

Lambethtalk

YOUR FREE LAMBETH COUNCIL MAGAZINE

SUMMER 2023



WINDRUSH 75

WINDRUSH 75
Join the celebrations / p8-9

COST OF LIVING
Available support / p19

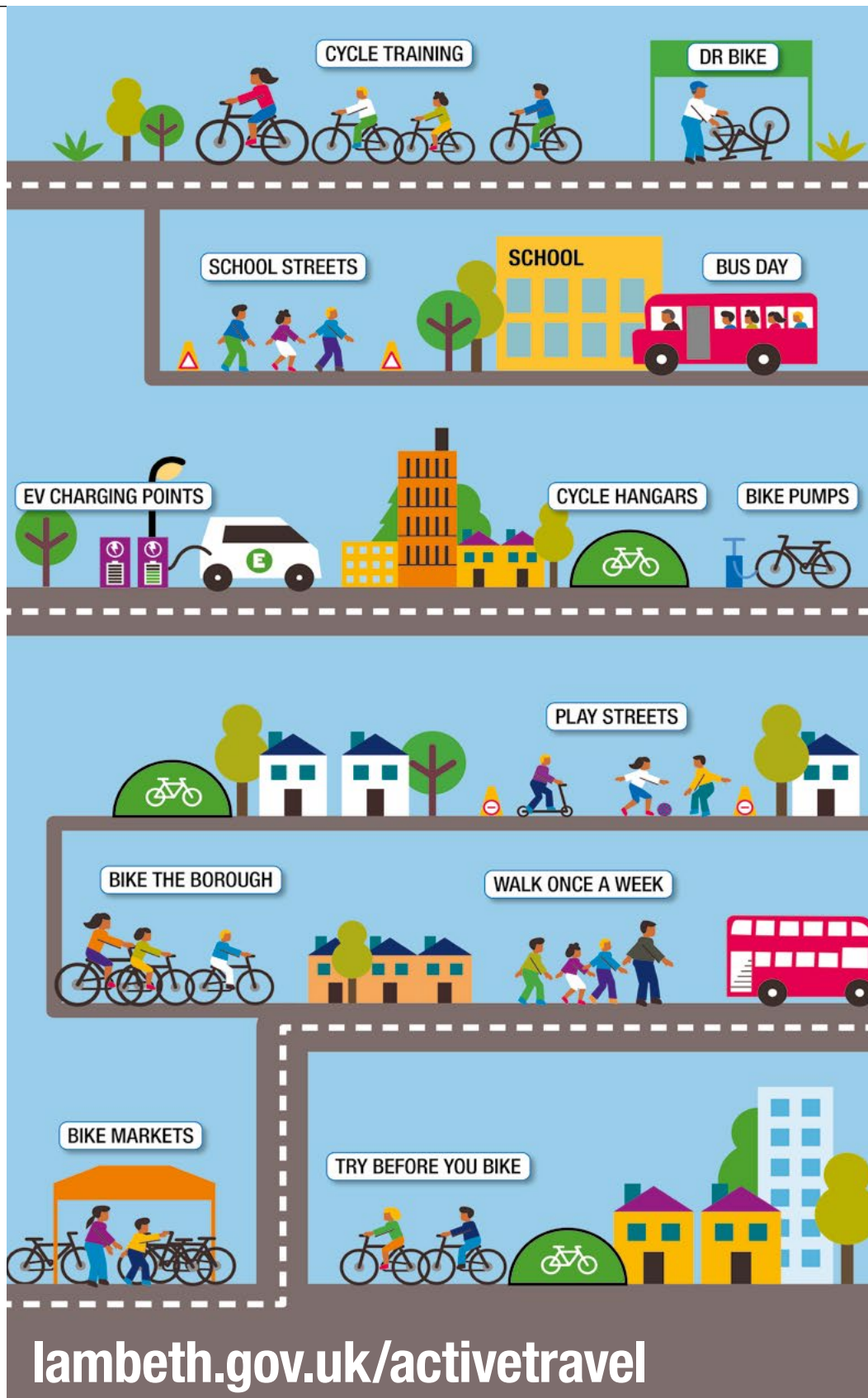
**LAMBETH COUNTRY
SHOW**
Family festival at Brockwell
Park / p10-11

ACTIVE LAMBETH
Summer holiday
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Lambeth

ACTIVE TRAVEL TEAM SERVICES



lambeth.gov.uk/activetravel



Welcome

Dear residents,

There is so much to celebrate in our borough over the coming weeks, from our Lambeth Country Show to Windrush 75, and to march proudly for being officially home of the largest LGBTQ+ population in London on the 1st of July.

