

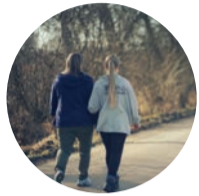


# TALK OF THAMESMEAD

THE NEW PUBLICATION FOR THAMESMEAD RESIDENTS



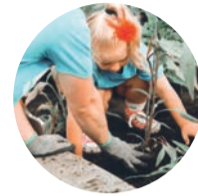
ISSUE ONE  
SPRING  
2021



**The Mason Mile**  
The Family Mile, is coming to Thamesmead this spring!



**COVID testing and vaccination**  
Everything you need to know for Bexley and Greenwich residents



**New fund to boost green spaces**  
Find out more and how to apply



# LAKESIDE

EXCITING  
PLANS FOR  
SOUTHMERE

FIND OUT MORE  
ON PAGE 3



# HELLO THAMESMEAD!



**John Lewis,**  
Executive Director,  
Thamesmead. Peabody.

**We'd like to welcome you to the first Talk of Thamesmead newspaper.**

**We've been talking to people locally and you said you'd like to know more about what's going on in Thamesmead.**

Not just news about Peabody's work but also about all the people making important contributions to life in the town.

For the past few years, we've been producing a newsletter every two months which was sent to Peabody residents in Thamesmead.

We're now going to deliver this new publication to every home and business in Thamesmead every three months.

We've redesigned and expanded the format because we think it's crucial to keep you as well informed as possible, especially at a time when we can't all come together as a community.

It will feature the many individuals, groups and organisations who make Thamesmead such a special place.

As you'll see from this edition there are some great stories about the work people are doing to improve day to day life in the town, but we'd like to do more.

So, if there's something going on in your community you think we should be shouting about then email **[thamesmeadnow@peabody.org.uk](mailto:thamesmeadnow@peabody.org.uk)** and tell us all about it.

We hope you enjoy this first edition. We want this newspaper to be about what's important to you. With your help we're sure we can make that happen.

*John*



## GET IN TOUCH

If you want to tell us what you think of this first edition, sign up for the monthly digital newsletter or just get more involved then please drop us a line at **[thamesmeadnow@peabody.org.uk](mailto:thamesmeadnow@peabody.org.uk)**



Cover image  
by Keith Hau



# SOUTHMERE TURNS OVER A NEW LEAF

**The story of Southmere is starting an exciting new chapter as the details of the stunning new library have been revealed, creating lots of new opportunities for local people.**

Known as The NEST, the striking building on the shore of Southmere Lake is one of the most eye-catching features of Peabody's plans for the area that will also see 500 new homes alongside the purpose-built public square with shops, cafés and resident facilities.

The three storey NEST will form the focal point for civic activity with the ground floor occupied by Bexley Library Serves. The Peabody Communities team will have a base on the Mezzanine and first floor - you can contact them at [ThamesmeadCommunityTeam@peabody.org.uk](mailto:ThamesmeadCommunityTeam@peabody.org.uk)

The team will manage the building and provide a range of services to support resident wellbeing, community participation as well as access to wider opportunities covering areas such as employment and training.

Paula Hines, Peabody's Socio-Economic Regeneration Head of Region, said: "The great thing about the NEST is that it will provide a fantastic variety of spaces ripe for all sorts of community activity; from quiet places for reading, work and study to dynamic spaces suited for celebrations, physical and creative activities and events for all ages.

"Overlooking Southmere Lake you can really see the area come together and get a sense of how exciting it will look when the whole development is completed in 2022 with so many new amenities for existing and new residents."

The first phase of 47 one, two and three-bedroom apartments are about to be launched, with homes available through the London Help to Buy scheme.

Southmere Lake itself, which already features the Lakeside Centre - home to 40 artists, is currently being revitalised with a £2.5 million investment by Peabody.

This has seen the lake cleaned up to attract a more diverse range of wildlife and new fishing platforms installed which will soon be followed by a boat club, offering paddle boarding and kayaking.



**To learn more about The Nest and other exciting developments happening at Southmere, visit [www.thamesmeadnow.org.uk](http://www.thamesmeadnow.org.uk)**







## TWEET FOLLOW LIKE SHARE

You may have noticed that we're sharing more of our day-to-day news and updates on our Twitter, Facebook and Instagram accounts.

If you'd like to stay up to date you can follow us on

**Twitter**  
**@ThamesmeadLDN**

**Facebook**  
**@ThamesmeadLDN**

**Instagram**  
**@ThamesmeadNow**

**YouTube**  
**ThamesmeadLDN**



# MILES BETTER

**The Mason Mile's exciting initiative, The Family Mile, is coming to Thamesmead this spring!**

As the nation begins to ease out of lockdown, this is the perfect opportunity to reconnect the Thamesmead community and help put a 'spring back in your step'.

With funding from Peabody and supported by VINCI Facilities, The Family Mile is a completely free, fun activity, where families come together to do 'Their Mile, Their Way'.

The Sport England funded charity has been busy training local ambassadors who will help deliver

The Family Mile when the walks launch in April - (COVID dependent).

The Mason Mile is still currently recruiting ambassadors to volunteer as little as one hour a week to lead walks, assist with social media and help promote the Thamesmead Family Mile.

You can volunteer for this flexible role either as an individual, as a family, or with a friend or partner. Simply go to [www.themasonmile.com/become-an-ambassador/](http://www.themasonmile.com/become-an-ambassador/) for more details about the scheme.

