

NORTH PADDINGTON NEWS



City of Westminster

FAIRER
WESTMINSTER

QUEEN'S PARK WARD
HARROW ROAD WARD
WESTBOURNE WARD

Issue 4 • Autumn 2024

HALF TERM FUN






MEN'S MENTAL
HEALTH WITH
LOCAL BARBERS

GET SUPPORT
THIS WINTER



📞 020 7641 6000

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In this issue of North Paddington newsletter we are sharing information about free activities available for your families this half-term. There is also information about our new project to support mental health 'Trim Talk' – we've trained local barbers to be able to spot the signs of mental health problems in men and help them to get support. As the weather gets colder, support is available - our Home Energy Service can help with energy efficiency and if you need help with paying bills contact 020 7641 6000.

Cara Sanquest
Cabinet Member for
Communities



Visit Maida Hill Market, Monday-Saturday 8am-6pm.



MEET YOUR COUNCILLORS

WESTBOURNE



David Boothroyd
Labour



Adam Hug
Labour



Angela Piddock
Labour

QUEEN'S PARK



Patricia McAllister
Labour



Cara Sanquest
Labour



Hamza Taouzzale
Labour

HARROW ROAD



Concia Albert
Labour



Ruth Bush
Labour



Regan Hook
Labour

Harrow Road: Councillors Ruth Bush, Regan Hook and Concia Albert hold weekly drop-in advice sessions every Saturday from 11am to 12 noon at the Stowe Centre, 258 Harrow Road, W2 5ES. These sessions alternate with **Westbourne Ward** Councillors David Boothroyd, Adam Hug, and Angela Piddock. No appointment is necessary.

Queen's Park: Councillors Patricia McAllister, Cara Sanquest, and Hamza Taouzzale offer advice surgeries at the Advice Plus Centre in the Beethoven Centre, Third Avenue, W10 4JL, on the first and third Monday of each month from 2pm to 4pm. Councillors rotate attendance, and no appointments are needed. Please note that no surgeries are held on bank holidays.



COST OF LIVING SUPPORT


To help residents, we've established a Cost of Living Support Hub offering assistance with energy bills to organisational support, to support those facing difficulties. For further details, visit www.westminster.gov.uk/cost-of-living-support or reach out to our North Paddington Community Officers for assistance. You can also call 020 7641 6000.



North Paddington News is published by Westminster City Council. For general enquiries about the council, call us on

 020 7641 6000.

To contact us about anything in this newsletter

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 or visit our local office 2 Fernhead Rd Maida Hill, London W9 3ET.

EMPOWERING THE COMMUNITY: SUPPORT MEN'S MENTAL WELLBEING



The barbershop has long been a haven for casual banter about football and holiday plans, but in Westminster, it is now evolving into something much more profound. Barbers in this area are receiving mental health training, transforming their shops into safe spaces where young men can openly discuss their mental well-being.

A 2019 report by the charity Mind revealed that two in five men regularly experience feelings of worry or low mood. Alarmingly, the percentage of men who have suicidal thoughts during these periods has doubled to 10% since 2009. In response, the council has introduced Trim Talk, a campaign aimed at addressing mental health and wellbeing.

Thanks to Trim Talk, barbers on Harrow Road are now able to have conversations about mental health. They have been trained to recognise the signs of mental distress, ask appropriate questions, and provide information on where to find further support. Barbers can create a welcoming environment for discussing issues like loneliness and emotional suffering.

Cllr James Small-Edwards spoke of the gravity of the issue; "suicide is the biggest killer of men under 50, so it's an issue we need to take really seriously." He also mentioned the importance of opening up: "I think what's really important, alongside some of that physical stuff and taking time out for yourself, is also sharing when you have an issue."

James added, "I think sometimes people think they're being weak if they're sharing their problems, but actually, I think they're being strong."

Adam, from Raisa's Barber, shared his motivations for joining Trim Talk: "We didn't need convincing to help. It speaks to all our values—ensuring we create a safe space for everyone in the community to feel warm and welcome."

Since its launch earlier this year, several shops have completed the training and are actively participating in the programme. Adam noted: "Barbers have the unique ability to boost your confidence and self-esteem within an hour."



WHAT'S GOING ON

ACTIVITIES FOR LITTLE ONES AND PARENTS

This table includes activities designed to promote physical activity for children under 8.

