

YOUR WEST MIN STER



City of Westminster

FEEDING THE FUTURE

Providing free primary school meals to help with the rising cost of living

FREE

Issue 003 | Winter 2023

The Westminster City Council Magazine

JADORE CREATING

From the Creative Collective to the Cartoon Museum – how a young man from west London is making a splash

HOMES FOR UKRAINE

Providing sanctuary in the city for those in need

WINTER WELLNESS

Taking care of body and mind as the temperatures drop

GO WEST

Unearthing the hidden gems in and around Bayswater



Your new food waste recycling service

ADVERTISEMENT

The food waste recycling service is continuing to expand across Westminster during early 2023. You will soon receive your roll of liners, kitchen bin and outdoor food waste bin.

If this new service has not reached your area yet please check the food waste webpage below, which is regularly updated with the roll out dates. If your area was in an earlier phase and you have not been contacted please get in touch with the Recycling Team using the email below.

Why are we doing this?

Wasting less

Food waste generates harmful greenhouse gas emissions. Using this service will help reduce waste and tackle climate change.



Renewable energy

Your food waste will be used to create renewable energy used to generate electricity to power the national grid and heat for homes.



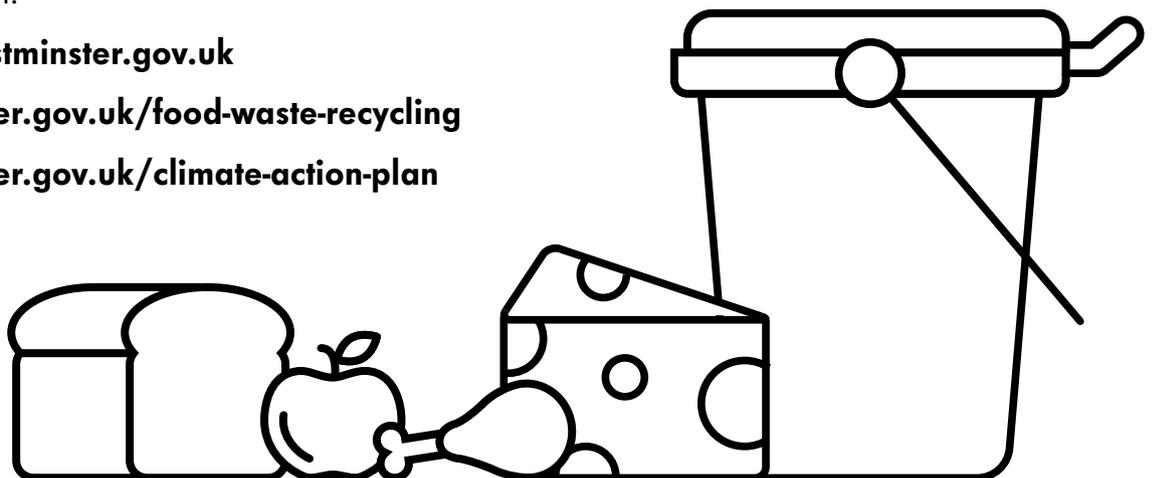
Biofertiliser

Food waste will also be transformed into a biofertiliser, which will be used on farmland to grow more food.



For further information:

-  foodwaste@westminster.gov.uk
-  www.westminster.gov.uk/food-waste-recycling
-  www.westminster.gov.uk/climate-action-plan



YOUR NEWS



DANCING TO SUCCESS

The third annual Dance Westminster final saw contestants from across the city twirling and jiving around the dance floor at Porchester Hall recently. Auditions were led by the award-winning dance company, Step Change Studios, and the local community gathered to watch the finalists in a toe-tapping final.

After many fantastic dancers strutted their stuff for the judging panel, the winners (pictured here) were announced as:

- 1st prize: Ayuna & Max
- 2nd prize: Chloe & Jessica
- 3rd prize: Michelle & Tsvetan

Dance Westminster is a free, annual pan-disability dance competition, designed to encourage disabled people to be more active through dance. During the last three years, its workshops have hosted more than 250 participants, provided more than 200 hours of free dance training and delivered nearly 100 hours of inclusive community classes for disabled people.

Step Change Studios (stepchangestudios.com) provide classes in the community for all ages and abilities, tailoring programmes for different settings including education, care, the arts, sport and leisure.

Find out more about Dance Westminster at active.westminster.gov.uk/dance-westminster



LONDON'S LATEST DESTINATION

As part of our pledge to provide new public spaces and improve the city's air quality, we've unveiled a major new pedestrian area for London at Strand Aldwych, completely transforming one of the capital's most congested and polluted streets.

During the past two years, busy roadways have been converted into a welcoming public space that is the size of a football pitch. The project brings together some of the capital's most important cultural and educational centres like never before and creates a new social space.

