

Lambethtalk

YOUR FREE LAMBETH COUNCIL MAGAZINE

SPRING 2023



BIG SHIFT

For a better future / p5-7

VOTING CHANGES

New measures / p8-9

ACTIVE LAMBETH

Leisure for all / p11-14

COST OF LIVING

Available support / p20-21



Lambeth

A large poster for the Brockwell Live Festival Series 2023. The background is a photograph of a live music performance on a stage with a large crowd in the background. The text is overlaid on the image. At the top, 'BROCKWELL LIVE' is written in large, bold, white letters with a black outline. Below it, 'BROCKWELL PARK SUMMER FESTIVAL SERIES 2023' is written in white, and '26TH MAY - 4TH JUNE' is written in red. The poster is divided into five sections, each representing a day of the festival. Each section has a band logo and the date. The bands are: project 6 (26TH MAY), WIDE AWAKE (27TH MAY), Cross The Tracks (28TH MAY), CITY SLUSH (29TH MAY), and Mighty Hoopla (3RD & 4TH JUNE). At the bottom, 'BROCKWELL-LIVE.COM' is written in white. Below that, there are logos for FREENOW, TimeOut, DRTV, and blu bar.

BROCKWELL LIVE

BROCKWELL PARK SUMMER FESTIVAL SERIES 2023

26TH MAY - 4TH JUNE

project 6 **26TH MAY**

WIDE AWAKE **27TH MAY**

Cross The Tracks **28TH MAY**

CITY SLUSH **29TH MAY**

Mighty Hoopla **3RD & 4TH JUNE**

BROCKWELL-LIVE.COM

FREENOW **TimeOut** **DRTV** **blu bar**

Lambeth Country Show

Saturday 10 and Sunday 11 June 2023
Brockwell Park

The free to enter Lambeth Country Show will return to Brockwell Park this summer over the weekend of 10 and 11 June. The event has been moved to earlier in June so the site can be cleared ahead of the school summer holidays and there will be no major events in Brockwell Park following the Lambeth Country Show this year. The site will be shared with the Brockwell Live events running beforehand, which will save the Council money and reduce set up and breakdown times for the event site.

You can expect the usual displays of jousting, flower shows, animal exhibits, music, food and culture across the two days. Keep an eye on our website in the coming months for line-up announcements and competition details.

lambethcountryshow.co.uk / info@lambethcountryshow.co.uk
#LCS23





Welcome

Dear residents,

Earlier this month, Lambeth Council agreed our cost of living budget for our borough, with an extra £7 million going to those who need it most. Measures include a £2.8 million support package, the expansion of free school meals, an expanded payment scheme for those in crisis and increasing the take-home pay of Lambeth's hardworking carers.

But our investment doesn't stop there. On the 1st April, we brought our leisure centres back under the council's control and introduced a range of extra benefits for local residents, including free swimming for under-11s. And we continue with our record investment in your neighbourhoods, with more trees and more ways to get around to ensure our borough is safer and healthier for all.

Cllr Claire Holland, Leader of Lambeth Council

in this issue...

ACTIVE LAMBETH Leisure for all



ACTIVE LAMBETH p11-14

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

Edited and designed by the Lambeth Communications team. Contact us: communications@lambeth.gov.uk



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NEWS

CARE EXPERIENCE AS PROTECTED CHARACTERISTIC

Lambeth Council has committed to treating care experience as a protected characteristic, becoming one of the first councils in London to do so. A motion to take the action was adopted by the council in January after working with campaigner Terry Galloway.

Mr Galloway, who addressed councillors at the meeting where the decision was taken, spoke about his own traumatic experience of being in care and its impact on his life, as did other care experienced people, including one Lambeth councillor.

The motion was brought forward by Lambeth's Cabinet Member for Children and Young People Councillor Ben Kind who highlighted how care-experienced people face challenges, discrimination and stigma across housing, health, education, relationships and employment.



Care experienced people can face significant barriers which impact them throughout their life, and despite the resilience of many care experienced people, society too often does not take their needs into account.

“That is why I am proud that Lambeth has committed to recognising care experience as a protected characteristic – becoming one of the first councils in London to do so.”

Councillor Claire Holland,
Lambeth Council's Leader

HOMES FOR UKRAINE SCHEME



Do you live in Lambeth? Do you have a spare room? If your answer is yes and you are interested in sponsoring a Ukrainian guest in your home, for a period of between six to 12 months, you can register your interest here: <https://www.gov.uk/register-interest-homes-ukraine>.

If you are matched to a guest, you will have the option to receive a monthly Thank You payment between £350 and £500.

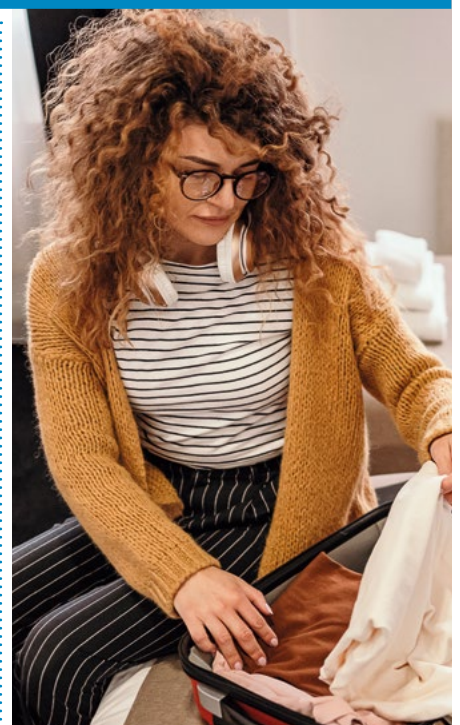
If you are a Lambeth resident already hosting a guest through the Homes for Ukraine Scheme and have an additional spare room to host another guest or know someone who can, we would like to hear from you.

