

# What's on at the **MASBRO?**

**CHILDREN'S CENTRE... YOUTH PROGRAMME... OLDER PEOPLE'S SERVICE  
PARENTING... ART & POTTERY... HEALTH & FITNESS... VOLUNTEERING  
MASBRO SKILLS FACTORY - ADULT LEARNING & JOBS... DBS SERVICE...  
WARD COUNCILLORS SURGERIES & MUCH MORE!**



## **SPRING 2020 PROGRAMME**

# MASBRO SPRING TERM EVENTS AND NEWS



**HAPPY NEW YEAR!**  
Welcome to the 2020 Masbro Spring Programme at the start of a new decade! Come and visit us at one of our centres – there are over 100 activities on offer each week for you and your family to enjoy and participate in. There will be something on offer for everyone – at Masbro we really do have it all!

## 2019 UPG ANNUAL GENERAL MEETING



The UPG AGM, held in November, showcases our services across 6 centres and presentation of our annual report.

Highlights included inspirational speeches by UPG users: Marley Billing Delapenha from the Masbro Youth Committee, Cynthia Clara (a Maternity Champion) who has gone on to become a qualified Baby Massage facilitator and Mahfuza Mohamed who has achieved her Childcare level 3 and English language qualifications.

Over 90 people attended including the recently re-elected MP for Hammersmith, Andy Slaughter.



Amazing achievements, Jude!

A lifetime achievement award was given to Jude Wood for her work with Masbro – developing the Children's Centre, early years, summer playschemes and nursery services.

## WHITE CITY HEALTH & WELLBEING FUN DAY

This was our first ever event at the White Community Centre – it was a local Fun Day bringing together organisations in the area including Hammersmith Community Garden, Turning Point, Imperial College, the local Housing department and the White City Community Champions.

A range of information and activities including music, food from Carole Organic Café, Smoothie Bike, baby prints and face painting. Daryl Brown the Mayor of Hammersmith & Fulham was in attendance.



## INDOOR BOOT SALE RETURNS TO EDWARD WOODS



Our community boot sale returns to Edward Woods Community Centre on Sunday 22nd March from 10.00am to 2.00pm.

It's a fun morning – with face painting for the kids, the chance to pick up a real bargain, and a free coffee!

Pop into the excellent Woods Café for some hot, freshly cooked food. Or grab a bite from one of the stalls selling freshly baked cakes, tea, coffee and snacks.

Stalls only £5.00 – to book call 0207 603 2324

# MASBRO YOUTH CLUB NEWS

With a wide a varied programme of activities and a continually growing membership, the club has an energy that makes everyone feel like what we do matters, and we want to take this into 2020 to develop and grow our youth offer in response to what our youth committee are telling us is needed.



*I am the head of the youth committee and through working closely with the youth workers they have helped me realise I am able to do things like stand up and talk in front of all of you!*

*I have met and become friends with people that I would've never had the chance to have them as a part of my life. It is so important for a young person growing up.*

**Marley - Youth Committee Chair**

## COMING UP FOR 2020

- Monthly Youth Committee Surgeries to talk to members about ideas for projects and activities
- Introduction to Youth Work Course starting in Spring term.
- Youth Committee Applying for London Youth Gold Award
- Female fitness class Friday nights 6.30pm – 7.30pm
- PNP Academy Mon/Weds/Fri 6.00 – 7.00pm
- Teen Volunteer Programme
- Continued support of LBHF Youth Council & YHFF Programmes

## JACK PETCHY FOUNDATION ACHIEVEMENT AWARDS

*Congratulations to Oshea Rumball, Savannah Billing-Delapenha and Theo Caldwell*

The Autumn term saw Oshea Rumball (below) graduate from Youth Club member to 'Youth & Community Intern' supported by the fantastic Jack Petchey Foundation internship scheme. He now works full time alongside our Youth & Community manager to learn the ropes for the next year and gain a vocational qualification.



