

# Thamesmead Newsletter

## February 2021

# Help and support is here

Once again, we find ourselves in lockdown as Coronavirus tightens its grip on the nation and brings everything to a standstill.

As the situation is more serious than ever, we thought it was important we use this month's newsletter to make you aware of the information, advice and help available to the people of **Thamesmead**.

Across the middle four pages of the newsletter you'll find everything you need to know about vital issues such as: getting tested for Coronavirus; vaccinations; mental health support; free school meals; volunteering and training opportunities.

We've put the information in the centre pages so it's easy to pull out and have to hand if you need it in the weeks ahead.

All this support has been put in place to help you cope with some of the problems and difficulties caused by being in lockdown, no one should be allowed to feel they have been left to struggle on their own.



We're working hard with our partners at the **Royal Borough of Greenwich** and **London Borough of Bexley**, as well as local charities and voluntary organisations, to provide as much support and assistance as we possibly can.

We've also recently made the former **Princess Alice** pub available to **Greenwich Council** to use as a testing centre, as part of our ongoing commitment to fighting Coronavirus.

The latest information indicates we're going to be in lockdown for some time, but the support detailed in this newsletter, combined with Thamesmead's unbeatable community spirit, will help us get to the better days ahead.

Stay safe and well.

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

## Community fund draws people together



**Peabody's Thamesmead Community Fund** has awarded more than £30,000 to local initiatives over recent months. The Fund gives grants of up to £2,000 to charities, community groups or individuals to deliver activities that support social and cultural activities.

Last year **Peabody** ran a Covid round of the Fund to deliver online or outdoor projects that comply with government guidelines.

Now 11 new projects will be supported in 2021, including: dance; football; healthy eating; photography; poetry and sewing.

Local artist **Jamie Zubairi** received a grant to hold drawing lessons, first in person and then online to meet lockdown regulations.

He said: "**The Community Fund enabled me to start a community art project and bring regular art activities to Thamesmead. Without the aid of the Fund, local artists wouldn't have had the space to be able to practise their skills of life drawing in a calm, secure and mindful way.**"

Visit [www.londoncf.org.uk/grants/thamesmead-community-fund](http://www.londoncf.org.uk/grants/thamesmead-community-fund) for more details.

# Confidence Builder

When **Charlie Mitchel** was persuaded by a relative to sign up for the **YouthBuild** scheme his first thought was “another dead programme” he’d never finish.

He’d had a tough time at school and had dropped out of college, all of which had left him low on confidence and motivation. He was, in his own words, “scared of stepping out of my comfort zone”.

On day one **Charlie**, 18 from **Thamesmead**, found it difficult to mix with the rest of the students but as the week progressed, he tried his hardest to speak to the whole group.

Then in the second week the programme was hit by Covid and teaching moved online, which **Charlie** found hard to engage with.



But when they came back from isolation there was a breakthrough.

According to **Charlie** the “love, care, realness and family feel” the staff at **YouthBuild** created made him feel like he could be himself without anyone judging him.

He started to thrive, passing the various stages of the programme, even getting 50 out of 50 for one discipline, a first for any **YouthBuild** programme in the UK, and he increasingly took a lead role.

Having been unable to speak in front of anyone at the start of the scheme **Charlie** ended it by giving a moving talk at the graduation about his journey, even though he’d never written a speech before or spoken in front of a large crowd of people.

Although he was nervous, he did it because he wanted “to show the world” how amazing the programme is and what a huge impact it’d had on his life.

Since finishing the programme **Charlie** has obtained a job interview with a local construction company and is currently waiting to hear about a potential job offer.

If you’re interested in taking part in the **YouthBuild programme**, contact **Peabody** at [Thamesmead.portal@peabody.org.uk](mailto:Thamesmead.portal@peabody.org.uk)



## New green fingers

**Thamesmead** has a new **Gardener-in-Residence**, **Georgiana Irimia** has joined the **Making Space for Nature** team while **Kat Wojnar** is on maternity leave, and will be helping local schools, clubs and residents make the most of their green spaces.

**Georgiana** was born and grew up in the mountains of Romania where she first discovered her love of nature, learning how to grow vegetables and flowers from her grandparents.

She said: “I’m very excited that this role combines so well all my interest and passions: gardening; nature; education; mental health and engaging with the local community.”

