

Local Trust | Big Local



**Heston West
Community
Partnership**

**Bringing it
all together**

HESTON WEST BIG LOCAL

**WINTER/SPRING ACTIVITIES GUIDE
JANUARY TO APRIL 2019**





HEALTHY FAMILY COOKING CLUB



WHAT'S ON IN HESTON WEST!

OUR WEEKLY GUIDE FROM JAN-APRIL 2019

MONDAY

MORNING YOGA CLUB | 10-11AM | Brabazon Community Centre | £2.50
WELCOME BINGO CLUB (OVER 60s) | 1-3PM | Cranford Community College | FREE
YOGA CLUB | 5-6PM | Cranford Community College | £2.50
IRISH MORRIS DANCE* | 6.30-7.30PM | Cranford Community College | FREE STARTS FEB

TUESDAY

PARENTS & TODDLERS GROUP | 9.30-11.30AM | Brabazon Community Centre | FREE
ART SOCIAL DROP-IN CLUB* | 1-5PM | Brabazon Community Centre | FREE
CREATIVE CLUB (6-11YRS) | 3.15-4.30PM | Berkeley Academy | FREE
YOUTH DEBATES CLUB | 4.30-6PM | Cranford Community College | FREE
YOGA CLUB | 5-6PM | Cranford Community College | £2.50
LATIN AMERICAN DANCE | 6.30-7.30PM | Cranford Community College | FREE STARTS FEB

WEDNESDAY

YOUTH SPEAKING CLUB | 3.30-4.30PM | Cranford Community College | FREE
WALKING FOOTBALL | 6-7PM | Cranford Community College | FREE STARTS MARCH

THURSDAY

YOUTH FOOTBALL (YRS 5-6) | 3.30-4.30PM | Berkeley Academy | FREE STARTS FEB
DIGITAL IT CLUB—BEGINNERS* | 5-6.30PM | Cranford Community College | FREE STARTS FEB
FAMILY BOXING CLUB | 6.30-7.30PM | Cranford Community College | FREE

FRIDAY

KIDS FUN CLUB (5-10YRS) | 3.20-4.30PM | Berkeley Academy | FREE
FAMILY FUN FITNESS | 6.30-7.30PM | Cranford Community College | FREE

SATURDAY

FAMILY COOKING CLUB | 11.30-1PM | Cranford Community College | FREE STARTS FEB
MULTI-SPORTS (5-12YRS) | 2-4PM | Cranford Community College | FREE

SUNDAY

YOUTH FILMMAKING CLUB | 10.30-4PM | Cranford Community College | FREE
FASHION CLUB | 11-1PM | Cranford Community College | FREE/£3.50 ADULTS

All activities are subjected to first come basis as spaces are limited.
Please visit www.hestonwest.org/whats-on to book your space
contact Taz on 07840047771.

*Funded by London Borough of Hounslow





JOIN OUR BIG LOCAL YOUTH ACTION TEAM!

OPPORTUNITY TO WEAR OUR FAMOUS YELLOW T-SHIRTS AND HELP MAKE A DIFFERENCE TO YOUR LOCAL COMMUNITY AND LIFE!

Made up of volunteers age 10 - 18yrs, the Big Local Youth Action Team actively participate in the work of the Heston West Big Local, engage with public decision making and inspire other young people while developing team work and communication skills. Youth Action Team members receive guidance and training while participating in projects that have a real positive impact in our community.

The Big Local Youth Action Team work on a variety of exciting projects from organising events, community activities, making films or campaigning on the issues important to themselves and our local community. Some of our young people have even progressed into paid employment!



GET INVOLVED! If you are aged 10 -18yrs, living or studying in the Heston West Big Local area, why not apply?

This is your opportunity to actively contribute to your community whilst gaining life skills and work experience that employers and universities value. Join us to volunteer for your Duke of Edinburgh Award . We are also Arts Award accredited .

For more information please visit www.hestonwest.org/youth-action-team or contact Taz Virdee on 07840047771

SIGN UP TO GET INVOLVED WITH OUR NEW HESTON WEST RUGBY TEAM FOR ADULTS!



