

TALK OF THAMESMEAD

THE PUBLICATION FOR THAMESMEAD RESIDENTS



**ISSUE FIVE
SPRING
2022**



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HELLO THAMESMEAD!



John Lewis,
Executive Director,
Thamesmead, Peabody.

Welcome to the Spring edition of Talk of Thamesmead and many thanks for your support, feedback and suggestions.

Since the last Talk of Thamesmead came out one of the undoubted highlights has been the reopening of the Moorings Social Club, now reborn as the Moorings Sociable Club.

This was once at the heart of the local community but was shut for more than 15 years. Now with financial support from Mayor of London's Good Growth Fund and Peabody it has reopened, providing residents with a host of new facilities, including a performance space and a new community café. The opening was a really enjoyable day and you can read all about it on page 3.

For fans of culture, you can find out about the new Culture Guide & Directory that has recently been published. It is a great celebration of Thamesmead's rich and diverse cultural life.

There's also exciting news on page 9 about an amazing artwork created and shown in the town centre last summer which is now on display in one of the world's most prestigious art galleries.

On page 11 you'll find out more about Peabody's Local Plan team, the work they are doing to create new opportunities for residents and how they are providing the essential support we all need from time to time.

Also inside, we hear from educators Joan A Green and Ozge Aden about the important contributions they are making to everyday life in Thamesmead.

And if you have something to share that is important to you and your communities, let us know. Talk of Thamesmead is your newspaper, so please get in touch at thamesmeadnow@peabody.org.uk

We look forward to hearing from you.

John

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 with developments.



FRONT COVER:
Three-year-old Leila and her aunt Elina celebrate the opening of the Moorings Sociable Club

Watch Talk of Thamesmead Live

Short Zoom updates with members of the Thamesmead team, giving updates on each of our upcoming and ongoing projects. You can sign up by emailing thamesmeadnow@peabody.org.uk

You will also be able to watch these back whenever you like on the Thamesmead YouTube channel - ThamesmeadLDN.

Keep an eye on our website

www.thamesmeadnow.org.uk where we publish regular updates about our plans and share information about upcoming events.

Connect with our social channels

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

Sign up to our monthly online newsletter

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

If you have a question

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

If you'd rather speak to someone in person

email thamesmeadnow@peabody.org.uk and we can arrange to meet you at The Nest - Community and Library Building, 3 Cygnet Square, SE2 9FA.

If you have a sales enquiry

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

MOORINGS SOCIABLE CLUB OPENS!



Thamesmead residents flocked to the Moorings Sociable Club in March as it opened its doors to the public for the first time in more than 15 years.

Over the past three years local residents across the Moorings have worked closely with Peabody to bring this important building back to life, and ensure the new space meets the needs of the community.

Led by artist Verity-Jane Keefe, local people have been involved in every stage of the refurbishment. They have also helped shape the club's activity programme, and shared ideas for how the space will be run, managed and maintained in the future.

Sitting in the heart of the Moorings neighbourhood, the club now offers

a warm and welcoming environment where people can socialise, work and learn; access support services; and take part in fun activities for the whole family.

Facilities include a large performance space, a training room, a shared workspace, local business displays, an alcove museum, a community café and an IT suite.

Deborah Frimpong, chair of The Moorings Neighbourhood Forum, said: "We are so proud to be a part of the development of The Moorings Sociable Club.

"The community now has something that they can hold onto that represents the past, present and future of Thamesmead because the club includes all of these features. On top of that, we will finally have a café in The Moorings!"



If you've got a project you think could be run from the club, please let us know. For more information contact the Community Properties team at CommunityhubsTM@peabody.org.uk



Photography by James Bowthorpe



THAMESMEAD'S GETTING CREATIVE

Last year five young Thamesmead residents: Whitney Manassian; Gonzalo Fuentes; Shalini Panchal; Qozeem Lawal and Comfort Adeneye were invited to form a new creative studio tasked with commissioning a public artwork for Cygnet Square.

We caught up with them to hear about what this has involved so far, and how the work, supported by mentors and project initiators Yinka Danmole, Vickie Hayward and Joseph Gray, is going.

Can you describe the process you've run through so far? What's it been like and what have you learnt?

It has been a long but rewarding process. The first sessions were focused on understanding our roles and starting research into Thamesmead's history and its diverse community. As the project developed, we've had the chance to share moments with different guests; artists, designers, and producers too – all of whom have helped us to shape our ideas through sharing their own work and experience. (GF)

Working alongside the Peabody team has definitely been a pleasurable experience for myself and the cohort. Everyone has been very open to hearing our thoughts on public artwork and on the Thamesmead area in general. I feel positive things will come out of the relationship between Peabody and the cohort. (CA)

How do you feel about bringing new art into Thamesmead at a time of change for the area?