We have a new referral programme for our current sponsors/hosts!

If you refer someone who wants to become a sponsor/host and they host for 3 months, you will receive £200 and if they continue onto hosting for 6 months you can receive an additional £400. The funds will be paid into your account after the period specified above.

Please email us at UkraineSupport@lambeth.gov.uk or you can contact us by phone on **020 7926 2111**.

If you would like to support sanctuary seekers from another country please contact sanctuary@lambeth.gov.uk



BIG SHIFT

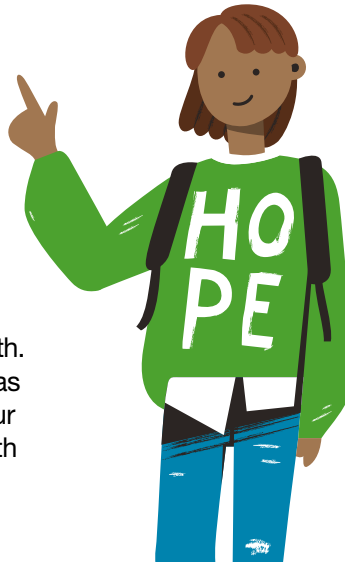
Air Quality Action Plan agreed

Lambeth Council has outlined how it will improve air quality and protect those most at risk from the effects of pollution and toxic air.

The Air Quality Action Plan 2023-2025 (AQAP) sets out how it will combat the main sources of pollution in Lambeth, including emissions released from roads, buildings, and construction sites. It enables the council to work closely with residents, businesses, and major institutions by supporting the launch of the Air Quality Forum to ensure air quality targets are met.

Cllr Rezina Chowdhury, Cabinet Member for Sustainable Lambeth and Clean Air, said:

“Air pollution is one of the most significant public health challenges that we face in Lambeth. Poor air quality affects us all, but air pollution has the greatest impact on the older members of our community, the young and those of us living with heart and respiratory conditions. It is vital we take decisive action to protect residents and potentially save lives.”



Students supported on monthly Bus Days

Lambeth Council is supporting students with special educational needs or a disability (SEND) to use active travel and rely less on private transport to help improve their independence and confidence. The council runs a monthly Bus Day where children and young people with special educational needs are assisted to use the London bus network. The sessions take place on a moving red London double-decker bus and feature scenarios covering personal and road safety. Pupils meet the driver and ticket inspectors and have the chance to practise coping with issues like what to do if they get lost, witness a crime or get into trouble.



Lambeth Council has adopted a trailblazing Kerbside Strategy that will see streets transformed with new parklets, walking and cycling routes and more climate resilient measures to tackle the climate crisis and make streets more accessible to all residents. The Kerbside is commonly known as the part of the road where cars are parked and is the largest public space controlled by Lambeth Council with an area equivalent to 1,158,000m² – or 194 football pitches. The Kerbside Strategy has committed Lambeth Council to reclaiming at least 25 percent of this space from vehicle parking and introduce sustainability measures to fulfil a key pledge set out in the Climate Action Plan (CAP) to reduce overall vehicle journeys to cut emissions.

5,000 TREES IN 4 YEAR-PLAN

New trees have been reserved at nurseries for the planting season, and on-street planting locations have been scoped out, plus other locations across our borough's award winning network of parks and open spaces.

Cllr Rezina Chowdhury, Cabinet Member for Sustainable Lambeth

and Clean Air, said: “Our tree planting commitment is supported by a range of measures to improve our local environment. Low traffic neighbourhoods create space for new plantings; Pocket park projects add new trees and plants to small sites; and our community grants will fund local greening projects.”

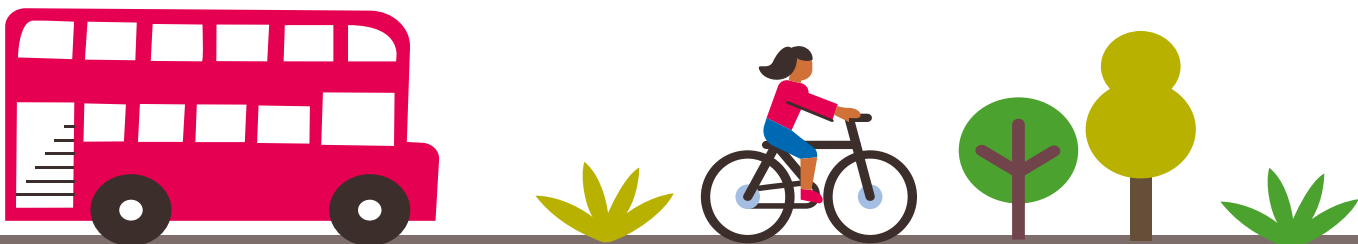


BIG SHIFT

Be part of the ***BIG SHIFT*** to greener and healthier travel around Lambeth

Join the Big Shift to healthier and more sustainable travel around Lambeth. Get an affordable bike, make free e-cargo bike trips, and get involved in London's biggest community parklet scheme.

Our new Lambeth Big Shift active travel programme brings together a number of initiatives to help residents, businesses and schools choose cleaner and healthier ways of getting around the borough, such as walking, cycling and public transport. Stay up to date with all the latest news and exciting events lined up this year at [#Lambethbigshift](https://twitter.com/Lambethbigshift).



Get involved

OurBike If you live or work in Lambeth, you can hire an e-cargo OurBike from seven locations across the borough. Are you a resident? Leave your car at home and use OurBike for big shops or taking your kids to school or the park. Do you run a business? Ditch your van and combine your delivery round with enjoying time outside. The first two hours each day are free!

Dr Bike will be out across the borough throughout the year. Drop by to have your bike checked for free and get some top tips on maintenance. Or sign up for a cheap basic bike maintenance class.

