



Community Voice

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GOSAD in action



Golden Opportunities Skills & Development (GOSAD) are an organisation based in Feathurstone Terrace in Southall.

Many of the GOSAD users come to learn English or gain IT skills and as the picture shows their IT facilities are very well used. The group work with SCA as a partner in our Ealing Council funded Southall Connect project to create connections between communities.

Recent bad weather has caused some damage to their premises making it difficult for staff and users but credit to Mukhtar Handule and colleagues for keeping this very well run Southall group going and helping so many local residents.

Southall Outdoor Gyms

The high levels of ill health in Southall are well documented and in 2019 a survey confirmed that 43% of adults were physically inactive.

To help combat this a number of excellent new outdoor gyms have been built in Southall parks. On Saturday 19th March the outdoor gyms were launched at an event in Spikes Bridge Park that was very well attended.

This new gym equipment has been attracted to Southall with the support of the Let's Go Southall project and will provide new and popular exercise equipment. Zarife Mohamed is pictured keeping park visitors active!



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NHS Day of Action in Southall



The Save Our NHS campaign arranged a great Day of Action outside Ealing Hospital on Saturday 26th February.

A bright and sunny day saw many people coming along and hearing from a range of speakers about the need to preserve and grow NHS services. Ealing Hospital serves the large and diverse population of Southall and we should all be campaigning to have the best range of health services available at the site. Amongst the groups that spoke were SCA and the IWA (GB).

Well done Oliver New, Eve Turner and all colleagues who have been campaigning for these aims for many years.

Western Road Urban Garden

SCA has recently received funding from the GLA to clear up a large derelict area off Western Road in the Southall Green Ward.

We are calling this the 'Urban Garden' project and once the site clear up has finished there will be fruit trees, food and other leisure opportunities that we hope to make available for local residents.

At present, we are liaising with Ealing Council to get the 2600 sq/mtr site cleared up and in addition to all of the plants and vegetation which has grown on the site, there was a huge amount of rubbish which had been dumped over the years which required removal.



Holi at Southall Town Hall



The West London Asian Society (WLAS) arranged a Holi celebration event at the Town Hall on 23rd March.

Holi is an annual festival often known as the Festival of Colours. Although it was not possible for participants to cover each other in traditional multi-coloured powders, the evening did enjoy song, dance and plenty of good humour.

It is important to celebrate cultural occasions and SCA is keen to promote Southall multicultural tradition.

Thanks to Jaskaran Singh from WLAS for pulling the event together.

Poetry and writers at the Town Hall

We hosted a meeting of a writers group on 14th March at Southall Town Hall. The group included Southall residents, artists and radio presenters who were sharing Punjabi writing and poetry. It was fascinating to hear such an articulate and skilled expression of the Punjabi language, showing that there is a real enthusiasm for such events.

Over the years as the Southall population has increased it seems as though the spaces for cultural exchange have become more limited. We hope that a new strategy to showcase the diversity of cultures in the town can be developed and shared.



Southall Parkrun



The new Southall Parkrun has started in Southall Park, taking place every Saturday morning at 9 am. For many dedicated runners this is a great new physical activity in Southall and with the weather changing more local residents will be encouraged to join in.

Never one to be left behind, Janpal braved the elements and joined the 130+ runners on 1st February. It was fun and invigorating but his exact performance must remain a secret.

All we can disclose is that he was left behind by almost every runner and lapped by parents running with their buggies around the park! At least Janpal and Jolyon Whaymand enjoyed the lighter side of the Parkrun.

SCA distributing food in Southall.

SCA has been running a household support project providing food bags or direct payments to households experiencing financial difficulties. This has been possible due to a Household support Grant from Ealing Council and we have helped 200 families facing real difficulties between January-March 2022.

The cost of living crisis has caused a huge increase in household costs for many people and some families have already been managing this burden for quite a while.

These pictures show some of the food that we purchased and distributed to families at Dormers Wells Junior School, along with a great team of staff and volunteers, including colleagues from the University of West London.



Tackling the digital divide

It is widely accepted that there is a digital divide in Southall which prevents residents from accessing online services and facilities.

SCA has recently tried to provide one small solution by distributing phone cards for schoolchildren. Over 300 SIM cards were provided by Vodafone and were distributed to pupils at Villiers, Featherstone, Dormers Wells and Greenford High Schools.

We hope that this will at least allow some children to access the Internet for their studies. Roisin Walsh, the headteacher from Dormers Wells High School is pictured with staff and some SIM cards.



Jubilee Yoga Group



After almost 2 years of lockdown isolation it is a great relief to see Southall residents again leaving their homes and taking part in group activities again.

The Jubilee yoga group are one such group of active women who meet at four weekly classes to exercise and socialise.

They exercise indoors and outdoors and their sessions are free and, as can be seen from the picture, obviously fun.

The group are working with the Let's Go Southall team and we hope they can continue their positive momentum.

ICC World Cup Trophy in Southall

London Tigers hosted the ICC World Cup Trophy at Spikes Bridge Park on 26th January. Their sports complex was full of families and children who had come to have their picture taken with the famous Trophy.

Southall has a large cricket loving community and London Tigers are no strangers to having iconic trophies on their premises. The group has previously hosted a visit of the FA Cup trophy to their park facilities.

London Tigers manage the artificial football pitch and cricket pitches in Spikes Bridge Park and have many teams playing competitive sports. Mesba Ahmed of London Tigers and Janpal are pictured with the trophy.



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