STARTING MARCH 2019

**ALL ABILITIES WELCOME | 18YRS+
FOR MORE INFO PLEASE CONTACT
TAZ ON 07840047771**



COMMUNITY EVENT PLANNING

eat sleep create repeat



Creative Club@



YEAH DUDE!

Berkeley Academy
Tuesdays 3:15 - 4:30pm (term time)

Drama

explore your creativity
"and make new friends"



Ages 6-11 years

There is no charge for the club but
please book before attending.

POP

in and have some
FUN



NEW members
always welcome

((101))



Email

Rachel@bouncetheatre.com for more info
or call: 07412384383

Follow us on Instagram @bouncetheatre_london Local Trust Big Local

Hendon Wood
Community
Partnership
Bringing it
all together

PARENTS + TODDLERS

TUESDAYS FROM 9.30-11.30AM
BRABAZON COMMUNITY CENTRE



IT'S FREE! LIMITED SPACES, FIRST COME BASIS.

For residents living on the Redwood, Harlech & Brabazon estates.

Please contact Taz to register your interest on 07840047771

www.hestonwest.org/parents-and-toddlers-club

Join us for tea, chat and creative activities for parent and child.

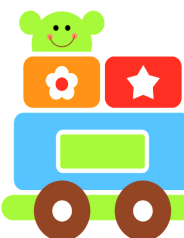
Activities are relaxed, informal and a chance to meet new people who are happy to chat.



Maternal Wellness
Workshops



Hip Hop Yoga



Photography



Storytelling & Art

MULTI-SPORTS

For Children 5-12yrs



Venue: Cranford Community College
Date: Saturdays (term time only)
Time: 2 to 4pm
Price: FREE

To book your FREE space* please contact Taz on 07840047771
or visit: www.hestonwest.org
STARTS 6TH OCTOBER 2018

***Spaces limited — first come basis**





COMMUNITY CLEAN UP DAYS

made

make a difference entertainment

IN HESTON WEST

YOUTH FILMMAKING CLUB

11-18YRS

EVERY SUNDAY 10.30 TO 4.30PM FREE

CRANFORD COMMUNITY COLLEGE

**TO SIGN UP PLEASE CONTACT TAZ ON 07840047771
WWW.HESTONWEST.ORG/MADE-IN-HESTON-WEST**



**BIG LOCAL MADE IN HESTON
YOUTH FILM-MAKING PRO**



**BIG LOCAL COMMUNITY
VOLUNTEER AWARDS 1:53:35**



**Big Local Community
Spring Clean Up Day 2:34**

FASHION REFORM



An Intergenerational project
Led by our Youth Action Team member
Harpreet Kaur in partnership with
Sunshine of Hounslow



14yrs+

**BE YOU, BE
TIMELESS**
Recycle
Revamp
Re-wear



SUNDAYS 11-1PM

(FREE for Under 18s & £3.50 for Adults)

Cranford Community College

CONTACT TAZ ON 07840047771 OR SHARNJEET ON 07878990874



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**COMMUNITY CHRISTMAS
GIFT DONATIONS TO LOCAL RESIDENTS**

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YOUTH FOOTBALL

YEARS 5 & 6

JOIN THE NEW HESTON WEST YOUTH FOOTBALL CLUB

THURSDAYS

3.30 TO 4.30PM

STARTS 7TH FEBRUARY 2019

IT'S FREE BUT LIMITED SPACES! FIRST COME BASIS
FOR MORE INFO CONTACT TAZ VIRDEE ON 07840047771

HESTON WEST

BERKELEY ACADEMY, CRANFORD LANE,
HESTON, TW5 9HQ

OPEN FOR CHILDREN IN YEARS 5 & 6

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REGISTER ONLINE AT
WWW.HESTONWEST.ORG/FOOTBALL

WE ARE LOOKING FOR
VOLUNTEERS
GET IN TOUCH | NO COACHING
EXPERIENCE REQUIRED
PARENTS & GUARDIANS WELCOME



VOLUNTEER COMMUNITY AWARDS CELEBRATION



BRENTFORD FC
COMMUNITY SPORTS TRUST

It's the beautiful game without the running
**INTERGENERATIONAL & INCLUSIVE
WALKING FOOTBALL**



Register yourself on the day! Children under 13YRS must be accompanied by an adult/older sibling (14YRS+) to partake.