FREE Cycle Training Lambeth Council provide FREE cycle training. Whether you are a first-time rider or a regular cyclist looking to improve your skills, our free training sessions can be tailored to suit your abilities and goals. Bike owners can book sessions from your home or local park. Bikes are available to borrow at Clapham Common or St Matthew's Estate, Brixton Hill.

Try Before You Bike A scheme for anyone who lives, works, or studies in the borough to try out a new, or nearly new, bike for a monthly fee which you can claim back if you want to buy the bike. Prices start at £30 per month for a kids bike, £50 for an adaptive bike, £75 for an electric bike, and £200 for an electric cargo bike.

For more information scan the QR codes below:



OurBike



Dr Bike



Free Cycle Training



Try Before You Bike

BIG SHIFT highlights for 2023

BIG SHIFT Community Fund

We will be building 25 parklets across Lambeth, in the biggest community parklet programme of its kind in London. Lambeth residents can get involved and work with the Council to create and maintain their very own parklets to transform their neighbourhoods.



Your Streets Your Way

Unleash your creativity and win up to £750! The Your Streets Your Way competition is your chance to re-design 10 selected street locations across the borough of Lambeth to make spaces that offer joyful journeys and special stopping points. The competition is open for local people to submit their designs.

To apply for these two opportunities scan the QR or visit the Big Shift website.



BIG SHIFT
website



Daisy Noble COMMUNITY INFLUENCER PROFILE

“I took part in some training courses at Clapham Common to help to learn to ride. It’s something I always wanted to do, but life is busy and I always seem to be chasing someone or something and didn’t have the time.

“When I would see a family out on a bike ride, I wanted to be like them and see how far my family can travel without even needing to use a car. My ambition is to cycle to Richmond Park with the family and have a picnic.

“Starting out can be scary and I wasn’t sure if I could become a regular cyclist. But it really surprised me how easy it is to just jump on your bike and go somewhere.

“I now cycle everywhere, and it surprises me how much cycling infrastructure is already here – like how easy it is to lock up my bike safely. My friends are always asking how the cycling is going, I tell them it can be a challenge at first but it’s really not that hard. I can cycle from Streatham to Tooting Broadway and barely touch a main road. You can really get around on the backstreets.

“I have been surprised at how many hills there are in Lambeth. There are roads that I have walked on for most of my life, but you hardly realise they are uphill until you try to cycle them.

“I applied to be a Community Influencer because I thought it was



Daisy Noble, 42, is a mother-of-five who’s changed her life by taking up cycling to be fitter, healthier and spend more quality time with her family.

Local residents are becoming Community Influencers to help show the benefits of The Big Shift to more active forms of travel.

an amazing way to support myself and others on this journey. I think it’s important to get people on their bikes and to support them to grow their confidence.”

GETTING READY FOR CHANGES TO VOTING AND ELECTIONS

The UK government is changing the UK electoral system under new legislation called the Elections Act 2022. Over the next two years, new measures will affect elections and the way people vote



What is it? Everyone voting in person at a polling station will need to show photographic identification in order to receive their ballot paper.

Why is it happening? The UK government aims to make polling station voting more secure at elections by introducing this requirement.

What ID will I need to show? Acceptable forms of photo ID have been decided by the government as follows:

- **PASSPORT** issued by UK, Channel Islands, Isle of Man, a British Overseas Territory, EU/EEA state or Commonwealth country
- UK, Channel Islands, Isle of Man or EU/EEA state **DRIVING LICENCE** (including provisional licences)
- **BIOMETRIC IMMIGRATION DOCUMENT**
- ID card bearing Proof of Age Standards Scheme hologram (a **PASS CARD**)
- Ministry of Defence Form 90 (**DEFENCE IDENTITY CARD**)
- A **BLUE BADGE**
- **NATIONAL IDENTITY CARD** issued by an EU/EEA state
- An **OLDER PERSON'S BUS PASS**
- A **DISABLED PERSON'S BUS PASS**
- An **OYSTER 60+ CARD**
- A **FREEDOM PASS**

Only original documents will be accepted. Expired photo ID is permitted, provided the photograph still looks like you. The name on your ID must match your name on the electoral register.

What if I don't have any of the ID documents on the list? You can apply for a free Voter Authority Certificate which will contain your name and photograph.

When does Voter ID start? From May 2023 for local elections and UK Parliamentary by-elections and from October 2023 for UK Parliamentary general elections.

*No elections are scheduled in Lambeth until GLA polls in May 2024, but by-elections or a snap general election can be called at short notice.

What do I need to do now? Check you have the right ID. If not, find out how to apply for a Voter Authority Certificate at lambeth.gov.uk/vote



IMPROVING ACCESSIBILITY AT ELECTIONS

What is changing? From May 2023, Returning Officers will need to make it easier for disabled voters to vote independently at polling stations.

- Electors with disabilities will be

able to choose anyone aged over 18 to assist them with voting at a polling station.

- The Returning Officer will provide extra equipment at polling stations, such as large print sample ballot papers, magnifiers, additional seating and pencil grips.
- People working at elections will receive updated training to ensure they meet disabled voters' needs.



EU CITIZENS VOTING AND CANDIDACY RIGHTS

What is changing? EU citizens (excluding Ireland, Cyprus and Malta) will no longer automatically be entitled to register to vote and stand for election.

Two groups of EU citizens will retain their rights:

- EU citizens with 'retained rights' who were UK residents before 1 January 2021.
- Qualifying EU citizens from countries with reciprocal voting agreements – Luxembourg, Poland, Portugal and Spain.

The changes will apply to local elections/referendums in England, including GLA elections. EU citizens cannot vote or stand as candidates at UK Parliamentary elections.

When do the changes start? Expected from June 2024. Electoral Services will contact all Lambeth EU citizens when the changes are implemented.



POSTAL & PROXY VOTING

What is changing?

