

Community Centre

Calendar

Here's a round-up of community centre activities for the coming months:



TUESDAYS

Workclub

Help to search for work, writing an effective CV and improving your interview skills.

Every Tuesday 10am–2pm.

Ealing IAPT

(Increasing Access to Psychological Therapies)

Face-to-face talking therapy for stress, anxiety or mild depression.

Every Tuesday 10am–2pm.

Money matters

Help including budgeting and advice on applying for a Catalyst grant.

Last Tuesday of the month 10am–2pm.

Energy advice

How to reduce the household energy bills.

First Tuesday of the month 10am–2pm.

WEDNESDAYS

Stay & play

For children under 5 and their parents or carers.

Every Wednesday during term time 9.30–11am.

Stress management training

Worry management, relaxation exercise, improving sleep and problem solving.

Until 3 February 12–1.30pm.

Evening training is also available. For more information and to book a place please call Gurpreet on 07773 475690

THURSDAYS

Homework club

For 8-18 years.

Every Thursday from 21 January 4–5pm.

Football samurai

For 8-11 years.

Every Thursday from 21 January 5–6.30pm.

Youth club

For 11-18 years.

Every Thursday from 21 January 6.30–9pm.

FRIDAYS

Dealing with long-term illness

Self-management course – for people with diabetes, arthritis, asthma, pain conditions, high blood pressure, epilepsy and other long term conditions.

The content of the course includes goal setting; action planning; nutrition; relaxation techniques; physical activity; and stress, pain and fatigue management. It is delivered by facilitators who also suffer from a long term condition.

Course will be delivered over a period of 6 weeks on Fridays from 12 February – 18 March 2016. For more information and book a place please call Deamion 020 3137 3373 or email deamion@livingwellcic.com



This magazine provides information about housing news and events in your local area. If you need any part of this information in large print, Braille, on CD or explained in your own language, please contact us.

Arabic

تمدك هذه الوثيقة بالمعلومات اللازمة عن أخبار الإسكان والأحداث والأنباء المحلية. إذا كنت ترغب في الحصول على أي جزء من هذه المعلومات مطبوعاً بأحرف كبيرة أو بطريقة برايل أو مسجلاً على اسطوانة مدمجة أو شريط صوتي أو مشروحاً باللغة التي تتحدثها، يرجى الاتصال بنا على الرقم الموضح أدناه.

Gujarati

આ દસ્તાવેજ ઘરના સમાચારો, પ્રસંગો અને સ્થાનિક માહિતી વિશે માહિતી આપે છે. જો તમારે કોઈ પણ ભાગની આ માહિતી ઊંઠક, સીડી ઉપર, ઑડિયો ટેપ અથવા તમારી પોતાની ભાષામાં સમજી શકો તેની જરૂર હોય તો નીચે જણાવેલ નંબર ઉપર અમારો સંપર્ક કરો.

Hindi

यह दस्तावेज़ आवासीय खबरों, आयोजनों और स्थानीय सूचना के बारे में जानकारी देता है। अगर आप इस जानकारी के किसी भी हिस्से को ब्रेल, सीडी, ऑडियो टेप में चाहते हैं या अपनी भाषा में समझना चाहते हैं, तो कृपया नीचे दिए गए नम्बर पर हमसे सम्पर्क करें।

Polish

Niniejszy dokument zawiera nowości z rynku mieszkaniowego, informacje o wydarzeniach społecznych oraz doniesienia miejscowe. Jeżeli potrzebujesz aby całość lub część tego tekstu były przedstawione większą czcionką, w języku Braille'a, na nośniku CD, na kasecie audio lub zostały przetłumaczone na Twój język ojczysty, prosimy o kontakt pod numerem podanym niżej.

Portuguese

Este documento proporciona-lhe informações sobre notícias sobre habitação, factos e informação local. Se necessitar de parte desta informação em caracteres aumentados, em Braille, em CD, cassette áudio ou apresentada no seu idioma, por favor contacte-nos, através do telefone abaixo indicado.

Punjabi

ਇਹ ਦਸਤਾਵੇਜ਼ ਹਾਊਸਿੰਗ ਖ਼ਬਰਾਂ, ਪ੍ਰੋਗਰਾਮਾਂ ਅਤੇ ਸਥਾਨਕ ਸੂਚਨਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੰਦਾ ਹੈ। ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਦੇ ਕਿਸੇ ਹਿੱਸੇ ਨੂੰ ਬ੍ਰੇਲ, ਸੀਡੀ, ਆਡੀਓ ਟੇਪ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਜਾਂ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਸਮਝਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਸਾਨੂੰ ਸੰਪਰਕ ਕਰੋ।

Somali

Dokumentigan wuxuu ku saabsan yahay warka cusub oo guriyo, dhacdooyin iyo gobol ah. Haddaad u baahan tahay warkan afkaaga-hooyo, afka loogu talagalay dadka aan arki karaan – afka faraha ama CD-ga ama ajeladda rekorka nala xirir. Namberkan isticmaal.

