

**North
Kensington**

**Self
Care
Directory**

2022+



**Kensington
& Chelsea
Social Council**



KCSC is the Royal Borough of Kensington and Chelsea's recognised voluntary sector 'infrastructure' organisation. We support voluntary and community organisations (VCOs) through the provision of training, advice and information. We also facilitate the voice of the local voluntary and community sector (VCS) and represent the sector at a strategic level.

What is Self-Care?

Self-care refers to the actions we take to recognise, treat and manage our own health. It's about giving people the knowledge, skills and confidence to make small, everyday things for yourself to keep healthy and happy.

What is Healthier Futures: The North Kensington Self-Care Programme?

The Healthier Futures programme aims to support the communities in North Kensington affected by the Grenfell Tower fire to manage their long-term health conditions within a non-medical setting. This programme aims to build confidence, knowledge, skills and resilience, allowing individuals to manage their health and wellbeing, provide tools to improve health outcomes and to identify barriers to health and develop solutions. If you need help making a referral or would like to discuss further, please contact wlccg.nkselfcare@nhs.net



**Kensington
& Chelsea
Social Council**

Working to strengthen
local voluntary and
community organisations



Services marked with ** are funded under the Healthier Futures programme and can be referred to directly via wlccg.nkselfcare@nhs.net

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Advocacy

POhWER

Independent Health Complaints Advocacy

Contact: ☎ 0300 456 2370
pohwer@pohwer.net

Type: One to One

Description: POhWER advocates can help you to make your complaint and support you through the NHS Complaint process, NHS complaints may be about hospitals, GPs, Pharmacies, Opticians, Community Health and Mental Health Services. The service is for all ages, is free and confidential. We also have access to interpreters.

Independent Mental Capacity Advocacy

Contact: ☎ 0300 456 2370
pohwer@pohwer.net

Type: One to One

Description: An IMCA is an advocate who has been specially trained to support people who are not able to make certain decisions for themselves and do not have family or friends who are able to speak for them. IMCAs do not make decisions and they are independent of the people who do make the decisions.

Artistic Projects

Abundance Arts

Feel the Rhythm

Contact: ☎ 0794 1625 359

Canalside House, 383 Ladbroke Grove, London, W10 5AA

<http://www.abundancearts.com>

Type: Group Activity

Description: The Feel the Rhythm programme offers movement to live music, drums and percussion. Fun and fitness with trained experienced instructors, in a friendly environment.

Let's Drum

Contact: ☎ 0794 1625 359

Canalside House, 383 Ladbroke Grove, London, W10 5AA

<http://www.abundancearts.com/>

Type: Group Activity

Description: African Drums and percussion workshop, learning cross-rhythms and being involved in creative self-expression helping to boost confidence in a relaxed group environment.

ACAVA

Art Therapy For Adults in North Kensington

Contact: ☎ 020 8960 5015

55 Blechynden Street, London W10 6RJ

hello@acava.org <http://www.acava.org>

Type: One to One

Description: Art Therapy provides a private, confidential and non-judgmental space in which people can safely explore their experiences. No previous knowledge or expertise in art is required. This can be very helpful in the healing process following a traumatic event such as the Grenfell Tower fire.

ACAVA

Artspace Link

Contact: ☎ 020 8960 5015
54 Blechynden Street, London W10 6RJ
hello@acava.org <http://www.acava.org>

Type: Group Activity

Description: Artspace Link is a legacy of a long-term NHS Mental Health Service collaboration programme called Artspace. Following the end of Artspace programming, ACAVA made a longterm commitment to support an established group of Artspace artists to continue their practice.

Creativity Clinic

Contact: ☎ 020 8960 5015
55 Blechynden Street, London W10 6RJ
hello@acava.org <http://www.acava.org>

Type: Group Activity

Description: ACAVA's monthly Creativity Clinic's developed from the Art for Wellbeing: Everyday (AWE) project, providing a supportive, social and creative space for AWE project alumni to come together, keep in touch and continue to develop their creative practice.

Latimer Community Art Therapy (LCAT)

Adult Spaces

Contact: ☎ 07961 939558
Henry Dickens Community Centre,
St. Annes Road, Notting Dale, London W11 4DH
lucy.knight@lcat.org.uk <http://www.lcat.org.uk>

Type: One to One

Description: Individual Art Psychotherapist sessions for adults are available at community locations on request. Dementia Specialist Art Psychotherapist also available.

Venture Centre

Venture Steel Pan Yard

Contact: ☎ 020 8960 3234

103A Wornington Road, London W10 5YB

info@venturecentre.org.uk <https://www.venturecentre.org.uk/projects>

Type: Group Activity

Description: Venture steel pan yard is a leading light in the Caribbean community in Britain. The Orchestra is recognised as being innovative, talented and highly professional - as well as being a focal point for young people, not only as a music resource but also as a place to come together.

Volunteer Centre Kensington and Chelsea (VCKC)

Wellbeing & Art Workshop

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: Group Activity

Description: Amazing art workshop with the Wellbeing team to unleash your inner Picasso. All abilities are welcome and there will also be drawing tips to help get your creative juices flowing!

Children and Young People

Abundance Arts

Education & Schools

Contact: ☎ 0794 1625 359
<http://www.abundancearts.com>

Type: Group Activity

Description: Abundance Arts provides workshops and performances in African drumming, music, dance, storytelling and visual arts, tailored to participant's age and Key Stage requirements.

ACAVA

Flourish

Contact: ☎ 020 8960 5015
56 Blechynden Street, London W10 6RJ
hello@acava.org <http://www.acava.org>

Type: Group Activity

Description: Started in 2017, Flourish is an on-going school holiday art programme for local families with primary school aged children. It takes place at ACAVA's Maxilla Walk Studios and offers a space for families to get creative and enjoy learning new skills with professional artists.

