

# YOUR WESTMINSTER



City of Westminster

FREE

Issue 004 | Summer 2023

The Westminster City Council Magazine

## THE BEAT OF HISTORY

How a Maida Vale resident is making his musical mark

## BEYOND REALITY

Making a virtual difference to real-world issues

## THE FOOD OF LIFE

Feeding body and spirit at Normah's Bayswater kitchen

## MAKING A HEALTHY START

Great ways to eat well for a better, healthier life

## STRAND ALDWYCH

The Hidden Gems at the city's newest public space



# HYDE PARK EVENTS

This year The Royal Parks will host Hyde Park Winter Wonderland and the Royal Parks Half Marathon as well as other smaller events.

We will be working hard with our event organisers to minimise disruption to park visitors and the local community.

If you have a question or comment about events in the Royal Parks please email: [eventfeedback@royalparks.org.uk](mailto:eventfeedback@royalparks.org.uk)  
Or if during an event call: 0300 061 2222

For the latest news from The Royal Parks sign up to our newsletter:  
[royalparks.org.uk/whats-on/newsletter](http://royalparks.org.uk/whats-on/newsletter)



Swim Serpentine	Saturday 16 September
GOSH Race for the Kids	Saturday 7 October
Royal Parks Half Marathon	Sunday 8 October
Hyde Park Winter Wonderland	Friday 17 November 2023 to Monday 1 January 2024



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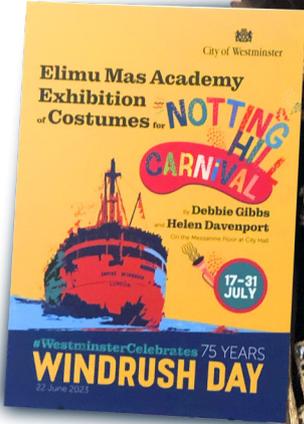
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## WESTMINSTER CELEBRATES

**W**estminster has been a hotbed of sights, sounds and celebrations over the past few months, with residents taking to the streets to show their pride in everything their communities have to offer.

June saw a month of activity for Pride, celebrating and remembering 51 years of LGBTQIA+ activism and culture throughout the years. The campaign centred around the theme of 'Never March Alone' – showing particular support for the trans community – and alongside residents, business partners and other groups, council officers showed their solidarity by marching in the

amazing Pride in London march at the start of July.

We were also celebrating and honouring 75 years of the Windrush Generation throughout the city, with exhibitions, events, film festivals, and even a 'Windrush Window' at Church Street showing a typical 1950s 'Windrush front room' made from items donated by Westminster residents.

The city will be continuing to celebrate going forward. August sees our innovative arts and culture festival, Inside Out, bringing guided walks, dance and drama shows, workshops, music and more to open spaces across Westminster. And later this year, Silver Sunday will host our annual

celebration of Westminster's older residents.

But, of course, at the end of August, the big one is back! Notting Hill will burst into spectacle and song as people of all backgrounds come together in a colourful carnival of local culture. This year, we're expecting to see more than 13 steel bands, 72 'mas' bands, six Brazilian bands, 36 sound systems and 300 stalls through the two-day festival.

With summer in full swing, it's never been a better time to celebrate Westminster!



## AN ALL-ELECTRIC WASTE FLEET

**A**s part of our drive to create a Fairer Environment, we've announced a full-scale rollout of the UK's largest electric refuse collection fleet.

The vehicles are the next generation in electric Refuse Collection Vehicle development and deliver a cleaner and quieter service, powered directly by energy generated from the waste they collect.

We've invested £20m in the 45 new zero emission trucks that

will benefit us all by reducing vehicle noise, cutting air pollution and drastically reducing the city's carbon emissions.

"This is a significant moment in the evolution of sustainable council services and we look forward to further expanding our zero-emission vehicle fleet in the future," said Cllr Paul Dimoldenberg, Cabinet Member for City Management and Air Quality. "By replacing diesel-powered refuse trucks with a £20m investment in UK-built electric vehicles, Westminster City Council is voting with its fleet."



# YOUR VIEWS

Want to share something about your neighbourhood, Westminster as a whole or any of the features in this magazine? We'd love to hear from you! Send us an email to [yourwestminster@westminster.gov.uk](mailto:yourwestminster@westminster.gov.uk)

or by post to **YourWestminster,**  
**17th Floor, Westminster City Hall,**  
**64 Victoria Street, London SW1E 6QP**

"I would like to add to the Hidden Gems in your last edition. In Bayswater, the New West End Synagogue is a Grade 1 listed building on St. Petersburg Place. It was opened in 1879 and has been described by English Heritage as 'the architectural high watermark of Anglo-Jewish architecture'. The synagogue can be contacted for a guided tour and serves the Jewish communities of Bayswater, Notting Hill and other parts of West London." – **Meryl Cohen**

"As a follow on to your article on Don't Pee Off Soho, one reason is that so few loos are available and some, like in Carnaby Street, have closed. If one goes into a restaurant there may be a queue and loos in stores, such as in M&S at Oxford Circus, are not very nice or hidden away on the top floor. So more public toilets might solve the problem."

