



NEWSLETTER
September 2022 -
March 2023



Partnerships
Local Trust
Big Local

Do you live in the Hanwell Big Local area?

(See map on back of the newsletter)

If your answer is **YES** then you are a Hanwell Big Local resident!

What is Hanwell Big Local (HBL)?

It is a 10-year (2015 - 2025) community project covering the Cuckoo, Gurnell, High Lane and Copley estates and surrounding roads. It's led by the HBL Partnership but it belongs to ALL the residents in these areas.

Hanwell Big Local is funded £1million by the Big Lottery over a 10-year period to make a massive, lasting and positive difference to their community.

Hanwell Big Local is in its 8th year of the 10-year project

See our website for more information about how this project will benefit you, your family, the community, how you can contribute and get involved. Hanwell Big Local (HBL) is a local project for local people. Do get in touch with us at Hanwell Community Centre if you would like to get more information.



Hanwell Big Local
C/O EASE (Empowering Action & Social Esteem) Ltd
Hanwell Community Centre
Westcott crescent
Hanwell W7 1PD

Tel 020 8575 6139
hbladmin@empowering-action.org.uk
www.facebook.com/Hanwell-Big-Local
www.hanwellbiglocal.co.uk

Join the HBL mailing list to keep updated about upcoming services by emailing Shazia our HBL Administrator:
hbladmin@empowering-action.org.uk

Hello, my name is Humphrey Hound!
I am available at all Hanwell Big Local events.
Please come and see me!



Hanwell Big Local Partnership

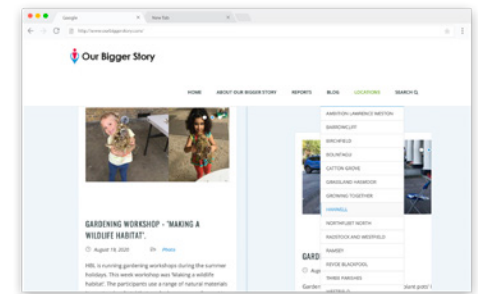
The Partnership is composed of local residents and representatives from residents' associations and local organisations who together are responsible for guiding the overall direction of Hanwell Big Local and decide which projects to run.

Our Locally Trusted Organisation is EASE (Empowering Action & Social Esteem) Ltd who are responsible for distributing the funding, delivering and managing projects.

Our Bigger Story

Have you or your children attended one of our services, courses or local Fun Days? Then visit the website below and follow our Hanwell Big Local's digital journey!

Visit www.ourbiggerstory.com
Go to **Location** Click on **Hanwell**



Our Bigger Story captures what is changing in the Hanwell Big Local area over a ten-year period. It is all being captured on Our Bigger Story's Timeline so that each moment can be viewed for you to enjoy, share, and be proud of.

This site also offers the opportunity to highlight and look at what the other 15 Big Local areas are doing within their communities.

We need you!

You can be part of Hanwell Big Local by:

- Joining HBL email contact list
- Using and benefitting from the projects and activities
- By telling your friends and neighbours about the project
- Keeping up-to-date with what's happening by visiting our website, checking our leaflet stand in the Hanwell Community Centre's reception
- Volunteering your time and skills
- Joining the HBL Partnership

Green Hanwell & Hanwell Arts

Our green-space programme focusses on Copley Woodland. We have completed the initial clearance of brambles, nettles and dead trees, and are developing further planting and landscaping schemes with a local landscaping firm.

The seating/activity areas will be enhanced and upgraded, and one of our public art schemes will be installed here.

We have outlined planning permission for further artworks at Gurnell Grove, Cuckoo Avenue and Bordars Road, and our commissioned artist is well under way with designs and technical details - watch this space!



EASE'S Uplift Course

Women's self-confidence and boundaries Course is available to Hanwell Big Local residents

At Hanwell Community Centre
Every Thursday for 6 weeks
November 3rd to December 8th 2022 / 10am - 12pm



- Area covered will be:
- Healthy boundaries
 - Confidence building
 - Self-Esteem
 - Being assertive
 - Understanding Healthy Relationships

Hanwell Big Local's Photography Competition

Hanwell Big Local invited local residents of the Hanwell Big Local area to enter a photography competition.

