

TALK OF THAMESMEAD

THE PUBLICATION FOR THAMESMEAD RESIDENTS



**ISSUE FOUR
WINTER
2021/22**



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COLLECTIVE
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THAMESMEAD LIGHT FESTIVAL



AT WHAT POINT DO WE FALL INTO
EACH OTHER'S ARMS AND DANCE
AGAIN LOOSENING OUR SHADOW?
WE ARE VULNERABLE IN THIS FIRST
LIGHT, BUT RISING STEADY NOW,
CROWNING IN THE NEW MUSIC.

A HAPPY AND HEALTHY NEW YEAR TO EVERYONE IN THAMESMEAD FROM ALL THE PEABODY TEAM

FIND OUT WHAT'S HAPPENING

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



Keep an eye on our website

Head to www.thamesmeadnow.org.uk where we publish regular updates about our plans.

Connect with our social channels

Check out Twitter, Instagram, and Facebook to keep up to date with all things Thamesmead.

Sign up to our monthly online newsletter

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

If you have a question

Please email us at thamesmeadnow@peabody.org.uk, message us via social media, 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

When government guidelines permit you can make an appointment to meet a member of the team at The Nest

You can come in, have a look around, ask questions or just have a chat. You need to have an appointment, but you can make one by contacting us at thamesmeadnow@peabody.org.uk

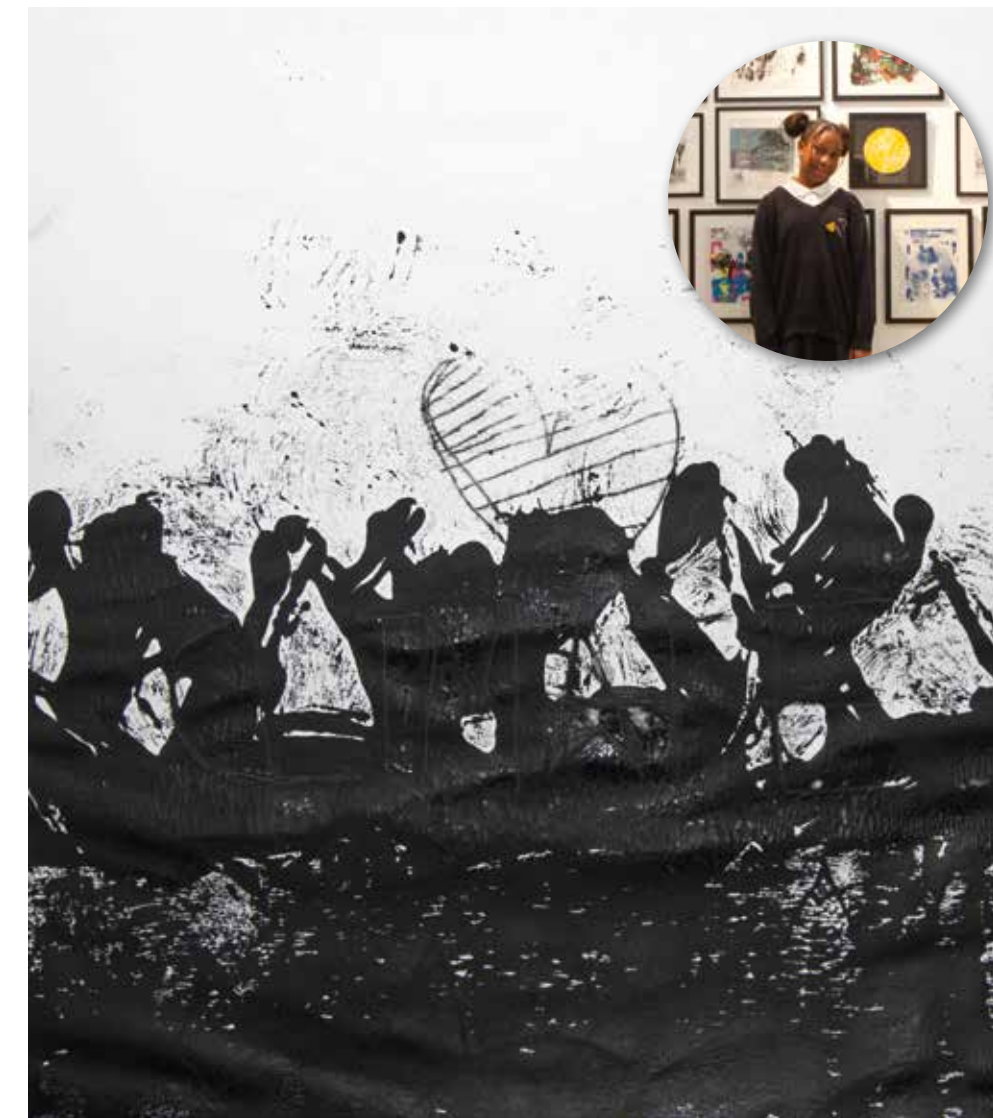
If you have a sales enquiry

Please make an appointment to visit our Marketing Suite and Discovery Centre (open Tuesday to Saturday 10am to 6pm, Thursday 11am-7pm). Or you can register your interest at www.peabodysales.co.uk and someone will be in touch.



Details may change to reflect government Covid guidance at the time so check www.thamesmeadnow.org.uk for the very latest information

MERYL'S IN THE FRAME



A Thamesmead pupil has beaten nearly a thousand other young artists to win this year's prestigious Young London Print Prize.

In the lead-up to COP26 in Glasgow, young people from across London were invited to express their response to the climate crisis.

