsure when your next screening is due, contact your GP practice and they will be able to advise. Evening and weekend appointments are available across North Kensington, ask your practice for details.



To find out more visit

 [nhs.uk/conditions/cervical-screening](https://www.nhs.uk/conditions/cervical-screening)

Concerns about possible soil contamination in the area

The NHS is offering enhanced health checks and fast track GP referral to specialist respiratory clinics.

Environmental checks are being undertaken by the Government and, as findings emerge, we, like the community, will rely on advice that brings together the scientific evidence to help us continue to safeguard people's health.

In the meantime, we have introduced enhanced health checks to check people's immediate health. Dr Brannick, GP and Clinical Lead for North Kensington, says: "We understand the anxiety caused whilst further research is being undertaken and would urge people to book an appointment for a health check if you or your loved ones have any concerns."

The enhanced health checks are aimed at detecting the early signs of health problems or underlying health conditions and addressing any concerns around lung health and breathing.

Enhanced health checks include:

- addressing concerns around breathing difficulties
- physical health checks – weight, blood pressure and cholesterol
- mental health screening
- monitoring and advice on managing long term conditions
- guidance on improving health through lifestyle.

If further investigation is required patients will be referred to a specialist respiratory clinic where an appointment will be made available within 14 days.

How to book your appointment

If you are registered at one of the practices listed on our website [grenfell.nhs.uk](https://www.grenfell.nhs.uk) you can book in at your GP practice. Alternatively, book your appointment through our community service, call **020 3434 2500**.

The team can book you in for an appointment at one of the community spaces around North Kensington.

Les Ferdinand talks mindfulness and virtual reality

Former England striker Les Ferdinand has featured in a series of Virtual Reality (VR) films aimed to encourage people to open up about their mental health.



The films feature Les talking about his thoughts, emotions and body sensations in the moments before his debut for England as well as a discussion about coping strategies and stigma. Clinical Psychologist Dr Helen Sinclair said the idea stemmed from seeing how immersive-technology can be used to establish new ways of learning and improving psychological health.

“When people have been through a traumatic incident, sometimes present triggers can cause their minds and bodies to respond as though the distressing event is happening again. Mindfulness is about increasing our awareness of these responses and then being able to compassionately choose how to respond, and this applies for everybody - not just those who have experienced trauma.

“These videos aim to share and normalise how our minds and bodies respond to these sensations, such as an increase in heart rate when going through something that’s anxiety provoking.”

Watch and share the experience with Les for yourself at home or on your phone. Visit the Grenfell Health and Wellbeing Service website or look out for the NHS team in North Kensington and try it with the VR headsets.

