

What's happening in Thamesmead

May 2020

We know this a difficult and uncertain time for everyone and Peabody is doing everything it can to provide the support and information people need to make life a little bit easier. We can't currently provide the sort of activities we normally would so instead we've created new ones that you can take part in from the comfort and safety of your own home. Please visit www.thamesmeadnow.org.uk/inside-guide/ for all the details. **John Lewis, Thamesmead Executive Director, Peabody**

Home fitness



If you're looking for ways to help you and your family keep fit and healthy whilst you are at home, there's several

online fitness sessions happening. **Firefly Fitness** is holding body conditioning sessions every Monday at 7pm and circuits every Saturday at 9am. On Tuesday's, you can join **Rosanna** from 7:30pm for 'Pilates with Rosanna'.

Lockdown Diaries



Dunya, an artist in residence in Thamesmead, is encouraging local residents to share with her their lockdown experiences. The aim of the project is to document our history and contribute to the **Thamesmead Community Archive** as well as to Dunya's artwork - which will feature in the new **Library at Southmere**. To take part please follow [@lockdowndiariestm](https://www.instagram.com/lockdowndiariestm) on Instagram and Facebook or visit lockdowndiariestm@gmail.com



Thamesmead Codex

We're inviting Thamesmead residents to be interviewed by renowned artist **Bob and Roberta Smith**, for a series of paintings called the 'Thamesmead Codex'.

In partnership with **Tate Modern**, the final interviews will go on display in **Tate Modern**.

To take part, please email lisa.drew@peabody.org.uk by 5pm on Wednesday 13 May with the following:

- Ten key words which describe your current situation or
- A short paragraph, which describes the view from your window and/or your new daily routine
- Please tell us your postcode

Tune into RTM.fm

RTM.fm is a fantastic community radio station in Thamesmead. Please follow them on Twitter [@RTM_fm](https://twitter.com/RTM_fm) for information about their exciting programmes.

Fun activities and learning for children

If you are looking for creative activities and online learning for children and young people whilst you are at home, we have put together a list of ideas for children of all ages. Please visit www.thamesmeadnow.org.uk for more information.



TEMO TV coming 7 May

We'll be bringing you a weekly YouTube programme - **Thamesmead TV** - showcasing the best of local talent.

The programme will be available on our **ThamesmeadNow YouTube channel** from Thursday 7 May.

Are you looking for support or opportunities to help others?

If you're looking for support or you'd like to volunteer in your local community, we have some great opportunities for you to take advantage of.



Bexley residents:

If you are a Bexley resident in need of support then there are a number of ways you can reach out for help.

You can call the Bexley Coronavirus helpline - **020 3045 5398**, between 8am to 6pm or please visit Bexley Voluntary Service Council website <https://bvsc.co.uk/covid-19>

Greenwich residents:

If you live in Greenwich and are feeling anxious or lonely due to Covid-19, Live Well Greenwich has launched Live Well Connect - please call **0800 470 4831** for a listening ear and a friendly voice to talk to.

Opening times: Mon-Thurs 8.30am-7.30pm, Fri 8.30am-5.30pm, Sat 9am-12 noon (a message can be left outside of these hours).

Thamesmead residents:

If you are a Thamesmead resident there are a number of local services which you can access:

Positive Steps Thamesmead can offer telephone advice and information on a range of issues including housing, benefits and immigration. Please call Positive Steps Thamesmead on **07815 734 080**.

Work to restart on Southmere

Like many construction sites across London, works at **Southmere** stopped towards the end of March in accordance with the Government guidelines issued at the time. Contractor **Durkan** has now prepared a return to work strategy that will see works start again on 11 May with robust procedures in place to observe social distancing and prioritise the health and safety of workers and residents. This is a positive step in continuing our regeneration of **South Thamesmead** and hopefully a sign that normal life is starting to resume.

Interested in volunteering?

We have volunteering opportunities such as befriending, share a skill and helping hands volunteers. Please contact us at Thamesmead.communities@peabody.org.uk or call **07837 031 127**.

Peabody People and local services

Peabody People is the place where our residents to get support and information during this critical time. To find out more as well as ways you can help your local community, please visit www.peabody.org.uk/stay-well-stay-connected

Thamesmead Portal opportunities

Our **Peabody Economic Inclusion Team** can help with getting into work, setting up or supporting your business or online training.

Please visit the **Thamesmead Portal** for updates and announcements www.thamesmeadnow.org.uk/portal/



Business Forum

The **Thamesmead Business Forum** is now online! Find out how your business can continue to grow by joining us on the first Monday of the month from 4pm to 5.30pm. Please contact us on madeinthamesmead@peabody.org.uk for more information.

DREAMM - Mercato



We've teamed up with **Mercato Metropolitano** to help you turn your dream project into a reality. The **DREAMM** incubation project, which is funded by Peabody, aims to support your business idea. If you have a tasty food idea you want to pilot or maybe a new sustainability concept you want to test out, please visit www.mercatometropolitano.com/dreamm/ for details.

Please visit thamesmeadnow.org.uk for updates.

Find out what's happening across Thamesmead

Sign up to the Thamesmead e-newsletter. Email us at thamesmeadnow@peabody.org.uk adding 'Sign me up' in the subject line.

Social media

For the latest news and information – please stay in touch by following us