Amongst all the festivities and events, we have not forgotten however that residents and communities across Lambeth are still struggling with the Cost of Living crisis. Earlier this year, this council voted for a Cost of Living Budget, that protects frontline services and stands up for those hit hardest.

I am proud that we are now further delivering on that commitment with an extra £10 million invested into our Cost of Living Support package.

This latest far reaching set of interventions continues to support our residents who are struggling to make ends meet, and shows that Lambeth Council is on the side of residents.

Cllr Claire Holland, Leader of Lambeth Council

in this issue...



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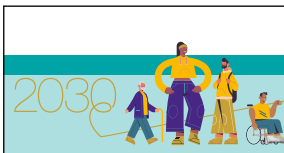
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For translation of articles in any other language, large print format, or to opt-out from receiving the magazine contact: lambethtalk@lambeth.gov.uk

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



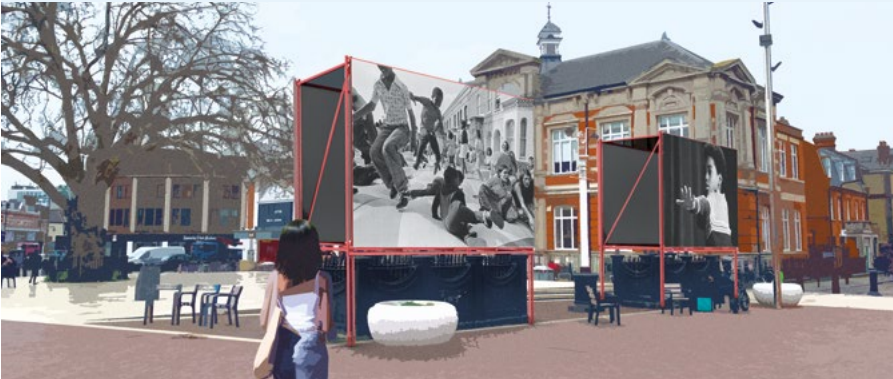
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Brixton welcomes London Festival of Architecture



Design concept for 'Views on the Atlantic' by Brixton Community Cinema with Bamidele Awoyemi, Farouk Agoro and Livia Wang.

The LFA programme features a series of public events and installations aimed at anyone with an interest in London's architecture and public spaces.

This year also marks the 75th anniversary for the HMT Empire Windrush arriving in Briton – which will be marked during the festival.

Lambeth residents have been invited to explore the public spaces

in the borough and the LFA will use the theme "in common" to explore how different peoples' experiences can be considered when it comes to building and designing spaces. Highlights of the events programme include a guided walk around Brixton to look at the legacy of the Windrush generation, as well as a performance by the Brixton Chamber Orchestra at Brixton Recreation Centre.

Lambeth Council has joined forces with the London Festival of Architecture (LFA) for a programme of events and art installations this month (June) around Brixton to mark the Windrush 75 celebrations.



Cllr Donatus Anyanwu, Cabinet Member for Stronger Communities, Leisure and Sports, said: "Taking part in this festival will give our local residents as well as visitors to our borough a great opportunity to appreciate and learn more about the area's fascinating architecture, soak up our local culture and attend interesting events during the month."

YOUTH FORUM 2023

Over 80 participants made up of Year 10 students, young people, and youth workers joined our first Lambeth Youth Forum of the year. The forum was a special career focused edition that centred and celebrated young people's expertise in the issues that affect them. It marked the launch of the council's participatory budgeting process for projects

addressing serious youth violence. Cllr Dr. Mahamed Hashi, Lambeth's Cabinet Member for Safer Communities, said: "Seeing so many students interacting with the forum and using their expertise and lived experience to develop projects that can be brought to life with Council funding is a promising step in the right direction."



