



**venture**

**WINTER  
PROGRAMME OF  
ACTIVITIES  
2023/4  
EDITION 2**

**Venture Centre  
103a Wornington Rd,  
W10 5YB  
020 8960 3234**

# About Us

The Venture Centre is a registered charity and was established in 1959. It comprises of; the oldest Adventure Playground in the UK delivering OFSTED registered children's services, a purpose-built Steel Panyard and a thriving Community Centre.

The centre is open 365 days a year, even throughout the Christmas and New Year holidays!



## Opening times:

Monday 10:00AM - 7:00PM

Tuesday 10:00AM - 7:00PM

Wednesday 10:00AM - 7:00PM

Thursday 10:00AM - 7:00PM

Friday 10:00AM - 7:00PM

Saturday 10:00AM - 4:00PM

Sunday 12.00AM- 3.00PM

# Navigating this Booklet

This booklet is divided into colour-coded sections and each colour corresponds to an activity:

- Blue for Fitness
- Pink for Children's Activities
- Green for Creative Arts
- Red for Wellness Activities
- Purple for Maternity Champions
- Yellow for Events
- Orange for Advice

Days, times and prices are at the bottom of each page. All of our activities are free or low cost. Therefore, we rely on the support of our friends and neighbours to make donations. Look out for the donation badge throughout the program.



Look out for the Community/Maternity Champions Badge! This means the activity will have friendly volunteers available to provide support.



Contact us:  
[info@venturecentre.org.uk](mailto:info@venturecentre.org.uk)  
0208 960 3234  
[venturecentre.org.uk](http://venturecentre.org.uk)  
Instagram: [vca\\_communitycentre](https://www.instagram.com/vca_communitycentre)  
Facebook: Venture Centre

# Venture Weekly Calendar

## Monday

- Pilates 10:30 - 11:30am
- ICT Suite 4:00 - 6:00pm
- Women Only Zumba 6:00 - 7:00pm

## Tuesday

- Zumbabies 10.00- 11:00am (starts 16th January)
- Cultural Art Workshop 1:00-4:00pm
- Children's Cooking Workshop 4:00 - 6:00pm
- Glissando Steel Orchestra (adults beginners) 6:30-8:30pm

## Wednesday

- Digital Skills Sessions 10:00-2:00pm
- Meet and Eat, Lunch served at 1:00pm
- Bodyweight and Bands Workout Class 6:30 - 7:30pm

## Thursday

- ICT Suite 12:00 - 2:00pm
- Cultural Art Workshop 1:00-4:00pm
- Glissando Steel Orchestra (children) 4:00-5:30pm
- Homework Club 4:30-6:00pm
- Glissando Steel Orchestra (adults) 6:30-8:30pm
- Bootcamp Workout Class 6:00 - 7:00pm

## Friday

- Community Cookery 11:00 - 1:00pm
- Film-making Workshop 11:30 - 1:30
- Gentle Yoga 11:30 - 12:30
- Alkaline Health 4.00 - 6.00pm
- Box Fit Workout Class 6:00 - 7:00pm
- Express Yourself Drama Class (adults) 7:00 - 9:00pm

## Saturday

- Children's Learning Lab 10.00 - 12.00pm
- Children's Drama Club 10:30- 12:30pm
- Foodbank 12:00 - 4:00pm (Fortnightly)

# PILATES



Designed to relax, our Pilates instructor will ease your tense muscles and focus on your breathing.

Donations  
Welcome

COMMUNITY  
Champions  
GOLBORNE

Price: £2

**Mondays**

Time: 10:30am - 11:30am

# Women Only Zumba



Our high-intensity Zumba classes will have you working up a sweat as you jam to energetic music with a professional tutor.

Price: £2

**Mondays**

Time: 6:00 - 7:00pm

# Bodyweight and Bands Workout Class



This lively workout session  
will tone your limbs and thighs using  
resistance bands.



Donations  
Welcome

Price: £2

**Wednesdays** Time: 6:30 - 7:30pm

# Circuit Workout Class



This class will challenge your fitness and help you develop your cardio and strength.