African Women's Care

Young People's Service

Contact: ☎ 020 8969 8389
Canalside House, 383 Ladbroke Grove, London W10 5AA
info@africanwomencare.org.uk
<https://africanwomencare.org.uk/young-peoples-service>

Type: Group Activity

Description: The service offers support to 6-18 year olds from BME backgrounds affected by domestic abuse, current or historic. This includes witnessing abuse from parents or being abused by a partner.

Al-Manaar - Muslim Cultural Heritage Centre

Saturday School

Contact: ☎ +44 (0)20 8964 1496 Fax: +44 (0)20 8968 2928
Muslim Cultural Heritage Centre (Trust), 244 Acklam Road, London W10 5YG
info@mchc.org.uk

Type: Group Activity

Description: This school provides mentoring and support to young people, over 30 teaching weeks a year and over 80 school-aged children benefit and achieve higher grades in their GCSE exams.

The Nursery

Contact: ☎ +44 (0)20 8964 1496 Fax: +44 (0)20 8968 2928
Muslim Cultural Heritage Centre (Trust), 244 Acklam Road, London W10 5YG
info@mchc.org.uk

Type: Group Activity

Description: The Nursery provides five day per week care for children aged between 3 and 5 and aims to help children improve their social skills.

Baraka Community Association

Core Services

Contact: ☎ 020 8964 0606
383 Ladbroke Grove, London W10 5AA
www.barakacommunityassociation.com

Type: Group Activity

Description: General health & wellbeing, fitness classes and sewing, provision of food.

Dalgarno Trust

Dalgarno Youth Programme

Contact: ☎ 07518 617615

<https://www.dalgarnotrust.org.uk/our-programmes/dalgarno-youth-programme>

Type: Group Activity

Description: Youth Programme projects promote confidence, positive relationships, personal development, fun experiences, career support, education, skills training opportunities, conflict resolution, sports and artistic development, among others.

Fit for Life Youth CIC

Core services

Contact: ☎ 020 8213 7281

info@fitforlifeyouth.co.uk

Type: Group Activity

Description: Sports, health and wellbeing coaching for families, young people and young adults.

Hear Women

Saturday Club

Contact: ☎ 020 3664 9519

37 Chapel Street, London NW1 5DB

info@hearwomen.org <http://www.hearwomen.org>

Type: Group Activity

Description: Children from North Kensington are given an opportunity to benefit from maths and literature sessions, arts and crafts, martial arts, chess classes, drama therapy and many more exciting activities every Saturday in Henry Dickens Community Centre and Golborne Youth Centre.

Kids On The Green

Art therapies and Massage

Contact: ☎ 07904 808 347
Unit 12 Latimer Road W10 6RQ
info@kidsonthegreen.com

Type: Group Activity

Description: Art therapy and massage for children.

Creative Arts, Music, Performance

Contact: ☎ 07904 808 347
Unit 12 Latimer Road W10 6RQ
info@kidsonthegreen.com

Type: Group Activity

Description: Theatre, spoken word. Music production and live events.

Stay 'N' Play

Contact: ☎ 07904 808 347
Unit 12 Latimer Road W10 6RQ
info@kidsonthegreen.com

Type: Group Activity

Description: Holiday programmes, trips and residential weekends.
Environmental projects.

Latimer Community Art Therapy (LCAT)

Nurseries & Schools

Contact: ☎ 07961 939 558
Henry Dickens Community Centre, Henry Dickens Court,
St. Annes Road, Notting Dale, London W11 4DH
lucy.knight@lcat.org.uk <http://www.lcat.org.uk>

Type: One to One and Group Activity

Description: Art psychotherapy available at schools and nurseries, both individual and group sessions.

Meanwhile Gardens

Play Hut

Contact: ☎ 020 8960 4600
156-158 Kensal Road, London W10 5BN
playhut@meanwhilegardens.org.uk

Type: Group Activity

Description: Meanwhile Gardens Playhut is a purpose-built, eco-friendly community centre for young children. The playhut has a large secure garden complete with a paddling pool, sandpit, slide and a wide range of indoor and outdoor play equipment for children under the age of six.

Midaye Somali Development Network

Education & Personal Development

Contact: ☎ 020 8969 7456
7 Thorpe Close, London, W10 5XL
<https://www.midaye.org.uk>

Type: Group Activity

Description: Educational support for children and parents from ethnic minority communities.

Rugby Portobello Trust

Football Academy

Contact: ☎ 020 7229 2930
The Rugby Portobello Trust, 221 Walmer Road, London W11 4EY
info@rpt.org.uk

Type: Group Activity

Description: Football coaching sessions in North Kensington for children aged 4-12 years. Children who are showing talent are able to represent the RPT Football Club and play competitive football matches in the Camden and Regents Park Football league on Saturdays.

Rugby Portobello Trust

Homework Club

Contact: 📞 020 7229 2930

The Rugby Portobello Trust, 221 Walmer Road, London W11 4EY
info@rpt.org.uk

Type: Group Activity

Description: A free service which supports primary school children (aged 6-12) with their academic studies in a calm and encouraging atmosphere.

Junior Club

Contact: 📞 020 7229 2930

The Rugby Portobello Trust, 221 Walmer Road, London W11 4EY
info@rpt.org.uk

Type: Group Activity

Description: This is a space for children (aged 6-12) to engage in activities such as arts and crafts, cooking, music, sports and fitness after school. The aim is to expose children to new experiences and have also run sessions on fencing, archery, wall ball and tag rugby.

Youth Club

Contact: 📞 020 7229 2930

The Rugby Portobello Trust, 221 Walmer Road, London W11 4EY
info@rpt.org.uk

Type: Group Activity

Description: Youth Club takes older children (aged 13-19, or up to 25 if you have a learning or physical difficulty) through the next stages of their development. The youth club operates in term time and delivers a range of other activities over half term and the holidays, providing the opportunity for sports, trips to the theatre, residential courses and other off site activities.