FULLY INCLUSIVE | 8-80YRS+ | FRIENDLY FUN

Venue: Cranford Community College Astro Pitch

Date: Wednesdays — FROM MARCH 2019

Time: 6 to 7pm

Price: FREE



**FOR MORE INFO PLEASE CONTACT TAZ ON 07840047771
OR VISIT WWW.HESTONWEST.ORG**

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FAMILY BOXING CLUB

PUNCH YOUR WAY TOWARDS SUCCESS!

**RE-STARTS THURSDAY 17TH JANUARY 2019 FOR 10 WEEKS
FROM 6.30-7.30PM!**



**GET INVOLVED!
CONTACT TAZ ON
07840047771**

**WE TRAIN FAMILY GROUPS AT CRANFORD COMMUNITY COLLEGE.
PLEASE ENQUIRE FOR MORE INFORMATION!
LED BY 7 TIMES NATIONAL BOXING CHAMPION OF TURKEY &
ENGLAND NATIONAL COACH AHMET CANBAKIS**



EnglandBoxing





FAMILY FUN FITNESS CLUB!

FOR FAMILIES LIVING/VOLUNTEERING/WORKING IN THE HESTON WEST BIG LOCAL AREA

10 WEEK CHALLENGE!

Weekly lessons incorporated into fun workouts to fully help you transform your families health

- Lose body fat & tone up
- Gain muscle & get stronger
- Become energetic
- Improve your self esteem
- Improve your lifestyle

FRIDAYS 6.30-7.30PM @ CRANFORD COMMUNITY COLLEGE
UPPER GYM HALL | RE-STARTS FRIDAY 17TH JANUARY 2019

**FOR MORE INFO/TO BOOK YOUR FREE SPACE
PLEASE CONTACT TAZ ON 07840047771**

WWW.HESTONWEST.ORG/WHATS-ON

SUPPORTED BY BIG LOCAL & CRANFORD COMMUNITY COLLEGE



**INTERGENERATIONAL VOLUNTEERING &
COMMUNITY WORKSHOPS**



certitude

ART SOCIAL DROP-IN CLUB

**EVERY TUESDAYS | FREE FOR ALL |
1-5PM | BRABAZON COMMUNITY CENTRE**



Open for people supported by Certitude and residents and families living/working/volunteering/studying in the Heston West Big Local area! Spaces Limited, first come basis.

Come along, get creative and meet your friendly neighbours.

**For more info or to book your space please
contact Anita Sangha on ASangha@certitude.org.uk
OR 07903215946**



**BERKELEY
ACADEMY**



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**London Borough
of Hounslow**



COMMUNITY EVENTS & CONSULTATIONS

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HEALTHY COOKING CLASSES

Join in and cook healthy and delicious meals for the family



With TV Chef
Manju Malhi

FREE!

**10 WEEKS
ONLY**

SATURDAY 2ND FEBRUARY TO 6TH APRIL 2019

Limited to 25 places | First Come Basis

STARTS SATURDAY 2ND FEBRUARY 2019

11.30—1PM | Cranford Community College

Open for everyone! Families welcome.

We create exciting vegetarian and vegan meals.

Come along, meet your friendly neighbours and have fun.

