

# CONNECT

ADDING VALUE TO LIVES

SEPTEMBER 2023

FREE

## Empowered *to Lead*





## In this Edition

Starters with PT	3
Jokes Apart	5
Jane's Essentials	6
Brain Teaser	7
Empowered to Lead	8
Read, Speak, Lead!	10
Knowledge Corner	13
Whispering Wind	14



CONNECT is a publication of The Kingsborough Centre. It is published monthly and is FREE OF CHARGE.

Connect accepts advertisements and inserts to offset printing and distribution costs. Advertising in CONNECT does not imply editorial endorsement. Articles may be reproduced only with permission from the editor in chief.

Email: [designs@kingsborough.org.uk](mailto:designs@kingsborough.org.uk)

**EDITOR IN CHIEF:** Tunde Balogun

**EDITOR:** Dorcas Fakile

**EDITORIAL TEAM & COLUMNIST:** Christine Bamigbola, Jane Domike, Dorcas Fakile  
Azuka Aghadiuno

**GRAPHIC DESIGNER:** Toluwani Fatuki

**BRAND ADVISOR:** Pranjali Kanchi




 @connectmaguk



**STARTERS WITH PT**



# Are Leaders *Born or Made?*

**BY TUNDE BALOGUN**

**L**eadership is a ringfenced territory that not everyone can thrive in, despite the fact that we all possess leadership qualities to some extent. This is what informed my thought on this article and the overall focus of this edition.

When we look at leadership from the perspective of a specialist assigned an ad hoc role and purposely directed to achieve a specific goal, it is either you have it, or you do not have it. Leaders are the key strategic elements centrally positioned to gather and manage the resources available for achieving any desired project. The quality of a leader determines the level and number of successes that can be attained and sustained in any endeavour.

There has been an ongoing debate about whether leaders are born or made. In my experience, anyone can be a leader in their own little world. But as for the argument that leaders are born, this is only often the case in communal, family, or local relative lifestyle environments that apply little to no pressure on achieving a set goal or delivering a mandate. Once a leader carries the burden of relying on his/her team to deliver his dream and role function, providing that team with quality leadership is mandatory to succeed. Nothing is as crippling as having a task in which you must depend on a 'good' team, not envisioned to deliver the goal. The leader in public space is a

but the stupendous leadership quality displayed by the iconic Manchester rivalry managers in leading their teams to global recognition proves unfathomable. That is what leaders do!

craftsmanship expert, who knows what it would take his/her team to move from one level of success to a higher one; and is ready to apply it regardless.

Manchester in the United Kingdom has become known as one of the greatest cities of global footballing success. In the 1998/99 season, Sir Alex Ferguson led the Red Devils to the Premier League, Champions League, and FA Cup titles. More recently, Pep Guardiola's Manchester City won their first-ever Champions League title in the 2022/23 season, repeating an English club's treble football glory. On both occasions, there were as many football heroes in clubs of other world cities as there were in the Manchester clubs that could have been champions, but the stupendous leadership quality displayed by the iconic Manchester rivalry managers in leading their teams to global recognition proves unfathomable. That is what leaders do!

Leaders at such levels do not just simply arrive, they are made from a life of dedication, personal development,

self-government, and disciple; that made them overcome the limitations, indulgence and experiences that stop others from becoming the leaders they would have loved to be. Leadership is a decision and only those who back such decisions with stamina until it manifests, will eventually blossom. Laretta's piece on our cover story in this edition would excite you and inform our readers more about her journey of determination to lead.

The Bible recorded a beautiful story about David in the cave of Adullam in 1<sup>st</sup> Samuel 22 vs 1- 2. David was the leader of four hundred emotionally distressed and weak men, and over time, in 2<sup>nd</sup> Samuel 23 vs 8- 12, we're shown how he transformed these same men into mighty men and leaders themselves. I am excited about the church leadership academic lecture with Dr Sam Adeyemi, whose life is proof of a leader made by the grace of God. Why not join us at Brunel University, Uxbridge, as we explore the church's leadership role in its transformation strategy for our world after COVID-19?



