

Big Local



Big Local is a lottery-funded project that has made £1 million investment to Heston and Cranford.

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're 6 months into our **Heston West Big Local** project. Working together, we've already done some great work.

September Launch Event

Over 150 people attended the launch at Brabazon Green, Redwood Estate and Harlech Gardens, activities included magic and tricks, cultural dancing, face painting, henna, football and much more!

Multi-Sports

Two year-long sports projects for children have started at Cranford Community College. Sessions are for children aged 5 to 14 and take place every Saturday from 2-4pm.

Theatre & Dance

Weekly sessions for children aged 7 to 11 years old have started at Brabazon Community Centre every Tuesday from 4-6pm.

Local Activities by Local Residents

Sewing and knitting classes, Rose Café, Healthy Cooking, Healthy walk and breakfast club, School of Rock (11-16yrs) and Music for toddlers (0-5yrs) have already started!



Diwali and Christmas Events

Brabazon Community Centre hosted a Diwali and Christmas events attended by 100 people with performances from the Tamil Community Centre, henna, a photo booth and a children's mask making workshop, carol singers and celebrations.



Get Involved

We always need people to help with all sorts of things, you don't need lots of experience we're just looking for people who want to **make a difference** and are willing and happy to stuck in.

Most of our projects simply would not be able to run without the help and support of volunteers so your help is vital if we are hoping to make Heston a better place!

At the moment, we're looking for:

- Newsletter Contributor
- Community Chest Grant Panel Member
- Photographer



For more information contact Taz Virdee

Tel: 07702 532710 or **Email:** taz.virdee@groundwork.org.uk

Sunshine of Hounslow

Local 'action woman' **Sharnjeet Bhalla** has been leading our Big Local **Sewing & Knitting** project. The project is open to all ages, attracted 15 residents and continues to grow.

"More and more people are getting together and sharing their skills and experiences. It's been a rewarding experience and we hope more people will come along to learn and have fun," said Sharnjeet.

Sharnjeet is also leading **Yoga** Classes – held at Brabazon Community Centre. The classes are aimed for men and women 55yrs and over and those with disabilities.

If you would like to get involved please contact Sharnjeet of Sunshine of Hounslow.

Tel: 07878 990874 or

Email: Bhalla.sharnjeet@gmail.com



Beat The Streets

Resident **Nida Aliyya** recently inspired locals to take on the Beat the Street walking challenge from Berkeley Primary School to the Brabazon Community Centre. The aim was to encourage residents to socialise, stay motivated and to have fun! She is hoping to start her healthy walking club in the New Year! If you want to lose weight in a friendly and informal environment or just love walking, why not join her?

Nida would like to welcome Urdu, Hindi and Punjabi speakers and newcomers are always welcome.

Nida also runs a volunteer club for helping to feed the homeless, make fruit packs for the elderly or help drive social change in the community. If anyone is interested in volunteering contact her now she looks forward to hearing from you.

For more information contact Nida

Tel: 07847 354275 **Email:** ma.aliya.uk@gmail.com



Thank You

On behalf of **Groundwork South** and the **Heston West Community Partnership** we would like to say a **big Thank You** to everyone who has been involved with our projects.

We would like to particularly thank Berkeley Primary School, Cranford Community College, Brabazon Estate Residents Association (BERA), QPR Community Trust, Riana Network Foundation, Rose Café, Sunshine of Hounslow, Bounce Theatre, Ma Aliyya, Asha Music, Music 4 Tots, Asha Creative Hearts, UK Party Booth and Hounslow Council.



At Groundwork we know that real change requires action on many different fronts. That's why we work hand-in-hand with communities to:

- Create and improve green spaces for community benefit and to reconnect people with nature
- Provide training and support to help those furthest from the job market back into work
- Promote greener living and working to help families and individuals save money, resources and reduce waste

Groundwork Thames Valley
Colne Valley Park Centre
Denham Court Drive
Uxbridge
Bucks
UB9 5PG
Tel: 01895 832662



Introducing Taz Virdee

Taz Virdee joined the as the Project Manager for Heston Big Local. Taz has already started to meet with local community groups, schools and residents and is keen to meet you. .

If you would like to find out more about Heston Big Local and would like to get involved in activities and projects.



Tel: 07702 532710

Email: taz.virdee@groundwork.org.uk

Web: <http://hestonwestcp.rocks>



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