Other Jack Petchey Achievement Awards have been received by:

- Savannah Billing-Delapenha for continued outstanding contribution and support to youth club activities including the Youth Committee of which she is the secretary.
- Theo Caldwell who runs the PNP Gym and the Academy sessions for youth club members for his outstanding contribution and tireless efforts to support young people.

## ADDISON COMMUNITY CHAMPIONS BEAT THE WINTER BLUES



Charecroft Hall opened its door to local health and wellbeing service providers and residents for the fourth edition of 'Beat the Winter Blues' 2019. This is our well-established annual event in support of the NHS 'Stay Well This Winter' national campaign.

This year's event was attended by over 120 visitors who chatted with 15 statutory and community organisations, whilst the children were entertained by storytelling. Visitors enjoyed home-made soups and started relaxing from the busy and cold week with a head & shoulder massage or reflexology session.

The campaign aims to reduce emergency admissions and raise awareness of preventative healthcare, with support and advice from looking after your mental health during winter, activities to reducing isolation and promote physical wellbeing.



We had so much fun making handprints for our Sunshine poster, we love to get messy in nursery! The end result looks wonderful.

We have a wide range of activities available at our children's centres. Pick up a programme and come and join us!

*Well done children!*





## AMAZON SMILE HELPS US HELP OUR COMMUNITY

Did you know that when you shop with Amazon Smile, Amazon will make a donation to Urban Partnership Group? Next time you shop – click and support your local community centre!

Your contribution helps to create new services and to improve our existing services.

THANK YOU FOR YOUR SUPPORT!

Please use this code  
[smile.amazon.co.uk/  
ch/1092258-0](https://smile.amazon.co.uk/ch/1092258-0)

## TWO NEW STAFF MEMBERS JOIN THE MASBRO TEAM



Welcome to our two new staff members – Alison and Tara, to the Masbro team.

Alison Morgan (left) has joined our youth club team, she lives locally and has a wealth of experience to offer.

Tara O'Grady, (right) has taken up the position of Head of Procurement and Building Services. With two freehold properties and six sites in total to cover we need to be on point and ensuring our buildings are safe and welcoming environments.

## MASBRO DBS SERVICE

# MASBRO



At UPG we respect your privacy when we collect personal information. Please see our Privacy Policy before submitting your DBS application to us at

[www.upg.org.uk](http://www.upg.org.uk)

The Disclosure and Barring Service (DBS) helps employers make safer recruitment decisions and prevent unsuitable people from working with vulnerable groups, including children. Come into the Masbro Centre and complete the DBS form. We will process the documents and send the form to DBS office in Swindon. It usually takes between 2-4 weeks to receive your DBS certificate. There is a charge for this service.

### APPLICATION PROCESSING TIMETABLE

Mondays	10.00am – 1.30pm
Tuesdays	10.00am – 3.30pm
Wednesdays	10.00am – 6.30pm
Thursdays	10.00am – 1.30pm
Fridays	10.00am – 1.30pm

For more information call Sanja 020 7605 0800  
[sanja@upg.org.uk](mailto:sanja@upg.org.uk)

# ART AND POTTERY

Art & Pottery Classes – term starting Monday 20th April – Friday 3rd July 2020  
[Half term Monday 25th – Friday 29th May 2020]

## Sculpture - Life Study Group &/ or other subjects - All Abilities

Work with figure/portrait models or other subjects in clay for firing or casting/wax and plaster usually on wire armatures. Perfect in conjunction with life drawing or just for those who want to explore sculpture.

DAY	TIME	STARTS	DURATION
Mon	13.30 – 16.30	20.04.20	10wks
Tues	18.30 – 21.00	21.04.20	10wks
Thurs	13.00 – 16.00	23.04.20	10wks
Thurs	18.00 – 21.00	23.04.20	10wks

COST £175

## Handbuilt and Thrown Pottery - Beginner and Intermediate

Covers handbuilding techniques including coiling, moulding and slabbing, various decorating techniques and glazing. Throwing may be taught later. Those who wish to develop existing skills and work on individual projects also welcome.