*Tunde Balogun is the lead pastor of The Kingsborough Church. He is also the Chief Executive of the Kingsborough Centre, the organization overseeing The Hillingdon Foodbank and the Coat of Many Colours Nursery. He is married to Oluwatoyin.*





# J o k e s *Apart*



## NO DUMB QUESTIONS (EXCEPT THIS ONE)

Just before the final exam in my college finance class, a less-than-stellar student approached me. "Can you tell me what grade I would need to get on the exam to pass the course?" he asked. I gave him the bad news. "The exam is worth 100 points. You would need 113 points to earn a D." "OK," he said. "And how many points would I need to get a C?"

## TAKE THE BLAME!

The printer was broken, and no one could figure out whose fault it was. After arguing back and forth, our supervisor took charge. "Look," he said, "we really don't need to determine who is responsible for this mess. We just want someone to take the blame."

## A MOTIVATED BOSS

My boss arrived at work in a brand-new Lamborghini. "Wow," I said. "That's an amazing car." He replied, "If you work hard, put all your hours in, and strive for excellence, I'll get another one next year."

## LITERACY TESTING

My son, a high school senior, went to take a national literacy test recently. A sign on the classroom door read "Literacy Testing in Progress: Do Not Distrub!"

*Jokes are culled from [rd.com/jokes](http://rd.com/jokes)*

**Do you need to talk  
to somebody?**

Please text or call **078 4823 7072**

You can also email us at

**[info@kingsborough.org.uk](mailto:info@kingsborough.org.uk)**

Please visit **[kingsborough.org.uk](http://kingsborough.org.uk)**



**@KingsboroughUK**

**Sunday service at 4 New Windsor Street, Uxbridge UB8 2TU from 9.45am**

**[kingsborough.org.uk](http://kingsborough.org.uk)**



# Reading September

**Jane's Essentials**

BY JANE DOMIKE

**T**he special month of September ushers in a time of new beginnings, whether it is the start of the new academic year in the first weeks or the start of the autumn season at the end of the month.

In keeping with the norm of this corner, the significance of these new beginnings within September will be touched upon, whilst also highlighting some important health tips.

Interestingly, September 8th marks 'International Literacy Day' as introduced by UNESCO in the '60s, which ties in nicely with the start of the new academic year. Amidst the concerns about literacy levels for both children and adults in the UK, Hillingdon has its own initiatives aimed to improve literacy from childhood. These initiatives include free book start packs for early years, a story time session in libraries across the borough and they also offer various literacy courses properly tailored to meet the needs of adults.

It is important to note that in today's society, literacy is essential not only for day-to-day activities but also as an important tool for independence. It can allow an adult to access a better job to support their family, and allow a child to progress in their education, which expands their prospects in the future. Literacy and numeracy are said to be the bedrock of making future leaders, whether in subject proficiency or character building. It plays an undeniable role in the social exposure of a person, ranging from choice of area to live, social circle or even habits. Furthermore, research proves that more literate people across the country make better health choices, like healthy eating and being more active than people from less literate backgrounds. It is therefore important that the local community support the national movement against illiteracy. Taking deliberate actions to utilize the resources offered by the nearby

borough, which are open to the public at local libraries, is an excellent initial step.

As the summer holiday draws to an end this year and children return to school, parents should be intentional about supporting the government's initiative to eradicate childhood literacy. As it is essential in building a person's social skills, character and leadership skills. In today's society, leaders are looked up to for solutions and answers to certain problems, whether in the family, school, work, or political sphere. Hence, it is essential that these potential leaders start off wellequipped.

As mentioned earlier, September marks the start of autumn when temperatures drop, and plants mature and stop growing. It's also the time when farmers collect their crops. One of the fruits traditional to the autumn season is the pear. Although modern farming methods have made it possible to have a variety of fruits throughout the year, the traditional harvest season for pears is mainly autumn. The pear is an extremely versatile fruit that can be consumed in various ways. It can be eaten raw after being washed and ripened or used to create delicious desserts, cooked dishes, and even alcoholic beverages. Numerous studies have shown that this fruit is high in essential nutrients such as Vitamin C and antioxidants that can help fight cancer. Other studies also show that pears are rich in fibre, low in calories and have a high-water content, which aids in better digestive health and may help with weight loss as part of a healthy calorie-controlled diet. So, let's go out and experience the pear fruit by trying out various recipes or just simply enjoying it on its own.