- Voters will be able to apply for postal and proxy votes through a new online service.
- Postal voters will need to make a new application every three years.
- Proxy voters will only be able to be proxy for a maximum of two people.
- The number of postal votes an individual can hand in at a polling station will be limited.
- Political parties and campaigners will be banned from handling completed postal votes.

When do the changes start? Expected from summer 2023.

VOTING SYSTEM FOR MAYORAL ELECTIONS

What is changing? Voting at mayoral elections will change from the 'Supplementary Vote System' to 'First Past the Post'. Voters will have a single vote for

one candidate on mayoral ballot papers in future, instead of the current first and second choice.

When is it happening? Effective in Lambeth at the GLA/Mayor of London and London Assembly elections in May 2024.



OVERSEAS BRITISH CITIZENS – 'VOTES FOR LIFE'

What is it? The 15-year registration limit for British citizens living abroad will be removed. All British citizens living abroad

who have previously lived in, or been registered to vote in, the UK will have the right to vote at UK Parliamentary elections, regardless of when they left the UK.

When does 'votes for life' start? Expected from summer 2023.

Find out more about Voter ID and the Elections Act at lambeth.gov.uk/vote or phone our Helpline on **020 7926 2254**

Highlighting your charge points



In the coming months you'll start seeing bright green wraparounds around many Lambeth lamp columns – why?

Each one clearly shows you and your neighbours that a street based Electric Vehicle Charge Point (EVCP) is situated in the lamp column, cutting down time taken to find one and highlighting our increasing commitment to combat climate change and stay abreast of the rapid transition to the Electric Vehicle.

Lambeth now has over 260 residential lamp column based EVCPs with more to come, ensuring our residents have access to a convenient Charge Point each with their own dedicated charging bay.

There are more to come too! We have carried out localised consultations on 116 new lamp column charge points across the borough and intend to introduce dedicated charging bays at each location selected. We're not stopping there though...



ACTIVE LAMBETH

Leisure for all



"We will be more ambitious when it comes to leisure and sports for our residents, with a range of concessions that will improve the health of our residents and offer them the leisure opportunities that they require. The health of our children has suffered during the pandemic, therefore children under 11 will now benefit from free swimming, with concessions for children under 16 eligible for free school meals. Children with disabilities, overweight children, children in care and adults with disabilities will all have access to free and highly discounted sessions as part of our new offer to residents- ensuring those who would benefit the most from our services will be able to access them more easily."

Councillor Donatus Anyanwu

active.lambeth.gov.uk


Lambeth



Lambeth Council has announced a range of new discounts for its leisure centres to make it cheaper and easier than ever before for people to lead healthier and more active lives.

The new concessions include free swimming for all children aged under 11, significant discounts for all children who receive free school meals and adults who have multiple long-term conditions or disabilities. Active Lambeth will retain existing discounts offered by outgoing operators Greenwich Leisure Limited (GLL). Lambeth Council is carrying out refurbishment and improvement work at the centres to support the new and improved facilities. The council will be expanding the range of services offered by Active Lambeth over the coming months.

Eight unique centres

Lambeth has a wealth of leisure options – whether you're lacing your trainers for the first time or are a committed gym-hound.

Archbishop's park

3G pitches and floodlit multi-use games area for tennis, netball and basketball.

Brixton Recreation Centre

Vibrant, family-friendly venue with a vast range of facilities over 6 floors, and a new spectacular play area for all children ages.

Clapham Leisure Centre

Family-friendly venue with 2 swimming pools, fully equipped gym, functional space, fitness studio and club-standard sports hall.

Ferndale Community Sports Centre

Home to some of the best 5-a-side football pitches in South London.

Flaxman Sports Centre

Cardio machines and extensive resistance training equipment, and a specialist martial arts zone.

Herne Hill Lifestyle Centre

Top-of-the-range exercise stations featuring smart technology-based fitness equipment to enhance your workout.

Streatham Ice and Leisure Centre

An Olympic size ice rink, 2 swimming pools fitness studios and a multi-use sports hall.

West Norwood Health and Leisure Centre

Hub for health and wellbeing including fully equipped gym and fitness studio.



Q What changes took place on April 1?

We now have taken back the management of all our leisure centres. This is a huge exercise for us with an enormous amount of people working hard behind the scenes to make all the changes happen while members can keep attending non-stop across the transition.

Q What does Active Lambeth mean for me?

Lambeth Council puts money back into our leisure centres and community projects, which means a happier and healthier borough all round. The council has already invested a considerable amount of money to improve the leisure centres and sports facilities, in order to get more of our borough into health and wellbeing activities. We want to see more of our residents and visitors join our centres and make Lambeth one of the most active boroughs in London. You might even find me joining in with a Spin or Pump class.

Q Will Active Lambeth continue to run the existing schemes that support developing athletes, disabilities, education and more?

Yes, these schemes will continue to run so we can continue to support our members' unique needs, talents and developments. We ask any members who are on schemes to come and speak to our teams if they have any questions about the new programmes.

Q Why did you do this?

To improve facilities and customer experience for our residents and members. We want more people to feel that it is easy to access local leisure services and we have the interests of their community at heart.

Q What do current leisure users need to know?

They can be assured we have hundreds of classes, clubs and activities across the eight centres and new equipment coming our way. It's worth looking at all the schemes, clubs, programmes and support that Active Lambeth will continue to provide. Whether it's learning how to become a gymnast, ice skater or tennis player, or about having a supportive network for your mental health, wellbeing or disability needs – it's about 'leisure for all'!