Meryl Basod, a Year 5 pupil from Heronsgate Primary School, won with her print, Climate Love. This was chosen by the group of Year 12 students from secondary schools across the capital who judged the submissions.

The Young London Print Prize is a new competition launched during the pandemic to inspire and showcase the work of young artists. A total of 988 pupils from 21 schools took part this year.

John Lewis, Executive Director for Thamesmead at Peabody, one of the principal sponsors, said: "I'd like to congratulate Meryl on her well-deserved win. This is a true testament to the enthusiasm of young people in Thamesmead, and their willingness to get involved in causes and activities that really matter."

The Young London Print Prize is a collaboration between Woolwich Contemporary Print Fair, Boldface and ACAVA. Its sponsors include Peabody, Anthesis, and Palatine Private Equity.



If you or your school would like to take part in the next Young London Print Prize, please contact: matt@woolwichprintfair.com



BIN BUSY

Thamesmead is tackling litter, with more than 130 new bins installed as part of a community led investment project from Peabody.

Residents, through groups like the Nature Forum and Tidy Thamesmead, highlighted the need for more litter and dog waste bins in the town, especially in the parks and open spaces.

Peabody's grounds maintenance team has now installed 110 bins across Southmere, Crossways, Gallions and Birchmere Park and 29 recycling bins as a trial scheme with West Thamesmead Community Association (WTCA).

WTCA said: "We've been delighted by the response of the Peabody team to our ideas for launching a bins campaign to address the litter and waste in our green spaces."

The group has also created videos with children from the area to help neighbours understand what goes in the recycling bins. You can find them at www.westthamesmead.org.uk

There's been lots of positive feedback to the scheme and Peabody is now purchasing more bins. If you have suggestions for locations, please add them to the map at www.shapingthamesmeadnow.org.uk



ON THE RUN

Made a New Year resolution to start running? The Thamesmead Running Club has courses to suit all abilities and levels of experience:

12 WEEK COACHED, BEGINNERS' RUNNING COURSE

Date: Saturday, January 8 – March 26 2022

Time: 10:00am

Location: Grass by children's play area, Lytham Close, SE28 8QH

FORMALLY LED, MIXED ABILITY CLUB RUNS WITH VARIED SESSIONS WEEK ON WEEK (CASUAL, DISTANCE, HILLS, INTERVALS, TECHNIQUE)

Date: Saturdays

Time: 08:45am

Location: meet at Sporting Club Thamesmead, Bayliss Avenue, SE28 8NJ

FORMALLY LED DISTANCE RUNS. RUNNING VARIED ROUTES IN AND AROUND THAMESMEAD

Date: Sundays

Time: 08:00am

Location: Opposite the red lighthouse, Thames Path, SE28 8NY



Go the website www.thamesmeadrunningclub.co.uk

or email thamesmeadrunningclub@gmail.com for more details.



COLLECTIVE LAUNCHED

After a call-out earlier this summer for "clear communicators with a passion for creativity, art and their local community", five residents aged 18-29 have been chosen as Thamesmead's first commissioning collective.

The five people selected to co-found this new creative studio – Comfort Adeneye, Gonzalo Fuentes, Qozeem Lawal, Shalini Panchal and Whitney Manassian – are now commissioning a new piece of permanent public art for Cygnet Square in Southmere.

This paid, on-the-job learning experience is an in-depth, year-long project that sees the team contribute to each stage of the new artwork's development, from concept to completion.

The creative studio team said: "We're a passionate and diverse team of young creatives, and we all care a lot about Thamesmead. This opportunity to commission new permanent artwork is really ambitious. It gives us the unique chance to make sure the work produced represents where we're from, who we are, and what we're about."

Supporting the creative studio members is a team of experienced project mentors and cultural practitioners led by Joseph Gray, Vickie Hayward and Yinka Danmole, who grew up in Thamesmead.

The project will contribute to the transformation of Thamesmead's public spaces, while nurturing the cultural leaders of tomorrow. The final artwork will be unveiled in autumn 2022.

VISIT THE NEST



Thamesmead's state of the art community hub, overlooking Southmere Lake, is now open for business.

Why not come along to The Nest and have a cuppa with a member of Peabody's Community Properties Team who will give you a guided tour?

There's no need to book. Just head to The Nest at 3 Cygnet Square, Southmere, SE2 9UJ, at these times:

Mon between 10:30am- 12.00pm	Tues between 10:30am- 12.00pm	Weds between 3:30pm- 5.00pm	Thurs between 3:30pm- 5.00pm	Fri between 10:30am- 12.00pm
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If you can't make one of these slots, please contact Peabody's Thamesmead Information Manager, Sarah-Jane Day, at sarah-jane.day@peabody.org.uk or 020 3828 3671 to make an appointment.

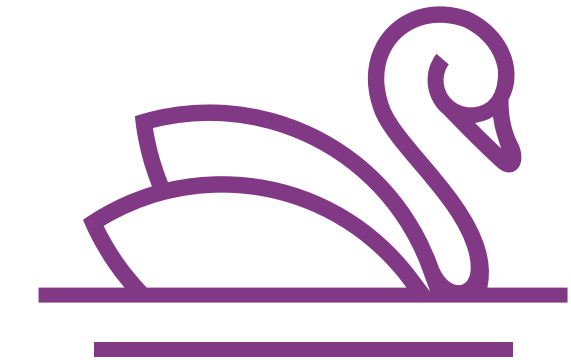
Circumstances may change in line with government Covid guidance so check www.thamesmeadnow.org.uk for the most up to date information.