Venture Centre

The Playground

Contact: ☎ 020 8960 3234

103A Wornington Road, London W10 5YB

info@venturecentre.org.uk <https://www.venturecentre.org.uk/projects>

Type: Group Activity

Description: Notting Hill Adventure playground is a play space where children and young people engage by choice. Open Mon-Fri from 3.30pm-6.00pm and Saturdays from 12.15pm-3:45pm, the playground is supervised by play workers who advocate for children and young people's right to play.

Volunteer Centre Kensington and Chelsea (VCKC)

Maternity Champions

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

ewa.kasjanowicz@vckc.org.uk

<https://www.voluntarywork.org.uk/projects/maternity-champions>

Type: One to One and Group Activity

Description: Our Maternity Champions are local volunteers who are trained to provide support and information for expectant and new parents through pregnancy, child birth and the transition into parenthood.

Volunteer Centre Kensington and Chelsea (VCKC)

Young People's Programme **

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

etty.dunn-howe@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: Group Activity

Description: Gardening group every other Wednesday (11am-12pm).

Classes

Al-Hasaniya Moroccan Women's Centre

Drop in Activities

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA

contact@al-hasaniya.org.uk

Type: Group Activity

Description: Women needing help or advice on topics ranging from the types of activities we offer to where they can access specialist support are welcome to come to the centre during this weekly session, without the need to make a prior appointment.

ESOL

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA

contact@al-hasaniya.org.uk

Type: Group Activity

Description: English as a second language by a qualified English teacher. The sessions are free of charge and are a lifeline to ladies who have no recourse to public funds and therefore can't access mainstream further education. We also provide free crèche.

Al-Manaar - Muslim Cultural Heritage Centre

ESOL Programme

Contact: ☎ +44 (0)20 8964 1496 Fax: +44 (0)20 8968 2928
Muslim Cultural Heritage Centre (Trust), 244 Acklam Road, London W10 5YG
info@mchc.org.uk

Type: Group Activity

Description: ESOL programme that supports up to 45 adult trainees to improve their English each year.

ICT Skills

Contact: ☎ +44 (0)20 8964 1496 Fax: +44 (0)20 8968 2928
Muslim Cultural Heritage Centre (Trust), 244 Acklam Road, London W10 5YG
info@mchc.org.uk

Type: Group Activity

Description: Training approximately 25 adults each year in ICT skills giving them access to a reading and reference library at the Centre.

Hear Women

Breathwork Training for Women **

Contact: ☎ 020 3664 9519
37 Chapel Street, London NW1 5DB
info@hearwomen.org <http://www.hearwomen.org>

Type: Group Activity

Description: 10-week programme of breathwork training for women from North and East Africa, delivered by expert breathwork trainer, Marika Rauscher and HearWomen via Zoom.

Midaye Somali Development Network

Health & Wellness

Contact: ☎ 020 8969 7456
7 Thorpe Close, London W10 5XL
<https://www.midaye.org.uk>

Type: One to One and Group Activity

Description: Help for people who are isolated and struggling with their physical or emotional health by providing culturally-intelligent counselling, advice, and community support.

Pamodzi

Caring Hands Project **

Contact: ☎ 020 7974 6034 / 07970 418893
pamodzi03@aol.com <https://pamodzinfor.org>

Type: Group Activity

Description: Culturally specific project for people from Sub-Saharan Africa providing arts and crafts, coffee and tea mornings, walking groups and cooking of healthy African food.

Pepper Pot Centre

Arts and Crafts

Contact: ☎ 020 8968 6940
1A Thorpe Close, Ladbroke Grove, London W10 5XL
reception@pepperpotcentre.org.uk
<https://www.pepperpotcentre.org.uk/copy-of-social-games-1>

Type: Group Activity

Description: Arts and Crafts classes to allow members to express their creative side and keep their minds stimulated. The sessions are specifically designed to help our elderly members to manage their behaviour and feelings, reduce stress and improve awareness and self-esteem with the broader purpose of contributing to their mental health and well-being.

Pepper Pot Centre

Bible Study

Contact: ☎ 020 8968 6940

1A Thorpe Close, Ladbroke Grove, London W10 5XL

reception@pepperpotcentre.org.uk

<https://www.pepperpotcentre.org.uk/copy-of-social-games-1>

Type: Group Activity

Description: Bible study and discussions are open to everyone.

Technology Classes

Contact: ☎ 020 8968 6940

1A Thorpe Close, Ladbroke Grove, London W10 5XL

reception@pepperpotcentre.org.uk

<https://www.pepperpotcentre.org.uk/copy-of-social-games-1>

Type: Group Activity

Description: Computer and iPad classes to enable members to get in touch with technology.

Volunteer Centre Kensington and Chelsea (VCKC)

Relaxation Workshop

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk

<https://www.voluntarywork.org.uk/activities-2/wellbeing-art-workshop>

Type: Group Activity

Description: Learn some different relaxation techniques including some useful stretches and breathing techniques that you can then take away with you and use whenever you're feeling stressed.

Community Champions

Various organisations

Community Champions Programme

Dalgarno Trust (Dalgarno)**Contact:** ☎ 020 8969 6300**Venture Community Association (Golborne)****Contact:** ☎ 020 8960 3234**Volunteer Centre Kensington & Chelsea (Notting Dale)****Contact:** ☎ 020 8960 3722**Type:** One to One and Group Activity**Description:** Community Champions are projects which improve the health and wellbeing of local people, by delivering:**Health Promotion** – giving messages and information around healthy eating; stopping smoking and taking up exercise. They also run local classes and health walks.**Signposting and reducing social isolation** – ‘Feel Good Fridays’ where local people get together over a cup of tea or a meal and play board games and arts and crafts.

Complementary Therapies

Complementary Therapies

Community Massage London **

Contact: 📞 07790 115491
teresa@communitymassagelondon.co.uk

Type: One to one

Description: In person massage therapy, or walk and chat, alongside virtual self-massage, virtual guided meditation and welfare calls.

