



Food bank every Wednesday at the West Hendon Community Hub

If you are on a low income, benefits or going through financial hardship, contact us to join the list of food bank recipients.

Every week we have a selection of fruit, vegetables, and ingredients including pasta, rice, and bread to distribute.

Additionally, other items such as herbs, spices, tea, flavoured drinks, eggs, dairy and meat are also provided.

Location: **West Hendon Community Hub**

Date: **Every Wednesday**

Time: **3pm**

Email ada.seijasfagundez@mtvh.co.uk to join the list.

Love London Working Programme

Love London Working Programme is focused on providing you the opportunities to not only find work, but to build a career of your choice.

You will get help with your CV, application forms, interview preparation, and work experience placements.

Plus, our customers will also receive counselling and support related to mental health and family issues,

health and lifestyle, and well-being, through our referral agencies.

Hodo Aden, our Employment Adviser, is available at The West Hendon Community Hub on the following days for face-to-face appointments:

Tuesdays: 10:30 am – 4:30 pm



Do you need to raise an issue with your MTVH Local Services Manager?

You have a new Local Services Manager, Cherelle Wishart. Cherelle's role includes managing issues in relation to your tenancy agreement, assisting with ASB complaints and providing guidance in sustaining your tenancy.

Please contact her via our customer team on: **020 3535 3535** or by email: contactus@mtvh.co.uk or tasks.londonwest@mtvh.co.uk

Want to raise a repair as a MTVH tenant?

The quickest way to report a repair is through MTVH online at this address: www.mtvh.co.uk/mtvh-online-new-self-serve

For non emergency repairs, you can also report...

By phone: **020 3535 3535**

By emailing a photo or video of the repair, along with details to MTVH at contactus@mtvh.co.uk

You may find it helpful to keep a record of when and how you report the repair for future reference.



THE WEST HENDON COMMUNITY TIMES

MAY 2023



Welcome to our Spring Newsletter!

We hope that you have had a great start to 2023. We are pleased to share with you an update on our construction process, upcoming events, community offers and plans for West Hendon in the coming months.

Construction Update

- The residential units in Block J4 were completed in March. These are the last homes that can be purchased with the assistance of the Government's Help to Buy scheme.
- The external cladding on Block J5 is now complete. The landscaping work for Block J5 is currently underway and is set to be complete in June.
- Tower Crane 10, which served Block J4 and Block J5, was dismantled on April 6.
- Block J3 is set to be complete by the end of 2023, Block J1 and Block J2 in Summer 2024, and Block J6 in Autumn 2024.
- Construction on Phase 5 and 6 of the Masterplan is set to commence in the third quarter of this year.

Image: Block J4 and J5 (left), Tower Crane 10 (immediate background)



Did you know?

When constructing Block J5:

- 53km of cables were used.
- Over 3,000 tiles were installed.
- 114,000 bricks were used in the first quarter of this year alone.
- 6,200 boards were used for soundproofing, fireproofing, and moisture resistance.

West Hendon Community Hub

Welcome to the West Hendon Community Hub!

We offer a wide range of community services and hold fun, exciting events on a regular basis, promoting health, wellbeing and community cohesion in West Hendon.

Our aim as a hub is to promote activities integral to health, education, culture, sports, gamification, leisure, recreation, training, and in general healthy coexistence; with programs aimed at satisfying needs, solving problems and facing social challenges, improving quality of life for your family and the wider community.

Become part of our great community now!

Monday to Friday from 9:30am to 8:00pm
Saturdays from 10:00am to 4:00pm





Free ESOL Classes

Barnet and Southgate College offer free adult ESOL community courses every Tuesday from 10am to 12pm

- Do you speak English as a second language?
- Join our free ESOL course to improve your English.
- Reading, writing, speaking, and listening skills!

For more information, please contact: ada.seijasfagundez@mtvh.co.uk

St Patricks Day at the West Hendon Community Hub

On Wednesday March 15 2023 the West Hendon Arts & Culture Society (WHACS) welcomed 80 people to a community celebration of St Patrick's Day at the West Hendon Community Hub. The event was supported by Metropolitan Thames Valley Housing (MTVH) and the London Borough of Barnet enabling WHACS to invest in a band, dancers, refreshments, arts and crafts, organisers, marketing and photography.