EVENT NAME	LOCATION	AGE GROUP	DATE	DESCRIPTION	SIGN-UP LINK
Baby Massage Workshop	Grand Junction, Paddington, Rowington Close, London, W2 5TF	Parents and Babies	Thursday's 10:30am - 11:30am till November 12	A relaxing baby massage class to promote bonding and baby health.	www.grandjunction.org.uk/events
Wild Kittens (Parent-Child)	W9 Wildcats, 8A Fernhead Road, London, W9 3ET	Parents and Toddlers	Every Tuesday (Oct-Nov)	Activities with movement and social interaction for toddlers and parents.	No Booking Required: www.westbourneforum.org.uk

ACTIVITIES FOR CHILDREN AND YOUTH AGED 7 – 19

This table includes activities designed to promote physical activity for children and youth

EVENT NAME	LOCATION	AGE GROUP	DATE	DESCRIPTION	SIGN-UP LINK
Boxing for Youth	OK Club, 45 Denmark Road, London, NW6 5BP	8-19	Ongoing	Free boxing sessions for children and youth, open weekly.	No Booking Required
Youth Football Sessions	Paddington Rec, W9 1PD	Parents and Toddlers	Every Tuesday	Football training and games for older children and teenagers.	No Booking Required: www.active.westminster.gov.uk/find-an-activity
Canoeing	The Pirate Castle, Gilbey's Wharf, Oval Road, London, NW1 7EA	8-17	Every Sunday	Free canoeing lessons led by expert paddle coaches	Contact: info@thepiratecastle.org
Junction Juniors	Grand Junction, Rowington Close, London, W2 5TF	8-13	October 28, 2024, 4:00 pm	Creative activities like art, drama, and dance, ending with a performance.	Sign Up: www.grandjunction.org.uk/events/junction-juniors
Green Kids	Grand Junction, Rowington Close, London, W2 5TF	7-11	October 29, 2024, 4:00 pm	An eco-learning club focusing on environmental education and sustainability.	Sign Up: www.grandjunction.org.uk
HAF Programme	Various Locations	4-16 (18 with special needs)	School Holidays	Free activities and meals for children eligible for free school meals.	Sign Up: www.ourcity.org.uk/haf-programme

STAY ACTIVE THIS AUTUMN AND WINTER

This table outlines fitness and health-based activities for adults and seniors
For more events, visit <https://active.westminster.gov.uk/>.

EVENT NAME	LOCATION	AGE GROUP	DATE	DESCRIPTION	SIGN-UP LINK
Female Only Boxing & HIIT	W.E.C.H. Community Centre, 36A elgin Avenue, London England W9 6AZ	13+	October-November (weekly)	A high-intensity interval training session for women, focusing on fitness and boxing.	Email info@treasureboxingclub.com for more information
Women-Only Gym Sessions	Porchester Leisure Centre, W2 5HS	Adults	Ongoing	Exclusive gym sessions for women, offering a comfortable and supportive environment.	No Booking Required: www.active.westminster.gov.uk/find-an-activity
Sit and Be Fit	Moberly Sports Centre, 25 Chamberlayne Rd, London, NW10 3NB	13+	October-November (weekly)	Weekly exercise sessions for senior residents local to the Amberley Club Room.	Sign Up: www.westbourneforum.org.uk



FUN ACTIVITIES FOR THE FAMILY

This table lists community and social events for all ages.
Visit <https://westbourneforum.org.uk/calendar/?pno=4> for more.

EVENT NAME	LOCATION	AGE GROUP	DATE	DESCRIPTION
Community Knit & Stitch Freestyle	Grand Junction, St Mary Magdalene Church, Rowington Close, Westminster, London W2 5T	All Ages	November 5 2024 Tuesday 10:30 am - 12:30 pm	A casual knitting group for community members to socialise and craft together.
Let's Grow Westbourne	Woodchester Allotments Woodchester Square, Westminster, London W2 5SW	All Ages	November 6, 2024 Wednesday 10:00 am - 12:00 pm	Free and fun gardening group.
Maida Hill Market	8A Fernhead Rd, Maida Hill, London, W9 3ET	All Ages	Ongoing	A vibrant market featuring locally run businesses.

UNMISSABLE EVENTS AT THE LIBRARIES

Don't miss out on some great events taking place in local libraries. You can always keep up to date by visiting <https://www.westminster.gov.uk/leisure-libraries-and-community/libraries>

EVENT NAME	DATE & TIME	LOCATION AND ADDRESS	EVENT DESCRIPTION
Sewing for Beginners (Maida Vale)	Mon, Oct 28 2024, 1:00 PM - 3:00 PM	Maida Vale Library, Sutherland Ave, London W9 2QT	Beginner's sewing session to master essential skills.
Web Design - No Code Focus - Part 2	Wed, Nov 6 2024, 11:0 AM - 1:30 PM	Queen's Park Library, 666 Harrow Rd, London W10 4NE	Continuation of the no-code web design course.
Cybersecurity	Wed, Nov 13 2024, 11:00 AM - 1:30 PM	Queen's Park Library, 666 Harrow Rd, London W10 4NE	Workshop covering key aspects of cybersecurity.

