



NEWSLETTER
April - August
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 9th 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

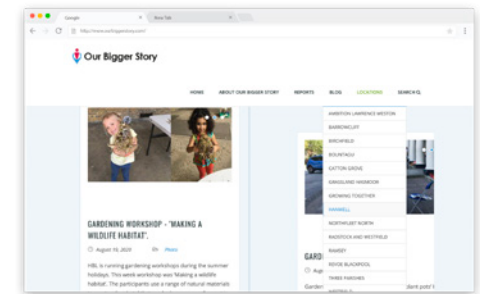
The Partnership is composed of local residents and representatives from residents' associations and local organisations who together are responsible for guiding the overall direction of Hanwell Big Local and decide which projects to run.

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 Facebook page, website, checking our leaflet stand in the Hanwell Community Centre's reception
- Volunteering your time and skills
- Joining the HBL Partnership

Welcome to our Spring-Summer 2023 edition

You'll find information on all our courses and events coming up in the next few months

Sewing Courses

Every Wednesday for 6 weeks
19th April-24th May 2023, 1pm-3pm
7th June-12th July 2023, 1pm-3pm
At Hanwell Community Centre

Learn to use a sewing machine and make a drawstring bag 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.



Let's Get Cooking Workshop

For parents/carers and their children under 5
Thursday 6th July
10am-12pm
At Hanwell Community Centre

Cooking activity for parents/carers and their children under 5 where you can learn, explore and create delicious dishes. This will help children develop important life skills such as fine motor skills, healthy habits and creativity.



Health Talks

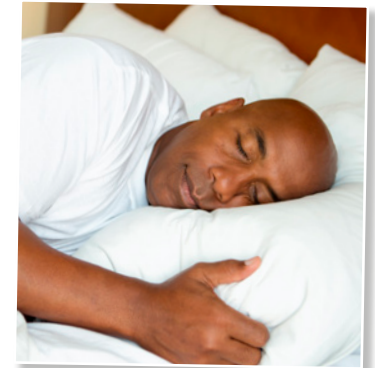
These health workshops aim to provide educational and interactive sessions to increase knowledge around brain and sleep health. This is to support the local community with their self-care and making healthy choices.

These workshops will be delivered by Valentina who is a London based registered Nutritional Therapist and a speaker for the CytoPlan Brain Health Programme. Her passions are educating people on decreasing the risk for cognitive decline and eating delicious food.

Sleep Optimisation Workshop

Thursday 11th May 2023, 6-7pm
At Hanwell Community Centre

To recognise causes of insomnia, sleep hygiene, light quality and the nutrients that support the nervous system and promote deep, restful sleep. To promote good quality sleep and experience different meditations and relaxation practices that help switch-off an over-active mind



Brain Health Workshop

Thursday 22nd June 2023, 10-11am
At Hanwell Community Centre

Get the skills to support your mood through nutrition and lifestyle. You will learn about the "gut brain axis" and the importance of gut health for cognition and mood. We will also explore what types of nutrients are key to avoid mood swings and cravings, and end our session with practical lifestyle mood supporting suggestions.



Pilates Classes

Every Thursday for 6 weeks
8th June-13th July 2023, from 6-7pm
At Hanwell Community Centre

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.

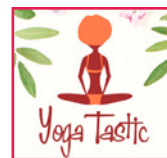
As a Pilates and movement coach, Maarten Klein, strives to support, educate and challenge you. He will give you the tools to become more aware of your posture and movement so you will leave your class energised, moving better and feeling better.



Yoga Classes

Every Thursday for 6 weeks
20th April-25th May 2023
From 10-11am
At Hanwell Community Centre

Yoga classes will be a 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
21st April-26th May 2023, from 6-7pm
At Hanwell Community Centre

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



First Aid Workshop

For parents/carers of children under 5
Thursday 29th June
From 10-1pm
At Hanwell Community Centre

Parents/carers will learn basic first aid techniques including CPR. A qualified instructor makes learning fun and interactive, while supporting you to develop confidence to act in an emergency situation.



Social Club

Starting from 19th April 2023
Every Wednesday morning
From 10am-12pm
At Hanwell Community Centre

Connecting with other people is one of the five ways to wellbeing. Social relationships are really important for our mental health and wellbeing.

Join our HBL Social Club at Hanwell Community Centre. Meet new people, make friends, and have fun!

Tea and coffee will be provided!



Walk and Talk

Thursday 6th July 2023
From 12-2pm
At Hanwell Community Centre

Let's meet at the Hanwell Community Centre for a friendly tour of the local area.



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



IT Courses

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 two IT courses.

Registration Day

Monday 17th April 2023
9.30am-1.00pm

Digital Skills Entry 3
Every Monday for 4 weeks
24th April-22nd May 2023
9:30am - 1.00pm

Registration Day

Monday 22nd May 2023
1.30-4.30pm

Digital Skills Level 1
Every Monday for 7 weeks
5th June-17th July 2023
9:30am - 1.30pm

These courses are **FREE** if you meet the eligibility criteria.

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 just to name a few.



Upcoming Holiday Clubs to look out for

April Holiday Club

Monday 3rd - Thursday 6th April 2023
5 to 7 years 10am-12pm
8 to 12 years 1pm-3pm

Summer Holiday Club

Monday 24th July - Friday 4th August
5 to 7 years 9.30am-11.30am
7 to 10 years 12pm-2pm
8 to 12 years 2.30pm-4.30pm

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 such as 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.



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 life. Workshops can include first aid, knife crime awareness, mental health, money management 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
- Money Management
- LGBTQ+
- First Aid
- Equality and Diversity
- Sexual Health and Wellbeing
- Self-Defence

Youth Mentoring

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

I enjoy having 1 to 1 mentoring sessions, so I can talk about the things that are bothering me

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

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. Lookout for our youth council projects this year!

Teen Activities

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

Some of the FREE services we offer

Copley Close Children's Centre @ EASE – Under 5s

- Stay and Play
- Cooking Sessions
- Toddler Group
- First Aid Awareness for Parents/Carers
- Baby Massage Classes
- Messy Play
- Baby Club
- Fussy Eating Workshop

Children & Young People

- After School Club (6–11 years)
- Youth Clubs
(Various sites 11–19)

Adult Services

- Assistance with Benefits, Housing & Debts
- ESOL (English for Speakers of Other Languages) Courses
- Uplift (self confidence course for women)
- First Aid course for the community
- Parenting Programme

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)



THE REFRESH PROJECT



Do you need to talk to someone?

Our qualified professional will support you through **free** and **confidential** 1:1 sessions for up to 16 weeks.

- This is a listening service that allows you to be heard
- Explore how to feel empowered to make changes

For more information, or to book onto The Refresh Project
call us on **020 8575 6139** or **07903 228 993**
or email therefreshproject@empowering-action.org.uk



Hanwell Arts

In our Hanwell Arts projects, we are pressing on with two sites; Copley Woodland, and the junction of Greenford Avenue/Bordars Road - opposite the local shops.

We've got outline planning consent and are waiting for consent for the details, which should come through soon.

The designs are nearly finalised - so watch this space; we hope to complete the installations later this year.



Fun Day

Coming in June!

Join the HBL mailing list to keep updated about Funday and other services.

- Bouncy Castle
- Arts and Crafts
- Interactive workshops
- Face Painting
- Food and refreshments
- And much more...

Pictures opposite are from the Funday in 2022. A great day had by all!



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



In 2023, 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

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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