DAY	TIME	STARTS	DURATION
Mon	18.30 – 21.00	20.04.20	10 wks
Wed	10.00 – 12.30	22.04.20	10wks
Wed	13.00 – 15.30	22.04.20	10 wks

COST £180

## Handbuilt and Thrown Pottery - Mixed Abilities

Use basic handbuilding and decorative techniques to produce functional vessels and sculptural forms. We cover some design principles, encouraging creative expression on firm technical foundations.

DAY	TIME	STARTS	DURATION
Thurs	18.30 – 21.00	23.04.20	10 wks

COST £180

## Life Drawing - All levels

Life drawing all levels. Explore ways of seeing, understanding and interpreting using different methods and media with Jan Buckley.



STARTS	DURATION	STARTS	DURATION
Mon	10.15 – 12.45	20.04.20	10 weeks
Thurs	10.00 – 12.30	23.04.20	10 weeks

COST £175

## BOOKING CLASSES ONLINE

You can enrol for Art & Pottery classes from anywhere with internet access.

- Just go to our website to review the classes offered at this address [www.upg.org.uk/art-pottery/](http://www.upg.org.uk/art-pottery/)
- then register here on this link [www.upg.org.uk/art-and-pottery-register-online/](http://www.upg.org.uk/art-and-pottery-register-online/)
- Complete the form and make a credit card payment. *Simple as that!*

## Pottery Skills for Students with Learning and other Disabilities

This course covers basic techniques to enable you to make a variety of objects.

DAY	TIME	STARTS	DURATION
Mon	10.00 – 12.30	20.04.20	10 wks

COST £100



# HEALTH AND FITNESS ACTIVITIES

## MONDAY

TIME	ACTIVITIES	COST	CONTACT DETAILS
7.00 – 8.00pm	Vital Energy	£12 (concessions available)	Olga 07779 129834

## TUESDAY

TIME	ACTIVITIES	COST	CONTACT DETAILS
9.30 – 10.30am	Pilates	Advance booking £8 Drop-in £10	Victoria 07740 862 229
6.30 – 7.30pm	Pilates	Pre-booking 6 week block £90	Sally Jones 07854 991 106
6.45 – 8.00pm	Dynamic Hatha Yoga (All levels)	£8 per class £6 concessions	Azra 07724 547 307

## WEDNESDAY

TIME	ACTIVITIES	COST	CONTACT DETAILS
4.00 – 6.00pm	Children's Football	Call Leon for prices	Leon 07931 399 001

## THURSDAY

TIME	ACTIVITIES	COST	CONTACT DETAILS
6.30 – 7.45pm	Street Dance Workshop	£10 per class or £104 for 13 classes	Damien 07789 076 681 classses@b-better.org.uk

## FRIDAY

TIME	ACTIVITIES	COST	CONTACT DETAILS
4.00 – 6.00pm	Children's Football	Call Leon for prices	Leon 07931 399 001

## SATURDAY

TIME	ACTIVITIES	COST	CONTACT DETAILS
9.30 – 11.00am 11.15 – 1.00pm	Perform	Call Jessica for prices	Jessica 0752 8303 478
10.00 – 12.00am	Aikido	£6 per class	Arabella 07796 305 253

## Guide to Classes

**STREET DANCE WORKSHOP** – the street style dance company, launches 3 new classes. Bookings are now open for Kid's Hiphop (6-11 years), Teen / Adult Hiphop and Breakdance courses, suitable for all levels and abilities!

**VITAL ENERGY** – Feel energised, revitalised and express yourself with music from around the world. Movements are designed to improve rhythm, coordination, stamina and suppleness.

**PILATES WITH VICTORIA** – Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in legs, abdominals, arms and back. Ideal for men and women of all ages and fitness levels from 'beginners' to 'improvers'.