Have a fabulous September.





# brainteaser

A carrot, a scarf, and five pieces of coal are found lying on your neighbor's lawn. Nobody put them on the lawn, but there is a simple, logical reason why they are there. What is it?

Credit: parade.com

## Let's Play SUDOKU

"There seem to be two main types of people in the world, crosswords and sudokus."

- Rebecca McKinsey

*In playing Sudoku, the objective is to fill a 9 x 9 grid with digits so that each column, each row and each of the nine 3x3 subgrids that compose the grid contain all of the digits from 1-9. All the best!*

### EASY

		2	8			3		
					9		2	
4	3	7	2	5	6			
1								4
3	4		1			6		7
5	6	4		7			1	
6		8	1		2	4	7	9
		3	5				6	
	9		7		4		3	8

### MEDIUM

4		7	9			5	6	
						3		2
6			2		4		9	
		1	3					
		9	7	2			5	1
				9				3
	3		4				8	
7					8		1	9
		8		6	2			

### HARD

				5	7	6		
7	4				6			
							3	
3	7	8			5			9
				6			5	8
		1		2				7
	1			4				
			8					4
9			6					3



# Empowered to Lead:

*The Pursuit and Challenges of Combining  
Education and Motherhood.*

***Lauretta A. Ikyaagba***





**P**lanning for the future often brings forth a sense of anticipation and anxiety. Whilst there can be this feeling of satisfaction when things are gradually taking shape and working out. The fear of unknown circumstances cannot be ignored.

When I discussed the idea of pursuing a master's degree in the United Kingdom with my husband; he excitedly welcomed the idea and gave his blessings to travel with our child. We then began to lay the groundwork and prepare for the journey ahead.

However, despite this, I was still caught off guard by the challenges that arose.

The first challenge began with school admission. I found myself among the last few admitted to my school for the academic session; a late intake that is a tale for another time. The hurried process prevented me from bidding farewell to my friends and family. The whirlwind began, and I urgently applied for visas for myself and my daughter. My mum had volunteered to bring my child and me to London since it was my first time travelling to London. So, she also applied and got herself a visa; and we purchased our flight tickets and prepared to travel together. Unfortunately, at the check-in desk, we faced a heart-breaking discovery that my mother's entry date into the UK did not align with ours. This meant that we had to either change our travel date to align with hers or I would have to travel alone with my child, and my mum would join us later. I was devastated! But we managed to sort things out, and I made the difficult decision to proceed with my baby alone.

My mum joined us three days later, and then the challenge of securing an accommodation began. We spent a week in a hotel, desperately searching for a suitable apartment, as the school does not offer accommodation for students with children. Anxiety set in as time ran out and school was about to resume; but I persevered, prayed, and searched intensively. Eventually, I found an apartment a day before my mother returned to Nigeria.

Finding a school for my child was another obstacle, with many already closed for admission. But my optimism prevailed, and I had hoped my story would be different. After days of praying, searching, and numerous appointments with nothing to show for it. I finally found the 'Coat of Many Colours' (CMC) Nursery, which was conveniently close to our new home. My child's immediate affection for the place assured me that it was the right choice. I carefully planned my schedule, aligning it with my school timetable and my responsibilities as a mother.

The role of God in all these cannot be overemphasised. While my account of these events may seem like everything fell into place effortlessly; the reality was far from it. I was overcoming all these challenges without a job. Getting a job was very important as it would allow me to properly care for my child or at least be able to afford to pay for help, while I studied. I persisted and prayed fervently until God used the

Kingsborough family to bless me with a job.

If there is one thing this experience has taught me, it is that delay is never denial, and anyone who believes in God will always succeed. Moving to a foreign country with few acquaintances is no easy feat; it is essential to find supportive communities that can help when needed. The Kingsborough family has been a lifeline for my child and me.

