

Grenfell Response News

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Half-Term Activities and Information Directory

There's a large range of activities and events for parents and children over half-term.

Community and Adventure Play

EPIC Play

6 to 14 year olds | Flashpoint Centre Play | Adventure play, outdoor games, sports competitions, board games, table tennis, arts and crafts, cooking and IT sessions. | Open 10am to 6pm

6 to 14 year olds | Little Wormwood Scrubs Adventure Playground |

Adventure play, outdoor sports, face painting, outdoor activities to include den building, bug hunts, berry picking and other nature activities, arts and crafts and board games activities. | Open 10am to 5pm

6 to 14 year olds | Wiltshire Close Adventure Playground | Adventure play, outdoor sports and games, table tennis, mini football, mini-pool, arts and crafts and board games sessions and use of IT facilities. | Open 12 to 4pm

Lancaster West Children's Community Network (Grenfell Early Years)

3 to 7 year olds | Free play and activities, such as arts & crafts, cooking, storytelling and music. Children attending will have direct access to outdoor play. | Open 8.30am to 5pm | contact **020 7727 9031** or **info.lwccn@yahoo.co.uk**

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Let us have your thoughts on the Grenfell Recovery Programme

The next meeting of the Grenfell Recovery Scrutiny Committee is on Monday 30 October. It is the second in a series of such meetings between now and March. The Committee will look at the Grenfell Recovery Programme and how the Council and others are addressing the needs of survivors and families. It will make suggestions as to how we can do more and what we can do better.

The Committee would value your input. We're looking at how we can make our recovery work more suited to your needs, so it would be useful to hear your thoughts and experiences. At the next meeting on 30 October we will be looking at Volunteering and the Curve. We will also be looking at plans for a consultation on housing allocations policy for residents from the Walkways who have been displaced by the fire. We would also welcome any comments you have on other issues which we will consider at future meetings. If you can't come in person, you can email us your ideas, concerns or questions.

Emails should be 150 words or less and should not contain personal information or identify an individual's circumstances. We'll need your emails by at least two working days before the meeting of the Grenfell Recovery Scrutiny Committee. Please email **scrutiny@rbkc.gov.uk**

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This is the fifty-fifth edition of the Grenfell Response Team newsletter.

The newsletter is also available in Arabic and Farsi languages. For regular updates please follow us on Twitter **@grenfellsupport** and on Facebook at **facebook.com/grenfellsupport** or visit **www.grenfellresponse.org.uk**

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Play Association

8 to 14 year olds | Open access free play at the White City Adventure Playground, including arts & crafts, drama and music and indoor and outdoor sports. | Open 10am to 5pm | Contact **0207 736 3699 / 07828 123 300** or **steve@playassociationhf.org.uk**

Catholic Children's Society

5 to 11 year olds | Activities including sports, dance, and arts & crafts for children of St Charles and St Francis of Assisi Primary Schools. A qualified counsellor will also be available. | Open 10am to 12pm (5 to 7 year olds) and 10am to 3pm (8 to 11 year olds) | Contact **020 8969 5305** or **gregb@cathchild.org.uk**

The Dalgarno Trust

3 to 12 year olds | Hosting a Halloween party on 27 October for young people affected by Grenfell, with activities including: magic, pumpkin carving, story-telling, face painting, dressing up, party games and art projects. | Open 4 to 7pm 27 October | Contact **0208 969 6300** or **reception@dalgarnotrust.org.uk**

P3 Charity (People, Potential, Possibilities)

5 to 13 year olds | Mostly based at Avondale Primary School, there's a range of activities such as football, archery, trampolining, dance, arts & crafts, and cooking & nutrition. There's also a breakfast club from 8 to 9am. | Open 9am to 6pm | Contact **07779 441 061** or **colin.simmons@p3charity.org**

Horniman's Adventure Playground

5 to 16 year olds | A comprehensive range of activities are scheduled daily at the playground to include baking, creative writing, gardening, craft and music sessions. Sports activities and competitions are planned throughout the week to include table tennis, rounders, badminton and volleyball. Themes looked at throughout the week in delivery of the activities include Halloween, Anti-bullying week, Black History Month and different world cultures. Halloween activities including Horror Baking and a fancy dress workshop. | Open 11am to 6pm | Contact **0208 969 5740** or **admin@hornimansadventure.com**

