



About Us

The Venture Centre is a registered charity and was established in 1959. It comprises of; the oldest Adventure Playground in the UK delivering OFSTED registered children's services, a purpose-built Steel Panyard and a thriving Community Centre.

The centre is open 365 days a year, even throughout the Christmas and New Year holidays!



Navigating this Booklet

This booklet is divided into colour-coded sections and each colour corresponds to an activity:

Blue for Fitness

Pink for Children's Activities

Green for Creative Arts

Red for Wellness Activities

Purple for Maternity Champions

Yellow for Events

Orange for Advice

Days, times and prices are at the bottom of each page. All of our activities are free or low cost. Therefore, we rely on the support of our friends and neighbours to make donations. Look out for the donation badge throughout the program.



Look out for the Community/Maternity Champions Badge! This means the activity will have friendly volunteers available to provide support.

Contact us: info@venturecentre.or 0208 960 3234

venturecentre.org.uk
Instagram: vca_communitycentre

Facebook: Venture Centre

Venture Weekly Calendar

Monday

- Pilates 10:30 11:30am
- Crochet Corner 12.30 1.30pm
- CAP adventure play 3.30 5.30pm (Notting Hill/Little Scrubs/Flashpoint)
- ICT Suite 4:00 6:00pm
- Women Only Zumba 6:00 7:00pm

Tuesday

- Zumbabies 10.00-11:00am
- Everyday Health Breakfast 10.00 11.30am (fortnightly)
- Cultural Art Workshop 1:00-3.30pm
- CAP adventure play 3.30 5.30pm (Notting Hill/Little Scrubs/Flashpoint)
- Children's Cooking Workshop 4:00 6:00pm
- Salsa 5.30 6.30pm
- Glissando Steel Orchestra (adults beginners) 6:30-8:30pm

Wednesday

- Meet and Eat, Lunch served at 1:00pm
- CAP adventure play 3.30 5.30pm (Notting Hill/Little Scrubs/Flashpoint)
- Homework Help 4:30-6:00pm
- Bodyweight and Bands Workout Class 6:30 7:30pm

Thursday

- Gentle Yoga 10:30 11:30am
- ICT Suite 12:00 2:00pm
- Cultural Art Workshop 1:00–3.30pm
- CAP adventure play 3.30 5.30pm (Notting Hill/Little Scrubs/Flashpoint)
- Glissando Steel Orchestra (children) 4:00-5:30pm
- Glissando Steel Orchestra (adults) 6:30-8:30pm
- Women Only Zumba 6:00 7:00pm

Friday

- Connecting Threads Sewing Club 10:00 1:00pm
- Greens and Goodness 2.00-3.00pm
- CAP adventure play 3.30 5.30pm (Notting Hill/Little Scrubs/Flashpoint)
- Alkaline Health 4.00 6.00pm
- Box Fit Workout Class 6:00 7:00pm
- Express Yourself Drama Class (adults) 7:00 9:00pm

Saturday

- Children's Learning Lab Phonics 10.00 12.00pm
- Children's Drama Club 10:30- 12:30pm
- CAP adventure play 12.15 3.45pm (Notting Hill) 11.30- 1.30pm (Little Scrubs)
- Foodbank 12:00 4:00pm (Fortnightly)

Sunday

12 Step Programme 12.00 - 1.00pm



Enjoy a challenging and low impact workout to stabilise your core and work those muscles.

Price: £2

Mondays Time: 10:30am - 11:30am



Our high-intensity Zumba classes will have you working up a sweat as you jam to energetic music with a professional tutor.

Price: £2

Mondays Time: 6:00pm - 7:00pm



Learn the style of Latin dance
No partner required
Social dancing
Beginners/Improvers/Intermediate
Instructor: Antonia Gogou

Price: FREE

Tuesdays

5.30pm - 6.30pm



This lively workout session will tone your limbs and thighs using resistance bands.



Price: £2

Wednesdays

Time: 6:30pm - 7:30pm



A soothing style of Yoga designed to enhance your flexibility while simultaneously calming your body and mind.

Donations Welcome

Price: £2

Thursdays Time: 10.30 - 11:30am



Our high-intensity Zumba classes will have you working up a sweat as you jam to energetic music with a professional tutor.