My educational journey in London was not without its challenges, but with determination, prayer, and the support of family and friends, I overcame them. The culture shock alone was surprising, then paired with lectures, finding an accommodation, securing a job and taking care of a toddler alone was another ball game entirely. I had to adjust and brace up for the challenges. I did not let them deter me from pursuing my dreams, and through it all, I learned the importance of planning, relying on my faith, and building a solid network of supportive individuals.

My advice for anyone embarking on a similar path in London is simple: PLAN and PRAY. These two "Ps" are the bedrock of success and being the leader of your own life. Time management, meticulous planning, and building a solid community also played crucial roles in my journey. It is important to seek out communities and connect with like-minded individuals that resonate with your values. Most importantly, pray for spiritual intelligence to recognise the right job opportunities and avoid distractions.

While financial stability matters, remember that your primary purpose in London is to pursue your studies diligently. Stay focused, maintain humility, and treat those around you with kindness and respect; for you never know who may be watching. Adding value and excelling in even the most minor tasks will earn trust and opportunities for more significant achievements.



*Laurretta A. Ikyaagba*



# READ, SPEAK, LEAD!

BY CHRISTINE BAMIGBOLA

**W**e often hear that readers are leaders! So, as schools, colleges and universities resume for the new academic year, tomorrow leaders are reading and getting one step closer to attaining formal qualifications to become effective leaders in different spheres of life. In addition, leaders are also speakers, as invariably they will be required to speak to the people they lead, and they will need to do so effectively. Therefore, public speaking has become a vital skill for everyone aspiring to be a leader today or in the future.

Although public speaking dates back centuries, it remains one of the most important skills everyone can acquire in modern times. Think about a time that you had to stand in front of a bunch of people and tell them something; maybe it was an oral report in school or a proposal at work. After gathering your materials and preparing what to say, you arrive at the podium and start talking. Boom, that was public speaking! It involves communicating information before a large audience. What makes public speaking different to just talking to a crowd of people, is the way information is conveyed. Whether it's talking at a meeting, giving a presentation, giving an announcement, giving a speech or facilitating an event for any number of people, the aim may be to inform, persuade or entertain them.

A bit like swimming, Public Speaking seems to be a natural fear for many people. It has been found to be the top phobia

for 75% of people across the world. However, it can be curbed quickly if the learner starts as young as possible. Once the basic skill is learned, it stays with the learner and gets better with practice.

**Here are some tips to get you started on your Public Speaking;**

- 1. Take your focus off yourself and focus on the audience.** This is possible by having a healthy mindset towards the audience. Unlike many speakers who often spend most of their speech wondering whether the audience likes them. Shift your focus away from such a mindset and move towards building rapport and relating to your audience from the moment you step on stage.
- 2. Eliminate distracting thoughts to allow yourself to concentrate on delivering the message.** Many speakers have a mind blank on stage because they have so many competing thoughts about their insecurities and vulnerabilities, which cloud their minds. Learn to manage your thoughts, so your thoughts don't manage you.
- 3. Prepare a message which is full of content designed with the audience in mind instead of content designed to make you look, sound and/or feel good.** Speakers that lack confidence often go off on unrelated tangents, use jargon and unnecessarily complex language and



may lack relevant personal stories. Make sure your message is relevant, simple and honest. Often draw on personal stories to emphasize your points.

4. **Read the audience's body language and adapt your speaking style accordingly.** Speakers that lack confidence are usually so consumed and concerned about their own body language and delivery style, that they fail to take account of the non-verbal feedback from their audience. Observe your audience and respond accordingly.
5. **Try to come across to your audience as cool, calm and in control even if things are not going according to plan.** For speakers that lack confidence, unplanned hurdles can rattle them, and the audience can easily pick up on this. A confident speaker should deal with the challenges without displaying them on stage.
6. **Have the X factor on stage.** There is no doubt that confidence is attractive in a speaker and the audience responds positively to it in most cases. A speaker lacking in confidence may attempt to mask it by overcompensating, resulting in being perceived as arrogant. Or, at the other extreme, openly displaying such a lack of confidence can leave the audience questioning the speaker's motives for being on stage in the first place.
7. **Maintain credibility as a speaker.** Many speakers

lacking in confidence and crippled by insecurities may be guilty of excessive name-dropping, boasting about their level of experience and/or overemphasising their credentials. A confident speaker knows the exact amount of information required to build credibility by weaving in examples and stories without it being overbearing.