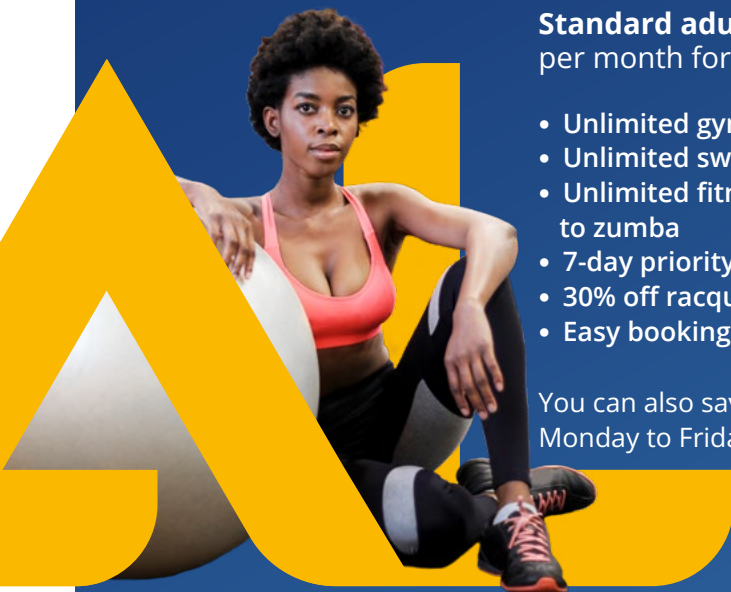
Q&A with Mo



Mo Youssef
Head of service

Active Lambeth's new Head of Leisure, Mo Youssef, has spoken to Lambeth Talk about his plans for expanding leisure provisions and helping people from all backgrounds and abilities lead healthier, more active lives. Mo has more than 20 years experience helping improve health and wellbeing for thousands of residents.





Standard adult memberships start from just £47.15 per month for all-inclusive access and include:

- Unlimited gym – cardio, weights and more
- Unlimited swim with brand new wearable SWIMTAG technology
- Unlimited fitness classes – everything from aqua aerobics to zumba
- 7-day priority advanced booking
- 30% off racquet sports
- Easy booking via our Active Lambeth App

You can also save money with our **off-peak memberships**, available Monday to Friday 9am – 4pm and weekends after 1pm.

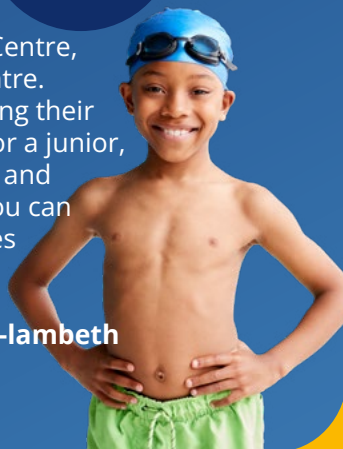
Check out prices for individual leisure centres on our website to find out more:

active.lambeth.gov.uk

Active Lambeth Swim School

Brixton Recreation Centre, Clapham Leisure Centre, West Norwood Health and Leisure Centre, Streatham Ice and Leisure Centre. Whether your child is still finding their footing, a pre-school toddler, or a junior, we offer beginners, improvers and advance swimming lessons. You can also book holiday short courses and we cover adults too. To find out more visit:
www.lambeth.gov.uk/active-lambeth

FREE
swimming at
allocated times
for children
4-11 years old



- 📍 Archbishop's Sports Park
- 📍 Brixton Recreation Centre
- 📍 Clapham Leisure Centre
- 📍 Ferndale Community Sports Centre
- 📍 Flaxman Sports Centre
- 📍 Herne Hill Lifestyle Centre
- 📍 Streatham Ice & Leisure Centre
- 📍 West Norwood Health & Leisure

Download our App!



**Choose to join one centre
or join them all!**



Volunteers planting wildflowers along the A204 at Deronda Estate

Verges are being converted into meadows, new hedges planted and bulbs added under deciduous trees. Volunteers are invited to get involved in seeding and planting events throughout spring and autumn. In the summer there will be community events to learn more about pollinators and to survey different species spotted in the verges.

At a time when many insect populations are in steep decline, the way we manage our urban green spaces can make a real difference. Cutting grass too frequently reduces opportunities for flowers to complete their lifecycles. Too much short grass offers little in terms of wildlife habitat. Insects and other animals need spaces to shelter, to feed and overwinter. Insects provide vital services to us all, decomposing waste, pollinating flowers and providing food to other animals.

Leaving areas of longer grass or slightly wilder corners, as well as gardening with plants that provide pollen and nectar at different times throughout the year can provide real benefit.

The Bee Roads project will explore different approaches to enhancing roadside land to generate useful learnings for the council and other land managers. Trials will include removing grass turf and seeding wildflowers into low-fertility substrates, as well as monitoring the biodiversity in grass verges that are cut less frequently, with clippings removed. We'll gather data as we go and share this throughout the year.



Lambeth Bee Roads is a new scheme to enhance roadside land for wildlife and people. With funding from the Mayor of London's Green and Resilient Spaces Fund, the council is developing a number of roadside green spaces across the borough with local community groups.

Get involved!

There are lots of ways you can get involved in supporting biodiversity in Lambeth, whether you want to volunteer, take action at home, or help us to spread the word.

Visit the Bee Roads website to sign up for volunteering opportunities and for ideas for things you can try at home or in your neighbourhood. Help us spread the word by sharing your photos of flowers and pollinators spotted in Lambeth's roadside verges this year. Tag your photo with **#LambethBeeRoads** and we'll enter you into our Bee Roads competition.

Find out more and sign up to receive Bee Roads updates and news about volunteering opportunities
<https://www.lambeth.gov.uk/beeroads>



Ready Steady Go!

