

Local Trust | Big Local



**Heston West
Community
Partnership**
**Bringing it
all together**

HESTON WEST BIG LOCAL

SUMMER ACTIVITIES GUIDE
JULY TO AUGUST 2018





Local Trust | Big Local



FIFA WORLD CUP

RUSSIA 2018
WATCH IT LIVE ON BIG SCREEN!

CRANBURY



**cato
music**

£1 ENTRY (U5's FREE)

FESTIVAL

MUSIC SPORTS ART DANCE COOKING

SATURDAY 14TH JULY 2018

12 TO 5PM

CRANFORD COMMUNITY COLLEGE



Supported by
**ARTS COUNCIL
ENGLAND**

bounce theatre



WELCOME!

The Heston West Big Local is a successful community partnership helping to build a stronger community in our area. We are just about to end our third year with a summer programme jam packed with activities and events for you to get involved in.

But Heston West Big Local is more than just a series of fantastic activities and events, it is about you and supporting you to have a healthier and happier life in Heston West.

HWBL aims to build a united community where everyone feels welcome in a happy and safe environment. To do this we need to build a culture of giving back through volunteer programmes such as our Youth Action Team and being a good neighbour. We would be delighted to hear from you if you are interested in becoming a volunteer or in some other way contributing to our community.

The community partnership board are currently looking at the vision and direction of the Heston West Big Local and will be consulting with you over the coming year on what you think our community should look like and feel like.

In the meantime enjoy our amazing summer programme and we hope to see you at some of the events.

**Alan Fraser
Chair, Heston West Big Local**

YOUTH ACTIVITIES

MADE in HESTON WEST Filmmaking (11 – 18yrs)

10.30 to 4.30pm | Cranford Community College | FREE

Sundays 22nd & 29th July, 5th, 12th, 19th & 26th August

Wednesdays 25th July & 1st, 8th, 15th, 22nd & 29th August

For more information please visit: www.hestonwest.org/made-in-heston-west

Youth Social Action Team (11 – 18yrs)

11 to 3pm | Cranford Community College | FREE

Monday 30th July

Tuesdays 31st July, 7th, 14th, & 28th August

Wednesday 22nd August (11-1pm)

Thursday 26th July, & 2nd August

Saturday 21st July & 4th August

Sunday 16th July & 12th August

Summer Music School (12– 17yrs)

11 to 5pm | Cranford Community College | FREE—Limited spaces

Monday 13th to Saturday 18th August 2018

Apply for a space on www.hestonwest.org/youth-music-school

YOUTH ACTIVITIES

Political Summer School (12– 17yrs)

10 to 2pm | Cranford Community College & UK Parliament | FREE

Thursday 26th July

Friday 27th July (*10 to 3pm*)

Bounce Theatre Summer School (8 – 12yrs)

10 to 3pm | Cranford Community College | FREE

BOOK ONLINE: www.hestonwest.org/summer-school

Mondays to Fridays:

6th to 10th August

13th to 17th August

20th to 24th August

27th to 31st August

Special thanks to Cranford Community College for donating the premises for the Summer School.

Bikability & Cycle Lessons (Children & Parents)

11 to 1pm | Redwood Estate, Sports Cage | FREE

Fridays 27th July, 3rd, 10th & 17th August

Heston West
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Bringing it
all together

ROMEO & Juliet

IN
HESTON
WEST

**“he will make the
face of heaven *so fine*
that all the world
will *fall in love* with
night”**

SUNDAY 15th JULY 2018

12.30—1.30PM REDWOOD ESTATE

FREE—LIGHT REFRESHMENTS PROVIDED

DIRECTED BY JUHI KUMRA & HUZAYMA KHAMIS

WITH SYED JAFFERY as ROMEO & EMAAN SALEEM as JULIET

LAYBA NISAR as LADY CAPULET, MUDATHIR AHMED as LORD CAPULET

BROOKE SMITH as LORD MONTAGUE/BALTHASAR, IMAN JAURA as MERCUTIO,

ANJALI PARMAR as THE NURSE, CALLUM WILLS as TYBALT, HANA SHARIF as PARIS,

HARIS SETHI as BENVOLIO/PARIS'S FRIEND & MARIO ZAPATA as THE APOTHECARY

WWW.HESTONWEST.ORG/ROMEOJULIET



Supported by
**ARTS COUNCIL
ENGLAND**



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BIG LOCAL VOLUNTEER INTERVIEW

LAYBA NISAR



Meet Layba! She's 14 yrs old. She is one of our most enthusiastic, energetic and engaging young people involved. Through her hard work, community spirit and innovative thinking, she has made a fantastic impact in our local community and is an inspiring role model for young people.