The Mason Mile also offers a friendly digital community to support their milers in taking that first step towards a healthier and happier life beyond their organised walks.



You can visit The Mason Mile's vibrant Facebook page at [www.facebook.com/FamilyMileThamesmead](http://www.facebook.com/FamilyMileThamesmead) or download the FREE 'The Mason Mile' App (available on the App Store and Google Play Store) to find out when a Mason Mile is being held near you!





**Spring is very much round the corner and there's a great opportunity to capture Thamesmead in full bloom and win a prize.**

The Spring In Thamesmead photo competition is your chance to show what the season means to you, whether it's flowers along the canal banks, people out enjoying the sunshine or nature-filled views across Southmere Lake.

Five lucky entrants will each win a £25 voucher with the winners and their pics revealed in the Summer edition of this publication. All photos submitted will be posted online for everyone to enjoy.

### HOW TO ENTER



**Via Instagram**  
Post your photo  
Tag @ThamesmeadNow  
Use #Springinthamesmead



**Via Twitter**  
Post your photo  
Tag @ThamesmeadLDN  
Use #Springinthamesmead



**Via Email**  
send images to  
thamesmeadnow@peabody.org.uk

**The closing date for submissions is 3 May 2021 so get snapping and share your vision of Thamesmead with the world.**

## LOOK INTO THE FUTURE

Local people in Thamesmead can now find out what the future holds with the opening of the new Marketing Suite and Discovery Centre in the town.

Peabody has built the multi-purpose centre on the corner of Harrow Manorway and Overton Road so current and prospective residents can see the great things Thamesmead already has to offer as well as what's coming up in the years ahead.

If you like to visit the centre you can arrange a 1:1 COVID-safe tour by contacting Sarah-Jane Day, Peabody's Thamesmead Information Manager, at [thamesmeadnow@peabody.org.uk](mailto:thamesmeadnow@peabody.org.uk) or on 020 3828 3671.

If you aren't able to visit in person, you'll soon be able to take a virtual tour of the Centre on the ThamesmeadLDN YouTube channel.



# WHAT'S GOING ON





## SPEAK UP FOR THE MOORINGS

It's easy to complain! As a group of residents from in-and-around the Moorings, we wanted to do more.

We want to work together to be a force for good and bring about change. We were formally designated by the Royal Borough of Greenwich in June 2019 and work started with surveys to identify priority issues.

Long-term, we aim to develop a neighbourhood plan that sets out planning policies for the Moorings area. This means that we get a say in what happens rather than leaving it to others who do not live here.

Short-term, we are focusing on several issues that will provide immediate benefit to local people. So far, we have a weekly community email that gives updates and local news.

Currently, we are working with other groups to tackle Anti-Social Behaviour within the Moorings. We have started addressing poor lighting and have already seen some improvement.

With help from our friends from Tidy West Thamesmead, we are hoping to start a Tidy Central Thamesmead - watch this space!

We need your help! If you live within the Moorings or simply have an interest here, sign up to receive updates. Join us in our public discussions making sure your voice is heard. Report local problems and volunteer for the jobs that no-one wants but everyone appreciates.

Go to [www.mooringsnf.org.uk](http://www.mooringsnf.org.uk) for more details and get in touch at [info@mooringsnf.org.uk](mailto:info@mooringsnf.org.uk) and on 07308 503480.



# GO WEST (THAMESMEAD)!

**The West Thamesmead Community Association (WTCA) is dedicated to connecting to the community, enhancing the local environment and providing a voice for all residents in West Thamesmead.**

The Association was founded last summer by a group of like-minded residents after the success of Tidy West Thamesmead - its first community project, launched a few months earlier to tackle litter issues in the area during the first COVID lockdown.

One of the Association's main ongoing projects is the creation of Gallions Copse, a community garden located close to Gallions Park and Lake. WTCA is working with Hexagon Housing, Royal Borough of Greenwich and Peabody's Gardener-in-Residence, Georgina Irimia, to create a community space open to everyone.

WTCA chair, Mark Pickering, said: "The Association has grown steadily over recent months, delivering significant changes in numerous areas of West Thamesmead. We are now looking for new volunteers to join us and assist with our various activities."

To learn more about current initiatives and how to get involved, visit the group's website at [www.westthamesmead.org.uk](http://www.westthamesmead.org.uk) and follow WTCA on Facebook, Instagram and Twitter.





## HELP SHAPE THAMESMEAD



**How have you been over the last year? Has your mental health and wellbeing been affected? It has been a challenging time. What has helped you to cope? Have you connected more with your neighbours or less?**

The London Borough of Bexley, the Royal Borough of Greenwich and Peabody would like to hear about your experiences and what you wish could be different in Thamesmead. This will help us to get a better picture of what the community needs now and, in the future, to help improve your mental health and wellbeing.

**Please tell us about your experiences by filling out this short survey [www.surveymonkey.co.uk/r/tmshapingplaces](http://www.surveymonkey.co.uk/r/tmshapingplaces).**

**All respondents to the questionnaire can enter a prize draw to win one of ten £20 vouchers. If you're unable to access the survey via the link and would like a paper survey sent out to you please email [ThamesmeadCommunityTeam@peabody.org.uk](mailto:ThamesmeadCommunityTeam@peabody.org.uk)**

## ARE YOU A CHAMPION?

**During the pandemic we all need to work together to keep our communities safe and supported. Peabody, working with Greenwich and Bexley Councils is keen to recruit local people to share health information with family and friends across the two boroughs.**

As a Thamesmead Champion you could play a key role in looking after your community, telling us what people need and sharing information on available services.