Highlights include:

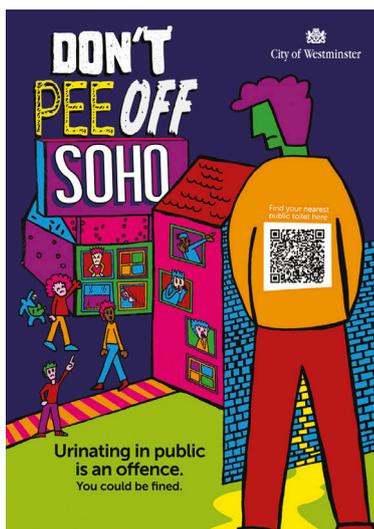
- A safer pedestrian and cycle zone with increased cycle parking and wider footways
- Relaxing seating areas with trees providing shade
- Increased biodiversity with more than 1,000 square metres

of greening and 41 trees with spring flowers that support pollinators, help to cool urban heat and improve air quality

- Space for an evolving series of art installations

For the launch, an installation by Somerset House Studios' resident artist, Nick Ryan has been set up. Called The Voiceline, it integrates sound clips from the BBC Archives marking the broadcaster's 100th anniversary.

Find out more about the new public space at: strandaldwych.org



A common problem for parts of Westminster is visitors urinating in public after enjoying a night out, using walls, alleyways and doorways as a temporary toilet.

To combat this, we've installed 'anti-pee paint' in some of the worst affected areas in Soho. The paint creates a water-repellent layer so that urine and other liquids bounce back onto the perpetrator doing the peeing.

"I feel personally violated, having to walk past men peeing in the street particularly at night it does not feel safe," says one resident, Lucy, of the ongoing issue. "No one can argue that this is acceptable wherever you live, and people have a responsibility use the

YOUR VIEWS

Got something to share about your neighbourhood, Westminster as a whole or any of the features in this magazine? We'd love to hear from you! Send us an email to

✉ yourwestminster@westminster.gov.uk

or by post to **YourWestminster,**
17th Floor, Westminster City Hall,
64 Victoria Street, London SW1E 6QP

"A suggestion for your Hidden Gems is The Roasting (31 Churton St, SW1V 2LY). It's the best coffee in Pimlico. An independent, genuine Italian coffee shop. Lovely staff and delicious bakemeats!"

– **Charlotte Good**

"I am very sad and frankly amazed that you didn't mention Grumbles [in Hidden Gems of Pimlico]. I started Grumbles (35 Churton St, SW1V 2LT) in 1964 when Pimlico was a slum, and it became famous in the 1960s with many famous names becoming regulars. The idea was always to serve good French/English fare at reasonable prices – which it still does – and always with an interesting wine list. Also, it was the first London restaurant with a silly name! I am no longer the owner, but I still love it as do many others."

– **Jeremy Friend**

facilities in the bar or club before they leave. Everyone likes a drink, but people need to have some control."

Patrick Lilley is Westminster City Council's 'Soho Champion' and is adamant that enough is enough. "It is an absolute disgrace that long-suffering residents have to put up with tourists using Soho as their personal toilet. The anti-pee paint should teach those perpetrators a lesson. If you get caught in the act, be prepared to face the consequences."

We have an interactive map showing the location of public toilets on our website: westminster.gov.uk/pee-paint

FROM THE LEADER

When I became Leader of Westminster City Council last May, I said we were going to deliver change for the people of Westminster.

We've made a strong start. The council's cabinet members have been setting out our priorities for 2023, including delivering more truly affordable homes, supporting our residents through the cost of living crisis, tackling so-called 'grot spots' around the city, and dealing with anti-social behaviour.

We're introducing more and more ways for you to have your voices heard within the council, including resident tenant panels, 'community Thursdays', bringing more public participation to our council meetings, and forming our first ever Community Charter (see page 14 for how to be involved in this).

Families are struggling as bills rise and to help, our primary schools are now serving free lunches to all pupils (see page 6). We will keep ensuring Westminster's young people thrive at school and get the best start in life.

2023 will prove challenging, but there is more help on the way – look out for major announcements coming up in future editions of YourWestminster, along with our weekly email newsletter, MyWestminster. Sign up for this at our website: westminster.gov.uk/newsletters

Westminster City Council is here to support you and all our communities. We will do that on the mandate we were elected on – building a Fairer Westminster. In the meantime, let me wish everyone a Happy New Year.

Cllr Adam Hug



FEEDING THE FUTURE



This January saw us funding school lunches for all children in Key Stage 2 (in other words, Years 3 to 6) attending a primary school in Westminster. This funding is in addition to the free lunches that are already provided to children in Reception and Key Stage 1. This could save families up to £550 per child per year.

“Some of our most vulnerable families have really been struggling this winter and there’s a real danger that many families were having to choose between heating and eating,” says Head of School at Robinsfield and George Eliot Federation, Cory Mclauchlan. “This free lunch offer will make a

huge difference and guarantee that no child is left behind.”