Complementary Therapies

Notting Hill Therapy Clinic

Contact: The Tower (next to the Gym) in St Charles Hospital,
Exmoor Street, London W10 6DZ
outreach@nottinghilltherapyclinic.com

Type: One to one

Description: Free workshops taking place in the local community aimed at those who have been affected by the Grenfell tragedy and funded by the Grenfell Projects Fund.

COPD

Open Age

Healthy Lungs

Contact: 📞 020 4516 9978

St. Charles Centre For Health & Wellbeing, Exmoor Street, London W10 6DZ

<https://www.openage.org.uk>

Type: One to one

Description: An exercise programme designed to improve/decrease the progression of lung related conditions. The programme helps participants to self-manage their condition and to improve their activities of daily living; building confidence and knowledge of exercising in a gym environment.

Dementia / Memory loss

Age UK Kensington and Chelsea

Gentle exercise for people with memory loss

Contact: ☎ 020 8969 9105
1 Thorpe Close, London W10 5XL
administration@aukc.org.uk <http://www.aukc.org.uk>

Type: Group Activity

Description: Weekly sessions enabling regular exercise, and providing help with transport or getting to the venue. Preventing isolation as well as maintaining physical and mental health.

Memory café - for people with memory loss

Contact: ☎ 020 8969 9105
1 Thorpe Close, London W10 5XL
administration@aukc.org.uk <http://www.aukc.org.uk>

Type: Group Activity

Description: Twice monthly social groups offering a range of social and well being activities for people with memory loss and their carers, transport provided. Establishes peer support as well as an opportunity for specialised worker to provide information and advice on managing the condition, in the short and longer term, and preventing isolation for the person and their carer.

Diabetes

French African Welfare Association (FAWA)

Active For Health **

Contact: ☎ 020 8761 9397
383 Ladbroke Grove, Canalside House,
Kensington and Chelsea, London, W10 5AA
<https://www.fawauk.org> info@fawauk.org

Type: Group Activity

Description: Culturally appropriate diabetes programme for people from BAME backgrounds, which includes supervised walks, information and advice and cookery lessons.

Digital Support

Dalgarno Trust

Digital Champions (and Digital Hub) **

Contact: Dalgarno Trust, 1 Webb Close, London W10 5QB
samir@dalgarnotrust.org.uk / ruth@dalgarnotrust.org.uk

Type: One to One and Group Activity

Description: Peer-to-peer training designed to reduce digital exclusion among residents delivered by Dalgarno Trust, enabling access to online services such as the NHS, employment, DWP and RBKC with ease and confidence.

Imperial College London (Business School)

What The Tech?

Contact: ☎ 07566 950 968
p.pallan@imperial.ac.uk

Type: One-to-one

Description: Aimed at local residents over 50, you can bring along any device or online task you need a bit of help with to the free weekly drop-in sessions, and get support from our friendly staff and student volunteers. It is a social afternoon with tea, coffee and friendly chat!

Ready Tech Go

Ready Tech Go

Contact: info@readytechgo.org

Type: One-to-one

Description: Ready Tech Go provides technological equipment and support to anyone of any age or background without access to it. Referrals via grassroots charities and groups across the tri-borough area of Hammersmith & Fulham, the Royal Borough of Kensington and Chelsea, and the City of Westminster.

Disabilities

Action Disability Kensington and Chelsea (ADKC)

Access Group

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
Access@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: Group Activity

Description: A group of local disabled people who campaign to make Kensington and Chelsea a more accessible place.

Age UK Kensington and Chelsea

Group Shopping Trips

Contact: ☎ 020 8969 9105

1 Thorpe Close, London W10 5XL
administration@aukc.org.uk <http://www.aukc.org.uk>

Type: Group Activity

Description: If you cannot use public transport due to disability or frailty, you may be able to join our group shopping trips.

The service is open to people who are:

Over the age of 55;

Residents of Kensington & Chelsea;

Unable to use public transport and find it difficult to carry heavy shopping bags.

Action Disability Kensington and Chelsea (ADKC)

Happy Group

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
chiefexecutive@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: Group Activity

Description: A fun meeting to help people recognise the positives in life!

Independent Lives Project

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
independentliving@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: One to One and Group Activity

Description: For disabled people who need additional support to live an independent life. Information, one-to-one and group support for people who have a social care need, including help with assessments, monitoring and recruiting personal assistants.

Information & Advice Project

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
information@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: One to one

Description: Assisting people with disability related enquiries. Help to fill in forms including Employment Support Allowance, Personal Independence Payment, Taxi card, Freedom pass.

Legal Advice for Disabled People Project **

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
legaladvice@adkc.org.uk <https://www.adkc.org.uk>

Type: One to one

Description: Specialist legal advice on disability-related benefits, discrimination and general casework.

Action Disability Kensington and Chelsea (ADKC)

Personal Budget User Group

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
independentliving@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: Group Activity

Description: Peer support sessions about care issues for anyone who receives care and support, whether paid for by a council Personal Budget, through CHC Personal Health Budgets, paid for privately, or support from a friend or relative.

Personal Development Group

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
personaldevelopment@adkc.org.uk

Type: Group Activity

Description: A monthly workshop for people with disabilities with one-to-one support to develop their skills and interests.

Positive Empowerment Group **

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
personaldevelopment@adkc.org.uk <https://www.adkc.org.uk>

Type: Group Activity

Description: Confidential peer support and counselling group for disabled people held once a month on Zoom. Friendly group atmosphere - any issues welcome.

Positive Rights Action Group

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
chiefexecutive@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: Group Activity

Description: Campaigning group run by and for local disabled people.

Action Disability Kensington and Chelsea (ADKC)

Trauma Support Group **

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
personaldevelopment@adkc.org.uk <https://www.adkc.org.uk>

Type: Group Activity

Description: An opportunity for disabled people to talk in confidence and receive the support you need to deal with traumatic experiences with an experienced counsellor at hand. Sessions held once a week on zoom.