London Pride 2023

Lambeth Council will be marching in the London LGBTQ+ Pride Parade on Saturday 1 July 2023. This may be the first time that Lambeth Council has formally marched in the parade, and LGBTQ+ Council staff will be joined by Allies including Cllr Claire Holland, Leader of the Council.

BOOSTING RECYCLING: FOOD WASTE SERVICE EXPANDED TO ESTATES

Lambeth Council is expanding its food waste collection services with the aim of having all the council housing estates in the borough included by 2025.

In March new food waste bins and caddies were delivered to 12 estates in the borough, doubling the number of communal properties that receive these collections.

The door-knockers visited over 3,000 properties in the 12 estates and had one-to-one conversations with residents to encourage them to use the new service and to avoid contamination by putting the right things in the right bin.



We are committed to reducing waste and tackling climate change, so it's great to see the success of the food waste collections project in the 12 estates.

“Our partnership with Keep Britain Tidy has been instrumental in educating residents and encouraging them to use the new service, and we look forward to expanding the service to more properties in the future.”

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

Improving air quality

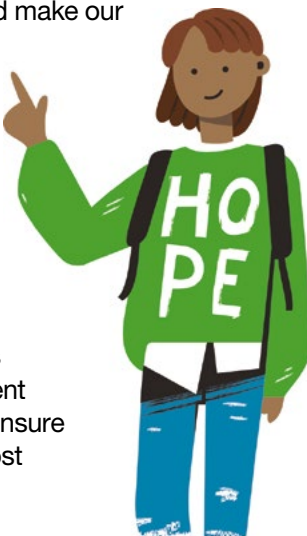
Lambeth Council is introducing new set of emissions-based charges for parking permits, as part of its drive to improve air quality and create a fairer, more equal borough.

The new structure will ensure that drivers of vehicles that produce toxic carbon dioxide emissions will pay more to park across Lambeth – helping to tackle climate change and make our streets safer and more pleasant for all.

Any additional revenue generated through parking permits will be invested in helping fund activities including the provision of public transport services, highway maintenance and improvements, and environmental projects.

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

“These changes will make our parking fees structure fairer and more reflective of the different levels of pollution produced by vehicles – and ensure those who pollute the most are charged the most to park.”



Bringing back the elm trees



Pupils from Elm Green School worked with Lambeth Council to plant disease-resistant trees in Brockwell Park.

The young people helped plant a brand-new woodland with a dozen young elm trees in Brockwell Park alongside the Lambeth Trees Team.

The pupils researched the significance of elm trees in the borough, before the planting session in the park.

From refugee to Mayor: Lambeth welcomes its new First Citizen

The newly elected Mayor of Lambeth, who came to the UK as a teenager, talks about his life journey and aims for the year ahead.

Sarbaz Barznji told fellow councillors that he accepted the position with “a great sense of humility and pride”, as his election was confirmed at the annual meeting of the council on 26 April.

“My journey to Lambeth began as a young teenager, a Kurdish refugee in search of safety and security,” Cllr Barznji told the meeting.

“I arrived here with nothing but the clothes on my back, and didn’t even speak English.

“But I had a burning desire to build a better life for myself and my family. What I found here was a community that welcomed me with open arms; a community that offered me the support and guidance I needed to get back on my feet.

“With the help of the community and the resources available to me here, I was able to learn the language, attend school and pursue my dreams. And for that, I will be forever grateful.”

Cllr Barznji, who was elected as councillor for the Brixton Acre Lane ward last year, is now a structural engineer and researcher, “working on some of the most

cutting-edge technologies of our time”, and carrying out research into nanofibers and nuclear power stations.

The new mayor gave his declaration of office first in Kurdish, “to show my solidarity and support for fellow Kurds who are still suffering and punished for speaking their mother tongue. In his address to council, he said the Kurdish people had endured “incredible hardship and oppression” and that their story was one of “dignity and resilience, of pain and hope”.

Cllr Barznji’s election was followed by a number of speeches, including tributes from his young son and daughter.

His first official duty was to present the Past Mayor’s Badge to the outgoing mayor, Cllr Pauline George.

Cllr Barznji also announced that his chosen charities for his year as Mayor would be the Brixton Soup



Kitchen, and the refugee crisis charity Care4Calais.

