



City of Westminster

NORTH PADDINGTON NEWS

QUEEN'S PARK WARD
HARROW ROAD WARD
WESTBOURNE WARD

Issue 3 • Summer 2024



**UP YOUR
SKILLS WITH
N-POP! AND
PADDINGTON
DEVELOPMENT
TRUST**






**ENJOY SUMMER IN
NORTH PADDINGTON**

COST OF LIVING SUPPORT

**FITNESS AND FUN WITH
ZODIAC ARTS**

☎ 020 7641 6000

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Dear North Paddington resident,

I'm delighted to present the third edition of our North Paddington newsletter. This issue highlights our summer activities and the support available to residents. For residents seeking employment or to upskill, our North Paddington Opportunities Project has launched at The Stowe Centre. Make sure to mark your calendars for our Community Open Day event, where you can learn more about what the council is getting up to in your area. You can also read about the story of Zodiac Arts; how a personal passion and initiative has led to our residents getting fitter and healthier. And as always, our cost of living hub is here to offer you the support to which you are entitled.

Debbie Jackson
Executive Director
Regeneration,
Economy & Planning



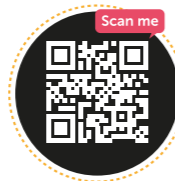
SAVE THE DATE! COME TO OUR NORTH PADDINGTON COMMUNITY DAY

THURSDAY

18 JULY

3 - 7PM

St Mary Magdalene Church
Rowington Close
W2 5TF



RSVP NOW!

www.eventbrite.com/e/north-paddington-programme-communities-open-day-tickets-891124917617

MEET YOUR COUNCILLORS

WESTBOURNE



David Boothroyd
Labour



Adam Hug
Labour



Angela Piddock
Labour



Patricia McAllister
Labour



Cara Sanquest
Labour



Hamza Taouzzale
Labour



Concia Albert
Labour



Ruth Bush
Labour





Tim Roca
Labour


QUEEN'S PARK


HARROW ROAD

Your councillors hold surgeries on a rota basis at:

 The Beethoven Centre
Third Avenue, W10 4JL


 2pm to 4pm, first and third Mondays each month

 The Stowe Centre
258 Harrow Road, W2 5ES

 11am to 12pm, every Saturday

- No appointment is necessary.
- The councillors rotate attendance.
- Please be aware that no surgeries are scheduled on bank holidays or during August at the Beethoven Centre.

If you would like to get in touch or speak with any of the officers, please contact:

 northpaddingtonprogramme@westminster.gov.uk
Alternately you can meet officers in person at our Harrow Road office: 2 Fernhead Road, W9 3ET

COST OF LIVING SUPPORT

In North Paddington, thousands of families are faced with drops in living standards due to rising living costs such as fuel, energy bills and food. To help residents, we've set up a Cost of Living Support Hub, offering lots of support, from assistance with energy bills to mental health support for those struggling. Make sure to get the support you're entitled to. For further details, visit:

 www.westminster.gov.uk/cost-of-living-support

or reach out to our North Paddington Community Officers for assistance.

HOME ENERGY ADVICE SERVICE


Struggling with energy bills or want some help to save energy? Request a free home visit from an independent 'Green Doctor' energy advisor who will:

- review your energy bills, property and circumstances
- fit energy saving devices such as energy-efficient lightbulbs and radiator panels
- give energy saving tips including advice to control heating and cooling settings

Apply today: www.westminster.gov.uk/fairer-environment-hub/take-environmental-action-resident/saving-energy-home/home-energy-advice-service




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 020 7641 6000

For general enquiries about the council, call our switchboard 020 7641 6000.

To contact us about any of the content in this issue:

 northpaddingtonprogramme@westminster.gov.uk

or write to

 North Paddington News
Westminster City Council
Westminster City Hall
64 Victoria Street
London, SW1E 6QP

LOCAL PROJECTS

EMPOWERING THE COMMUNITY: ZODIAC ARTS' STORY IN NORTH PADDINGTON



In the heart of North Paddington lies Zodiac Arts, a place where martial arts meet fitness and well-being.

Laurence Carbon, the founder, shares how it all began: "I noticed something missing in other places, so I created Zodiac Arts to focus on coordination, balance, and reaction time."