Volunteer Project

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
MMallet@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: Group Activity

Description: Delivering food, prescriptions and other essentials to isolated local disabled people.

Disability Connection Project

Contact: ☎ 020 8960 8888

ADKC Centre, Whitstable House, Silchester Road, London W10 6SB.
disabilityconnect@adkc.org.uk <https://www.adkc.org.uk/our-services>

Type: One to one

Description: Supporting people to be less isolated. Offering emotional support and the opportunity to explore the activities you would like to participate in.

POhWER

Community Advocacy

Contact: pohwer@pohwer.net

Type: One to one

Description: People who are vulnerable due to a disability, illness or their age may find it difficult to put their views across or feel they aren't being listened to. Our advocates can support people to deal with an issue they are facing.

Volunteer Centre Kensington and Chelsea (VCKC)

My Wellbeing Journey

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: One to One and Group Activity

Description: My Wellbeing Journey which offers people in Kensington & Chelsea with mental health needs, physical disabilities or learning difficulties the opportunity to access a personal mentor.

Domestic Violence Support

African Women's Care

Group Programme

Contact: ☎ 020 8969 8389

Canalside House, 383 Ladbroke Grove, London W10 5AA

info@africanwomencare.org.uk

<https://africanwomencare.org.uk/group-programmes>

Type: Group Activity

Description: This is a 6 week course helping traumatised women to understand and recover from the impact of domestic abuse. It looks at breaking the cycle of abuse by exploring what makes a relationship abusive. It works to increase confidence, enhance coping skills and self-esteem through sharing knowledge and peer learning.

Women's Support

Contact: ☎ 020 8969 8389

Canalside House, 383 Ladbroke Grove, London W10 5AA

info@africanwomencare.org.uk

<https://africanwomencare.org.uk/group-programmes>

Type: One to one

Description: One to one support to BME women experiencing or affected by domestic abuse, including quality free and confidential crisis intervention support and advice to survivors enabling them to make informed choices about their future.

Al-Hasaniya Moroccan Women's Centre

Angelou Domestic Violence Partnership

Contact: ☎ 020 8969 2292

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA

contact@al-hasaniya.org.uk

<https://www.al-hasaniya.org.uk/copy-of-mental-health-project>

Type: One to one

Description: Providing free and confidential support for women and girls experiencing all forms of domestic abuse. The Arabic Speaking Independent Domestic Violence Advocate will support women and girls to explore their options, increase their safety and understanding of the criminal justice system and enhance their emotional well-being.

Hear Women

Support Against Gender-Based Violence

Contact: ☎ 020 3664 9519

37 Chapel Street, London NW1 5DB

info@hearwomen.org <http://www.hearwomen.org>

Type: One to one

Description: FGM Training Program for professionals, providing psychological counselling services and referrals for those who have experienced FGM and advocacy against FGM. Hear Women also partners with women's, men's and youth groups, community leaders, mainstream civil society and the media to change discriminatory laws and practices against women, promoting gender equality and women's advancement in all aspects of life.

Drugs and Alcohol Support

Turning Point

Drug and Alcohol Service

Contact: 📞 020 8960 5599

Acorn Hall, 1 East Row, London W10 5AR

<https://www.turning-point.co.uk>

Type: One to One and Group Activity

Description: Ready to help you to address your drug or alcohol use, through one to one or group sessions.

Employment

Nova Now Opportunities

Adult Education

Contact: ☎ 020 8960 2488
2 Thorpe Close, London W10 5XL
reception@novanew.org.uk

Type: Group Activity

Description: Nova offers a variety of courses that help students advance in English, Maths, Computer skills and more. Courses are tailored to the specific needs of our students and target different levels ranging from entry to advanced.

Employment Support

Contact: ☎ 020 8960 2488
2 Thorpe Close, London W10 5XL
reception@novanew.org.uk

Type: One to one

Description: Advisors can help you to prepare, look for and find work, building skills and confidence along the way plus support in finding courses, volunteering opportunities and work placements.

Volunteer Centre Kensington and Chelsea (VCKC)

New Opportunities

Contact: ☎ 020 8960 3722
1 Thorpe Close, London W10 5XL
louisa.sch@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: One to One and Group Activity

Description: New Opportunities project supports unemployed people to get into paid work. There are volunteering, training and work experience placements to help close the gap between the skills employers want and the skills you can offer.

Exercise

Bay20

The Lunch Box Club **

Contact: ☎ 020 3579 0384

Bay20 71 Saint Marks Road, London W10 6JG
info@bay20.org <https://www.bay20.org>

Type: Group Activity

Description: A boxing and nutrition programme with 8 boxing sessions at Dale Youth Boxing Club plus 8 cook and eat sessions delivered by a nutritionist at Bay20.

Yoga

Contact: ☎ 020 3579 0384

Bay20 71 Saint Marks Road, London W10 6JG
info@bay20.org <https://www.bay20.org>

Type: Group Activity

Description: Free yoga classes for all, including women's only yoga.

Minds United

Community Football for All

Contact: info@mindsunitedfc.com <https://mindsunitedfc.com>

Type: Group Activity

Description: Community Football For All session for adults in Kensington & Chelsea.

Football Friday

Contact: info@mindsunitedfc.com <https://mindsunitedfc.com>

Type: Group Activity

Description: Turn Up & Play session for adults in North Kensington and the Grenfell-Affected community, takes place 3 Fridays a month.

Our Power Hub

Women's only and Men's only Boxing **

Contact: ☎ 020 3417 3323
referrals@ourpowerhub.org <https://www.ourpowerhub.org>

Type: Group Activity

Description: Men only and women only low intensity & high intensity boxing & fitness classes (suitable for Muslim women), both in person at Dale Youth gym and virtually.