I think Thamesmead is ready for some new and exciting artwork. What's special about this artwork is that we're a team of local people commissioning it, with shared passion for the area. At a time when a lot of art is being taken down as areas get developed, this feels like an important moment to regain a sense of ownership of our public spaces. (SP)

How do you hope the people of Thamesmead will respond to the new artwork you're commissioning?

I hope they'll enjoy the sense of novelty in having a piece of artwork in the area. People could begin to rediscover Cygnet Square and begin to reintegrate it into their regular lives. The artwork would bring a sense of freshness to the area; something simply there to be enjoyed – not necessarily tied to a particular function, although residents have never shied away from useful structures. (QL)

I hope the people of Thamesmead will see this artwork firstly as something that can represent the local "identity", and secondly – a genuine celebration of the long way they've come and the path they continue to travel as a resilient community. (WM)



The chosen artist will be announced this Spring and Cygnet Square's public artwork will be unveiled towards the end of 2022.

LOCAL TALENT





Photography by Austen Mathieson and Paul Upward

YOUR ULTIMATE GUIDE TO CULTURE

Earlier this year more than 140 local artists headed to The Nest at Cygnet Square in South Thamesmead to celebrate the launch of the Thamesmead Culture Guide & Directory.

Published by Peabody, the brand new publication celebrates Thamesmead's proud and pioneering artistic community, and the town's growing cultural prowess.

The Thamesmead Culture Guide & Directory is in two parts. The Directory profiles 111 local creatives, groups, businesses and venues, while the guide captures the wealth of cultural activity in the town over the past five years. The Guide also sets out what's to come in 2022 and how local people can get involved.

Tatiana Oriana, director of community organisation, The R.O.M.E.L Foundation, which delivers arts and culture projects, said: "The Thamesmead Culture Guide & Directory is really important because it lets people know about the culture, landscape and textures of Thamesmead as well as the creativity and the talent.

"When I saw the finished product it blew me away, and I think it's going to put Thamesmead on the map a lot more. Why not show off what we've got and let people know who we are?"



You can download the Culture Guide & Directory from www.thamesmeadnow.org.uk



LET THE SUN SHINE

Peabody has been given funding by the Greater London Authority to install solar panels on 185 homes across Thamesmead, helping residents keep their energy bills down.

Peabody will also be insulating the roofs of up to 100 properties. All homes will be surveyed to identify those that need their loft and cavity wall insulation bringing up to the latest standards.

There is no battery storage for the solar panels and residents will receive the electricity generated free of charge, meaning a potential annual saving of up to £350. Any electricity not used can even be sold back to the grid, meaning even bigger savings.

The surveys have already started taking place with the work being completed by July 2022.

Peabody is also exploring how it can introduce solar panel technology to other suitable properties it owns in Thamesmead.

The recent rise in energy prices is a big worry for many people across the UK. If you're a Peabody Resident, call our Customer Hub on 0300 123 3456 and ask to be referred to the Energy Advice Service. For non-Peabody residents, visit applyforleap.org.uk or call 0800 060 7567.

A Thamesmead educator has written a new book for parents and their children who are sitting the 11+ grammar school entrance exam.

'All You Need To Know About 11+' by Joan A Green, is a collection of essential information and advice to help develop a better understanding of the exam. It also features inspirational stories from some of the students she's helped.

In the book's foreword Joan says: "I dedicate this book to all the brave children preparing for their 11+

exams. I cheer you on, keep going, you will succeed. I also dedicate this book to the wonderful parents for their selfless sacrifice in supporting their children and investing in them the gift of wisdom and knowledge so they can be the best of themselves."

Joan is devoted to her job and she has beautiful stories of students – now at university – calling her to thank her for her support.