*It's better to be prepared and not have an opportunity; than to have an opportunity and not be prepared!*

Speaking in public can help to increase your self-confidence and this in turn improves your public speaking skill. Public speaking allows you to showcase your expertise on a topic in your chosen profession or endeavour. In today's world, you can reach a large audience in a shorter time than having individual conversations,

however, the skill remains relevant on virtual platforms, meetings and social media. Finally, it is best to develop this skill in advance of any specific engagement, role, requirement or request to speak.

**Remember:** It's better to be prepared and not have an opportunity; than to have an opportunity and not be prepared!

*This article was culled from PUSCA, Public Speaking and Coaching Academy, which coaches' children, young people and adults, with a focus on confidence building, public speaking, and other life skills.*

## Broom Tree Cafe

- Free Toast ● Friendship
- Reading Newspapers
- Games Mutual Support
- Life Courses (Money Literacy, etc.)

Every Saturday from

11am - 1pm

**Venue:**

Kingsborough Centre  
4 New Windsor St,  
Uxbridge, UB8 2TU





**Guest Speaker**  
**Rev Dr. Sam ADEYEMI**  
 Atlanta, USA

An Academic Lecture on

# The Church Strategy on Community Development



Saturday  
September 30th, 2023



Brunel University London Kingston Lane  
London UB8 3PH United Kingdom

	Regular	Premium
Early Venue Access	✗	✓
Light Refreshments	✗	✓
Reserved Seating	✗	✓
Discounted Price on our New Book Launch	✗	✓
Gift Bag filled with Special Memento Freebies	✗	✓
	<b>FREE</b>	<b>£20</b>

[Register here](#)



## Foodbank Staff



At Hillingdon food bank, I believe that we are integral to the economic and collective health of the borough. While it is clear to most in the voluntary sector that charity food aid cannot be an end-in-itself, the cost-of-living crisis has unfortunately increased the need for our services more than ever. Every day I see first-hand the difference that emergency food can make to our clients, many of whom are parents of young children. And despite their considerable hardships, our clients always find a way to thank us for our hard work and dedication, which is always heartwarming and humbling. For the local community in general, our organisation offers a platform that brings out the best in us all. Charity food aid, while a regrettable necessity, can also represent a powerful form of collective action. We see this in the seemingly limitless kindness of our donors, who continuously answer the call to action and provide lifelines to hundreds each month. Volunteering itself is also an

important affirmation of citizenship and collective responsibility, and without the help of all our volunteers - whether warehouse assistants, drivers, or those that run our distribution centres - we would not be able to fight hunger in the borough at all."

A special thank to our staff; Dante Korjov the Warehouse Coordinator, Caroline Burnap the Admin Coordinator, Vivian Oluka the debt adviser and Peter Abdullaziz the Project Manager of the Hillingdon Foodbank, they have committed themselves to ensure the smooth running of the Hillingdon Foodbank.

We also call for more support from everyone towards the good cause of the Hillingdon Foodbank to enable the continued support to families in hardship due to the increase in the cost of living.





# Knowledge Corner

As a result of the challenging economic situation in the economy, though the inflation level is abating. We need to learn how to live differently and thrive during economic downturn. Hence, we are recommending a Summer Book to read titled **The Richest Man In Babylon.**

You will gain lots of knowledge about making money, spending it wisely and saving some for the future.

You can scan the QRcode below to buy an audible version on your phone. And you may also join us to discuss this book every Sunday morning from 6th of August, during our Pathfinder live group discussion from 9am - 9.45am at Kingsborough Church.

"The Richest Man in Babylon" teaches readers the fundamentals of financial success and wealth creation & accumulation by providing practical advice through storytelling.

"A part of all I earned was mine to keep." This quote stresses the importance of saving a portion of our income and making it a habit towards building wealth.