Pepper Pot Centre

Exercise Classes

Contact: ☎ 020 8968 6940
1A Thorpe Close, Ladbroke Grove, London W10 5XL
reception@pepperpotcentre.org.uk
<https://www.pepperpotcentre.org.uk/copy-of-social-games-1>

Type: Group Activity

Description: The Pepper Pot Centre we promote health and well-being through exercise classes as it is key to keeping fit and healthy. We provide Yoga and Chair Aerobic exercise classes that are suitable for all ages and fitness levels but specially designed for our members.

Volunteer Centre Kensington and Chelsea (VCKC)

Women's only yoga and Mixed walking group **

Contact: ☎ 020 8960 3722
1 Thorpe Close, London W10 5XL
ewa.kasjanowicz@vckc.org.uk

Type: Group Activity

Description: Mixed power walking and gentle exercise classes, along with Women's only Yoga classes for Notting Dale ward residents, delivered by Community Champions.

Foodbank / Community Kitchen

214 Space

Foodbank

Contact: ☎ 0800 047 8161

214 Freston Road, London W10 6TT

Email: office@214space.org.uk Website: www.214space.org

Type: Group Activity

Description: Operating a community market with food and baby essentials. Some deliveries possible, depending on availability.

All Saints Notting Hill

Foodbank

Contact: ☎ 020 7727 5919

Clydesdale Road, Notting Hill, W11 1JE

www.allsaintsnottinghill.org.uk

Type: Group Activity

Description: Providing food items and toiletries. No referral needed.

Hours: Fridays (10am to 11am)

Al-Manaar - Muslim Cultural Heritage Centre

Al-Manaar Community Kitchen

Contact: ☎ +44 (0)20 8964 1496 Fax: +44 (0)20 89682928

Muslim Cultural Heritage Centre (Trust), 244 Acklam Road, London W10 5YG

Email: info@mchc.org.uk

Type: Group Activity

Description: Different groups use the facility to provide support to the community, enhance their cooking skills through vocational and accredited training courses, facilitate support to the Homeless, and cater for events such as board meetings, conferences, seminars, workshops, weddings and other social events.

Bay20

Foodbank

Contact: ☎ 020 3579 0384
71 St Marks Road, London W10 6JG
info@bay20.org

Type: Group Activity

Description: Providing hot takeaway meals on Thursdays (from 2pm to 4pm). Tea and coffee available Monday to Friday (from 11am to 4pm), sometimes with pastries.

Partnership with NK Hearts and Minds and Unity Grove.

Dalgarno Trust

Foodbank & Community kitchen

Contact: ☎ 020 8969 6300
The Dalgarno Trust, 1 Webb Close, Dalgarno Way, London W10 5QB
reception@dalgarnotrust.org.uk
<https://www.dalgarnotrust.org.uk/our-programmes/foodbank>

Type: Group Activity

Description: The Food Bank is open for those in the local community who may be struggling to buy food.

Venture Centre

Foodbank

Contact: ☎ 020 8960 3234
103A Wornington Road, London W10 5YB
info@venturecentre.org.uk <https://www.venturecentre.org.uk/projects>

Type: Group Activity

Description: Operating a foodbank on Wednesdays and Saturdays (2.30pm to 5pm). Registration opens at 12:30pm and the deadline is 2:30pm. No referral needed. People are encouraged to bring a bag or trolley to carry items.

Gardening

Kensington & Chelsea Mind

Mind Garden

Contact: ☎ 020 8960 7894
27 Elkstone Road, London W10 5NT

Type: Group Activity

Description: The Wildlife Garden Project at Meanwhile Gardens is run by K&C Mind and works with adults who have experienced mental health difficulties, and uses horticultural training and social enterprise to help with recovery and social integration. With its small pond, great variety of wildflowers and rich wildlife, it is also a lovely place for a picnic!

Meanwhile Gardens

Playhut

Contact: ☎ 020 8960 7894
27 Elkstone Road, London W10 5NT

Type: Group Activity

Description: Meanwhile Gardens Playhut is a purpose-built, eco-friendly community centre for young children. The playhut has a large secure garden complete with a paddling pool, sandpit, slide and a wide range of indoor and outdoor play equipment for children under the age of six.

Health Talks

Kulan Somali Organisation

Afeemad and Afeeya (Health workshops) **

Contact: 📞 07377866118
info@kulankso.org <https://www.kulankso.org>

Type: Group Activity

Description: Culturally appropriate education for the Somali and Bravanese community to tackle obesity, diabetes, hypertension, cholesterol, Arthritis and mental health issues through virtual workshops (Zoom) and walking groups (Canal side W10).

Pepper Pot Centre

Health Promotion Talks

Contact: 📞 020 8968 6940
1A Thorpe Close, Ladbroke Grove, London W10 5XL
reception@pepperpotcentre.org.uk
<https://www.pepperpotcentre.org.uk/copy-of-social-games-1>

Type: Group Activity

Description: Health promotion talks and events, designed to be culturally specific to Black and Minority Ethnic groups. They raise awareness and educate members on the prevention and treatment of diseases and conditions that are prevalent in these populations, for example stroke and diabetes.

Information and advice

African Women's Care

Women's Centre

Contact: ☎ 020 8969 8389

Canalside House, 383 Ladbroke Grove, London W10 5AA

info@africanwomencare.org.uk <https://africanwomencare.org.uk/womens-centre>

Type: One to one

Description: This service is open to all BME women for information, advice and support with day to day support needs every including a drop-in one-stop-shop for women with support to access local available services, enabling women to make informed choices about their daily support needs.

Al-Hasaniya Moroccan Women's Centre

Drop In Activities

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA

contact@al-hasaniya.org.uk

Type: Group Activity

Description: A weekly drop in for Arabic speaking women who live in Kensington and Chelsea and the surrounding boroughs to provide support on the services and activities provided.

