



Talk of Thamesmead

The publication for Thamesmead residents

Issue 10
Summer
2023



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Thamesmead
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Find out what's happening

Do you want to find out more about what Peabody's team in Thamesmead is up to? There are a number of ways you can stay in touch.



Keep an eye on our website

www.thamesmeadnow.org.uk



Connect with our social channels

Twitter, Facebook and TikTok @ThamesmeadLDN and Instagram @thamesmeadnow



Sign up to our monthly online newsletter

via the 'Contact Us' section at www.thamesmeadnow.org.uk



If you have a question

email thamesmeadnow@peabody.org.uk use the contact form on www.thamesmeadnow.org.uk or ring us on 020 3828 3671.

If you'd rather speak to someone in person

We can arrange to meet you at **The Nest Community and Library Building, 3 Cygnet Square, SE2 9FA.** Please email us at thamesmeadnow@peabody.org.uk to arrange a date and time.

If you have a sales enquiry

you can visit our Marketing Suite and Discovery Centre from Tuesday to Saturday between 10am-6pm and on Thursday between 11am-7pm by appointment only. Register your interest at www.peabodysales.co.uk and someone will be in touch.

Hello Thamesmead

Welcome to the summer edition of Talk of Thamesmead. My name's Tom and I lead Peabody's Environmental Services team in the town.

With so many people out and about in Thamesmead's lovely green spaces over the summer months, my colleagues and I are making sure the town looks its best for residents and visitors alike, as we do all year round.

Our 145-strong team looks after a wide range of parks and other shared spaces. **This includes 53,000 trees, 240 hectares of parks and green spaces, five lakes and 5km of canals and waterways – all covering 760 hectares – an area the same size as over 900 football pitches!**

We're also responsible for keeping the internal areas of all our blocks clean as well as communal repairs.

Our dedicated caretakers, along with our multi-trades team, look after our communal areas. This is part of the Caretaker Plus Service and enables us to focus on what really matters in the local area.

You will see us on weekends and bank holidays too as we're out and about 365 days a year.

The street maintenance team keeps our paths and open spaces free of litter and fly-tipping. We clear around 3,000 tonnes off our land each year – that's equivalent to 30 London buses!

We also work closely with our council partners in Greenwich and Bexley. Like both local authorities, we can now issue fines to anyone caught fly-tipping. We've already seen the amount of fly tipping reduce, which is brilliant.

We are constantly working to keep Thamesmead looking good but if you spot something which needs to be cleared or fixed then please report it on 'Fix My Street' by visiting www.fix.thamesmeadnow.org.uk

It's quick and easy to use and most importantly it keeps Thamesmead tidy for everyone. We use a satellite mapping system, so we know which areas we're responsible for and which areas come under the London Borough of Bexley or Royal Borough of Greenwich.

As well as learning more about the work we do on pages 12 to 13, you can also read about the opening of The Nest Community Building and Library, an exciting new café to try and what to expect at this summer's Thamesmead Festival.

We want to ensure Talk of Thamesmead reflects what is important to you and your community. If there's something we should be letting everyone know about, please get in touch at thamesmeadnow@peabody.org.uk

We look forward to hearing from you.

Tom



Tom Broad
Head of Environmental Services for Peabody in Thamesmead



All aboard for DLR

Proposals to extend the DLR train network to Thamesmead are moving forward, thanks to the work of a partnership led by the Royal Borough of Greenwich, Newham Council and Transport for London (TfL).

These exciting plans would see the DLR train network extended from Gallions Reach to new stations at Beckton Riverside in Newham and Thamesmead in Royal Greenwich.

The project also includes a new bus transit route that would connect Thamesmead to the Elizabeth line at Woolwich and Abbey Wood, creating an efficient and speedier journey.

TfL, the two councils, the Greater London Authority (GLA), Department for Levelling Up, Housing and Communities (DLUHC), Homes England and local landowners, including Peabody, are working together to help drive forward the proposals.

This partnership, known as the Thamesmead and Beckton Riverside Public Transport Delivery Board, is asking for the government to support work on the development of the proposals.

The DLR extension would help to create thousands of jobs, cut car dependency, improve air quality and enable the development of much-needed homes in the town. We will keep you updated on the progress of this work.

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Simply the Nest



To become a member of the library, please visit The Nest or scan here



The library is open
 Mondays (9.30am - 7pm)
 Wednesdays (9.30pm - 5.30pm)
 Fridays (9.30pm - 5.30pm)
 Saturdays (9.30am - 5pm)



Photography courtesy of London Borough of Bexley

It may have only opened in April, but The Nest Community Building and Library is already proving to be a huge hit with residents.

