

Lambethtalk

PEOPLE • PLACES • EVENTS • DATES • CONTACTS • FEATURES

WINTER 2022



**Cost of living crisis
We are here for you**



Find out how we can support you pages 6-17



Electoral Register 2022-2023

The Electoral Services team have contacted every household in the borough of Lambeth to confirm details for over 240,000 voters, with canvassers making visits to assist residents in providing this information.

The canvass is now complete, and the Revised Register of Electors for 2022 – 2023 was published on 1 December 2022.

Electoral Services will send a Household Notification Letter (HNL) to every

residential property in early 2023 containing the names of people registered to vote at each address. There is no need to respond to the HNL unless voter details at your address have changed.

If you, or someone in your household, still needs to register to vote apply at gov.uk/register-to-vote as soon as possible.

Elections Act 2022

The UK Government is making significant changes to the current UK electoral system.

The Elections Act 2022

contains a number of measures that will affect the way we vote and conduct future elections.

The new measures include the requirement to provide an approved form of **photo identification when voting** in polling stations. Those who do not hold one of the approved forms of photo identification will be able to apply for a free Voter Authority Certificate from early January 2023.

The UK Government plans to make details available over the course of 2023.

For more details about electoral registration and elections in Lambeth visit lambeth.gov.uk/vote

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Cover story: Lambeth's food distribution Hub moves to We are 336 (p.14) ©Jake MorganStead, Lambeth Communications

Welcome

Dear residents,

The cost of living crisis is gripping households in every corner of Lambeth but we refuse to stand by and allow this crisis to rip across our borough. We are absolutely committed to doing everything we can to shield our communities from the worst effects of the rising cost of living.

That's why we have launched a £4.3 million cost of living package, providing targeted financial support to thousands of families across Lambeth. The package includes help to provide free school meals during the holidays for families on low incomes and direct payments to thousands of residents who are struggling to pay their bills. We have also opened a network of warm spaces across the borough so that everyone has somewhere to go to keep warm.

If you or anyone you know needs help during these difficult times, you can find information about the support Lambeth council is providing throughout this edition of Lambeth Talk, and on the council's website at: www.lambeth.gov.uk/cost-living-crisis-support

Cllr Claire Holland, Leader of Lambeth Council



For translation of articles in any other language, large print format, or to opt-out from receiving the magazine contact: lambethtalk@lambeth.gov.uk



FREE CYCLE TRAINING

Lambeth Council provide FREE cycle training to anyone who lives, works or studies in the borough.

TRAINING YOUR WAY
Training can take place individually or with a friend, colleague or as a family. All ages and levels are catered for, from complete beginner to complex, urban commute training.

BIKE OR NO BIKE
If you have your own bike, you can book a session to start from your home or in a local park. If you need to borrow a bike, these are available on Clapham Common or at St Matthews Estate in Tulse Hill.

For more information & to book a session, please visit www.cycleconfident.com/lambeth or call Cycle Confident on 020 3031 6730



National Inquiry update

The Independent Inquiry into Child Sexual Abuse (IICSA) recently published its final report into historic abuse in schools, children’s homes and religious institutions.

The report outlines a series of recommendations that will make sure public institutions keep children safe from harm. It highlights the need for a comprehensive redress scheme for those who were so badly let down for many years.

Lambeth Council first called for a national redress scheme in 2016 and set up its own compensation scheme in 2017, to acknowledge the suffering experienced by the survivors of abuse at our former children’s homes.

More than £87million has been paid to over 1,900 survivors, who have also had a formal apology from Lambeth Council, and access to counselling and independent legal representation in applying for compensation.

The council has welcomed that this inquiry has now recommended a national redress scheme.

New Homes

Thirty new council homes on the South Lambeth Estate have been completed and new tenants have begun to move in.

The council’s wholly owned housing company Homes for Lambeth is now planning to deliver up to 362 new mixed-tenure homes, new shops, a dedicated community room and landscaped gardens, growing areas and play space.

Lambeth Council leader Cllr Claire Holland, whose ward includes the South Lambeth estate, said: “This is a great example of the work we’ve been doing to provide much-needed, genuinely affordable homes to help tackle Lambeth’s housing crisis.”



Tree planting

Lambeth has pledged to plant 600 trees in six months as part of our Climate Action Plan.

The planting is part of plans to address the climate and nature crises whilst a range of health and wellbeing benefits to residents. The new trees will improve air quality, increase resilience to heatwaves and flooding and help nature to thrive.

Cllr Rezina Chowdhury, Cabinet Member for Sustainable Lambeth and Clean Air, said: “Winter is the ideal time to start on our tree planting targets as this time of year gives them the best opportunity to put down roots. By spring they will start to grow, greening our neighbourhoods, improving the local environment and helping reduce the risk of surface water flooding in Lambeth.”