– **Madeleine O'Broin**

"I would like to recommend a great Hidden Gem on Warwick Way in Pimlico. The Warwick Pub has a great Quiz Night which has been running for at least 10 years! Providing fabulous entertainment on a Sunday, the quiz night has its own theme song, the host is engaging and entertaining, and folk just keep on coming back!" – **Jonny Cross**

# FROM THE LEADER

The summer weather may have been indifferent so far, but the council is doing all it can to help families enjoy a brighter holiday period.

Looking after local people is the focus of this issue of YourWestminster. That can take many forms – from expanding free school meals to providing more affordable homes and looking after young people's mental health. Westminster's night life is an international attraction. However, people need to enjoy our city in safety, and that is at the heart of our It's Her City Too campaign. Women should be able to go to clubs, bars and walk our streets without worrying about their safety. Read how we are working to provide that assurance on page 12.

I'm determined to open up how the council works to residents. For the first time local people can ask questions direct to members at full council meetings. The findings of our first ever Citizen's Assembly will guide how we protect the climate – and in the meantime we've just rolled out the largest fleet of electric waste trucks in the country which are helping make our streets both cleaner and greener.

The cost of living crisis is still there, and we are spending millions to try and support the household budget. There are lots of free things for residents to do this summer – I hope you catch some of the amazing Inside Out arts festival, for example with free performances across Westminster.

Wherever you go, I hope you enjoy a summer break and sample what your Westminster has to offer.

Cllr Adam Hug



# HEALTHY EATING

## HEALTHY WEIGHT = HEALTHY LIFE



**M**aking simple changes to what and how much you eat can make a big difference to how you feel.

A healthy, balanced diet not only helps to keep you well, but can help you feel your best and reach a healthy weight too. With the Healthy Start card, it doesn't have to cost the Earth either.

If you're more than ten weeks pregnant or have a child under 4 and you're a low-income family, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card to use in some local shops or with Church Street Market traders who display the Healthy Start sign. Money will be added onto the card every four weeks and can be used to buy items including fresh fruit and vegetables.

### LET'S GET MOVING

But being healthier is not just about what you eat – it's also

about making sure to get regular physical activity. Being active doesn't just keep us fit and healthy, it's also important for our mental wellbeing. Exercise can help improve our self-esteem, our concentration, and even help us to sleep better!

Ideally, everyone should aim to engage in roughly 150 minutes of moderate activity per week if this is physically realistic. This could be a series of 30-minute activities five days a week, or you could break it into more, smaller chunks. But whether it's walking, cycling, taking up a sport, or even vigorously cleaning your home while a thumping soundtrack plays in the background – all movement counts!

To apply for a Healthy Start card, visit the NHS website: [healthystart.nhs.uk/how-to-apply](https://www.healthystart.nhs.uk/how-to-apply)

## GETTING ACTIVE

The Active Westminster card provides discounts and benefits for residents and children and young people who live or study in the city. There are many free or affordable activities to try out locally.

Find out more at [active.westminster.gov.uk/card](https://www.active.westminster.gov.uk/card)



## A HEAD START FOR KIDS

**D**id you know that you can access free childcare provisions for non-school-age children?

This includes 15 hours per week for all children aged three or four, and can increase to 30 hours for some eligible families. You can also get 15 hours when your child is two years old if you are on a low income or your child has an additional need.

This means families can experience the support of a trained and registered childminder, nursery, children's centre or pre-school and children can receive high-quality, early education that will help them to be school ready.

**15 HOURS FREE CHILDCARE FOR ELIGIBLE CHILDREN!**





# WE ARE THE CHAMPIONS

**2023** celebrates a whopping 13th anniversary for our Community and Maternity Champions, the neighbourhood-based volunteers that work on housing estates to promote and improve the health and wellbeing of families, friends, neighbours and communities.

They do this in a host of ways, including running events, activity groups and public health campaigns, often becoming the 'go-to' people in their communities for information.

