

# BY THE CANAL

ISSUE 13 • HAVELOCK • MAYPOLE DOCK • TOPLOCKS

## SOUTHALL VILLAGE

# TIME TO PLAY AT HAVELOCK!

After lots of hard work, the brand new play area at Havelock is beginning to take shape! Access to safe places to play for children and young people has long been a priority for local residents. We know that lots of families with young children live here and places to play are important in helping children to develop, grow and interact with nature, as well as being great places for neighbours to get to know each other.

The new play area has lots of exciting new equipment, including swings, a finger maze panel, two play platforms, a rope walkway and even a trampoline! We expect the play area to be ready for use in spring, and can't wait for local children to have a fun-filled time exploring the new area.

Over the summer Catalyst also worked with Westplay, West London's play association, to offer play opportunities in the open space at Willowbrook North. Establishing a play space in this part of Havelock is one of the proposals developed through the 'Open Havelock' project; a project to transform the redundant garages and create some temporary projects ([www.openhavelock.com](http://www.openhavelock.com)).

Between July and October, Westplay tested the use of the space by running weekend play days where children could build dens, blow giant bubbles, hunt for treasure, play hopscotch, make their own crafts, do kart racing and storytelling. Over six sessions, 56 children and 21 adult residents took part, and six local partner agencies have been involved in developing a working plan for the garden.

This year, we will keep working with Westplay to offer a variety of play opportunities for children and young people. We will officially launch the new play area with a community event later on in the year, and eight play sessions are planned for spring and summer.

For more information, contact [nicola.wheeler@chg.org.uk](mailto:nicola.wheeler@chg.org.uk)



## DID YOU KNOW THAT THERE ARE FREE CHILDCARE PLACES FOR TWO-YEAR-OLDS?

Free nursery places are available for 15 hours a week for two-year-olds whose parents are on a low income, either from work or benefits.

Research shows that children who attend nursery achieve more when they start school and in their education later on. At nursery, your child can start their learning, develop self-confidence, improve their speech and language, and look forward to starting school!

The Family Information Service can tell you if you qualify by checking your National Insurance number - so give them a call on **020 8825 5588** (Mon-Fri), email [children@ealing.gov.uk](mailto:children@ealing.gov.uk) or check your eligibility at [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

## GETTING IN TOUCH WITH US

While we finish off our review of future phases of the Havelock regeneration, the office will be open less often.

You can still visit the office every Wednesday from 10am to 4pm, for help with employment, training, and volunteering opportunities, as well as money, benefits and digital advice.

To speak to Catalyst's Neighbourhood Experience Manager for Havelock, please email [daniel.george@chg.org.uk](mailto:daniel.george@chg.org.uk) or call **0300 456 2099**

If you'd like to speak to someone in Punjabi, please call Southall Day Centre on **020 8574 0902**

Ann-Marie and Mary are now helping the rest of their team with moves in another development. If you'd like to talk to someone from the regeneration team, please call **0300 456 2099**



## CONTENTS

- 01 TIME TO PLAY AT HAVELOCK!  
FREE CHILDCARE PLACES
- 02 SOCIAL PRESCRIBING SOUTHALL  
TEAM UPSIDE – SULAIMAN IQBAL
- 03 HAVELOCK GOES GREEN  
CLEARMONT HOUSE AND  
LANGDONS COURT  
STREET DANCE SESSIONS WITH  
GHOST DANCE TROUPE
- 04 GOOD NEIGHBOURS  
THE SHARKS  
WATER SOFTENERS  
ASK CATALYST  
CONTACTS

# SOCIAL PRESCRIBING SOUTHALL

**Social Prescribing Southall is a project that helps people of all ages improve their health and wellbeing by connecting with activities in their local area. We caught up with Neighbourhood Coordinator Nicola Wheeler to find out how the project has been getting on.**

'We worked with local residents and patients from Waterside Medical Centre to map the ways people can get active in their local area. We noticed that although there is lots on offer, many people didn't know where or how to access activities.'



'We decided to create a 'healthy living map' of the area, logging all the local walks and linking them into a digital database. Almost a year ago, we launched the Havelock Healthy Walks trail. This is a 1km walk along the Grand Union Canal, following the waterway from Havelock down to the Thames. This was one of the first walks we thought of when creating the database!

