

Local Trust | Big Local



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

HESTON WEST BIG LOCAL

**AUTUMN/WINTER ACTIVITIES GUIDE
OCTOBER TO DECEMBER 2018**



WHAT'S ON IN HESTON WEST!

OUR WEEKLY GUIDE FROM OCT-DEC 2018



MONDAY

MORNING YOGA CLUB | 10-11AM | Brabazon Community Centre | £2.50
ENGLISH CONVERSATION CLUB | 11.30-1PM | Brabazon Community Centre | FREE
WELCOME BINGO CLUB (OVER 60s) | 1-3PM | Cranford Community College | FREE
YOGA CLUB | 5-6PM | Cranford Community College | £2.50

TUESDAY

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

WEDNESDAY

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

THURSDAY

ART SOCIAL DROP-IN CLUB | 1-5PM | Cranford Community College | FREE
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
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

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





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 11 - 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 11 -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.

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



certitude bounce theatre

THE 2018[®]
**BIG
DRAW
FESTIVAL**



SATURDAY 3rd NOVEMBER 2018

1 1- 2PM | CRANFORD COMMUNITY COLLEGE



**Come along, get creative, learn new skills, meet
your friendly neighbours and have fun. It's FREE!**

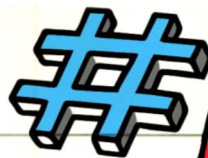
**In partnership with Certitude, Bounce Theatre & Redlees
For more info please contact Taz on 07840047771**



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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

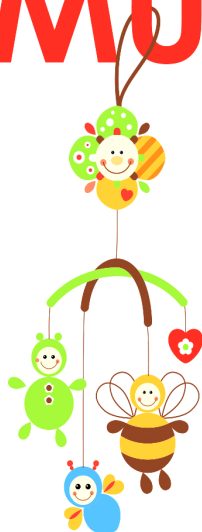


Follow us on Instagram @bouncetheatre_london Local Trust Big Local

Hendon West
Community
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Mums and Toddlers

Brabazon Club



Coming soon to the Brabazon Community Centre!



Please contact Taz to register your
interest on 07840047771

IT'S FREE—LIMITED SPACES, FIRST COME BASIS



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**



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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LATIN AMERICAN