Lambeth has appointed its first Poet Laureate, a creative leader who will generate new work, build creative networks and help shape the role for Laureates to come.



Photo: Gorm Ashurst

Poet Laureate

Abstract Benna took up the role in October following a celebration event at the London Literature Festival, Southbank Centre. He led local talents, Aicha Thérèse and Magero in performances touching on identity, community and the pressing issue of climate change, and made an impassioned speech about what a Laureate role can achieve. Benna said he was influenced by the local culture of storytelling, rap and lyricism. In spring he launched Out of Darkness, a Spoken Word project accompanied by instrumentation. He has represented the Borough as a champion of the ELEVATE programme and recently welcomed the Duke and Duchess of Cambridge (now Cornwall) on a visit to Lambeth. Benna said: “I aim to use the year to work across disciplines, to collaborate, and to create a platform for Lambeth writers and artists.”

Urgent action for schools

Lambeth Council has written to the Secretary of State for Education seeking urgent action to make sure schools in Lambeth, and across London, are put on a sustainable financial footing in the face of serious pressures.

The letter from Cllr Ben Kind, Lambeth’s Cabinet Member for Children and Young People, to the minister Gilliam Keegan, who was

appointed on October 25, highlights how the schools are facing a financial crunch as a result of falling birth rates, an unfair funding formula and outward migration from the capital due to Brexit.

Lambeth Council has set out a strategy to work in partnership with schools to protect their future viability and ensure primary schools aren’t forced to close as has happened elsewhere in London.

Primary Places If your child was born between 1 September 2018 and 31 August 2019, you must apply for a primary or infant school place for September 2023. Applications can be made online by **midnight on Saturday 15 January 2023.**



Artist in us

Students from three Lambeth schools have collaborated with local artists to create new artworks responding to Lambeth’s local heritage, identity and wellbeing. Present in the Moment, funded by Arts Council England and produced by Lin Kam Arts, is part of ELEVATE – Lambeth’s mission to open up creative opportunities for all young people in the borough.

Meet Cllr David Amos



Cabinet Member for Finance and Cost of Living since May 2022 (first right). In July, the council declared a cost of living crisis and supporting Lambeth's families through the crisis as its top priority.

What is the cost of living crisis?

Crises like these are caused when the cost of supplying or producing key goods and services costs more than the actual price of buying it. This makes prices rise far more than any increase in wages, leaving people struggling.

Who is affected by the crisis?

Unfortunately, the scale of the crisis means that it is affecting many households in Lambeth. For anyone who is already struggling to run a household and feed their family, these price rises are putting a massive strain on their finances.

Currently, around one in four Lambeth children are in low-income families, which is 9%

higher than the UK average. Approximately one in four Lambeth pensioners are in receipt of Pension Credit, double the average for England. We know a third of Lambeth households are already experiencing food poverty and insecurity following the latest energy price cap rise, and it's expected 6,757 households in the borough will have no monthly discretionary income after the change.

How is the cost-of-living crisis impacting the council itself?

After a decade and more of austerity, and increased demand in essential services, there remains increasing uncertainty around the long-term, sustainable level of funding needed for local

government. This crisis has added to already existing financial challenges.

In our recent July Financial Planning report, we estimated that we would need to find over £42 million of savings over the next few years.

The Government have signalled further demands for savings across central and local government and we need to be braced for more cuts. I've written to the Treasury warning that the front-line services that millions of people depend on could be under threat if the Government doesn't provide more help for people through their local councils.

“

The front-line services that millions of people depend on could be under threat if the Government doesn't provide more help for people through their local councils. ”



How can the council help residents?

Our commitment is to do everything we can to shield everyone, particularly our most vulnerable, from the worst effects of this crisis. I am leading the council's commitment to support Lambeth residents by lobbying the Government for more support and co-ordinating efforts to increase aid and advice for those struggling.

Earlier this year, we increased Council Tax Support by £3m for those who are struggling, exempting 7,000 of the most low-income households from paying any council tax.

This summer, we provided a £4.3m programme of support for Lambeth families. This included free school meals during the school holidays for families on low incomes, and direct payments to thousands of residents who are struggling to pay their bills.

We've been supporting our local food banks and charities such as Healthy Living Platform with

additional funding to increase the supply of food and other essentials. Fuel support is being provided by Green Doctors, supporting residents to reduce energy bills, as well as by the Fuel Bank Foundation. We've commissioned advice services in the borough to support residents with income maximisation and welfare advice such as Every Pound Counts.

The council is exploring supporting and funding spaces where residents can find warmth this winter (warm spaces) across the borough. Despite this support, without significant Government intervention more families will fall into poverty this year. We're lobbying Government to bring forward solutions to alleviate the pressures households across Lambeth are experiencing.