Dr Regina Keith is a senior lecturer in global public health and nutrition at the University of Westminster. She says that recent research has indicated that a universal free school meals programme leads to an increased willingness by children to learn. It has also seen an increased aspiration for future careers, especially for children from low-income families. “With the present increase in food and heating costs, there are now 3.1 billion families in the world who cannot afford a

healthy diet,” she says. “If we invest in our children we are investing in our own future. We must strive to ensure that all of our children can aspire to a healthy future where they can achieve their potential and their dreams.”

“It’s vital that children are given a nutritious meal at school to help with their learning and to improve their overall health,” agrees Cllr Tim Roca, Deputy Leader and Cabinet Member for Young People, Learning and Leisure. “This funding will provide direct support to our most vulnerable families and making sure children are able to thrive at school.”



Find out full details at westminster.gov.uk/free-school-lunch-offer



COPING WITH THE RISING COST OF LIVING



HOW DOES IT WORK?

The new offer will mean that all primary pupils in Years 3 through to 6 will now receive a free lunch, as well as students in reception and key stage 1 who are already receiving this offer. Children attending nursery places are not included in this offer. Funding is being agreed for the next 18 months (January 2023 to the end of the summer term 2024), but there is an ambition to extend the offer.

WHAT TYPE OF MEAL WILL BE OFFERED?

Our aspiration is that every eligible child will receive a healthy hot lunch in line with the government's healthy eating standards. However, we know this will require time for schools to mobilise. Where a hot lunch cannot be offered, food vouchers to the value of £3 per day will be provided to parents to pay for a packed lunch. Your child's school will have more information on how they will implement the offer.

Parents and guardians should visit our website (see left) for details on how to register.



The cost of living crisis is affecting us all. We have found that a quarter of households in Westminster – more than 31,000 – could face serious problems due to rising costs such as energy bills and food. We have invested more than £10 million to help our residents.

If you're finding it hard to deal with these changes, there is a wealth of advice out there. We have a support hub at [westminster.gov.uk/cost-of-living-support](https://www.westminster.gov.uk/cost-of-living-support) which includes advice on many aspects such as...

RISING ENERGY BILLS

The energy price rise is extremely worrying for many people, but it's important to know that there are options you can explore to help with the costs of rising gas, electricity and water bills. The last thing energy companies want is for their customers to be suffering and all suppliers will have staff available to talk to in order work out affordable payment plans. Government rules state that suppliers must work with you and you can talk to them to get a review of your current payments and to arrange for 'payment breaks' to give you more time.

Another free advice service that can help with debt issues is StepChange. It can help you devise debt management plans and offers 1-to-1 advisors.

Its helpline is open **Monday to Friday from 8am to 8pm**
Saturday from 8am to 4pm
on **0800 138 1111**



FINDING THE RIGHT CAREER

The right job can make all the difference when it comes to making ends meet. To help you find local employment options, Westminster Employment Service (WES) is a recruitment service that help residents like you connect with local businesses to find work opportunities on your doorstep.

Call **07971 026709** or visit [westminster.gov.uk/wes](https://www.westminster.gov.uk/wes) for more information

COPING WITH DEBT

Getting yourself out of debt is all about making the right choices to deal with your changing circumstances. Citizens Advice Westminster can help you understand the best options available to you with free and impartial advice on a wide range of subjects. This includes helping you find out what benefits or grants you are entitled to claim.

Free helpline is open **weekdays from 10am to 4pm**
on **0808 278 7834**

Support in additional languages will soon be available on our hub. Check our site regularly for details.



BAYSWATER AND LANCASTER GATE

In this issue of *YourWestminster*, we look at Greek sweets, amazing Malaysian food and false fronts as we get our (ice) skates on in the west of the city...



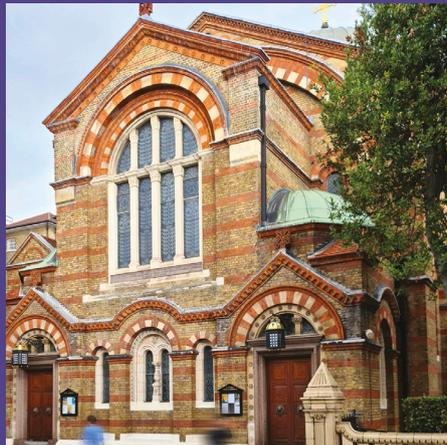
TELL US ABOUT YOUR HIDDEN GEMS!

Got a favourite café, a green space you'd love to share, or a secret spot that fills you with joy? We want to hear about the areas of your neighbourhood that make it your Westminster! Email us at yourwestminster@westminster.gov.uk or write to the council address on page 3 and your own hidden gem might feature in a future issue!

1 ST SOPHIA GREEK ORTHODOX CATHEDRAL

Moscow Rd, W2 4LQ

Centred in the heart of Bayswater, this Greek church is the first Greek Orthodox church in London built for the Greek community of Bayswater. Visit during their opening hours to take in the rich history and decadent artistry.