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

New programmes will be starting in April 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**



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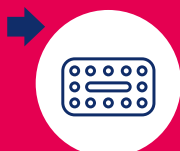
The easiest way to get the pill



Visit **www.shl.uk**
and order your
first or next oral
contraceptive pill



Choose from 3, 6 or
12 months supply.
Emergency pill
also available



**FREE delivery
or collection
from a pharmacy**



register online
shl.uk

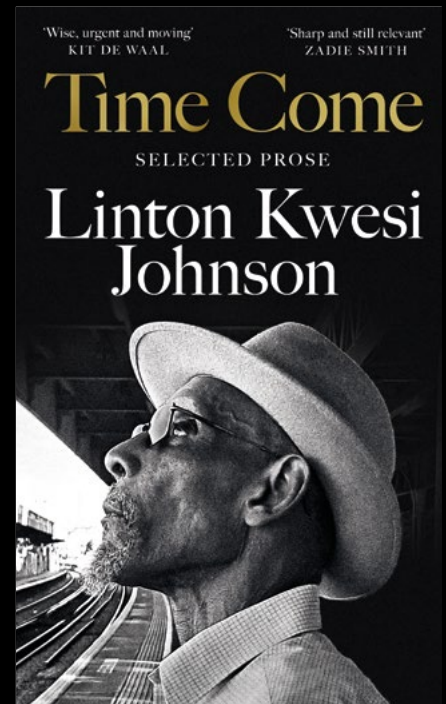


Readers and Writers Festival 2023

The 2023 Readers and Writers Festival is back in May with another month-long boroughwide programme of inspirational literary events across Lambeth's Libraries. This year's highlights include established writers as well as upcoming ones; Gary Younge, Jessica George, Chris Mullin and our very own Linton Kwesi Johnson lead a fantastic collection of talent. The festival includes something to appeal to all literary tastes and all events are free of charge. On top of all the book talk we have participatory workshops, film, games and music. We're delighted that folk stars Naomi Bedford and Paul Simmonds will be bringing the festival to a close with an evening of potent, exciting and emotional folk music – all live in the Library!

For further information visit
www.lambeth.gov.uk/ReadersandWriters

Brixton Library, Windrush square, SW2 1JQ
 T: 02079261058



Magnolia Clubs

Drop-in groups open to anyone affected by dementia, including carers. We offer a range of activities, from arts and crafts to singing, music, and summer day trips. You'll always find a good chat, a cuppa and lots of laughter! The groups have:

- No attendance fee
- No need to book, just drop by
- Disabled access
- Refreshments, fun, companionship and support

For more information please call **07706 628890** or email **dementiasupport@ageuklambeth.org** and ask to speak to someone about the Magnolia clubs.



Lines open Monday to Friday, 9am – 5pm (closed on weekends and bank holidays).

Pedlars Acre Hall Group

Every Monday from 1pm to 3pm at Pedlars Acre Hall, 1 Opal Street SE11 4HZ. Behind the North Area Housing office on Kennington Lane.

Gipsy Hill Group

Every Wednesday from 2pm to 4pm at Christchurch Gipsy Hill, 1 Highland Road, SE19 1DP. Free parking for all.

Myatt's Field Group

Every Thursday 2pm to 4pm at Myatts Field North Centre, 24 Crawshay Road, London, SW9 6FZ.



**HAVE YOU EXPERIENCED
CATCALLING?
PESTERING?
BEEN
FOLLOWED?
THAT'S HARASSMENT.**

Call it out. Report it.



**LET'S LOOK OUT FOR
LAMBETH**

Always call 999 in an emergency

SAFER LAMBETH

Over 500 young people benefitted from our Summer Violence Prevention Programme last year, which was launched to help divert potential harmful behaviours to either themselves or others in the borough. The programme focused on engaging the most at-risk and vulnerable young people over the summer holidays, giving them vital career and life-based skills with unique opportunities.

Job opportunities for the most at-risk young people

12 Lambeth based providers worked closely with these young people in intimate weekly courses, where they offered workshops in multiple sectors such as sports, media, cyber security, financial education and more.

The participants were also offered 1 to 1 mentoring, advice, and counselling by many of the providers during and after the programme to support with traumas and behaviours that may be affecting them in the long term

For many of the young people, this programme was their first experience of employment and being exposed to the various career opportunities that exist. Several

of the participants involved were able to take part in employability workshops, which included CV writing, personal branding, interview skills and HR administration and obtained either full time employment or a work experience role after the programme came to an end.

Multiple participants praised the programme for raising their confidence levels, by helping them with their public speaking, personal branding, and sense of self – which has given them the tools to have an aspirational future. The young people experienced areas outside of London for the first time through the various residential trips that took place, giving them an opportunity to interact with other young people from around the globe. The Summer

Follow us on our social media platforms to keep up to date with our wide range of opportunities for children and young people.

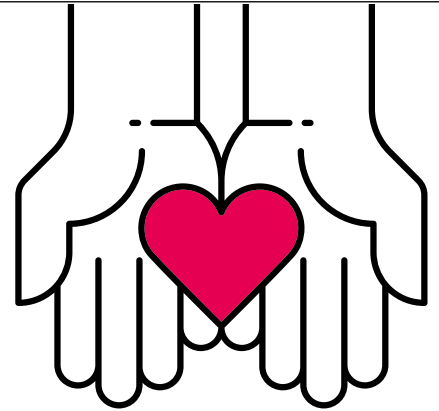
Instagram: @Lambeth_Council,
Twitter: @Lambeth_Council,
Nextdoor: Lambeth Council



Violence Prevention Programme is a part of the council's public health Lambeth Made Safer Strategy, which is a partnership approach to combating violence affecting young people in the borough and reducing violent crime. The programme will continue again this year beginning in late July until October alongside our other activities as a part of the boroughs range of free summer activities.

SUPPORT

Cost of living support available now



Lambeth Council and local charities are here to help during the cost of living crisis.

For further information visit our website
lambeth.gov.uk/cost-living-crisis-support



We can help you with:

- Council tax support and rebates
- Access to benefits and grants
- Making your home energy efficient, reducing your bills
- Access to Foodbanks and low-cost food
- Emergency Support Scheme – support for residents in an emergency, crisis or disaster
- Job and business start-up support
- Holiday activities.

Emergency Support

The Emergency Support Scheme helps Lambeth residents that are facing hardship, a crisis, emergency, or disaster. This

includes struggling to pay bills or afford food.