Urdu

یہ دستاویز اقامت گاہوں کی خبریں، واقعات اور مقامی معلومات کے بارے میں جانکاری دیتا ہے۔ ان معلومات کے کسی حصہ کی اگر آپ کو بریل، سی ڈی، آڈیو ٹیپ یا اپنی زبان میں وضاحت کی ضرورت ہو تو، براہ کرم ہم سے نیچے دیے گئے نمبر پر رابطہ کریں۔

Contacts

✉ FriaryPark@chg.org.uk

🐦 @FriaryParkActon

👉 www.chg.org.uk/friary-park

📘 'Friary Park, Acton'

☎ Linda Masetti – 020 8832 3376



Catalyst

January 2016

Regeneration of Friary Park

Building a better
future

We work with local partners to improve the prospects of local residents in areas where they live. As part of our high-quality homes, we have implemented regeneration schemes that help neighbourho

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Catalyst

Friary Park Residents Steering Group

What we do

“The Friary Park Residents Steering Group was set up in October 2014. Since then the group has gone from strength to strength. Initially, the steering group was set up by a small number of residents, with support from Catalyst’s Resident Involvement Team. We were apprehensive about the regeneration and Catalyst in general. There were 4 active members at the start, and today we have a committee of 12 active members.

The Resident Involvement Team organised a number of training courses that FPRSG members believe have been hugely beneficial to us. These courses helped us gain a better understanding of the roles we have taken on and the responsibilities we have when representing the residents of Friary Park. The training included Committee Skills, Partnership Working, Housing Law and Value for Money. These courses have helped group members to broaden their understanding of regeneration and housing issues in general.

The FPRSG meet with Catalyst on a monthly basis. These meetings have helped the group to answer a lot of concerns that residents had regarding the decanting process and allocation of new homes, for example. We hope to further improve relations between residents and Catalyst with transparent communications.

In July we organised a Summer BBQ to get residents to engage and become more involved in the regeneration project. The event was a great success and feedback was positive. Previously uninvolved residents got to meet the FPRSG members and ask them questions. On the day one resident signed up to join the group. This led to the FPRSG having a very successful first meeting with the residents in September 2015. Since the first meeting one more resident has joined the Steering Group. This is testament to the great work the FPRSG has done to date.”

*Cecilia Aridegbe (Chair)
& Diane Lewis (Secretary)*



Working with the Residents Steering Group

Catalyst is committed to working with the Friary Park Residents Steering Group and continues to meet with them monthly. Guests at recent RSG meetings have covered topics such as succession rights, compensation, housing association right-to-buy and the repairs service.

Catalyst’s Area Housing Manager from Portobello Square is now regularly attending meetings to explain how the rehousing process will be organised. At December’s meeting someone from Catalyst’s Sales & Marketing team discussed shared ownership and included examples.

In January Catalyst Gateway will be outlining the additional support provided to help residents into work, working with children, English conversation club and improving health.

We will continue to arrange site visits for residents to other regeneration projects to share knowledge and experience.

Friary Park residents visit



another Catalyst regeneration project

On Saturday 21st November a group of Friary Park residents went to visit Portobello Square in North Kensington. The purpose of the trip was to see another Catalyst estate which is being demolished and rebuilt with a mixture of rented and for-sale homes and to talk to residents about their experiences.

Diane Lewis, Secretary of the Friary Park Residents Steering Group (FPRSG), was one of the people who went on the visit. This is what she thought;

“My favourite part of the trip was visiting Mr and Mrs West’s home. It was great to see how happy they were about their new home. At first I was concerned that the new homes on Friary Park may have kitchens that don’t have windows but seeing Mr and Mrs West home I can see that it can be done right because their kitchen had a lot of light! I liked the little touches like moving the washing machine out of the kitchen into an airing cupboard, I think that it made the kitchen more spacious