Price: £2

Donations  
Welcome

COMMUNITY  
Champions  
COLBORNE

**Thursdays**

Time: 6:00 – 7:00pm



# Gentle Yoga



A soothing style of Yoga designed to enhance your flexibility while simultaneously calming your body and mind.

COMMUNITY  
Champions  
COLLEGE

Donations  
Welcome

Price: £2

**Fridays**

Time: 11:30 - 12:30pm

# Boxfit Workout Class



Learn basic boxing combinations  
and techniques during our Boxfit  
sessions.



Donations  
Welcome

COMMUNITY  
Champions  
GOLDSPRING

Price: £2

**Fridays**

Time: 6:00 – 7:00pm

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## Christmas Holiday Activities

Thursday 28th December to Friday 5th January



**Notting Hill  
Adventure Playground  
W10 5YB  
10.30am - 3.30pm**



**Flashpoint  
Playground  
SW10 0DS  
11.00am - 4.00pm**

**Little Wormwood Scrubs  
Adventure Playground  
W10 6AD  
10.30am - 3.30pm**



**Open access adventure play for Children aged  
6 - 14 years**

In addition to our play structures, we offer a wide range of activities including Board games, Cooking, Interactive games, Sports, Music and Arts and Crafts.

for more information please call 0208 960 3234

email [info@venturecentre.org.uk](mailto:info@venturecentre.org.uk)

**FREE**



# Children's Cooking Workshop



**Ages 6 -14 years**

Discover simple and nutritious recipes that children can easily recreate in their own kitchens.

Donations  
Welcome

**Free**

**Tuesdays**

**Time: 4:00 - 5.30pm**

# Homework Help



Our educational support services are here to assist your child, offering them resources that make excelling academically more achievable. Bring their homework along, or we can supply worksheets suitable for all age groups.



Atom Learning leverages interactive questions, insightful help sheets, and engaging videos to craft a tailored learning journey for each and every child.

**Ages 6 - 14 years old**

Free  
**Thursdays**

**Time: 4:30 - 6:00pm**

Donations  
Welcome

# Children's Steelpan Classes



**Come and Learn to play the  
steelpan instrument  
with Glissando Steel Orchestra**

**FREE**

**Thursdays**

**4.00pm -5.30pm**

**Every Other Sunday**

**12.30pm -2.00pm**

# Children's Drama Club



Educate your child with basic acting techniques.

To book a place please contact  
[natasha.renegadetheatre@gmail.com](mailto:natasha.renegadetheatre@gmail.com)

Donations  
Welcome

Free  
**Saturdays** Time: 10:30am 12:30pm

# LEARNING LAB

# PHONICS

Term time Saturdays From 13th January 2024 we return for phonics workshops at Notting Hill Adventure Playground. 5 minute reading assessment to be done prior to start If interested please email:

[info@venturecentre.org.uk](mailto:info@venturecentre.org.uk)

Age 4 - 12 years



Donations  
Welcome

Free  
Saturdays

Time: 10:30am-12:30pm





SHYNE 2 CHANCE  
SINCE 2021

# SHYNE 2 CHANCE

## SATURDAY

### 16TH DECEMBER

### 11.30- 13.30

"FREE" INCLUSIVE STAY AND PLAY  
FOR ALL CHILDREN WITH ANY DISABILITY  
AGED 6-13

RAFFLE PRIZES TOYS  
GAMES

CHRISTMAS  
PARTY

CHRISTMAS  
PARTY

REGISTER IN ADVANCE  
VIA EMAIL

[shyne2chance@gmail.com](mailto:shyne2chance@gmail.com)

Registration Parents & Kids

OR REGISTER ON  
THE DAY

AT LITTLE WORMWOOD SCRUBS  
ADVENTURE PLAYGROUND

Arts & Crafts | Fun Games | Sensory Room  
| Outdoor Play | Music & Dance And a Lot More...

For more info please contact number below  
07932 804 247

VENTURE  
community association

Green  
Projects  
Fund 2



# Adult Drama Club

## EXPRESS YOURSELF

Acting and Theatre making workshops for K&C residents | Free

- > explore your imagination
- > channel your passion
- > work with professionals as we devise and craft a theatre piece for live performance.