We can help with vouchers for food or High Street shops, fuel payments, handyman services and removals, along with physical goods such as refurbished white goods and second-hand furniture.

Post Office payout

Lambeth households most in need of financial support should have received a letter in the post in January 2023 containing a post office payout. Simply take this letter with a form of ID to any Post Office branch to exchange the letter for between £100-£250 dependent on your circumstance.

Food support in Lambeth

Lambeth Larder's website has useful information about where to find local help and support, including emergency support. Visit www.lambethlarder.org or email info@lambethlarder.org

The Trussell Trust foodbanks provide a minimum of three days' nutritional, non-perishable food. You can find more information on www.trusselltrust.org/get-help/find-a-foodbank/

You can also get independent advice from:

Citizens Advice Merton and Lambeth (CAML)
Telephone: Lambeth Adviceline
03444 889 625
www.caml.org.uk

Brixton Advice Centre
Telephone: 020 7095 5908
Monday to Thursday 10am – 3pm.
www.brixtonadvice.org.uk

Centre 70 (C70)
Telephone: 020 8670 0070 Monday to Friday 10am – 4pm.
Email: enquiries@centre70.org.uk
www.centre70.org.uk

Groundwork
The Green Doctors 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
www.groundwork.org.uk

Pension Credit – are you eligible?

Pension Credit is a payment to top up your income, which you can apply for when you reach state pension age. How much you could get depends on the value of your current state pension, other income, and any savings you may have. It could be worth up to £3000 for eligible pensioners.

Check if you are eligible on www.gov.uk/pension-credit or call the Pension Credit claim line on 0800 99 1234.

Free School Meals

Children whose parent or guardian receives certain benefits, and all children in Reception, Year 1 or Year 2, are entitled to free school meals. Eligible children are also able to access additional support during the school holidays; this includes the Holiday Activities and Food Programme and additional financial support (£20 per child per week, distributed through schools). Please visit the council's website or speak to your child's school for more information.

Energy Bills Support Scheme

HM Government has announced the Energy Bills Support Scheme (EBSS) Alternative Funding. Households who do not pay their bills directly to an energy supplier will be eligible to receive a one off £400 non-repayable discount on their fuel bills if they have not already received it. This includes residents on heat networks, living in traveller sites or in supported accommodation. You can apply until 31 May. More information on the scheme can be found at: www.lambeth.gov.uk/energy-bills-support-scheme-ebss-alternative-funding

At a glance: central government payments in addition to support from Lambeth Council

Who	Spring 23	Summer 23	Autumn 23	Winter 23/24	Spring 24
Pensioners				£300 If in receipt of Winter Fuel Payment via winter fuel payment route	
Disabled		£150 For people receiving disability payments, via disability benefit			
Low income	£301 For residents in receipt of means-tested benefits, paid through your benefits			£300 For residents in receipt of means-tested benefits, paid through your benefits	£299 For residents in receipt of means-tested benefits, paid through your benefits
Other	£400 Energy Bill Support Scheme for residents on communal energy through application				
Other	£200 Support for residents who have fuel other than gas or electric to heat their homes				

This information is accurate as of 13 March 2023

FOSTERING

Be the difference.

Every day in Lambeth a new child comes into our care, and we urgently need more foster carers to give them the love and support they deserve. Fostering means looking after someone else's child because their birth family are unable to. That can vary from short-term foster care to having a child or young people with you for a long time.



As single parent carer Tom says:

“

I recommend you find out what they're interested in and do those things as a team. We've spent a huge amount of time just going to the park together. We're building a go-kart during half term.”

As a foster carer, you'll look after children as if they were your own – in a loving home environment. You'll need to be sensitive to the challenges they'll face after separation from their families and any additional trauma they may have been through, such as abuse or neglect.

Fostering for your local council helps the young person and helps

our community. There are many different types of foster care, and we're sure there's one that works for you. For example, you could provide short-term respite care to children with disabilities to allow their parents a break. Or, if you have the space, you could help us keep a family together by caring for siblings. If you work 9 to 5, you may find it easier to

foster older children who are more independent.

After a while, some carers specialise in areas of care: Joan cares for young people on remand from prison, helping them get their lives back on track. Solomon looks after unaccompanied children seeking asylum from war-torn countries.

When you foster for Lambeth, you get:

- **24-7 out-of-hours support** from a dedicated social worker and our team, 365 days per year
- **two weeks paid respite** each year (14 days)
- a **£500 referral bonus** if you refer a friend who becomes an approved, active foster carer for Lambeth
- a **rebate of your council tax** if you are actively fostering for us
- among the **most competitive fees and allowances in London**
- Fostering Network membership and the opportunity to join our active fostering support group
- **priority** (before a private fostering agency) when a child is looking for a placement
- a thorough induction programme
- your own dedicated supervising social worker (SSW)
- ongoing training and development opportunities throughout the year
- peer mentorship to newly approved carers run by our most experienced foster carers.

Be the difference.

Could you **foster**? Children in our community are in need of stable, loving homes to achieve their best future and fulfil their potential.



www.lambeth.gov.uk/foster

Lambeth

Being a foster carer isn't always easy, but our team will help every step of the way. You can also choose to meet regularly with our foster carer support group helping each other improve the way we work. The journey to becoming a foster carer for Lambeth takes around six months. Although this may seem a long time, most

people tell us the process allows them to think more closely and prepare themselves for making the commitment.

We believe our children deserve the best, and should be given the best chance to thrive, no matter what their circumstances. We hope that you do too - and choose to join the Lambeth family.

Please contact us today for an informal chat and more information:

Call:
020 7926 8710

Email:
fosteringduty@lambeth.gov.uk

Find out more:
www.lambeth.gov.uk/foster

**South East
London**
Integrated Care System

NHS

South East London



Protect your child's health... now and for the future

The best way to help protect your child against severe illness from polio, flu, measles, mumps, rubella and other childhood diseases is to get them up to date with their routine vaccinations.