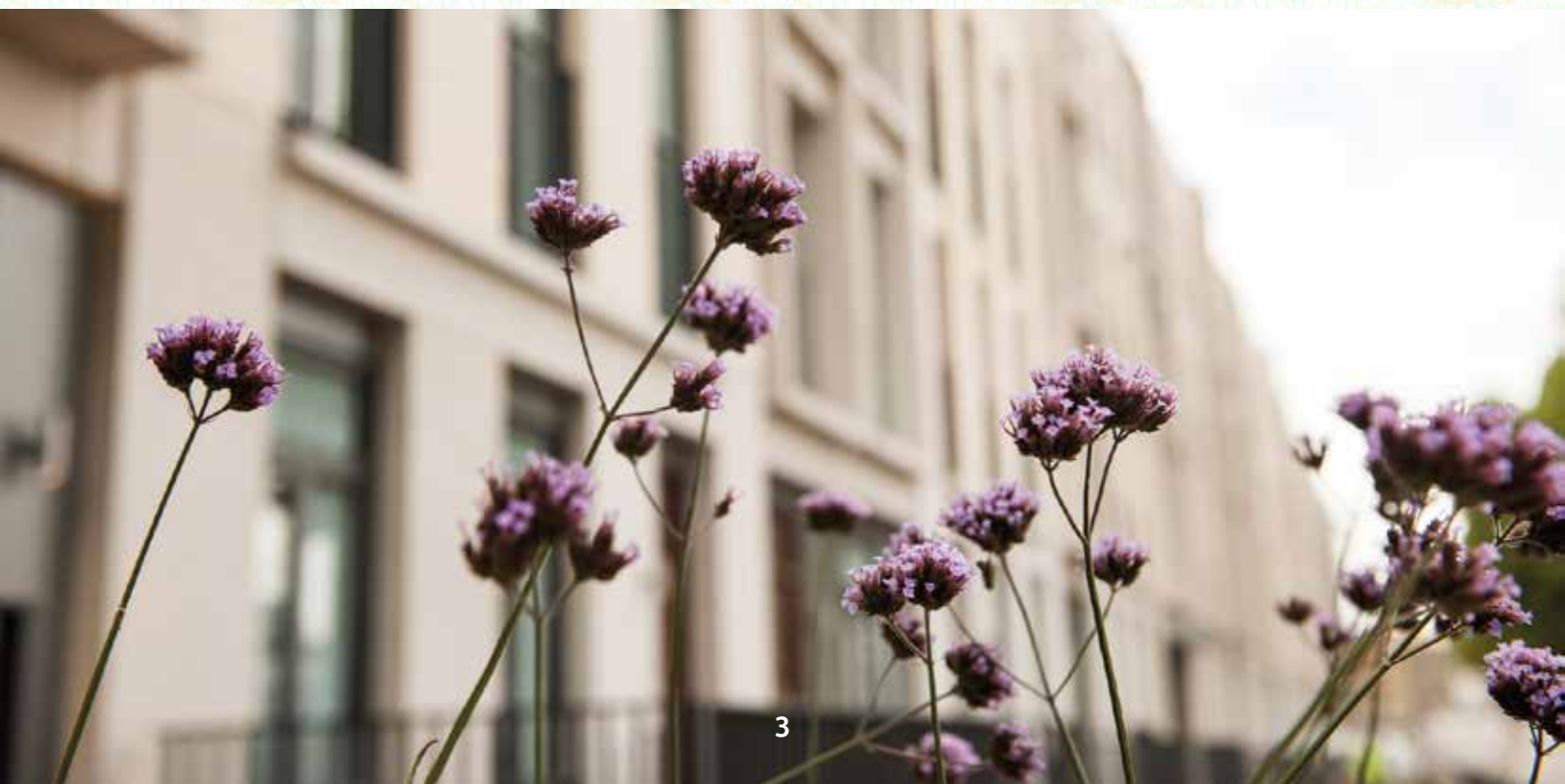
and functional. The day we went to visit it was really cold and their property was warm even though there was no heating on. I was surprised and happy to hear that Mr and Mrs West are saving money on their bills now.”


“It was important for me to see how people were living before the regeneration. It was good to see the properties that were about to get knocked down. We also got to see the construction site and how that was being managed.”

“We got to speak to residents and they were honest with us about their service charges going up but they felt that it was worth it. One of the residents talked about the

lack of space that she previously had which is something that I completely relate to. She talked about how that affected her children and how they couldn’t have friends come over. Now her children have friends over all the time and are proud of where they live.”

“Because of the trip a lot more people from the RSG are able to visualize the future of Friary Park. People are excited about the regeneration. Since not everyone from the FPRSG went on the trip, we have been keen to give our feedback to others on the estate and therefore a lot of people are excited!”





Re-housing options

If you are currently in high housing need (for example, if you are overcrowded or have a medical priority for a move) you can register on Locata to bid for another property. You can also swap homes with other council or housing association tenants through Locata or Homeswapper.

However, until we get planning permission for the redevelopment we will not be able to give you any additional priority to be re-housed off Friary Park. We can discuss individual re-housing options with you and we are particularly keen to talk to tenants in phase 1 of the proposed redevelopment.

Tenants who are in phase 1 who are in high housing need and want a more suitable property locally will be considered for any properties in later phases that become vacant. These opportunities will be considered on a case-by-case basis.

To find out more about your options and to see if there is a mutual exchange event near you, contact your neighbourhood manager on **0300 456 2099**.

We will soon be visiting Friary Park residents to check our records are up to date and discuss your housing needs. We look forward to seeing you.

Volunteers recognised for their work on Friary Park



Two local residents who volunteered to support 14 people to improve their spoken and written English during last year have used their experience to go on to further exciting roles.

Samantha and Gorica have facilitated an English conversation club in Friary Park community centre since February. Prior to setting up the club, both volunteers were trained and obtained a 'Learning Support Practitioner' level 3 City & Guilds qualification.

Samantha has said: "seeing the learners' improve gives me a sense of achievement, makes me feel better inside and I know I am doing the right thing".

The training and the volunteering experience have given Gorica and Samantha the skills and confidence to develop a professional career in teaching. Gorica is starting her teaching training this year. Samantha has been offered a role supporting learners in a library in central London.

If you would like to find out more about volunteering opportunities please contact Catalyst on **0300 456 2099**.