What is the council doing to help businesses?

Our local businesses are vital to the success of Lambeth's economy, but they aren't immune from the effects of this crisis.

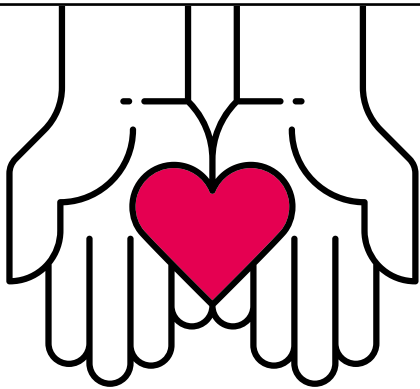
We're working closely with our Business Improvement Districts (BIDs) to tackle the cost-of-trading crisis and currently drafting a £200,000 GLA grant bid, to invest in energy efficiency measures for our creative workspaces.

Alongside seven of our most prominent business leaders, we wrote to the Government appealing for extra help, including an energy price cap for Small and Medium Enterprises (SMEs) and Charitable Organisations, and a discount on Business Rates.

What other help can people get?

Throughout Lambeth, charities, food banks, local voluntary groups, advice agencies, council staff and local people are working hard to make sure everyone can access the support they need. If you or somebody you know needs help and is struggling as bills start to rise, please contact your local councillor or visit our website: <https://beta.lambeth.gov.uk/cost-living-crisis-support>

Here for you: How can we help?



HOUSEHOLD SUPPORT FUND

Free School Meals

During the school holidays, Lambeth Council is providing all families with children at Lambeth schools on Free School Meals with £20 per week, per child. Free School Meals are available to children in low income households, if you think your child may be entitled to Free School Meals, please contact your school directly.

Payments to residents in fuel poverty

This winter, Lambeth is providing direct payments up to the value of £200 to over 4000 families in need. If you have received a letter from the Post Office titled 'Household

Support Fund: Post Office Payout', simply take the letter with a form of ID to any Post Office branch within 3 months of the date of the letter. You will receive the funds in cash or bank transfer, depending on your preference. You do not need a Post Office account to be able to collect the funds.

Warm spaces

Lambeth is working with partner organisations to support a network of warm spaces, where residents can go to keep warm if they are concerned about the costs associated with heating their homes. Each warm space will have a different offer including children's groups, arts and crafts, exercise, blood pressure checks

and advice services.

To see a full list of warm spaces in the borough, please visit our website on www.lambeth.gov.uk/cost-living-crisis-support

Emergency Support Scheme

The council has an emergency support scheme that can support residents facing hardship, a crisis, emergency, or disaster or those who have community care and/or resettlement needs. This includes residents struggling to pay bills or afford food. Funding is limited but further information on eligibility can be found at www.lambeth.gov.uk/cost-living-crisis-support

OTHER SUPPORT

Food support in Lambeth

Lambeth Larder supplies local people with emergency food and other services like advice, debt, and mental health support. It also lists many food banks in the borough and support services <https://www.lambethlarder.org/>

The Trussell Trust operate six food banks in the borough available to residents with food vouchers available through health workers, social workers, doctors, advice centres or through AgeUK Lambeth's MYCommunity Gateway helpline: **0333 360 3700** or email

mycommunity@ageuklambeth.org

To find Foodbanks visit: <https://www.trusselltrust.org/get-help/find-a-foodbank/> or call their helpline on **0808 2082138**, open Monday to Friday, 9am – 5pm.



For more information and guidance on help and support available you can visit the council's dedicated webpage:

www.lambeth.gov.uk/cost-living-crisis-support

Advice services in Lambeth

Lambeth Council commissions the following advice services to support residents with welfare and benefit advice, grant applications, money management and skills and employment:

Citizens Advice Merton and Lambeth (CAML)

Telephone: Lambeth Adviceline **03444 889 625**

Brixton Advice Centre

Telephone: **020 7095 5908**, Monday to Thursday, 10am – 3pm.

Centre 70 (C70)

Telephone: **020 8670 0070**, Monday to Friday 10am – 4pm.
Email: enquiries@centre70.org.uk

Pension Credit – are you eligible?

Pension Credit gives you extra money to help with your living or housing costs if you're over State Pension age and on a low income. There are a high number

of residents in the borough eligible for pension credits but not currently claiming. If you are pension age and receiving less than £182.60 per week (or £278.70 with a partner) OR have caring responsibilities, you may be eligible for financial assistance. To find out more information please visit: <https://www.gov.uk/pension-credit/> or contact one of Lambeth's advice centres (listed above).