As well as being a fantastic library facility, managed by the London Borough of Bexley, the new building by Southmere Lake is already home to community groups and local organisations.

The library also hosts exhibitions. Currently, the Fields of EveryWhen hot air balloon exhibition is on display until 29 July which showcases more than 200 pieces of art inspired by Thamesmead. **Find out more about Fields of EveryWhen at www.g-foew.art**

The library also provides another base for Peabody's communities team to support local people to access employment support, benefits and housing advice, as well as a range of health and well-being opportunities.

The building has a fully glazed events space and dance studio for up to 100 people with

high-quality kitchen facilities and a fantastic first-floor terrace overlooking Southmere Lake. **These spaces are available to hire on the ThamesmeadNow website – www.thamesmeadnow.org.uk**

The library is free to join. As well as being able to choose from a wide range of books, you can also enjoy access the internet or use the meeting room (which is available for hire).

The library offers a regular programme of events and activities, including weekly 'Toddler Time' and 'Read with Me' sessions for children.

There are also lots of different volunteering roles available in the new library, including: Toddler Time Coordinator – which is a weekly opportunity to sing rhymes with babies and toddlers; Read with Me – which provides weekly one-to-one support by listening to a young person read; and Walk Leader – where you can take a weekly group of walkers round the local Thamesmead/Abbey Wood area.



If you would like to find out more about these exciting opportunities or offer ideas of your own, the friendly library staff will be more than happy to help. You can drop in to see them or email libraries@bexley.gov.uk

Grand opening at The Nest



The grand opening event in April gave visitors the chance to see the new library and tour the rest of the building. Visitors headed to stalls set up by local organisations and enjoyed a range of fun activities and entertainment.

Thamesmead resident, Robert Dyer, said: "I have been a Thamesmead resident for over 45 years and can honestly say that the facilities at The Nest are really superb. The library space is excellent, the areas for children and storytelling looks great and the layout is well thought out.

"The Community space upstairs is stunning, with the backdrop overlooking the lake. Many people commented on that when I posted pictures online of the event. I think it's a tremendous resource for the area and I will certainly be using it in the future."

Councillor Baroness O'Neill of Bexley OBE said: "It was great to be able to come along and welcome residents to our newest library. I feel sure that many of them will be back to make the most of this fantastic new facility.

It's wonderful that we now have such an open modern space where people can read, learn and take part in community activities."

Neighbourhood Forum works for you

Deborah Frimpong, Chair of the Moorings Neighbourhood Forum, provides an update on the group's work:

The Moorings Neighbourhood Forum is working hard to be a voice of change in the area.

We meet most months at The Moorings Sociable Club, and you are welcome to come along and get involved. We raise issues which are impacting the local area such as repairs to the street lighting.

The Forum approached Peabody about a lack of bins leading to littering in the area which led to more being installed in response. Other conversations between the Forum and Peabody have seen more streetlamps being introduced and plans for Birchmere Changing Rooms to be refurbished.

There's also a regular newsletter which publicises local community events and highlights any issues residents might have.

In addition, we have been working with the police and local schools to ensure the neighbourhood is a safe and welcoming place.

The Forum has run workshops and enjoyed a trip to the Houses of Parliament following an invitation from local MP, Abena Opong-Asare, so there's a lot of opportunities to learn new things.



We are currently preparing a survey to find out from residents what issues we should be focusing on. This will feed into a neighbourhood plan, helping to improve local lives. If you would like to find out more, please visit www.mooringsnf.org.uk

The place to be seen



The grand opening. From left to right, Adelynn Chan, Cllr Leo Fletcher, Remi Oladunni, Abi Akinfaye, Emma Moate, Co-Founders Chris and Kemi Madumere

Young people with learning difficulties are gaining new skills and residents have a great new place to eat, thanks to a fantastic new café that's recently opened in Thamesmead.

The Camouflage Café at the refurbished Moorings Sociable Club has been started by husband-and-wife duo Kemi and Chris Madumere.

It's an offshoot of the couple's Brighter Futures charity, which supports young people and adults with learning disabilities.

The café is staffed by adults the charity works with. They work alongside other team members who offer them on the job support,

and help them develop important skills for future employment

Camouflage Café, which is backed by Peabody and the Royal Borough of Greenwich, already offers croissants, sandwiches, paninis and jacket potatoes with other delicious menu items to come.

Emma, 27, was introduced to Brighter Futures through her brother who has autism. She said: "It's a brilliant opportunity for young people with learning disabilities to actually get to go to work and learn new skills."