'The database was created for us by tech-for-good company Elemental, with the idea that it could then help GPs and community workers prescribe physical activities to their patients.'

'Since we created the database, it's helped over 30 people to access local activities. This includes walking groups, yoga classes, dance, women's exercise classes, gardening, and kayaking.'

'We recently secured funding for this project from the Mayor of London's Active Londoners Fund. This will help us to develop Social Prescribing Southall, opening up these opportunities to more people.'

'Over the next 12 months, we will be working with five GP surgeries in the area. We want to support 120 people in Southall to take greater control over improving their health.'



'With this funding we have also now appointed a Community Link Worker for the project, called Dalia Fanus. She will be working with the GP surgeries, and other health care professionals, to identify people who could benefit from the project.'

'Dalia will offer support based on what matters to each person, and put together individual action plans. She will then 'prescribe' activities to help people get active and connected. Along with this, she will support people to access work, training and volunteering opportunities. She will also help with getting online, and money advice.'

Dalia finished by saying 'this is an exciting time for the project, with lots happening!' - and we agree! If you would like to find out more or get involved, please contact **Dalia** on **0300 456 2099** or at **dalia.fanus@chg.org.uk**

## TEAM UPSIDE – THE AWARD WINNING SOCIAL ENTERPRISE SET UP BY HAVELOCK RESIDENT SULAIMAN IQBAL!



**Sulaiman Iqbal has lived in Havelock for almost his whole life with his family. Between his first and second years of university, studying History at Cambridge, Sulaiman had a great idea to help others achieve their full potential, and promote equality of opportunity.**

'This Summer, I founded a social enterprise called Team Upside, a youth-driven community initiative that provides free academic and career support to young people (aged 14-21) from less privileged backgrounds.'

'In the last few months, my team of committee members (Amari, Hafsa, Ethel, Hassan), 16 dedicated volunteers, and I have been able to offer support to over 100 young people through our Summer drop-in clinic services and bi-weekly newsletter.'

'We have also collaborated with Kings College London at their access conference, been featured in the Ealing Council regional gazette and won an Outstanding Resident's Involvement Award.'

'Team Upside's email help-desk service and bi-weekly newsletter break down information gaps, so that young people have a clearer understanding of the options available to them. This then helps them to make an informed decision about their future plans.'

'My plan for the future is to become a lawyer and be actively involved in community development and public policy, particularly on issues linked to education, social welfare and criminal justice. With Team Upside, we are planning to visit schools and carry out interactive workshops and assemblies in the near future, all over London.'

You can find out more about Team Upside at their website: **teamupside.co.uk** Here you can also find the links to follow them on social media, and stay updated with all their exciting projects. You can also get in contact if you are interested in finding out more by emailing **teamupside19@gmail.com**

# HAVELOCK GOES GREEN



## Love Havelock

The first year of Catalyst's two year partnership project with Groundwork London has come to an end. Love Havelock is a project that aims to reduce waste and flytipping in Havelock - issues that residents identified as a high priority.

When the project began in 2018, 93% of residents surveyed stated that rubbish and litter was a very big problem on Havelock estate.

This year, we have engaged 494 people through 12 events and recruited 28 local Environmental Champions, all as part of the project to tackle these issues.

Some highlights of the year include:

- Holding an Upcycling Fair
- Christmas Craft events using recycled materials
- A volunteering day for Catalyst staff, who spoke with members of the local community, litter picked, and helped report fly tipped waste
- A week of engagement with Three Bridges school, working with 180 pupils on fun projects to inspire continued recycling and waste management
- Food Waste Prevention and Environmental Champion training days for residents

This year, we already have a week of engagement with Havelock Primary scheduled in, and another volunteering day planned with more Catalyst staff. After a fantastic first year, we can't wait to see what the next one will bring for the Love Havelock project.

If you are interested in becoming an Environmental Champion for Havelock, please get in touch with **Nicola Wheeler** at Catalyst - **nicola.wheeler@chg.org.uk** or **David Cordell** at Groundwork - **david.cordell@groundwork.org.uk**

## Young Havelock Greening Project

This year we have successfully secured match funding through John Lyon's Charity and Awards for All for an exciting new project launching at Havelock - the Young Havelock Greening Project!

