venture WINTER **PROGRAMME OF** ACTIVITIES 2023/4EDITION 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.

> Donations Welcome

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

MATERNITY



Contact us: info@venturecentre.org.uk 0208 960 3234 venturecentre.org.uk Instagram: 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

Price: £2 Mondays COMMUNITY Champions

<mark>Ti</mark>me: 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.

Price: £2

Wednesdays Time: 6:30 - 7:30pm

COMMUNITY

Donations Welcome

Circuit Workout Class



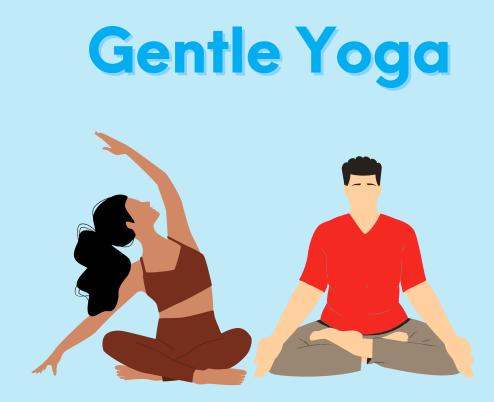
This class will challenge your fitness and help you develop your cardio and strength.

Price: £2

Thursdays

Donations Welcome COMMUNITY

Time: 6:00 – 7:00pm



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

> Donations Welcome

Time: 11:30 - 12:30pm



Price: £2 Fridays

Boxfit Workout Class

Learn basic boxing combinations and techniques during our Boxfit sessions.



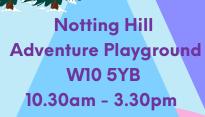
Price: £2 **Fridays**



Time: 6:00 – 7:00pm



Thursday 28th December to Friday 5th January







Flashpoint Playground SW10 0DS 1.00am – 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



Children's Cooking Workshop







Ages 6 -14 years



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

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

Time: 4:30 - 6:00pm



Free **Thursdays**

Children's Steelpan Classes



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

Thursdays Every Other Sunday

4.00pm -5.30pm 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

Donations Welcome

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



LEARNING LAB

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:

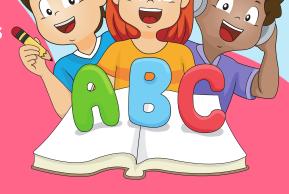
info@venturecentre.org.uk

Age 4 - 12 years



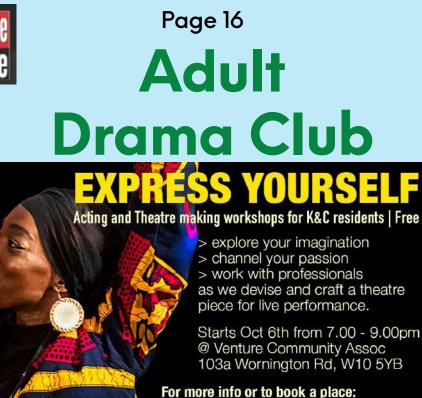
Free

Saturdays



Time: 10:30am-12:30pm





E: natasha.renegadetheatre@gmail.com www.renegadetheatre.co.uk

Free screen acting and improvisation workshops for Kensington and Chelsea adult residents. Work with industry professionals to: Donations - 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 Fridays

Time: 7:00 – 9:00pm

Glissando Steel Orchestra



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

Tuesdays (Adult Beginners) Thursdays (Children) Thursdays (Adults) Sundays (Adults) Every Other Sunday (Children)

Time: 6:30 - 8:30pm

Time: 4:00 - 5:30pm

Time: 6:30 - 8:30pm

Time: 2:00 - 5:00pm

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

COMMUNITY

Time: 1:00 - 4:00pm



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 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.

Fridays

- Learn key nutritious health benefits.
- Share a meal with friends
 Take come in gradients to rear

Take some ingredients to recreate at home

> Donations Welcome

To book: Tel: 020 8960 3234 Email: info@venturecentre.org.uk or Come in and speak with the team

Time: 11:00am - 1:00pm

Page 25 Natural Alternatives



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

To book your place call please call or email.

Free **Fridays**

Time: 4.00 - 6.00pm

Donations Welcome

Foodbank

No referal needed

Names will be taken down from 12:00 noon – 1:00PM. Bring a bag!

Free Saturday

Donations

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 ana sessions are free! info@venturecentre.org.uk 020 8960 3234



THE ROYAL BOROUGH OF 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 020 8960 3234







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

Thursday 21st December6.00pm - 9.00pmCost

estive

Ce

Join us for an evening of good vibes, food sing and celebrate the festive tones of Glissando Steelban<mark>d and Portobello Live Choir</mark>

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

The Valentines

Affair

Saturday 17th February

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

Cost

f2

5YB

at The Venture Centre 103a Wornington Road London W10

12:00pm - 4:00pm

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

Data Sims

11.11

24GB of Three Data

20GB of Vodafone Data

20GB of O2 Data





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.