Starts Oct 6th from 7.00 - 9.00pm  
@ Venture Community Assoc  
103a Wornington Rd, W10 5YB

**For more info or to book a place:**

E: [natasha.renegadetheatre@gmail.com](mailto:natasha.renegadetheatre@gmail.com)  
[www.renegadetheatre.co.uk](http://www.renegadetheatre.co.uk)

**Free screen acting and improvisation workshops  
for Kensington and Chelsea adult residents.**

**Work with industry professionals to:**

- explore your imagination
- channel your passion
- build screen acting and improvisation skills as we devise and perform a short film to enter into The Portobello Film Festival 2023

**To register;**

**contact [natasha.renegadetheatre@gmail.com](mailto:natasha.renegadetheatre@gmail.com)**

**Fridays**

**Time: 7:00 - 9:00pm**

Donations  
Welcome

# Glissando Steel Orchestra



Learn the art of steelpan drumming during our Glissando Steel Orchestra classes

**Tuesdays (Adult Beginners)**

Time: 6:30 - 8:30pm

**Thursdays (Children)**

Time: 4:00 - 5:30pm

**Thursdays (Adults)**

Time: 6:30 - 8:30pm

**Sundays (Adults)**

Time: 2:00 - 5:00pm

**Every Other Sunday  
(Children)**

Time: 12:30 - 2:00pm

**Free**

Donations  
Welcome

# Cultural Art Workshop



Guided by local artist Jennifer Huie, our upcoming series of specialist workshops offers the opportunity to delve into culture through various art forms like painting and drawing.



Free  
**Tuesdays &  
Thursdays**

**Time: 1:00 - 4:00pm**

# ICT Suite



**Our Drop in sessions are BACK!!**

**Opening Hours:**

**Monday: 4:00 - 6:00pm**

**Thursday: 12:00 - 2:00pm**

**Do you need to send an email?**

**Write a Word document?**

**For more info contact**

**Tel: 020 8960 3234 Email: [info@venturecentre.org.uk](mailto:info@venturecentre.org.uk)**

**or**

**pop in and speak with the team**



# Board Game Social



Come and play games, makes new friends  
over a board game and hot beverage

Pop in a speak with a member of the team  
for more information

**Wednesdays Time: 2:00pm - 3:30pm**

# Meet and Eat Community Lunch



Come into the Venture Centre every week to indulge in a free warm cooked meal and casual conversations with neighbours and friends

Donations  
Welcome

Food served at 1:00pm

**Wedensdays**

**FESTIVE LUNCH 20TH/27TH DEC**



# Cook, Learn, Share



## Community Cookery Workshop

- Cook a healthy meal.
- Learn key nutritious health benefits.
- Share a meal with friends
- Take some ingredients to recreate at home

Donations  
Welcome

To book: Tel: 020 8960 3234

Email: [info@venturecentre.org.uk](mailto:info@venturecentre.org.uk) or

Come in and speak with the team

**Fridays**

**Time: 11:00am - 1:00pm**



# Natural Alternatives



- Learn about Alkaline foods.
- Try Natural Remedies.
- Enjoy a warm healthy snack.
- Make natural cleaning products
- Learn about Food and Skin Care

Donations  
Welcome

To book your place call please call or email.

Free  
**Fridays**

Time: 4.00 – 6.00pm

# Foodbank



**No referral needed**

**Names will be taken down from  
12:00 noon - 1:00PM.**

**Bring a bag!**

Donations  
Welcome

**Free  
Saturday**

**Time: 12:00noon**

# Everyday Health Breakfast



The Multiple Sclerosis  
Support Breakfast

**Every other Tuesday**  
**10.00am -11:30am**

Participate in our fortnightly health breakfast meetings where we'll explore practical solutions for everyday health conditions, with a different focus each term.

Donations  
Welcome

For any enquiries please call 02089603234



Free weekly

# Baby Stay and Play

Every Thursday 10:00 - 11:30am

at Holmfield House Children's Centre,  
4-6 Golborne Rd, W10 5PE



Run by the local Maternity Champions,  
Stay and Play is a fun and safe environment  
for you and your baby to play, explore, learn  
and meet others.