 www.grenfellwellbeing.com/vr

GP appointments to suit you

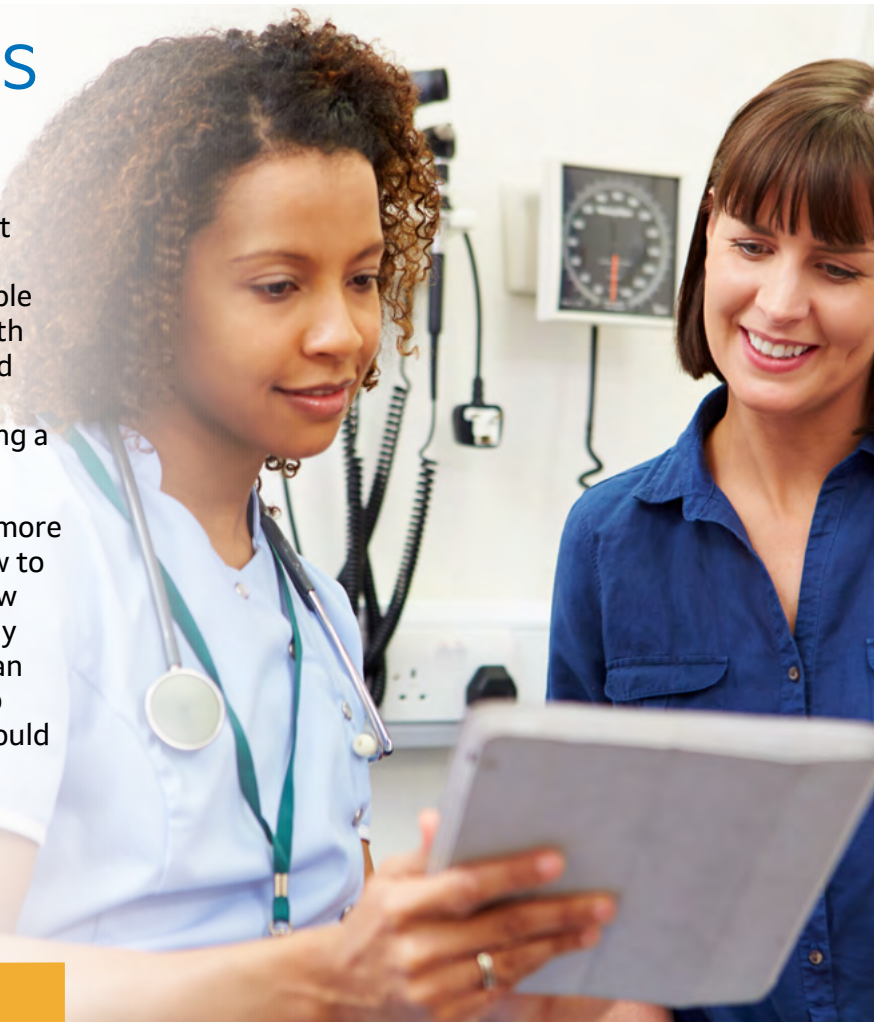
If you’re having difficulty getting an appointment that fits well around your work or home life, remember that GP appointments are now available from 8am to 8pm seven days a week, across North Kensington. Just call or visit your GP practice and ask the receptionist about evening and weekend appointments. They will be able to assist in finding a time that suits you.

If you’re not currently registered with a GP, find more information about your nearest practice and how to register at www.nhs.uk. GPs and their teams now offer a wide range of services for the whole family for physical and mental health problems. They can also assess all your health needs and refer you to specialist hospital and community treatment should you need it.

If you need health advice in a hurry or your GP practice is closed, please call NHS 111.

In an emergency, always call 999.

 For health advice please call NHS 111



Grenfell Anniversary two years on Friday 14 June 2019

Midnight to 2am Notting Hill Methodist Church, 240 Lancaster Road, W11 4AH will be open

All day Prayer vigil at St Clement's Church, Treadgold Street, W11 4BP (7am to 6pm)

11am Service at St Helen's Church, St Helen's Gardens, W10 6LP

c.1.15pm Friday prayers at Al-Manaar Muslim Cultural Heritage Centre, 244 Acklam Road, W10 5YG to include specific prayers for Grenfell

6pm Short ceremony outside St Clement's Church, Treadgold Street, W11 4BP where the bell will toll 72 times

6.15pm A private wreath-laying event for bereaved and survivors. This will be shown on screens on Silchester Road and Kingsdown Place

There will be an opportunity for members of the public to lay flowers

7pm Multi-faith vigil – to be held on the junction of Silchester Road and Lancaster Road adjacent to Notting Hill Methodist Church, 240 Lancaster Road, W11 4AH

This will be shown on the screens on Silchester Road

7.45pm Grenfell Silent Walk
Notting Hill Methodist Church,
240 Lancaster Road, W11 4AH

See details below

The Grenfell Silent Walk will be following the route from:

- Notting Hill Methodist Church
- North along Lancaster Road
- Left onto Ladbrooke Grove
- Left onto Cambridge Gardens (possibly Oxford Gardens or Basset Road dependent on numbers in attendance)
- Left onto Bramley Road
- Left onto Silchester Road before returning to Notting Hill Methodist Church

For the most up to date information on the Grenfell anniversary events please follow Grenfell United on Twitter [@GrenfellUnited](#) or [@GrenfellSilentWalk](#) on Instagram.