“I’m proud to be part of a team that makes an immediate difference in the world and that through its work tackle some of the biggest problems we face like climate change and mental health, all through simple interactive, educational activities like gardening.”

**Georgiana** will be working on projects such as community gardens, volunteering and growing fruit and vegetables. You can get in touch with her at [msfn@peabody.org.uk](mailto:msfn@peabody.org.uk)

**THAMESMEAD BUSINESS FORUM**

Find Out How Your **BUSINESS**

Can Access The Potential Growth Opportunities in Thamesmead.

Meetings held on the **Second Monday** of every month 4-5.30pm

**2021**

11<sup>th</sup> Jan / 8<sup>th</sup> Feb / 8<sup>th</sup> Mar

Open to all individuals, SMEs or corporate partners looking to start, develop or grow in Thamesmead.

The Thamesmead Business Forum will be facilitated online via video conference. For joining instructions contact: [madeinthamesmead@peabody.org.uk](mailto:madeinthamesmead@peabody.org.uk) or check the What's On section of the Thamesmead Portal.

[www.thamesmeadnow.org.uk/portal/get-involved/whats-on](http://www.thamesmeadnow.org.uk/portal/get-involved/whats-on)

THAMESMEAD Peabody

Made in Thamesmead

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# Covid testing in 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.

## Bexley Residents - How to get a test

**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 local testing sites in Bexley:**

**Sidcup House, Sidcup, DA15**

– Open 7 days per week, 10am to 3pm

**221 Erith Road, Bexleyheath, DA7**

– Open 7 days per week, 8am to 8pm.

**Felixstowe Road car park, Abbey Wood, SE2** – Open 7 days per week, 8am to 8pm.

**If you do not have symptoms** there are a number of mobile testing sites open to anyone who is at increased risk but does not have symptoms.

The **mobile sites** are currently located in **Bexleyheath Broadway** (outside Iceland) and **Pier Road, Erith** (near Erith Library).

You do not need to book and the tests are quick, with results texted or emailed within 24 to 72 hours.

Bexley also has a **no symptoms rapid testing site**, open to anyone 11 years-old or over who has no virus symptoms.

The test is quick to take and results will be texted or emailed within around 1 hour.

If tested positive, you will need to book a confirmatory laboratory Covid-19 test at [www.gov.uk](http://www.gov.uk) or by calling **119**.

**You need to book an appointment for a rapid test via [www.bexley.gov.uk/rapidtest](http://www.bexley.gov.uk/rapidtest) for this site:**

**Bexley Civic Centre, 2 Watling Street, Bexleyheath, DA6** – Monday 11 January to Friday 26 February, 9am to 5pm

Find out more about the testing options available at [www.bexley.gov.uk/local-test-centre](http://www.bexley.gov.uk/local-test-centre)

## Greenwich Residents - How to get a test

**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 and rapid testing centre where you can get your result within 30 minutes.

**You need to book an appointment for a rapid test via [www.royalgreenwich.gov.uk](http://www.royalgreenwich.gov.uk) for one of five sites:**

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

**David Fussey Building, University of Greenwich, Avery Hill**  
– Open 7 days per week, 10am to 5pm, and 8am to 5pm from 25 January

**Queen Anne Court, University of Greenwich, Greenwich**  
– Open 7 days per week, 10am to 6pm

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

**Princess Alice, 2a Battery Road, SE28**  
– Open 7 days a week - 8am to 8pm

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

If you do test positive and have to self-isolate, there is lots of help available from the **Greenwich Community Hub**. Call **0800 470 4831** to find out more.

# The NHS Covid-19 Vaccination Programme



## South East London Clinical Commissioning Group vaccination guidance

NHS South East London Clinical Commissioning Group is responsible for planning, paying for and monitoring most of the health services in the boroughs of Bexley, Greenwich, Bromley, Lambeth, Lewisham and Southwark.

The **NHS** is delivering the largest vaccination programme in our history. The first COVID-19 vaccine (**Pfizer/BioNTech**) has been rigorously tested and confirmed as safe and highly effective by the **Medicines and Healthcare products Regulatory Agency** (MHRA).

The **Pfizer/BioNTech** vaccine rollout began in December and the second vaccine, **Oxford University/AstraZeneca** last month. A third, (**Moderna**), was approved in January.