Together we can provide free training opportunities and access to webinars on key topics such as mental health awareness.

**Could this be you? Email [ThamesmeadCommunityTeam@peabody.org.uk](mailto:ThamesmeadCommunityTeam@peabody.org.uk) to find out more.**

## DIGITAL CHAMPIONS

**We are looking for Digital Champions to help people in Bexley!**

Digital Champions help others to improve their digital skills and benefit from using the internet safely. COVID has demonstrated the importance of having access and being able to use the internet and online services, but we know that almost one in 10 adults in Bexley are not currently online.

You don't need to be a technical whizz to be a digital champion, but you do need to be patient, a good listener and be able to communicate clearly to encourage and support your learners.

Digital Champions are supporting people remotely over the phone at the moment because of COVID restrictions. We hope that face-to-face digital champion work will resume later in the year as and when restrictions allow.

As a digital champion, you will be working with people in your community to help them make the most of what they can access online. We offer CPD-accredited training and support for you in your role.

The initial training should take a couple of hours, and then you will be able to choose additional training that you think would be particularly helpful. After this you will spend an hour or so a week helping other Thamesmead residents access different things online.

**If you have some time to spare each month, please get in contact with [ThamesmeadCommunityTeam@peabody.org.uk](mailto:ThamesmeadCommunityTeam@peabody.org.uk)**

**Helping someone to use technology can be very rewarding. 87% of people who are online say it helps them feel more connected to family and friends.**



# LOCAL TALENT



# NEW FUND TO BOOST GREEN SPACE



**A new grants scheme to help transform Thamesmead's green spaces is being launched while the town's Community Fund has just awarded more than £20,000 locally, taking the total to more than £80,000 with over 50 projects supported.**

Amounts from £200 up to £2,000 will be awarded by the new Making Space for Nature Community Fund to individuals, community groups, charities and schools to help develop Thamesmead's green areas and encourage local people to engage with nature.

The Making Space for Nature programme is funded by Peabody and CLEVER Cities, and delivered by Groundwork, Peabody and The Mayor of London. CLEVER Cities is an EU funded research project that looks at innovative ways to improve spaces using nature.

Kate Batchelor, Peabody's Head of Landscape & Placemaking in Thamesmead, said: "The new Making Space for Nature grants mean local people will be able to make a real impact in the town creating exciting new ways to discover, develop and enjoy Thamesmead's great spaces, from parks and waterways to squares and gardens."

The Making Space for Nature Community Fund is making two types of grants available. A Green Guardian Grant, a micro grant of up to £400 for small greening projects and interventions, and a Nature Hero Grant of up to £2,000 for higher-profile greening projects and nature-based activities.

This is a rolling grant and applications can be made at any time from 6 April to 27 August with awards announced on a monthly basis.

The new scheme is part of Peabody's Thamesmead Community Fund which awards grants of £200 to £2,000 to individuals and organisations to deliver cultural or community projects. The programme is funded by the fees Peabody earns through

location filming in Thamesmead and the Peabody Community Foundation.

In the latest funding round the Community Fund awarded nearly £21,000 to 11 individuals and organisations.

This includes supporting activities as diverse as: football for all; family sport in the park; a film for Thamesmead; healthy eating, photography and poetry workshops; Zoom sessions for older people; an online sewing course and support for the West Thamesmead Community Association.

Kafilat Iyiola of Kafilat Healthy Eating said: "The Community Fund has opened up the avenue to continue delivering Healthy Eating Cookery to the residents of Thamesmead. They will learn about healthy diet and how to cook delicious, affordable and healthy meals.

**"This is especially great as sessions are delivered online allowing safe distance, while still enjoying a sense of community. Some of the added benefits will be sustaining a healthy lifestyle, meeting new people or even reviving old friendships."**

Adriana Marques, Peabody's Head of Cultural Strategy for Thamesmead, added: "As we emerge from lockdown the work of the Community Fund in promoting local culture and creativity is more important than ever. These awards will support and inspire the artists and cultural activity that is going to enable the people of Thamesmead to come together as a community once again."

The Thamesmead Community Fund is run by Peabody, the London Community Foundation, and an advisory group consisting of local residents and stakeholders. The next round of applications opens on 31 May and closes on 18 June.

**You can find out more about both funds and how to apply by visiting the 'In Your Community' section of the ThamesmeadNow website – [www.thamesmeadnow.org.uk](http://www.thamesmeadnow.org.uk)**



# SOUTH THAMESMEAD COMMUNITY DESIGN COLLECTIVE LAUNCHES



## Residents in South Thamesmead are having a say on how their neighbourhoods will look and change in the years ahead.

The South Thamesmead Garden Estate Community Design Collective has been officially launched with the group, including 11 local residents committed to helping make Thamesmead greener, meeting for the first time via Zoom.

South Thamesmead Garden Estate is part of Peabody's £3.9 million investment to create better outdoor spaces around homes in Southmere and Parkview.