Price: £2

Thursday Time: 6:00pm - 7:00pm



Learn basic boxing combinations and techniques during our Boxfit sessions.



Price: £2

Fridays Time: 6:00pm - 7:00pm



Play and Display

Saturday 1pm-3pm
1st March 2025
Venture Community Association

Come on a journey of acceptance and inspiration using mindfulness and playfulness.



Exercises to improve your **creativity**, **ability to communicate and improvisation skills.** Come as you are and celebrate your uniqueness!

Daily Playing Charges

£5

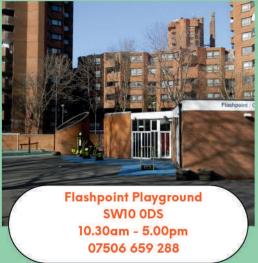
To book please call: 02089603234 Venture Centre 103a Wornington Road, W10 5YB

VENTURE Community Association

Easter Holiday Activities

Monday 7th April to 21st April 2025





Open access adventure play for Children aged

5 - 15 years

In addition to our play structures, we offer a wide range of activities including Board games, Cooking, Interactive games, Sports, Music and Arts and Crafts.

Limited Spaces for Paid Breakfast Club at Notting Hill Adventure

for more information please call 0208 960 3234 email info@venturecentre.org.uk



Discover simple and nutritious recipes that children can easily recreate in their own kitchens.



to register

Ages 6 -14 years

Free

Tuesdays Time: 4:00pm - 5.30pm



Children and young people will Learn the basic skills of Crochet chat and work together

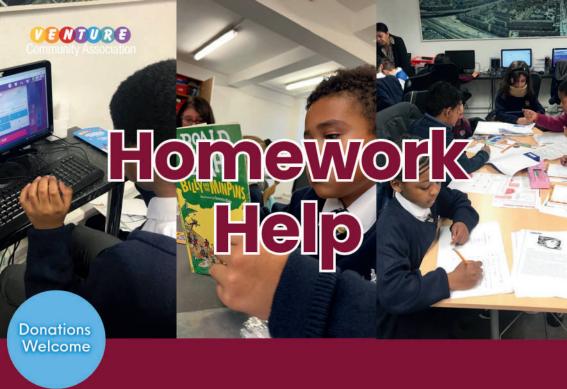






Price: FREE

Wednesdays 3.30pm - 4.30pm



Our educational support services are here to assist your child, offering them resources that make excelling academically more achievable. Bring their homework along, or we can supply worksheets suitable for all age groups.



Atom Learning leverages interactive questions, insightful help sheets, and engaging videos to craft a tailored learning journey for each and every child.

Free

Ages 6 - 14 years old

Wednesdays

Time: 4:30pm - 6:00pm



Come and Learn to play the steelpan instrument with Glissando Steel Orchestra





FREE Thursdays

4.00pm -5.30pm

Every Other Sunday 12.30pm -2.00pm



For Children and young people aged
11- 15yrs

In addition to our play structures, we offer a wide range of activities including Board games, Cooking, Interactive games, Sports, Music and Arts and Crafts.

Time: 6.00pm - 8.00pm Thursdays

to register



Educate your child with basic acting techniques.

To book a place please contact natasha.renegadetheatre@gmail.com

Free

Saturdays Time: 10:30am 12:30pm

to register





Term time Saturdays From November 2024 we return for phonics workshops at Notting Hill Adventure Playground.

5 minute reading assessment to be done prior to start If interested please email:

info@venturecentre.org.uk

Age 4 - 12 years

Free

Saturdays





Time: 10:00am-12:00pm



Monday 26th May to Friday 30th May 2025





Open access adventure play for Children aged

5 - 15 years

In addition to our play structures, we offer a wide range of activities including Board games, Cooking, Interactive games, Sports, Music and Arts and Crafts.

Limited Spaces for Paid Breakfast Club at Notting Hill Adventure and Flashpoint

for more information please call 0208 960 3234 email info@venturecentre.org.uk



Learn the basic skills of Crochet Chill, chat and work together whether experienced or Knot!!!

All abilities welcome.