Venture Community Association Notting Hill Adventure Playground

5 to 15 year olds | An open access adventure playground offering a range of activities including arts and crafts, sports, art therapy, and extended opening hours. | Open 10.30am to 6pm | Contact **0208 960 3234** or **Patrina@venturecentre.org.uk**

Making Communities Work and Grow

7 to 13 year olds | Taekwondo | 5 to 7pm on Tuesday 24 and Wednesday 25
14 to 21 year olds | Boxing | 5 to 7pm on Thursday 26 and Friday 27
Contact **020 8969 0722** or email **ahmed.bhairien@mcwg.org.uk**

Young People's Services

SPID Theatre Company

13 to 19 year olds | Based at Kensal House Estate community rooms, W10 5BQ, SPID are offering free activities for young people affected by the Grenfell fire: drop-in sessions, healthy hot meals, storytelling, and yoga. Community rooms can also be booked free by young people. | Open Saturday 11am to 5pm, Tuesday 3 to 7pm, Wednesday 6 to 9pm, Thursday 12 to 3pm | Contact **020 8969 4570** or **office@spidtheatre.com**

Harrow Club

8 to 12 year olds | Offering a wide range of activities: the London Halloween Experience, ice skating, cinema trips, and a Halloween sleepover | 10am to 4pm, sleepover 8pm to 8am

12 to 19 year olds | Activities include ice skating, cinema trips, Snow Camp & the Food Challenge. | 4 to 10pm | Contact **0208 969 2528**

EPIC Youth

For young people aged 13 to 19 years old (up to 25 years with a disability or learning difficulty) | A trip to Thorpe Park and a residential to Blackpool are planned as well as a range of outdoors and sports activities, including kayaking and canoeing, climbing, bell boating, cooking, raft building, safety awareness and scooter sessions at venues throughout the borough. Careers information, advice and guidance will also be provided to support young people into education, employment and training at the Golborne Centre.

For young people with a disability or additional needs aged 7 to 13 years old | Half-term activities include bowling, swimming, soft play, archery, multi-sports, art and cooking activities and a trip to the cinema.

For young people with a disability aged 14 to 25 years old | This half-term programme includes archery, multi-sports dance, yoga, kayaking, climbing, tennis and art sessions and a trip to the cinema.

A Grenfell art mural project is planned at the Canalside Centre daily over the October half-term from 11am to 7pm.

The Curve opening hours

The Curve, Grenfell Assistance Centre is open:

Monday to Friday –
10am to 8pm

Saturday and Sunday –
11am to 6pm

How can we improve Grenfell News?

We are also thinking about how the newsletter can better serve the needs of residents. If you have any feedback on the newsletter or ideas for extra information it can contain, the team will be at the Curve, at 10am on the 1 November to hear your thoughts. You can also give us your feedback on Twitter or Facebook. Search for **@GrenfellSupport**.

Alternatively, you can email us on **Michael.Clarke@rbkc.gov.uk** or WhatsApp us on **07814 247 909**.

How to get help

There are lots of services available if you or someone you know is feeling traumatised by the Grenfell Tower fire.

Support for adults and young people over the phone

- People who need an urgent mental health response can call the NHS 24-hour support line on **0800 0234 650** or email **cnw-tr.spa@nhs.net**. Please let the operator know you are calling as a result of the Grenfell Tower fire.
- Adults and young people can also call the free Samaritans helpline on **116 123**. The line is open 24 hours a day.
- People under 25 can call Childline on **0800 11 11** to talk to a trained counsellor any time, day or night.
- CALM offers support to men, on **0808 802 58 58** or visit **www.thecalmzone.net**. The line is open every day from 5pm to 12 midnight.

Support for children with disabilities and learning difficulties

- Full of Life Kensington and Chelsea is providing outreach counselling to parents of children with disabilities.

Visit **www.fulloflifekc.com** for more information.

Online support

- **NHSGo.uk** provides health information for young people under the age of 25, including advice on coping with stress after a major incident.

What is it normal to feel?

Advice from a trained counsellor

When bad things happen, it takes time to adjust to the situation.

During that time it can feel really strange because you may not have experienced these feelings before.

Knowing what is normal to feel can be the first step in helping you to understand what is going on.

There are many ways in which the effects of a traumatic experience can hit you, and these will not be the same for everyone.