Why I volunteer?

I volunteer because I like going out and doing different things on different days as I meet new people and am able to try things I would have never imagined to do. I also volunteer because at home I would spend my time on computers which is very bad for my epilepsy, so going out and helping my community takes me away from these kinds of things. Which makes me happy that there is something I can do that won't affect my health and will help others.

What have been my experiences?

I have been volunteering with Heston West for 18 months and have helped out with many activities and enjoyed my time getting involved. There were community events at the Brabazon Community Centre, Berkeley Academy, YMCA Centre in Hayes, Cranford Community College and Parliament. At Brabazon, I helped paint the mural outside the centre and performed a dance. At Berkeley Academy I helped with their summer fete and Winter Wonderland. At the YMCA we went to see young refugees and gave them donated Christmas gifts and played games with the children. I even did a dance performance for them and of course, played pool amazingly (just kidding I barely knew how to play)!



At Big Local there are many events like: the BBQ for local Travellers (I made cotton candy for everyone), the Big Local's Youth Action Team's Natural Disaster Awareness campaign event (I was in charge of the raffle) and the Volunteer Awards Evening (I hosted the beginning). There are many more however these were by far my favourite. I also attended many workshops for the Big Local and did fun things like clean-up days. We went around the community cleaning up and knocked on people's doors and gave them free roses. I also attend the Big Local MADE Film club every Sunday and Drama with Zero Culture.

I run debating sessions every Tuesday afternoon for young people, I teach participants new techniques and the skills required to debates effectively. I have been to Parliament with my Big Local team and we presented in front of MPs. Personally, I thought this would be the last session, however Seema Malhotra (MP Feltham and Heston) told me not to stop as it is very important for the community to have these kinds of things. My experiences in volunteer work have been so fun for me and I seriously can't wait to carry on with it!

What do I get out of volunteering?

What I get out of volunteering with Taz and the Big Local is everyday going home with a smile on my face waiting to go and do things with the team. It's such fun to do. I'm normally a very lazy person, however volunteering has made me more active and happy. Taz is a very kind person who is so approachable and easy to talk to, this is probably the main reason why I volunteer. Heston West has opened a new path in my life and when they say 'bringing it all together' they really mean it.

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BIG LOCAL YOUTH MUSIC SUMMER SCHOOL

13TH–18TH AUGUST 2018

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

**12-17YRS | 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

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5-A-SIDE FOOTBALL

BRIAN CLARK COMMUNITY CUP 2018

BIG LOCAL TOURNAMENT

WE'RE RAISING MONEY FOR OUR YOUTH ACTION'S
NATURAL DISASTERS AWARENESS
CAMPAIGN

11TH AUG



FOR MORE INFO CONTACT TAZ VIRDEE ON 07840047771
OR ANOOP SANGHA ON 07552681122

HESTON WEST

GRANFORD COMMUNITY COLLEGE
HIGH STREET, HOUNSLOW, TW5 9PD

OPEN FOR LOCAL RESIDENTS, BUSINESSES & VOLUNTEERS
LIVING & WORKING IN HESTON WEST & GRANFORD

Heston West
Community
Partnership
Bringing it
all together

REGISTER ONLINE AT
WWW.HESTONWEST.ORG/5-A-SIDE

CLOSING DATE
6TH AUG

INTERGENERATIONAL ACTIVITIES

Walking Football (8yrs+)