Debt Advice

Alongside Lambeth's advice services, the following national services also provide debt advice to residents:

National Debt Line contactable Monday to Friday, 9am – 8pm. **0808 808 4000**

StepChange contactable Monday to Friday, 8am – 8pm and Saturday, 8am – 4pm. **0800 138 1111**

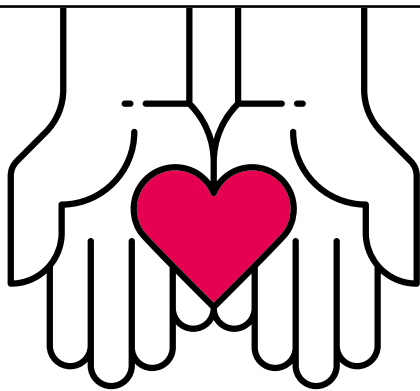
For those who might need a loan,

London Mutual Credit Union make it simple to borrow at low rates, and to build savings for the future. As a credit union, they are not-for-profit, and exist to serve the community. Find out more: www.creditunion.co.uk or call **020 3773 1751**, Monday to Friday, 9am – 5pm)

Warmer Homes Grants

Grants are available from central government to support residents with the energy efficiency of their homes. The programme covers works including heat pumps, insulation, improvements to heating systems, draught proofing, and solar energy installations. Households will be able to access the grant if they are on a low income or have a long-term health condition. More information of who can access the scheme can be found on: <https://www.london.gov.uk/programmes-strategies/housing-and-land/improving-quality/warmer-homes>

Here for you: supporting your business.



Lambeth Council is committed to supporting businesses in the borough to both start-up and grow. However, our businesses face huge challenges due to rising energy costs, inflation and the impacts of the cost-of-living crisis. Lambeth’s politicians and business leaders have jointly written to the Chancellor urging him to support businesses facing higher fuel bills, at a time when they are still recovering from the disruption caused by Covid-19 and managing the impacts of Brexit. We will continue to advocate on behalf of our business communities. Visit: www.lambeth.gov.uk/help-grow-your-business



For more information and guidance on help and support available you can visit the council’s dedicated webpage:
www.lambeth.gov.uk/cost-living-crisis-support

HOW WE’RE HELPING

To make sure that new and established businesses can get the support they need, Lambeth Council continues to fund business support programmes and partner with London-wide organisations to bring tailored resources to our businesses.

London Business Hub

Free one-to-one business support on the following topics:

- starting your business
- financing your business
- finding and growing your team
- premises and open workspace
- managing your business
- accessing new clients and winning contracts.

The Business Hub offers free one-to-one support for up to 12 hours with their advisors, and runs a variety of events, including trade shows, workshops, and networking opportunities.

Their Wayfinder programme helps small businesses in the boroughs

of Lambeth, Southwark and Wandsworth connect with trusted expert advice and free support, led by a dedicated team of Wayfinders to guide them. Various support resources are available through the service, including financial and business planning, sales and marketing support, retention development, and technology adoption.

Visit the London Business Hub’s website: www.businesshub.london to find out more and access their newly launched ‘Cost of Doing Business Hub’.

High-Speed Connect Scheme

The scheme helps local businesses upgrade to high-speed connection. Organisations can get up to a maximum of £2,000 to help cover the cost of installing full fibre connection to the business premises.

Vault Creative Arts are one of the local organisations that have

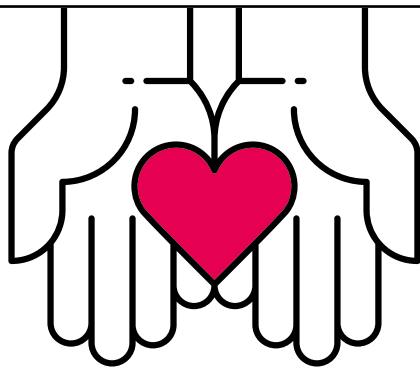
recently been connected to full fibre internet thanks to the help of the Lambeth High Speed Connect Scheme. Their new internet speed allows them to video call more reliably, and easily access software in the cloud. They are also able to offer free reliable internet to the local community via their newly opened cafe/bar/performance space ‘The Glitch’.

Liz Arday from Vault Creative Arts said that the new connection “has proved invaluable to the quality and consistency of operations and we are incredibly grateful to Lambeth for removing the financial barriers to upgrading”

To find out if your business is eligible and for more information on Lambeth High Speed Connect, please visit www.lambeth.gov.uk/lambeth-high-speed-connect or contact the team at highspeed@lambeth.gov.uk

Green Doctors

Saving energy in your home



An award-winning service commissioned by Lambeth and supplied by Groundwork London. The Green Doctors supports residents by providing independent impartial advice on how to stay warm in your home, whilst reducing your fuel bills. The first step is a home visit, taking around an hour to an hour and thirty minutes. The Green Doctors carry out a room-by-room assessment of your home and talk to you about any problems you are facing and provide solutions to mitigate them.