For more info or to book your space
please contact Taz on 07840047771 OR visit
WWW.HESTONWEST.ORG/HEALTHY-COOKING



www.hestonwest.org





**VALENTINES COMMUNITY ROSE GIVING
TO LOCAL RESIDENTS**

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In Partnership with HESTON ACTION GROUP

Big Local & HAGS Valentines Community Clean Up Day

HELP MAKE A POSITIVE DIFFERENCE TO OUR COMMUNITY

**FREE Lunch Buffet
for our Volunteers!**



**Brabazon Road
Redwood Estate
Harlech Gardens**

**Would YOU like to help out &
volunteer on the day?**

**Please contact Taz on 07840047771 /
Mar from HAGS on 07944644030**

Time: 11am-1pm

Date: SUNDAY 17TH FEBRUARY 2019

Venue: Cranford Community College

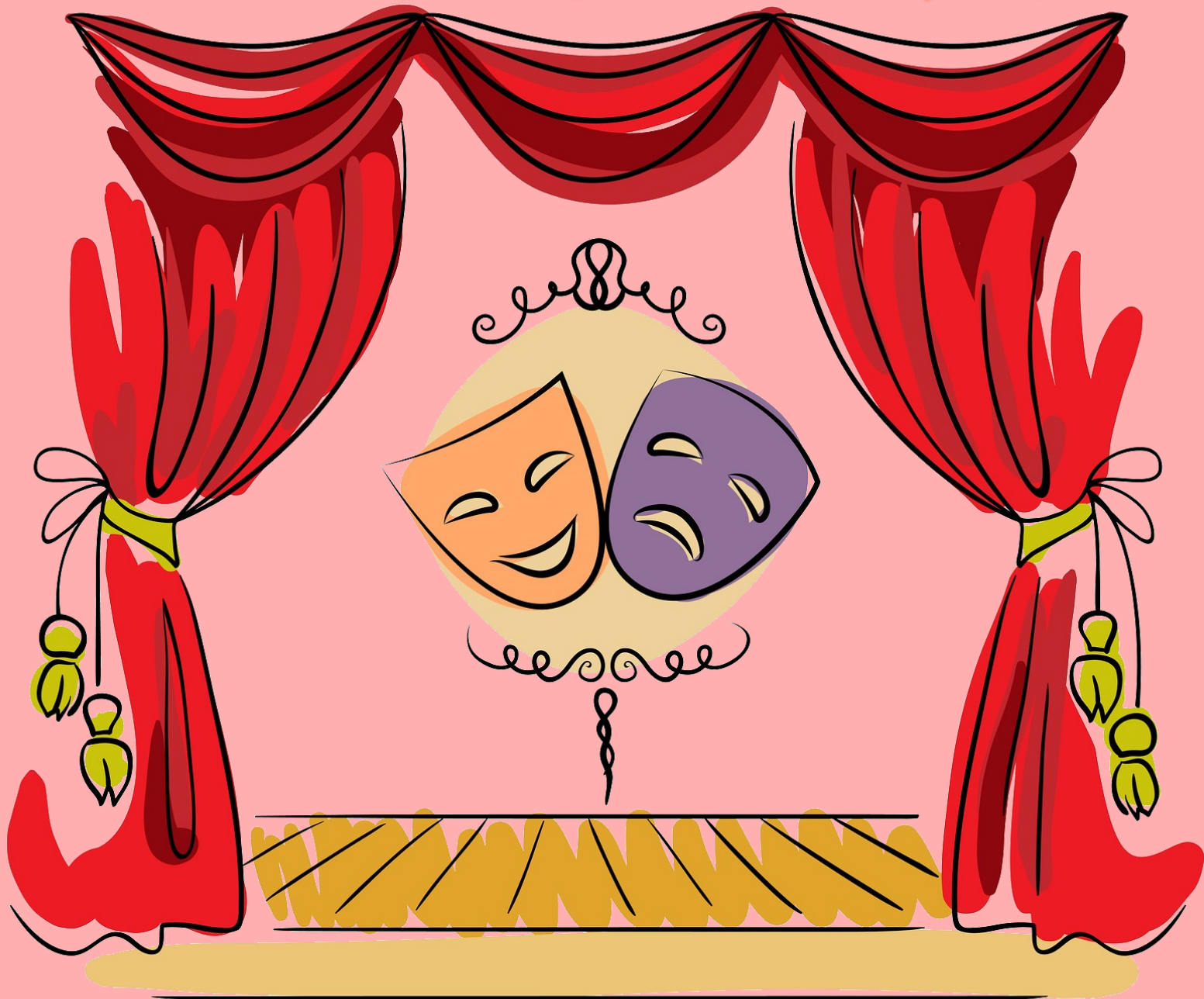
**For more information about the Big Local
please visit: www.hestonwest.org**