The newly-formed Collective will help co-design the improvement works with Peabody's appointed design practice, muf architecture/art, and work with Making Space for Nature, the programme finding new ways for residents to enjoy Thamesmead's green spaces.

Collective member and South Thamesmead resident, Kim Teasdale, said:

**"Since moving to Thamesmead seven years ago, I feel privileged to have so much green space to explore and share with my friends.**

"By joining the Collective, I am able to share my adventures through the photographs I enjoy taking and also be a part of creating a design that will enhance our neighbourhood and make it a vibrant place to live."

Kate Batchelor, Peabody's Head of Landscape and Placemaking in Thamesmead, said: "This is a great opportunity for local people to contribute to significant change in their neighbourhoods and meet other like-minded community members who are also committed to improving the area."

Group members are being paid for their time and receive training in areas such as design principles, decision-making, research and collaboration skills. They will also learn about project management, landscape design, budgeting and community collaboration and engagement.

The Collective's first task will be to share ideas and feedback from the local community as new designs are developed for green spaces in South Thamesmead, based around the Green Chain Walk pathway from Lesnes Abbey to Southmere Lake, Mangold Way and areas around the lake.

This follows the work already done this summer around Parkview Estate (Redpoll and Mangold Way) and Southmere Estate (around Portmeadow Walk) which saw the introduction of new paving, planting, lighting, play equipment and seating.

The Community Design Collective is a pilot scheme and will help to inform new ways of working with communities in Thamesmead, London and other European Cities.

The Making Space for Nature programme is funded by Peabody and CLEVER Cities, and delivered by Groundwork and Peabody. CLEVER Cities is an EU-funded research project that looks at innovative ways to improve spaces using nature.

**If you'd like to know more about the Community Design Collective or share your own thoughts and ideas visit [www.shapingthamesmeadnow.org.uk](http://www.shapingthamesmeadnow.org.uk) and click on the South Thamesmead Garden Estate link.**





# THAMESMEAD ARTISTS MAKING IT BIG IN THE TOWN

Local artists in Thamesmead will be sharing their vision of the town on a massive scale. Peabody commissioned the artists to create designs for a 400m hoarding along Harrow Manorway at Coralline Walk, as part of a huge mural to celebrate the town's rich natural and cultural heritage.





Paige Denham



The first two Thamesmead artists to take part are illustrator Keith Hau and print designer Paige Denham. Other local artists, photographers and designers will be creating new works in the months ahead.

Keith Hau said: "The hoardings are a unique canvas, so it was a really great project to be involved in. I've always enjoyed being amongst the landscape here, so it was a joy to help create illustrations which highlights and promotes the natural spaces.

"There's an incredible amount of green and blue spaces found in this town and I really wanted to try and celebrate these areas with bold, dynamic and colourful designs."

Paige Denham added: "I am so proud to be creating a piece of art for the residents of my hometown, that means so much to me. With art galleries and museums closed for the past year, there has been a real cultural drought so to be able to paint this mural in Thamesmead is such a pleasure.

**"I can only hope that this mural brightens residents' days, brings them a sense of joy and encourages people to love the town like I do."**

Adriana Marques, Peabody's Head of Cultural Strategy for Thamesmead, said: "This is an exciting opportunity to work with local artists who call Thamesmead home and have them capture what the area means to them.

**"Thamesmead has such a rich and vibrant creative community and it's important that we celebrate this home grown talent."**

Keith Hau's design is a series of four illustrations under the banner of 'Making Space for Nature', the programme finding new ways for residents to use and enjoy Thamesmead's many green spaces.

Each print focuses on a particular Making Space for Nature's project: Southmere Lake, Secret Sunflower Field, Bugs & Birds and Get Set Sow. All created to get local people more involved in the town's natural environment, from spending time enjoying the lakes and parks to growing their own vegetables at home.

Paige's mural 'Welcome to Thamesmead', which she painted directly onto the hoardings, is inspired by the theme of play in the town, from the adventure playground and waterpark of the original Thamesmead to today's open spaces. She has

used bold colours and shapes to depict play in Thamesmead's past, present and future.

Keith Hau is an illustrator and designer based in Thamesmead. Inspired by his observations of nature and passion for stories, his work is narrative driven, combining pattern, texture and colour to create colourful compositions. To see more of Keith's work, visit [www.keithhau.com](http://www.keithhau.com)

Paige Denham is a print designer influenced by colour, shapes, textures and community. Paige has lived in Thamesmead all of her life and quite often sees the town influence her work. Setting up her own creative practice one year ago, Paige works from her London based studio creating joyful print design that she lovingly screen prints by hand.

At the end of last year Paige was commissioned by Peabody to paint a mural for one of the town's underpass as part of the Thamesmead Canal Mural Programme, her first large scale piece of public art. You can see more of Paige's work at [www.paigedenham.com](http://www.paigedenham.com)

The hoardings featuring the artworks are next to Peabody's newly opened Marketing Suite and Discovery Centre.



# BROWNIES ARE DOING THEIR BEST



**My name is Sandy White and I'm the leader of 5th Abbey Wood Brownies. I have been a Brownie leader for 43 years and for the past 33 years with my present unit in Thamesmead. I have lived in the town since 1986 and have seen it evolve over the years from new homes being built in the late 1980's into the 1990's, to the building of new flats now.**

Sometimes a trip to Thamesmead Town Centre to quickly get some shopping can take a few hours when I bump into people I know through my work with the Brownies, and we stop and have a catch-up.