The services the Green Doctor can provide are:

- Advice on reducing energy use at home
- Supporting with accessing the Warm Homes Discount or Priority Services Register
- Support with applications for energy or water debt relief
- Refer households for the installation of larger measures if needed
- Refer households to other support organisations within your community if needed
- Install small efficiency measures, such as LED lightbulbs and draught proofing

The service is available to all households in the borough, regardless of their tenure, who are currently in financial hardship and struggling to manage their fuel bills. To date the programme has supported over 250 households in the borough.

The best way to register for the service is via the web form www.groundwork.secure.force.com/enquiry/ or you can call the Green Doctor service on **0300 365 3005**

You can learn more on: www.london.greendoctors.org.uk

Quick and easy tips to reduce your energy bills



Electricity

- **Avoid leaving electrical items on standby** including charging after full charge, this can save you between £50-90 a year.
- **Turn off lights** when not using them and replace traditional light bulbs with LED bulbs, you could save up to £30 a year.
- **Minimise use of an electric oven** by using a microwave or air fryer



Draught-proofing

- **Install draught-proofing** strips around door frames and windows.



Heating

- **Keep your thermostat between 18-21°C** and wear extra layers to reduce your heating bills by up to 10%. You can request a free smart meter from your energy provider to keep track of your spending.
- **Set your hot water cylinder to 60°C** to prevent water from being overheated. If you have a combi boiler, you can turn down your flow temperature to 55 degrees.
- **Set your heating** to come on when you need it by setting the thermostat.



Washing

- **Wash your clothes at 30°C**, with a full load each time, and avoid the tumble drier where possible
- **Use the eco programme on your dishwasher**, it will take longer but use less energy



Water

- **Save water** by washing dishes in a plastic bowl rather than running the tap and fit aerators on taps
- **Take short showers** rather than baths and fit your shower with a water efficient showerhead.
- **Only fill the kettle with the water you need.**

Energy-efficiency grants, advice, and services

Energy Saving Trust advice centre

They offer free, impartial advice about energy efficiency, grants, offers, renewable energy, sustainable transport and reducing waste and water use. Telephone: **030 0123 1234** / Website: www.energysavingtrust.org.uk

Citizens Advice Consumer Service

They provide free, confidential, and impartial advice on consumer issues and rights, including energy and the best energy deals. They can also help with complaints to energy companies. Telephone: **034 5404 0506** / Website: www.citizensadvice.org.uk/consumer

Groundwork / The Green Doctors

They offer free, impartial advice and support to help you save energy, reduce your bills, and live in a warmer, more comfortable home. Telephone: **03003 653 005** / Website: www.london.greendoctors.org.uk

Energy trusts and funds

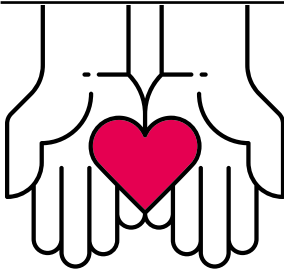
Most big energy companies have trusts or funds that could help you if you are having problems paying your energy bills.

To find out about the support offered and the criteria, call your energy company or an advice agency like Citizen's Advice.



You can see more on Lambeth's website:

www.lambeth.gov.uk/save-energy



Food support for those in need

Lambeth Council’s food distribution hub, which is run by the Healthy Living Platform, is sharing surplus supplies to help vulnerable residents during the cost of living crisis. Healthy Living Platform are expanding their offer to help people cook healthy meals on a budget.

The Hub, which was set up during at the Covid-19 pandemic at Brixton Rec to serve the community, is moving to We Are 336 in Brixton Road in mid-December with funding from Lambeth’s Public Health team.

The move to We Are 336 is being made so that the hub is closer to the community kitchen, which is also run by the Healthy Living Platform.

The community kitchen provides a well-equipped, high-quality space where local voluntary, community and faith organisations can prepare cooked meals. It also provide people with the skills and

knowledge to prepare meals to help them live healthily and sustainably.

Being based at We Are 336 will also improve the hub’s ability to serve the community as the new location has a dedicated loading bay making food distribution easier and more efficient. It will also mean out-of-hours deliveries can now be made.

The Healthy Living Platform is providing crucial support during the cost of living crisis and is working to meet increasing need. But donations are down and local people who are able are being asked to provide support.

To learn more visit their website www.healthylivingplatform.org or contact them via contactus@healthylivingplatform.org.

Pantries for people

The Healthy Living Platform distributes surplus food to approximately 30 different charities and community food projects

Right to Food

“Lambeth is London’s number one borough for fighting food poverty. Our work is to help vulnerable people through this economic crisis free from the spectre of hunger.”

Cllr Jim Dickson Cabinet Member for Healthier Communities (job-share)

across Lambeth, including volunteer-led pantries.