2 ATHENIAN GROCERY

16A Moscow Road
Bayswater, W2 4BT

[Read more](#) ▶▶

This Greek grocery dates back to the 1950s holding a noble title of being the oldest Greek deli in the UK. Soon as you enter the grocery store you will be met with a fresh scent of authentic Greek olives and the finest olive oil, honey, cheese, and much more Mediterranean produce.





3 NORMAH'S

23-25 Queensway Market
W2 4QJ

Tucked away in the back of Queensway market, Normah's kitchen this is Bayswater's best kept secret! This authentic Malaysian restaurant is Founded by Normah Abd Hamid, and all meals are cooked and prepared only by the founder herself. With this unique touch, every mouthful is made with passion and a lifetime of culinary skills.



4

QUEENS SKATE DINE BOWL

17 Queensway, W2 4QP

Not Hidden but definitely a gem! QUEENS is an ancient hub for icy entertainment, iconic for its ice rink and bowling alleys since the 1930s. This place is perfect for all occasions day and night. It has even embraced modern ice-based passions such as curling and a wealth of classic arcade games for those wanting to get their *Pac-Man* or *Mortal Kombat* on.



5 LEINSTER GARDENS FALSE FACADES

23-24 Leinster Gardens
W2 3AN

This is one of London's odder spots. They look like normal houses but are in fact just facades. Maintained by TfL, they mask an exposed section of the Metropolitan Line, originally needed when the trains ran on steam and drivers needed open areas to vent excess smoke.



6 MITRE PUB LANCASTER GATE

24 Craven Terrace
Lancaster Gate, W2 3QH

This Victorian built pub is famous for their fine glasswork and hearty roasts. Perfect for a Sunday dinner with family and friends or if you happen to be strolling through the picturesque streets of Lancaster Gate, pop in for a drink or two.



FOCUS ON...

ATHENIAN GROCERY

The Athenian Grocery is an authentic, family-owned Greek and Cypriot deli that has been serving its community for more than 60 years...

There's a little corner of the Mediterranean that can be found in the heart of Bayswater. Providing a plethora of produce imported straight from Greece and Cyprus, the Athenian opened in the 1950s, catering for a community where there was, and still is, a large influence of Greek residents. Pantelakis has been a worker at the deli for more than 16 years and is known to most as "Pan". He has seen how the shop has not only made an outstanding mark for residents over the years, but has become an attraction for tourists from across the country. "As well as serving our local Greek and non-Greek residents," he says while restocking fresh, aromatic olives into the serving counter, "we've also had visitors from as far as Scotland!"

Pan explains that there is a sense of pride that comes from building a family-owned business that is still operated by the sons of the founding family even today. Because of this, it has become both a duty and a privilege for Pan and his colleagues to be able to provide the daily needs of customers that are mostly first-generation Greek immigrant. For many, their only access to traditional Mediterranean produce is through the Athenian.

In between serving customers who greet Pan with friendly smiles and casual conversation, he shows us the items that customers keep coming back for. "Obviously our Greek olives and highest quality olive oils... but other popular things are our cheeses, freshly baked breads and honey."

Based out of west London, the artist known to the world as 'Jadore Kid' (or just 'JK') has been thrilling London with his cartoons, graffiti and 'doodles' for several years, despite still only being 17 years old.



JADORE CREATING!

He has already had his work exhibited at Victoria Library, the SAATCHI Gallery (as part of our City Lions Creative Collective), the King's Cross Coal Drops Yard and, memorably, at the Serpentine Gallery as a member of the Serpentine Youth Collective.

Last year, at the time of his birthday, JK was announced as the first ever Young Cartoonist in Residence at the Cartoon Museum in Fitzrovia, a move that he remembers came about unexpectedly. "In December 2021, I attended an interview with the Cartoon Museum for work experience," he writes. "They were so impressed with my characters – 'The Jadoodles' – that they offered me a residency. The details were sparse at the time, but I was excited for the new year!" The idea behind the Jadoodles is an effective one. "Jadoodles come in all shapes and sizes,

showing us a full range of feelings and emotions, and reminding us to make time for them all," he describes.

The residency started in February 2022 and began with JK customising the museum's windows with the Jadoodles. "I was planning to do this on my own garden door, so it was perfect!" he recalls. He also debuted three new artworks responding directly to three art pieces in the museum. The

collection (The Love Monster pulling a Pint, It's worth a shot, and Love in The Air) are all currently being exhibited at the museum.

JK's residency has benefitted his own development as an artist just as much as it has delighted the museum and the visitors that see

his work spread throughout the venue. "I spend my time exploring the museum to get inspired by the many old cartoons in the collection," he writes. "Additionally, I'm able to learn more about cartoons as I'm surrounded by cartoon history experts." He uses this inspiration to create more of his own artwork and to host workshops both at the museum and at external sites around the city. Recently, JK ran a fantastic workshop at the SAATCHI Gallery for the Tresham Centre, a venue for children and young people with disabilities that promotes life skills through play and art, and a centre JK attended for many years, with an amazing staff he cherishes.

