

What's On

Community Activities at Brentside High School, Greenford Avenue, Ealing W7 1JJ
www.ealing.schoolbookings.co.uk



Issue 02 Spring Term

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AT BRENTSIDE

PRESIDENTIAL VISIT

Future Movement, a supplementary Arabic school, who have been based at our Brentside site for over two years now, are going from strength to strength, with over 200 students attending mother tongue classes each week.

Mr Fouad Seniora, the Ex-Prime Minister of Lebanon spoke of his pride of the Saturday supplementary Lebanese Arabic School (LAS), during his special visit to the school in Brentside High before Christmas and enjoyed a tour to all 11 classes occupied by 200 British Lebanese, Saudis, Omani and Moroccan students.

The students aged between 5-16 years old and along with the Headteacher Mrs Rola El-Rifai and the



Ex-Prime Minister of Lebanon speaks of his pride of LAS in Brentside High

carrying Lebanese flags, lined up in the playground teaching staff to greet Mr Seniora and welcome him into the school with the sound of Lebanese National anthem and tables laid down with traditional Lebanese dishes and a gigantic cake to spice up the school's hospitality.

The press also was present to mark the special visit, which was aired in one of the Lebanon's top Satellite channels and published in one of its popular daily newspaper.

In his speech to the students, Mr Seniora praised the school for the achievements it has made in a short time and the efforts being undertaken to drive it towards success.

The parents of the students were invited afterwards to meet up with Mr Seniora. They shared with him the views and opinions about how the school has been progressing and discussed future plans to better enhance and monitor further progress.

On his tour to all the classes, the students enjoyed chatting to the Ex-Premier before they all lined up to take a memorable photo of the special visit.

For future details in how to enrol in the school, please contact Fadi Rahi 07887 777100 or at fadirahi@hotmail.com

BOOKINGS & ENQUIRIES

We are always looking for new groups and classes to join us here at Brentside High School. Most of our activities take place during the evenings and weekends and also in the daytime during school holidays.

We are not just here to hire out rooms, we can help you start your own class, plan an event, advise you on marketing strategies and even funding opportunities. Once you have made your booking, we can help promote your sessions through different marketing styles that we use.

PINK PARTY

On Saturday 30th October, Brentside High School was a sea of pink as more than seventy ladies dressed up to take part in an hour-long Zumba Fitness class in support of Cancer Research UK's breast cancer awareness campaign 'Join the fight for women's survival.'

The event raised an amazing £605 and organiser Angela Carrington said: "We wanted to support Cancer Research UK because we all know someone who has been touched by cancer. As well as raising vital funds for research, Cancer Research UK's campaign aims to make all women aware of their risk of breast cancer, which affects one-in-nine women in the UK at some stage in their lives. This event was a great way to help a really important cause and have fun at the same time."

Zumba is currently one of the world's fastest growing fitness programmes. It fuses upbeat latin and international music with fun and easy to learn dance moves such as salsa, cumbia, merengue and reggaeton. The class is held every Saturday at 12.30pm in the sports hall at Brentside High School, Greenford Avenue, Hanwell.

For more details please contact Angela on 07928 065 832, email info@angelacarringtonfitness.com or visit www.angelacarringtonfitness.com



Let's face it, the benefits of exercising are endless - it's great for your health, builds strength and tones your body - but exercise is rarely described as enjoyable - until now!

Every Saturday afternoon at 12.15pm Brentside High School Sports Hall comes alive for an hour as the Zumba Fitness class takes place.

Described as 'exercise in disguise', Zumba is an exciting, effective and totally exhilarating workout that fuses the hottest latin and international music with easy to follow movements and has grown to become one of the world's most successful dance fitness programs.

Designed to put the 'Fun' back into fitness, it features rhythms such as salsa, merengue, reggaeton, soca, belly dancing, bhangra and cumbia and is suitable for people aged 16 and over of all shapes and sizes.

There's no need to book in advance for this class but please wear comfortable exercise clothing and footwear, bring some water to drink and arrive 5-10 minutes before the class starts.