There were 3 categories and the themes were Hanwell Nature, Hanwell People and Hanwell Places. Prizes were awarded to the winners at an Award Ceremony and Exhibition.

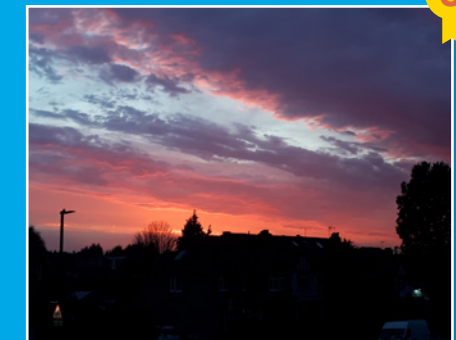
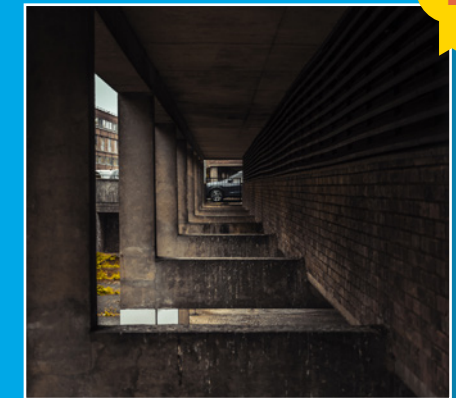
Under 11 years old



12-16 Years



Adults



Courses & Classes

Sewing Courses

Every Tuesday
20th Sept - 11th Oct 2022, 10am - 12pm
10th Jan - 7th Feb 2023, 10am - 12pm
21st Feb - 28th Mar 2023, 10am - 12pm
At Hanwell Community Centre



Learn to use a sewing machine and make a drawstring and a tote bag. The tutor will introduce you to various sewing techniques that will enable you to make a variety of things once you have made the bags. Those who have done the course before may move onto their next project agreed with the tutor.

Hand-Sewn Christmas Decoration Workshop

Tuesday 29th
November 2022
10am - 12pm
At Hanwell
Community Centre



Cooking Workshop

Wed 8th Feb 2023, 12 - 2pm
Thu 23rd Feb 2023, 12 - 2pm
Wed 1st Mar 2023, 12 - 2pm
Thu 9th Mar 2023, 12 - 2pm
At Hanwell Community Centre



Are you looking for a relaxing activity where you can just have fun, learn new recipes and meet new people in your community? Sign up to our cooking workshops!

Creative Art Workshops - Decoupage

Every Tuesday for 4 weeks
1st - 22nd November 2022,
10am - 12pm
At Hanwell Community Centre

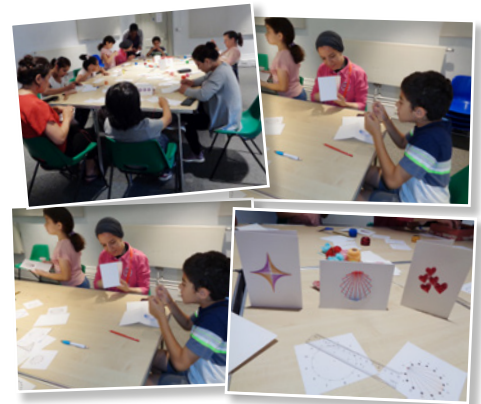
Come along and make a gift box using the decoupage method.



Making a String Art Card

Wednesday 7th Dec 2022
4 - 5.30pm
At Hanwell Community Centre

Handmade cards are the perfect way to brighten someone's day. Learn a new craft, take some time out and express your creativity.



Making a String Art Piece

Wednesday 15th Mar 2023
10am - 1pm
At Hanwell Community Centre

Fill that space on your wall with a handmade piece of art. Learn a new craft and take time out for yourself.



Pilates Classes

Every Wednesday for 6 weeks
14th Sept - 19th Oct 2022, 6 - 7pm
At Hanwell Community Centre

Every Tuesday for 6 weeks
21st Feb - 28th Mar 2023,
11.30am - 12.30pm



These fun Pilates classes are for all health and fitness levels and are also suitable for people with a wide range of medical conditions including osteoporosis, arthritis, lower back & other spine injuries. As a Pilates and movement coach, Maarten Klein, strives to support, educate and challenge you. He will give you the tools to become more aware of your posture and movement so you will leave your class energised, moving better and feeling better.