Last summer, JK also took his talents to a live performance as part of the National Theatre's River Stage festival (the Hackney Empire weekend) and highlighted his own studio (JK Cartoon Studios) at his own community event, JKCS: Arty in the Park (funded by the Queen's Park Community Council). He has also independently designed and published his own Christmas colouring book and prints.



Back at the Cartoon Museum, JK has been getting involved with sessions called 'relaxed Mondays' – events that have been specifically designed for children and young people on the autism spectrum or sensory processing differences. He has been keen to host a number of these workshops, which have in turn "grown my own confidence from strength to strength," he writes. "My first workshop included my JKCS colouring sheet. For my second, I planned a session that allowed participants to customise their own small windows to take home, either with their own designs or with a Jadoodle that I helped them create."

This has led to a number of workshops in which he teaches participants how

SHARE YOUR STORIES

Is there someone in your community with a fascinating tale to tell? Know of a prominent Westminster resident who could feature in these pages? Let us know about your local figures by emailing

✉ yourwestminster@westminster.gov.uk

or writing to

📍 **YourWestminster**
17th Floor City Hall
64 Victoria Street
London, SW1E 6QP

to draw Jadoodles themselves. "I have been able to adjust my approach depending on the type of group," he says. "For families, I am able to show them on their table, but for larger groups, I used the flip chart at the front of the room to keep everyone engaged and even ran a competition for the best window."

Recently, JK announced the release of his very own socks featuring the Jadoodle characters – currently stocked in The Cartoon Museum or available at his website. After spending December fulfilling orders, he ended the year with his feet up, looking forward to 2023. What's next for JK? "More Art!"

To see JadoreKid's work at the Cartoon Museum, or to book a spot on a Relaxed Monday, pop along to **63 Wells Street, Fitzrovia, W1A 3AE**, call **020 7580 8155** or visit www.cartoonmuseum.org for details and opening times.

Discover and connect with JK and his art:

jkcartoonstudios.com

📷 [@jk_cartoon_studios](https://www.instagram.com/@jk_cartoon_studios)



We are working with our partners to provide free activities, all taking place in warm locations. More are being added all the time so be sure to check our website for the latest.

NORTH WEST



WEST





www.westminster.gov.uk/winter-in-the-city

WINTER in the City

NORTH EAST

5 MIN WALK

- 1 CHURCH STREET LIBRARY**
67 Church Street
- 2 PORTMAN FAMILY CENTRE**
12 Salisbury Street
- 3 MARYLEBONE LIBRARY**
9-11 New Cavendish Street
- 4 THE FEATHERS YOUTH CENTRE**
12 Rossmore Road
- 5 ST JOHN'S WOOD LIBRARY**
20 Circus Road

SOUTH

5 MIN WALK

- 1 SOUTH WESTMINSTER COMMUNITY CHOIR**
4 Moreton Street
- 2 PIMLICO LIBRARY**
Lupus Street
- 3 CHURCHILL GARDENS YOUTH CLUB**
Churchill Gardens Road
- 4 BESSBOROUGH FAMILY HUB**
1 Bessborough Street
- 5 ST. ANDREW'S CLUB**
12 Old Pye Street
- 6 THE ABBEY CENTRE**
34 Great Smith Street

*Some activities are time specific, please check with venues for details. All information correct at time of going to print.

HAVE YOUR SAY

Fairer Communities

We want to make sure our residents and communities have increased opportunities to participate in council matters as part of our pledge to create a Fairer Westminster. Be part of our first Community Charter and help us shape this involvement.



Fill in our online survey for the chance to win



www.smartsurvey.co.uk/s/cpcharter

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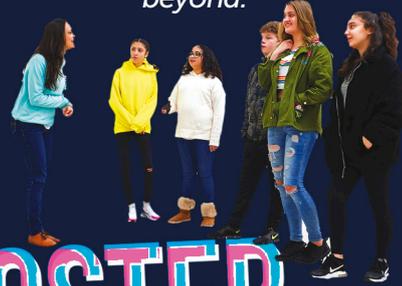
CULTURE AND ARTS FUNDING

We are excited to launch a new £1.8 million budget to fund cultural projects across our inspiring city. Over the next four years, our plan is to make creative activities accessible to all residents and visitors, whether you are facing financial hardship, in a Global Majority group, have a disability, are young, old or somewhere in between! We're bringing everyone together to discover careers, new passions, hobbies and meet new friends. To supporting local artists, we're inviting local organisations and schools to bid for up to

£10k of funding to help deliver community-based projects. Other funding areas include a series of ongoing projects such as Inside Out and our award-winning cultural festival, while continuing to support the council's successful City Lions programme, and other projects such as heritage trail walking tours and the annual Open House Festival.

Jack Gamble, Director of the Campaign for the Arts, said:

"It's fantastic news that Westminster City Council is boosting its investment in culture. Especially at a time of major economic and mental health challenges. Councillors are right to unlock the huge potential of the arts to enrich lives, communities and local businesses. As a direct result of their investment, many more people will be able to share in the joy, prosperity and opportunity that the arts and culture bring. That's good for everyone, in Westminster and beyond."