My Brownies journey started when I joined my local group aged seven and loved it straight away. Then at 10 I moved to the Girl Guides.

As a Guide I was fortunate enough to take part in many different adventures, camping in lots of different parts of the country, attending many Girl Guiding events, hiking trips in the countryside, and lots of other exciting things while making lots of new friends, some of whom I am still friends with now.

At the age of 13 I started to work towards a badge called the Service Flash, part of which involved helping out in the local community for six months.

My Guide leader suggested that I help at the Brownie unit that met in the same hall as us. I loved working with the girls and at the age of 16 I left Guides but continued helping at Brownies and started working towards becoming a young leader.

The Brownie leader became very sick, so at the age of 18 I stepped in and became the Brownie leader or Brown Owl. It was very daunting being in charge of the Brownie unit at such a young age, but I had two other leaders there to help things run as smoothly as they could.

To enable me to take my Brownies away I first had to obtain my Brownie holiday licence, this meant I had to organise a weekend away at our region camp site (where I work now).

I had to plan the whole weekend from Friday evening to Sunday morning. During that weekend we experienced heavy rain and hailstones, causing a major power cut that left us with no lights and heating, but we coped as best as we could, still had great fun and I got my Brownie holiday licence.

In 1986 I moved from Sydenham to Thamesmead and eventually had to give up running the Brownie unit.

I was talking to a friend about leaving my Brownie unit in Sydenham and her seven-year-old daughter overheard and told me her group in Thamesmead was closing because the leader was going.

She said if I took over it could stay open, so I began running the 5th Abbey Wood Brownies.

I love being a Brownie leader and have had lots of girls from Thamesmead attend my unit. I have enjoyed seeing many of the girls grow up from shy seven-year-olds to confident women and now I even have the daughters of mums who were in my unit as youngsters.

In 1993 my eldest daughter turned five and so I started the 5th Abbey Wood Rainbow Unit so she and her friends could join until they were old enough to become Brownies. The Rainbow group is still going strong today.

The organisation has changed over the years. From changing its name from Girl Guides to Girlguiding UK (in this country), uniforms have become more comfortable and practical to wear, brighter badges for the girls (leaders love a badge too) and more opportunities for them to learn they can do anything they set their minds to.

Being a leader has had its ups and downs, especially during the COVID 19 pandemic, going from meetings with the girls face-to-face in the hall or outside in the sunshine to holding our meetings every week on Zoom, with risk assessments needed for everything to ensure everyone is kept safe. But despite it all I love being a Brownie leader and will continue for as long as I can.

**Through Guiding I have met some amazing leaders who are part of my Guiding family and help me run my Brownie unit now.**

Girlguiding is very supportive in every aspect, providing a safe place for the girls to have fun with their friends during meetings, encouraging them to safely try new things and hopefully assisting them to start their own unit up when they become adults.

**If your daughter is interested in joining Brownies or Rainbows, please email [5thabbeywoodbrowniesrainbows@gmail.com](mailto:5thabbeywoodbrowniesrainbows@gmail.com) or you can find more information on the '5th Abbey Wood Brownies and Rainbows' Facebook page.**







# FORUMS FOR ALL



**No matter what your interests are, or if you're looking to get more involved in life in Thamesmead, there's a good chance a local group or meeting that will satisfy your needs already exists.**

Peabody has helped establish three forums that meet every month (currently virtually) so local people can come together to share expertise, learn new things and have a real influence on the future of the town.

The forums cover business, culture and nature. Here are all the details you need if you'd like to join one, two or, if you're a young entrepreneur interested in the arts and bird watching, all three!



## BUSINESS

The Thamesmead Virtual Business Forum is where business owners, enterprise partners and local entrepreneurs come together to network and share opportunities, information, advice and guidance.

**It meets every second Monday of the month between 4pm and 5:30pm. Email [madeinthamesmead@peabody.org.uk](mailto:madeinthamesmead@peabody.org.uk) for details.**



## CULTURE

The Thamesmead Culture Forum is for anyone interested in the arts and cultural activities in and around Thamesmead.

**Meetings are held via Zoom on the first Wednesday of the month at 5pm. Contact [lisa.drew@peabody.org.uk](mailto:lisa.drew@peabody.org.uk) to join or be added to the Culture Forum mailing list**



## NATURE

The Thamesmead Nature Forum is for those with an interest in the natural world and the green and blue spaces in and around Thamesmead.

**All meetings are currently on Zoom on the last Thursday of the month at 5:30pm. For more details email [msfn@peabody.org.uk](mailto:msfn@peabody.org.uk)**



# YOUNG PEOPLE MAKING A DIFFERENCE



**Hi, I'm Michelle Ndlovu, I'm 17 and currently in Year 13 studying Psychology, Biology and Maths. I've lived in Thamesmead for roughly ten years but began actively getting involved within the community last year.**

I started on a Peabody-funded programme called Young Producers after my mum received an e-flyer and forwarded it to me. It was set up to bring new talent aged 16 to 25 into the arts.

I was interested and attended the first meeting but unfortunately shortly afterwards we went into a national lockdown. But that didn't stop us, we carried on the programme online and produced TEMO TV - a YouTube channel that showcased local Thamesmead talent.

That programme created a domino effect in terms of my involvement within the community.