Yoga Classes

Every Thursday for 6 weeks
3rd Nov - 8th Dec 2022, 5 - 6pm
Every Thursday for 6 weeks
5th Jan - 9th Feb 2023, 5 - 6pm
At Hanwell Community Centre

Yoga classes will be mix of movement, stretching, breathing and guided relaxation. Delivered by Victoria, a passionate yoga teacher for 15 years.

Boxing Classes

Every Friday for 6 weeks
16th Sep - 21st Oct 2022, 6 - 7pm
Every Wednesday for 6 weeks
22nd Feb - 29th Mar 2023, 7 - 8pm
At Hanwell Community Centre

Come and join fun boxing classes.
Learn basic boxing and keep fit skills.



**Advance booking is required for all classes and workshops.
Get creative and socialise!**



Certificate in Employability Skills Hanwell Community Centre, W7 1PD

Hanwell Big Local in partnership with Ealing, Hammersmith and West London College are offering residents of the Hanwell Big Local area 2 accredited courses

The Certificate in Employability Skills is an accredited level 2 qualification that prepares you to enter the world of work or enhance career opportunities for those already in work.

With a focus on having the right mindset, through to practical tips and resources to improve your CV, you will gain valuable interview skills to present yourself to employers in the best possible light.

The course is **FREE** if you meet the following criteria:

- Eligibility (residency) - Must have legally lived in the UK and/or EEA for the past 3 or more years, and can provide evidence (British Passport and/or National Identity Card/Driving licence). EU citizens must have valid EUSS credentials.
- Over 19 years old
- On a low wage (below London living wage) or unemployed and claiming benefits

Registration Day

Monday 26th September 2022, 9.30am - 2.30pm

Certificate in Employability Skills - NCFE Level 1
Every Monday
From 10th October - 14th November 2022
9:30am - 2:30pm

Certificate in Employability Skills - NCFE Level 2
Every Monday
From 16th January - 27th March 2023
9:30am - 2:30pm

You will have to bring ID and proof of the above on the registration day.

For more information please call
Shazia on **020 8575 6139** or email
hbladmin@empowering-action.org.uk



EASE (Empowering Action & Social Esteem) Ltd.
Hanwell Community Centre, W7 1PD
hanwellbiglocal.co.uk / [f Hanwell-Big-Local](https://www.facebook.com/Hanwell-Big-Local)
Charity No: 1098965

HBL Holiday Clubs

Do you have children aged 5-12 years?

Hanwell Big Local fund Bluebells to provide Holiday Clubs at Hanwell Community Centre. Children get the opportunity to participate in a range of activities like Arts & Crafts, Cooking, Sports Activities, Team Games and go on local trips to name a few.



Upcoming Holiday Clubs to look out for

October Holiday Club

Monday 24th - Friday 28th Oct 2022
5 to 7 years 10:10am - 12pm
8 to 12 years 1pm - 3pm

February Holiday Club

Monday 13th - Friday 17th Feb 2023
5 to 7 years 10:10am - 12pm
8 to 12 years 1pm - 3pm

After School Club

For children aged between 6-11 years

EASE in partnership with HBL runs an After-School Club every Thursday at North Hanwell Baptist Church Hall from 3:40pm -5:30pm (term time only). We do a variety of activities like Painting, Drawing, Arts and Crafts, Cooking, Football, Badminton, Table tennis, Team Games and much more.



If you would like more information about any of the children or youth services, please email Benna, EASE's Youth Manager, youthmanager@empowering-action.org.uk or contact us on 020 8575 6139.

Children's Boxing Lessons

Every Sunday (term time only), from 2-3 pm
Ages 10 - 17 years old
All levels and abilities welcome
Top floor at Hanwell Community Centre
Non-contact and no equipment needed



For more information, email at mindboxingealing@gmail.com

I Matter – Life Skills Workshop

All teenagers and young adults aged 11-19 years we are here for you

Hanwell Big Local funds EASE to provide life skills workshops and motivational speaking during our youth club sessions to inform young people and provide knowledge about areas that will impact their lives. Workshops can include first aid, knife crime awareness, mental health and much more.



Some of our upcoming Workshops to look out for, dates to be confirmed. Call EASE on 020 8575 6139 for more information.