A CREATIVE BOOSTER FOR THE ARTS IN A VIBRANT WESTMINSTER

DID YOU KNOW?

- Tourism generates £18.6bn in London and research shows 80 per cent of tourists give culture as their main reason for visiting the capital.

LOCAL FACT

The arts and culture sector plays a huge role in Westminster's economy. 27% of all jobs in London in music, performing and visual arts are based in Westminster.



Interested in applying? Find out more: westminster.gov.uk/cultural-grant-application

PROVIDING A SANCTUARY IN THE CITY



The war in Ukraine has caused millions of people to be displaced. Alongside responses from many other countries, the UK government has set up the Homes for Ukraine scheme to support arrivals here. There has been a generous response to this scheme from residents in Westminster, with significant numbers of people volunteering to host individuals or a family in their home.

Margaret and her husband Chris are a perfect example of this generosity. The couple, who live in Pimlico, opened their home to Luliia who was sent to safety by her family.

As well as providing a safe haven from the horrors of an ongoing war, the programme enables people from both sides to learn about the cultures of

each other. "For me, I've enjoyed understanding more about Ukraine," says Margaret, "not just in terms of the war but what life is really like there. We have discussions about things such as vegetables being different here than they are in Ukraine."

"I do enjoy living here and Margaret is such a nice person," says Luliia. "I have never met

people like this who can share their space with someone who is a different nationality. You don't know the person, who they are and you can just let the place to someone to live with you. I think there are lots of people with the big hearts like Margaret, and it is so appreciated."

Luliia has been learning about life in London at the same time.

"I attended Margaret's choir at the Ukrainian Cathedral [near Mayfair] and I liked it. They asked me to sing as well but I'm not really into that. I'm more just a visitor



of concerts," says Iuliia with an embarrassed laugh. Margaret hasn't given up trying though.

Part of the council's role in the programme is provide ongoing support both to the refugees and their sponsor families. I've been really impressed by the support I've had from Westminster," says Margaret. "They came and checked the flat, they did a check on me personally, which I thought was good because it means it is being done properly and carefully. When I have had any questions I have been able to phone them up and ask, they have been very helpful. I really think it is an excellent scheme."



"BE OPTIMISTIC,"

she adds. "It worked for us and it's been great. For us it's a very small thing because what's going on in Ukraine is dreadful. If you can do just one small thing, which is giving some space in your home, it's very very rewarding."



WANT TO DO SOMETHING REWARDING?

Become a host and share your home to Ukrainians fleeing war. Find out more at westminster.gov.uk/ukraine

For Margaret, it was an easy decision to register for the Homes for Ukraine programme, but she stresses that anyone thinking about it should consider things carefully. "If you're thinking about signing up for it, think it through and think about whether it would work for you," she says.

PROVIDING A HOME

To meet the requirements to be approved as a sponsor, you must meet the following criteria:



Be over the age of 18



Be a British citizen in the UK or have at least 6 months permission to be in the UK



Provide a valid ID for example, UK Passport, Biometric Residence Permit



Confirm you can provide suitable accommodation for a period of at least 6 months in the UK. You must be certain that you are in a secure position to offer a stable home to someone who needs it.

Sponsors will be supported by our Ukraine response team and can receive £350 a month for the first 12 months and £500 for the following 12 as long as guests are provided accommodation of a suitable standard.



KEEPING YOUNG PEOPLE ACTIVE AND FED THROUGH THE HOLIDAYS

The Holiday Activities and Food (HAF) Programme is preparing for the February half term by providing free activities and food provision* for children aged 4 to 16 eligible for benefits-related Free School Meals during the school holidays**.

Westminster City Council and the Royal Borough of Kensington and Chelsea offer a HAF programme, providing an array of enriching and fun activities for local young people. These include activities for those with special educational needs and/or disabilities so everyone can join in the fun.

We want children and young people to have a choice of activities to access new experiences and opportunities. Previously, through this programme, activities have included arts and cultural events, fun physical activities and outdoor

play such as horse riding, zip lining, acrobatics, and canoeing, alongside these activities, nutritious meals are provided for attendees each day.

The programme is proud to offer activities that develop self-confidence, resilience, social skills and improve mental health for all children and young people who attend!

*Free guaranteed places available for young people eligible for benefits-related Free School Meals. Offers vary between Westminster and Kensington and Chelsea.



Find out more: ourcity.org.uk/haf-programme or check out westminster.gov.uk/events for more free activities.



**There are also plenty of activities for those not on the HAF programme. Check out the Our City website for full details.





DIGITAL SKILLS COURSES IN LONDON

- There are a number of courses in 2023 that will enable you to develop the knowledge and skills to kick off your career in the digital sector.
- There are qualification courses in Cyber Security, Software Development and Web Applications.
- And we are running **intensive bootcamps** to get you job-ready in a short time and these programmes include introductions to employers.
- There is also another chance to join the popular AWS re/Start programme which is run in collaboration with Amazon Cloud Computing.
- Or have a look at our Graphic Design programmes, if you are more interested in design and media production.
- Many of our courses are **free*** for unemployed learners and lower-income earners. Contact us for more details.
- Our experts are on hand to offer advice and answer any questions about careers, opportunities and next steps.

