

# Children first



Turn over  
to read **Edit**

**Win a family ticket to Ocean  
Invaders at SEA LIFE London**

**Free family activities this summer**

**Healthy teeth, happy smiles**



City of Westminster

New course guide  
out now!

# Get the skills to get the job

WAES is Westminster's adult college, offering training in English, maths and key skills needed for work as well as short creative courses for leisure and fun.

From apprenticeships to fine art, choose from hundreds of qualifications and short courses starting this September.



Visit us during one of our 2017 open days.  
Explore our modern learning environments and speak to our experts  
about the right study programme for you.

**Saturday 17th June**  
**Wednesday 15th November**

10am-4pm, 219 Lisson Grove, London NW8 8LW

Find out more and register at [www.waes.ac.uk/opensdays](http://www.waes.ac.uk/opensdays)

020 7297 7297



## Dear parent or carer,

I'm honoured to have been elected the new Youth MP for Westminster, a city full of promising and talented youth.

Just as you are on your children's side, so will I be as their Youth MP. One thing I will definitely be doing is encouraging them to discover and really take advantage of what our great city has to offer.

Like every summer, Westminster is buzzing with family friendly events - many of them completely free. For example, if your child is interested in reading, the Summer Reading Challenge at our libraries is a perfect summer activity.

In June, there are plenty of things going on in Westminster. I hope to see you at the #MyWestminster Day on 18th May or at Trafalgar Square when West End LIVE will once again treat us to free performances from some of the world's greatest musicals. Throughout July and August, there are also the annual festivals SouthWestFest and Paddington Festival which have something to offer for just about everyone. Find out more on page 10.

As always, there are lots of free activities in our parks and museums, leisure centres, and sports clubs as well. Regardless of how the weather might turn out, I hope the activities on offer will enable your family to enjoy your best summer yet.



**Aziz Saiq**  
Youth MP  
Westminster

Contact Aziz at  
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Cover photo: Marguerite with her mother Irina  
at Queen's Park Children's Centre

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## The latest news from around Westminster

NEWS

### Apply for primary and secondary school places in 2018

If your child is due to start secondary school in September 2018 the deadline to apply for a school place is 31st October 2017. If your child is due to start primary school in September 2018 the deadline to apply for a school place is 15th January 2018. Applications open on 1st September 2017. Visit [westminster.gov.uk/school-admissions](http://westminster.gov.uk/school-admissions)

### Free parenting courses

Children undoubtedly enrich our lives, but being a parent also come with challenges – many of them very different from those faced by previous generations. If you are looking for parenting advice or support, come along to one of the council's free parenting groups and courses held across Westminster. Visit [westminster.gov.uk/parenting](http://westminster.gov.uk/parenting)

### What do 150 balloons have to do with air quality?

In April, the council met with 300 children at St Edward's Catholic Primary school to talk about what bad air can do to our health. To demonstrate the pollution caused by idling vehicles, we brought along 150 balloons – the equivalent of one minute's worth of exhaust emissions. By the end of the visit, all children agreed to become no-idling ambassadors to help improve air quality in Westminster.



### A new home for Marylebone Boys' School

Pupils and staff from Marylebone Boys' School have been to see work progressing on its permanent home. The new site in the Paddington Basin Regeneration area on North Wharf Road, is part of a wider development which will include 197 new affordable homes for rent. The school is due to open in September 2018, starting with an intake of 480 pupils, and will also offer a mixed sixth form.

### Are you receiving our monthly family newsletter?

For regular updates on family news and upcoming events, sign up to our monthly Families First newsletter at [westminster.gov.uk/families-first](http://westminster.gov.uk/families-first)

Follow [@CityWestminster](https://twitter.com/CityWestminster) on Twitter or find us on Facebook [facebook.com/CityWestminster](https://facebook.com/CityWestminster) for the latest news, offers and events for your family.

# Visit the new Early Help website

If you are raising a young family in Westminster, visit our Early Help website to find useful information for parents and carers on childcare, education, health services, free family activities and more.

Visit [westminster.gov.uk/early-help](http://westminster.gov.uk/early-help)

Westminster  
**early help**  
Happier, healthier families



# Westminster City Hall moves

From 1st June 2017 until early 2019, Westminster City Hall will be based at 5 Strand, WC2N 5HR, whilst 64 Victoria Street is undergoing refurbishment works.