We sat down with a few of our Champions and the residents that they've supported to celebrate the occasion and hear more about their role supporting communities across Westminster:

"I joined because I needed something to get me out of the house and meet others in my community. I found volunteering possible because it was very flexible, and I was able to take my little girl with me. Volunteering can be very rewarding with the right support around you." – **Nta Glover, Westbourne Maternity Champion**

**"WHEN THE LITTLE ONE MADE ME A CUPPA, IT BROUGHT A TEAR TO MY EYE."**

"I look forward to the Champions and children visiting, it always cheers me up and takes my mind off the pain I'm in. When the little one made me a cuppa, it brought a tear to my eye." – **Care home resident supported by Mozart Community and Junior Champions**

**"I FOUND VOLUNTEERING POSSIBLE BECAUSE IT WAS VERY FLEXIBLE, AND I WAS ABLE TO TAKE MY LITTLE GIRL WITH ME."**

"I have been a Community Champion since 2019 and it has changed my life. I have gained new skills; I'm supporting my local community and I feel like I'm helping my community to live better lives." – **Rowshanara Begum, Churchill Gardens and Tachbrook Maternity Champion**

Visit [www.westminster.gov.uk/community-champions](http://www.westminster.gov.uk/community-champions) to hear more about what the Champions have been up to over the past year and how to volunteer yourself.





# THE BEAT OF HISTORY

**H**aving travelled the world with his music, a Maida Vale resident tells us about his passion for playing the pan and inspiring the next generations to follow in his footsteps.



The loud and busy streets of Notting Hill come alive every year during Carnival, as people travel from all over the world to witness the colourful mixture of music, costumes, floats and food. Amidst all the noise and excitement, one man stands taller than most, despite his 91 years – ‘The Steel Pan Pioneer’ Cyril Khamai, a legendary pan man.

Cyril’s journey began in Trinidad, where he played with the Free French Steelband in San Fernando. The band’s leader, Theo Stephens, had been a member of the Trinidad All-Steel Pan Percussion

Orchestra, and his stories of the band’s achievements as the first steelband to travel abroad from Trinidad and Tobago inspired Cyril to set his own sights on coming to the UK.

To prove himself, Cyril honed his playing skills and became a self-taught builder and tuner of steelpans during his time with a group called the Melody Makers. “I built these with my own hands you know!” he says as he shows me one of the large, silver and black pans he made that sits proudly in his Maida Vale living room.

Following Melody Makers, Cyril

went on to play with several other steelbands in San Fernando, Trinidad’s largest city, but his sights were always set further afield. “I’ve always wanted to travel, I love travelling,” he explains as he speaks about his dream of traveling the world with his music. Luckily, his talent for playing the pan didn’t go unnoticed! Cyril got his chance to leave Trinidad for the UK in 1957 when a group of homesick Trinidadian boxers then in Cardiff wanted to form a steelband of their own. Cyril built the group’s instruments and played with the band for about

nine months before moving on to London. There, he joined the Tropicana Steelband, one of the earliest steelbands based in the capital. The group started in 1959 and rehearsed in a basement near the Chelsea Art School. "We used to play proper tunes for the students at their school and their parties – they loved us!" Cyril says with a chuckle.

Cyril's passion for pan has been an integral part of his life since he was a child in Trinidad, and he continues to share that passion with the world through his music. Flicking through albums and pictures of his former touring days, he shares nostalgic memories of the travels.

He went on playing music around Europe. "I played in Spain for months! All over Europe! We were the first steelband to tour the Soviet Union and Hong Kong,"

**"I PLAYED IN SPAIN FOR MONTHS! ALL OVER EUROPE! WE WERE THE FIRST STEELBAND TO TOUR THE SOVIET UNION AND HONG KONG"**

he says as he lists the countries to which he bought his sweet sounds. Age certainly hasn't dulled his fond memories of each and every tour and he continues to recall the countless steelbands he's played with.

One of his most exciting memories is of his tour in Germany with the Tropicana Steelband in 1968. In West Berlin, the band recorded an album under the name The Original Trinidad Steel Band and then moved on to playing in nightclubs and doing a film in East Berlin. From Germany, Cyril and the band launched a tour of Russia. One of Cyril's friends from that time, who had joined us during the interview says joyfully: "We were bad!" – code for being amazing players.

With little prompting needed, the duo decided to give us a taste of the Trinidadian sounds they've brought to the world. "They call me Scratcherman," Cyril says as he plays the Scratcher, a large metal cylinder 'struck' with a metal comb to provide a percussion backing. "Once a pan man, always a pan man!" he cries as they play, the words of one of the most influential musicians in steelpan echoing around the room, continuing to inspire younger generations to go after their dreams and follow their passions.

