



VENTURE
Community Association



**WINTER
PROGRAMME OF
ACTIVITIES
2025
EDITION 1
FROM JANUARY - FEBRUARY**



**Venture Centre
103a Wornington Rd,
W10 5YB
020 8960 3234**



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!



Opening times:

Monday 10:00AM - 7:00PM
Tuesday 10:00AM - 7:00PM
Wednesday 10:00AM - 7:00PM
Thursday 10:00AM - 7:00PM
Friday 10:00AM - 7:00PM
Saturday 10:00AM - 4:00PM
Sunday 12.00AM- 3.00PM

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.org.uk
0208 960 3234
venturecentre.org.uk
Instagram: [vca_communitycentre](https://www.instagram.com/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 1:00-4:00pm
- 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 1:00-4:00pm
- 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

- Community Cookery 11:00 - 1:00pm
- 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 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

Donations
Welcome

PILATES

COMMUNITY
Champions
GLoucester



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

Price: £2

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

Women Only Zumba



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

Donations
Welcome

COMMUNITY
Champions
GOLDORNE

Salsa Dancing



Learn the style of Latin dance

No partner required

Social dancing

Beginners/Improvers/Intermediate

Instructor: Antonia Gogou

Tuesdays

5.30pm - 6.30pm

Price: FREE

Bodyweight and Bands Workout Class



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



Price: £2



Donations
Welcome

Wednesdays

Time: 6:30pm - 7:30pm

Gentle Yoga



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

COMMUNITY
Champions
COLLEGE

Donations
Welcome

Price: £2

Thursdays Time: 10.30 - 11:30pm

Women Only Zumba



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

Boxfit Workout Class



Learn basic boxing
combinations and techniques
during our Boxfit sessions.



Price: £2
Fridays

Donations
Welcome

COMMUNITY
Champions
MILBURN

Time: 6:00pm - 7:00pm

Children's Cooking Workshop



to register

Ages 6 -14 years

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

Free

Tuesdays Time: 4:00pm - 5.30pm

Donations
Welcome

Mini Crocheters



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

to register



Donations
Welcome

Price: FREE

Wednesdays 3.30pm - 4.30pm

Homework Help

Donations
Welcome



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

Thursdays Time: 4:30pm - 6:00pm

Children's Steelpan Classes



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

FREE

to register



Thursdays

4.00pm -5.30pm

Every Other Sunday

12.30pm -2.00pm

Venture Later



**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



Moise Management



FOOTBALL SKILLS & ELITE LEVEL COACHING

Learn and Improve

*Advance Techniques * Awareness * Passing *Headering
*Shooting *Dribbling *Defending & Attacking *Confidence

THURSDAYS

6.00PM - 7.00PM

£5 per child

Venture Centre Pitch

103a Wornington Road London W10 5YB

VENTURE
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Children's Drama Club

renegade
theatre



Educate your child with basic acting techniques.

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

Donations
Welcome

to register



Free
Saturdays Time: 10:30am 12:30pm

PHONICS



Donations
Welcome

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

to register



Time: 10:00am-12:00pm



February Half Term Activities

Monday 17th February to Friday 21st February 2025

**Notting Hill
Adventure Playground
W10 5YB
10.30am-4.00pm**



**Flashpoint
Playground
SW10 0DS
10.30am - 4.00pm**

**Little Wormwood Scrubs
Adventure Playground
W10 6AD
10.30am-4.00pm**



**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.**

FREE

**Limited Spaces for Paid Breakfast Club at
Notting Hill Adventure**

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

Crochet Corner

Donations
Welcome



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

ICT Suite



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!**

Glissando Steel Orchestra



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

Tuesdays (Adult Beginners)

Time: 6:30 – 8:30pm

Thursdays (Children)

Time: 4:00 – 5:30pm

Thursdays (Adults)

Time: 6:30 – 8:30pm

Sundays (Adults)

Time: 2:00 – 5:00pm

**Every Other Sunday
(Children)**

Time: 12:30 – 2:00pm

Free

Donations
Welcome

Cultural Art Workshop



COMMUNITY
Champions

Donations
Welcome

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

Board Game Social



Come and 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

Wednesdays Time: 2:00pm - 3:30pm

Connecting Threads

Sewing Club

Donations
Welcome



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

Adult Drama Club Express Yourself



Donations
Welcome

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

Domino Club



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

Donations
Welcome

Time: 5:00pm - 7:00pm

Recipe for Success



Donations
Welcome

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.

Starting Monday 13th January

Free

Mondays

Time: 4.00pm - 6.00pm

Everyday Health Breakfast



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 term.

Donations
Welcome

For any enquiries please call 02089603234

golborne
medical

VENTURE
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COMMUNITY
Champions
GOLBORNE

Meet and Eat Community Lunch



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

Donations
Welcome

Festive Meet and Eat
on 18/12/24



Returns 8th January 2025

Served at 1:00pm

Wednesdays

Souper Soups



Stir up some warmth and flavor!
Join our Soup Cooking Workshop
and turn simple ingredients into
hearty masterpieces!"