- Gang Prevention and Knife Crime awareness
- LGBTQ+
- First Aid
- Equality and Diversity
- Sexual Health and Wellbeing
- Self-Defence

Youth Mentoring

The Young People have the chance to talk to our youth mentors about any problems they may be facing with their day to day life, ask for any advice or guidance.

I've been able to get advice that has helped me.

It's nice to have someone to talk to that doesn't judge you

Youth Council

We are proud to say we have set up a Youth Council with the view that young people's voices are heard within the local community. The Youth Council are passionate about creating changes within the community they live in.

Teen Activities

We are running four Teen Activity Sessions per year at Hanwell Community Centre and Cuckoo Park.

This year we delivered the following sessions: an Arts and Crafts session, a Basketball Match, a Football Match and a Cooking Competition.

Make a difference and VOLUNTEER

Do you share a passion for supporting people in the community?

Trustee

Stay and Play Workers

Marketing & Advertising

Volunteering is a great way for you to connect with your community and make it a better place. You can build key skills and experiences needed for work, and it's great to put on your CV and job applications.

Admin Support

Youth Workers

Ad-hoc Community Work

If you are interested in volunteering with us, then **get in touch!**

Call 020 8575 6139 or email
hbladmin@empowering-action.org.uk

www.hanwellbiglocal.co.uk | www.empowering-action.org.uk

Some of the services we offer

For families with
Children under 5

Stay and Play for Parents/
Carers under 25

Cooking on a budget sessions

Toddler Group

Parent/Toddler Arts
and Crafts

First Aid for
Parents/Carers

Parent/Toddler
Sports sessions

Story and Rhyme Time

For 6-19 year olds

Youth Clubs
(Various sites 11-19)

After School Club (6-11)

Adult Services

Assistance with Benefits,
Housing & Debts

Monthly job search
and CV Club

Uplift (self confidence
course for women)

First Aid course for
the community

Parenting Courses

For more information on the services we provide
please call EASE on 020 8575 6139
EASE (Empowering Action & Social Esteem) LTD
Hanwell Community Centre W7 1PD (Charity No. 1098965)



Small Grants

Are you a Resident, Steering or Community Group, that is based within the HBL area?

What can I apply for?

Hanwell Big Local (HBL) Small Grants are for small groups and residents to run activities where HBL can be publicised, some examples would be:

- Have a barbecue for your block
- A coffee morning
- Gardening tools to help to maintain your block's communal garden
- Run an activity at a school fete or a community fun day
- Help to buy a team strip for a football or netball team
- Summer activity for families

Pictures from St Christopher Christmas Show, Copley Close Funday and Gurnell Grove Funday

In 2022, HBL will welcome applications (£50-£500) from Residents, community groups and individuals who want to do a project that will get people involved and provide opportunities for them to experience new things.

You can get the application form by calling **020 8575 6139** or emailing **hbladmin@empowering-action.org.uk**



Did you know if you are a Hanwell Big Local Resident then you can apply for funding to start a business or get a qualification?



Support Local Businesses Fund

Have you got an idea for a small business? Is the only thing stopping you a lack of equipment or start up resources?

We are here to help you start your business.



What can I apply for?

You can apply for funding for start up resources for example, insurance or publicity.



Training and Development Fund

Have you got an idea for a project or career? Is the only thing stopping you a qualification in your chosen area?



What can I apply for?

You can apply for a qualification which allows you to provide activities and services, for example:

- CELTA - Certificate in Teaching English to speakers of other languages
- Teaching Assistant Level 3
- Zumba or Yoga instructor



This project is to support people:

- To access training opportunities which allow individuals to become qualified to provide activities and services within the local area.
- To get help and support to start a small business.

This is a great way to improve the skills you have to offer and also, to give back to the community so they can benefit from what you have to offer.

What do I need to do?

All we ask for is that you use your qualification or time to give back to the community.

How do I apply?

For more information and to get an application form, please call Shazia on **020 8575 6139** or email **hbladmin@empowering-action.org.uk**

Hanwell Big Local Area

Hanwell Big Local is a community project covering the Cuckoo, Gurnell, High Lane and Copley estates and surrounding roads.



Hanwell Big Local

EASE Ltd

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