6 to 7pm | Cranford Community College | FREE

Wednesdays 25th July, 1st, 8th, 15th, 22nd & 29th August

In partnership with Brentford FC Community Trust

Healthy Family Cooking Club

11.30 to 1pm | Cranford Community College | FREE

BOOK ONLINE: www.hestonwest.org/healthy-cooking

Saturdays 28th July, 4th, 11th, 25th August

Arts Drop-in Social Club

1 to 5pm | Cranford Community College, The Globe | FREE

Thursdays 20th & 27th July & 3rd, 10th, 24th & 31st August

In partnership with Certitude

Fashion Reform (Sewing & Knitting) (14yrs to Adult)

11 to 1pm | Cranford Community College | £5 & U18s FREE

Sundays 22nd & 29th July, 2nd & 5th, 12th, 19th & 26th August

INTERGENERATIONAL ACTIVITIES

Touch Rugby & Fitness Class (11yrs to Adult)

***6 to 7.30pm* | Cranford Community College | Limited FREE Spaces**

Fridays 6th, 20th & 27th July & 3rd, 10th, 17th, 24th & 31st August

Latin American Dance (11yrs to Adult)

***6.30 to 7.30pm* | Cranford Community College | Limited FREE Spaces**

Tuesdays 3rd, 10th, 17th & 24th July & 7th, 14th, 21st & 28th August

Heston Action Group Community Clean Up Day

***11 to 1pm* | Heston Park**

Saturday 7th July

Big Local Summer Community Clean Up Day

***11 to 1pm* | Cranford Community College**

Wednesday 22nd August | FREE LUNCH BUFFET FOR VOLUNTEERS

Local Trust | Big Local



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



FASHION REFORM



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



BE YOU, BE TIMELESS

Recycle
Revamp
Re-wear



SUNDAYS 11-1PM (Starts 22nd July 2018)

Cranford Community College

CONTACT TAZ ON 07840047771 OR SHARNJEET ON 07878990874



Local Trust

Big Local



BIG LOCAL VOLUNTEER INTERVIEW

DEBBIE NOAD



Meet Debbie! Debbie has been consistently and actively involved with the Big Local for nearly 5 years and is one of our first committee members. Debbie's involvement has enabled us to connect with local residents, inspire our young people and help promote and raise awareness of the Big Local.

Debbie is passionate about community, young people and families, as well as Lala, her father's adorable dog. Debbie has made a great impact and we thank her for the amazing energy and support she continues to give us.

Why I volunteer?

Volunteering has given me the unique opportunity to make a difference to the area I live in and have a say in what we want to improve. I have received some valuable training over the years and have attended workshops that enhanced my knowledge. It's enabled me to link into activities and wonderful experiences I would not have normally done. It's given me the opportunity to give something back and it's extremely rewarding.

What have been my experiences?

My experience is one of positivity. Volunteering is an opportunity to enhance your life. I believe as a volunteer you can certainly make a positive difference to people's lives. I believe the once lost community spirit is being revitalised in the work we are doing. I have seen that volunteering has brought about positive change to people in our community.

Residents of all ages get together, to enjoy an array of events. There's Healthy Cooking Classes where both young people and adults enjoy making a well-balanced meal and it finishes with a group meal at the end. Walking Football is intergenerational and mixed. From 5 years to 80 years we have developed a thriving team spirit.

There are a host of activities to help out at and take part in. Our youth action group gives young people some great opportunities, they get to organise events with other volunteers of different ages, they grow in confidence, they make films which we all take part in. We show that we care about where we live and involve the community in projects such as clean up days that make the area a better place to reside.

What do I get out of volunteering?

The best thing about volunteering is having the opportunity to integrate more. You meet new people and we have now become one big family. We have developed a support network for each other. Volunteering empowers you to have a say and learn new skills. I would never have had the opportunity to gain valuable training, had the experience of making films, attend boxing classes, visit parliament, boot camp, art classes, attend community day trips and support a host of activities, if I hadn't had volunteered. It's never too late to start, my dad joined us at 79 and some of our youngest volunteers are only 7. Try it I can guarantee you won't have any regrets.



COMMUNITY ACTIVITIES

Flower Arranging Class (Adults Only)

12.30 to 2.30pm | Brabazon Community Centre | **FREE**

Tuesdays 14th & 21st August

In partnership with Hounslow Council

Over 60s Bingo Club

1 to 3pm | Cranford Community College, Globe | **FREE**

Mondays 23rd & 30th July & 6th, 13th, 20th & 27th August

FREE Transport Provided for Over 60s Bingo Club.