After that I joined an ongoing online workshop called Masterclass, the Youth Eco-Development Council (YEDC) and a creative research group, all within Thamesmead.

Some were paid positions and some reaped other rewards. For example, gaining an advanced project management accreditation alongside my first programme and having the opportunity to meet our local MP, Abena Oppong-Asare, to discuss how COVID-19 has affected young people.

I was also given the chance to contribute so much more to Thamesmead's development, for instance by talking with artists to help

brainstorm ideas for murals around the area and joining panels discussing the town's future.

These opportunities have helped me develop a strong connection to my area. I see Thamesmead as the countryside within the city. We have a peaceful, nature-filled atmosphere as well as the diversity and vibrancy a city gives.

Thamesmead is home to billions of different stories, told and untold. I see it flourishing in the years to come as it has so much potential and has done so much for me. I can't wait for Thamesmead's next steps.

**If you're a young person interested in getting involved in local programmes like Michelle, contact Nadia Kassab, Peabody's Youth Development Co-ordinator in Thamesmead, at [nadia.kassab@peabody.org.uk](mailto:nadia.kassab@peabody.org.uk)**



## PEABODY'S EMPLOYMENT AND TRAINING TEAM IS 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 help with:

Writing CVs, personal statements, cover letters and job applications

Preparing you for interviews

Connecting you with different employers and training providers

Volunteering opportunities

Career's guidance and coaching

If you're interested contact us at:  
[Employment.Training@peabody.org.uk](mailto:Employment.Training@peabody.org.uk)

## GET DIGITAL

Are you employed and looking for free online digital and leadership skills training to help you progress in work?

The Dagle project could be for you. Their training is accredited and organised by four different pathways: 1) Digital Marketing 2) Leadership & Management 3) IT & Digital Skills 4) Creative Digital.

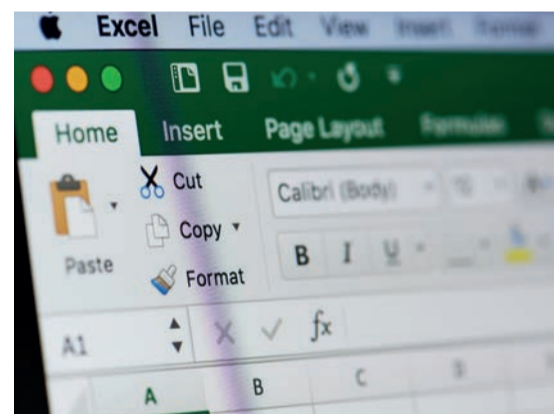
For more information visit: [www.dagle.uk](http://www.dagle.uk)

## SELLING ONLINE

Do you live in the Royal Borough of Greenwich and want to learn how to build a successful e-commerce website?

If you do email us your name and phone number to register your interest:  
[Employment.Training@peabody.org.uk](mailto:Employment.Training@peabody.org.uk)

## EXCEL-LENT OPPORTUNITY



Discover how Excel can be used to measure the difference your Bexley Borough voluntary or community group is making. Perhaps you need to log how many people you help, where they live and how their lives have changed? Rather than spending money on expensive software you may find that Excel can do more than you thought!

Thanks to funding from the City of London Corporation's charity, City Bridge Trust this training is free to groups working in Bexley, but it won't last forever, so contact BVSC's Impact in Action co-ordinator today! Karen Jefferys on 01322 315391 or email [karen@bvsc.co.uk](mailto:karen@bvsc.co.uk)

## SIGN UP FOR FREE COURSES



Interested in free training opportunities? Peabody runs free courses for our residents and also works with partners to provide a wide range of training to improve your employability skills or personal development. Coming up we've got courses covering subjects such as:

Social Media for Business Use

Introduction to Self-Employment and Working from Home

SIA Security

Civil Service Interview Preparation Programme

Digital Skills.

If you would like to receive information about future courses join our mailing list by emailing "Free training courses" to: [Employment.Training@peabody.org.uk](mailto:Employment.Training@peabody.org.uk)

Anyone interested in receiving the Peabody Jobs Bulletin can "opt-in" by completing the quick form available at [www.peabody.org.uk/newsletter](http://www.peabody.org.uk/newsletter)

# TRAINING & JOBS





# STAY SAFE THAMESMEAD



Coronavirus can be very serious and to reduce the spread and protect each other, it's important to get tested if you or a loved one have any symptoms - a fever; a new, continuous cough; or a loss of taste or smell.

**If you have any of these symptoms you should isolate and book a test through the government website – [www.gov.uk](http://www.gov.uk) or by calling 119.**

It is important people without symptoms also get tested. One in three people could have COVID without knowing it and could be spreading the virus.

Getting a no symptoms test regularly is particularly important if you work in a public facing capacity in the public, private or voluntary sector, or if someone in your household has symptoms or has tested positive for the virus.

The most important thing is to make sure you stay as safe and well as you can, but if you do get it, to avoid passing it on to anyone else.

## THE COVID VACCINATION: ANSWERS TO FREQUENTLY ASKED QUESTIONS

In Greenwich and Bexley, the roll out of the vaccine for COVID has been a great success. We know some people have questions about the vaccine, however, and so here are answers to our most frequently asked questions.