## SHARE YOUR STORIES

Is there someone in your community with a fascinating tale to tell? Know of a prominent Westminster resident who could feature in these pages? Let us know about your local figures by emailing

✉ [yourwestminster@westminster.gov.uk](mailto:yourwestminster@westminster.gov.uk)

or writing to

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**NOTTING HILL  
CARNIVAL**

takes place this year from 27 to 28 August. We'll have more on what took place in our next issue.



# HIDDEN GEMS

# STRAND ALDWYCH



In each edition of **YourWestminster**, we'll bring you a guide to the hidden gems of the city. In this issue we look at an ancient Roman bath, an inspiring and imaginative museum, and abandoned Tube station.



## 1 STRAND ALDWYCH

London WC2R 1DH

[strandaldwych.org](http://strandaldwych.org)

Following an extensive redesign, the new Strand Aldwych provides a new green oasis in central London for everyone to relax, play and come together. We've enhanced the pedestrian experience, provided wider footways and added new green spaces. There's even an interactive Footways map that highlights accessible routes so everyone can enjoy.





## 2 THE HUNTERIAN MUSEUM

43 Lincoln's Inn Fields, WC2A 3PE

Witness the anatomy and pathology collections of the 18th century surgeon and anatomist John Hunter at the Royal College of Surgeons of England. More than 3,500 specimens, instruments, models and sculptures reveal how the art and science of surgery have developed until the present day. The museum has just re-opened following a five-year redevelopment of the site – so come along and satisfy your morbid curiosity!

[hunterianmuseum.org](http://hunterianmuseum.org)

☎ 020 7869 6560

[museum@rcseng.ac.uk](mailto:museum@rcseng.ac.uk)



## 3 VICTORIA EMBANKMENT GARDENS

Victoria Embankment, Temple, WC2R 3AA

The 'Temple section' of Victoria Embankment Gardens are a peaceful green oasis amongst the hustle and bustle of commuters, workers and tourists. They are home to several majestic statues, including industrialist and education reformist William Edward Forster, campaigner for women's rights, Lady Henry Somerset and noted philosopher John Stuart Mill.

☎ 020 7641 6000

[parks@westminster.gov.uk](mailto:parks@westminster.gov.uk)

## 4 ALDWYCH TUBE STATION

3 India Place, WC2B 4NA

A former terminus of the Piccadilly line, Aldwych station is one of the London Underground's hidden gems. Opened in 1907, it was closed nearly 100 years later in 1994 when operational costs became too great to sustain.

The station has a rich history: it provided shelter during the Blitz in the Second World War, and has made appearances in films and TV shows such as Sherlock, The ABC Murders, Atonement and Darkest Hour. Guided tours take visitors to the abandoned platforms, tunnels and walkways that have been hidden from the public for decades.

☎ 0343 222 5000

[www.ltmuseum.co.uk/whats-on](http://www.ltmuseum.co.uk/whats-on)

## 5 ST CLEMENT DANES CHURCH

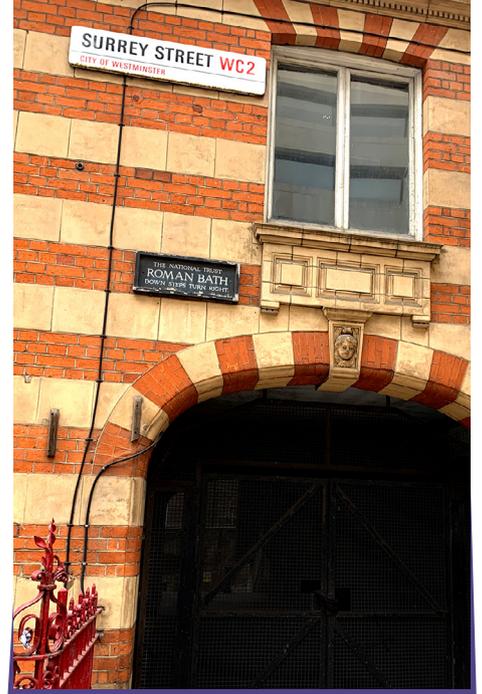
The Strand, WC2R 1DH

St Clement Danes is the Central Church of The Royal Air Force (RAF). It was reconsecrated with this title in 1958, in the presence of HM Queen Elizabeth II, following the damage it suffered from an incendiary bomb during the Second World War. The church holds the Book of Remembrance which honours RAF soldiers who died in service, as well as unique global artefacts from the RAF's history. Visit and discover its fascinating 1,000-year history, from being rebuilt by William the Conqueror in the 11th century to escaping the Great Fire of London in the 17th century. Fun fact: William Webb Ellis, the inventor of Rugby, was the rector of the church from 1843 to 1855!