Café co-founder, Kemi, added: "It's nice to bring something new and something fresh to the community that everybody can access, not just the adults we look after. We're able to encourage some of our young people to get some life skills in a real working commercial place."



The Camouflage Café is open at The Moorings Sociable Club, Monday to Friday from 9.30am - 4.30pm. Find out more about the café at www.camouflagecafe.co.uk or pop in for a bite to eat!



Stitch together

Local people in Thamesmead are coming together to learn new skills and make new friends thanks to a scheme at The Moorings Sociable Club.

CraftA is a local resident-run non-profit organisation, supported by Peabody, which aims to reduce loneliness and isolation.

It does this through weekly workshops where people can share skills in textile arts and crafts such as knitting, crochet, quilting and embroidered card making.

Many group members have lost loved ones while some have a variety of health and mobility concerns or are carers for members of their family. The workshops give them the opportunity for a chat and laughter.

The group is primarily for older adults. The average age is 70 plus, although younger members are welcome, with some already attending with a parent.

One member, Marion, said: "Being part of the group has meant I get to meet new people and make friends in a really friendly setting. Many of us now meet up outside the group too, which is lovely.

"There is always plenty to talk about. We have discussed everything from bereavement, children, ideas, even current affairs. We love sharing stories and telling stories."

And with expert tutor Sylvia, and facilitator Viv on hand, there is always someone to help develop skills.



CraftA meets every Monday at The Moorings Sociable Club between 10.45am and 12.15pm (there are no sessions on 1 and 8 August). If you'd like to find out more please call 0203 828 4900.

Local talent





All the fun of the fair

Local people grabbed the opportunity to find out how they could give back to their community and gain new skills by going along to the Thamesmead Volunteer Fair at The Moorings Sociable Club.

The Volunteering Fair was held during Volunteers' Week in early June. Numerous local organisations and groups were there offering roles in areas such as health and wellbeing, sports and special educational needs, and community involvement.

Attendees were also able to speak to volunteers about their experience and get advice on how to turn volunteering into employment from Peabody's economic inclusion team and the Greenwich Local Labour and Business (GLLaB) network.

Derek Sewell of the Moorings Neighbourhood Forum, who had a stand at the Fair, said: "It was a good opportunity to meet other organisations and get to know about them and what other activities go on in Thamesmead. The event also enabled me to see how Peabody is helping grassroot groups."



The next Thamesmead Volunteer Fair will take place at The Moorings Sociable Club from 12.30pm to 2.30pm on Saturday 18 November. To find out more, please email uzma.ali@peabody.org.uk

My Thamesmead

Tricia Reilly, Thamesmead Growers



Tricia recently started the Thamesmead Growers group and will soon be opening a new community garden at Titmuss Avenue later this summer. Here she shares what she loves most about the town...

How long have you lived in Thamesmead?

I have lived in Thamesmead for 24 years, I moved here 34 years ago, lived elsewhere for 10 years and then returned, I've been back going on 17 years now.

Where do you live in Thamesmead?

In the Moorings area.

What's the best thing about Thamesmead?

The green spaces right on our doorstep.

What's your favourite fact about Thamesmead?

My aunt was one of the first residents to move to Thamesmead and my cousin one of the residents who was involved with setting up the original Radio Thamesmead back in the 70s. My connection to Thamesmead runs deep.

What's your favourite Thamesmead memory?

Visiting my gran in the Moorings during the summer holidays as a kid. It was hot and I remember sitting in her living room mesmerised, watching a dragonfly flying

around - I had never seen one before. It felt like a completely different world! Thamesmead was so different from where I lived as a child in Scotland.

What's the best-kept secret about Thamesmead more people should know?

It has to be Thamesmead's new, first fully accessible garden in the Moorings. It'll be a mix of sensory garden, community allotment and a place where people can connect, learn and share skills. Not all the gardening will take place on site, people will also grow at home, on their windowsills and balconies. We'll be making gardening accessible for all.

If you'd like to get involved, please contact me at thamesmeadgrowers@gmail.com

Artistic designs



Thamesmead creative and community hub, the Lakeside Centre, has been shortlisted for a prestigious design award.

The centre, which is run by Bow Arts, is nominated in the Creative Retrofit category in the annual Pineapples Awards, which celebrate great places where people want to live, work, play shop or learn.

Since its transformation, the Lakeside Centre is now home to 40 artists in permanent, affordable, creative workspaces. There's also the Y on the Lake café and an early-years nursery supporting more than 50 local families, both of which are run by the YMCA.