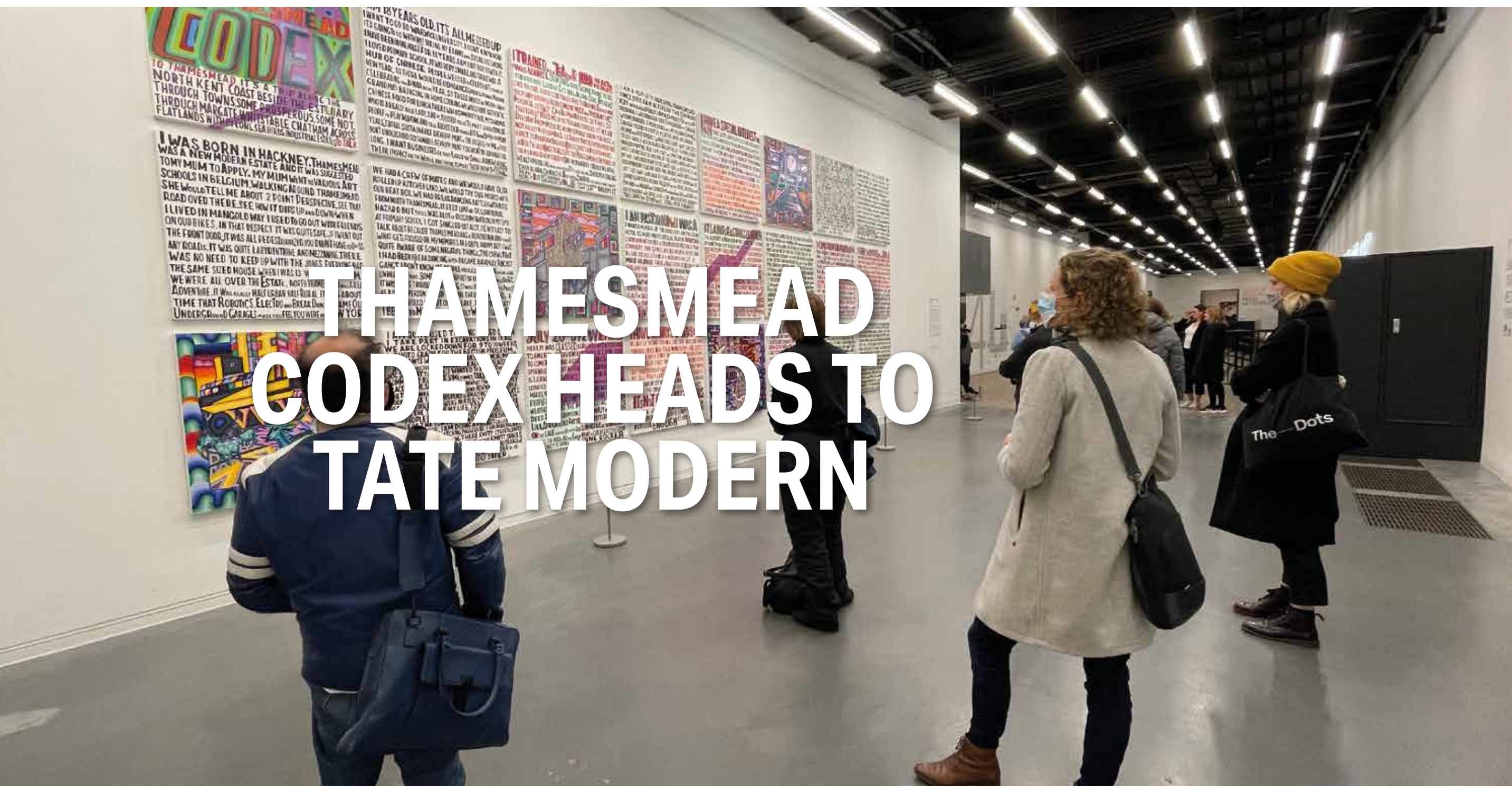
Joan, who has been teaching since 1988 and has an MA in education, also offers affordable tuition for the 11+ exam at the Jubilee Hub.

If you want to know more about this service and Joan's book you can contact her through www.brightertuition.co.uk



LOCAL TALENT





THAMESMEAD CODEX HEADS TO TATE MODERN

An art exhibition about Thamesmead, originally shown in a vacant shop in the town last summer, is now on display at Tate Modern, the UK's most visited art gallery, on the South Bank.

Thamesmead Codex by renowned artist Bob and Roberta Smith is a series of 24 paintings capturing residents' experiences of life in the town.

Bob and Roberta Smith recorded first-hand tales and experiences from a range of Thamesmead residents to create the work that weaves together a picture of how the area has transformed over the decades.

"There are many people who may have an impression of the type of place Thamesmead is based on other people's accounts or things they've read," said Bob and Roberta Smith. "But it's amplifying diverse voices from different backgrounds and with varied histories that speaks to what it's really like to live in the area. That's what we want to achieve with this exhibition."

Adriana Marques, Peabody's Head of Thamesmead Cultural Strategy, added: "We've been incredibly lucky to work with such an incredible artist – Bob and Roberta Smith – who committed to collaborating with local residents, even throughout the pandemic, and who has used his signature paintings to tell some remarkable untold stories."

Tate Modern Director, Frances Morris, said: "We are delighted to have collaborated with Bob and Roberta Smith, strengthening a long-lasting relationship with the artist, as well as Peabody in contributing to Thamesmead's rich cultural heritage.

"Connected as we are by the river, it was wonderful to see audiences enjoying this work at Thamesmead last summer and I'm delighted visitors to Tate Modern will now have the chance to enjoy it too."



The Thamesmead Codex is on display to the public at Tate Modern until 2 October. Entry is free, go to www.tate.org.uk/visit to book tickets and plan your trip.

MUST SEE EVENTS

Thamesmead Saturday Kids Art Club

Date: Each Saturday
Time: 10.00am – 12.00pm
Location: Lakeside Centre on Southmere Lake, 2 Bazalgette Way, SE2 9AN
Price: £3 per child for 5–11-year-olds.
To book go to www.eventbrite.com and search 'Lakeside Centre Kids Art Club'.