☎ 020 7242 2380

[info@stclementdanesraf.org](mailto:info@stclementdanesraf.org)

[stclementdanesraf.org](http://stclementdanesraf.org)



## 6 STRAND LANE 'ROMAN BATHS'

5 Strand Lane, WC2R 1AP

Did you know that the Strand Lane Baths are the remains of a cistern dating 1612, which was built to feed the fountain in the gardens of the royal palace, also known as old Somerset House? Hidden down a back alley just off Strand, the baths are owned by the National Trust and managed by the council. Contact David Creese to book a tour from Monday to Friday, between 11am and 3pm.

☎ 07966 189789

[dcreese@westminster.gov.uk](mailto:dcreese@westminster.gov.uk)

### TELL US ABOUT YOUR HIDDEN GEMS!

Got a favourite café, a green space you'd love to share, or a secret spot that fills you with joy? We want to hear about the areas of your neighbourhood that make it your Westminster! Email us at [yourwestminster@westminster.gov.uk](mailto:yourwestminster@westminster.gov.uk) or write to the council address on page 3 and your own hidden gem might feature in a future issue!

# IT'S HER CITY TOO

**E**veryone has a part to play in stopping sexual harassment in our city.

Normally your instinct will tell you when something doesn't look right, or when something doesn't feel right. Sexual harassment takes many forms and not all of them are as obvious as others. We all need to educate ourselves on the signs to look out for and what we can do when we witness it happening as research has shown that bystander intervention is a highly effective way of reducing the likelihood of harassment and assault occurring.

Those who sexually harass women are often repeat offenders and some may commit more serious sexual offences if their behaviour is not challenged.

These behaviours can include:

- wolf-whistling
- sexual gestures
- staring
- unwanted sexual advances
- making comments on a person's appearance or body

**WHEN SOMEONE'S BEHAVIOUR FEELS INAPPROPRIATE, UNWANTED, OFFENSIVE OR THREATENING, YOU CAN CHOOSE TO CHALLENGE IT**

**NO ONE IS ASKING TO BE SEXUALLY HARASSED OR ASSAULTED**

However, this only scratches the surface of the sorts of intimidation women face when being sexually harassed. Ultimately, no one is asking to be sexually harassed or assaulted and when someone's behaviour feels inappropriate, unwanted, offensive or threatening, you can choose to challenge it. If you see something, report it and help us stop sexual harassment and make Westminster a safer place for everyone to enjoy.

Let's all take responsibility – together, we can put a stop to sexual harassment. Find out more at [www.westminster.gov.uk/night-safety](http://www.westminster.gov.uk/night-safety)



# Be a Night Star

**E**mmanuella Fadire is one of our amazing Night Star volunteers, spending Friday nights out in the West End helping people feel safer and offering assistance where needed.

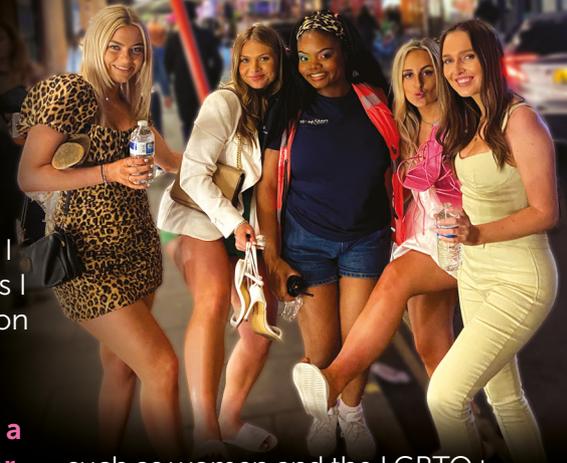
## What made you want to become a Night Star?

I had volunteered with the council previously, and when I heard about the development of the Night Stars initiative, I was keen to sign-up! I found out what the Night Stars did and how they worked with a wide range of people and organisations (such as night-time economy workers and the Metropolitan Police), to provide care to vulnerable people on a night out, specifically women and members of the LGBTQ+, Global Majority and disabled

communities. When I heard this, I was inspired to join right away, as I thought it was a great organisation that would align with my studies and beliefs perfectly!

## How important do you feel a service such as Night Stars is for Westminster?

Incredibly important! It has the key aim of protecting people who are vulnerable. One of the toughest parts of the job is seeing how vulnerable people are capable of getting when on a night out, especially those who are seriously hurt, who have had their possessions stolen, or who have become lost from the rest of the party and have no way of getting home, and who are part of groups that are often the targets of criminal activity,



such as women and the LGBTQ+ community. By being a regular presence on the street, we can make these people feel safe, act as a deterrent against anti-social behaviour, and make visiting the West End at night a more enjoyable experience for all visitors.

