

KCBNA NEWSLETTER ISSUE 1



Organisation Upcoming Events

- **Camden Mela 2015**
26th July 12pm to 6pm
at Coram's Fields
93 Guilford Street, London
WC1N 1DN.

Mission Statement of the King's Cross Brunswick Neighbourhood Association (KCBNA)

To improve the quality of life of local residents with the active involvement of people in the King's Cross and Brunswick area of the London Borough of Camden

What KCB has to offer?

Three Community Centres including a Healthy Living Centre

Work with Older People over 20 activities offered each week

A diverse youth and sports programme (through outdoor & outreach youth work), homework support, arts, girls' groups, advice and information, residentials, accredited courses, youth forum, workshops and activities 6 days a week including a youth centre, which is open 3 evenings per week.

Support to Bangladeshi, Chinese and Somali Community Work with Children and Families, Older People,

Women's Group, Homework Club, Health, Education, Employment, and Training Advice
Community Safety Work supporting the King's Cross and Bloomsbury Safer Neighbourhood Panels

Promoting Healthier Lifestyles
Community Gym, Smoking Cessation, Healthy Eating, Exercise and Nutrition classes

Community Festival- Camden Bangladesh Mela and 40th Anniversary Celebration of Bangladesh

Trips, Outings and Special Events
Seaside, Shopping, Educational Interest, Fruit Picking, and France to name a few!



Older People Project

Upcoming Events/ Trips

- Seaside Trip to Clacton-on-Sea
Friday 24th July
- Seaside Trip to Eastbourne
Friday 4th September
- Weekly 'Super Connect'
Tablet Computer and iPad
Club
Wednesdays 1:30 – 2:30pm
- Afternoon Tea at Kenwood
House
Tuesday July 14th July
- Leeds Castle Mini-Bus Trip
Monday 3rd August
- Visit to UK Supreme Court
Monday 24th August
- Older People's Group Summer
Picnic with Bengali Elders
25th August



Grand Opening of the 'Super Connect Club'

On a cold, blustery Wednesday in early January, the Marchmont Street Community Centre hosted a very warm welcome for all the new members of the 'Super Connect' Club. 17 members of the Older People's group and several younger volunteers attended the Grand Opening of the club, which was supported by the Mayor of Camden, Councillor Lazzaro Peitraghni. Vanda Carter, Camden's Intergenerational Development Officer, Nasim Ali, Executive Director of Kings Cross Brunswick Neighbourhood Association and Deputy Director and Youth Team Leader Abdul Hai also attended to offer their support.

Diane Fisher, Community Worker with Older People at the Marchmont Centre explains "The Super Connect Club aims to encourage and empower older people to learn to use computers and connect with loved ones using lightweight tablet computers, in order to reduce loneliness and social isolation, improve their health and wellbeing and increase their access to online services. It also aims to be an intergenerational project and will bring together local young and older people in a friendly, creative and safe environment. The young people will support the older people as they learn to use the tablets."

Mayor Peitraghni made a point of mentioning the Francis Crick Institute who has generously provided funding for the tablets, saying "I would like to extend my special thanks to Francis Crick Institute, a prestigious, international organisation with its headquarters right here in Camden. Their commitment to community engagement and to helping to fund

small projects wishing to help to improve local health and wellbeing has made this innovative 'Super Connect Club' possible".

The 'Super Connect' Club is a drop in club and meets every Wednesday, from 1:30 – 2:30 at the Marchmont Community Centre – all are welcome! Please phone Diane on 020 7 278 5635 for more details.



Supporting BAME Communities to a Healthier Lifestyles

BAME community for Bengali, Chinese and Somali

The KCB Somali, Bengali and Chinese workers provide advice for local community members every day. We are based at Chadswell Healthy Living Centre in King's Cross.

We offer arrange of services including: general advice, health advice, training advice and employment advice and referrals. Fortnightly, on Mondays, Age UK provides a service to older people (50+) with benefits and pensions related matters whilst on Wednesdays, Camden Welfare Rights provides a service to deal with Disability Living Allowance. All service is held at Chadswell Centre.

Due to the substantial changes in the benefits system last year, we have dealt with more appeals for Employment Support Allowance (ESA), Income Support Allowance (ISA) and Disability Living Allowance. Many families' and older people's benefits have been affected by these welfare reforms Including BAME families who are claiming ESA & ISA but not able to find work because of their limited skills and language.

The other support and activities that we provide include:

- Health and social care level 1, 2, and 3
- Computer classes
- Lunch club
- Women only exercise class
- Esol and sewing class
- English class

- Numeracy class
- Massage session

Additional activities include:

- Day trips
- Residential holidays
- Expert patients programmes
- Arts and craft
- Food safety course
- Parenting classes
- Local meetings and consultations

We also have a gym in the building that opens every day.

BAME Project

Upcoming Events/ Trips



Youth Team

Upcoming Events/ Trips

- *Film Project: Starting 22nd April, every Wednesday @ Youth Centre*
- *Youth Forum Election: 1st of May 6.30 @ Youth Centre*
- *Charity Football Tournament 24th May 11 am @ Market Road football pitch*
- *Summer Programme 2015*



Youth Awards 2015

It has been an eventful year at KCB youth project on March the 4th we took this opportunity to recognise young people's achievements throughout 2014. Young people who have participated and excelled in our programme including our Youth Centre, Volunteering, Sports and our education, employment and training programme were awarded with a certificate, acknowledging their commitment perseverance and achievements throughout the year.

The Award Ceremony was attended by over 90 people in the Camden Councils Chambers. The Mayor of Camden Cllr Lazzaro Pietragnoli along with the cabinet member for young people Cllr Georgia Gould gave young people empowering words of encouragement going on to presenting them with their awards. We would like to thank all prominent members and young people for attending this event.

"I am really pleased with my Award, I have been volunteering for a year now and this has encouraged me to continue my volunteering role, I would like to thank KCB for all the opportunities I've been given"

David Bonkale aged 19.

Youth Leadership Award:

In March 2015, 16 young people took part in our weekend Youth Leadership Award course. The course aimed to provide young people, with the skills and confidence to work with their peers and become youth leaders in their communities. Using fun, participatory activities, the course covered areas such as Team work, Confidence building, leadership styles, managing group dynamics and dealing with difficult situations in an interactive and enjoyable way. All young people gained a nationally recognised NOCN accreditation in Leadership.

"The course really helped my confidence and I look forward to using my newly gained skills in my community"

Aliyaah Begum aged 16.





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Neighbourhood Centre (Youth Club)
51 Argyle Street
London WC1H 8EF
Phone: 020 7837 4025

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Lower Ground Floor
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