In South East London the COVID-19 vaccine is available through eight Hospital Hubs, 22 Primary Care Networks (groups of GP practices) and three pharmacies.

These have been opened in a phased approach and as more vaccines become available more sites will open on a weekly basis.

A mass vaccination site has opened at the Excel Centre and appointments can be made through the national booking service.

Covid-19 vaccinations are currently being offered to key priority groups as identified by the Joint Committee on Vaccination and Immunisation.

These are the over 80s, staff and residents in care homes and health care workers at high risk. As of week commencing 18 January people aged between 70-79 are being invited in a phased approach.

We are contacting people from these groups directly to invite them for their vaccine. Please wait to be invited and don't contact the NHS to seek a vaccine.

To be invited for a vaccination you will need to be registered with a GP surgery in England. You can register with a GP if you do not have one.

The coronavirus vaccine is safe and effective and gives you the best protection against coronavirus.

For more information, you can find frequently asked questions about the vaccine at [www.selondonccg.nhs.uk/what-we-do/covid-19/covid-19-vaccine](http://www.selondonccg.nhs.uk/what-we-do/covid-19/covid-19-vaccine)

## Beware of Scams

We are aware that some people are receiving suspicious calls and text messages offering the COVID-19 vaccination.

To protect yourself and your family members from fraud and criminals, remember the following points.

The vaccine is only available on the NHS for free to people in priority groups, and the NHS will contact you when it is your turn. Anyone offering a paid-for vaccine is committing a crime.

The NHS will never ask you to press a button on your keypad or send a text to confirm you want the vaccine, and never ask for payment or for your bank details.

At the moment the NHS is also not making house calls to deliver or discuss the vaccine. Anyone offering this now is committing a crime.

If you receive a call you believe to be fraudulent, hang up. If you believe you have been the victim of fraud or identity theft you should report this directly to **Action Fraud** on **0300 123 2040**.

Where the victim is vulnerable, and particularly if you are worried that someone has or might come to your house, report it to the Police online or by calling **101**.

You can also follow our social media channels and share our COVID-19 vaccination updates:

**Twitter:** @NHSSELondonCCG/  
@NHSBexleyCCG  
**Facebook:** /  
nhssoutheastlondonccg  
**LinkedIn:** /nhssoutheastlondonccg

## How you can help

As your local **NHS** works hard to deliver the vaccination programme for south east London please remember that you have an important part to play:

- please don't contact the NHS to seek a vaccine, they will contact you
- when we do contact you, please attend your booked appointments
- and please continue to follow all the guidance to control the virus and save lives

It is really important that you make sure you stay safe and follow guidance on washing hands, covering your face and keeping your distance from other people. Your NHS services are really stretched at the

moment, we need to you to protect yourself, your family, friends and others, and your NHS.

Please visit [www.selondonccg.nhs.uk](http://www.selondonccg.nhs.uk) for the latest updates on their services and the Covid-19 vaccination programme.

The latest national guidance on how to keep yourself and your loved ones safe is available at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus).

This is a marathon, not a sprint, and we cannot let down our guard. By working together today, tomorrow and every day going forward we will take another step on the path back to normal life.

# Lockdown help and support

**Joyce Dawson Way** is temporarily closed, but we aim to re-open the office as soon as it's safe to do so. The **Link** and **Information Hub** remain closed.

If you have any questions email us at [thamesmeadnow@peabody.org.uk](mailto:thamesmeadnow@peabody.org.uk). We can support you with paying your rent, managing debt or finding a job. Call us on **0203 478 9750**.

If you have an urgent repair or housing issue we are here to help in any way we can. Call our customer service centre on **0300 123 1237** if you need this sort of support.

## Peabody resident support

If you need support, or are concerned about a neighbour, our resident well-being team is here to help. Please get in touch by visiting the Coronavirus help pages on the **Peabody** website [www.peabody.org.uk](http://www.peabody.org.uk) or call us on **0300 123 3456**.

### Worried about paying rent?

We have dedicated teams to support people through tough times. We can help you access any financial support you are entitled to and come up with a plan to manage your rent payments.

Please get in touch with us as soon as you think you may have difficulties. If you cannot pay your rent but don't talk to us, we might not be able to help and your tenancy could be at risk in the future. If you are worried about paying your rent please contact us straight away by calling **0300 123 3456**.