WGCG 🖋 **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

abody





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 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 020 8960 3234

MATERNITY Champions KENSINGTON AND CHELSEA

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

or contact:

Carmella@venturecentre.org.uk 020 8960 3234

Advice in the Area

Citizens Advice Kensington Chelsea

citizens advice

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

7.23.52.295.316

You can also access on-line help at www.citizensadvicekc.org.uk

Lat

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)



BENEFIT ENQUIRIES: JOBSEEKERS INCAPACITY INCOME SUPPORT ESA 0800 169 0310	NORTH KENSINGTON JOBCENTRE PLUS 0800 169 0190 Universal Credit consists of six exisiting benefits: Jobseekers Allowance, Émployment & Support Allowance, Income Support, Working Tax Credits, Child Tax Credits and Housing Benefit Universal Credit New Claim: www.gov.uk/universal-credit				
			Universal Credit Service Centre	0800 328 5644	5644 JOBCENTREPLUS WEBSITE: www.gov.uk
			Attendance Allowance	0800 731 0122	
Benefit Fraud Hot Line	0800 854 440	NEW CLAIM FOR PIP 0800 917 2222			
Bereavement Service	0800 731 0469	Enquiries for pip 0800 121 4433			
Carers Allowance	0800 731 0297	Pip checker www.gov.uk/pip-checker			
Child benefit	0300 200 3100	TAX OFFICE 0300 200 3300			
Child Support Agency	0800 171 2033	Kensington & Chelsea - Housing Benefit			
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	Tel: 020 7361 3006			
National Insurance Bookings	0800 141 2075	Westminster - Housing Benefit			
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	Tel: 0207 641 6000			
Pension enquiries	0800 731 0469				
Post Office Enquiries	0345 722 3344	APPEALS: www.justice.gov.uk			
Social Fund	0800 169 0140	EMPLOYER DIRECT 03456012001			
Tax Credits	0345 300 3900	JOBSEEKERS DIRECT 03456060234			



FREE!

Øigital 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

The

Igarno

- Online safety and
 - more!

LEARN MORE

Kensington

ocial Council

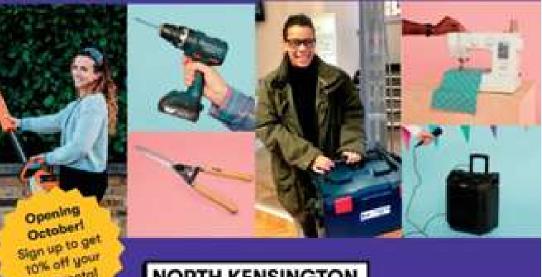


kevin@dalgarnotrust.org.uk



www.dalgarnotrust.org.uk

CALL US: 020 8969 6300



NORTH KENSINGTON LIBRARY OF THINGS

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

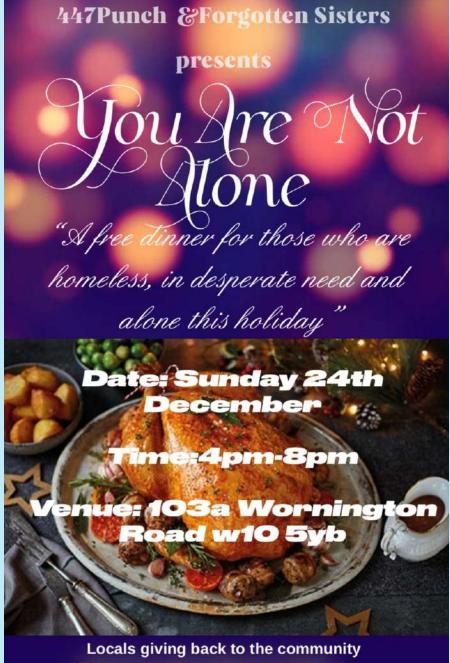
Part of the Notting Dale Future Neighbourhoods 2030 programme

first centol



KENSINGTON AND CHELSEA MAYOR OF LONDON





"NO ALCHOL WILL BE SERVED OR BROUGHT INTO THE PREMISES "









THE WEST 10 FAMIL

SUNDAY 31ST DECEMBER 2023

WORNINGTON ROAD (OFF GOLBORNE RD) LADBROKE GROVE, W10 5YB DOORS OPEN 9PM/LATE

FROM DEJA VU DJONE E FROM PECKINGS & ROOTS FM GOLD FINGER FREDDY & GUEST DJS

ERTAINMENT

BY:

THE WEST 10 FAMIL

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

TICKETS

GREEN FLY07849FREDDY07957ROLAND WEST LONDON07904PERKINS WEST LONDON07904PERKINS WEST LONDON07961ERROL NORTH WEST07774TREVOR SOUTH LONDON07973GEORGE NORTH WEST07852RABBI WEST LONDON07860DELIVERY OF 10 OR MORE TICKETS: 07850 790 515FOOD & DRINKS ON SALE

SECURITY TIGHT BUT POLITE

Thank you to our supporters!



Suvera Health