Marcel Baettig, Chief Executive Officer at Bow Arts, said: "Regenerating this 50-year-old landmark, rather than starting from scratch, reflects Bow Arts' sustainable values to celebrate Thamesmead's iconic architecture and buildings and bring new life to them."

Adriana Marques, Head of Cultural Strategy for Thamesmead at Peabody, added: "Our partnership with Bow Arts is just one of the ways we're helping to bring artists and residents together in Thamesmead to spark creativity."

If you'd like to experience the Lakeside Centre for yourself why not visit the Y on the Lake café? It's open Monday to Friday from 9am to 4pm.

What's going on



Gallions Park Picnic

The Gallions Park Picnic is back and packed full of family fun! Don't miss Norvil and Josephine's magic act on a giant top hat, a show and workshop from Costa Rica in the UK, Brazilian drumming from TARU Arts, music, choirs, dance classes and lots more. Don't forget your picnic!

Location: Gallions Park, SE28 0HJ

Date: Saturday 8 July

Time: 1pm – 5pm

Price: FREE

More info: www.greenwichdance.org.uk

Birchmere Park Boot Sale

No need to book a pitch, just turn up on the day and pay on the gate. Follow Birchmere Park Boot Sale on Facebook for regular updates.

Location: Birchmere Park

Dates: Every weekend

Time: Saturdays from 7am; Sundays from 9am

Price: Cars £13, Vans £17 & large vans/Lutons £20

More info: 07767553862

Summer's here and it's the perfect time to get out and about in Thamesmead and enjoy the amazing events going on. The hottest ticket in town promises to be the fantastic Thamesmead Festival on 12 August, you can read all about it in this section and on the back page.

Stay & Play!

Come along with your child and join us for a fun-filled morning of various activities. From painting with flowers and leaves to discovering and exploring insects with magnifying glasses, there's something for everyone.

Location: Thames Reach Nursery and Pre-School, The Reach, SE28 0NY

Dates: Every Thursday, 6 July to 31 August

Time: 9.30am – 11.30am

Price: FREE

More info: <https://tinyurl.com/4cexua5y>



Photography courtesy of Roswitha Chesher

Summer Sessions

Roll on over to Cygnet Square for a Skate Jam curated by Frankie J and Thamesmead collective Vibes On Vibes. These chilled out evenings will include roller-skating skills sessions, performances and workshops from Tatiana Firefly Fitness and Joss Arnott Dance, followed by funky freestyle jams with live DJs.

Location: Cygnet Square, SE2 9FA

Dates: Friday 7 July and Friday 21 July

Time: 4pm – 7pm

Price: FREE

More info: www.greenwichdance.org.uk



Peter Pan & the Battle for Neverland

The Ruined Theatre brings you open air theatre at Lesnes Abbey this summer, a brand-new show Peter Pan & The Battle For Neverland. Includes puppetry, music and magical storytelling to fly you to Neverland. Suitable for all the family.

Location: Lesnes Abbey, Abbey Road, DA17 5DH

Dates: Friday 4 August to Sunday 20 August

Time: Varied times, runs for one hour, see website for details

Price: £7 to £12.50 – Please visit the website to book tickets and use the code 'LOCAL' for discounts

More info: www.theruinedtheatre.com



Ancient Futures

The Afrinauts, a crew of curious visitors from another world, touch down in Thamesmead, inviting audiences to join a spectacular dance party combining circus, storytelling and sound system culture. Featuring new music by grime artist Afrikan Boy and created in collaboration with Quantum poet Oneness Sankara, this ritual celebration combines West African folklore, fantasy and science fiction, to imagine inspiring and inclusive futures. Part of the Greenwich+Docklands International Festival.

Location: The Moorings, Titmuss Avenue, SE28 8HL

Dates: Sunday 27 and Monday 28 August

Time: 2pm and 6:30pm (45-minute show)

Price: FREE

More info: www.festival.org/gdif/whats-on/ancient-futures



Thamesmead Festival

The Thamesmead Festival returns to Southmere Park this summer. Expect four stages with performances and music for everyone, a youth stage and zone, arts and crafts, workshops, dance, and the annual Thamesmead dog show. A great day out for the whole family!

Location: Southmere Park

Date: Saturday 12 August 2023

Time: 12pm – 7:30pm

Price: FREE

More info: www.thamesmeadnow.org.uk



Proud to keep Thamesmead shining

Senior Arborist, Phil Templeman, and Arborist, Andrew Gaughran

When you think of Peabody's Environmental Services team you might imagine they spend all their time looking after the waterways and green spaces which Peabody owns. They do this, and so much more.