Can you spare one Friday or Saturday night a month to be a Night Star? Make new friends and support your community. Email [nightsafe@westminster.gov.uk](mailto:nightsafe@westminster.gov.uk) to find out more.

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# THE FOOD OF LIFE

**Y**ou'd be hard pressed to find it, but one of Westminster's best Malaysian food spots is as much about nourishing your stomach as it is about feeding your soul.

"Food reflects your journey in life," says Normah Abd Hamid, the owner of Normah's Kitchen, an unassuming gem of an eatery tucked away within the confines of the colourful, bustling, undercover Queensway Market. As I sit across from her in the small, yet cosy restaurant, I can't help but be captivated by her story.

Normah's story is one of passion, love and community, and her food is a testament to the power of cooking as therapy. From her childhood in Malaysia to her own restaurant in the heart of the Queensway community, Normah has found her calling in the kitchen, and her customers are lucky to taste the fruits of her labour.

She explains that cooking has always been therapeutic, especially after long days working in the financial field, her previous career. She would find solace in the kitchen, often cooking late into the night. "This became the way my family knew I had a lot on my mind!" she chuckles, reminiscing about the times her husband or kids would find her cooking away at 2am.

After a lengthy period in the corporate world, Normah found herself at home most days, her children worrying that their mother's zeal for life was waning. Her son, who worked in property, came up with an idea to give his mother a new lease on life. He presented her with a boutique space to fulfil her long-held love and talent for cooking, and Normah's Kitchen was born.

Normah's Kitchen is not just a restaurant. As she says, it's more a reflection of her life's journey. The walls are adorned with pictures of the many visitors from around the world who have come to experience her food and framed articles from newspapers and magazines that have sought

out the spot for a feature or two. The restaurant provides a backdrop for a series of recipe and supportive self-care YouTube videos that she produces. Taking a seat at Normah's is like being invited into her story, with delicious food as a bonus.

As a child in Malaysia, Normah spent countless hours in the kitchen with her father, who taught her about various spices and how they pair with certain ingredients. "Whenever my father and I would talk, I could see that he could relate more with me than my other siblings," she recalls with a smile. Her father also taught her the importance of using fresh, local ingredients – a lesson she still embraces today, sourcing only the freshest ingredients from local vendors in her community.

Normah's father not only taught her about cooking, but also about the philosophy behind it. "Different spices and flavours represent the feelings, experiences and motions you go through in life," she explains. "I love cooking for people and seeing them smile when they

## SHARE YOUR STORIES

Is there someone in your community with a fascinating tale to tell? Know of a prominent Westminster resident who could feature in these pages? Let us know about your local figures by emailing

✉ [yourwestminster@westminster.gov.uk](mailto:yourwestminster@westminster.gov.uk)

or writing to

📍 **YourWestminster**  
17th Floor City Hall  
64 Victoria Street  
London, SW1E 6QP

take a bite of my food and taste the fresh herbs and spices," she says with a grin.

Normah's food truly is a life-changing experience, as she infuses each dish with the emotions and experiences that have shaped her life. Normah's story is one that inspires and captivates, and her food is a testament to the power of cooking to heal and bring people together, leaving you full and satisfied, the sort of feeling that can only really come from a home cooked meal made by a loved one.

**"DIFFERENT SPICES AND FLAVOURS REPRESENT THE FEELINGS, EXPERIENCES AND MOTIONS YOU GO THROUGH IN LIFE"**



### NORMAH'S KITCHEN

📍 23-25 Queensway Market  
Bayswater, W2 4QJ

🕒 5pm - 9pm  
Tuesday to Saturday

🌐 [normahs.co.uk](http://normahs.co.uk)

✉ [normahinfo@gmail.com](mailto:normahinfo@gmail.com)

☎ 07771 630828



## BEYOND THE REALITY OF VIOLENCE

**Y**outh violence can have serious effects far beyond the immediate victims. To help communities reduce levels of stress and anxiety, one council team is taking an innovative approach.

The COVID pandemic and its associated lockdowns had an unexpected side effect within major urban areas – a significant reduction in the levels of serious youth violence. However, since the restrictions were lifted, our Integrated Gangs and Exploitation Unit (IGXU) has started to see an increase in incidents of youth violence occurring in different areas of the city.

### CHOOSING THE RIGHT PATH

The IGXU works with young people to reduce their involvement in gangs and violence, doing everything it can to help them choose the right path in life. It also supports those who have been affected by serious youth violence, as the effects on families and communities can result in loneliness, isolation, high levels of anxiety and worry.