Price: FREE Mondays

12.30pm - 1.30pm



Our Drop in sessions are BACK!!

Opening Hours:

Monday: 4:00 - 6:00pm

Thursday: 12:00 - 2:00pm

Do you need to send an email?
Write a Word document?
For more info contact

Tel: 020 8960 3234 Email: info@venturecentre.org.uk or pop in and speak with the team!



Learn the art of steelpan drumming during our Glissando Steel Orchestra classes

Tuesdays (Adult Beginners)

Thursdays (Children)

Thursdays (Adults)

Sundays (Adults)

Every Other Sunday (Children)

Time: 6:30 - 8:30pm

Time: 4:00 - 5:30pm

Time: 6:30 - 8:30pm

Time: 2:00 - 5:00pm

Time: 12:30 - 2:00pm

Free



Guided by local artist Jennifer Huie, our upcoming series of specialist workshops offers the opportunity to delve into culture through various art forms like painting and drawing.

Free
Tuesdays &
Thursdays

Time: 1:00pm - 3:30pm



Unleash your competitive spirit and make memories
—one roll, move, and strategy at a time!"

Join in, play games, makes new friends over a board game and hot beverage

Pop in a speak with a member of the team for more information

Free

Wednesdays

Time: 2:00pm - 3:30pm



Stack, slam, and score! Join the Dominoes Club for a game night full of fun and strategy

All levels welcome

1st and 3rd Friday of the Month

Time: 5:00pm - 7:00pm





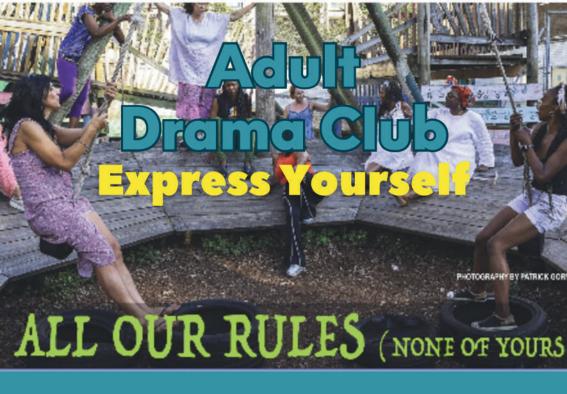
Unleash your creativity, one stitch at a time!

Join our weekly sewing club and sew your way to fun!

All abilities welcome
Starting From 10th January

Price: £1

Fridays Time: 10:00am - 1:00pm



Free screen acting and improvisation workshops for Kensington and Chelsea adult residents.

Work with industry professionals to:

explore your imagination-channel your passion

-build screen acting and improvisation skills as we devise and perform a short film to enter into The Portobello Film Festival 2023 To register;

contact natasha.renegadetheatre@gmail.com

Fridays

Time: 7:00pm - 9:00pm

Welcome

Everyday Health Breakfast



MS Society

DIABETES

Diabetes and Multiple Sclerosis
Support Breakfast

Every other Tuesday 10.00am -11:30am

Participate in our fortnightly health breakfast meetings where we'll explore practical solutions for everyday health conditions, with a different focus each

Donations Welcome

For any enquiries please call 02089603234







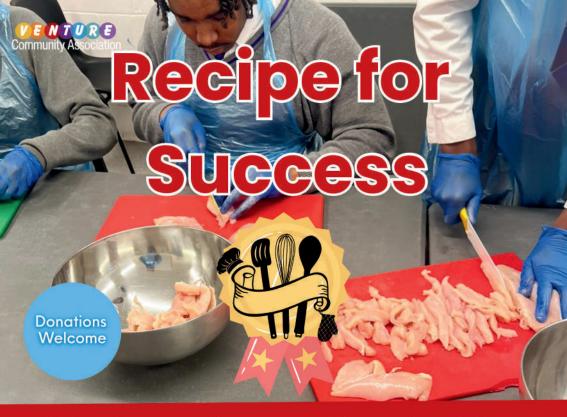


Come into the Venture Centre every week to indulge in a free warm cooked meal and casual conversations with neighbours and friends

Wednesdays

Served at 1:00pm

Easter Edition 16th April 2025



Unleash your culinary creativity and socialise to good vibes

Master simple, tasty recipes

Cook with friends or make new ones.