Bay20

Advice Kitchen

Contact: ☎ 020 3579 0384

Bay20, 71 Saint Marks Road, London W10 6JG

info@bay20.org <https://www.bay20.org>

Type: One to one

Description: Signposting service around debt advice, housing and health.

French African Welfare Association (FAWA)

One-to-one emotional support

Contact: ☎ 020 8761 9397

383 Ladbroke Grove, Canalside House, London W10 5AA
 info@fawauk.org <https://www.fawauk.org>

Type: One to one

Description: Range of services for the African particularly French speaking communities. Drop-in providing culturally sensitive advice and information. Translation and interpreting services. Skills development and career advancement training. Peer support group meeting for people living with HIV. Community events, cultural and social activities.

Midaye Somali Development Network

Community Support & Outreach

Contact: ☎ 020 8969 7456

7 Thorpe Close, London W10 5XL
<https://www.midaye.org.uk>

Type: One to One and Group Activity

Description: Empowering communities to find their voice, to access services and resources which they have a right to, to obtain culturally-intelligent solutions to their specific challenges, and to contribute positively to wider London society.

The Clement James Centre

Information, Advice and Guidance **

Contact: The ClementJames Centre, 95 Sirdar Road, London W11 4EQ
 advice@clementjames.org

Type: One to one

Description: Benefits, housing, grants and education advice for North Kensington residents delivered by The ClementJames Centre.

Volunteer Centre Kensington and Chelsea (VCKC)

Core Services

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: One to one

Description: Dedicated volunteer advisors that will explore the reasons why you want to volunteer; whether it be to gain new skills, use it as a platform to apply for jobs, or just simply to give back to your community. The trained advisors are on hand to match you with local, relevant opportunities.

Men's Projects

ACAVA

Maxilla Men's Shed

Contact: ☎ 020 8960 5015

56 Blechynden Street, London W10 6RJ

hello@acava.org

<https://www.acava.org/education-and-community/project/maxilla-mens-shed>

Type: Group Activity

Description: Socialising, wood work, making, workshops, courses, drop in sessions.

Al-Hasaniya Moroccan Women's Centre

Ayam Zaman Older Men's Project

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA

contact@al-hasaniya.org.uk

Type: Group Activity

Description: A workshop that is open to all Moroccan men over 55 from the community to combat loneliness and isolation through music, tea, discussion and sharing.

Open Age

Open Age Men Space

Contact: ☎ 07467 952 564

St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ

rjohn@openage.org.uk <http://www.openage.org.uk>

Type: Group Activity

Description: Weekly Social groups, Music Classes, Chair Based Exercise on zoom, Walking Football, Healthy Cooking & 5-10 week Computer & Smart Phone beginners classes.

Mental Health

Al-Hasaniya Moroccan Women's Centre

Emotional Well-Being Project

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA
contact@al-hasaniya.org.uk

Type: One to One and Group Activity

Description: The project aims to give support to people from BME communities in the RBKC experiencing a period of emotional upset and distress. The project is set out to improve the emotional wellbeing of those who are vulnerable and less likely to access statutory services, and to expand local partners' knowledge of emotional wellbeing and mental health as it affects the communities they work with.

The Mental Health Project

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA
contact@al-hasaniya.org.uk

Type: One to one

Description: The service offers individual support for Arabic-speaking women who suffer from enduring mental health problems and live in the borough.

Together For Grenfell Psychotherapy

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA
contact@al-hasaniya.org.uk

Type: One to one

Description: This service offers bereavement support to assist families affected by the Grenfell Tower fire in coming to terms with the appalling tragedy. It is culturally sensitive and is carried by a qualified psychotherapist with years of expertise and experience in the field of mental health disorder and trauma.

Al-Manaar - Muslim Cultural Heritage Centre

Professional Therapeutic Counselling

Contact: ☎ 020 8964 1496 Fax: +44 (0)20 8968 2928
Muslim Cultural Heritage Centre (Trust), 244 Acklam Road, London W10 5YG
Email: info@mchc.org.uk

Type: One to one

Description: A safe and confidential counselling service for people over 18 and older who have been affected either directly or indirectly by the Grenfell fire, live or work in the (RBKC) or who are registered with the GP in the borough and surrounding area.

Kids On The Green

Counselling & Therapy

Contact: ☎ 07904 808 347
Unit 12 Latimer Road, London W10 6RQ
info@kidsonthegreen.com

Type: One to One and Group Activity

Description: Adult & child psychotherapists available for group & 121 sessions.

Latimer Community Art Therapy (LCAT)

Safe Spaces

Contact: ☎ 07961 939 558
Henry Dickens Community Centre, Henry Dickens Court,
St. Annes Road, Notting Dale, London W11 4DH
lucy.knight@lcat.org.uk <http://www.lcat.org.uk>

Type: Group Activity

Description: LCAT's 'Safe Space' model provides a best practice service, marrying the skills of a fully qualified and experienced art psychotherapist with an experienced teacher.

Volunteer Centre Kensington and Chelsea (VCKC)

Grenfell Recovery & Wellbeing College Workshops

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: Group Activity

Description: The Grenfell Health and Wellbeing Service is teaming up with the CNWL Recovery & Wellbeing College and Community Champions to offer a programme of free online workshops that focus on wellbeing.

Inside Out

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: One to one

Description: Programme for offenders and ex-offenders which offers hands on support for people with a wide range of criminal convictions. Support for offenders and ex-offenders with mental health issues, including; personality disorders, depression, PTSD, or any issues affecting well-being such as social isolation, unemployment, stress and domestic violence.

VIP (Volunteering in Partnership)

Contact: ☎ 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk <https://www.voluntarywork.org.uk>

Type: Group Activity

Description: The Volunteering In Partnership (VIP) programme aims to redress the trend in the growing number of people who feel socially isolated and lonely. The programme uses a team of volunteers to engage people, working together to help alleviate loneliness.