6 week programme

Starting From 10th January

Fridays

Time: 2:00pm - 3:00pm

Venture's Big Breakfast



Donations
Welcome

Enjoy a tasty breakfast in a warm and
welcoming space

Join us Every 3rd Friday of the month as we
welcome individuals to join in our vibrant
community

Starting From 17th January

Price: £2 Time: 10.00am -11.30am

Natural Alternatives



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

Donations
Welcome

To book your place call please call or email.

Free
Fridays

Time: 4.30 - 6.00pm

Foodbank



No referral needed

Names will be taken down from
12:00 noon - 1:00PM.
Bring a bag!

Donations
Welcome

Free

Every other Saturday

Time: 12:00noon

Foodbank dates for your diary



- 4th January
- 18th January
- 1st February
- 15th February
- 1st March
- 15th March

Donations
Welcome



FIVE WEEK PICKLES AND PRESERVES COURSE

for Kensington &
Chelsea Residents



Weekly Recipes

Chilli Relish

Bread Making

Spiced Chutney

Escovitch Sauce

Preserved lemons

Join us for this hands-on, five week cooking course for those who want to develop their cooking skills and learn to make some popular recipes from around the world. Each week learners will take home what they have made.



Dates & Times

Monday 27th January, 11am-1pm
Monday 3rd February, 11am-1pm
Monday 10th February, 11am-1pm
Monday 17th February, 11am-1pm
Monday 24th February, 11am-1pm

Where is it?

The Venture Centre, Faraday House,
103a Wornington Rd, London, W10 5YB

How do I book?

Email: info@venturecentre.org.uk
Phone: 020 8960 3234

Course requirements

- The course is for adults aged 19+ only
- Students must attend every week (5 weeks)
- Students must complete the enrolment form in order to take part with ID, NI number
- Students can only study on one course with us per academic year
- Students must be residents in London (K&) and have the right to work/study/ or remain in the UK.



 @HCGAGardens
 @HCGA_gardens
www.hcga.org.uk



Free weekly
Baby and Toddler

Zumbabies

Zumba for parents and babies

EVERY Tuesday Starting at
10:00am - 11:00am

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



Free weekly **Baby Stay and Play**

Every Thursday 10:00 - 11:30am
at Holmfield House Children's Centre,
4-6 Golborne Rd, W10 5PE



**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



VENTURE
Community Association



THE ROYAL BOROUGH OF
**KENSINGTON
AND CHELSEA**



Maternity Champions

Local support during pregnancy
and the first year after birth

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



*Or to find out about
volunteering with us!*

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](http://www.venturecentre.org.uk/Get%20Involved)

or contact:

Info@venturecentre.org.uk

020 8960 3234

New Years Sound Bath Ceremony



Cost
£2

Raise your vibration, clear energetic blocks, feel better mentally and physically for the new year with mindfulness.

**Friday 3rd January
Time: 12.00pm - 13.30pm**

THE
LONDON
SOUND
HEALER



REST, RESTORE AND HEAL

MOCKTAIL MASTERCLASS

Dry January series



Cost
£2

In this fun, hands-on class, you'll learn how to craft delicious, vibrant mocktails that taste amazing—no booze required. Think bold flavours, fresh ingredients, and creative combinations that'll make your taste buds dance.

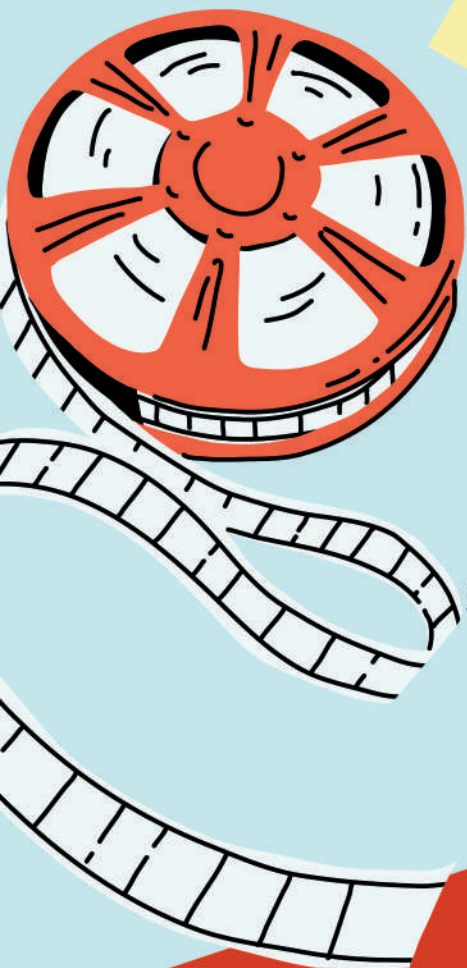
Saturday 11th January

Time: 1.30pm

BOOK ONLINE AT INFO@VENTURECENTRE.ORG.UK



Movie Night



Get ready for an evening of cinematic magic! Prepare your sense of wonder because our movie night event is back, and it's better than ever.