Speak to a GP surgery for more information.

More information about vaccines

selondonics.org/childrenshealth



SCAN ME

Get the right medical care in the right place from the right service

Hospital emergency departments (A&Es) are extremely busy. Only use these services when you have a serious health emergency or if you have been asked to attend by NHS 111 or another health professional (e.g GP, nurse, or pharmacist).

Staff in A&Es are specially trained to treat people with major injuries and the most serious and life-threatening conditions such as heart attacks, strokes, severe bleeding and child health emergencies. A&Es are not the best place for minor ailments or treatment for ongoing health conditions, and you may be advised to seek treatment from your GP or pharmacy if you attend with a non-urgent health matter.



Dr George Verghese, Lambeth GP and Clinical Lead for Urgent Care in the borough

“Pharmacists, GPs, community nurses, dentists and opticians have the appropriate skills to help people with non-urgent or ongoing medical conditions. A&Es are seeing more and more people with minor conditions, which makes it much harder for them to quickly treat those who need emergency treatment and life-saving hospital care.”



Self care is the best choice to treat minor illnesses such as coughs and colds etc. Use over the counter medicines and get plenty of rest.



Ask your local pharmacist for advice or treatment for a range of symptoms. This can avoid unnecessary trips to your GP. No appointment is needed.



Visit **111.nhs.uk** to check out your symptoms and to seek further advice. If you have an urgent medical problem and your GP is closed, calling NHS 111 can provide advice and if necessary make an appointment for you.



Contact your GP practice if you're feeling unwell and it's not an emergency. Extra appointments are available in Lambeth up to 8pm on weekdays and 9am to 5pm on Saturdays.



Urgent treatment centres are for when it's urgent but not life-threatening, eg breaks and sprains. There are urgent treatment centres at Guy's and King's College Hospital.



Call 999 if you or someone else is seriously ill or hurt and their life is in danger or head straight to A&E. St Thomas' and King's College Hospitals both have A&Es.

Help us to help you and always think self-care, pharmacy, GP and NHS 111 first.
For more information visit www.lambethtogether.net/your-health/your-health-and-care

Friend or Foe: Weeds in Our Borough

We're reimagining the way we manage weeds to improve biodiversity in Lambeth



With our residents in mind, we have decided to end the use of chemicals like glyphosate to treat weeds. This move will help support our local environment, and create a cleaner, healthier Lambeth. However, as a council it is important that we're tough on some weeds to keep our streets and estates clear of hazards.

Did you know? Because we have chosen to stop using glyphosate, we remove weeds manually instead. This process takes a bit longer, so you're likely to see more of these plants growing in your area than before.

Because of this, we've developed a new weeding strategy in an effort to keep our local environment tidy while supporting biodiversity.

- 1 Eliminated the routine use of chemicals like glyphosate
- 2 Introducing a new system to assess weed severity which allows our beneficial urban plants to thrive
- 3 Updating our weeding crews schedules to spread our time evenly
- 4 Training our sweepers to recognise and deal with 'problem weeds'
- 5 Using mechanical brooms to sweep kerbsides and rip out unwanted plants



As part of our new weeding strategy, we've eliminated the use of glyphosate in the council since May 2021. By doing this, we're promoting a variety of environmental and health benefits, including:

Preventing pollinators from being exposed to potentially harmful chemicals



Promoting an increase in the populations of insects, plants and birds



Improving the resilience of our wider ecosystems and biodiversity

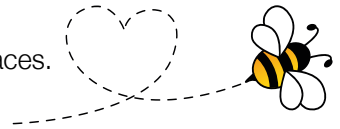


Reducing the exposure of residents to potentially harmful chemicals

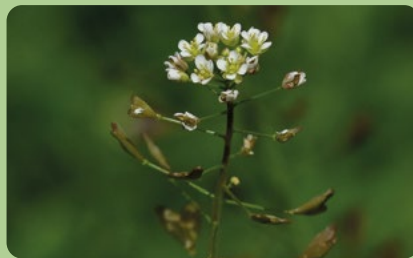


Taking a closer look at 'weeds' or urban plants

Most 'weeds' are harmless and quite often are plants simply growing in the wrong places. Here are some common urban plants; how many can you spot on your street?



Herb Robert This common pavement plant enjoys shaded areas and is well-adapted for life in the city.



Shepherds Purse Actually a member of the cabbage family, this extraordinary plant is able to flower all year round!



Red Dead-Nettle Unlike its more well known cousin this member of the nettle family doesn't have stinging leaves.

The Community Weeding Scheme

Want to help nurture local biodiversity in your area?
Why not join Lambeth's Community Weeding Scheme?

Before the council chose to stop the routine use of glyphosate, the Community Weeding Scheme was set up to offer residents the chance to remove their street from the spraying schedule and do the weeding themselves. Over 130 streets took part in the scheme.

One of the reasons the scheme was so popular was that it allowed wild plants to flower and contribute to local biodiversity. A local botanist identified 70 different wild plants in the space of a single street!

Although the council has now stopped the routine use of glyphosate, the scheme is still open for residents to sign up and ensure that local wild plants have a chance to flower before being removed.



Want to get involved and see what local urban plants flourish in your neighbourhood?

To learn more about the scheme, email neighbourhoodchampions@lambeth.gov.uk, or visit lambeth.gov.uk/weeding



020 7926 9000
lambeth.gov.uk/weeds


Lambeth

Lambeth **TALKING** Therapies

NHS
South London
and Maudsley
NHS Foundation Trust

*Your mind **It matters***



Free NHS therapy with Lambeth Talking Therapies

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
- OCD
- Anxiety about social situations, health or panic attacks

To get help now, refer yourself on our website
www.lambethtalkingtherapies.nhs.uk