### **Is the NHS confident that the vaccines are safe?**

Yes. The NHS will not offer any COVID-19 vaccinations to the public until independent experts have signed off that it is safe to do so. The MHRA, the official UK regulator, has said that all the vaccines approved have good safety profiles and offer a high level of protection, and we have full confidence in their expert judgement and processes. As with any medicine, vaccines are highly regulated products. There are checks at every stage in the development and manufacturing process, and monitoring continues once it has been authorised and is being used in the wider population.

### **Can I catch COVID-19 from the vaccines?**

No, you cannot catch COVID-19 from the vaccines but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.

### **Will the vaccines affect my fertility?**

There is no evidence that the vaccine affects fertility. Most people who contract COVID-19 will develop antibodies to the spike and there is no evidence of fertility problems after COVID-19 disease.

### **What is the evidence to show the vaccines are safe for BAME communities?**

For the Pfizer trial, participants included 9.6% Black/African, 26.1% Hispanic/Latino and 3.4% Asian. For the Oxford/AstraZeneca vaccine 10.1% of trial recipients were Black and 3.5% Asian. There is no evidence either of the vaccines will work differently in different ethnic groups.

### **Do the vaccines alter my DNA?**

No, the vaccines do not alter your DNA.

### **Are the vaccines vegan/vegetarian friendly? Does the vaccine include any parts from foetal or animal origin or mercury?**

No, neither of the two currently rolled out COVID-19 vaccines contain foetal cells, animal products, mercury or egg. All ingredients are published in healthcare information on the MHRA's website.



# COVID TESTING IN THAMESMEAD

## FOR BEXLEY RESIDENTS:

### If you have symptoms

If you have symptoms you can get a free NHS test to check if you have Coronavirus - to use this service you must book a test via [www.gov.uk](http://www.gov.uk) before attending a local site.

### There are three testing centres across Bexley:

**Sidcup House, Sidcup, DA15** - 10am to 3pm

**221 Erith Road, Bexleyheath, DA7** – (The Bursted Woods Surgery has no connection with the testing centre, please do not enter the surgery for pre-booked tests) – Open seven days per week, 8am to 8pm.

**Felixstowe Road car park, Abbey Wood, SE2** - Open seven days per week, 8am to 8pm.

### If you do not have symptoms

If you do not have symptoms the borough's no symptom mobile testing sites will be open to anyone who does not have symptoms but is at increased risk of COVID. You do not need to book a test for this site.

The tests are quick, and the results will be texted or emailed within 24 to 72 hours. If you test positive you will need to isolate immediately for 10 days.

Bexley's no symptoms rapid testing site is open to anyone who does not have virus symptoms and is 11 years-old or over.

You need to book a test for this site. The tests are quick to take and the results will be texted or emailed within around one hour. If you test positive you will need to isolate immediately for 10 days and book a confirmatory laboratory COVID-19 test.

## FOR GREENWICH RESIDENTS:

### If you have symptoms

If you have symptoms you can get a free NHS test to check if you have Coronavirus - to use this service you must book a test via [www.gov.uk](http://www.gov.uk) before attending a local site.

### There are five testing centres across the Royal Borough of Greenwich:

**02 North Greenwich, SE10** - drive-through facility only

**University of Greenwich, Avery Hill Road, Eltham, SE9** - accessible on foot only

**Charlton Athletic Football Club, SE7** - mobile testing facility accessible by car

**Abery Street, Plumstead, SE18** - walk-through testing centre, accessible on foot only

**De Vere Devonport House Car Park, SE10** - walk-through testing centre, accessible on foot only

### If you do not have symptoms

Greenwich has lots of testing centres, accessible by foot or car, as well as a rapid testing centre where you can get your result within 30 minutes.

### You can book a rapid test via [www.royalgreenwich.gov.uk](http://www.royalgreenwich.gov.uk) for one of four sites:

**Daniel Defoe Hall, University of Greenwich, Greenwich**  
Open Wednesday to Sunday, 8am to 8pm

**David Fussey Building, University of Greenwich, Avery Hill**  
Open seven days per week, 10am to 5pm, and 8am to 5pm from 25 January

**Queen Anne Court, University of Greenwich, Greenwich**  
Open seven days per week, 10am to 6pm

**Charlton Athletic Football Club, Charlton** -  
Open Monday to Friday, 8am to 8pm

Find out more at the Royal Borough of Greenwich website – [www.royalgreenwich.gov.uk](http://www.royalgreenwich.gov.uk)

Your community is here to support you if you do test positive and have to self-isolate, and there is lots of help available locally from the Greenwich Community Hub. Call 0800 470 4831 for local support.







# Bexley Civic Offices no symptoms rapid testing site

Monday – Saturday  
9am – 7.30pm

Sunday  
11am – 4.30pm



Book online at  
[www.bexley.gov.uk/rapidtest](http://www.bexley.gov.uk/rapidtest)

Walk-in tests may be available  
at less busy times



HANDS



FACE



SPACE



## CORONAVIRUS

*“The last thing I want is to be the one who spreads it at work.”*



ISAAC, CONSTRUCTION WORKER

Get free, rapid tests if you have to leave home to work.

Get tested, even if you don't have symptoms.

Around 1 in 3 people who have Covid-19 don't have any symptoms and can spread it without knowing.

Test regularly – at least once a week.