Thamesmead 5km & 10km

Family and Beginner Friendly Running Event
Date: Saturday 30 April
For more information, www.thamesmeadrunningclub.co.uk

Cray Wanderers Disability Inclusive Multi Sports Club

Inclusive multi-sports sessions for children of all abilities/disabilities.
Date: Thursdays until 23 June
Time: 5.00-6.00pm
Location: Sporting Club Thamesmead, Bayliss Ave, Thamesmead, SE28 8NJ
Contact: admin@craywandscs.com
Price: £4 per session (first session is free)

Sessions include different indoor sports and games – including mini-golf, boxing, football and fitness drills – where coaches will adapt their sessions to meet the needs of all children participating. Children of all disabilities/abilities are welcome.

Find out how to register in the What's On section of www.thamesmeadnow.org.uk

Easter Fun At The Moorings

Funded by Peabody & supported by Young Greenwich
Date: Saturday 9 April 2022 12-3pm
Location: Hawksmoor Youth Hub, Bentham Road, Thamesmead, SE28 8AS.
Free easter egg for children (first come first serve basis) + free lunch, arts and craft activities, bouncy castles, massage for parents, sports activities.

MONTHLY FORUMS

Thamesmead Virtual Business Forum – Second Monday of Every Month, 4.00pm

The Peabody-organised forum with business owners, local council representatives, enterprise partners and entrepreneurs. The Business Forum provides business networking, opportunities, information, advice and guidance.
Email madeinthamesmead@peabody.org.uk for all details.

Thamesmead Culture Forum – First Wednesday of Every Month, 5.00pm

Forum for all those interested in Culture in and around Thamesmead. Anyone wishing to join or to be added to the culture forum mailing list can email lisa.drew@peabody.org.uk
Our monthly meetings alternate between online and in-person and we send out weekly culture updates. Please email lisa.drew@peabody.org.uk to join the mailing list.

Thamesmead Nature Forum - Last Thursday of every month, 5.30pm

Forum for anyone interested in nature and the green and blue spaces in and around Thamesmead
For more details about future sessions, please email msfn@peabody.org.uk

WHAT'S GOING ON



LIBRARY WITH A DIFFERENCE



Library of Things is a service where you can affordably rent useful items like drills, sound systems, sewing machines, hedge trimmers, steam cleaners and more from a local space.

It's already open and being used by Londoners in neighbourhoods from Kentish Town to Morden to Hackney – helping people to save money and reduce the amount they buy and waste.

Would you like to see and use a service like this in Thamesmead? If so, what kinds of items would you borrow? Please let us know via this two-minute survey by scanning the QR code before Saturday 30 April 2022.



If you have difficulty accessing the online survey you can complete paper versions at Sporting Club Thamesmead, Bayliss Avenue, SE28 8NJ; The Nest, Cygnet Square, SE2 9UH; and The Moorings Sociable Club, Arnott Close, SE28 8BG.

You can also book a session with one of our Digital Champions to help you complete the survey online. Contact Positive Steps on 07815 734 080 or thamesmeadcommunityteam@peabody.org.uk



Patrick Forbes, one of the first residents to move into Thamesmead, will be in conversation with fellow former resident and community worker, Val Gibson MBE on 20 May in The Studio at The Nest on Cygnet Square in Southmere.

Patrick and his family moved to Coralline Walk in 1969 for him to take up the post of curate at William Temple Church on the Abbey Wood Estate. He later became a team vicar of Thamesmead.

Patrick was responsible for much community development in Thamesmead, including getting the first radio licence for Radio Thamesmead, publishing the first community newsletter Mesmedaath and its successor, Insight, and later founding Trust Thamesmead.

Now in his 80s, Patrick has finally written a memoir of his extraordinary life, including two chapters dedicated to his pivotal times in Thamesmead.

Don't miss the chance to hear about the founding days of Thamesmead first hand in this free talk where Patrick and Val will reflect on their time in Thamesmead and take questions from the audience.

Copies of Patrick's book a 'Room Full of Elephants' will be on sale, as well as the 'Town of Tomorrow: Thamesmead at 50' book at a special discounted price.

Doors open at 6pm for 6.30pm start, light refreshments will be available.

MEET THE TEAM WITH THE PLAN

Sometimes it's hard to capture the sheer variety of work the Peabody Local Area Plan team does in Thamesmead.

From supporting children and families, delivering hampers at Christmas to helping residents find jobs, everything they do is underpinned by a single mission – to work with local people to support healthier, wealthier and happier communities in the town.

To make sure they achieve that, the Local Area Plan team, which is part of the Peabody Community Foundation, spends a lot of time talking and listening to local people to create a range of activities and opportunities for everyone.

All this work is designed to help reach the team's four ultimate goals: boosting income; developing skills and aspirations, improving mental and physical health, and building engaged and active communities.

Gez Kellaghan, Peabody's Local Area Plan Manager for Greenwich and Bexley, said: "Thamesmead is such a unique place. Lots of residents here are very entrepreneurial and want to get on in life.