The project will be run over three years in partnership with Groundwork London and Sybil Elgar and Belvue Colleges; both of which cater for young people aged 15-19 with special educational needs.

The project aims to increase the young people's confidence, and support them to

actively engage with the wider community. This will be done through practical nature conservation sessions delivered on Havelock, including activities like bulb planting and building bat boxes. There will also be exciting events for all of the community and the pupils to get together around this fantastic project.

We can't wait to see what the young people of Sybil Elgar and Belvue Colleges get up to! If you would like more information on this project, please contact **Nicola Wheeler** at **nicola.wheeler@chg.org.uk**



## WHAT IS HAPPENING WITH CLEARMONT HOUSE AND LANGDONS COURT?



You may have noticed that Ealing Council have been demolishing Clearmont House and Langdons Court. Whilst we are reviewing plans for the next phase of the regeneration, Ealing Council think that it would be better to demolish these now to help prevent the space from attracting misuse.

Catalyst and Ealing council are continuing to work together in the meantime to review the plans for the next phase of work.

We will keep Havelock residents informed about the progress of the review. If there need to be changes to the original plans we will ensure that residents have the opportunity to see and comment on these.

If you have any further queries relating to this issue, please contact Simeon Abraham at Ealing Council **020 8825 5000**

## STREET DANCE SESSIONS WITH GHOST DANCE TROUPE

The street dance session at Havelock Community Centre has grown rapidly over the past six months with over 20 children taking part each week. The children started off as complete beginners, but are now showcasing their skills in local performances and events!

The session is aimed at children of all abilities aged between 8 and 16 and takes place on a Friday evening and Saturday morning at the Havelock Community Centre. Led by Ghost Dance Troupe the children learn the

foundations of various dance styles which make up street dance. It's a very energetic class which promotes fitness, coordination, team work and assists in developing social skills.

Please get in touch if you would like any information on how to sign up either via the Ghost Dance Troupe website **www.ghostdt.com**, Facebook **www.facebook.com/ghostdt**, or by email **tyrell@ghostdt.com**



Ghost Dance Troupe sessions are funded jointly by A2 Dominion and Catalyst

# GOOD NEIGHBOURS

The Good Neighbours Community Group hosted a special festive themed Afternoon Tea event on Wednesday 18 December in the Community Shop. The event brought people from across the community together to celebrate Christmas with carol singing, crafts and wreath-making activities.

The Good Neighbours host an Afternoon Tea on the first Wednesday of every month 2.30pm to 4.30pm; there are always home-made bakes, a table top sale and a chance to chat with neighbours and find out what projects and services are happening locally. Everyone is welcome!

To find out more about the Good Neighbours Group, contact **Jean Brooker** on **07912 580 203** or pop into the Community Shop any Wednesday afternoon after 2pm.



# THE SHARKS

The Sharks are now a regular feature on Havelock in Southall, and are hosting sessions all year round! During the winter months, our meetings are now at 2.30pm on Saturday afternoons.

Beginners are always welcome at our sessions. We are building a great racing team, as well as hosting recreational sessions. We also have very exciting plans for the future, working with Catalyst Housing and Ealing Council as part of the Open Havelock project to provide a base at Willowbrook South in the garages adjacent to the canal. This will deliver great opportunities for the local community!

For more information visit our website: [www.thesharks.org.uk](http://www.thesharks.org.uk), email us [canoeing@thesharks.org.uk](mailto:canoeing@thesharks.org.uk) or call us on **07951 770241**

# WATER SOFTENERS

We have had some residents asking about water softeners, and wanted to give some quick advice. If you have a water softener fitted in your home, ensure that your radiators are still filling with unsoftened water. A reputable installer will always fit a 'general bypass valve', which makes this process easy. This will help to prevent damage to your heating system.



## ASK CATALYST

Got a question? Try Ask Catalyst! 24/7 online answers to frequently asked questions. Find it on the Catalyst homepage.



### CONTACTS

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**Catalyst Gateway support for young people**  
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**Ealing Council**  
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**To find out more about homes for sale and shared ownership visit: [southallvillage.co.uk](http://southallvillage.co.uk) or call 0300 456 2074**

If you require any part of this information in large print, Braille, on CD, or explained in your own language please phone: 0300 456 2099



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