**PILATES WITH SALLY** – These classes are designed to give you a feel for Pilates' movement and technique, and to give you a sense of your own progression over the 6 week course. Will use small equipment such as balls and bands, and the classes will be kept small to ensure individual attention.



**DYNAMIC HATHA YOGA** – Azra's class is a dynamic flowing 'vinyasa' style of moving on the breath combined with long held poses, finishing with breathing and guided relaxation. Session aims to build confidence knowledge and inner awareness.

**PERFORM** is a different type of drama school, using a unique mix of drama, dance and singing formulated to bring out every child's true potential. Focussing on child's enthusiasm and engagement in the activities rather than their precision.

**CHILDREN'S FOOTBALL** – Sessions help children get active, develop skills and techniques, confidence, communication and social skills.

**AIKIDO BEGINNERS CLASS** – Co-ordination of mind and body for self defence, health and fitness.

# SERVICES & CLASSES AVAILABLE AT THE MASBRO CENTRE



## CHILDREN'S CENTRES

We have five Children's Centres in Hammersmith and Fulham. Full programme available at reception or download a copy from our website [www.upg.org.uk](http://www.upg.org.uk)

## VOLUNTEER OPPORTUNITIES

Placements available for all Masbro activities, contact Rosemarie Hayden on **020 7605 0800**

## PLAY & SENSORY STIMULATION THERAPY

Nadja Rolli is a specialist in play & art therapy working with children & families based at the Masbro Centre. For details contact Nadja on 07983 026125 [Nadja.rolli@passt.co.uk](mailto:Nadja.rolli@passt.co.uk) or [www.passt.co.uk](http://www.passt.co.uk)



## MASBRO OLDER PEOPLE SERVICE

We offer a diverse, interesting programme of events, outings and activities for all over 50's in the Borough and their carers. We also run a befriending service for older, isolated people. Join us at our Tea Club Tuesday afternoons 2.00pm – 4.00pm Contact Tina on 020 7605 0800



## KUMON

English and Maths classes for Children. Wednesdays and Fridays 3.30 – 6.30pm Contact Stacey on 07894 423 238

## CONFIDENT PARENT HAPPY CHILD PARENTING CLASSES

This is a free service for parents and carers living in Hammersmith and Fulham with a baby, child or teenager up to the age 18 years. Full programme available at reception or download from our website [www.upg.org.uk](http://www.upg.org.uk)

## DBS CHECKS

(Disclosure and Barring Service) A vetting procedure that is essential for staff and volunteers working with children and vulnerable adults. Contact Sanja on 0207 605 0800 [sanja@upg.org.uk](mailto:sanja@upg.org.uk)

## ARTS & CRAFTS

We offer a variety of courses including life drawing, sculpture and pottery (both handbuilt and thrown) that cater to a mixture of abilities. Visit our website for details of all classes [www.upg.org.uk](http://www.upg.org.uk)

## CHECK OUT SATURDAYS AT MASBRO

Open from 9.00am to 1.00pm

For Dads we have our monthly Play and Learn group 10.30am to 12.30am  
25 Jan • 29 Feb • 28 March  
Contact Vallon on 020 7605 0800

Book a children's party on our sports pitch – great for football parties!  
Contact the centre for details 020 7605 0800

TIME	ACTIVITIES
9.30 – 11.00am 11.15 – 1.00pm	PERFORM Jessica 0752 8303 478
10.00 – 12.00am	AIKIDO Arabella 07796 305 253

We have experienced face painters available at £25 per hour to help make your child's birthday event really special and memorable.