TWEET, FOLLOW LIKE, SHARE

Please check www.thamesmead.org.uk for the most up-to-date information and follow Peabody's social media.

COME ROUND TO THE SQUARE



Over the past few months Peabody's cultural team has been running a range of family-friendly events on Cygnet Square by Southmere Lake.

These were a series of trials to see what kind of activities work there and to get feedback on what residents want in the area. That's now helped to inform the events that will be staged in the square over the next few months.

On Saturday, January 22 from 12.00pm to 4.00pm there'll be a local food market and workshops around health and well-being, plus a Taste of Thamesmead Cookbook celebration in The Nest.

Then on Saturday, February 26, we'll be staging a youth-led event with open mic, comedy and spoken word workshops, while on Saturday, March 26, there will be a Global Fiesta featuring music and food from around the world for the whole family. All events are free, and everyone is welcome.

Please check www.thamesmeadnow.org.uk for the most up-to-date information and follow Peabody's social media for all the latest news.

All events are delivered by Continental Drifts and The People Speak on behalf of Peabody. Continental Drifts is an international events organisation with more than 25 years' experience.

Twitter
[@ThamesmeadLDN](https://twitter.com/ThamesmeadLDN)

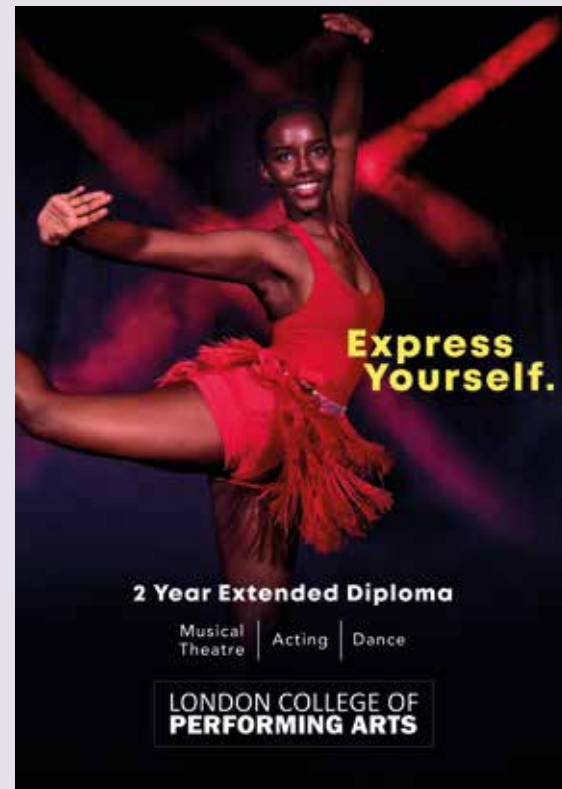
Facebook
[@ThamesmeadLDN](https://www.facebook.com/ThamesmeadLDN)

Instagram
[@ThamesmeadNow](https://www.instagram.com/ThamesmeadNow)

YouTube
[ThamesmeadLDN](https://www.youtube.com/ThamesmeadLDN)

WHAT'S GOING ON





STUDIED PERFORMANCE

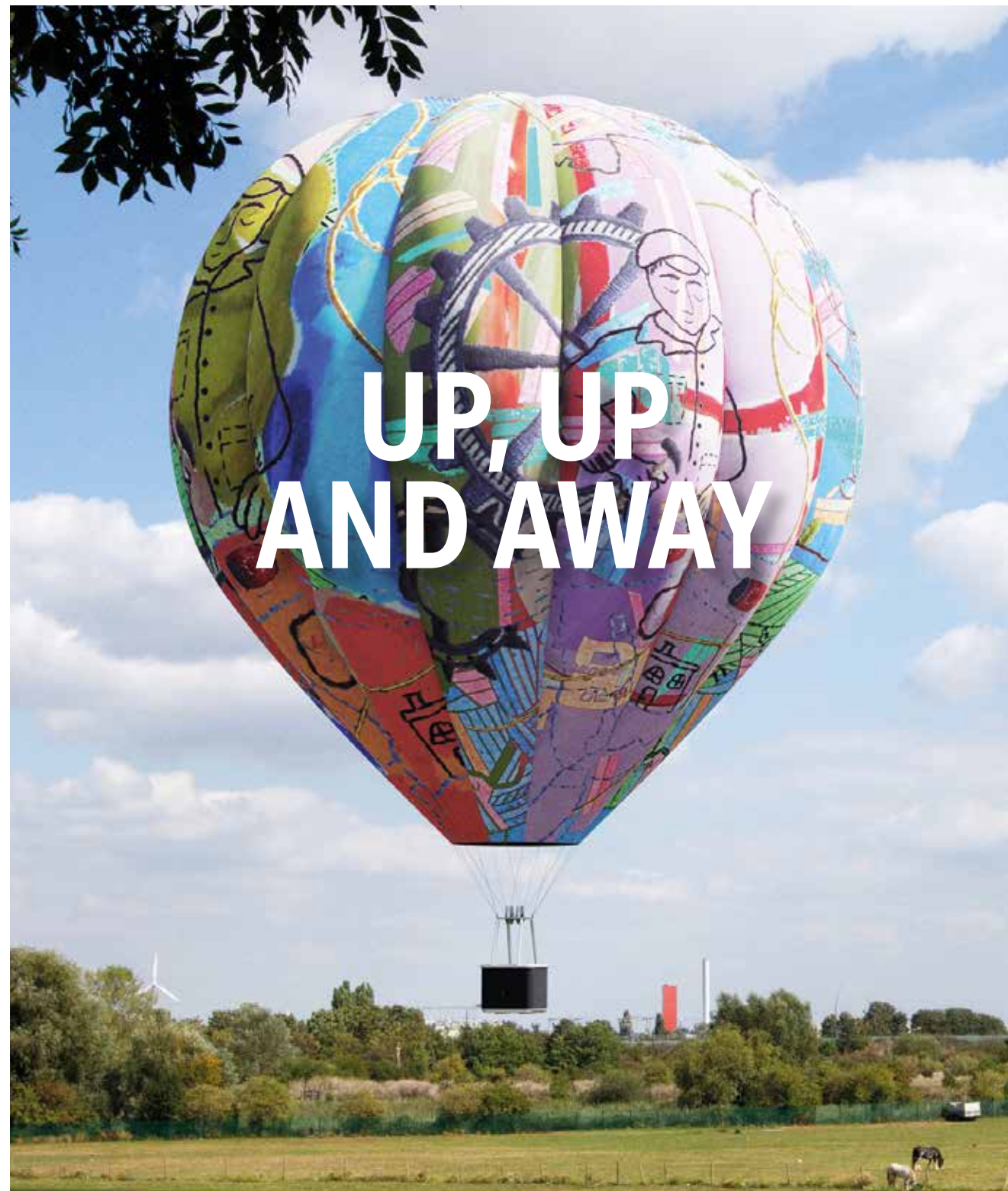
The London College of Performing Arts is based in Thamesmead and is one of the UK's fastest growing specialist performing arts colleges for youngsters aged 16-18.