Take home ingredients to make it at home.

Youth cooking session for children 13-17 years old

Starting Thursday

Free

Thursdays Time: 4.00pm - 6.00pm



Get ready to elevate your salad game!

we'll show you how to transform fresh, vibrant ingredients into delicious, wholesome creations. From creative dressings to unexpected toppings, you'll learn how to craft salads that are not only healthy but bursting with flavor.

12 week programme

Starting From 14th March

Fridays Time: 2:00pm - 3:00pm



Learn about Alkaline foods.

Donations Welcome

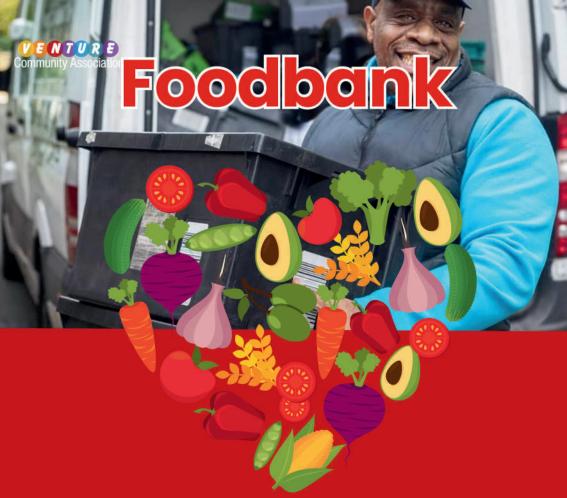
- Try Natural Remedies.
- Enjoy a warm healthy snack.
- Make natural cleaning products
- Learn about Food and Skin Care

To book your place call please call or email.

Free

Fridays

Time: 4.30 - 6.00pm



Names will be taken down from
12:00 noon – 1:00PM.

Bring a bag!

Free

Every other Saturday

Time: 12:00noon

Foodbank dates for your diary

Donations Welcome

- 15th March
- 29th March
- 12th April
- 26th April
- 10th May
- 24th May

if you need further assistance and support please speak with the team



at Venture Centre
103a Wornington Road, W10 5YB

Drop-ins are welcome or book a session by emailing:
info@venturecentre.org.uk
020 8960 3234







Baby Massage

FREE 6 WEEK

Baby Massage Classes

Learn hands on techniques for

Relaxation and Sleep, help soothe the baby and promote better sleep.

Tuesdays

11:00am - 12:00pm



Help soothe baby and promote better sleep.



strengthens the emotional connection between the caregiver and baby



relieve colic or constipation.

Starting 6th May 2025

TO SIGN UP OR IF YOU HAVE ANY QUESTIONS contact: 02089603234 info@venturecentre.org.uk



Run by the local Maternity Champions,
Stay and Play is a fun and safe environment for
you and your baby to play, explore, learn and
meet others.

Drop-ins are welcome and sessions are free!
info@venturecentre.org.uk
020 8960 3234



"Join us for a delightful day of buggy walks and brunch! Enjoy the fresh air, good company, and tasty bites.

> Every Friday 10.30am-12.00pm

info@venturecentre.org.uk 020 8960 3234

starting 4th April

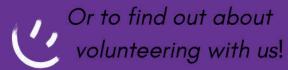






Reasons to get in touch:

- to find out about our fun free social activities for parents and babies
- to receive breastfeeding and other support
- to find a place to express worries, concerns and ask questions, as a new parent



For further info and an up to date calendar of all our activities at Venture and across K&C, visit:

www.venturecentre.org.uk/Get Involved

or contact:

Info@venturecentre.org.uk 020 8960 3234



togetherness







Wednesday 19th March 2025



Morley College Wornington Rd London W10 5QQ



Time: 12pm - 4pm

VENTURE Community Association



REFRESH RECONNECT AND REUSE

"A Day of Wellbeing"

Join Us for an Afternoon of Health, Wellbeing & Change!

Come along for an inspiring and rejuvenating experience, where we focus on wellness and self-care.