During this period, the offices on 64 Victoria Street will not be open to the public.

#### Please note that:

- Children's Services which are delivered from 215 Lisson Grove, NW8 8LW, will continue to operate as usual.
- Registration of births will take place at 317 Harrow Road, W9 3RJ, as usual.
- Citizenship ceremonies will move to Mayfair Library, W1K 2PB, and 5 Strand, WC2N 5HR.
- Registrar services including giving notice of intention for marriage and civil partnerships will move to 317 Harrow Road, W9 3RJ.

For more information and the latest updates visit [westminster.gov.uk/cityhallrefurb](http://westminster.gov.uk/cityhallrefurb)

# Healthy teeth, happy smiles



Everyone wants their children to have healthy teeth and avoid the problems and pain caused by tooth decay. By following the expert tips below, you are well on your way to make sure you keep your tot's smiles happy.

## We know about the need to brush twice a day, but what about:

☞ Toothbrushing should be supervised or done by a parent/carer until a child is at least 7 years old. A pea sized of fluoride toothpaste should be used for children aged between 3–6.

☞ Make sure all tooth surfaces and gums are brushed – it may help to work your way from one side to the other, top to bottom. And make sure they brush for two minutes!

☞ Spit out after brushing and do not rinse with water – this makes you lose the benefit of the fluoride.

## We've all heard about cutting down on the sugary food and drinks, but what about:

☞ Dried fruit such as raisins are high in sugar and stick to teeth for a long time, so keep them only to meal times.

☞ Fruit juice should also be served at meal times only and it needs to be diluted, 1 part fruit juice to 10 parts water.

## Just as adults, children need to visit a dentist regularly, but did you know that:

☞ Children should be taken to the dentist when their first milk teeth appear so they get to know the process, or by the age of one.

☞ Dental check-ups for children are free. The dentist will advise how often a child should have a check-up but usually it is every six months.

☞ Children from the age of 3 can get fluoride varnishes twice a year to help strengthen teeth and prevent decay.



## Looking for more advice?

Ask your dentist or visit [nhs.uk/livewell/dentalhealth](https://www.nhs.uk/livewell/dentalhealth)

## Get your family geared up for summer with MEND

Leave the winter blues behind and get geared up for an active summer by joining our Mind, Exercise, Nutrition... Do it! (MEND) programmes.

From energy boosting workouts for new mums to interactive workshops on nutrition and exercise for children of all ages, MEND empower children and adults to become fitter, healthier and happier.

Find out more at [westminster.gov.uk/childhood-health](https://www.westminster.gov.uk/childhood-health)



Yummy summer recipe

## Salmon and cucumber wraps

These delicious and healthy wraps take next to no time to cook – ideal for a quick summer lunch. Why not bring them to a picnic in the park?

### Serves 4

#### Ingredients

- 213g can of red or pink salmon, drained
- 100g lower-fat soft cheese
- 1/4 cucumber, finely chopped
- 4 soft whole wheat flour tortillas
- 1 handful of lettuce leaves, shredded
- 1 small handful of watercress
- 1/2 a lemon, juiced
- 1 pinch ground black pepper

#### Method

- Tip the salmon into a bowl and mash with a fork. Add the soft cheese and cucumber and mix together, seasoning with a little black pepper.
- Lay the tortillas on a work surface and spread the salmon mixture over them. Top with shredded lettuce and watercress, sprinkle with lemon juice, then roll up.
- Slice in half and serve with extra salad, or wrap in cling film and keep chilled to eat later.

Find more healthy recipes at [nhs.uk/change4life](https://www.nhs.uk/change4life)



## “Foster carers really can make the difference to young people’s lives!”

**Sally was in and out of foster care for most of her childhood, living all over London. When she came out of care, she knew that she wanted to give back like the role models that have supported her. Now, after many successful years working with young people across London, Sally is giving back the way she always wanted to, by becoming a foster carer herself.**

“Growing up through foster care meant that I was never in the same place for long. I am doing what I am today to support those who have had similar challenges to myself and help them achieve their untapped potential. Allowing all types of the right people to foster will help young people have the care they deserve.