Since its first intake of students in 2014, the college's performing arts provision has gone from strength to strength, increasing in popularity each year, attracting students from the local community and across the UK.

The college is proud to collaborate with London South East College at their campus in Greenwich, and is overseen by Creative Director and West End leading man Gary Watson.

Gary says: "We have a wonderful group of students drawn from hundreds of applications received this year, and they are serious about reaching the very top of their profession. As a college, we are completely committed to nurturing their potential and celebrating their individuality; spring-boarding them to the next step of their journey."

For more information and to apply visit www.londoncollegeofperformingarts.com



Want to be part of Thamesmead's biggest cultural event of the year?

Artists Neil Musson and Jono Retallick (M&R) are creating 'Fields of EveryWhen' – a 25m high sculptural hot air balloon celebrating the social and cultural history of the town.

To be part of this unique work of art, artists Neil and Jono need your stories of Thamesmead – past, present and future.

These shared tales will be interpreted into stitched artworks by members of the community and artists. They'll then be printed onto the balloon which will be flown over Thamesmead later this year.

Neil and Jono said: "Everyone has a story to tell, and we're interested in everything from the most ordinary to the most unusual. It could be about a daily routine or a memory of childhood; all of the stories will be transformed into unique artworks and flown above Thamesmead.

"We invite you to get involved by sharing your Thamesmead story and becoming part of this unique project. Our plan is to represent the diverse population and the extent of its global reach. We're creating 800 metres of flying fabric gallery, unlike anything which has been seen before!"



If you have a story you want to share as a short video, text, image or audio recording or if you would like to interpret a story into a visual artwork, then visit the website – www.g-foew.art – to find out how.



BUSINESS SUCCESS

Local businesses supported by Peabody's Economic Inclusion team have enjoyed another successful year at the Best of Royal Greenwich Business Awards.

Four were shortlisted from more than 230 nominations, with two being voted outright winners in their categories and one being named Business of the Year.

Brothers and Co-Founders, Emanuel and Lemuel Unaji of art and design company Unaji & Co. (www.unaji.com) won the Young Entrepreneur Award while Diego Gomes, Director of Fast Shield Packaging (www.fastshield.com) won the Greener Greenwich Award, and was also crowned Greenwich Business of the Year.

Emanuel and Lemuel said: "The support from Peabody has been phenomenal, it challenged us to develop a more efficient infrastructure. It also had a major impact on our business outlook, making us believe that we are valid as young professionals, and that our artistic perspective can contribute to the creative sector and wider society.

"We would highly recommend others to get involved with the enterprise programme!"

These were the fifth awards in a row that Thamesmead-based businesses, supported by Peabody's enterprise programmes, have been recognised.

For more information about how Peabody can help your business please contact David Bussey at david.bussey@peabody.org.uk or Christofi Christou at christofi.christou@peabody.org.uk

THAMESMEAD FUND

The Thamesmead Community Fund is once again accepting applications for grants.

The fund awards grants from £200 up to £2,000 to individuals and organisations to deliver cultural or community projects that benefit Thamesmead's residents. The money for the fund comes from the fees that Peabody earns through location filming in the town, and the Peabody Community Foundation.

It is run by Peabody, the London Community Foundation, and an advisory group of residents and stakeholders.

You can make applications to the latest funding round from Monday, January 17 until Friday, February 4. For more information visit www.londoncf.org.uk

TAKE ACTION



Local arts organisation TACO! is working with artist Holly Graham to map and record the history of the community led actions against racism that occurred in Thamesmead from 1991 to 1994.

Holly is particularly interested in hearing from people who were involved in demos, vigils, marches or community organising against racism during this time.

If you have an experience or materials – such as paper clippings or photos, or some knowledge of events you're willing to share – then we'd like to hear from you. All contributions are treated in the strictest confidence and we have a small budget to pay for people's time.

To find out more please contact project producer, Nicole Omotoye, at nicole@taco.org.uk or visit www.taco.org.uk

LOCAL TALENT



BLASTS FROM THE PAST



The Thamesmead Community Archive was launched in 2018 as part of the town's 50th-anniversary celebrations.

