

FREE CERTIFIED ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL) FROM 10TH JANUARY 2023

We are delighted to let you know that in partnership with Barnet and Southgate College, we have started our first ESOL programme and we have 15 learners engaged. Feedback has been really positive, and we have a vibrant and enthusiastic group of learners. Sessions take place **every Tuesday in the hub from 10 am to 12 Noon.**

ESOL courses are designed for anyone whose first language is not English and who wishes to learn how to speak English, progress to other courses,

or to get a job. If you are looking for English courses for beginners, the college will interview you to find out which class is best for you.

Our supportive teachers will help build your confidence and develop the skills you need to live and work in the UK. On our Skills for Life courses, you will have termly exams to help you to progress quickly and gain nationally recognised qualifications.

To find out more contact bookingwhch@mtvh.co.uk



COMMUNITY SAFETY HUBS

From **1 November 2022** and **every Tuesday** at the **West Hendon Community Hub**, we have been running the Community Safety Hubs project.

A Community Safety Hub is a multi-agency drop-in centre that allows residents to report issues relating to community safety and anti-social behaviour to the council's law enforcement and police partners.

The physical location of the centres allows residents to report problems discreetly, thus contributing to safer communities.

If you or any member of your family requires support on safety issues you can visit us at the Community Hub every Tuesday between 3 pm and 6 pm.

TUTORS UNITED

Classes have been taking place online but from January Tutors United will return to the West Hendon Community Hub at the same time.

CONTACT US

Soul Café

Contact: Rev Hutchinson

E: office@stjohnswesthendon.org

Barnet Council

Regeneration contact:
Regeneration Services

T: 020 8359 7248

E: regeneration@barnet.gov.uk

Metropolitan Thames Valley

Management of your new home on the Estate contact:

T: 020 3535 3535

E: contactus@mtvh.co.uk

First Port

Neil Grice -

Development Manager

T: 07918 339432

E: neil.grice@firstport.co.uk

Adam Szecsko -

Assistant Development
Manager

T: 07850 517471

E: adam.szecsko@firstport.co.uk

Firstport CS CARE

(for out-of-hours queries)

T: 0333 005 0227

E: cscare@firstport.co.uk

Community Hub

Gadwall House,
Perryfield Way,
NW9 7DZ





Welcome to our first newsletter of 2023

A very happy New Year to all West Hendon residents!

WEST HENDON CONSTRUCTION UPDATE

Phase 4

Key Activities

- Deep drainage works at Shearwater Drive commenced in September and continue as planned.
- External areas opening up, working towards the link up of Phase 2 and Phase 4.

Block K2

- All homes complete and around 100 properties are now occupied with the remainder ongoing.
- External areas continue to be installed and opened up, with full completions for Spring 2023.

Block J4

- Scaffold removal complete.
- External areas ongoing along with internal commissioning.
- First completions February 2023.

J5 Block

- External brickworks ongoing.
- Internal first fix ongoing.

J Basements

- Works ongoing to slabs and drainage and cores 90%.

Phase 5&6

- All planned demolition works completed.
- Ongoing works to relocate substation to be completed in January, followed by remaining demolition to be completed by February 2023.
- Sewer diversion and upgrading to commence December /early New Year.

Food Bank returns to West Hendon

MTVH Empowering Futures have partnered with Living Well Ministries to provide emergency food, support and advice to residents experiencing financial hardship.

As temperatures drop and snow falls, and as people's incomes are stretched to the limit by rising food, gas, and electricity prices, we are seeing increasing needs in our community. During the festive season MTVH Empowering Futures supported this programme by providing food vouchers, blankets, hot water bottles and socks to West Hendon families in need.



INCLUSION BARNET

THE HEALTHY HEART PEER PROJECT

Welcome to our Healthy Heart Peer Support Project

We know that some communities have a higher risk of suffering from high blood pressure, hypertension, or cardiovascular disease.

Our peer support programme will offer you the chance to meet other people from your community who share the same risks as you do. By connecting with other people, sharing your experiences, and learning together you can make changes to improve your heart health and maintain it.

We want to help you to...

- Understand the risks of high blood pressure
- Learn how to monitor your blood pressure
- Access support to manage your blood pressure

How will we do this?

You can join four weekly, free in-person support groups where you hear from doctors, nurses, and nutritionists about how to manage your blood pressure and overall heart health.

We offer one-to-one sessions with our peer supporters, specially trained people from your community who have lived experience of the challenges you face, who can help you set personal goals to improve your heart health and support you while you make those changes.

We will also offer some online support groups for those of you who can't join us in person

How do you sign up?

You can sign up by contacting us via email bookingwhch@mtvh.co.uk

Or you can be referred by any voluntary, community or statutory group who can sign up on your behalf if you have given them your permission.

Our courses will take place **every Wednesday** at the **West Hendon Community Hub** from **10 am to Noon** from the **11th of January 2023**



END OF THE YEAR MESSAGES TO THE WEST HENDON COMMUNITY

West Hendon Tenants & Residents Association

The past year has not come without its challenges, but together, we have made it through 2022 as a stronger community. As such, the West Hendon Tenants & Residents Association would like to wish "A Merry Christmas and A Happy New Year" to all our members and volunteers, to those who are here, and those we passed on the way.

Derrick Chung,

For and on behalf of the WHTRA

The West Hendon Partnership Board

The West Hendon Partnership Board members would like to wish all residents seasons greetings over the Christmas and New Year – keep well and keep safe for 2023!

For and on behalf of WHPB



The Barratt team have been collecting money on site over the past few months via a non-uniform Friday scheme and on the 5th December bought £200 worth of gifts for the giving tree at Brent Cross. The gifts were wrapped and distributed to children and teenagers throughout Barnet.



SHARE SOME WARMTH THIS WINTER AT OUR WARM SPACES

During this winter WHCH has been dedicated to the task of supporting the community by mobilising us to provide resources to help neighbours overcome the cost-of-living crisis.

To this end we have been working to open the Community Hub so that West Hendon residents can stay warm and protected during these months. It is important to ensure that those who need it most feel able to use it.



Our Warm Spaces will be providing:

- Hot drinks
- A welcoming and comfortable space
- Computers and free Wi-Fi
- Money advice
- Support with mental and physical health issues
- Food Bank
- Energy saving clinics
- Job search support
- Recreational activities

TUESDAYS AND WENESDAYS FROM 9:30 AM TO 5:00 PM

To find out more please email bookingwhch@mtvh.co.uk