COST OF LIVING FOOD SUPPORT

This table provides an overview of food support services in Westminster.

DAY	SERVICE NAME	LOCATION/CONTACT	SERVICE DETAILS	TIME	REFERRAL/ELIGIBILITY
Monday	Westminster Chapel	Westminster Chapel - Website	Food Bank (by referral only)	Varies	Referral required. Learn more https://westminsterchapel.org.uk/foodbank
Monday	The SPACE	214 Freston Road, W10 6TT, 0800 047 8161	Community Market & Deliveries	10:30am-2:30pm	Open
Monday	Hafs Academy	2 Boscobel Street, NW8 8PS, 07456911897	Grocery Vouchers (application needed)	Phone: 10am-6pm (Mon-Sun)	Church St Ward, low income
Tuesday	Notting Hill Methodist Church	240 Lancaster Rd, W11 4AH, 020 3728 9003	Foodbank (voucher required)	11am-1pm	Voucher required
Wednesday	St Matthew's Food Bank	29 St Petersburg Pl, W2 4LA, 020 7229 2192	No voucher needed, for local residents	4pm-6pm	Local residents
Thursday	Dalgarno Trust	1 Webb Close, W10 5QB, 020 8969 6300	Foodbank (registration required)	2:30pm-6:30pm	Can be done in person between 10am and 1pm.
Friday	Granville Community Kitchen	140 Carlton Vale, NW6 5HE, 07952 616352	Food Aid Collection	4pm-5:30pm	Open
Saturday	Venture Centre	103a Wornington Rd, W10 5YB, 020 8960 3234	No referral needed, bring bags for collection	bring bags for collection 3pm-4pm	Open

LOCAL COMMUNITY ACTIVITIES



NP COMMUNITY DAY:

On Thursday, July 18, Grand Junction at St Mary Magdalene was buzzing with excitement as the North Paddington community celebrated the successful first year of the North Paddington Programme. This special open day event brought residents together to engage directly with programme leads, and enjoy vibrant performances by local arts groups. The event was made even more memorable by the visit of our newly elected MP, who joined in the celebrations.



PLANTING IN MAIDA HILL:

On Saturday, August 31 local residents joined the council for a half-day community planting at Maida Hill Market. Over 20 community members, including children, planted flowers and bulbs in seven new planters, part of the market's redevelopment. Passers-by praised the square's fresh, vibrant look.

MAIDA HILL MARKET REOPENS

Our traders are back! The market offers delicious food and fun for all and operates from 8am to 6pm Monday - Saturday, so make sure to pop by. Fernhead Rd, Maida Hill, London W9 3QA.

CLIMATE CHAMPIONS:

The Climate Champions initiative (in collaboration with the Paddington Development Trust) has launched in North Paddington, aiming to create a healthier, greener, and more sustainable neighbourhood. Learn more about the scheme. <https://www.westminster.gov.uk/fairer-environment-hub/participate/north-paddington-volunteer-climate-champions>



CELEBRATE BLACK HISTORY MONTH:

Queen's Park Community Council invites you to celebrate Black History Month with a cinematic journey exploring resilience, courage, and Black heritage. Find out what's on show by visiting the website: <https://queensparkcommunitycouncil.gov.uk/events/category/events/>



ALFRED ROAD PLAYGROUND:

The Alfred Road playground has been successfully completed and is now open for the community to enjoy. The newly transformed space is designed to be inclusive, allowing children of all abilities to play together. Key features include a bespoke tower, wheelchair-accessible roundabout and trampoline, various swings, and an inclusive picnic table. Alfred Road, W2 5HF

THE HOME ENERGY ADVICE SERVICE:

(HEAS) is a scheme we are running across autumn and winter where residents can get a free home visit from an expert who will help them save money on their energy bills by making their home more energy efficient with some quick fixes and suggestions, help refer residents to other schemes and ways to save money on bills and also help their home reduce its carbon footprint at the same time. <https://www.westminster.gov.uk/fairer-environment-hub/take-environmental-action-resident/saving-energy-home>