Lizzie, the lead volunteer at Southwyck and Moorlands Pantry in Brixton, said: “People join as pantry members and for £5 a week can buy 10 items of fresh fruit and vegetables and 10 other items like toilet roll, tea, or breakfast cereal off the shelf.

“There is a smaller, cheaper option also available for £2.50.”

One pantry customer called it ‘the friendliest foodbank ever’.

But according to Carla, the Healthy Living Platform’s Community Food Manager, the Pantries are a ‘real alternative to foodbanks’.

She said: “The pantries are not just places where people can eat, get a hot drink, or have access to fresh and healthy food. People are coming to eat, but they stay, talk, shelter and support each other as a community.”

Community Kitchen

A new welcoming space at **336 Brixton Road** for cooking workshops and large-scale catering available to hire at discounted community rates.



Pantries (for opening hours please contact the venues or Healthy Living Platform)

- **Myatt’s Fields North Community Centre**
Crawshay Road, London SW9 6FZ
T: 07701365551
- **St Stephen’s Children’s Centre**
Meadow Place SW8 1XY
T: 020 7735 1540
- **Moorlands Community Centre**
50A Corry Drive, London SW9 8QT
T: 07944 240420
- **Myatt’s Fields South, Liz Atkinson Children’s Centre**
9 Mostyn Road SW9 6PH
T: 07701365551

Are you a community group or voluntary organisation? You can apply for the following Lambeth Council funds:

- Social Value Fund, more information on: www.lambeth.gov.uk/changing-lives
- Lambeth Youth Opportunity fund, more information available: www.lambethyouthopportunitiesfund.org.uk
- Community Connections Fund, more information: www.lambeth.gov.uk/community-connections-fund
- Lambeth Community funds, find out more on: www.londoncf.org.uk/grants/lambeth-community-fund





Other services

- Connecting Communities, in partnership with the Lambeth Homes for Ukraine team and the Refugee Council, is hosting a series of coffee mornings for refugees in Lambeth to find out more about the skills and experience they bring to the borough and the types of jobs that might be right for them
- Connecting Communities has a range of services for all ages: younger residents aged 16-30 can access support through our network of Youth Hubs, but we are also particularly keen to engage and support our older residents (aged 45+) who may be facing different challenges in finding good work.
- The Connecting Communities team works with employers to offer 'good jobs' for residents, promoting the benefits of London Living Wage.



Connecting Communities

Are you unemployed and living in Lambeth?

Connecting Communities is Lambeth Council's new free employment support service, helping residents with jobsearch and career development.

The Connecting Communities team of employment specialists can provide a range of services including:

- One-to-one support, CV development workshops, jobsearch, application forms and interview preparation.
- Access to a wide range of vacancies through our networks and partners, linking into jobs and apprenticeships, and London Living Wage opportunities.
- Flexible funding to support your journey into employment, including childcare, travel, training, equipment, and work clothing.

- Skills support to help improve your English and math, or to access roles in particular sectors e.g. construction and healthcare. You can make an appointment with one of the Connecting Communities team at the Civic Centre (6 Brixton Hill, London SW2 1E), or from one of our community-based locations, local to you. You can find these on the Opportunity Lambeth Website: opportunity.lambeth.gov.uk

Appointments can also be delivered online if preferred, or if you need urgent last-minute help with an application or interview.

The service is flexible and personalised to your needs. Your employment consultant will work with you to understand what the right next steps are for you. Connecting Communities is a

voluntary programme and participating will never affect your benefits.

To register for Connecting Communities, you must be:

- Aged 18 or over
- Currently unemployed
- Resident in Lambeth. Other central boroughs are also eligible

If you'd like to find out more about how Connecting Communities can help you to achieve your career goals, please give us a call on 020 7926 0500 or email opportunitylambeth@lambeth.gov.uk and one of the team will get back to you. You can also look for jobs and register for support via the Opportunity Lambeth website: opportunity.lambeth.gov.uk

“

I worked with my connecting communities advisor to establish what I wanted to do with my CSCS qualification, develop my CV and gain the confidence to contact local construction sites directly. I then secured work within two weeks, which was brilliant.”

Charlie is a local resident who received support from the Connecting Communities team. He completed his Construction Skills Certification Scheme (CSCS) training in October but needed help getting his CSCS card and finding a job. Through his Connecting Communities Advisor Charlie was able to get his CSCS card and has now started work on a Lambeth construction site.





Staying well through winter



Dr Di Aitken, Lambeth GP

“ Winter can be a challenging time for our health. Viruses can spread more easily. And cold, damp weather can make some health problems worse. This can lead to serious complications, especially if you are older or have a long term health condition. But there’s lots you can do to prepare yourself, boost your immunity and stay well this winter. I hope you find these tips and pointers helpful.”