As well as looking after the green spaces and waterways, the team is also responsible for: maintaining the communal areas around Peabody's homes; encouraging local wildlife to flourish and helping to care for the horses in the town.

With Peabody and the two boroughs of Bexley and Greenwich being responsible for certain parts of Thamesmead, it can sometimes be confusing for residents as to who is responsible for where. The team tackles this issue in two ways; one traditional and one hi-tech.

Head of Environmental Services for Peabody in Thamesmead, Tom Broad, explained: "Many of the team have been working in Thamesmead for decades so we have a vast amount of experience to call on. Most of the team know instantly who is responsible for which patch of grass or pavement.

"We also use a Geographic Information System, similar to a SatNav, and Nathan, who is our Geospatial Officer, can pinpoint an area within a few metres and tell us whose responsibility it is."

But keeping Thamesmead at its best isn't just a case of constant cutting, mowing, trimming, draining and dredging.

Sometimes it's about taking a step back so nature can take its course. That's why you might see some areas which are cut back and others which look 'wild'. These 'wild' sections have been deliberately left that way to help our bees and insects and give them more places to call home.

Perry Hull, Estate Services Supervisor, said: "We have been leaving certain areas to grow in our parks and open spaces for the past four years, introducing sunflowers in Crossway Park and wildflower meadows in Southmere Park; Claridge Way; Abbey Way and Abbey extension. This makes up 17,034 sqm in total – the same size as 66 tennis courts.

"Introducing areas for biodiversity and pollinators, like bees and butterflies, is really important".

"Some people might think that we are trying to save money and it's an excuse not to cut the grass, but that's not the case".

"A healthy lawn with some long grass and wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground."

Team member John Wilson is our Traveller Liaison and Equine Officer. His job involves overseeing the welfare of horses in Thamesmead as well as building and maintaining relationships with the town's Roma and Traveller communities.

Initially horses were tethered on any open ground in the town, but under John's stewardship properly fenced land has been set aside in Southmere Park where they can be kept safe.

His wider role also involves sharing with people in and outside of the town the story of the rich Roma and Traveller history and culture in Thamesmead.

He gives talks to local schools and groups and produces a newsletter covering the latest news and developments concerning the communities.

John has even created an exhibition about the history of Travellers in Thamesmead that has been on display in Thamesmead and further afield. It was recently staged at the Houses of Parliament with John on hand to answer any questions visitors had.

John said: "People find the history of Travellers in the area fascinating, with more and more people interested. I get lots of comments back from all sorts of people saying well, 'that's fascinating, I didn't know about that.'"



John Fryer, Caretaking Services Manager, leads the 67-strong team that spends 365 days a year making sure the communal areas in Peabody's 250 residential buildings are well looked after.

And the team uses local talent to get the job done. John said: "A lot of our staff are actually our residents too, so we recruit from the local area and that gives us great continuity and local expertise.



"The best part of the job is when you get a compliment from a resident. Somebody will send an email to the call centre thanking one of the team for a job well done and that means a lot."



Environmental Services Estate Supervisor, Chris Waite, manages a team of 22. Their responsibilities include keeping Thamesmead's lakes and waterways in top condition. His main enemy in this task is battling the invasive weed, pennywort.

He said: "We remove about 60 to 70 tonnes a year from the canals and lakes. We use our specially adapted boat, Sponge Bob, to push the pennywort right down the other end of the canal system to the nature reserve where we leave it on the side of the bank to break down naturally."

As a longstanding Thamesmead resident himself, Chris likes to use his free time to explore the more remote parts of the town, such as the marshland, capturing the views and interacting with the local wildlife.

Chris said: "I've lived here for 32 years and like to go out camping and spot all sorts of wildlife. I've seen terrapins as big as dinner plates! Some people put them in the water system back in the 80s when the Mutant Ninja Turtle craze ended, and they've been breeding there ever since.

I do a lot of filming on weekends. I've got my own personal YouTube channel (ChrisW Outdoors) and 16,000 historical photos of the town so I can share my interest and enthusiasm for Thamesmead with as many people as possible."

With employees as passionate about Thamesmead as Chris it's no wonder the Environmental Services Team put their heart and soul into keeping the area looking its best..



Are you interested in becoming part of Peabody's Environmental Services Team in Thamesmead? Go to www.peabodygroup.org.uk/jobs-and-careers and see what opportunities are available.

Fund your green scheme

The Making Space for Nature Community Fund offers grants of up to £2,000 to individuals and organisations to deliver nature-based projects that benefit Thamesmead residents.

