



NEWSLETTER
SEP 2023 - MAR 2024

Courses and activities for adults and children



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

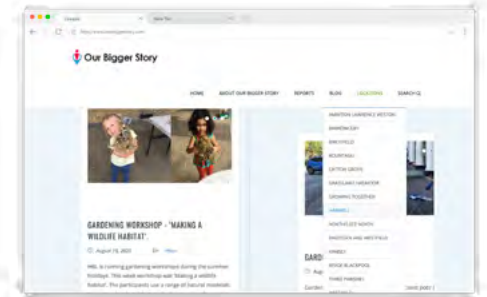
The Partnership is composed of local residents and representatives from residents' associations and local organisations who together are responsible for guiding the overall direction of Hanwell Big Local and decide which projects to run.

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

Welcome to our Autumn-Winter 2023 edition

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

Let's Get Cooking Workshop

For adults only
Thursday 29th February 2024
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 for our cooking workshop!



Sewing Courses

Every Tuesday for 5 weeks
19th Sep-17th Oct 2023, 10am-12pm
Every Tuesday for 4 weeks
31st Oct-21st Nov 2023, 10am-12pm
Every Tuesday for 6 weeks
20th Feb-26th Mar 2024, 10am-12pm
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 as agreed with the tutor.



Hand-Sewn Christmas Decoration Workshop

Tuesday 28th
November 2023
10am - 12pm
At Hanwell
Community Centre



Making a String Art Card

Wednesday 29th Nov 2023
From 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 6th Mar 2024
From 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.

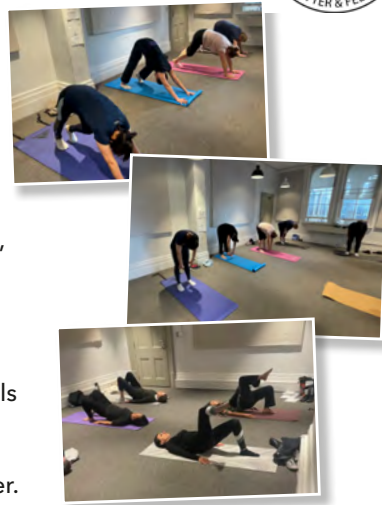


Pilates Classes

Every Thursday for 6 weeks
14th Sep-19th Oct 2023, from 6-7pm
Every Tuesday for 6 weeks
20th Feb-26th Mar 2024, from 12-1pm
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 the class energised, moving better and feeling better.



Yoga Classes

Every Thursday for 6 weeks
2nd Nov-7th Dec 2023
From 5-6pm
Every Thursday for 6 weeks
11th Jan-15th Feb 2024
From 5-6pm
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
15th Sep-20th Oct 2023
23rd Feb-29th Mar 2024
From 6-7pm
At Hanwell Community Centre

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



First Aid Workshop

March 2024
Date TBC
At Hanwell Community Centre

You 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 5th September 2023
Every Tuesday afternoon
From 1-3pm
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!



Health Talks

These health workshops aim to provide educational and interactive sessions to increase knowledge around health. This is to support the local community with their self-care and healthy choices. These workshops will be delivered by Valentina, who is a London based registered Nutritional Therapist.

Heart Health Workshop

Friday 20th October 2023, 10am-11am
At Hanwell Community Centre

Gain a better understanding of how your heart works, and how you can optimise cardiovascular function through simple lifestyle and diet changes.



To stress or not to stress

Friday 9th February 2024, 10-11am
At Hanwell Community Centre

How to support your body and mind to function optimally in a society where stress is part of our daily life.



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

Hanwell Arts & Green Hanwell

Our public art and green conservation plans for Copley Woodland are delayed for the moment due to holidays in the planning department and difficulties managing the undergrowth.



STOP PRESS: We have now made contact with the man who can provide and manage the grazing pigs, and we have met the pigs!! (Tamworth and Gloucester old spot). We are meeting soon on site to agree all the practical details. So, with the help of the pigs we should soon be rid of the nettle menace, and be able to press on with our plans.

The planning officers assure us that we will have planning permission soon, and we are in touch with an organisation who may be able to provide and manage the pigs. So, we hope to progress matters further very soon.

For the public art on site at the junction of Bordars Road and Greenford Avenue, the partnership have decided which of the artists' ideas to proceed with and she is pressing ahead with more detailed designs.



EASE'S Uplift Course



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

Areas covered will be:

- Healthy boundaries
- Confidence building
- Self-Esteem
- Being assertive
- Understanding Healthy Relationships

At Hanwell
Community Centre
Every Thursday for 6 weeks
From 2nd Nov-7th Dec 2023
9:30am-11:30am

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



October Holiday Club

Monday 23rd-Friday 27th Oct 2023
5 to 7 years 10am-12pm
8 to 12 years 1pm-3pm

February Holiday Club

Monday 12th-Friday 16th Feb 2024
5 to 7 years 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 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 her on **07903 526325**.



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 **Benna** on **07903 526325** for more information.

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

Teen Activities

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

Arts & Crafts Sessions

Thursday 26th October 2023, 4-6pm

Cooking Competition

Saturday 17th February 2024, 12-4pm



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.

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. Look out for our youth council projects this year!

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



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.

The purpose of these qualifications is to allow learners to demonstrate understanding of, and competency in, the essential digital skills they need for life. It will enable learners to engage with digital services and products in everyday life.

Areas covered will be:

- Being safe and responsible online and on digital devices
- Using digital devices and handling information
- Creating and editing
- Digital communication
- Transacting digitally

These courses are **FREE** if you meet the following eligibility 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
- You will have to bring ID and proof of the above on the registration day.

Registration Day

Monday 18th September 2023
At 10am

Essential Digital Skills
(NCFE Entry 3)

Every Monday and Friday
(9 sessions)

22nd Sept-Fri 20th Oct 2023
10am-3pm

Registration Day

Monday 19th February 2024
At 10am

Essential Digital Skills
Level 1

Every Monday and Friday
(9 sessions)

23rd Feb-22nd Mar 2024
10am-3pm



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.



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