“I hear a lot of friends and others that I work with put off enquiring about fostering as they feel that they don’t have the space or the time. But the truth is, there are many different types of foster carer, and although you may feel that you aren’t suitable – you could be just what a young person needs to succeed and change their life forever.

“I have always wanted to be a foster carer and I am delighted I now have the chance to support a child or young person to achieve their full potential. I encourage anyone who is interested, whatever their situation, to get in touch with their local fostering team and make those first steps to making a difference.”



**If you are in the position to provide support to a child or young person in need of a home, why not find out more about fostering?**

Call **0800 169 3497**, email **fostering@rbkc.gov.uk**, or come along to one of our upcoming fostering information events:

**Information morning:  
Thursday 15 June  
10am–12 midday  
Westminster City Hall  
Victoria Street, SW1E 6QP**

**Information evening:  
Thursday 15 June 6–8pm  
Westminster City Hall,  
Victoria Street, SW1E 6QP**

Find out more and sign up at **westminster.gov.uk/fostering**



# Let your kids enjoy the fun of reading this summer



**Young ones can keep up their reading skills and confidence over the summer break with the Summer Reading Challenge**

The Summer Reading Challenge challenges your child to read six books from Westminster’s libraries as a fun and exciting way to keep them reading over the summer holidays.

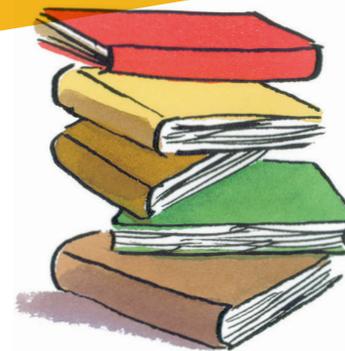
Every time your child finishes a book they will get free stickers and rewards, and there is also a certificate for everyone who finishes reading all six books.

A team of reading mentors will be available at the libraries to talk to children about their books.

The theme for 2017 is Animal Agents, so your young ones can help a whole host of clever creatures uncover mysteries with a huge helping of fun along the way. They can also use the Summer Reading Challenge website to keep track of the books they’ve read, write book reviews, enter competitions, chat to other readers and much more.

For more information about the Summer Reading Challenge, including details of related events and how to take part visit [westminster.gov.uk/events-libraries](http://westminster.gov.uk/events-libraries)

Children can read whatever they like for the challenge – fact books, joke books, picture books – just as long as they are borrowed from the library.



Illustrations ©Tony Ross for The Reading Agency



# There are lots of fun things to do in Westminster this summer

## Vitality Westminster Mile

**When:** Sunday 28th May  
**Where:** Green Park  
 Cheer on families, friends and athletes as they run the most famous mile in the world, and enjoy live music and entertainment in Green Park throughout the day.

■ [vitalitywestminstermile.co.uk](http://vitalitywestminstermile.co.uk)

## West End LIVE 2017

**When:** 24th – 25th June  
**Where:** Trafalgar Square  
 Don't miss out on two days of free, world-class and family friendly live entertainment when the stars of the West End take over Trafalgar Square this June.

■ [westendlive.co.uk](http://westendlive.co.uk)

## SouthWestFest

**When:** 30th June – 16th July  
**Where:** SW1  
 Enjoy a jam-packed festival for the whole family with workshops, performances and parades.

■ [southwestfest.org.uk](http://southwestfest.org.uk)

## Paddington Festival

**When:** July – September  
**Where:** Across Paddington  
 Paddington Festival returns once more, with lots of free and low-cost activities for the whole family across the Paddington Area, including the flagship Westbourne Summer Festival.

■ [paddingtonfestival.co.uk](http://paddingtonfestival.co.uk)

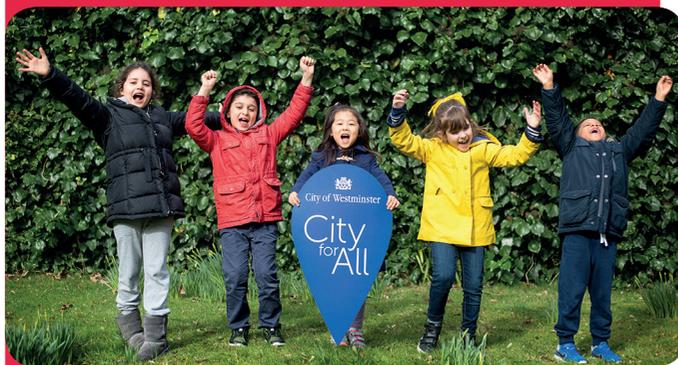


## #MyWestminster Day

**When:** Sunday 18th June  
**Where:** Paddington Recreation Ground  
 This June we are bringing our city together in a celebration of our incredible and unique diversity at the #MyWestminster Day.