Illumination of Grenfell Tower

To mark the passing of two years since the Grenfell tragedy, Grenfell Tower will be illuminated in green overnight on Thursday 13 and Friday 14 June from dusk to sunrise. This is part of a wider initiative which will see other blocks across North Kensington and community locations illuminated in a similar manner; as well as other prominent buildings.

This has been designed so that light pollution is not expected to be significant. The site team is working to make sure it does not cause disruption to local people.

Completed mosaic to mark two years on from Grenfell

Over the last 12 months, community and faith groups have been contributing to the Grenfell Memorial Community Mosaic. A new group has been invited each month to choose a word that will feature on their petal shaped mosaic piece. On the fourteenth day of each month the newly completed petal is added to the installation. The mosaic sits on the hoarding at the base of Grenfell Tower and has become a focal point for people passing through the area to pay their respects.

The centre of the mosaic, designed by artists Emily Fuller and Tomomi Yoshida, encompasses 12 green interlocking hearts, symbolising the strength and connections found in the North Kensington community.

The mosaic has been a project delivered in partnership by Al Manaar Muslim Cultural Heritage Centre and visual arts charity ACAVA.



Right and cover photo credit:
Toby Laurent Belson

Contributing groups and their chosen words

July 2018

Latimer Community Church: "Love"

August 2018

LCAT & Henry Dickens Community Centre: "Hope"

Sept 2018

Clement James Centre: "Unity"

Oct 2018

Everyone Active & Westway Trust: "Solidarity"

Nov 2018

The Notting Hill Methodist Church: "Respect"

Dec 2018

North Kensington Fire Service: "Courage"

Jan 2019

Al Manaar Muslim Cultural Heritage Centre: "Together"

Feb 2019

Rugby Portobello Trust: "Grace"

March 2019

The V1llage: "Change"

April 2019

QPR Community Trust: "Resilience"

May 2019

Harrow Club: "Future"

June 2019

ACAVA (open community sessions): "Forever"

The mosaic will be unveiled on Friday 14 June marking two years since the tragedy.

For more information Grenfell Memorial Community Mosaic and other ACAVA projects, follow on [@ACAVAFLOURISH](https://twitter.com/ACAVAFLOURISH) or [@ACAVAARTS](https://twitter.com/ACAVAARTS) or visit www.acava.org

A helping hand for those living with disabilities

If you are, or know of, a disabled person who is feeling isolated and would like some support to get out and try a new activity, the Disability Connect project can help you make that difficult first step.

Disability Connect runs at Action Disability Kensington and Chelsea and is for socially isolated disabled people, aged 18 to 49 with a physical, sensory or hidden impairment, who live in Kensington and Chelsea.

The project works with residents at their pace, helping them to decide what they want to do, building confidence and offering encouragement and support along the way.

To find out more please contact Simone at Action Disability Kensington and Chelsea.

 020 8960 8888

 disabilityconnect@adkc.org.uk

Community spotlight



Kids on the Green

Following the Grenfell tragedy, local youth and community practitioner Zoe LeVack felt compelled to offer support and refuge however she could. Using her experience in youth and community work, Zoe set up a rudimentary but essential base for children and young people to find a safe place on Norland Open Space.

The base acted as a retreat and respite to those who were unable to return to their homes, the affected wider community and to the volunteers helping out. It was here that Zoe created a handwritten flyer to spread the word about 'Kids on the Green', the safe space she had set up, and to urge DBS-cleared adults to come and join her.

Through circulation of the flyer, word-of-mouth and social media, Zoe was joined by a primary school teacher, Georgia Tarrant, a sports coach from local youth provider LMP and a psychologist, as well as local children and families. Among those spreading the word was rapper and journalist Akala who shared the flyer to his thousands of online followers. Before long, the team was overcome with offers to volunteer.