The book emphasizes the power of investing wisely and compounding interest over time, stating that "Gold slippeth away from the man who

invests it in businesses or purposes with which he is not familiar or which are not approved by those skilled in its keep."

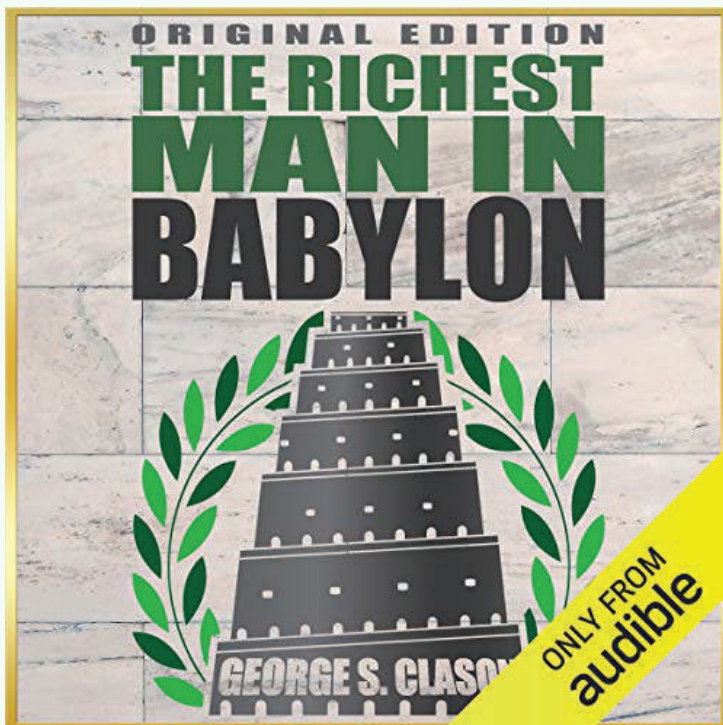
One of the key principles of financial success shared is to "control thy expenditures." The book suggests that individuals should live well within their means and avoid excessive spending.

The importance of seeking knowledge and education to increase one's earning potential is highlighted, with a quote stating, "The more of wisdom we know, the

more we may earn."

"Better a little caution than a great regret." This quote emphasizes the importance of being cautious and making informed financial decisions, reminding readers to be careful with their investments and decisions.

Overall, "The Richest Man in Babylon" aspires to provide timeless financial wisdom through actionable principles, encouraging readers to take control of their financial destinies.



Scan Here





# Whispering Winds

*We are all ears!*

**Q** *In today's world I am trying to see purpose in my life and how my minimal contributions make any difference in this vast world. I am intimidated by other people's exploits and recognition, as the world applauds them.*

**A** This question has a lot packed into it and I am thankful that you have written in. The summer months attract a lot of activities, and the season lends itself to cheeriness, creativity and support. Many people have a strong desire to understand and fulfil their purpose, but it can feel like a challenging task due to the complex nature of our world. This is a common struggle for a significant number of individuals. Age is not a determining factor either, as any life occurrence can cause you to question your purpose at any age.

The truth is everyone is sent to planet Earth with a purpose intertwined with their destiny. All purposes do not need to be high-profile, glamourised contributions, although each purpose has a meaningful contributing factor attached to it. The purpose that you hold is not simply a fleeting idea within your mind. It carries a weighty impact and is manifested through your dedicated service in a particular setting, with far-reaching effects that extend beyond its initial boundaries. If you look at Mother Theresa, for example, she started her purpose within the community where she lived, not expecting any accolades from men. It's natural to feel intimidated by the accomplishments and accolades of others. However, it's important to keep in mind that most people didn't set out to receive recognition for their contributions. While recognition can be beneficial in inspiring others to make community contributions, it shouldn't be the sole focus or measure of success.