SUNDAY 19TH JANUARY

Cost
£5

AVAILABLE MOVIE:

- Classic Retro Family Film
2.30pm - 6.00pm

Popcorn and snacks included

**JOIN US! REQUEST YOUR TICKET AT
INFO@VENTURECENTRE.ORG.UK**

Silent Disco



Ditch the noise, keep the vibe!
Join us for a night of dancing, laughter
and funky music.

Friday 24th January

Time: 7.00pm -11.00pm

Cost
£5

Meet and Eat

The Evening Addition



Donations
Welcome

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 4th Februray

6.30pm - 8.30pm

Food served at 7.00pm

VENTURE
Community Association

JOIN US FOR A
VALENTINE'S AFFAIR

LOVE

PARTY

15TH FEBRUARY 25
FROM 5.00PM

**Live entertainment including :
DJ, Steelpan, Bingo, Food, Raffle
and Much More**

**Cost
£5**

For more information

Tel 0208 960 3234 or Email info@venturecentre.org.uk

Poetic Point



Speak your truth, rhyme your soul.
Join us for an unforgettable night of
Spoken Word & Poetry!"

Friday 28th February

Time: 7:00pm - 9:00pm

Cost
£2

if you are intrested in performing please
contact Anthony
0208 960 3234 info@venturecentre.org.uk

DIGITAL CHAMPION

Wednesdays



OUR EXPERTISE:

- Whatsapp
- NHS Apps
- Emails
- Smart Phones
- Filling Forms

Time: 10.000am - 2.00pm

To book your slot please call 0208 960 3234



Focused Minds



Unlock your potential!

Our 4 week workshop
where clarity meets action!

transform distraction into productivity and
achieve goals with laser sharp focus

Thursdays Time: 12:00pm - 1:00pm

Time 2 Talk



Throughout the week of Time 2 talk, we are offering activities and a safe space 2 Talk.

Thursday 6th February

Donations
Welcome

Free

Refreshments included

COMMUNITY
Champions

Data Sims

FREE

DATA, CALLS AND TEXTS

National Databank

We are offering SIM cards loaded 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 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.

11.11

 24GB of Three Data

 20GB of Vodafone Data

 20GB of O2 Data

 **venture**
community association

 Good Things
Foundation

Your Voice

Your **V E N T U R E**



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 activities 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

December - Alternative New years

January - Zumbabies

February - Valentines Affair



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!**

COMMUNITY 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



WGCG

WORNINGTON GREEN COMMUNITY GROUP

Wornington Green Community Group Coffee Afternoon

for residents of wornington green

Wednesday Afternoons

1.30pm - 3.30pm

Portobello Hall, 304 Ladbroke

Grove, W10 5NF

Chair Based Exercise –

First and last Wednesday of every month

2.00pm–3.00pm

 **Peabody**


community association

Advice in the Area

citizens
advice

Citizens Advice
Kensington Chelsea

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



7, 23, 52, 295, 316



Latimer Road, Holland Park, Shepherds Bush



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)



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:	NORTH KENSINGTON JOBCENTRE PLUS 0800 169 0190	
JOBSEEKERS	Universal Credit consists of six existing benefits: Jobseekers Allowance, Employment & Support Allowance, Income Support, Working Tax Credits, Child Tax Credits and Housing Benefit	
INCAPACITY	Universal Credit New Claim: www.gov.uk/universal-credit	
INCOME SUPPORT	JOBCENTREPLUS WEBSITE: www.gov.uk	
ESA	0800 328 5644	
0800 169 0310		
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
Disability Living Allowance	0800 121 4600	PO Box 22515
Healthy Start (Milk tokens)	0345 607 6823	Town Hall
HM Revenue & Customs	0300 200 3500	Hornton Street
Housing Benefit Liaison	0345 377 0323	London W8 7NX
Maternity Allowance	0800 169 0283	Tel: 020 7361 3006
National Insurance Bookings	0800 141 2075	Westminster - Housing Benefit
National Insurance Enquiries	0300 200 3500	101 Orchardson Street
National Minimum Wage Helpline	0345 6000 678	London, NW8 8EA
Pension Credit - New claims	0800 99 1234	Tel: 0207 641 6000
Pension enquiries	0800 731 0469	
Post Office Enquiries	0345 722 3344	APPEALS: www.justice.gov.uk
Social Fund	0800 169 0140	EMPLOYER DIRECT 03456012001
Tax Credits	0345 300 3900	JOBSEEKERS DIRECT 03456060234

Thank you to our supporters!



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Changing childhoods.
Changing lives.



The
Childhood Trust
Alleviating the impact of child poverty



THE FELIX PROJECT
GOOD FOOD FOR GOOD CAUSES



FOYLE FOUNDATION



Savera Health



A better life together