Drop-ins are welcome and sessions are free!

[info@venturecentre.org.uk](mailto:info@venturecentre.org.uk)

020 8960 3234



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

**venture**  
community association

MATERNITY  
Champions  
KENSINGTON AND CHELSEA

Free weekly  
Baby and Toddler  
**Zumbabies**



Zumba for parents and babies

**EVERY Tuesday Starting**

**16th January**

**10:00am - 11:00am**

**at Venture Centre**

**103a Wornington Road, W10 5YB**

**Drop-ins are welcome or book a session by emailing:**

**[info@venturecentre.org.uk](mailto:info@venturecentre.org.uk)**

**020 8960 3234**



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community association

**MATERNITY**  
*Champions*  
KENSINGTON AND CHELSEA

# Your Voice

# Your **venture**



## **Connect, Dine, and Contribute to Our Community's Future!**

Join us for a delightful evening of scrumptious food and lively community dialogue! This is a wonderful opportunity to get acquainted with our team over dinner and to express your thoughts on how we can further enhance our services to better serve you. Let's come together, share ideas, and shape a promising future for our community!

**Tuesday 21st November**

**Tuesday 19th March**

**Tuesday 25th June**

**from 6.00pm - 8.00pm**

# Festive Celebration



**Thursday 21st December**

**6.00pm - 9.00pm**

**Cost  
£2**

**Join us for an evening of good vibes, food  
sing and celebrate the festive tones of  
Glissando Steelband and Portobello Live Choir**

**To book your ticket please contact 0208 960 3234,  
pop in and speak with the team**





# Alternative New Years

**Sunday 31st December**

**Celebrate with us as we count down to the New Year, Australian time! Enjoy a night filled with DJ music, face painting, a variety of finger foods, and much more!**



**11.00am - 2.00pm**

**Cost  
£2**



# The Valentines Affair



**Saturday**  
**17th**  
**February**

live entertainment  
including: DJ, Steelpan,  
food, Bingo, raffle, and  
much more.

at The Venture Centre  
103a Wornington Road London W10  
5YB

12:00pm - 4:00pm

Cost  
£2

Call 0208 9600 3234 or pop in to purchase your ticket

# Will Advice Services



Our free Will clinic covers a range of essential legal aspects, including Wills, Trusts, probate, and power of attorney. In these challenging times, making a Will or establishing a Lasting Power of Attorney are of utmost importance, and providing these services will give peace of mind.

**Saturday 20th January 2024**

**11:00am - 3:00pm**

To book your slot

Call 0208 960 3234 or Email [info@venturecentre.org.uk](mailto:info@venturecentre.org.uk)



**LEWIS LAW**  
WILLS & TRUSTS

# Data Sims

# FREE

## DATA, CALLS AND TEXTS

National Databank

**We are offering SIM cards loaded with free calls, texts and data, to those who are digitally excluded.**

### Eligibility Criteria:

- Aged 18 or over
- Low-income
- **and at least ONE of the following:**
- Have no access to the internet at home
- Have no access to the internet when away from the home
- Cannot afford existing monthly contract or top up

**IF INTERESTED, CONTACT:**

**0208 960 3234**

**to set up an appointment and bring proof of funds.**

# 11.11

 24GB of Three Data

 20GB of Vodafone Data

 20GB of O2 Data

 venture  
community association

 Good Things  
Foundation



**WGCG** 

WORNINGTON GREEN COMMUNITY GROUP

# **Wornington Green Community Group**

## **Coffee Afternoon**

**for residents of wornington green**

**Wednesday Afternoons**

**1.30pm - 3.30pm**

**Portobello Hall, 304 Ladbroke**

**Grove, W10 5NF**

**Chair Based Exercise –**

**First and last Wednesday of every month**

**2.00pm–3.00pm**

 **Peabody**

 **venture**  
community association



# Venture needs Volunteers

If you are interested in giving back to your community or taking part in any of the following events, Venture Volunteering is for you.