Launched in 2021 it has supported dozens of projects which have had a positive impact on the community.

One of the latest local people to be supported by the Fund is Uy Hoang who has used his funding to create 'Uncovering the Secrets of Thamesmead's Community Gardens'.

This unique project involves producing a virtual tour of the town's community gardens using 360-degree photography to create an innovative way of showcasing these special spaces and encouraging people to explore them.

You can discover Uy's first virtual tour, Birchmere Community Garden, at www.kuula.co/post/n1/collection/7f127



The Making Space for Nature Community Fund is now open! Applications close on 10 August. To find out more, please visit www.thamesmeadnow.org.uk

In the swim

After the success of last year's trial, there will be supervised swimming again this summer in Birchmere Lake.

The offer will be expanded this year and there will be regular sessions each week throughout July and August.

To find out the times and costs of sessions please visit www.thamesmeadnow.org.uk or email msfn@peabody.org.uk for the latest information.

Please remember that swimming in Birchmere Lake outside of these planned sessions is not permitted.

Down on the farm



Our green-fingered community has been finding out more about how to develop their own fruit and vegetable growing spaces in Thamesmead.

In April, 16 residents and members of the Thamesmead Nature Forum visited Sitopia Farm in Shooters Hill, Greenwich.

The farm is a social enterprise - growing organic food such as salad crops, cabbages and herbs, before selling it at local markets or as home delivered vegetable boxes to the public. It also grows flowers which can be bought via their website - www.sitopiafarm.com.

It was established two years ago to create a healthy and sustainable food system within South London and is run by a small, dedicated team as well as more than 300 volunteers.


Thamesmead visitors enjoyed a private tour of the growing tunnels and outdoor crops from Rachel, one of the gardeners there, followed by a discussion and the chance to ask questions.

Thamesmead community gardening leader, Tricia Reilly who runs Thamesmead Growers at Titmuss Avenue, (see article on page 9) said: "The trip was very inspiring. Walking through the poly tunnel I had visions of replicating something similar in Thamesmead. It's astonishing just how much they have achieved in such a small space of time."

"What could be better than growing your own fruit, vegetables and cut flowers? We already have groups working together to do this on small scales within Thamesmead. Not only will this grow produce, it will also grow our community. It will help us develop skills and confidence, bring us closer together as a community and improve health and wellbeing."

Peabody support six different Community Gardens in Thamesmead: Hawksmoor Growing Club, Claridge Way; Birchmere Good Life Garden, Birchmere Park; Thamesmead Growers, Titmuss Avenue; Edible Garden, Maran Way; Crossway Community Orchard, Crossway Park; and at the Lakeside Centre, Bazalgette Way.

They are largely cared for by volunteers and are great places to relax, share gardening resources and knowledge, learn new skills and meet people while growing flowers, fruit, vegetables and herbs.



If you want to find your nearest gardening location, you can contact msfn@peabody.org.uk and they can help link you up with a group or site.



Peabody's Amy Mora Periaza and student Michael Doherty from Harris Garrard Academy.

Ready to succeed

Young residents in the town are taking their first steps on the career ladder, thanks to a scheme designed to help them succeed in the job market.

The Career Ready programme gives young people skills and experiences with masterclasses, workshops, workplace visits and mentoring to prepare them for the world of work.

One local resident benefiting from it is Michael Doherty, who is a student at Harris Garrard Academy.

Michael has been taking part in the scheme since October and is being mentored by Peabody's Children, Family & Young People's project officer, Amy Mora Perlaza.


He's seen real personal benefits from the monthly meetings with Amy where he has worked to develop his CV, acquire interview skills and learn more about community work in Thamesmead. Michael said: "The programme has taught me many things that you can't learn in school. It is one of the best things I have ever done, and it's helped me to understand the world of work and the options that are available to me."

"My goals and aspirations involve assisting my community. I'm also keen to explore different ways of generating income online."

"I am now very confident about my own uniqueness and how I can transfer different skills into both work and home life. I would really recommend the programme to everyone, and I plan to mentor others

as a result, because I know how effective and beneficial it is."

Amy added: "It has been a really great experience working with Michael. Learning about his aspirations and passion to improve the wellbeing of others and the community has been inspiring, his dedication to the programme has been fantastic."



You can find out more about young people's opportunities by contacting Nadia Kassab at nadia.kassab@peabody.org.uk

Support & opportunities





Forums

South London Business Forum

Second Monday of every month: online (4pm – 5pm) in-person once a quarter (4pm – 6pm).

Next sessions – 10 July (online), 14 August (online), 11 September (in-person).