He said: “Care4Calais is a charity that primarily focuses on the most vulnerable people in our society – refugees. These people are often demonized and forgotten, and I know first-hand how difficult it is for them to make a new life in a foreign land. As a Kurdish refugee myself, I understand the challenges that they face and the hurdles that they have to overcome to rebuild their lives.

<https://care4calais.org/>

“Brixton Soup Kitchen also focuses on the homeless and less fortunate people in our community. They provide thousands of hot meals to those in need, as well as offering support, advice and advocacy services to help them get back on their feet. Their work is invaluable and helps to ensure that nobody goes hungry or without a roof over their head in our city.”

<https://brixtonsoupkitchen.com/>

Lambeth celebrates Ukrainian talent and Lambeth kindness

Lambeth thanks hundreds of local residents who have opened their homes to Ukrainian guests fleeing war.

Lambeth Sanctuary Services hosted a recent event to celebrate and thank the hundreds of local residents who have opened their homes to Ukrainian guests fleeing the war in their homeland.

Cllr Claire Holland, Leader of Lambeth Council, said:

“Our residents have welcomed over 560 guests since the Homes for Ukraine scheme started. And today, some 315 guests are still living with their Lambeth sponsors.

“At a time when many families have their own struggles to make ends meet, it’s a true demonstration of the kindness and hospitality of our borough.”

If you are able to host a family from Ukraine or another country, please contact sanctuary@lambeth.gov.uk



World Refugee Day / 20 June

World Refugee Day honours the strength and courage of refugees and encourages public awareness and support of the refugees, people who have had to flee their homelands because of conflict or natural disaster.



Ready Steady Go!

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

New programmes will be starting in September 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



CELEBRATE WINDRUSH

LAMBETH IS COMMEMORATING 75 YEARS OF THE WINDRUSH GENERATION WITH EVENTS THROUGHOUT THE BOROUGH.

JUNE 2023

FIND OUT HOW YOU
CAN GET INVOLVED



SCAN ME



PHOEBE ANDERSON, c. 1955.
STUDIO PHOTO BY HARRY JACOBS



AFRO SUPA HERO JON DANIEL



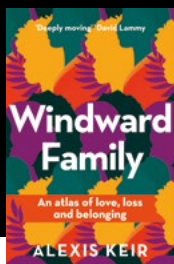
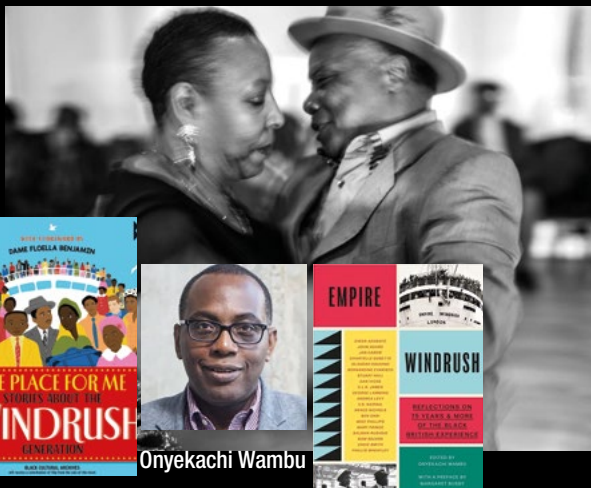
GETTY IMAGES

WINDRUSH 75



Windrush 75: Library programme 2023

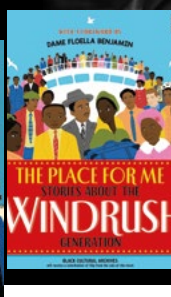
This year marks the 75th Anniversary of the docking of the HMT Empire Windrush, arriving in Britain on 22 June 1948. To celebrate the lives of this generation that contributed so much, Lambeth Libraries will be celebrating throughout our libraries with a programme of events and activities for all the family.



Alexis Keir



Tony Fairweather



Onyekachi Wambu



Windrush Wriggle and Rhyme

Lambeth Libraries brings you Windrush Wriggle and Rhyme at the library! Join our librarians for songs, stories and rhymes for the under 5s. All with a Windrush theme.