Working with TACO! the archive has collected materials from more than 30 residents. It works closely with Bexley Local Studies and Archive, the London Metropolitan Archive, British Library, RIBA archive and Museum of Youth Culture.

The archive already contains hundreds of photographs, documents, reports, postcards, films and personal recollections that help tell Thamesmead's story.

The construction of Thamesmead is well documented, but we are looking for things that represent the events of the last two years – covid, furlough, clap for the NHS, working from home. We'd welcome contributions that capture this aspect of the town's history.

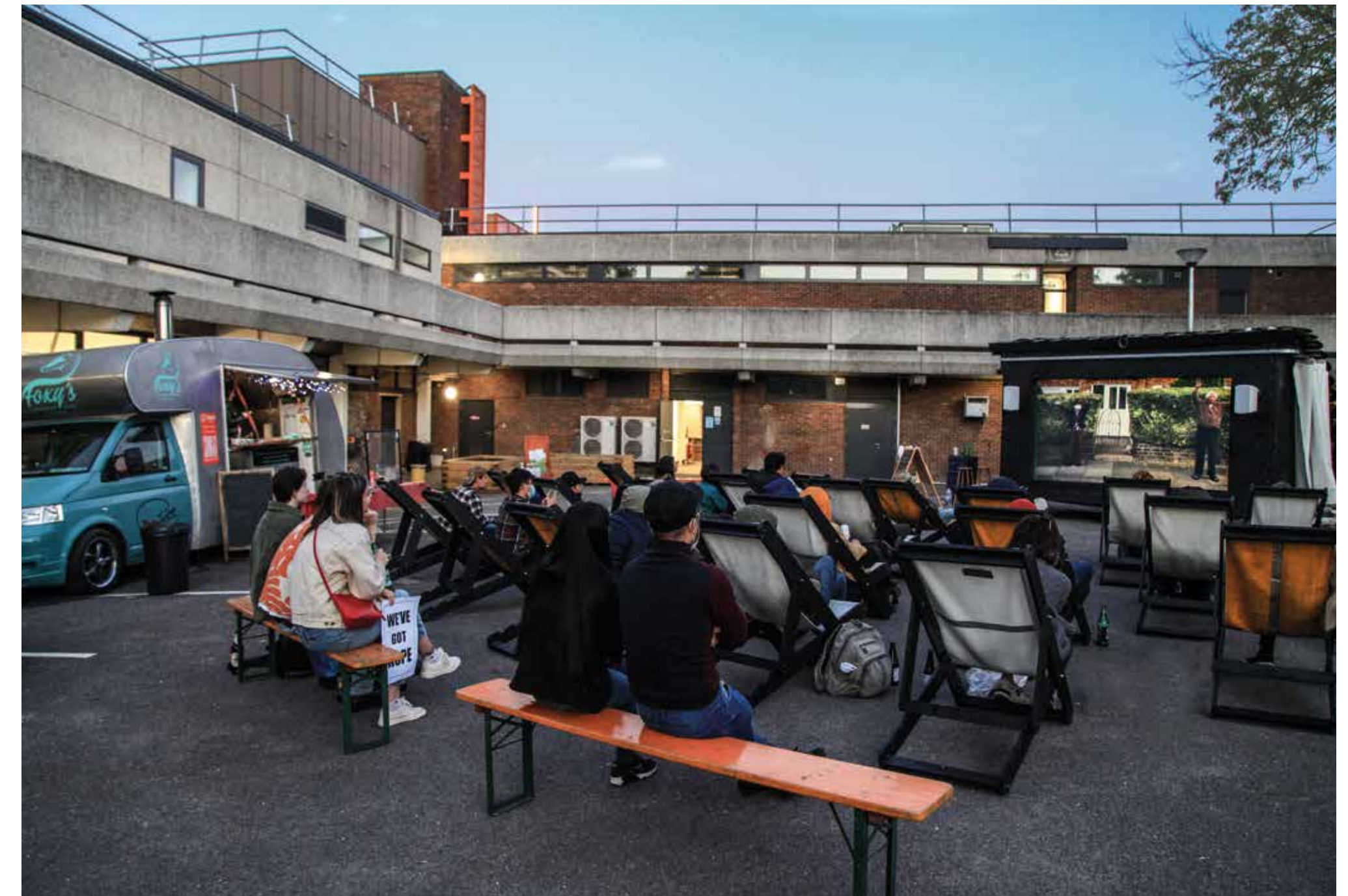
We need your help...

If you live or have lived in the area and have a story to tell or images of Thamesmead. We are keen to reflect all aspects of life, work and play at Thamesmead from the late 1960s through to the present day.

If you have some great photos of Thamesmead during the autumn or winter seasons. We have stunning pictures of Thamesmead in the summer but very few capture it in the colder months.

If you have picture from inside people's homes in Thamesmead. We'd love to see interiors from the 1970s through to today.

If you want to help to develop the archive, for example by undertaking interviews of volunteer contributors, or assisting us to fill gaps or add more content.



MOVING PICTURES

The Thamesmead Travelling Cinema is a piece of social sculpture by artists and filmmakers Scully and Scully.

The cinema, designed and built by local master craftsman Alex Tuckwood, was commissioned for the Thamesmead Community Archive, funded by Heritage Lottery Fund and Peabody, to celebrate the town turning 50.

When the pandemic hit the three of them began an 18-month journey to fully realise this beautiful artwork.