The group made their base on the green and, in the early days following the tragedy, grew into a fusion of therapy, arts, alternative healing and support. The group were even joined by Amy Guayo's Off Road Circus, who knew they could help in some way.

Zoe said: "The project grew rapidly which was amazing and quite overwhelming. We were inundated with help and offers of good will from volunteers both locally and across the country."

Kids on the Green were based on Norland Open Space until the end of Summer 2017. Then, after being temporarily based in a warehouse provided by arts charity ArtCore, Kids on the Green settled at their current home in a building provided by the Council on Latimer Road in St Helen's ward.

Kids on the Green, open from Monday to Saturday from 10am, now bring workshops, activities and top-notch facilities to North Kensington. The centre is teens only on Monday and they run a free afterschool club from Tuesday to Friday, with each day having a new activity to get stuck in to; Tuesday is drama, on Wednesdays it's music and movement, Thursdays is sewing and gardening with youth dance from 6pm to 7pm.



On Fridays, after a long week at school, the youth club chill out and watch movies. For kids aged five to 11 who enjoy exploring the forest, the Kids on the Green Forest School meet at Meanwhile Gardens, Elkstone Road, W10 5BN every Saturday from 1.30pm to 3.30pm.

If you're passionate about singing, rapping or producing music, you'll want to visit the centre's professional music studio. It's free for RBKC residents aged 18 and under with reasonable rates offered for other groups. The studio is a must see whether you want to get familiar with professional studio equipment or if you just want to live the musician fantasy for an hour.

For more information about Kids on the Green:



search 'Kids on the Green'



info@kidsonthegreen.com

or visit into the centre at Unit 12, Latymer Road (off North Pole Road), W10 6RQ.

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.**

Throughout June, The Curve has a range of events for you and your family to get involved with. Here are just some of the highlights. For the full daily programme of events at The Curve, visit www.rbkc.gov.uk/curve-events. If you'd like more information on any of the events listed here or have any other queries, contact The Curve on **020 7221 9836** or email thecurve@rbkc.gov.uk

Every Monday

Free fitness fun is taking The Curve by storm with women's only legs, bums and tums classes to help you tone up and in a friendly environment. No need to book, just put on your gym kit and drop in every Monday from 10am for a 35-minute fitness blitz.

Every Tuesday

Fouzia's sewing group, open and free to all who want to learn about or practice sewing every Tuesday from 10am to 3pm.

On Tuesday 25 June from 4pm to 7pm the sewing group will be showing off their hard work at the Women Empowerment Project & Training Fashion Show. Grab a front row seat to enjoy the fashion with live music, local DJs and a videographer to capture the event.

Every Thursday

Find your inner zen with yoga sessions in partnership with the NHS. Yoga is a great way to relax, improve confidence and strength, focus and make new friends. Regardless of experience, age, background or beliefs, all are welcome to attend.

Every Saturday

Come and let loose on the dance floor and show off your best salsa moves. Whether you're a salsa pro or a dancefloor novice, there's a free session to suit you. 2.30pm to 3.30pm, beginners and improvers
3.30pm to 4.30pm, intermediate and advanced.

Contact The Curve



020 7221 9836



thecurve@rbkc.gov.uk

The North Kensington Community Youth Festival returns

The North Kensington Community Youth Festival is back on Saturday 22 June from 12 noon at the Westway Sports and Fitness Centre, 1 Crowthorne Road, W10 6RP with loads for you, your family and your neighbours to enjoy.

Last year's event saw residents enjoy live entertainment including singers and comedians, a talent competition, sports sessions for all ages, a football tournament – and this year is no different. As well as this, the day will feature face painting, food stalls, raffles, special guests and even an assault course.

This is one day out you won't want to miss! For more information email:



Tania Moore tania.moore@youthactionalliance.org
or Maria Khamis maria@youthactionalliance.org