Here's what we have in store:



Chair-Based Exercise
Barbering Services
Pampering Sessions
Mindful Intention Setting
Information Stalls
Food & Drinks
Goodie Bags







Bring a dish and share together

Join us for a joyous Eid celebration!

Bring your favourite dish to share and enjoy a wonderful variety of flavours from all our diverse kitchens.

Let's come together to celebrate this special occasion with delicious food, great company, and lots of laughter.

Saturday 5th April

1:00pm - 4:00pm

LIVE PODCAST



Community Association Moments Motherhood

capture the essence of the everyday experiences, challenges, joys, and triumphs that come with being a mother.



Join us for a heartfelt gathering to honor and celebrate the amazing women who shape our lives. Let's make this day unforgettable with laughter, love, and lasting memories!

Sunday 6th April



In this fun, hands-on class, you'll learn how to craft delicious, vibrant cocktails and mocktails that taste amazing.

Think bold flavors, fresh ingredients, and creative combinations that'll make your taste buds dance.

Friday 11th April
Time: 5.30pm

FOR MORE INFORMATION
TEL: 02208 960 3234 INFO@VENTURECENTRE.ORG.UK



Come into the Venture Centre for a Evening Meal, indulge in a free warm cooked meal and casual conversations with family, neighbours and friends

Tuesday 1st April 6.30pm - 8.30pm

Food served at 7.00pm

DIGITAL CHAMPION

Wednesdays



OUR EXPERTISE:

Whatsapp

Emails

Filling Forms

NHS Apps

Smart Phones

Time: 10.00am - 2.00pm

To book your slot please call 0208 960 3234





Focused Minds - (S)

Unlock your potential!

Our 12 week workshop
where clarity meets action!
transform distraction into productivity and
achieve goals with laser sharp focus

Thursdays Time: 12:00pm - 1:00pm 6th March - 22nd May



Enhanced



CHECK-

Free Enhanced Health Checks (EHCs) are available for North Kensington residents living and working in the area

> **Every 3rd Friday of the Month** 10.00am to 4.30pm

- Blood pressure Weight Body mass index Physical activity reviews and pulse
- Dietary review

Here's how you can book your guaranteed slot (walk ins will be subject to on the day availability):

- Choose your date, then send an email with your name, date of birth and contact number to: nhsnwl.grenfellenhancedhealth@nhs.net.
- Alternatively, you can call 07768 271 733 and speak to Matan (Mon-Fri 9am-5pm).



Learn the art of Makaton a unique language programme that uses symbols, signs and speech to enable people to communicate.

Tuesday 8th April (Children's session) Time: 3.30pm - 4.30pm

Thursday 10th April (Adults session) Time: 11.30am - 12.30pm



Empowering Parents to Promote Healthy Smiles

Combine valuable, science-based information with practical advice that parents can immediately apply in their children's daily routines.

Monday 7th April

Time: 11.00am - 12.30pm





Join us for a series of activities around Heart Health

- Marchers and Movers
- Skipathon
- Nourish your Heart

Monday 5th - Friday 9th May

Time: 11.00am - 12.00pm

Sims

DATA, CALLS

National Databank

We are offering SIM cards oaded with free calls, texts and data, to those who are digitally excluded.

Eligibility Criteria

- Aged 18 or over
- Low-income

and at least ONE of the following:

Have no access to the internet at

- Have no access to the internet a home
- Have no access to the internet when away from the home
- Cannot afford existing monthly contract or top up

IF INTERESTED, CONTACT:

0208 960 3234

to set up an appointment and bring proof of funds.

<u> 11.11</u>



24GB of Three Data



20GB of Vodafone Data



20GB of O2 Data





Your Voice Your VENTURE



Connect, Dine, and Contribute to Our Community's Future!

Join us for delightful refreshments and lively community dialogue!
This is a wonderful opportunity to get acquainted with our team over activitites and to express your thoughts on how we can further enhance our services to better serve you. Let's come together, share ideas, and shape a promising future for our community!

catch us each month as we'll take over an activity

March - Cultural Art April - Meet and Eat May - Zumba



Venture needs Volunteers

If you are interested in giving back to your community or taking part in any of the following events, Venture Volunteering is for

you.