This Peabody-organised forum gathers business owners, local council representatives and entrepreneurs so that they can discuss opportunities, provide information, offer advice and network.

Email businessready@peabody.org.uk for more information

Thamesmead Culture Forum

The Culture Forum is now running every two months, with the next one on 2 August at 6pm.

The forum is for all those interested in culture in and around Thamesmead.

Email lisa.drew@peabody.org.uk to join or be added to the culture forum mailing list

Thamesmead Nature Forum

Usually the last Thursday of every month, 5.30pm

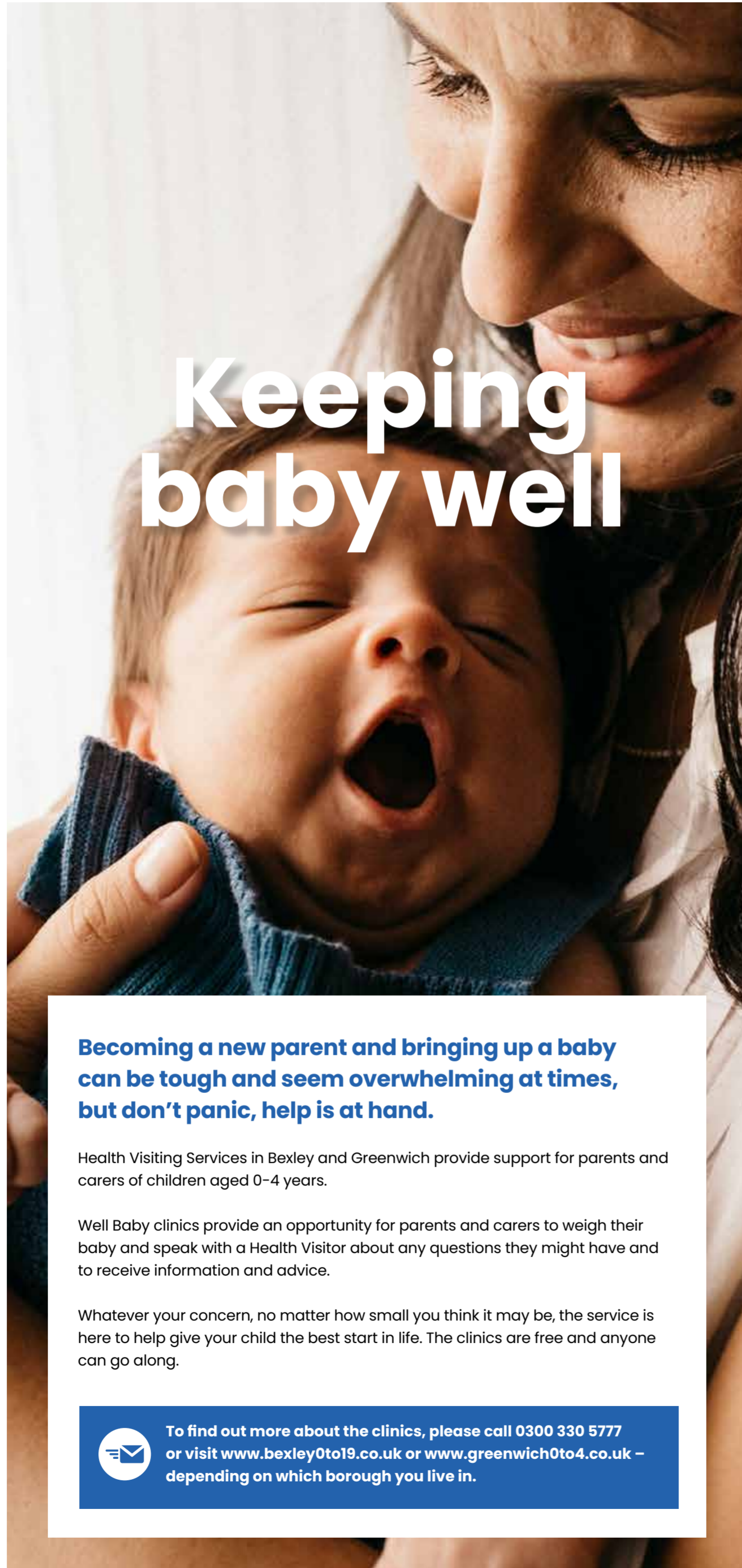
The forum is for anyone who's passionate about nature and the green and blue spaces in Thamesmead.

Email msfn@peabody.org.uk for details about future sessions

Community Group Forum

Do you want to find out about local training and funding opportunities, network with other groups and share your ideas for how to improve things in your local community?