Windrush Stories with authors Tony Fairweather and Alexis Keir

Wednesday 21 June, 6.30pm. Brixton Library, SW2 1JQ

Booking via Eventbrite: <https://www.eventbrite.com/e/601344125467>

After WW2 England was on its knees, so the call went out to the British Empire for volunteers to rebuild the "Mother Country". Young men and women from different Caribbean islands were quick to respond. In this 75th Anniversary of the arrival of the Empire Windrush and its passengers, join Tony and Alexis to discuss the importance of Windrush. Event in partnership with Spread The Word.

A celebration of the Windrush Generation with Drums and Dance

Saturday 24 June, 10.30am. Brixton Library, SW2 1JQ

Tony B will present the story of Windrush through drum and dance for all the family to join in and have fun.

The Place for Me: Stories About the Windrush Generation with the Black Cultural Archives

Monday 26 June, 10.30am. Brixton Library, SW2 1JQ

Schools Booking: Contact Caroline for more details at CGraham@lambeth.gov.uk

The Black Cultural Archive gives an interactive storytime for local schoolchildren based around the book: *The Place for Me: Stories About the Windrush Generation*.

Empire Windrush: Reflections on 75 Years & More of the Black British Experience with Onyekachi Wambu

Tuesday 27 June, 6.30pm. Brixton Library, SW2 1JQ

Booking via Eventbrite: <https://www.eventbrite.com/e/633254851307>

Onyekachi Wambu wrote one of the first books on the Windrush Generation – here he returns to the book he first published and discusses what has changed and what remains.

Jim Grover Windrush photographic Exhibition

Launching 1 June. Clapham Library, SW4 7DB

Award winning photographer Jim Grover has photographed the Windrush Generation over decades and presents an exhibition of his work at Clapham Library.

LAMBETH COUNTRY SHOW



**Saturday 10 & Sunday 11
June 2023**

1pm – 9pm (Last entry 8:30pm)

Brockwell Park, SE24

FREE ENTRY

South London's favourite family festival returns to Brockwell Park with new dates of 10 and 11 June and later opening hours of 1pm to 9pm with an exciting line-up that celebrates the very best of the city and countryside.

“

I'm delighted that the Lambeth Country Show's return is confirmed for this summer as it's the jewel in the crown of our borough's exciting programme of events.”

Cllr Donatus Anyanwu, Cabinet Member for Stronger Communities, Leisure and Sports



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

The event has been organised and funded by Lambeth Council in partnership with Brockwell Live. www.lambethcountryshow.co.uk Keep up-to-date with the show at @lambethcountryshow on Instagram and Facebook or @lbcountryshow on Twitter #LCS23

The Main Stage brings you an eclectic mix of live sounds on Saturday and pure reggae music for Roots Day on Sunday. Hosting both a local and international line up ensuring Lambeth has a fully entertaining two days, we welcome the Cubafrobeat of **LoKkhi TeRra** featuring **Dele Sosimi**; British electronic dance music of **Dutty Moonshine Big Band**; and Saturday evening will close with headliner **Omar Lyefook MBE**, without doubt one of the greatest soul music talents the UK has produced. Sunday is "Roots Day" with ska, dub and reggae acts from across the globe, including **Anthony B**, **Twinkle Brothers** and **Macka.B & The Roots Ragga**



Band plus the **Dub Asante Band** and **Matic Horns** featuring **Tippa Irie**, **Zakeyah Zebujah**, **Bucky Jo**, **Charlie P** and **Earl 16** with a dedicated medley set in memory of the late Jah Shaka.

Following suit, the Main Arena returns in full swing with an unmissable line up for 2023. Welcoming back an awe-inspiring performance from **Les Amis d'Onno** with their jousting and stunt shows, we will also have

motorbike stunt shows from the **IMPS and Solent Stars**.

In traditional country show fashion, **Vauxhall City Farm** brings to Brixton a taste of country-living over the weekend, with a delightful flock of farm animals nesting in the heart of the borough. The ponies, sheep and alpacas (to name a few) gracing Brockwell Park are bound to steal the show, as well as **Diggerland** who will be inviting



children to take part in carefree play throughout the weekend.