**REGULAR TESTING FOR SAFER WORKING IS HERE**

## Need support because you are vulnerable and self-isolating?



The Royal Greenwich Community Hub is here for you. Our volunteers could provide support with:



Accessing food



Mental health and wellbeing



Finances



Housing



Employment



Self-isolating

### Contact us today

Email: [covid19support@royalgreenwich.gov.uk](mailto:covid19support@royalgreenwich.gov.uk)

Freephone: 0800 470 4831

Visit: [royalgreenwich.gov.uk/communityhub](http://royalgreenwich.gov.uk/communityhub)

### COVID-19 support payments

If you receive a positive COVID-19 test result or you have been told to self-isolate by the NHS, you may be eligible for a £500 payment. Learn more at [royalgreenwich.gov.uk/covid-support-payments](http://royalgreenwich.gov.uk/covid-support-payments)



## Rapid COVID-19 tests for people without symptoms

As many as one in three people who have COVID-19 don't show symptoms and could be spreading the virus without knowing it.

Testing is available to everyone, but if you're a critical worker, can't work from home, or a child/young person attending school because your parent/carers are key workers we recommend you get tested twice a week, with three days between each test.

To find positive cases more quickly and help save lives, the Council has set up a community testing programme, including mobile testing units at several businesses, to provide free rapid COVID-19 tests for people who don't have symptoms.



Results in 30 minutes

### Rapid testing sites:

- Charlton Athletic Football Club, Charlton
- Daniel Defoe Hall, University of Greenwich, Greenwich
- David Fussey Building, University of Greenwich, Avery Hill
- Waterfront Leisure Centre, Woolwich
- Princess Alice pub, Thamesmead

**Book a test**

[royalgreenwich.gov.uk/rapidtest](http://royalgreenwich.gov.uk/rapidtest)



### If you have symptoms

If you have symptoms, no matter how mild, it's important that you get tested. You and anyone you live with must self-isolate until you get your result.

Book a test at [gov.uk/get-coronavirus-test](http://gov.uk/get-coronavirus-test)



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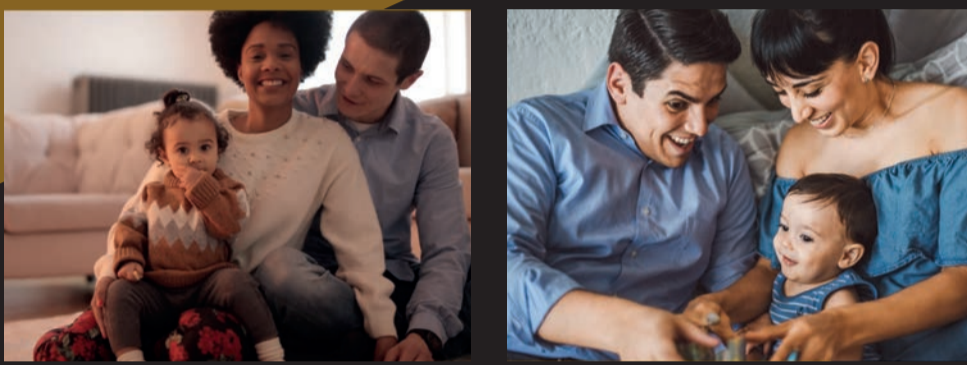


# FREE Parent & Child Wellbeing Sessions

- A 12 week programme
- One class a week
- 90 minutes in duration
- A 45 minute exercise class
- A 45 minute post-class socialise section
- Fortnightly professional Guest speaker
- Delivered on Zoom
- A Tea & Biscuits gift pack is sent to every participant

**Starts 10am 3rd May 2021**

**BOOK YOUR PLACE NOW**  
<https://bookwhen.com/fireflyfitnessuk>



- FireflyFitnessUK
- @fireflyfituk
- @Fireflyfituk



## Re-connect with Work

Are you looking for a **job** or an **apprenticeship**?

Our **free service** includes:

- CVs, cover letters and job applications
- Jobs and apprenticeships
- Interview skills
- Find volunteering opportunities
- Meet different employers
- Access to training

For more information contact us at  
 Email: [employment.training@peabody.org.uk](mailto:employment.training@peabody.org.uk)  
 Phone: Customer Care Line 0300 123 3456  
 Website: [www.peabody.org.uk/reconnect](http://www.peabody.org.uk/reconnect)



## YOUNG GREENWICH ACTIVE LEARNING PROGRAMME



AGES 11 AND OVER

Our active learning programme will help young people get the support they need through education, sport and healthy cooking sessions.

### EDUCATION

Develop your skills and build your confidence in education. Our education projects are fun and will include topics around:

- Key / Entrepreneurial skills
- Career Aspirations
- Finances & Budgeting
- Mental Health & Wellbeing
- Current Affairs - (local, national & international)

MONDAYS FROM 5-7PM

### SPORTS

Get active, build your teamwork skills and join exciting challenges. Our sports projects are action-packed and will include a variety of sports:

- Football
- Basketball
- Diamond Cricket
- Bench Ball
- Tennis
- Creative Team Sport activities

SATURDAYS FROM 3-5PM

### HEALTHY COOKING

Learn how to cook on a budget, from starters to main and desserts, understand food labels and how to be Sugar Smart. Young people will also get a Food Hygiene certificate upon completion.

**VENUE** Hawksmoor Youth Hub, Bentham Road, Thamesmead, London, SE28 8AS

**STARTING SOON. BOOK FOR FREE!**

To sign up, please email [yg@cact.org.uk](mailto:yg@cact.org.uk) or call 020 83109754





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