Join the Thamesmead Community Group Forum. Contact Uzma Ali on uzma.ali@peabody.org.uk



Keeping baby well

Becoming a new parent and bringing up a baby can be tough and seem overwhelming at times, but don't panic, help is at hand.

Health Visiting Services in Bexley and Greenwich provide support for parents and carers of children aged 0-4 years.

Well Baby clinics provide an opportunity for parents and carers to weigh their baby and speak with a Health Visitor about any questions they might have and to receive information and advice.

Whatever your concern, no matter how small you think it may be, the service is here to help give your child the best start in life. The clinics are free and anyone can go along.



To find out more about the clinics, please call 0300 330 5777 or visit www.bexley0to19.co.uk or www.greenwich0to4.co.uk – depending on which borough you live in.



Clement Oke and Robert Dyer

Prostate cancer help

Robert Dyer and Clement Oke are two neighbours in Thamesmead who were both diagnosed with Prostate Cancer in 2022. After discovering one in eight men generally, and one in four black men over 50, are affected by prostate cancer, they decided to act.

Supported by Peabody's Thamesmead Community Fund they've now started a free support group for anyone diagnosed or receiving treatment for prostate cancer.

This unique group offers a fitness class specifically designed to assist with post operation recovery.

It also features a group support session where men can come along, and confidentially discuss their health issues with others who have been treated for prostate cancer.

In addition to providing essential support, Robert and Clement want to raise awareness of prostate cancer by encouraging people to visit www.prostatecanceruk.org/risk-checker where people can check their individual risk level and take appropriate action.



To find out more about the group email info@prostatewarriors.org.uk or phone 07958 761 437.

Check your diabetes risk

Type 2 diabetes accounts for 90% of people who have diabetes. It's often caused by factors like diet and exercise. Eating more healthily and being more active can help reduce the risk of developing it.

Xyla Health & Wellbeing is delivering a free NHS scheme called the NHS Diabetes Prevention Programme, as part of the Healthier You initiative.

This helps people identified as pre-diabetic to be more active and improve their diet. The programme consists of one-to-one and group sessions to empower people to take charge of their health.

You can complete the questionnaire at www.riskscore.diabetes.org.uk/start to assess your personal risk of developing Type 2 diabetes. If you believe you are at risk of Type 2 diabetes, please contact your GP to arrange a blood test. If your blood test shows you are pre-diabetic your doctor can refer you onto the programme.



Free health checks

The London Borough of Bexley will be providing free NHS Health Checks for over 40s in the community this year.

This service may also be available at your GP surgery. To check eligibility and availability, visit www.Bexley.gov.uk and search NHS Health Check.



SCAN ME

Employment and training team here to help

We know this is a tough time and if you need it, we can help.

Our Employment and Training team help Peabody residents find work. We work closely with a range of employers and local partners to access a range of job vacancies. Our support includes:



Volunteering opportunities

Connecting you with different employers and training providers

Help writing CVs, personal statements, cover letters and job applications

Careers guidance and coaching

Preparing you for interviews



Please contact us by emailing employment.training@peabody.org.uk

Carer support in Greenwich



The Greenwich Parent Carer Participation Forum (GPCPF) is an independent group supporting parent or carers of children and young people with Special Educational Needs and Disabilities (SEND) in Greenwich.

The Forum was set up to help families affected by SEND, so they are better informed about what services are available. Attendees can also give their feedback to the health, social care and educational support providers to make sure their needs are met.

The group hosts coffee mornings, meetings, workshops and presentations. These help keep parents and carers informed and enable them to find out what more can be done to help.

The Forum also recently started using The Moorings Sociable Club as a base. Forum chair, Kafayat Eletu, said: "Our families come from very diverse backgrounds. Due to the nature of caring for a child or young person affected by SEND, many of them experience greater hardships as many have had to give up work."

"We are delighted to be based at The Moorings Sociable Club; it provides a workplace on Fridays which means we are able to reach those families that in the past may have been missed."

If you are a parent/carer with a child affected by SEND aged 0-25 living in Greenwich and would like to know more about GPCPF, please email admin@greenwichpcpf.org or contact Kafayat Eletu on kafayat.eletu@greenwichpcpf.org or call 07518 439217. Feel free to leave a message and Kafayat will return your call as soon as she can.

For more information, please visit www.greenwichpcpf.org or www.facebook.com/groups/gpcpf

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- To make a referral, scan the QR Code, email or call us on the number below.

To find out more, contact us:



01322 524 682 (option 1)

communityconnect.co.uk

www.communityconnectbexley.co.uk



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