

DECEMBER 2022

# ALL FOR YOUTH

SHARE YOUR VOICE.



Those are some great drawings,  
Dylan!

This month you can...

Try a new recipe

Look at the artwork of some young people

Find things to do

Learn about the world cup!



Send in your photos, pictures and thoughts to Marianna by email [marianna.lill@rbkc.gov.uk](mailto:marianna.lill@rbkc.gov.uk) or phone/text 07967 760095.



# RUTH'S MEATBALL PASTA

Ruth is an active member of Caxton Youth, a place where young people are able to realise their full potential for independence. This recipe, along with many others, can be found in 'A Taste of Westminster, a free cookbook. Contact Marianna by email at [marianna.lill@rbkc.gov.uk](mailto:marianna.lill@rbkc.gov.uk) or phone/text 07967 760095 for a copy.



Recipe Origin: Italy  
Prep time: 30 mins  
Total time: 40 mins  
Difficulty: medium  
Serves: 2

## METHOD

1. Boil water and cook pasta according to packet.
2. Drain pasta. Add to baking tray and cover with grated cheese.
3. Preheat oven to 180°C.
4. Heat oil in a frying pan and cook meatballs until brown.
5. Add cooked meatballs (or veggie alternative) and spinach to the cheesy pasta.
6. Bake for 5-10 mins or until the cheese is melted.
7. Serve with a salad.

## Ingredients:

150g pasta

Handful of grated cheese

1tbsp oil

4-6 meatballs per person

100g spinach (optional)

A great way to warm  
up from the cold!



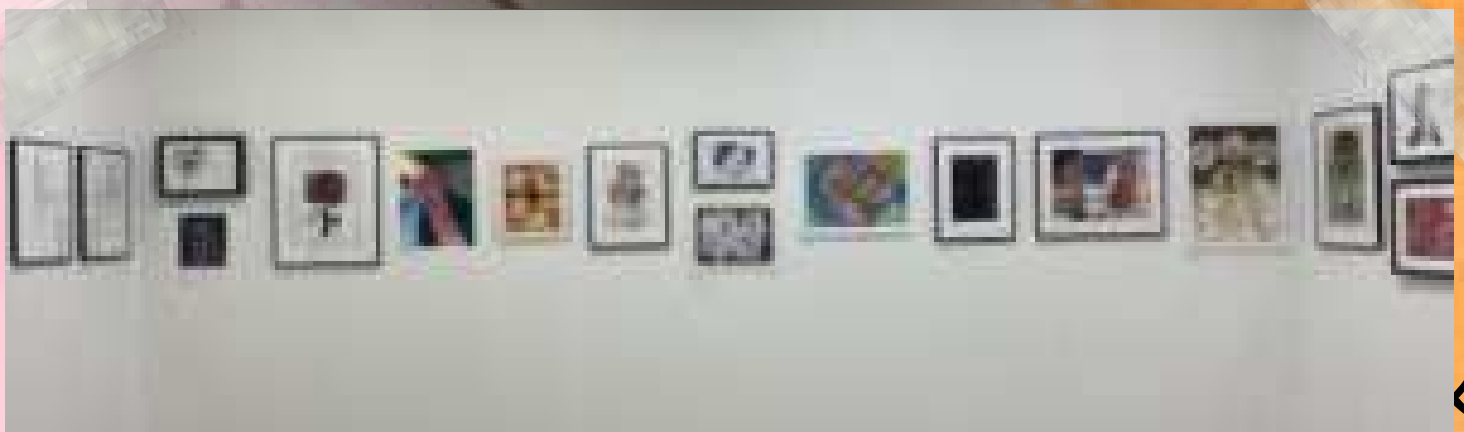
# YOUR ArtWORK



These pictures were made as part of the Westminster Creative Collective. Young people who used art to express themselves around the topics of love & unity, climate change, and your future and equality



Their art was displayed in the Saatchi Gallery.



# WHAT'S ON

## Flyerz Inclusive Hockey

No matter your age, ability or hockey experience, come and join our inclusive hockey club.

All playing equipment is provided. We recommend a mouth guard and shin pads if participants have them.

Sessions are **FREE** to attend. Please let us know you are coming in advance by emailing [hampsteadflyerz@gmail.com](mailto:hampsteadflyerz@gmail.com)