## Venture Activities

---

- Foodbank
- Playground
- Food preparation
- Community Engagement

**EMAIL: [INFO@VENTURECENTRE.ORG.UK](mailto:INFO@VENTURECENTRE.ORG.UK)  
OR CALL 0208 960 3234 TO SIGN UP!**



The Golborne Community Champions programme aims to empower residents to develop skills and knowledge which can be shared throughout the community. It provides opportunities for local residents to connect through a wide variety of programmes and social events. The activities aim to bring local people and services together to improve health and wellbeing and to reduce inequalities.



We are constantly working to extend our programmes. If you are interested in becoming a volunteer or Champion or would like to share ideas for additional activities, contact:

[Info@venturecentre.org.uk](mailto:Info@venturecentre.org.uk)

020 8960 3234



# Maternity Champions

Local support during pregnancy  
and the first year after birth

## Reasons to get in touch:

- to find out about our fun free social activities for parents and babies
- to receive breastfeeding and other support
- to find a place to express worries, concerns and ask questions, as a new parent



*Or to find out about  
volunteering with us!*

**For further info and an up to date calendar of all our activities at Venture and across K&C, visit:**

[www.venturecentre.org.uk/maternity-champions](http://www.venturecentre.org.uk/maternity-champions)

## **or contact:**

[Carmella@venturecentre.org.uk](mailto:Carmella@venturecentre.org.uk)

020 8960 3234



# Advice in the Area

citizens  
advice

Citizens Advice  
Kensington Chelsea

## CITIZENS ADVICE

Kensington & Chelsea is running an Advice and Help Hub at Kensington Leisure Center, we are here to help you access services and appointments including help with issues related to housing, debt, benefits, family matters and employment.



We offer free, confidential and impartial advice & help:  
Legal Advice Empowers Lives...

**WHEN: FRIDAYS 9 – 11am**

**WHERE: Kensington Leisure Centre,  
Silchester Road, London, W10 6EX**

Can't visit us on Friday, you can also get help by speaking to a specialist CA adviser on Advice line: **0808 278 79 82**

You can also access on-line help at [www.citizensadvicekc.org.uk](http://www.citizensadvicekc.org.uk)



7, 23, 52, 295, 316



Latimer Road, Holland Park, Shepherds Bush





# Local Support Payments

Do you live in Hammersmith and Fulham, Kensington and Chelsea or Westminster, and you need help because of an emergency or a crisis.

you may be entitled to a Local Support Payment (LSP)



If you think that you may be entitled to a payment you can apply online at your local council

or

you can apply over the phone on  
020 7745 6464

ENQUIRY TELEPHONE LINES		
<b>BENEFIT ENQUIRIES:</b>	<b>NORTH KENSINGTON JOBCENTRE PLUS 0800 169 0190</b>	
<b>JOBSEEKERS</b>		
<b>INCAPACITY</b>	Universal Credit consists of six existing benefits: Jobseekers Allowance, Employment & Support Allowance, Income Support, Working Tax Credits, Child Tax Credits and Housing Benefit	
<b>INCOME SUPPORT</b>		
<b>ESA</b>	Universal Credit New Claim: <a href="http://www.gov.uk/universal-credit">www.gov.uk/universal-credit</a>	
<b>0800 169 0310</b>		
<b>Universal Credit Service Centre</b>	<b>0800 328 5644</b>	<b>JOBCENTREPLUS WEBSITE: <a href="http://www.gov.uk">www.gov.uk</a></b>
Attendance Allowance	0800 731 0122	
Benefit Fraud Hot Line	0800 854 440	<b>NEW CLAIM FOR PIP 0800 917 2222</b>
Bereavement Service	0800 731 0469	Enquiries for pip 0800 121 4433
Carers Allowance	0800 731 0297	<b>Pip checker <a href="http://www.gov.uk/pip-checker">www.gov.uk/pip-checker</a></b>
Child benefit	0300 200 3100	<b>TAX OFFICE 0300 200 3300</b>
Child Support Agency	0800 171 2033	<b>Kensington &amp; Chelsea - Housing Benefit</b>
Disability Living Allowance	0800 121 4600	PO Box 22515
Healthy Start (Milk tokens)	0345 607 6823	Town Hall
HM Revenue & Customs	0300 200 3500	Hornton Street
Housing Benefit Liaison	0345 377 0323	London W8 7NX
Maternity Allowance	0800 169 0283	<b>Tel: 020 7361 3006</b>
National Insurance Bookings	0800 141 2075	<b>Westminster - Housing Benefit</b>
National Insurance Enquiries	0300 200 3500	101 Orchardson Street
National Minimum Wage Helpline	0345 6000 678	London, NW8 8EA
Pension Credit - New claims	0800 99 1234	<b>Tel: 0207 641 6000</b>
Pension enquiries	0800 731 0469	
Post Office Enquiries	0345 722 3344	<b>APPEALS: <a href="http://www.justice.gov.uk">www.justice.gov.uk</a></b>
Social Fund	0800 169 0140	<b>EMPLOYER DIRECT</b> 03456012001
Tax Credits	0345 300 3900	<b>JOBSEEKERS DIRECT</b> 03456060234