**Stay tuned for more details!**

■ [westminster.gov.uk/mywestminster](http://westminster.gov.uk/mywestminster)



WIN

## Win a family ticket to SEA LIFE London's jellyfish experience Ocean Invaders

10,000 jellyfish have officially invaded SEA LIFE London! The brand new experience – 'Ocean Invaders: Enter the World of Jellyfish' is the largest jellyfish facility in the UK and will have you and your family mesmerized as you explore the fascinating universe of the jellyfish.

**How to enter:** For a chance to win 4 tickets, simply find us on Facebook at [facebook.com/CityWestminster](https://facebook.com/CityWestminster) and describe your favourite summer activity in Westminster in the comments of the competition post. Competition closes on **Monday 5th June 2017**.

**Terms and conditions:** The prize will be four individual printed tickets, valid until the date printed on them and valid only at SEA LIFE London Aquarium – please note this is where Ocean Invaders is based.

The prize is as stated and cannot be exchanged. No cash alternative will be offered.

Tickets are subject to availability, and a minimum of three days' notice is required to book in tickets. Prizes must be claimed by 31st December 2017.

Visitors to SEA LIFE London can enjoy getting up close to over 10,000 colourful aquatic inhabitants, representing over 600 species in 65 immersive displays. To find out more visit [visitsealife.com/london](http://visitsealife.com/london)

## WESTMINSTER city save

OFFERS AND DISCOUNTS FOR WESTMINSTER RESIDENTS

### 2-for-1 tickets to Bond in Motion at the London Film Museum



**Offer:** Get 2-for-1 entry on tickets to The London Film Museum, host of the official exhibition of James Bond vehicles that feature in the renowned film series.

**How to claim:** Present your City Save card when paying on the door (offer not applicable on pre-booked tickets)

**Venue:** London Film Museum, 45 Wellington Street, Covent Garden, WC2E 7BN

### 50% off at The Massala Hut



**Offer:** Get 50% off your bill at The Massala Hut, one of the best Indian restaurants in London.

**How to claim:** Show your City Save card on arrival to redeem your discount

**Venue:** The Massala Hut, 161–163 Drummond Street, NW1 2PB

### Free admission to Westminster Abbey



**Offer:** Westminster residents are eligible for free entry to this World Heritage site and national landmark.

**How to claim:** Present your Westminster City Save card upon entry.

**Venue:** Westminster Abbey, 20 Dean's Yard, SW1P 3PA

Apply for your free Westminster City Save card at [westminster.gov.uk/citysave](http://westminster.gov.uk/citysave) or call **020 7641 6000** (Mon–Fri, 8am–6pm).



Terms and conditions apply. Visit [westminster.gov.uk/citysave](http://westminster.gov.uk/citysave) for all offers and more details.

# Your recycling guide

Every household property in Westminster receives a weekly mixed recycling collection

## Your mixed recycling collection is weekly

### Step 1

Order your free recycling bags or box by contacting us or ask your housing manager or caretaker.

### Step 2

Put all your mixed recycling together into your recycling bags or box.

Please remember to:

- Flatten your cardboard boxes
- Give your food, drink and household product containers a quick rinse.

### Step 3

Leave your bags/ box out on your collection day for your doorstep collection. Or if you live in a communal property use your onsite recycling bins.

Not sure when your collection day is? Visit [westminster.gov.uk/recycling](http://westminster.gov.uk/recycling)

## Please only put in your mixed recycling:



⊘ no food waste   ⊘ no black bags   ⊘ no garden waste   ⊘ no polystyrene

### Contact us

Visit [westminster.gov.uk/recycling](http://westminster.gov.uk/recycling) to

- order free recycling bags or box
- find out your recycling and rubbish collection days and times
- find your nearest on-street micro-recycling centre

If you have a housing manager or caretaker please ask them for details of your recycling and rubbish collection services.