This structure, produced from recycled materials sourced locally, is built on a caravan chassis. The design celebrates local Traveller culture, taking inspiration from the Gypsy Bow Top Caravan.

The materials are largely reclaimed wood but also include 500 vinyl records for waterproof roofing. The cinema is complete with high spec audio video equipment and includes a fully stocked bar.

The cinema is stationed at the Lakeside Centre, where the majority of events have taken place, but is also designed to travel.

Scully and Scully said: "Every event we try to do is a unique experience. We are an open-air cinema complete with UK weather, so we ensure that it is as comfortable as possible by providing hot drinks, hot food, heaters and hot water bottles.

"We encourage people to bring a blanket and rug up warm, so we host a best blanket competition at each event where people can win prizes. We are a cinema run by the community for the community and we will have a seasonal call out for volunteers."

Contact us via the website – www.thamesmeadcommunityarchive.org.uk – to get involved and follow us on social media, using the hashtag #flashbackfriday on Instagram



If you'd like to volunteer or want to find out more visit www.thamesmeadtravellingcinema.com or search 'Thamesmead Texas' on social media.



MAKING SPACE FOR NATURE

Peabody, together with Groundwork and the Mayor of London, is working in partnership with the local Thamesmead community to introduce new ways of using and enjoying our beautiful green spaces.

The parks and waterways are great places to exercise, have a picnic, or just get a bit of fresh air, and the Making Space for Nature programme is here to help residents get the most out of them.

MAKE YOUR GARDEN GROW

Keen to learn how to make the most of your garden, balcony planters or window box?

Peabody's gardener-in-residence is here to help or you can drop in to one of our free Community Garden sessions. Visit www.thamesmeadnow.org.uk or email msfn@peabody.org.uk to find out more.



Last year the Making Space for Nature team partnered with Moo Canoes to host a kayaking event on the canal at Butts Wood to celebrate London Rivers Week.

Participants got to learn new skills and travel along the canal so that they could view Thamesmead from a whole new perspective.

The one-hour sessions included a safety talk and an introduction to the paddling technique, as well as a journey out on to the canal network, towards the Birchmere Lake/Harrow canal junction and back again.

PADDLE UP!

A total of 80 people joined us on the day, with some giving helpful feedback on our proposed plans for canal improvements in and around Butts Wood.

The kayaking is just one way Making Space for Nature is looking at making more use of Thamesmead's canals and lakes.

Future initiatives, such as canalside walks and outdoor swimming, are also being explored so keep an eye on www.thamesmeadnow.org.uk for announcements or sign up for the newsletter by emailing msfn@peabody.org.uk

LITTLE ACORNS



The Making Space for Nature team is working with Earthwatch Europe and the CLEVER Cities initiative to establish a new Tiny Forest in Southmere Park.

Tiny Forests are dense, fast-growing native woodlands, made up of 600 trees planted on a tennis court-sized plot.

This two-year programme of activities will include:

Providing a nature-rich and accessible green space where people can come together, enjoy the woodland and develop their understanding of nature.

Engaging up to 100 people, including communities in Thamesmead, in environmental action through a volunteer planting day.

Building community action through the Tiny Forest Keeper Team: a group of individuals with the skills to act as ambassadors.

Collecting data on the forest growth, learn about climate change and the value of trees.

Letting everyone know how the Tiny Forest is developing by creating compelling stories that can be shared within Thamesmead and beyond.

Contributing data on the benefits of the Tiny Forest as it establishes and grows.

We're looking for six volunteers who are interested in joining the Tiny Forest Keeper Team.

There are three main ways you can get involved: forest maintenance, community engagement and carrying out science surveys (full training will be provided). You'll only need to spare a couple of hours a month.

The planting day will take place on Saturday, February 19 with a free hot drink for all volunteers.

If you're interested in volunteering to join the Tiny Forest Keeper Team, or if you'd like to find out more, email msfn@peabody.org.uk

NATURE FORUM

The Nature Forum is still meeting on the third Thursday of every month to share ideas and make plans.

Contact msfn@peabody.org.uk to get information or join the mailing list.

BIODIVERSITY ACTION VOLUNTEERS

Want to get more involved in keeping Thamesmead's green spaces looking great? Weekly volunteer sessions took place from May to December last year, covering tasks such as fruit tree planting and hedgerow management, and will be starting again soon.

You can find more details at www.thamesmeadnow.org.uk or by emailing msfn@peabody.org.uk



NATURE



READING FROM THE START



Peabody is working with Greenwich Leisure Limited and the Dolly Parton Imagination Library, supported by funding from our partner VINCI Facilities, to help youngsters in Thamesmead learn about the joy of books.

The Reading From The Start programme aims to encourage a love of reading in children under five years old. When you sign up, your children will receive a free book each month and you'll be invited to visit our reading corners to join in with fun family activities!

Reading sessions are every Wednesday from 1pm-2:30pm at Waterways Children's Centre, Southwood Road, SE28 8EZ.

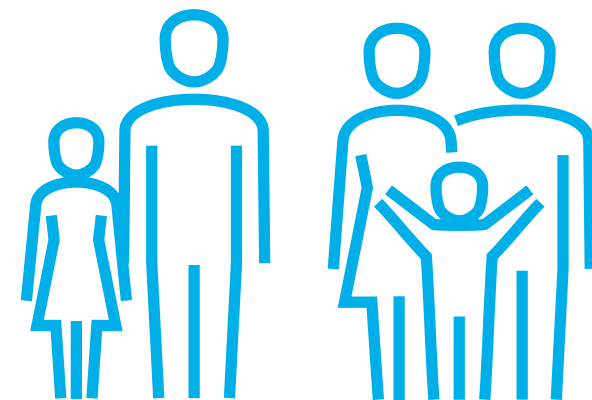
For more information and to register, email waterways@gll.org. To receive free books, you must be a Peabody resident and live within Thamesmead. Everyone is welcome to the family sessions.