It's our job to provide opportunities for them to access skills and support that will help them to fulfil their dreams.

"We all need some help and support from time to time and the Local Area Plan team is here to provide just that."

The team can assist you in starting your own business, finding a job or apprenticeship, or improving your career prospects. If you're interested in developing your skills the team also offers a range of training courses.

Some are specifically for young people, such as the YouthBuild programme on Titmuss Avenue, but there's something for everyone, including increasing your confidence, learning IT skills or project management. Maybe you'd like to volunteer? Are you interested in getting fit, learning how to cycle or want to get involved in team sports?

Residents can also apply for funding through the Thamesmead Community Fund to run their own projects. For example if you want to start a class, set up a tea and chat group for carers, or if you have a creative idea to bring people together, do get in touch.

The team can also provide practical advice and support to tackle the sort of concerns that can trouble us all, such as managing debt, getting the right benefits, energy advice, accessing food and immigration advice.

Or perhaps you've been finding life a bit tough during the pandemic and need someone to talk to?

Thamesmead resident Sarah, 25, found herself in need of that kind of support so the Local Area Plan Team put her in touch with Bexley Counselling Matters for 1-2-1 sessions.

She said: "This programme has really made a huge impact on my life. I am working on becoming a personal trainer as I want to help people become the best version of themselves. Joining the programme was the best thing I have ever done and I can't recommend it highly enough."



To find out more about what the Local Area Plan Team can offer you go to www.thamesmeadnow.org.uk or call into the recently refurbished Moorings Sociable Club where the team are now based.



FOCUS ON PEABODY



WET WET WET FUN

London Wildlife Trust invited 24 young people from Thamesmead to come to Walthamstow Wetlands for a full day workshop in partnership with Flock Together.

The group, made up of young people aged 11-18 from different youth associations, took part in several activities including forest bathing, forest yoga, bird watching and a beats making workshop using nature sounds.

Throughout the day young people were able to discuss the stereotypes around nature activities and learn the benefits of using green space around them to promote positive mental and physical health and wellbeing.

They also learned about protecting wildlife through peaceful activism, such as monitoring different species and noting their habitats and behaviour.

Bobbi, Youth Engagement Worker at the London Wildlife Trust said: "I always show the Marsh Harriers video to all of our partners when recruiting for new young people on to our programmes, and I am always keen to offer more opportunities to Thamesmead residents."

You can discover more about the work of the London Wildlife Trust at www.wildlondon.org.uk. Or if you'd like to get more involved in enjoying Thamesmead's green spaces go to www.thamesmeadnow.org.uk to find out about the Making Space for Nature programme.



The Making Space for Nature Community Fund is back for 2022! After the success of the first round last year the fund is returning! It offers grants from £200 to £2,000 for individuals, community groups, charities and schools who want to transform Thamesmead's green spaces and help local people engage with nature.

Thamesmead resident Ozge Aden successfully applied for one of the grants last year. It helped realise her idea: providing free education sessions on how to eat healthily by growing food from seeds and cooking from scratch.

Ozge said: "The application process was very straightforward. Before I applied, I called the number on the ad and talked with Rupal. From the first moment till now I've felt supported, she always responds to my emails, questions and answers my calls."

Since receiving the grant, Ozge has acquired additional funding from the local council to run sessions with the Children's Centre and Youth Club

and continues to work with more groups in the community, sharing her knowledge to help make people happier and healthier.

If you have an idea of how to improve the green spaces in Thamesmead, or how to build your community's relationship with the environment, why not apply like Ozge?

There are two kinds of grants available. The first is a Green Guardian Grant: a micro grant of up to £400 for small greening projects. The second is a Nature Hero Grant: a larger grant of up to £2,000 for higher-profile greening projects and nature-based activities.

The grants are funded by the Making Space for Nature programme, which is financially supported by Peabody and CLEVER Cities, and delivered by Groundwork, Peabody, and The Mayor of London.

Applications for this round can be made until 6 June 2022. We recommend that you contact the team first to discuss your idea. Schools should also get in touch first before submitting an application.



Please contact Rupal Shah at Groundwork London at Rupal.shah@groundwork.org.uk or 07889 755 119 (Tuesday to Thursday).

TINY FOREST, BIG DIFFERENCE



Scores of Thamesmead residents came together to plant South London's first ever Tiny Forest in Southmere Park in February.

This new woodland is made up of 600 trees of 18 different species and planted without chemicals or fertilisers in a 200m² plot. It will be a rich source of biodiversity, capable of attracting over 500 animal and plant species within its first three years.

Planted in a semi-circle, the forest will allow for a mini outdoor classroom and seating area that, once established, can be used by the wider community, school children and visitors to the area.

A team of local Tiny Forest Tree Keeper volunteers who will be trained to act as the forest ambassadors, supporting with maintenance of the site, were among those taking part.