## WARD COUNCILLORS SURGERIES

Addison Ward Councillors Advice Surgeries at Masbro  
Sue Fennimore, Adam Connell and Rachael Leighton



1st Monday of month 6.00 – 7.00pm  
2nd Saturday of month 11.00 – 12.00 noon  
6th & 11th Jan • 3rd & 8th Feb • 2nd & 14th March  
Avonmore & Brook Green Councillors Advice Surgeries

Rebecca Harvey, David Morton and Fiona Smith  
1st Saturday of the month 10.00 – 11.00am  
Springvale Tenants and Residents Association Hall  
Blythe Road W14 OPW  
4th Jan • 1st February • 7th March  
2nd Thursday of every month 6.00 – 7.00pm  
Avonmore Primary School, Avonmore Road W12 OPW  
9th Jan • 13th Feb • 12th March

## ROOM SPACE FOR HIRE

Hold your Party, Function, Class or Event at the Masbro Centre



Small Multipurpose Room 38m<sup>2</sup>



Large Multipurpose Room 93m<sup>2</sup>



Sports Pitch 349m<sup>2</sup>



Main Hall 90m<sup>2</sup>

We offer a discount for block bookings

## We also have other rooms for hire:

- ★ Art Room ★ Art Exhibition Space ★
  - ★ Pottery room ★ Classrooms ★
- Prices start from £35 per hour

For full details visit [www.upg.org.uk](http://www.upg.org.uk)

# MASBRO CENTRE

87 Masbro Road • London W14 0LR

Tel: 020 7605 0800 • Email: [info@upg.org.uk](mailto:info@upg.org.uk)

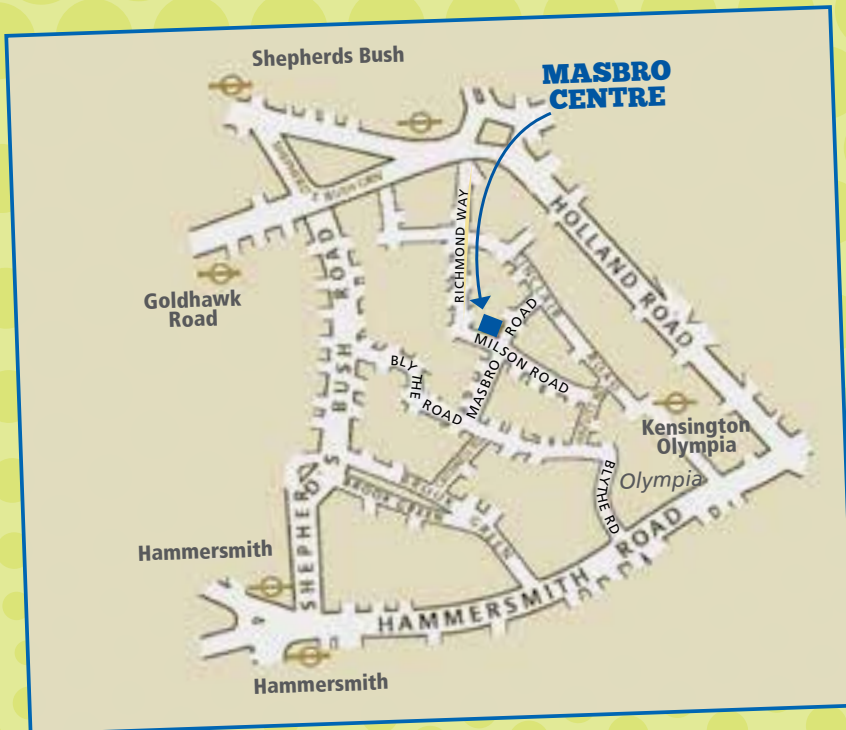
Website: [www.upg.org.uk](http://www.upg.org.uk)

Twitter: <https://twitter.com/masbrocentre>

Facebook: [www.facebook.com/MasbroCentre](http://www.facebook.com/MasbroCentre)

## OPENING TIMES

Mon – Thurs 9.00am – 9.00pm • Fri 9.00am – 6.00pm • Sat 9.00am – 1.00pm



**Masbro** An Urban Partnership Group enterprise