ENROL NOW

- Visit our website to have a look at our full offer and complete our online application.
- Or you can phone or email us and we will help with any questions you have.
- We are here to help and support you.

info@waes.ac.uk / 020 7297 7297 /   

www.waes.ac.uk



We aren't alone in wanting to kick off 2023 with good health, positivity and happiness. New Year resolutions might be in full swing, but they can be overwhelming. It is important to remember the basics and remind ourselves that long-term but smaller changes can actually bring big results. Read on to get the wellness vibes rolling for 2023...



▲ Porchester Leisure Centre is a great spot for fitness classes.



▲ Paddington Recreation Ground has all manner of healthy activities to enjoy.

TAKING CARE OF OUR BODIES

Looking after our bodies and maintaining a healthy weight has a multitude of benefits, from reducing the risk of illnesses, to gaining strength and stamina, to improving our ability to do activities and enjoy everyday life to the fullest:

LEISURE CENTRES

Westminster features many fantastic facilities for feeling fighting fit! Indoor venues include swimming pools and gyms, as well as plenty of group classes.

GREEN SPACES

If you prefer to be outdoors, we have some of the best parks and open spaces in London – perfect for walking, running and cycling. Hyde Park, Regent's Park, Paddington Recreation Ground are just a few of the big names, but your local areas contain plenty of ways to connect with nature and enjoy the fresh air.

Visit active.westminster.gov.uk to find your local leisure centre and to apply for an Active Westminster card. This can give you great discounts and special offers on active pursuits.

SLEEP WELL

It's recommended that we get something close to eight or nine hours of sleep a night (eight to ten for young people) so it's important to snuggle up, count the sheep and get your snooze on. However, if you struggle with sleep, good-thinking.uk offers suggestions that can help, while the smartphone app headspace.com provides guided meditation and breathing exercises to try.

If you'd like to talk to someone about improving your sleep, you can call the National Sleep Helpline on 03303 530 541. The helpline is run by a team of specialist sleep advisors. Although they cannot give medical advice, they can talk through your issues, offer practical strategies and recommend other services that could help.



WINTER

TAKING CARE OF OUR MINDS

Our mental wellbeing is just as important as our physical wellbeing. There are many ways to reduce daily stresses and take a little time out for ourselves, and it's important to find what's right for you. Some things to try when things are getting too much can include:

- Enjoying a regular hobby such as reading, crafting, journaling, photography or gardening can help us reconnect with the things that make us personally happy.
- Guided meditation or listening to a podcast can help block out the external noise of busy lives.
- Taking a walk (or another exercise) during lunch breaks helps to break up a routine that can feel overwhelming.
- Calling a friend or visiting a neighbour for a chat helps us connect socially with others.
- A befriending service (such as the Silver Line offered by Age UK) can help to combat loneliness in older people. Call **0800 678 1602** for more details.

While taking care of our own minds, we can also help the younger people in our community how to take care of theirs. With the constant noise of social media, fast-paced lives, pressures from school and the rising cost of living, younger generations face challenges and pressures of their own and we want to ensure everyone has access to tools that can help.

Place2Be, provides mental health services in more than 500 schools across the UK and its website (childrensmentalhealthweek.org.uk) is full of helpful information. You can also find a list of useful organisations for families here:



There are many more helpful organisations if you need a little extra advice or support:

FOR EVERYONE

Mind

0300 123 3393
mind.org.uk

Samaritans

116 123
samaritans.org

Relate

0300 003 2324
relate.org.uk

FOR YOUNG PEOPLE

Childline

0800 1111
childline.org.uk

Young Minds and CAMHS

020 7089 5050
youngminds.org.uk

Papyrus

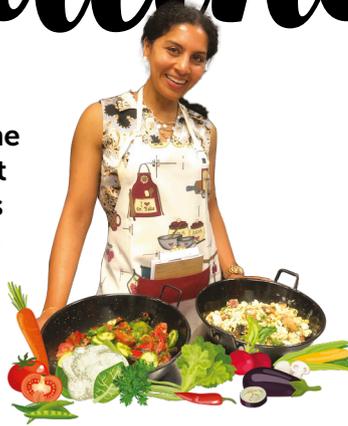
0800 068 4141
papyrus-uk.org

Kooth - kooth.com



Eating well ON A BUDGET

With the cost of living still rising, one of the biggest areas to feel the squeeze is what we buy to eat. Shree Datta is a women's health specialist, and delivers healthy eating and wellbeing sessions for everyone in Westminster. Here she outlines some simple ways to cut down spending on food – without compromising on nutrition...