Working closely with co-founder Laura-Denise Ramsay-Overall, who brings expertise in Olympic weightlifting and GP referrals, Laurence explains how they've blended different activities to cater to individual needs. "We mix it up with dance, music and play to make staying healthy feel less like a chore," he says.

Zodiac Arts isn't just about exercise; it's about helping people lead better lives. Laurence says, "We want everyone to feel fit for whatever life throws at them, whether it's catching a bus or carrying shopping bags."

With support from the council and other partners, Zodiac Arts has thrived. Laurence adds, "We offer more than just gym sessions. We visit people at home and support them beyond the gym."

Looking ahead, Laurence hopes to involve volunteers with learning difficulties and offer more qualifications to participants. He believes partnerships with businesses will help Zodiac Arts grow and reach even more people.

Reflecting on the journey so far, Laurence says, "Our aim is simple: to help people live healthier, happier lives. Zodiac Arts isn't just a gym; it's a community hub for positive change."

Visit Zodiac Arts at:

Trinity Methodist Church
Fernhead Rd
W9 3EA



COMMUNITY HUBS

Residents, local partners and council officers have worked together to shape a vision for new community hubs at Ernest Harriss House and Bayswater Children's Centre, determining their look, activities and services. Between February and April this year, we held five workshops with an average attendance of 80 people. The workshops had guest speakers sharing insights on community service design, discussions on design principles, and prioritisation of activities with architects.

The proposed Ernest Harriss House hub will host group activities, food-based projects such as a food bank and cooking classes, IT literacy sessions, and a support centre. The Bayswater Children's Centre will combine council support services, have a café with affordable healthy meals, and offer spaces for social groups, family activities and job support. The next phase involves reviewing the proposals and working out operational plans for each hub.



Stay updated and have your say:
www.westminsterhubs.commonplace.is

SUMMER FUN AT THE HAPPY HUB

Join the excitement at Happy Hub!

- 23 Third Avenue, W10 4RS
- Kulan Somali Organisation presents 'Family Fun Day' 10 August
- 'Summer Cultural Festival' 17 August, 1pm to 6pm

NORTH PADDINGTON COMMUNITY DAY

On Thursday 18 July, we invite you to join us at Grand Junction for a council/partner fun-filled day, which will include food, refreshments, stalls, entertainment and a chance for you to learn about new opportunities in your local area. Ranging from health, employment, crime and safety, and lots more, the council would love to share forthcoming projects and explain how local people can sign up and get involved. We will be kicking off at 3pm until 7pm. If you like to learn more information or sign up to join, please contact Helena Corcoran our North Paddington Communities Manager:

- www.eventbrite.com/e/north-paddington-programme-communities-open-day-tickets-891124917617
- The Grand Junction
Rowington Close, W2 5TF
- 3pm to 7pm, 18 July

WHAT'S GOING ON



COMMUNITY COOK-OFF

Join us for the Maida Hill Cook-Off on 6 July at Tamplin Mews Garden! Established in 2018 after the Grenfell tragedy, the Community Cook-Off unites community services and residents in a collaborative yet competitive event. It's a chance to celebrate the diverse culinary talents of our community and foster connections between officers and residents. In 2023, we hosted the first Westminster Cook-Off in Maida Hill, featuring six teams including WCC, Met Police, young people, and residents from various backgrounds. Despite the rain, participants showed their amazing cooking skills, from tandoori chicken to Caribbean jerk, as well as European-inspired dishes. Don't miss out on the fun – mark your calendar.

📍 Tamplin Mews Garden
13 Abinger Mews
W9 3SP
🕒 6 July

IMPROVING LIVES IN NORTH PADDINGTON

With help from residents, charities and community groups, we're listening to what the needs are in North Paddington. Delivery Groups aim to improve North Paddington's neighbourhoods across seven themes:

- 
Communities and Connections
- 
Health
- 
Housing
- 
Neighbourhoods and Place Shaping
- 
Crime and Safety
- 
Employment and Training
- 
Climate and Greening

You can learn more about the work being done under the seven themes at our Community Day on July Thursday 18 July (see page 5).