CONFIDENCE BUILDER

Peabody, Waterways Children's Centre and The HER Centre have come together to deliver a women only confidence building course, More2Me, designed to help train your brain into being more positive.

Join the hundreds of people who have already completed the programme to improve their outlook. Crèche facilities are available

If you would like to join the next More2Me course email christine.carrasco@peabody.org.uk



PARENTS' FORUM

Peabody is relaunching the Parents' Forum in Thamesmead. It's an opportunity for parents and carers to find out about what is happening locally, tell us what really matters to you and your kids, and how living in Thamesmead can be better for children and families.

You will meet other parents and carers and get the chance to develop ideas, produce projects and activities, and help us shape our plans.

If you're interested in joining, please email christine.carrasco@peabody.org.uk

BACK TO WORK



In July 2021, after completing her A Levels, Thamesmead resident Charlie needed help finding an apprenticeship. She registered with Peabody's employment and training team.

Charlie was very new to the world of work. She knew what she wanted to do and needed advice to get there. Her first apprenticeship choice was to be a paralegal secretary, but she kept her options open.

She met Joy from the employment and training team, who became her caseworker, guiding Charlie through the process, helping her to update her CV and register on the apprenticeship website.

Joy concentrated on supporting Charlie to find a paralegal apprenticeship, but to no avail. As Charlie was open to other office-based apprenticeships, they widened the search and found an administration role.

Charlie applied and was offered a virtual interview. Before it, Joy conducted a mock interview to help Charlie improve her performance and feel confident about answering questions. Charlie was successful and was invited to the second stage, a face-to-face interview.

The interviewer told Charlie her skills far exceeded the job she was applying for and asked what her career interests were. Charlie explained she wanted to get into the paralegal field through administration.

Charlie impressed the interviewer so much that they created a paralegal apprenticeship just for her. She's now taking her first steps of what promises to be an exciting career.

A delighted Charlie said: "Is this how quick people can get into their dream?!"



If, like Charlie, you need help in getting into work or training, email the team at employment.training@peabody.org.uk

FREE TRAINING IN BEXLEY

If your voluntary or community group is based in the Bexley part of Thamesmead, or if you are helping Bexley residents, then you can access free training in marketing.

You can learn:

What makes a good story

Why and how storytelling can connect with and motivate your audience

How to craft an interesting story

Practical tips on storytelling in your marketing, including social media

Free (as far as possible!) digital tools available to help

Sign up at www.bvsc.co.uk/events/training – go to the training section and scroll down to February 1. For this or any other questions about Impact in Action contact karen@bvsc.co.uk or call 01322 315 391.

NEW YEAR, NEW LEARNING

The Learning and Enterprise College Bexley (LECB) offer a huge range of courses – from vocational training, such as accountancy, ICT, childcare, business administration to creative industries, such as pottery, drawing and crafts.

Many courses are subsidised for people on certain benefits, and some are free for eligible learners. Adults who do not have a GCSE Grade 4/C or above in either English or Maths are entitled to study up to GCSE level for free. The college also offers ESOL (English for Speakers of Other Languages) courses.

Find out more about the college, including the range of learning, free career advice available and course fees, at www.lecb.ac.uk or call 020 3045 5176 or email enquiries@lecb.ac.uk

You can also sign up to the LECB's regular email newsletter at www.bexley.gov.uk/newsupdates



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:



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

MEET THE NEIGHBOURHOODS TEAM

In each edition of this newspaper we're looking at a different part of the Peabody team in Thamesmead. We want to give you a better idea of what we do in the town and how we're improving residents' lives.

In this issue we're focusing on the Neighbourhoods Team who play a crucial role in the town.

The 24-strong team comprises of receptionists, wardens and neighbourhood managers who ensure the Peabody estates and properties in Thamesmead are in good condition and that things run smoothly.

If you're a Peabody resident, you might even bump into one of the team as they go about their daily rounds undertaking health and safety inspections, to make sure the estate is safe and complies with regulations.

The team is responsible for tenancy reviews. They help all new tenants settle into their homes and give them information about the estate. They also liaise with local police, safer neighbourhood teams and external agencies to tackle any anti-social behaviour.

Working with specialist cleaning and caretaking teams to ensure estates are in good order is a key part of their role. In addition, they carry out daily patrols to deal with issues such as abandoned cars and rubbish dumping, as well as managing the letting of parking bays and storage units.

The Neighbourhood Team Wardens also support vulnerable families, making referrals to outside agencies where necessary. They also organise the winter warmer visits and check on elderly and vulnerable residents.

Pablo Cazar, Peabody's Head of Neighbourhoods – South, said: "We're here to make a difference for our residents. For instance, this year we

have helped to prevent a vulnerable person from being scammed, gained an injunction against a Covid rule breaker and repossessed properties from people who didn't have the right to live there.

"During Covid we arranged welfare checks and helped our residents by getting shopping to them and talking to those who had become isolated by the pandemic. We were the first Peabody office to reopen so we could assist our residents who needed support."

"The team make a big contribution to life in Thamesmead and we're really proud of the work they do."

You can contact the Neighbourhoods Team via the customer hub at 0300 123 3456.