The project is a partnership between Peabody, environmental charity Earthwatch Europe – who are pioneering Tiny Forests in the UK – the Greater London Authority, CLEVER Cities and BlackRock.

Kate Batchelor, Head of Landscape and Placemaking for Thamesmead at Peabody, said: "Thamesmead has a remarkable landscape which everyone can enjoy. The Tiny Forest has been another way for us to encourage residents to get out and about in the area, attract new plants and wildlife to the neighbourhood, and respond to the climate crisis."

Louise Hartley, Tiny Forest Programme Manager at Earthwatch Europe, said: "Tiny Forest provides rich opportunities for connecting young and old alike with the environment. It's vital that we give people the knowledge and skills to protect our natural world and inspire them to take positive action."

The Tiny Forest programme is part of Thamesmead's wider Making Space for Nature programme. This involves organising activities for people to get involved with nature and the landscape. Thamesmead also has an active Nature Forum which meets each month.

To find out more about Making Space for Nature, go to www.thamesmeadnow.org.uk/in-your-community/making-space-for-nature/

FLY TIP OFF

Peabody's Neighbourhood Wardens and local Environmental Services teams are working together to clean up the streets of Thamesmead by tackling fly-tipping.

Carried out by a small minority of people, fly-tipping has a massive impact on the living conditions for everyone in the area. It's unsightly, smelly, and encourages flies and vermin.

Three years ago, the Royal Borough of Greenwich Council granted the Peabody warden team dedicated powers so they can issue fixed penalty tickets and community protection notices to any resident found dumping rubbish wherever they want.

This has resulted in vast improvements within the area. Now the London Borough of Bexley is following suit and is in the latter stages of authorising similar powers to the team.

Three cases in January led to fixed penalty tickets of £400 for those responsible. The incidents at Redbourne Drive, Phoenix Point and Austen Close were investigated and those responsible were tracked down and issued with fines.



If you see any incidents of fly-tipping you can report them to us at thamesmeadnow@peabody.org.uk or call 0203 828 3671.



VOLUNTEERS WANTED

Get involved and support your local community! You can make a difference in your area by donating just a few hours of your time each week.

Peabody offers a wide range of volunteering opportunities in Thamesmead. If you're interested in helping to give back to your local community, contact ThamesmeadCommunityTeam@peabody.org.uk to find out more.

FIND OUT ABOUT FUNDING

Calling all voluntary and community groups working to help Bexley Borough residents. You're invited to the Find Out About Funding event on 27 April, organised by Bexley Voluntary Service Council (BVSC).

This is your chance to get up to speed on what you need to make successful applications to funders. There's an early bird session for those newer to fundraising, panel presentations and a marketplace where various groups will be available to answer your questions.



Find out more and sign up on the events section of the BVSC website at www.bvsc.co.uk or contact Jacqueline on 01322 315 390 or jboobb@bvsc.co.uk



YOUTHBUILD GOES BACK TO SCHOOL

YouthBuild is a charity that works with organisations and employers in the construction industry to create work opportunities for young people.

Recently YouthBuild graduates visited St Paul's Academy in Abbey Wood to work with Year 10s in a workshop called 'Building Brighter Futures Together'.

The workshop aimed to inspire young people to improve their lives and communities by building skills and resources to reach their full potential.

Within the workshop, Year 10 worked with the YouthBuild team to build skillsets and a resilient mindset to ensure positive academic steps to success for their GCSEs.

Students also identified the barriers to their learning and how to tackle them by developing a more positive outlook.

One Year 10 student said: "Working with young adults who have been where I feel I am and have come through to be successful is an empowering experience... I will take a lot from it."

YouthBuild graduate Celine added: "Our visit to St Paul's Academy was definitely one to remember. We got to spend a few hours with young people aged 14-16 that had been finding school challenging and some on the verge of not attending anymore. We spent our time finding out what obstacles and barriers they were facing and came up with solutions together."

Working with YouthBuild has provided a platform where the students have started to believe in a dream and nurture the skills, they will need to achieve it.

For further information or to register email: ybv@youthbuild.org or contact Programme Manager, Femi on 07799 863 961 or Youth Development Co-ordinator, Charlee on 07881 571 831.

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

LOOKING FOR A JOB?

Sign up to our fortnightly jobs bulletin for new jobs straight to your inbox. If you spot something you want to apply for, one of our expert employment case workers can provide one-to-one support to help you apply.

Sign up here: www.peabody.org.uk/newsletter

BEXLEY MEANS BUSINESS

There's a new website for Bexley residents and enterprises who want information on employment and business support.

You can now go to www.bexley.gov.uk/bbe for details on how to prepare for and find work through the Bexley Business and Employment (BBE) employment support service. Businesses can use the site to access a new e-business programme, grants, networking events and much more.

You can also get in touch with the BBE on 020 3045 3800 or contactus@bexleybe.co.uk



EXCEL OPPORTUNITY

If you're working for a voluntary group that benefits Bexley residents, then you can access free support from Bexley Voluntary Services Council (BVSC).

