

Big Local



It's aims are:

- Enable the local community to make decisions on improving the area over the next 10 years
- Make a real difference to people's lives

Welcome

Hello! We have some exciting opportunities for our residents to get involved with our **Heston West Big Local** programme. Join us at our upcoming celebration events and new activities!

Big Local Events:

Vaisakhi Community Celebration

Date: Sunday 8th May 2016

Time: 1 to 3pm

Venue: Redwood Estate, TW5 9PN (Play Area)



Queen's Birthday Celebration Event

Date: Sunday 12th June 2016

Time: 1 to 3pm

Venue: Brabazon Open Green Space



Alice in Wonderland Performance

Date: Tuesday 28th June 2016

Time: 5 to 7pm

Venue: Berkeley Primary School



New Activities:

Life Skills Workshops 14-19yrs (8 weeks)

Date: Wednesday 4th May 2016

Cost: FREE (limited to 15 participants)

Time: 5 to 7pm

Venue: Brabazon Community Centre



Bhangra Women's Fitness Class (8 weeks)

Date: Tuesday 24th May 2016

Cost: FREE (limited to 25 participants)

Time: 7 to 8pm

Venue: Cranford Community College

To book your space or for more info, please contact Taz — details back page.

Community Chest Update



Recently we launched our **Heston West Community Chest grant programme** for local residents and organisation to apply up to £500 for a new community-led activity. We are delighted to announce that we had great

response from locals (including students from Cranford Community

College) and **14** new projects have been awarded funding.

These projects aim to improve the lives of local residents by bringing people together to learn new skills, gain new experiences and make new friends. Below are the successful projects that will be starting within the next few months:

Cricket Training (11-16yrs): £500

Flower Arranging: £500

Freestyle Singing: £480

The Welcome Club: £472

Island Hopperz Dance (11-18yrs): £395

Soca and Dance Hall Fitness (18yrs): £310

Art Club (6-10 years): £290

Walking Football (55yrs+): £350

Healthy Food Awareness Stands: £320

Bike Workshop: £390

Speed Meeting (Over 65yrs): £150

Blind Football Sessions: £380

Mentoring Film Project: £370

Outdoor Play Sessions: £440



Please let us know what you think and if you or somebody you know might be interested in getting involved. **Projects will run from May to August 2016 - to find out individual activity start dates, please go to: www.hestonwest.org/community-chest-blog**

Music Tots (0-5yrs)

Bring along your child to our fun, interactive music sessions for toddlers.



These sessions are aimed at helping young children develop their pitch and rhythm skills and to become more responsive to music in general.

One mother said: "I take both my 4 month old son and 4 year old daughter to Music Tots. They absolutely love it!! It's very energetic, fun and interactive. It's so lovely to be able to take part in such an enjoyable class with both my children."

The sessions run Monday's (except holidays) from 10.30-11.30 at Brabazon Community Centre. If you are interested and would more information about the Music Tots classes please contact Temple Cundall on templemusic tots@gmail.com



Intro to Fashion Design

Exciting news! Heston West residents can learn the trade from a top fashion designer.

Syed Shahid Nisar is leading our free Introduction to Fashion Design workshops for local residents (16yrs and over) to give them a grounding in the industry. The programme will cover the fundamentals of fashion design, from finding inspiration to compiling a portfolio. It is suitable for absolute beginners as well as those with some experience.

Although our sessions have already started we still have a few free spaces available. **If you are interested in getting involved please contact Taz (details overleaf) to book your space. Sessions run every Tuesday 2-4pm at Brabazon Community Centre.**

Multi-Sports (5-14yrs)

Scoring, passing, running, jumping and having fun! That's what our Multi-Sports sessions are all about. Children

from Heston West have the opportunity every week to get involved with basic fitness training, as well as playing various sports e.g. football, rugby, rounders, handball, hockey, netball, cricket, tennis and basketball. These sessions are designed to get children active, to have fun, meet new friends and develop essential skills. By working with **QPR Trust** we aim to increase confidence and motivate more children to take up sporting opportunities beyond school.



To book your child's FREE space at our Multi-Sport sessions, please contact Taz (details below). Sessions are FREE and run every Saturday from 2 to 4pm (except holidays) at Cranford Community College.

Help shape our community

If you would like to find out more about Heston Big Local and would like to get involved in activities and projects please get in touch with **Taz Virdee** on:

Tel: 07702 532710

Email: taz.virdee@groundwork.org.uk

Web: www.hestonwest.org



Keep updated with our progress by 'liking' or 'following' us on social media:



[www.facebook.com/Heston-West-Community- Partnership](https://www.facebook.com/Heston-West-Community-Partnership)



www.twitter.com/hestonwestcp

Bringing together local talent, ambitions, skills and energy from individuals, groups and organisations who want to make Heston West a better place to live.