So come along and experience an hour of exhilarating, calorie burning, heart racing, muscle pumping, body energizing movements. Ditch the workout and join the party!

For more information visit www.angelacarringtonfitness.com or call Angela on 07928 065 832 or Email info@angelacarringtonfitness.com



CHILDREN'S PARTIES AT OUR BRENTSIDE SITE.

We offer a variety of party services and rooms for hire.

Services include Go Kart parties, face painting, football, cricket and multi sports.

Fully usable kitchens and dining spaces are also available for hire.

Contact our booking team for further information.

CRICKET IS BACK!

If you're a local cricket club, player, or someone just interested in practising with your friends, the cricket facilities at Brentside can cater for your needs.

THE FACILITIES OFFER:

- 4 lanes of cricket nets available for hire
- Bowling machine
- Multi-use games area to warm-up,/play indoor cricket
- Showers and changing rooms



Also, this winter we launch our 'Community Indoor Cricket Leagues'. Local teams will get the chance to compete against each other in a 6 aside indoor league. The leagues will take place in the specialist cricket arena and comprise of 6 teams, competing for prizes and progression into the national indoor finals for indoor cricket.

For further information about nets, practice or our new league, please contact our enquiry-booking team at bookings@kajima.co.uk or on 0207 314 3988.



Throughout the year our onsite team come together to receive training in areas such as customer service, child protection, and various H & S issues.

At Christmas the Brentside team, with other London colleague discussed ways of improving customer service whilst onsite, as well as developing a mentoring program new/junior staff can increase their knowledge with more experienced staff.

The training was followed by a Christmas social, which was certainly fun!

www.ealing.schoolbookings.co.uk



Floodlit Tennis at Brentside High School

SPECIAL OFFER FOR THE LOCAL COMMUNITY

Kajima Community, are offering tennis courts for **£40.00 for the whole year.**

Playing Tennis is great for fitness and for developing hand eye co-ordination. It can be played by all ages and abilities.

We have regular bookings available for Tennis on our outside court throughout the whole year.

- 4 Floodlit tennis court
- Available Mon-Thu 6-9 pm
- Sat-Sun 10-3 pm

We hope you have a great experience with us, learning in a fun and safe environment! So don't miss out this excellent opportunity.

Reserve your place now on **0207 314 3988** or email: **bookings@kajima.co.uk**



LIGHTHOUSE CHAPEL INTERNATIONAL

Lighthouse Chapel International Greenford, is part of a network of churches, with our UK headquarters on Carden Road, Peckham, SE15 3UD. We are an independent UK registered Charity and currently have over 1190 Lighthouse Chapel International Churches all over the world.



made natural and practical. A place where everyone is liberated in Christ and is set up to become who they can become.

Worship with us here at Brentside High School, Greenford Avenue, Hanwell W7 1JJ.

Pastor Kofi Ayeh is our resident Pastor in the Greenford branch.

The vision of the Lighthouse Chapel International is soul winning and church planting.

We have a dream of creating a family where social class, status, level of education, race, background or colour is irrelevant to the greater covenant under which they are all united and have become one in Christ. A place where the presence of God is continuously manifested, and the supernatural is

OUR SERVICE TIMES:

Sundays	
1st Service	09.00am - 10.30am
2nd Service	10.30am - 12.00pm
3rd Service	12.00pm - 2.00pm
SAVED Service (Youth)	11.30am - 1.00pm
Thursday	7.30pm - 9.30pm

www.lighthousechapel.org or **www.daghewardmills.org**

Slimming World HANWELL GROUP

Our group is growing from strength to strength, we have been using Brentside for a number of years and have outgrown two rooms and are now currently using the Assembly Hall to accommodate our numbers. Brentside High School is a place where my members (80% women, 15% men and 5% young adults [11-15]) feel safe enough to come alone. The facilities are well lit, with secure parking and the staff are second to none and are always on hand to provide help should it be needed.