1. Think about the types of food you are buying when visiting the supermarket – some foods are less expensive if you buy them 'whole'. For example, buying a block of cheese is usually more affordable than shredded cheese. You can often buy less processed food such as whole grains like brown rice in larger amounts, so that it lasts longer. Try different cuts of meat which may be just as nutritious but more affordable.



2. Look at the brands you are buying – supermarket brands may be a lot cheaper for some items, without compromising on taste or nutrition. Similarly, food may be much cheaper at your local market, so why not pay them a visit?

3. Cook at home rather than buying ready meals. There are lots of books and websites that provide step-by-step recipes to cook a meal in under 30 minutes. Cooking your food means that you know exactly what ingredients are in your meals, with fewer artificial flavours and preservatives.



4. Use your freezer to store any extra food and items rather than letting them go to waste. We throw away almost a third of our food and you would be surprised at what can be frozen safely – for example, cheese and milk. In some cases, whilst the consistency may alter upon defrosting, it's perfectly safe to eat or use in cooking.



5. Sign up to apps such as Olio and TooGoodToGo to get food that is often being given away for free or at a discount from local shops and neighbours. There are often local food pantries which are available to buy cheaper food – for example, the felixproject and The Abbey Centre.



To get more information and support for your local workplace or community on how to eat better for less, contact Shree statta101@gmail.com

YOUR COUNCIL SERVICES

GENERAL CONTACT DETAILS

- ☎ 020 7641 7000
- ✉ responsewcc@westminster.gov.uk
- www.westminster.gov.uk

ADULT EDUCATION

- ☎ 020 7297 7297
- ✉ info@waes.ac.uk
- www.waes.ac.uk

ADULT SOCIAL CARE

- ☎ 020 7641 1444
- ☎ 020 7641 1175
- ✉ adultsocialcare@westminster.gov.uk
- www.peoplefirstinfo.org.uk



ANIMAL WELFARE

- ✉ awarden@westminster.gov.uk
- www.westminster.gov.uk/animal-welfare



ANTI-SOCIAL BEHAVIOUR

- ☎ 0800 358 3783 (freephone)
- ✉ housing.enquiries@westminster.gov.uk
- www.westminster.gov.uk/housing



ARCHIVES

- ☎ 020 7641 6200
- ✉ archives@westminster.gov.uk
- www.westminster.gov.uk/archives

BENEFITS

- ☎ 0800 072 0042 (freephone)
- ✉ westminster.benefits@secure.capita.co.uk
- www.westminster.gov.uk/benefits



BIRTHS, DEATHS AND MARRIAGES (Register Office)

- ☎ 020 7641 7500
- ✉ registeroffice@westminster.gov.uk

www.westminster.gov.uk/birth-and-death-certificates-marriages-and-citizenship

BUSINESS UNIT

- ☎ 020 7641 2070
- ✉ businessunit@westminster.gov.uk
- www.businesswestminster.com



CEMETERIES

- ☎ 020 8567 0913
- ✉ parks@westminster.gov.uk

CHILDREN/FAMILY INFORMATION SERVICE

- ☎ 07971 625 922
- ✉ FIS@westminster.gov.uk
- www.westminster.gov.uk/children-and-education



COUNCIL TAX

- ☎ 0343 178 2743
- ✉ westminstercounciltax1@secure.capita.co.uk
- www.westminster.gov.uk/council-tax



HEALTH & WELLBEING

- ☎ 020 7641 7000
- www.westminster.gov.uk/health-and-social-care

HOUSING SERVICES

- ☎ 0800 358 3783 (freephone)
- ✉ housing.enquiries@westminster.gov.uk
- www.westminster.gov.uk/housing

LEISURE CENTRES

- ✉ active@westminster.gov.uk
- www.active.westminster.gov

LIBRARIES

- ☎ 020 7361 3993
- ☎ 020 7641 6200
- ✉ libraries@westminster.gov.uk
- www.westminster.gov.uk/libraries



PARKING

- ☎ 020 7823 4567
- ✉ parkingservices@westminster.gov.uk
- www.westminster.gov.uk/parking

PEST CONTROL

- ☎ 0800 358 0514 (freephone)
- ✉ pestcontrol@westminster.gov.uk
- www.westminster.gov.uk/pest-control

RECYCLING/RUBBISH

- ☎ 020 7641 2000
- www.westminster.gov.uk/recycling



REPORT IT

- www.westminster.gov.uk/report-it



SEN

- ☎ 020 7361 3311
- ✉ SEN@rbkc.gov.uk
- localoffer.westminster.gov.uk

STREET MARKETS

- ☎ 020 7641 8549
- ☎ 020 7641 7010
- ✉ streettradinglicensing@westminster.gov.uk
- www.westminster.gov.uk/markets

WESTMINSTER CONNECTS

- ☎ 020 7641 1222
- westminster.gov.uk/westminster-connects

WESTMINSTER EMPLOYMENT SERVICE

- ☎ 07971 026709
- ✉ employmentteam@westminster.gov.uk
- westminster.gov.uk/wes



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