Emotions can be affected

- You might find that your mood lowers and day-to-day life can feel more of a struggle
- You may also find that you worry more and become anxious, far more than you may have done previously
- You might find yourself becoming angry, irritable or snappy and this might lead you to shout at children, family and friends
- You may find your confidence is affected
- Any reminder of what has happened may bring back fear and anxiety

The way your brain works

Your brain is having to handle more than usual, so you may find that you experience some temporary changes:

- Your concentration could be affected and you may find it hard to focus even on simple tasks
- Sometimes you might experience short term memory loss, such as walking into a room and forgetting why you are there
- You may find it hard to speak as clearly as you normally do

How you normally act might change

- If you normally enjoy other people's company you may find that you start to withdraw from them
- You may start avoiding situations you would have dealt with straight away, for examples letting piles of mail build-up

Physical

Difficult emotions can often show themselves in the body.

- General aches and pains you cannot explain
- Headaches
- In extreme cases real physical illness where the pain is real but the cause is emotional

We all have different ways of dealing with difficult situations, but we recommend that you go to see your GP and talk to them if you are experiencing any of the above.

For more information on the effects of trauma, please visit the NHS UK choices website – **www.nhs.uk/pages/home.aspx** – or call the 24/7 NHS support line on **0800 0234 650**.

Legal advice

The Law Society has useful information for anyone affected by the fire or its aftermath who needs help with legal issues such as choosing and changing a lawyer, housing, immigration, wills and probate or benefits.

You can find out more online at: **www.lawsociety.org.uk/for-the-public/getting-expert-help/grenfell**

What help is on offer?

Anyone who would like to speak to the police in relation to the investigation into the fire is asked to contact the Met Police on **0800 032 4539**.

Other important contacts

Bereavement support

Call the Freephone helpline on **0808 808 1677** or email **helpline@cruse.org.uk**. The line is open 24 hours a day.

Replacement UK passports, visas or immigration queries

Call our advice line on **0300 222 0000**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, please see your doctor or call NHS **111**.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit **victimsupport.org.uk**. The line is open 24 hours a day.

The Grenfell Muslim Response Unit also offers additional support. Find out more by calling **020 3670 6004** or email **info@gmru.co.uk**

You can also get physical and mental support at the Grenfell Assistance Centre. Find out more by calling **07712 231 133**.

For regular updates please follow us on Twitter **@grenfellsupport** and on Facebook at **facebook.com/grenfellsupport**, or visit **www.grenfellresponse.org.uk**

Housing update

Finding housing solutions that work for everyone directly affected by the Grenfell Tower fire remains our absolute priority and we are working hard to achieve this, while making sure to work at the pace that each family or household feels comfortable with.

So far, 178 offers have been made for temporary accommodation. 68 households have accepted offers of temporary accommodation and 45 have moved in. 59 households have accepted offers of permanent accommodation and 14 households have moved in.

Government has given commitments to help reassure families that:

- their needs are paramount, all other considerations are secondary to these
- their rent will not increase and the same terms and conditions of their previous home at Grenfell Tower or Grenfell Walk will be maintained
- they will have lifetime security of tenure
- they will not be forced to stay in temporary accommodation on a long-term basis
- accepting an offer of temporary accommodation does not mean that they lose priority for a permanent home
- no one has to accept a particular property and not accepting a property does not mean that they will be made intentionally homeless
- temporary homes will be rent and utility bill free for 12 months
- for some cases, if they like their temporary home, there is the potential for it to become their permanent home (this will be discussed when the home is offered to them).

More information is available on the Housing line on **020 7361 3008**.

Care for Grenfell team set up to support residents

The Care for Grenfell team has been set up to talk to any residents that have been affected by the Grenfell Tower fire who feel that their concerns or requests have not been fully answered.

If people do have any questions or concerns that they feel haven't been met, please call **020 7745 6414** or email **careforgrenfell@rbkc.gov.uk**

Somebody to speak to online

You may find it easier to talk about your experiences online, rather than meeting a counsellor face to face. If so, Qwell offer online counselling services that you can access via your phone or any other connected device. This is available to any adult aged 18 or over, and counsellors are online until 10pm, 365 days a year. To access this support visit **www.qwellcounselling.com**. There are also self-help articles, a supportive online community and live forums.