I love my group and my members and can't wait until Wednesday nights, where in a safe environment our members are losing lbs - in fact nearly 38½ stone in January alone.

- There are over 30 million adults that are overweight in the UK.
- Being overweight or obese reduces our life expectancy by nine years.
- Every year nearly 40,000 people die from weight-related illnesses.

- One million of our children are obese
- 18 million working days a year are lost due to weight-related illnesses

A typical Slimming World day would consist of; egg, bacon, sausage, beans, mushrooms and tomatoes for breakfast, Jacket potato with tuna and sweetcorn for lunch and a delicious chicken curry for dinner... Losing weight in a safe environment will absolutely no humiliation - I just really wish a fraction of that 30 million adults could find us.



because you're amazing

What's the secret? You will have to come along to our group to find out more with on obligation to join.

Our group meets every Wednesday 6.30pm or 8.00pm

CALL LISA: 07944 806624 FOR MORE DETAILS.

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Spring 2011 TIMETABLE

These sessions are open to the general public

TIME	CLUB/ORGANISATION	ACTIVITY	CONTACT
MONDAY			
18:00 - 20:30	Taekwondo	Superior Taekwondo	mm_azizshalizi@hotmail.com
Ravenor Primary			
18:00 - 20:30	Dance	Irish Dancing	tessodonoghue@blueyonder.co.uk
18:30 - 20:30	Wrestling Suitable for Adults	Brentside Wrestling	afghanwrestlingclub@yahoo.co.uk
21:00 - 22:00	Brentside Boys FC	Football	sarahgriffin82@hotmail.com
TUESDAY			
18:00 - 19:30	Ealing Homes	Junior Football	mccormackd@ealing.gov.uk
18:30 - 20:00	Taekwondo	London Taekwondo Academy	londontaekwondo@aol.com
18:30 - 20:30	Ladies Taekwondo	London Taekwondo Academy	londontaekwondo@aol.com
WEDNESDAY			
18:00 - 19:30	Ealing Homes	Junior Football	mccormackd@ealing.gov.uk
18:00 - 20:30	Taekwondo	Superior Taekwondo	mm_azizshalizi@hotmail.com
Ravenor Primary			
18:30 - 19:30	SA Dance	Dance Workshops U6-Adults	info@sa-dance.co.uk
18:30 - 20:30	Wrestling Suitable for Adults	Brentside Wrestling	afghanwrestlingclub@yahoo.co.uk
18:30 - 21:30	Slimming Club	Slimming World	lisamaskell06@aol.com
THURSDAY			
18:00 - 19:30	Dance	Irish Dancing	tessodonoghue@blueyonder.co.uk
18:00 - 20:00	Football	Old Actonians Youth FC	r.mcclements@googlemail.com
19:30 - 21:30	Evangelical Christian Group	Lighthouse Chapel International	eamofa@btinternet.com
FRIDAY			
18:00 - 19:30	Ealing Homes	Junior Football	mccormackd@ealing.gov.uk
19:30 - 21:00	Hanwell Town Youth	Football	denisconnolly36@btinternet.com
SATURDAY			
09:00 - 14:00	Education Classes	Future Movement	fadirahi@hotmail.com
10:00 - 12:00	Junior Football	All-Stars Soccer	jemaparker@yahoo.co.uk
10:45 - 12:30	SA Dance	Dance Workshops U6-Adults	info@sa-dance.co.uk
10:15 - 12:15	Anne-Marie	RollaDome All Skate	anne.waugh@rolladome.org.uk
12:30 - 13:30	Angela Carrington	Dance fitness Class	aycarrington@hotmail.co.uk
SUNDAY			
09:00 - 14:00	Evangelical Christian group	Lighthouse Chapel International	eamofa@btinternet.com
10:00 - 14:00	Arabic Courses for Children and Adults	Babylon Academy	info@babylon.uk.com
11:00 - 14:00	Turkish Education	Kanga	kanga4cyp@hotmail.co.uk