### Support with getting into work

Looking for, or want to get back into work? Our Employment and Training team can help at **Employment.Training@peabody.org.uk**

## Support in Greenwich

If you can't get out and are vulnerable, isolated, and do not have a family member, friend or neighbour to help, then the **Greenwich Community Hub** can support you to book priority online shopping slots. Call **0800 470 4831** to speak to a friendly advisor today.

If you're struggling to get food because of financial reasons or self-isolation, the **Community Hub** can help you access the **Emergency Support Scheme** for support to buy food, the **Greenwich Food Bank** and other welfare support.

### Emergency Support Scheme

If you are struggling to eat due to financial reasons, but are physically well enough to go shopping, please phone the **Community Hub** on **0800 470 4831** to be referred to the Emergency Support Scheme where you can get extra financial support to buy food.

### Good Food in Greenwich

For updates around food, and support and advice about how to eat well, visit [www.goodfoodingreenwich.org](http://www.goodfoodingreenwich.org)

## Free holiday meals are back

School holiday meals are coming to **Thamesmead** again. Free nutritious meals will be available to children across **Greenwich** in various locations throughout February half-term. Find your nearest venue at [www.royalgreenwich.gov.uk](http://www.royalgreenwich.gov.uk)



Although schools are closed for most pupils due to the national lockdown, families who qualify will still receive free school meals. Your school will be in touch with you to confirm the arrangements they have in place.

If you receive certain benefits and you have a child in primary or secondary school, they may be able to get free school meals.

You can find out if you're eligible and how to apply, depending on where you live, at [royalgreenwich.gov.uk/freeschoolmeals](http://royalgreenwich.gov.uk/freeschoolmeals) or [www.bexley.gov.uk](http://www.bexley.gov.uk) and search 'free school meals'.

## Healthy Start

Are you a mum or mum-to-be in **Greenwich** or **Bexley**? You could get free vouchers every week to spend on cow's milk, formula milk, fresh, frozen or tinned fruit, vegetables and pulses.

Pregnant women living in **Greenwich** and **Bexley** may also qualify for free vitamins for you and your child, to help you both stay strong and healthy.

You can check if your eligible for both these schemes at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Free data

To ensure young people have enough **data** while learning from home, schools, trusts and local authorities can request additional data.

The scheme is to benefit families that do not have fixed broadband at home, cannot afford additional data for devices and whose children are facing disruption to their face-to-face learning.

Find out more by going to [www.gov.uk](http://www.gov.uk) and searching "Get help with technology".

## Mental health

At the moment it's normal to feel low, anxious or frustrated.

Mental health charity **Mind** has helpful advice about this at [www.mind.org.uk](http://www.mind.org.uk)

There's also tips and guidance from **Live Well Greenwich** – [www.livewellgreenwich.org.uk](http://www.livewellgreenwich.org.uk)

It also includes advice for people who have, or care for someone with, a mental health problem, as well as support for parents. Remember, it's ok to ask for help.

# Volunteers and volunteering

## Your chance to be 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**, are 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 they 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 how you can help.

## Free Help To Make An Impact

Does your community or voluntary group need help to re-invent itself or adapt how it works in lockdown; demonstrate the difference they are making or get extra funding?

**Impact in Action** is here to help groups that work in the **Bexley Borough** (including the **Bexley** part of **Thamesmead**) with **FREE** help. Whether that is 1-2-1 support, training or access to the resources on its website [www.bvsc.co.uk/impact-action](http://www.bvsc.co.uk/impact-action)

Thanks to funding from the **City of London Corporation's** charity, **City Bridge Trust**, **Impact in Action** has

funding to help groups, but it won't last forever, so contact **Karen Jefferys** on **01322 315391** or [karen@bvsc.co.uk](mailto:karen@bvsc.co.uk) now!



## Get ready for lift off!

The **LaunchPad Volunteering project** is a new service provided by **Volunteer Centre Bexley**, open to any **Bexley** residents aged over 18 to help people try new ways of connecting online. **LaunchPad** goes at your pace and offers a mix of personalised 1:1 support, workshops, and social groups to

meet new people, rebuild confidence and find out more about volunteering along the way!

Get in touch with **Sky Crook** on **07307 882 164** for an informal chat to find out more. Alternatively, you can register your interest at [www.volunteering.bvsc.co.uk](http://www.volunteering.bvsc.co.uk)

# Training opportunities

## Let's get digital

Would you like to improve your basic digital skills while learning at your own pace? If so **BT Skills for Tomorrow** project is for you.