One pioneering method being trialled is the use of virtual reality technology to bring these communities together. The Relaxation and Well-Being project consists of workshops run at community centres in key locations

allowing parents and others to take part in virtual activities designed to reduce tension and symptoms of depression. Activities range from games of table tennis to virtual fishing trips, nature treks cooking and even go-kart racing.

“It lets me feel as though I’m in the ocean,” said one attendee who is officially registered as blind. “Or I felt as though I was in the park or the last time I was in Africa. I’ve quickly become friends with the whole group.”

### SHIFTING THE MOOD

The project is a partnership between the IGXU and the Fred Company who also provide a cognitive neuroscientist to support young people and community members participating in the project. It can be difficult to engage at first with VR, but results have been extremely encouraging to date, with high levels of attendance and equally high levels of interaction with the activities. “There have been days where I would come in feeling really angry and upset, and my mood has just shifted,” explained one resident on the project. “But I put the headset on and just feel much better afterwards. It’s wicked, I love it.”



**“I CAME TO THIS COURSE BECAUSE I HAVE HAD DEPRESSION FOR 15 YEARS. NOW WHEN I COME HERE, I AM VERY HAPPY. I SEE LOTS OF PEOPLE WHO SPEAK MY LANGUAGE AND WHO HAVE THE SAME PROBLEM. LIFE IS GOOD NOW.”**

A workshop attendee

If you are concerned about a young person who may be at risk of, involved in, or a victim of gang-related activity, criminal or sexual exploitation, please get in touch with the IGXU for support.

📞 0797 1920 552

✉ [integratedgangsunit@westminster.gov.uk](mailto:integratedgangsunit@westminster.gov.uk)



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\* Subject to conditions



City of Westminster



# Your new food waste recycling service

We have rolled out our food waste recycling service to suitable residential properties across Westminster and have collected and recycled over 1,500 tonnes of food waste over the past year. Thank you to all our residents who are using the service!

If you are not sure how to use the service, need to check if your property has access to the service, or if you have just moved to Westminster, please visit our webpage for further information, or get in touch with the Recycling Team using the email below.

## Why are we doing this?

### Wasting less



Food waste generates harmful greenhouse gas emissions. Using this service will help reduce waste and tackle climate change.

### Renewable energy



Your food waste will be used to create renewable energy used to generate electricity to power the national grid and heat for homes.

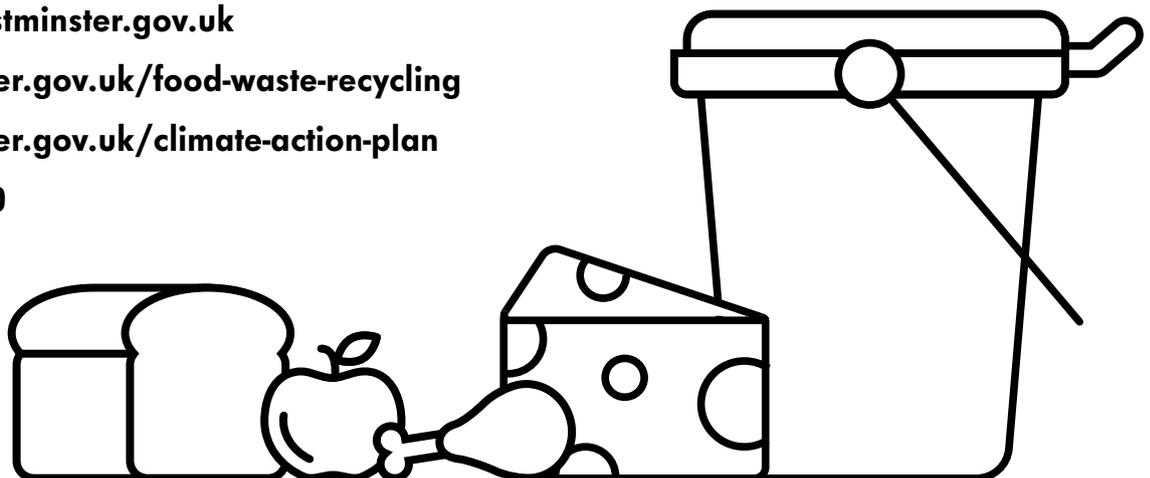
### Biofertiliser



Food waste will also be transformed into a biofertiliser, which will be used on farmland to grow more food.