Excellent(ish) Excel looks at how you can use Excel to keep a register of how many people you help and how often, check how many people come from different areas and more.

Both the Excel and the Fundraising sessions are normally run face to face. However, if videos and factsheets suit your group better then BVSC is still here to help. Contact Karen on 01322 315 391 or email karen@bvsc.co.uk

XPLORE HEALTHY LIFESTYLE PROGRAMME

ACTIVITIES FOR KIDS 4 - 14 YEARS

XPLORE is a **FREE** 8-week programme for children, young people and their families to become fitter, healthier and more active.

Leisure centres owned and supported by the Royal Borough of Greenwich.

ROYAL BOROUGH OF GREENWICH **YOUNG GREENWICH** **BETTER**

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD

FREE 8-WEEK PROGRAMME

In partnership with the Young Greenwich Service, the Xplore programme is aimed at children, young people and their families who are above a healthy weight. The programme includes both face-to-face and online healthy eating workshops, physical activity sessions and parent/carer discussion groups. The sessions are designed to be fun and inclusive for all abilities. The programme gives lots of handy tips around healthy eating and activity, so families can discover new ways to improve their health and wellbeing and lead a more active lifestyle.

Sign up today by:
 emailing xplore.greenwich@gll.org
 or calling **020 3795 0715**

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398

BEXLEY ECO FESTIVAL 2022

WELL-BEING • ENVIRONMENT

WE'RE BACK WITH ANOTHER EXCITING LINE UP

SATURDAY 25 JUNE 2022

We are delighted to announce our **FREE** family fun, face-to-face: **Bexley Eco Festival, Saturday 25th June 2022** at The Nest, Cygnet Square and the Atrium Community Centre and Gardens in Thamesmead.

Look out for further information on this event. Many of the activities will be accredited by the Children's University, so please hold the date so you don't miss it!

The themes for our festival are Wellbeing & Environmental and free Children's University Passports will be issued to children on the day, so ensure you tell all your family and friends to come on down!

SCAN TO FIND OUT MORE
 We look forward to seeing you there!
<https://www.bexleyecofest.co.uk>

THAMESMEAD **CORY** **LONDON SOUTH EAST COLLEGES** **BEXLEY** **Peabody**

Making Space for Nature

Volunteer with us

As part of our Making Space for Nature programme, volunteers meet regularly at parks and nature reserves across Thamesmead to help improve green spaces and increase biodiversity.

Become a volunteer if you want to:

- improve your knowledge of plants and wildlife
- help nurture the natural environment
- meet new people and spend time outdoors
- learn how to use gardening tools
- improve your fitness

To find out more, email: msfn@peabody.org.uk or scan the QR code below

Peabody THAMESMEAD **CLEVER CITIES** **MAYOR OF LONDON** **North West Kent COUNTRYSIDE**

EMPLOYERS

Join our Parenting Project and be connected to our skilled Women Returners for FREE

SUPPORTED BY **MAYOR OF LONDON** **European Union European Social Fund** **SUCCESSFUL MUMS Career Academy**

CONTACT: jane@successfulmums.co.uk
 OR CALL 020 3633 9672

Are you interested in learning a new skill or gaining a professional qualification?

We work with training providers, universities and colleges to offer a wide range of training opportunities including confidence building, construction, health & safety and CSCS card, SIA security, accounting, 3D design, rail engineering, IT, coding and so much more!

Our partners include Ravensbourne University, Greenwich University, QA, Generation UK, Hobs Academy, and Youthbuild.

Sign up to our mailing list to find out more about free training courses.
 Email: employment.training@peabody.org.uk
www.peabody.org.uk

Peabody

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 4-5.00pm

2022

Monday 11th April

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

The Thamesmead Business Forum takes place online via video conference. For joining instructions contact: madeinthamesmead@peabody.org.uk

THAMESMEAD **Peabody**

GREENER BUSINESS in GREENWICH

Local Action, Global Impact

We provide simple, impartial, effective advice to help local businesses take action to reduce energy use and carbon emissions in Greenwich.

Concerned about **Energy Prices?** Interested to know your **Carbon Footprint?** Thinking of your **Low Carbon Future?**

Do you run a business in the **ROYAL Borough of GREENWICH** and don't know where to start?

Sign up for a free **Energy & Environmental Audit.**
 Fully funded by the Royal Borough of Greenwich

greenwich@greenerbusiness.org.uk
www.greenerbusiness.org.uk/greenwich
 020-4558-3639

SOUTH EAST LONDON COMMUNITY ENERGY **ROYAL BOROUGH OF GREENWICH**



If you're planning a get together or community activity then why not hire one of our affordable community hubs?

You can choose from eight of our welcoming venues across Thamesmead.