Be prepared: stock up, stay warm

Ask your pharmacist about what to keep in your medicine cabinet to relieve symptoms of common ailments such as colds or earache. Remember to collect repeat prescriptions in good time, especially over Christmas bank holidays so you don’t run out when your GP or pharmacy is closed.

Wearing several layers of light clothes can help you keep warm indoors. Moving around helps too, even if it’s housework or going up and down stairs. Staying active can also reduce the risk of falling and improve our mood on dark winter days.

For advice and support to save energy and meet fuel or food costs, visit Lambeth Council’s help pages and make sure you’re receiving all the help you’re entitled to:

www.lambeth.gov.uk/cost-living-crisis-support

Top up your immunity

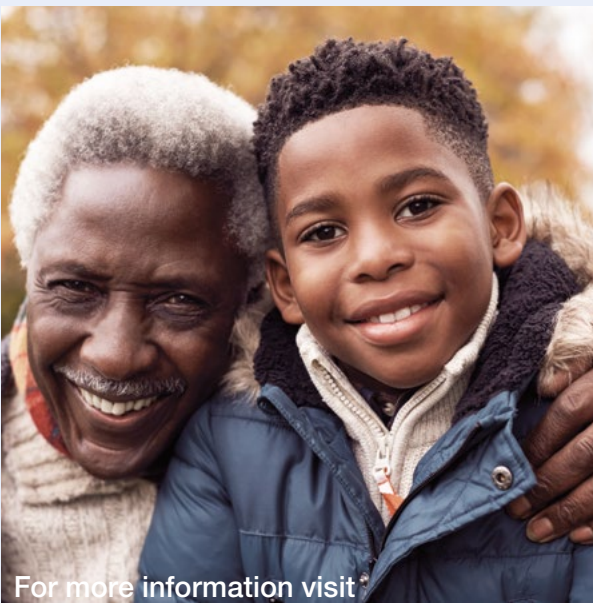
The effects of flu and COVID-19 can be more serious if you’re over 50 or have a health condition like heart disease or diabetes. The free flu vaccine and COVID-19 booster can protect you and those around you this winter and is being offered to more vulnerable groups. It’s safe to have both vaccines at the same time. To find out more, visit www.selondonics.org/winter-vaccinations.

Get health advice and support when you need it

Pharmacists are specialists in medicines and can offer expert advice on treating common ailments. Most have a room where you can speak in private about your concern.

If you have an urgent medical problem and you’re not sure what to do, contact NHS 111 online or by phone for clinical advice and support including booking a face to face appointment if you need one.

Lambeth GP practices offer consultations online, by phone and in person. This includes weekday evenings and on Saturdays at GP Hubs. Use your usual GP number to book. They will need to ask you about your symptoms so they can offer the most appropriate support. Your GP practice team can include GPs, nurses, social prescribers, pharmacists or physios and you’ll be seen by any of them as appropriate.



For more information visit www.lambethtogether.net/winter-wellbeing

South East
London
Integrated Care System



BOOST

your immunity this winter

Protect yourself with the free

Flu jab + COVID -19 booster

**Don't delay.
Get vaccinated.**

Call 119

or search

'NHS booking service'

online to book your
vaccinations



SCAN ME

selondonics.org/winter-vaccinations





Strengthening our communities

Lambeth Council is committed to tackling the emotional and mental health impacts serious violence can have on our communities.

We are sharing a self-help leaflet to help residents, especially young people, who may be affected by these issues.

The information is available online and in community languages.

Support for children and young people: In October Lambeth hosted the first of its Lambeth Young People’s Forum where young people from around the borough were given a platform to discuss issues directly affecting them with partners who can be held accountable.

The forums are co-chaired by two young people who were voted in by their peers and are held every other month. The council is seeking support in encouraging as many young people as possible to attend these forums to help provide responses and solutions to serious violence in Lambeth.

Cllr Dr Mahamed Hashi, Lambeth’s Cabinet Member for Safer Communities, said: “Local involvement in tackling serious violence in our communities is essential and our Lambeth Made Safer Strategy ensures we work alongside residents, as well as our partners in the borough to reach our aims. There can be real and serious trauma experienced by those directly impacted, but also by friends, family, and the wider community. We are keen to address that, and this support package helps meet that need.”

Supporting adults and families: The council has provided funding to local community groups to provide effective, direct support to Lambeth residents of all ages. The support will be provided in different forms and will include:

- Community briefings where residents will be able to share experiences and express opinions in a safe space
- On-street conversational support in areas frequented by residents, children, and young adults
- Working with existing networks within the voluntary and community sector to build and strengthen relationships.

Independent engagement activities are being held around the borough which the council is supporting. The activities include themes around policing towards the Black community, housing, poverty, health, and employment.

Follow Lambeth Council on Twitter, Facebook, Nextdoor, and Instagram to keep up to date with future consultation and engagement dates.