**BERKELEY
ACADEMY**

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YOUTH THEATRE IN EDUCATION WORKSHOP



WEDNESDAY 20TH FEBRUARY 2019

11.30—4.30PM CRANFORD COMMUNITY COLLEGE

FREE—REFRESHMENTS PROVIDED

Are you between 11—18yrs old?

Get involved with our next community production! Improve your confidence.

No experience required just enthusiasm to learn and have fun

Contact TAZ on 07840047771 for more details.



Supported by
**ARTS COUNCIL
ENGLAND**



Local Trust | **Big Local**



**COMMUNITY YOUTH THEATRE
PERFORMANCE ON REDWOOD ESTATE**



BOOK YOUR FREE SPACE BY CONTACTING TAZ ON 07840047771

**SIGN UP
TODAY!**

Limited spaces

**3.20-
4.30PM**

**FREE
HEALTHY
SNACKS!**

**WE NEED PARENT
VOLUNTEERS!
CAN YOU HELP?
PLEASE GET IN
TOUCH IF YOU CAN!**

FRIDAYS SPANISH & SPORTS

@ BERKELEY ACADEMY, CRANFORD LANE, HOUNSLOW, TW5 9HQ

You can also register

@ www.hestonwest.org/kids-fun-club





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BERKELEY
ACADEMY

BIG LOCAL YOUTH MUSIC

HALF-TERM SCHOOL

18TH—22ND FEBRUARY 2019

CREATE YOUR OWN MUSIC TRACK!
LEARN FROM PROFESSIONAL MUSICIANS
WORKING WITHIN THE MUSIC INDUSTRY

10-18YRS | APPLY FOR A FREE SPACE!
SPACES LIMITED

CRANFORD COMMUNITY COLLEGE
11 TO 5PM

CONTACT TAZ FOR MORE INFO 07840047771

APPLY AT WWW.HESTONWEST.ORG/YOUTH-MUSIC-SCHOOL



COMMUNITY TRAVELLER'S BBQ



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Heston West Big Local Health & Wellbeing Activity

YOGA CLUB

For everyone, all abilities welcome.

Mondays & Tuesdays
5 to 6pm



**Cranford Community
College, High Street,
Heston, TW5 9PD**

Yoga for Parents
Mondays 10-11am
**Brabazon Community
Centre, Heston, TW5 9LT**

£2.50 per session.

**For more information please contact
Sharnjeet Bhalla on 07878990874**





OWL

Online Watch Link

**REGISTER
FOR FREE AT
WWW.OWL.CO.UK**



OWL is the latest way to interact with your local police and Neighbourhood Watch

- Regular local updates from your local police
- Discreetly report suspicious activity in your area
- Advice on improving your home and personal security
- Builds stronger ties with Neighbourhood Watch leading to safer communities
- A unique collaboration between the police and the public designed to tackle the issues that are important to you
- A quick, easy, and flexible system that fits in with your lifestyle

Register for *FREE* at www.owl.co.uk



MOPAC

MAYOR OF LONDON
OFFICE FOR POLICING AND CRIME



CONTACT US & GET INVOLVED!



**To book your space or for more information please contact
Taz Virdee on 07840047771 or t.virdee@berkeleyacademy.org.uk
You can also see what's happening through our website:
www.hestonwest.org/whats-on**



Disclaimer: All times and dates are correct when going into publication (January 2019) however please note that due to any unforeseen circumstance activities/events/times or activities/event times and date may change in short notice. We will keep everyone updated on any changes on our website (www.hestonwest.org), social media and text. Please always contact us if you are thinking of coming along to any activity or event. Thank you for your understanding.