Please enquiry for more information .

Sunshine of Hounslow Yoga Club

10 to 11am | Brabazon Community Centre | **£2 per session**

Mondays 23rd & 30th July & 6th, 13th, 20th & 27th August

5 to 6pm | Cranford Community College | **£2 per session**

Mondays 23rd & 30th July & 6th, 13th, 20th & 27th August

Tuesdays 24th & 31st July & 7th, 14th, 21st & 28th August

Fridays 27th July & 3rd, 10th, 17th, 24th & 31st August

COMMUNITY ACTIVITIES

Digital Media Skills Workshops (Adults Only)

5 to 6.30pm | Cranford Community College | FREE

Thursdays 14th, 21st & 28th June & 5th, 12th & 19th July

In partnership with Hounslow Council

COMMUNITY TRIP

Big Local Southend-on-Sea Day Trip

8am to 7pm | Southend-on-Sea Beach | Limited FREE Spaces

BOOK ONLINE: www.hestonwest.org/southend-trip

Friday 31st August 2018 (150 places)

We will leave by coach at Brabazon Community Centre—free travel included.

COMMUNITY EVENTS

Cranbury Community Arts & Sports Festival 2018

***12 to 5pm* | Cranford Community College | £1 & FREE for U5s**

Saturday 14th July

**In partnership with Cranford Community College, Bounce Theatre,
ZeroPlus Theatre, CATO Music, Backstage Academy, London Welsh RFU & QPR Trust**

Big Local 'Romeo & Juliet' Community Production

***12.30 to 1.30pm* | Redwood Estate | FREE**

Sunday 15th July | In partnership ZeroPlus Theatre

Big Local Family Walking Football Tournament

***11 to 1pm* | Cranford Community College | FREE**

Thursday 2nd August | In partnership with NCS

Brian Clark Community Cup 5-a-Side Football

***1 to 5pm* | Cranford Community College**

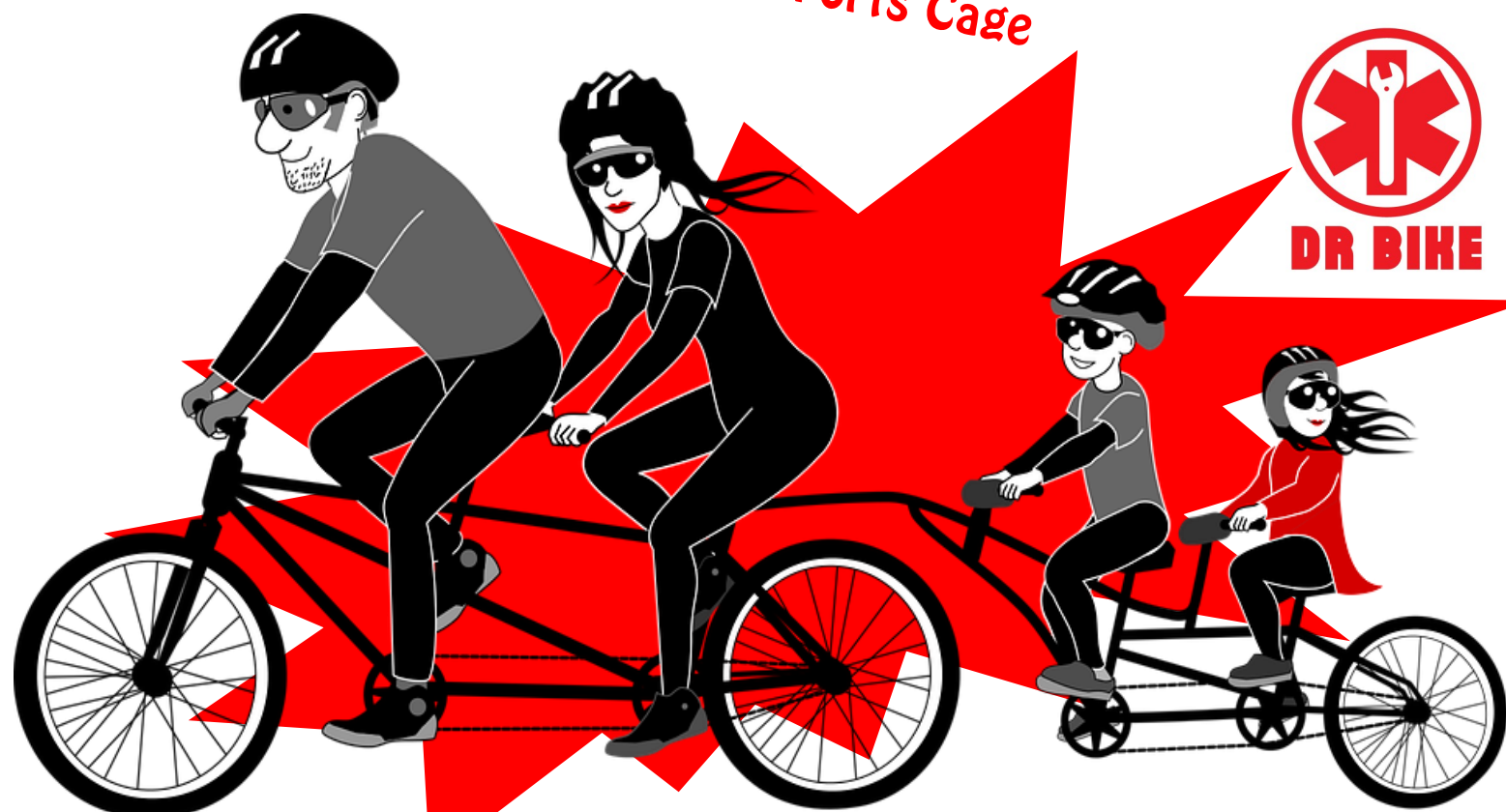
**Saturday 11th August 2018 | £30 per 5-a-side Adult team /
(£5 per Adult single player)**