STRICTLY BIG LOCAL DANCE FOR ALL

Venue: Cranford Community College

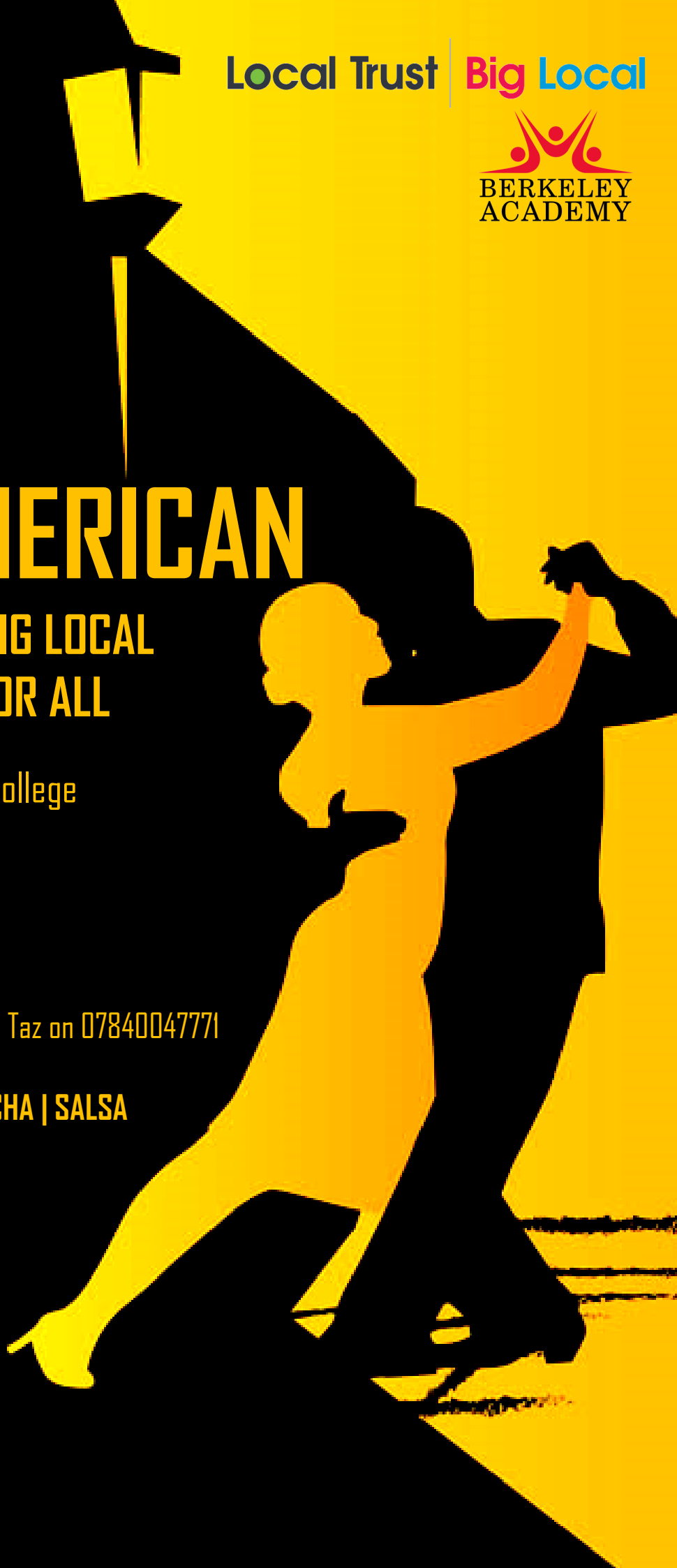
Date: Tuesdays

Time: 6.30 to 7.30pm

Price: FREE Limited Spaces

To **BOOK** your free place please call Taz on 07840047771

SAMBA | JIVE | RUMBA | CHA CHA CHA | SALSA





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 — during October/November 2018
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 4TH OCTOBER 2018 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 | STARTS FRIDAY 5TH OCTOBER 2018

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

ENGLISH CONVERSATION CLASSES

Speak English Confidently

IT'S FREE

Increase your spoken English confidently with us. We are holding a 8 WEEK course for women to learn Basic English conversations.

Weekly sessions starting **Monday 1st October 2018**

11.30-1pm at Brabazon Community Centre
(106 Brabazon Road, Heston, TW5 9LT)

OPEN TO ALL WOMEN 18YRS+. SPACES LIMITED. FIRST COME BASIS.

In partnership with Muslimah Community Group.

You'll also be able to meet new people, have fun in a safe and friendly environment and find out about volunteering opportunities in the local community to help you boost your confidence and English speaking skills.

If interested, please contact Salma on:

07949 781851 / salmamuslimah1@gmail.com

Or contact Taz on 07840047771



certitude

ART SOCIAL DROP-IN CLUB

**EVERY THURSDAYS | FREE FOR ALL |
1-5PM | THE GLOBE, CRANFORD
COMMUNITY COLLEGE**



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**

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HEALTHY COOKING CLASSES

Join in and cook healthy and delicious meals for the family



FREE!

**With TV Chef
Manju Malhi**

SATURDAY 13TH OCTOBER TO 15TH DECEMBER 2018
Limited to 25 places | First Come Basis

**10 WEEKS
ONLY**

STARTS SATURDAY 13TH OCTOBER 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



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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




**BERKELEY
ACADEMY**

**School term only.
Please pick up your child on time.
Waiting time charges may incur if
you arrive late. Thank you for your understanding.**


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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



**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 (September 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.