COMMUNITY PRIORITIES PROGRAMME FUNDING

Round three of the Community Priorities Programme Funding is now open! Apply for grants between £2,000 and £30,000 to empower young people, enable adult progression, build community connections, and create safe, sustainable environments. Diverse projects and applicants are encouraged. Make a difference by applying today.

🌐 www.westminster.gov.uk/community-priorities-programme



FRIENDS OF WESTBOURNE

Be part of the excitement of being a Friend of the Westbourne Forum! Dive into a vibrant community committed to making our neighbourhood a thriving, happy and healthy place to live, work and explore. From local conversations to food festivals, we connect through gardening, arts, music, cookery, yoga and activities for all ages. Your voice matters! Stay updated on local events, consultations and grants. Whether you have a little time or a lot, you're welcome. Sign up online today and be part of something special:

🌐 forms.gle/bHFPQ5bWBDzyVDq28

N-POP! STANDS FOR NORTH PADDINGTON OPPORTUNITIES PROJECT

N-POP! is a project designed to support the local communities of Westbourne, Harrow Road and Queen's Park in gaining economic independence and is brought to you by Paddington Development Trust, located in Harrow Road. From having a personal adviser to help you understand your benefits, to developing skills or exploring options

for the future – N-POP would like to help you raise your potential. With advice, workshops, training, referrals and more, we have something for everyone. We look forward to seeing you! Explore opportunities and find out more:

🌐 www.pdt.org.uk/north-paddington-support



MY SKILL ZONE

Excited to broaden your horizons? Introducing My Skills Zone, our brand-new, free online training platform! Explore a wide range of opportunities, from boosting confidence to advancing your career and honing communication skills. With more than 2,000 courses available, the possibilities are endless! Tailor your learning experience to suit your interests and aspirations. Don't miss out on this fantastic chance to expand your skill set and unlock new opportunities. Get involved in My Skills Zone today and embark on a journey of self-improvement and growth.

🌐 myskillszonewcc.careercentre.me/welcome/my-skills-zone

LOCAL COMMUNITY ACTIVITIES

TELL IT PARENTS

Since 2011, Tell It Parents Network has been fostering community growth and connectivity, evolving from a local parent group to a registered charitable organisation. Since 2018, its hub offers a variety of activities aimed at enhancing skills, knowledge, and well-being, including health workshops, digital sessions, crafting, and African Yoga. Contact the team to learn more about their projects and join in building a stronger community.

📍 472 Harrow Road, W9 3RU

✉️ angela@tellitparentsnetwork.co.uk

☎️ 07957 425 692

🕒 Mondays 12pm to 3pm: Our Health Matters

Tuesdays 1pm to 4pm: Digital workshops

Wednesdays 1pm to 4pm: Sewing, Crafts and Upcycling



FACES OF WESTMINSTER

Our community has many unsung heroes. Pillars of the community that you can depend on to make Westminster a wonderful place to be. Tell us about a person or group doing great work in your community who you feel should be celebrated. Faces of Westminster is our initiative to showcase the incredible work that's taking place in the community. Nominate someone for Faces of Westminster today! Get in touch by emailing:

✉️ yourwestminster@westminster.gov.uk



LOOKING FOR THINGS TO DO?

Did you know that our libraries are packed with events for you and your family? You can check out the Eventbrite link to see what's taking place:

🌐 www.eventbrite.co.uk/o/city-of-westminster-libraries-amp-archives-30532755584

WESTMINSTER INDEPENDENT ADVISORY GROUP

We're seeking representatives for North Westminster on the Westminster Independent Advisory Group (IAG). We're interested in individuals residing in or with strong community ties to the area. The IAG serves as a local advisory panel to the police, providing critical friendly input. Prospective members will undergo basic police checks and must sign a confidentiality agreement, including compliance with the Official Secrets Act. For more information, please contact:

✉️ christopher.best@met.police.uk

PLAY IN THE WEEK

Have your child (ages six to eleven) learn acting, movement and how to make props at Grand Junction. Lunch is provided. Your child is eligible to attend this free class if you receive child benefit-related free school meals.

📍 St Mary Magdalene Church
Rowington Close, W2 5TF

🕒 5-9 August, 10am to 3.30pm

✉️ joanne@grandjunction.org.uk