Register your team on www.hestonwest.org/5-a-side

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bikeability

FREE BIKABILITY & CYCLE LESSONS FOR THE FAMILY!
Fridays 27th July & 3rd, 10th & 17th August
11 to 1pm Redwood Estate, Sports Cage



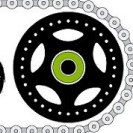

**BERKELEY
ACADEMY**

Local Trust

Big Local

LONDON

bike hub





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 parent/guardian/older sibling to partake.

6 to 7PM | FREE | WEDNESDAYS | 8-80YRS+

Cranford Community College

FOR MORE INFO PLEASE CONTACT TAZ ON 07840047771

OR VISIT WWW.HESTONWEST.ORG

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In Partnership with the Met Police

Big Local Summer Community Clean Up Day

**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**

Time: 11am to 1pm

Date: WEDNESDAY 22ND AUGUST 2018

Venue: Cranford Community College

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





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COMMUNITY VOLUNTEERING

Creating a Community Mural

***11 to 3pm* | Redwood Estate & Cranford Community College | FREE**

Wednesday 15th August *(11 to 1pm)*

Thursday 16th August

Friday 17th August

FREE Lunch buffet for volunteers

In partnership with Certitude & supported by Hounslow Council

BECOME A COMMUNITY CHAMPION!

We are looking to recruit community champions & committee members living on the Brabazon, Redwood and Harlech Gardens estates to help shape and steer our Big Local project. If you can spare a few hours a month to help make a real difference to our community we'd love to hear from you.

For more information please visit:

www.hestonwest.org/volunteer

WWW.HESTONWEST.ORG

Local Trust | Big Local

HEALTHY COOKING CLASSES

Join in and cook healthy and delicious meals for the family



FREE!

**With TV Chef
Manju Malhi**

**4 WEEKS
ONLY**

28th July, 4th, 11th & 25th August 2018
Limited to 25 places | First Come Basis

STARTS SATURDAY 28TH JULY 2018

11.30—1PM | Cranford Community College

Open for everyone! Families welcome.

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





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



**To book your space or for more information please contact
Taz Virdee on 07840047771 or t.virdee@berkeleyacademy.org.uk**

You can also contact us through our website:

www.hestonwest.org/contact

Disclaimer: All times and dates are correct when going into publication (June 2018) 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.