The Mayor of Barnet, Cllr Alison Moore, attended and spoke passionately about the power of arts and creativity to bring communities together and cited WHACS aims to bring joy, bridge cultures and gel communities.

The event welcomed over 20 children and young people who decorated cakes and engaged in craft activities. Guests came from a wide range of backgrounds and

cultures, including people who have lived in the area for 50+ years and those who are new to the area. The Irish dancers were a local group of young people, and a team of over 10 volunteers supported the event. The volunteers ran arts and crafts workshops, set up tables, provided refreshments, assisted the band and oversaw health and safety.

This event was the second in a series of five which aim to improve community cohesion and engagement in West Hendon as the area goes through a significant era of development and change. Other events in this series include an **Eid Celebration** which was held on **April 26**, an **Urban Tree Festival event** set to take place on **May 17**, and a **Summer Solstice event** set to take place on **June 21**.



Light Up Your Life Eid Celebration

West Hendon Arts & Culture Society and Metropolitan Thames Valley Housing (MTVH) held an inter-faith celebration of Eid on April 26 at the West Hendon Community Hub. The event featured a light installation, arts and crafts workshops for children and adults, and free savoury and sweet refreshments provided by Muslim caterers. The event was well attended and represented a fantastic opportunity for neighbours to meet and celebrate a highlight in the cultural calendar.

Friends of the Welsh Harp at the West Hendon Community Hub

Leila Taheri and Livia Forte lead Friends of the Welsh Harp, with support from the group's founder Daniella Levene.

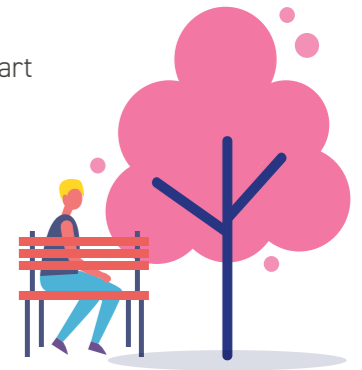
Their grassroots initiative harnesses the power of the local community to care for Barnet and Brent's only Site of Special Scientific Interest, the Brent Reservoir (known locally as the Welsh Harp).

They carry out a range of conservation work including large-scale industrial plastic pollution removal, habitat creation, and eco-design makeovers.

They are currently working with local schools to use eco-art to revamp a public bird hide.

Join them!

They meet on the last Sunday of every month at 11am at the West Hendon Community Hub, and all are welcome.



Meet the Barratt Team



Name:
Jimmy Hakizimana

Job Title:
Senior Traffic Marshall

What do you do?

I am a Senior Traffic Marshall at the West Hendon development. My duties include the management of delivery vehicles, carrying out driver inductions, ensuring vehicles leaving the site are clean and roadworthy and marshalling local traffic when required. I am very passionate about my job and take pride in my workplace and the presentation of the local area. I also manage the waste compound ensuring that the site recycles as many materials as possible.

How long have you worked at West Hendon?

I have worked at the Hendon Waterside project for over 8 years, starting in January 2015.

What do you like about West Hendon and how has it changed since you have been working on the project?

I enjoy operating as part of the project team where we all work collaboratively and look out for each other.

I enjoy helping our customers and local residents as part of the delivery team delivering wonderful properties.

The West Hendon project has developed a lot since I have been here. I have seen many existing residents move from the old properties into the new properties.

I have also seen the completion of facilities as part of the project such as the amenity area, the green, pedestrian foot bridge and children's play area, which have been well received and utilised by our residents.

The Healthy Heart Peer Project – Inclusion Barnet

Welcome to our Healthy Heart Peer Project

If you are from an African, Caribbean or South Asian community, you are at an increased risk of hypertension, high blood pressure and cardiovascular disease.

Our peer support programme will give you the opportunity to meet others in your community who share the same risks as you. By connecting with others, sharing your experiences and learning together, you can make changes to improve your heart health and maintain it.

We want to help you...

- Understand the risks of high blood pressure
- Learn how to control your blood pressure
- Access help to control your blood pressure

How do we do it?

You can take part in four free, weekly, face-to-face support groups where doctors, nurses and dietitians will explain how to manage your blood pressure and your overall heart health.

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

We will also offer some online support groups for those who are unable to meet with us in person.



How can I sign up?

Our activities take place every Wednesday from 11 am to 1 pm at the West Hendon Community Hub.

For more information, please email ada.seijasfagundez@mtvh.co.uk