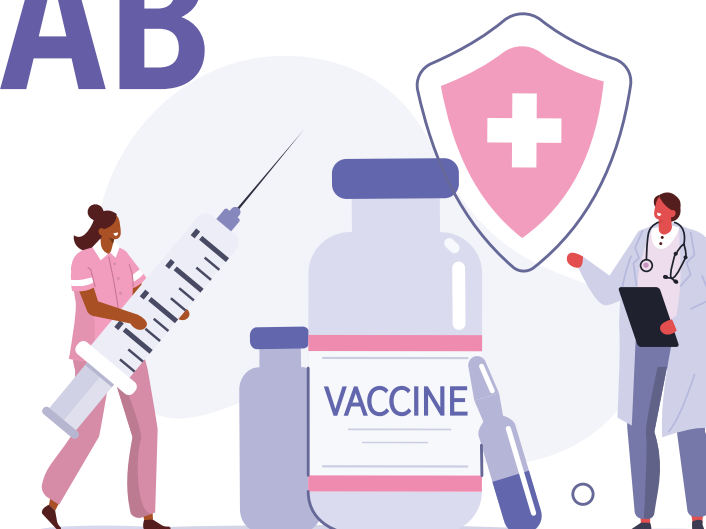


- Find out more at: thamesmeadnow.org.uk/in-your-community/spaces-for-hire/
- To make a booking or enquiry: please call 020 3828 4920 or email communityhubsTM@peabody.org.uk



GET THE JOB

King's College London student and Thamesmead resident, Thelma Obirai, talks to immunologist Dr Dammy Pinheiro who answers some of our most important (and weirdest) questions about the Covid-19 vaccine.



First of all, what is COVID-19?

COVID-19 (C-19) is the disease caused by SARS COV-2 which is a pathogen. A pathogen is something that causes diseases. In this case, C-19 is caused by the SARS-CoV-2 virus.

Our bodies had never been exposed to this type of virus before, so it made a lot of people sick, and a lot of those people unfortunately died. This is because there was no way to protect us from it. Our immune system, which is the thing in our bodies that helps to protect us from illnesses, really went "I don't know how to fight this."

How does the vaccine help us with that problem?

It contains instructions on how to make a protein unique to SARS-CoV-2 called the spike protein. It doesn't even contain the virus itself. By having the injection, you get an immune response.

Whenever you have an immune response, your body stores a memory of the virus you've come across before. The more often you're in contact with the pathogen, the quicker you respond.

The vaccine provides that initial immune response, allowing your body to store memory cells for C-19 in a way that doesn't cause the disease or such severe symptoms of the virus.

Why do we need to get vaccinated?

The main aim of the vaccine is to stop people from getting seriously ill, hospitalised, and dying.

Young people are less likely to develop severe symptoms from getting the virus but that shouldn't stop anyone from getting

the vaccine. Taking the vaccine is not only for your benefit, it also benefits others around you. If you were to get C-19 it makes the symptoms less severe.

What about side effects?

I know some people wonder about the long-term effects and the rumours of infertility issues. Results show that there is nothing to be worried about. In pregnant women there was no increase in the incidence of miscarriages or stillbirths.

Whatever our ethnicity, the vaccine has shown no disproportionate effect. Essentially everyone has the same type of cells in our immune system. It can actually be very beneficial for the ethnic communities who can be more likely to have a severe reaction to the virus due to other factors such as diabetes, hypertension and other diseases.

Okay, so how do I get vaccinated?

To get the vaccine, you can visit a walk-in centre or book an appointment. There's a website for south-east London dedicated to helping you.



You can visit www.modality.simplybook.it or call 07828 499044 to arrange a free, confidential conversation with a local healthcare professional.



BAG THE TAG

Get Active with Street Tag. The free smart app transforms the streets and parks of Royal Greenwich into an active, family-friendly game where players win points for collecting virtual street tags as they walk, run or cycle around the borough.

Download the app now and compete with your neighbours through the Communities Leaderboard. You can also encourage your school to sign up to the Schools Leaderboard, where some great prizes are up for grabs.

Learn more at www.royalgreenwich.gov.uk/streettag

HEALTH & WELLBEING



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GET IN TOUCH

Tell us what you think about 'Talk of Thamesmead'. Sign up for the monthly digital newsletter or get more involved in the work we're doing. Drop us a line at thamesmeadnow@peabody.org.uk

SAVE THE DATE FOR CULTURE

Thamesmead Festival 2022

The Thamesmead Festival will return on 20 August 2022, 12-7pm. Peabody is excited to be working with Serious and our Festival Production Group of 16 local residents again after last year's successful festival that saw 6,500 people attend.

We will be sharing open calls and ways to get involved via our website soon, so keep an eye out on www.thamesmeadnow.org.uk

Fields of Everywhen

A 25m tall hot air balloon, displaying local stories is coming to Thamesmead and will take flight five times over the summer. Keep a close eye on www.thamesmeadnow.org.uk and www.g-foew.art or follow 'Fields of Everywhen' on Instagram to stay up to date on latest developments.

Photo by Lisa Drew