For further information:

-  [foodwaste@westminster.gov.uk](mailto:foodwaste@westminster.gov.uk)
-  [www.westminster.gov.uk/food-waste-recycling](http://www.westminster.gov.uk/food-waste-recycling)
-  [www.westminster.gov.uk/climate-action-plan](http://www.westminster.gov.uk/climate-action-plan)
-  020 7641 2000



# YOUR COUNCIL SERVICES

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- ☎ 020 7641 7000
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- [www.westminster.gov.uk](http://www.westminster.gov.uk)

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- ✉ [info@waes.ac.uk](mailto:info@waes.ac.uk)
- [www.waes.ac.uk](http://www.waes.ac.uk)

## ADULT SOCIAL CARE

- ☎ 020 7641 1444
- ☎ 020 7641 1175
- ✉ [adultsocialcare@westminster.gov.uk](mailto:adultsocialcare@westminster.gov.uk)
- [www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk)



## ANIMAL WELFARE

- ✉ [awarden@westminster.gov.uk](mailto:awarden@westminster.gov.uk)
- [www.westminster.gov.uk/animal-welfare](http://www.westminster.gov.uk/animal-welfare)



## ANTI-SOCIAL BEHAVIOUR

- ☎ 0800 358 3783 (freephone)
- ✉ [housing.enquiries@westminster.gov.uk](mailto:housing.enquiries@westminster.gov.uk)
- [www.westminster.gov.uk/housing](http://www.westminster.gov.uk/housing)



## ARCHIVES

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- [www.westminster.gov.uk/archives](http://www.westminster.gov.uk/archives)

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- ☎ 0800 072 0042 (freephone)
- ✉ [westminster.benefits@secure.capita.co.uk](mailto:westminster.benefits@secure.capita.co.uk)
- [www.westminster.gov.uk/benefits](http://www.westminster.gov.uk/benefits)



## BIRTHS, DEATHS AND MARRIAGES (Register Office)

- ☎ 020 7641 7500
- ✉ [registeroffice@westminster.gov.uk](mailto:registeroffice@westminster.gov.uk)

[www.westminster.gov.uk/birth-and-death-certificates-marriages-and-citizenship](http://www.westminster.gov.uk/birth-and-death-certificates-marriages-and-citizenship)

## BUSINESS UNIT

- ☎ 020 7641 2070
- ✉ [businessunit@westminster.gov.uk](mailto:businessunit@westminster.gov.uk)
- [www.businesswestminster.com](http://www.businesswestminster.com)



## CEMETERIES

- ☎ 020 8567 0913
- ✉ [parks@westminster.gov.uk](mailto:parks@westminster.gov.uk)

## CHILDREN/FAMILY INFORMATION SERVICE

- ☎ 07971 625 922
- ✉ [FIS@westminster.gov.uk](mailto:FIS@westminster.gov.uk)
- [www.westminster.gov.uk/children-and-education](http://www.westminster.gov.uk/children-and-education)



## COUNCIL TAX

- ☎ 0343 178 2743
- ✉ [westminstercounciltax1@secure.capita.co.uk](mailto:westminstercounciltax1@secure.capita.co.uk)
- [www.westminster.gov.uk/council-tax](http://www.westminster.gov.uk/council-tax)



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- ✉ [libraries@westminster.gov.uk](mailto:libraries@westminster.gov.uk)
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## PARKING

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- [www.westminster.gov.uk/parking](http://www.westminster.gov.uk/parking)

## PEST CONTROL

- ☎ 0800 358 0514 (freephone)
- ✉ [pestcontrol@westminster.gov.uk](mailto:pestcontrol@westminster.gov.uk)
- [www.westminster.gov.uk/pest-control](http://www.westminster.gov.uk/pest-control)

## RECYCLING/RUBBISH

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- [www.westminster.gov.uk/recycling](http://www.westminster.gov.uk/recycling)



## REPORT IT

- [www.westminster.gov.uk/report-it](http://www.westminster.gov.uk/report-it)



## SEN

- ☎ 020 7361 3311
- ✉ [SEN@rbkc.gov.uk](mailto:SEN@rbkc.gov.uk)
- [localoffer.westminster.gov.uk](http://localoffer.westminster.gov.uk)

## STREET MARKETS

- ☎ 020 7641 8549
- ☎ 020 7641 7010
- ✉ [streettradinglicensing@westminster.gov.uk](mailto:streettradinglicensing@westminster.gov.uk)
- [www.westminster.gov.uk/markets](http://www.westminster.gov.uk/markets)

## WESTMINSTER CONNECTS

- ☎ 020 7641 1222
- [westminster.gov.uk/westminster-connects](http://westminster.gov.uk/westminster-connects)

## WESTMINSTER EMPLOYMENT SERVICE

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