

Our final year of Hanwell 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!

About Hanwell Big Local

Our final year. This coming year, to March 2025, is the final year of the 10-year 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. In our final year, we will continue with our range of activities and support services for residents including childrens' holiday clubs, physical activities and social support.

In addition we will conclude our Copley Woodland and Hanwell Arts projects.

HBL is funded £1million by the Big Lottery over the 10-year period to make a massive, lasting and positive difference to their community. It is a local project for local people.

Do look at our website and also 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:
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 guides the overall direction of Hanwell Big Local and decides which projects to run. It is composed of local residents and representatives from residents' associations and local organisations.

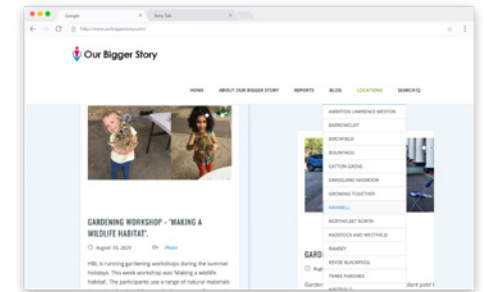
EASE (Empowering Action & Social Esteem) Ltd is our Locally Trusted Organisation. EASE is responsible for distributing the funding, delivering and managing projects.

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.

Be part of Hanwell Big Local by...

- Joining HBL email contact list
- Using and benefitting from the projects and activities
- 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
- By telling your friends and neighbours about the project
- If you live on Copley Close, we would particularly like to hear from you about our plans for Copley Woodland. If you think you would like to be involved in the decision making, get in touch.

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 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.



That Gut Feeling

Friday 21st June 2024,
Friday 10-11am, at
Hanwell Community Centre

A nutrition workshop to help you understand why the gut is key to overall health, what foods can support it, and which lifestyle changes can further optimise it.

Learn practical and realistic tips that you can start to incorporate in your wellness journey, back to a healthier and happier you!

Look out for further workshops later in the year:

29th November 2024
Eating Healthy on a Budget

24th January 2025
Brain Health

14th March 2025
Sleep Well

Sewing Courses

16th April-21st May 2024
Tuesdays from 10am-12pm,
for 6 weeks 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.

Look out for further workshops later in the year:



10th September-15th October 2024
7th January-11th February 2025

Let's Get Cooking Workshop

For adults only
Dates to be confirmed
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!



Pilates Classes

6th June-11th July 2024

Thursdays from 5.30-6.30pm for 6 weeks
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.

Look out for further dates in November 2024 and January 2025.



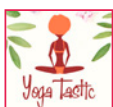
Yoga Classes

18th April-23rd May 2024

Thursdays from 5-6pm for 6 weeks
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.

Look out for further dates in November 2024 and January 2025.



Boxing Classes

19th April-24th May 2024

Fridays from 6-7pm for 6 weeks
At Hanwell Community Centre

Come and join fun boxing classes. Learn basic boxing and keep fit skills. Further dates in September 2024 and February 2025.



First Aid Workshop

Dates TBC

Please check for updates
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

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!





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
**ADVANCE BOOKING
IS REQUIRED**
020 8575 6139

Five Ways to Wellbeing

Dates TBC
At Hanwell Community Centre

Wellbeing is feeling good about yourself, the world around you and functioning well in everyday life, most of the time. Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing. Trying these things out could help you feel more positive and able to get the most out of life. They are:

- Connect
- Be active
- Take notice
- Keep learning
- Give



Small improvements in wellbeing can increase our ability to lead a more fulfilling life. Each action in the Five Ways to Wellbeing can make a positive difference to your life. The Five Ways to Wellbeing are free and easy to incorporate into your life - you're already probably doing some of these actions without being aware of it!

Come along to this free 2-hour session to find out more about how you can get the most from the Five Ways to Wellbeing, and try to combine all of them into your life on a daily basis.



Employment and Careers Advice

A NEW WEEKLY SERVICE FOR THE LOCAL COMMUNITY

Do you want help or support to write a CV or cover letter?
Need assistance with looking for a job or developing your career?
Appointments every **Wednesday and Thursday from 9am-2pm**, for:

- One-to-one advice
- Job application and support and guidance
- Structured job search
- Workshops
- Information on training opportunities
- Career coaching
- Interview practice and techniques

By appointment only. For more information or to book an appointment, call us on **07939 941 233** or email **EASE at careers@empowering-action.org.uk**.



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

1st April-5th April 2024
5 to 7 years 10am-12pm
8 to 12 years 1pm-3pm

July Holiday Club

29th July-9th August 2024
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 at EASE 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 Youth Council

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.

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!

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.

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

Children & Young People

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

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
London 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



THE REFRESH PROJECT



Volunteer Opportunities

We are looking for volunteers to assist the project, as well as setting up and running support groups, to improve community well-being.

We offer you a **FREE Diploma in Counselling Skills Course** (limited spaces and terms & conditions apply).

The Refresh Coach, our qualified professional, will provide clients with up to 16 free and confidential 1:1 sessions, as well as community support groups.

For more information, call us on 020 8575 6139 or 07903 228 993 or email therefreshproject@empowering-action.org.uk

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

Hanwell Arts

We are in the final stages of getting planning permission for our art installation at the junction of Greenford Avenue and Bordars Road. This will enhance the local environment for all those using our local shopping centre, and passengers on E1, E3 and E11 buses.

Green Hanwell

In Copley Woodland we are still working on our plans to upgrade this area and install furniture and art, so that this little haven of wildlife can reach its maximum potential. If you live on Copley Close, your 1st edition of the Copley Whistle tells you more about it. There are still practical and planning problems to overcome, and we need local involvement to help us close the deal with the council. So if you are a Copley resident, and think you would like to get involved, please get in touch.



Pictures from Hanwell Big Local Fun Day



Coming in June

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

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

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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