It's a digital learning project being delivered by **Peabody** with **BT** and the **Good Things Foundation**. Joining is very easy and takes only a few minutes to get online. Once registered, you can do as many courses as you like on the website.

There are a lot of topics (from beginner levels to something more practical) including: online safety; finding a job online; improving your health online; managing money online; using office programmes and more.

If you're interested email your name and phone number to [employment.training@peabody.org.uk](mailto:employment.training@peabody.org.uk) with the subject title of "**Skills for Tomorrow**" or call **07718 118 596**.

## Train for free

**Peabody** is offering two great free training opportunities via Zoom over the next few months.

They are **Career Planning** on February 5th and **Building Self-Confidence** on March 9th. Courses run from 10am to 3pm, with a lunch break between 12pm and 1pm.

To book email [employment.training@peabody.org.uk](mailto:employment.training@peabody.org.uk), saying which course you're interested in along with your full name, contact phone number, email address and home address (including postcode).

The courses are free for **Peabody** residents; employment and training clients; volunteers and care or support customers.

If you have any questions, please call **07718 118 596** and join the mailing list for information about future courses by emailing [Employment.Training@peabody.org.uk](mailto:Employment.Training@peabody.org.uk)

## Opportunity Knocks

To support people who have lost their jobs as a result of the pandemic, the charity, **School of Hard Knocks**, has created **Back in the Game**, a fast-track online version of its standard course.

It includes 45 minutes of high impact exercise as well as group workshops covering: "The Mind", about growth mindset and goal setting; how to secure an interview and accessing the **Hidden Jobs Market** plus video-supported tutorials.

This course is free with an emphasis on 18-24s who are seeking work, but is open to anyone. It will show how to develop a positive mental attitude with some helpful strategies to help you approach possible new sectors and employers.

You can find more details at [www.schoolofhardknocks.org.uk](http://www.schoolofhardknocks.org.uk)

# Talkline

open from  
9am to 9pm  
7 days a week

Feeling lonely,  
isolated, anxious or  
stressed?

Phone our talkline and  
speak to a counsellor  
**free** of charge.

We are here to listen to  
you and support you with  
whatever you are going  
through in these difficult  
times .



freephone

0800 04726000



email

mail@cmbtalk.org



Counselling Matters Bexley



THE  
NATIONAL  
LOTTERY



## KNIT, CROCHET & NATTER (ONLINE)

Yarn Tales from Past and Future

### WHAT:

Come **online** together (via Zoom), knit or crochet something beautiful (or just 'natter') and take part in our 'Knit, Crochet & Natter'. Everyone is welcome, get inspired and inspire others. A tutor will be on hand to help with your questions.

### WHEN:

Starting on 12th January 2021  
Time: 10.30am - 12.00pm

### CONTACT:

Georgia Mann  
E-mail: [georgia.mann@peabody.org.uk](mailto:georgia.mann@peabody.org.uk)  
Mobile: 07837 031 127

Zoom details will be provided.

Peabody THAMESMEAD



## Go the extra mile

The **Mason Mile** is a national charity, funded by **Sport England**, helping families come together to do 'Their Mile, Their Way' through their **Family Mile** initiative.

**The Family Mile** is a fun and free way for communities to come together and walk, taking that first step to activity for families who may feel exercise is not for them.

Following the success of a pilot in Maidstone, **The Mason Mile** is now coming to six locations in Kent and London, including **Thamesmead**.

With match funding from **Peabody** and supported by **Vinci Facilities**, **The Family Mile** is preparing to launch in the town this Spring (Covid dependent) and is looking for local people to become ambassadors.

This will involve volunteering a small amount of time each week to help lead walks and promote the **Thamesmead Family Mile**.



Ambassador training will be provided in March and held virtually to ensure it is fully Covid secure. Go to [www.themasonmile.com/become-an-ambassador/](http://www.themasonmile.com/become-an-ambassador/) for more details about the scheme.