Venture Activities

- Foodbank
- Playground
- Food preparation
- Community Engagement

EMAIL: INFO@VENTURECENTRE.ORG.UK
OR CALL 0208 960 3234 TO SIGN UP!



Champions GOLBORNE

The Golborne Community Champions programme aims to empower residents to develop skills and knowledge which can be shared throughout the community. It provides opportunities for local residents to connect through a wide variety of programmes and social events. The activities aim to bring local people and services together to improve health and wellbeing and to reduce inequalities.

We are constantly working to extend our programmes. If you are interested in becoming a volunteer or Champion or would like to share ideas for additional activities, contact:

Info@venturecentre.org.uk 020 8960 3234



Venue Hire

Welcome to Venture, where a diverse range of facilities awaits your event planning needs.

From the thrill of our Adventure Playground to the functionality of our Kitchen, we provide versatile spaces to cater to your requirements.

Secure your spot today and set the stage for a successful event.









Various Locations for Hire

EMAIL:

ROOMBOOKINGS@VENTURECENTRE.ORG.UK
OR CALL 0208 960 3234
TO ENQUIRE



First and last Wednesday of every month

2.00pm-3.00pm









CITIZENS ADVICE

Kensington & Chelsea is running an Advice and Help Hub at Kensington Leisure Center, we are here to help you access services and appointments including help with issues related to housing, debt, benefits, family matters and employment.



We offer free, confidential and impartial advice & help: Legal Advice Empowers Lives...

WHEN: FRIDAYS 9 - 11am

WHERE: Kensington Leisure Centre,

Silchester Road, London, W10 6EX

Can't visit us on Friday, you can also get help by speaking to a specialist CA adviser on Advice line: 0808 278 79 82

You can also access on-line help at www.citizensadvicekc.org.uk







Local Support Payments

Do you live in Hammersmith and Fulham, Kensington and Chelsea or Westminster, and you need help because of an emergency or a crisis.

you may be entitled to a Local Support Payment (LSP)

SUPPORT

GUIDANCE ADVICE

HELP

If you think that you may be entitled to a payment you can apply online at your local council

or

you can apply over the phone on 020 7745 6464

ENQUIRY TELEPHONE LINES		
BENEFIT ENQUIRIES: JOBSEEKERS INCAPACITY INCOME SUPPORT ESA 0800 169 0310	NORTH KENSINGTON JOBCENTRE PLUS 0800 169 0190 Universal Credit consists of six exisiting benefits: Jobseekers Allowance, Employment & Support Allowance, Income Support, Working Tax Credits, Child Tax Credits and Housing Benefit	
	Universal Credit Service Centre	0800 328 5644
Attendance Allowance	0800 731 0122	
Benefit Fraud Hot Line	0800 854 440	NEW CLAIM FOR PIP 0800 917 2222
Bereavement Service	0800 731 0469	Enquiries for pip 0800 121 4433
Carers Allowance	0800 731 0297	Pip checker www.gov.uk/pip-checker
Child benefit	0300 200 3100	TAX OFFICE 0300 200 3300
Child Support Agency	0800 171 2033	Kensington & Chelsea - Housing Benefit PO Box 22515 Town Hall Hornton Street London W8 7NX
Disability Living Allowance	0800 121 4600	
Healthy Start (Milk tokens)	0345 607 6823	
HM Revenue & Customs	0300 200 3500	
Housing Benefit Liaison	0345 377 0323	
Maternity Allowance	0800 169 0283	Tel: 020 7361 3006
National Insurance Bookings	0800 141 2075	Westminster - Housing Benefit 101 Orchardson Street London, NW8 8EA Tel: 0207 641 6000
National Insurance Enquiries	0300 200 3500	
National Minimum Wage Helpline	0345 6000 678	
Pension Credit - New claims	0800 99 1234	
Pension enquiries	0800 731 0469	APPEALS: www.justice.gov.uk
Post Office Enquiries	0345 722 3344	
Social Fund	0800 169 0140	EMPLOYER DIRECT 03456012001
Tax Credits	0345 300 3900	JOBSEEKERS DIRECT 03456060234

Thank you to our supporters!











Munro Health



















THE ROYAL BOROUGH OF KENSINGTON AND CHELSEA















Champions



