# Digital CHAMPIONS

FREE 6 weeks Digital skill sessions delivered by digital champions at Venture Community Center from 8th November.

**Day/Time: Wednesdays  
10am - 2pm**

Our sessions include :

- Using the NHS App
- WhatsApp and Zoom
- Social Media
- Emails
- Online safety and more!

LEARN MORE

✉ [kevin@dalgarnotrust.org.uk](mailto:kevin@dalgarnotrust.org.uk)

🌐 [www.dalgarnotrust.org.uk](http://www.dalgarnotrust.org.uk)





**Opening  
October!**  
Sign up to get  
10% off your  
first rental

**NORTH KENSINGTON  
LIBRARY OF THINGS**

**Rent useful items for cleaning,  
DIY, gardening and more  
from your local high street.**

Part of the Notting Dale  
Future Neighbourhoods  
2030 programme



SUPPORTED BY  
**MAYOR OF LONDON**





447Punch & Forgotten Sisters

presents

# You Are Not Alone

*"A free dinner for those who are homeless, in desperate need and alone this holiday"*



**Date: Sunday 24th  
December**

**Time: 4pm-8pm**

**Venue: 103a Wornington  
Road w10 5yb**

Locals giving back to the community

**"NO ALCOHOL WILL BE SERVED OR BROUGHT INTO THE PREMISES"**



**THE WEST 10 FAMILY**  
**PRESENTS**



**TICKETS**  
**£10**  
**MOTO**

# **NYE** **BIG PEOPLE** **PARTY**

**SUNDAY 31ST DECEMBER 2023**

**VENTURE CENTRE**

**WORNINGTON ROAD (OFF GOLBORNE RD)**  
**LADBROKE GROVE, W10 5YB**

**DOORS OPEN 9PM/LATE**



**THE WEST 10 FAMILY**

**PRESENTS**

**NYE  
BIG PEOPLE  
PARTY**

**ENTERTAINMENT BY:**

**GREEN FLY**

**FROM DEJA VU**

**DJ ONE E**

**FROM PECKINGS & ROOTS FM**

**GOLD FINGER FREDDY  
& GUEST DJs**

**SECURITY TIGHT BUT POLITE NO SEARCH, NO ENTRY  
FULLY STOCKET BAR, NO DRINKS ARE ALLOWED  
TO BE BROUGHT ONTO THE PREMISES**

**TICKETS  
£10  
MOTO**

**TICKETS**

**ONE E**

**GREEN FLY**

**FREDDY**

**ROLAND WEST LONDON**

**PERKINS WEST LONDON**

**PETER SOUTH LONDON**

**ERROL NORTH WEST**

**TREVOR SOUTH LONDON**

**GEORGE NORTH WEST**

**RABBI WEST LONDON**

**07723 333 683**

**07849 690 536**

**07957 217 177**

**07904 336 155**

**07850 790 515**

**07961 997 222**

**07774 477 239**

**07973 390 502**

**07852 395 381**

**07860 691 372**

**DELIVERY OF 10 OR MORE TICKETS: 07850 790 515**

**FOOD & DRINKS ON SALE**

**SECURITY TIGHT BUT POLITE**

# Thank you to our supporters!



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



Suvera Health