**It's natural to feel intimidated by the accomplishments & accolades of others.**

What gets your heart pumping and drives you to lend a hand? What changes would you like to see in your community, your nation, or even across the world? The world has shrunk into a global online community that can be enjoyed or loathed, depending on your perspective. Community is the bedrock of any society, and its ticking point is when life is shared and understood within it. You are a perfect candidate, and I am happy to see that you are already making contributions, even if it is within your immediate family, for starters. Build on your contributions at home and you can take it to the wider community when you are comfortable. Use every opportunity to have a discussion on issues close to your heart and find out people's reactions to your ideas or any contributions you have made. At the heart of a community is the joy each contribution brings to people, families and businesses. All communities thrive when people find their purposes and share them with others. Genuine contributions always shine through; it can be a short event or ongoing, but it affects lives and the environment. You gain skills and experience as you go along on this journey, and it is a worthwhile one.

Please don't be too modest when you are recognised. It's important to recognise and accept the gratitude and appreciation you receive from a serving heart. The Bible says if you want to be great, be a servant to all.

Your purpose is greater than you and it evolves with age. Be prepared to go with the flow, nudges, societal changes in any form, tragedies and life in general.

*Whispering Winds is a column where we provide answers to readers' questions on emotional and relationship issues on a monthly basis. If you have a question, please send an email to [whisperingwind@kingsborough.org.uk](mailto:whisperingwind@kingsborough.org.uk)*

# BACK TO SCHOOL

The saying goes that "he who fails to plan, plans to fail", that is what I am going to base these little words of encouragement to all those going back to school as September comes upon up. Champion and winners in life are not born, they were made, part of what contribute to the making of champions is preparation. So how prepared are you for school in September.

My words of encouragement and preparation is summed up in this African poem by J.F. Odunjo, translated By: Lanre Ogunibi.

## HARDWORK: Antidote for Poverty

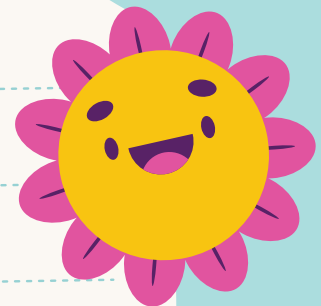
Hardwork is the antidote for poverty  
So my dear friend you've got to work hard  
Hardwork is the key to success  
Where no helper is found  
Real progress becomes a difficult task  
And since you have no godfather  
You'd better get on with your job  
Perhaps your mother has lots of money  
And your father, a row of mansions  
If that's all you can show for living  
You are already on the losing side  
For without making any personal venture  
You cannot expect any gain  
For the fruit of your labour  
Eventually produces eternal and enduring flavour  
From your labour comes your true reward

The world will love you  
If you have lots of money  
But such love depends on your consistent wealth  
Or if perchance you occupy a noble position  
Friends will throng you like bees  
However when tragedy strikes  
That time, friends become very scarce  
Education can also launch you to great heights  
So make sure you take advantage of it  
If you see hordes of people deriding knowledge  
Don't be found among such critics  
Ignorance surely breeds suffering and hardship  
And truancy is the mother of regret  
So don't play away your precious youth  
Work hard, for the night is coming.

## BACK TO SCHOOL CHECKLIST

To attain success, it's essential to be well-prepared. Whether you're a student, parent, or teacher, our back-to-school template can help you create a personalised checklist. This will undoubtedly help you avoid the stress of last-minute preparations.

- 
- 
- 
- 
- 
- 







**HOT MEALS**

· X ·  
SERVED ·



# 2 - 4 YEARS & 30 HRS FUNDING SPACES

**BREAKFAST/AFTER SCHOOL CLUB**



**ATTENTION HILLINGDON SESSIONS**



**Yoga/music and movement classes**



**SCHOOL READINESS**



**SENSORY EXPERIENCES**



**EARLY SPEECH STIMULATION EXPERIENCES**



**KIXX UXBRIDGE FOOTBALL ACADEMY**



**PARENT SUPPORT GROUPS**



**Uxbridge Branch**

4 New Windsor street, Uxbridge. UB8 2TU

Telephone: 01895 272885 E-mail: [admin@cmcnursery.co.uk](mailto:admin@cmcnursery.co.uk)

Website: [cmcnursery.co.uk](http://cmcnursery.co.uk)

**Hayes Branch**

192 Church Road, Hayes, UB8 2LT