BOOST YOUR IMMUNITY



Looking after our health is important at any time of the year, but this winter, with flu season likely to hit harder than last year and COVID-19 rates remaining high, it is essential to take extra care.

There are several things you can do to stay well this winter and protect others. The first is to have the COVID-19 vaccine and booster as soon as you are eligible.

You can also get a flu vaccine (check at www.selondonccg.nhs.uk/wintervaccinations to find out if you qualify for a free one).

These will help to protect you against getting seriously ill from both viruses. Being vaccinated against flu and COVID-19 means protecting yourself so you can be there for your family, friends and those you care for.



To find out more information about how to stay safe and well over winter please go to: www.royalgreenwich.gov.uk/togetherforwinter or www.selondonccg.nhs.uk and click on 'COVID-19'.

GALLIONS REACH OUT FOR HEALTH



Improving health and wellbeing for everyone in Greenwich is one of the borough's highest priorities.

COVID-19 has had a profound impact on all of us. It has never been more important to work together to find ways to improve healthcare facilities.

In Thamesmead Moorings, the Royal Borough of Greenwich and South East London Clinical Commissioning Group, along with other partners, are working together to deliver a range of healthcare services to meet people's different needs.

This is an important part of making health services more accessible, delivering care close to where people live, and helping to manage the ever-increasing demands on primary care services.

Plans are at an early stage. The partnership has secured some initial funding through the One Public Estate Programme to help identify what healthcare services and facilities are needed at Gallions Reach. The studies will help with decisions on what services could be provided and how this could be achieved.



Please email malcolm.brydon@nhs.net to tell us how you would like to be involved



MASON FOUNDATION

Do you want to join others in your area in becoming more active? Funded by Sport England, Peabody and VINCI Facilities, The Family Mile is a free, fun activity where families from across Thamesmead can come together to do "Their Mile, Their Way"!

Whether you choose Nature Miles to spot local wildlife, or Adventure Miles full of clues and riddles to solve, there's bound to be one that's right for your family.

To find a Family Mile near you, simply visit the local Facebook page at www.facebook.com/FamilyMileThamesmead.

STAY WARM

The Royal Borough of Greenwich and its partner organisations offer a range of services and support to residents who might be struggling over the winter period.

For people living in Royal Greenwich who are worried about staying warm, safe and well over the colder months, the Greenwich Together for Winter campaign can help.

It provides information about the range of help available for residents over wintertime in one place, making everything easier to find and access. Learn about what support is there for you at royalgreenwich.gov.uk/togetherforwinter or at www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/

Worried about rising fuel and energy bills?

Save money with our new

Energy Advice Service

We've partnered with AgilityEco to deliver a new service for Peabody residents.



Sign up today and start saving!

Online at www.peabody.org.uk/free-home-energy-advice

Or use your smartphone's camera to scan this code:



Or call our Customer Hub on **0300 123 3456**.



Need Some Help with 'Digital'?



Come and meet one of the Bexley Digital Champion Network volunteers. These are based in a variety of organisations all over Bexley. They will be able to sit alongside and offer friendly 1:1 support to get you started or learn something new. No previous experience needed.

At your pace doing the things that matter to you!



Contact Georgia Mann on **07815 734 080** or ThamesmeadCommunityTeam@peabody.org.uk for more information

Lakeside Centre Kids Art Club



JOIN OUR EXCITING NEW SATURDAY KIDS ART CLUB!

Have fun, learn new art skills, and expand your creative imagination.

Only **£3 per class!** Every Saturday 10am - 12pm starting from 9th October. For children aged 5 to 11 years old.

To book your weekly place visit www.bowarts.org/lakeside-centre-kids-art-club.

YMCA Nursey, Lakeside Centre Southmere Lake, London, SE2 9AN



Calling all 18-30 year olds!

Do you have a difficult relationship with food?

Make some positive changes in 2022 by attending our **FREE** online workshops run by expert Life Coach Louise Bryant.

Intuitive Eating Workshops

Running every Thursday from the 6th January-10th February 7-8pm

Disordered Eating Workshops

Running every Thursday from the 24th February-31st March 7-8pm

Book your space today:

email: sarah@counsellingmattersbexley.org

call: 0800 047 2600

ABBAY WOOD TENNIS CLUB

JUNIOR COACHING CLASSES

Sporting Club

Thamesmead SE28 8NJ

SUNDAYS	MONDAYS	WEDNESDAYS
11.30 - 12.30pm Youth Start: New comers	5.00 - 6.00pm 4-7	4.45 - 5.45pm 6-10
12.30 - 1.00pm 1-2-1	6.00 - 7.00pm 8-11	5.45 - 6.45pm 11+
1.00 - 2.00pm 6-8	7.00 - 8.00pm 12+	6.45 - 7.45pm 1-1
2.00 - 3.00pm 9-11		
3.00 - 4.00pm 12+		

FOR MORE INFORMATION
0783 589 6557 / 0792 383 7746 E. abbeywoodtennisclub@gmail.com
clubspark.lta.org.uk/AbbeyWoodTennisClub

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Sign up here:

www.peabody.org.uk/newsletter



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 ThamesmeadLDN

In November thousands of Thamesmead residents enjoyed the return of the spectacular light festival - 'Light the Way'. The illuminated walk from Lesnes Abbey to Southmere Lake was produced by Emergency Exit Arts in collaboration with Peabody and the London Borough of Bexley, with support from Heritage Fund UK and the CLEVER Cities initiative.



PEACE IS THE DREAM OF A SHAREL
HUMAN SOU AT WE BUILD
EVERY DAY V ORGIVENESS
AND KIND AND HOPE.