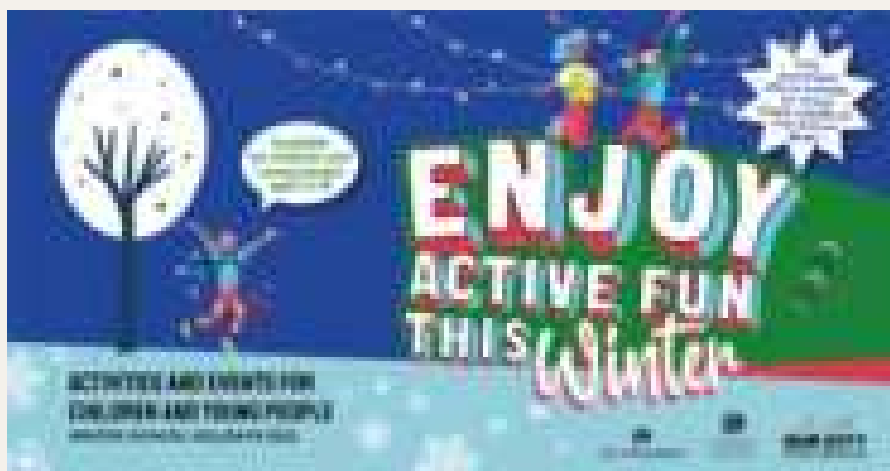
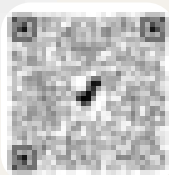
Every Saturday during term time: 10am - 11:15am

Where to go: **Paddington Recreation Ground, Randolph Avenue, Maida Vale, London, W9 1PD**



Food and Activities for children and young people during the Christmas Holidays

Scan the QR code for more information



## Movie

Ciné Lumière are playing a relaxed screening of *The Wizard of Oz*.

Cert. U.

Date: Sunday 18th Sept at 1.30pm, Cine Lumiere, 17 Queensberry Place, SW7 2DT.

Visit their [website](#) or scan the QR code for tickets.

Relaxed Screenings are suitable for those with ASD or sensory processing needs and their families.





# Jadoodle Socks

£8 each

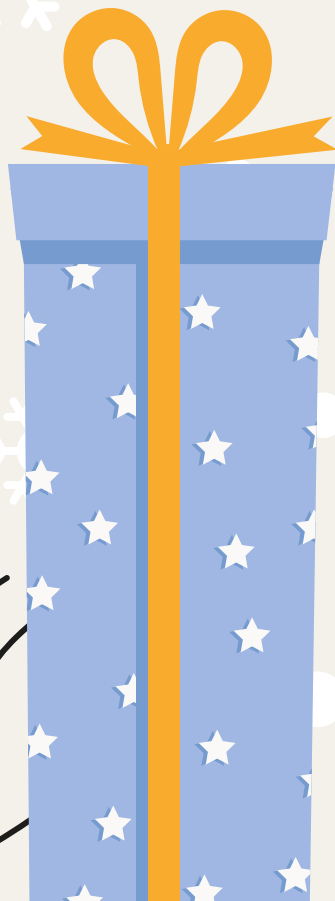
**2 for £14 with code SOCKSFORUS  
(& £1 off each extra sock)**

**5 for £30 with code SOCKSFORALL  
(& £2 off each extra sock)**

**mix + match both sock designs**



Click [here](#) or scan the QR code to order yours in time for Christmas



# World Cup 2022



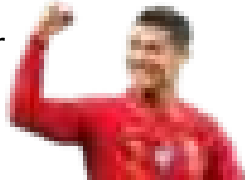
## World Cup Fact File

The 2022 World Cup is being held in Qatar

32 teams will play in the 2022 World Cup

Brazil has won the world cup 5 times

Christiano Ronaldo has scored the most international goals



CAN YOU FIND ALL THE WORDS?

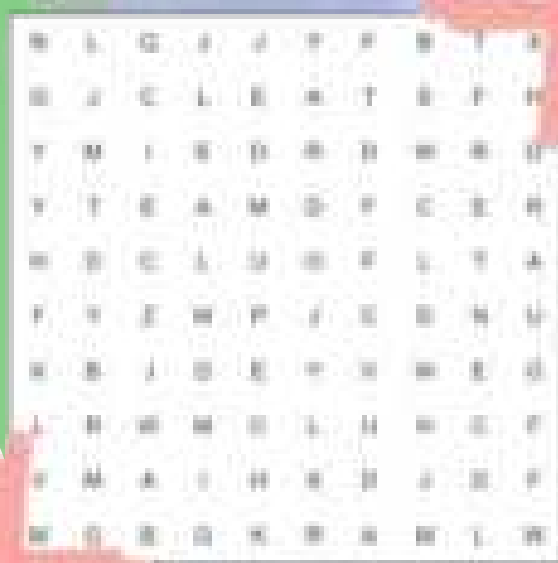
I think England will win the World Cup - Zach

Who will win the 2022 World Cup?

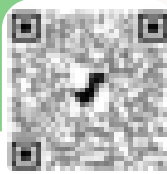


I think Morocco will come first and England will come second. Morocco have good techniques and strategy - Zaid

I want Poland to win - Sammy



bicycle game center guard cleats mark foul team



## WANT TO PLAY FOOTBALL?

QPR hold training sessions for people with special educational needs or disabilities every Thursday, 5pm -6pm for free!

Where: Paddington Recreation Ground, W9 1PD

Contact Connor on 07483 006 843 or e-mail [connor.bagenal@qpr.co.uk](mailto:connor.bagenal@qpr.co.uk)

Click [here](#) or scan the QR code for more information.



## Did you know...

QPR Community trust also run an programme for young people with SEND to help them into employment. Click here or scan the QR code for more information



GOAL!