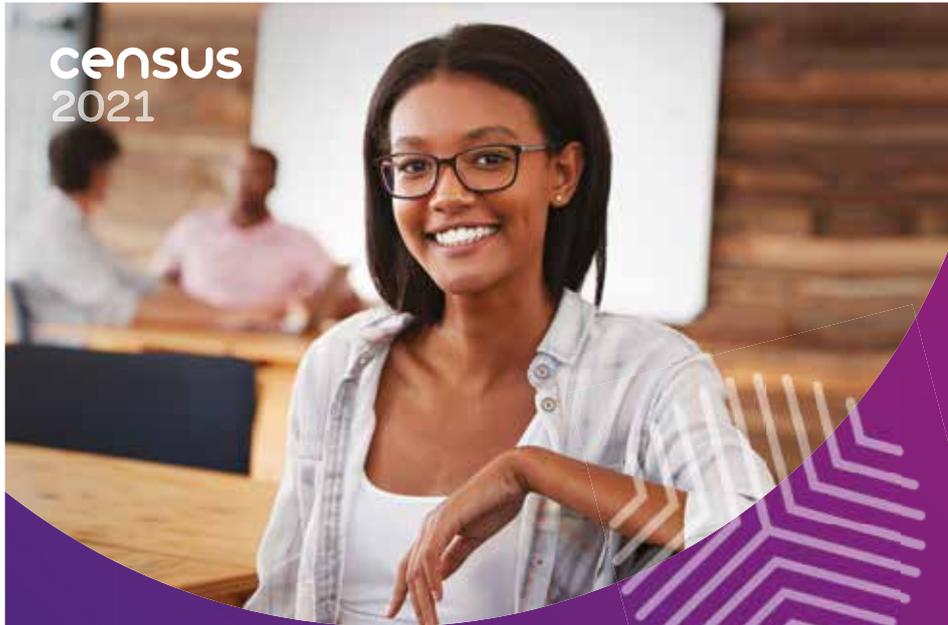
You can also check out the new **The Mason Mile app** available to download from the **App Store** and **Google Play Store**, just search for **The Mason Mile** and look for the charity's logo.

# Stand up and be counted

After 10 years, it's time for another national Census. **Census Day** will be on **March 21**, but households across the country will start to receive letters containing online codes allowing them to take part from early March.

Everyone benefits from the Census. The data collected helps inform decisions locally and nationally on vital services and issues, ensuring millions of pounds are spent in the areas that will benefit the community most.

The **Office for National Statistics (ONS)** runs the census in England and Wales and is independent from the Government. At the heart of the Census is keeping your information safe, confidential, secure and private.



This will be the first Census that can be completed online, and the ONS will be offering a range of support networks, helplines and guidance materials on its website, in a number of languages and accessible formats. You can also call us and request a paper form instead of completing online.

This will be the most inclusive Census ever launched and The Office for National Statistics (ONS) have appointed Census Engagement Managers to support Bexley and Greenwich residents to help make Census 2021 a success.

Census Engagement Managers will help organisations, charities, faith groups and community leaders within the borough to raise awareness of the census, and the value to all residents in taking part.

For Bexley residents, contact: **Nicola Brend-Stewart** [nicola.brend-stewart85@field.census.gov.uk](mailto:nicola.brend-stewart85@field.census.gov.uk) For Greenwich residents, contact: **Adam Dale** [adam.dale94@field.census.gov.uk](mailto:adam.dale94@field.census.gov.uk) For more information visit [www.ons.gov.uk](http://www.ons.gov.uk)

## Now hiring for Census 2021

Apply now for temporary roles

People make the census

Search 'Census Jobs'

[censusjobs.co.uk](http://censusjobs.co.uk)

 Office for National Statistics

Working in partnership with



## Flower power

Residents in **Port Meadow Walk** and **Mangold Way** are set for a riot of colour this Spring thanks to 30,000 flower bulbs **Peabody** has planted in their green courtyards.

Send your floral frenzy pics to [thamesmeadnow@peabody.org.uk](mailto:thamesmeadnow@peabody.org.uk) or share on our Instagram page [@thamesmeadnow](https://www.instagram.com/thamesmeadnow)

Please visit [thamesmeadnow.org.uk](http://thamesmeadnow.org.uk) for updates

### Keep up-to-date with Thamesmead news

Sign up to the Thamesmead e-newsletter. Email us at [thamesmeadnow@peabody.org.uk](mailto: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

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

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

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

 [ThamesmeadNow](https://www.youtube.com/ThamesmeadNow)