Lambeth

TALKING

Therapies

Free NHS Lambeth Talking Therapy Service

Therapy can help you increase your energy, sleep, improve concentration and overall wellbeing

We can help with:

- Depression and low mood
- Coping with traumatic experiences
- Stress and worry
- Anxiety (social, appearance, health)

To get help now:

Refer yourself on our website
www.lambethalkingtherapies.nhs.uk
Contact us by **telephone:** 020 3228 6747 or
email: lambethiaptadministrators@slam.nhs.uk

Your mind It matters



Ready Steady Go!

FREE sessions to help families achieve a healthier diet and a more active lifestyle.

New programmes will be starting in January 2023.

To register or make a referral please use our online link at lambeth.gov.uk/ready-steady-go

Contact the team on **020 7926 0619** or email readysteadygo@lambeth.gov.uk





Your recycling and rubbish collection days will NOT change this festive season





Free Christmas Tree Recycling

We'll be collecting real Christmas Trees from the 2nd – 13th January 2023 and turning them into compost.

- Simply leave your tree beside your bins on your collection day
- If you live on an estate, leave your tree by your bin area/ bulky waste area
- Alternatively, book a slot at lambeth.gov.uk/recyclingcentres and bring your tree to one of Lambeth's Refuse and Recycling Centres:
 - Smuggler's Way Household Waste & Recycling Centre or
 - Vale Street, Norwood (closed Tuesdays & Wednesdays)

OR visit our Christmas tree Recycling Point

Just off Windmill Drive, Clapham Common. No booking required.





Scan me for the exact location on what3words.com (shares.daring.award)

020 7926 9000
lambeth.gov.uk/recycling





Your recycling and rubbish collection days will NOT change this festive season



Four sustainable tips for this festive season

-  **Homemade Gifts**
Giving gifts doesn't have to cost the planet. Why not try to make your own homemade gifts?
-  **DIY Christmas Jumpers**
Extending the lifetime of our clothes is important for reducing their environmental impact. Instead of buying a new jumper, why not try to decorate an old one?
-  **Donate to Charity**
Donate any unwanted gifts you receive this season to a local charity shop for a good cause.
-  **Food Storage**
'Tis the season for leftovers. Make sure you clear some freezer space and reuse old takeaway containers for stashing your food this festive season.

Cranberry turkey pasties

Serves 6
Prep/Cook Time: 30-45mins

Ingredients:
200g leftover roast turkey, diced
500g pack shortcrust pastry
2 tbsp cranberry sauce
6 leftover stuffing balls, roughly chopped – around 140g
50g low fat soft cheese
75g frozen peas, defrosted
1 medium egg, beaten

Recipe:
1. Preheat the oven to 200°C, gas mark 6.
2. Roll out the pastry and cut 6 x 17cm circles.
3. Mix together the turkey, cranberry sauce, stuffing, soft cheese and peas and divide between the pastry circles. Brush the pastry edges with egg. Bring the edges up and press to seal well to form a pasty shape.
4. Freeze any extra pastries in an airtight container at this point (will last from 3-6 months in the freezer)
5. Place the pasties on a baking tray, sealed edges facing up and brush with the egg. Bake for 20-25 minutes until golden.



Nice List

These items can be placed in your green bin.

- ✓ Wrapping paper
- ✓ Christmas card
- ✓ Biscuit tins
- ✓ Cardboard
- ✓ Glass



Make sure you're checking this list twice before you recycle this festive season!

Psst! Check to see if your wrapping paper can be recycled by scrunching it into a ball. If it stays scrunched into a ball it can be recycled in your green bin.

Naughty List

These items can't be placed in your green bin. Check the A-Z guide on the Lambeth website to learn more.

✗ Tinsel	✗ Polystyrene
✗ Baubles	✗ Batteries
✗ Foil or glitter wrapping paper	✗ Bubble wrap or plastic film
✗ Glittery card	

020 7926 9000
lambeth.gov.uk/recycling





Make LEAP your home from home this winter

We're here to support you and your family. **Keep warm** in our centres, enjoy a **hot healthy meal**, get **advice and support** and **have fun with the kids** all for free.

- 10 Dec** **Family Time** - Liz Atkinson Children's Centre
- 19 Dec** **Festive Together** - Wheatsheaf Hall
- 14 Jan** **Head, Shoulders, Knees and Toes** - Jubilee Hall
- 25 Jan** **People That Help Us** - Henry Fawcett Children's Centre
- 14 Feb** **An Arty Party** - Myatts Field North Community Centre
- 11 Mar** **Day at the Farm** - Jubilee Hall

All sessions 10-4pm

See what's on near you
LeapLambeth.org.uk/events

Or get in touch by phone/whatsapp **07984 235 719**