Volunteer Centre Kensington and Chelsea (VCKC)

Volunteering on Prescription

Contact: 📞 020 8960 3722

1 Thorpe Close, London W10 5XL

louisa.sch@vckc.org.uk

<https://www.voluntarywork.org.uk/activities-2/wellbeing-art-workshop>


Type: One to one

Description: Volunteering on Prescription is for people with stable mental health needs, who are receiving support from their GP or from carers. Clients must be from Kensington and Chelsea, Queens Park and Paddington area.

North Kensington Social Prescribing Link Worker

North Kensington Social Prescribing Link Worker

Age UK

Contact:  020 8969 9105
nhsnwlccg.neohealthsplw@nhs.net

Type: One to one

Description: Linking North Kensington residents with health and wellbeing services in their local community, allowing individuals to connect with others, improve their wellbeing and develop new skills. You can access the link worker through your GP.

To sign up, ask anyone at your GP practice to be referred to Social Prescribing.

Nutrition

Venture Centre

Nutrition and Cooking sessions **

Contact: 📞 020 8960 3234

103A Wornington Road, London W10 5YB

info@venturecentre.org.uk <https://www.venturecentre.org.uk/projects>

Type: Group Activity

Description: In person healthy cooking class delivered by a different chef each week plus ingredients to take home.

Older People's Projects

Pepper Pot Centre

Day Trips

Contact: ☎ 020 8968 6940

1A Thorpe Close, Ladbroke Grove, London W10 5XL

reception@pepperpotcentre.org.uk <https://www.pepperpotcentre.org.uk>

Type: Group Activity

Description: Outings in the United Kingdom that give Members the possibility to savour and experience new sights by enjoying a trip with their friends from The Pepper Pot, at the reduced price of a group booking, and with support and supervision from the trip organiser.

Social Games

Contact: ☎ 020 8968 6940

1A Thorpe Close, Ladbroke Grove, London W10 5XL

reception@pepperpotcentre.org.uk <https://www.pepperpotcentre.org.uk>

Type: Group Activity

Description: The best way to socialise is with fun and games. Many of the Members at The Pepper Pot play dominoes, bingo, board games and cards. These social games enable our members to interact, have fun during their time here and to create a more interactive environment.

Al-Hasaniya Moroccan Women's Centre

Older Peoples Outreach Project

Contact: ☎ 020 30 48 44 88

Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PA

contact@al-hasaniya.org.uk

Type: One to One and Group Activity

Description: A service for elderly Arabic-speaking women and men aged 55 years and older that live in RBKC. It aims to provide information, advice and advocacy on a wide range of issues including health, housing and welfare benefits to these individuals. For women who are unable to come to the centre, there is a bilingual outreach worker who can make home visits and also accompany individuals to GP and hospital appointments.

Salvation Army

Salvation Army Lunch Club

Contact: ☎ 020 7727 5178

Notting Hill Community Church, 205 Portobello Road, London W11 1LU
notting.hill@salvationarmy.org.uk <http://www.nhcc.org.uk>

Type: One to One and Group Activity

Description: Open to people who are isolated, homeless or in crisis.

Open: Tuesday, 12.30pm-1.30pm.

Venue: 205 Portobello Road, Notting Hill, W11 1LU

Open Age

Phone Groups

Contact: ☎ 020 4516 9978

St. Charles Centre For Health & Wellbeing, Exmoor Street, London W10 6DZ
<https://www.openage.org.uk>

Type: Group Activity

Description: Open Age runs weekly phone groups for people who are housebound. Creative writing, social groups and book groups are held over the phone and free of charge to participants. All people referred will also be visited at home by the phone group coordinator.

Training

Health Coaching Academy

Health Coach Skills Training **

Contact: ☎ 020 3488 3270
<https://health-coachingacademy.com>

Type: Group Activity

Description: Providing tools and approaches for person-centred conversations, along with the opportunity to practice your new skills, with support and feedback from highly experienced trainers. For staff and volunteers of North Kensington Voluntary and Community sector only.

Kensington and Chelsea Mind

Mental Health Aware Training **

Contact: ☎ 07944 527 107 or jill.watson@kcmind.org.uk
Kensington & Chelsea Mind, Office 1, 7 Thorpe Close, London W10 5XL
<https://www.kcmind.org.uk>

Type: Group Activity

Description: Providing confidence in supporting others in distress, basic knowledge on mental health issues and how to maintain your own mental wellbeing. For residents, staff and volunteers of the North Kensington Voluntary and Community Sector.

Women's Only

Hear Women

Active Mothers

Contact: ☎ 020 3664 9519
37 Chapel Street, London NW1 5DB
info@hearwomen.org <http://www.hearwomen.org>

Type: Group Activity

Description: A class for busy mothers to enjoy a moment for themselves. Zumba classes, aerobics, yogalates – it is up to the participants to decide on the activities.

English & IT Classes

Contact: ☎ 020 3664 9519
37 Chapel Street, London NW1 5DB
info@hearwomen.org <http://www.hearwomen.org>

Type: Group Activity

Description: IT classes and English conversational classes to support women in their full integration in to society and to increase their employability and independence.

Midaye Somali Development Network

Women Empowerment

Contact: ☎ 020 8969 7456
7 Thorpe Close, London W10 5XL
<https://www.midaye.org.uk>

Type: Group Activity

Description: Many women in the ethnic minority communities suffer some of the worst levels of isolation and disempowerment. Midaye works to change this.

FGM Support

Contact: ☎ 020 8969 7456
7 Thorpe Close, London W10 5XL
<https://www.midaye.org.uk>

Type: One to one

Description: Provide compassionate and culturally-sensitive support to victims of FGM and those at-risk of the practice.

**Kensington and Chelsea
Social Council**

111-117 Lancaster Road
London W11 1QT

Phone: 020 7243 9800

Email: info@kcsc.org.uk

Web: www.kcsc.org.uk