Our Discovery attractions offer an unforgettable experience of adventure this year. **Immersive Experiences** return with an unbeatable package of activities for all ages showcasing planetariums, virtual reality and a 360 degree dinosaur film theatre.

Let's not forget, we're giving you the chance to show off your creativity with our home grown **Vegetable and Flower Competitions**. Learn how you can participate by visiting our website.

Group cycles to the show / Bring a bottle

There will be two group cycles to the show this year. Visit our website for info. Please remember that we will have plenty of secure cycle parking at our main entrances that includes all-day security and a valet & fix service to get your bike checked while you enjoy the show. We also encourage you to bring

a reusable bottle to fill up at our free water points on site, as well as using them buy drinks at our bars and traders.

Free mobile app

The free app with line-up and maps will also be available on the App Store and Google Play with links on our website.

New for 2023

Alongside visitors' favourite events, this year will bring brand new stages to the show with additional acts to entertain.

- **The Original Wall of Death** – a motorcycle stunt show, synonymous with speed and danger since its conception back



in the early part of the 20th century – an experience never to be forgotten!

- **Grooveschool Stage** – will be showcasing the talents of their students, local DJs and producers.

• **LatinoLife Stage** – brings the Latin party to Brixton. Expect a unique programme of high quality and diverse Latin artists that LatinoLife is known for, taking you on a journey through salsa, reggaetón & hip-hop. Expect acts like **Angelo Flow**, **Alvarez Funk** and **Angelica Lopez** – to name a few! Supported using public funding from Arts Council England with a National Lottery Project Grant.



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.



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? Apply for a Voter Authority Certificate at Gov.uk, in person at Lambeth Town Hall, or by post. To book an in-person VAC application appointment, or to get a paper VAC application form sent to you, please call Electoral Services on **020 7926 2254**, or go online to **lambeth.gov.uk/vote**.

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

What do I need to do now? Check you have the right ID. If not, 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.



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 Mayor of London and London Assembly elections. EU citizens cannot vote or stand as candidates at UK Parliamentary elections.

When do the changes start? EU citizens will be contacted when the changes are implemented. Expected June 2024.



POSTAL & PROXY VOTING

What is changing?

- In addition to paper forms, voters will also be able to apply for postal and proxy votes online.
- 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.

Paper applications, and support with applications is available at lambeth.gov.uk/vote or by calling **020 7926 2254**.

When do the changes start?
Expected from summer 2023.

VOTING SYSTEM FOR MAYORAL ELECTIONS

What is changing?

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 Mayor of London and London Assembly elections in May 2024.



OVERSEAS BRITISH CITIZENS – 'VOTES FOR LIFE'

What is it? 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**

Over the last year, we've been asking those who know Lambeth best, our residents and partners, to imagine the future and help shape our shared, exciting vision for Lambeth in 2030. You told us what you like, what makes Lambeth unique, what challenges we are facing now, and those you anticipate on the journey to 2030. This consultation resulted in Lambeth 2030: Our Future, Our Lambeth, and our three ambitions, a plan informed by what matters to you. In the next seven years we will transform and reshape our neighbourhoods and equip our communities. Lambeth will continue to be the home of radicals and reformers, entrepreneurs, and innovators – people who work together to help change the lives of others and their own. It will be a borough with social and climate justice at its heart.

Our three ambitions are connected by a 'golden thread' of equity and justice because inequality is at the heart of all the challenges we face.

1 MAKING LAMBETH NEIGHBOURHOODS FIT FOR THE FUTURE

We will tackle the climate and ecological emergency together. This means reaching net-zero emissions, building better and safer transport choices for people, making our streets welcoming and ensuring Lambeth is a place where all people can experience good health and wellbeing. We will also have more accessible travel options for everyone.

2 MAKING LAMBETH ONE OF THE SAFEST BOROUGH IN LONDON

We will focus on the root causes of crime and violence – structural inequality and discrimination – so that everyone feels safe and secure. We will see a significant reduction in serious violence against young people and those experiencing gender-based violence, with support available.

3 MAKING LAMBETH A PLACE WE CAN ALL CALL HOME

We will make Lambeth a place where everyone has access to opportunity, as well as fundamental basic rights – good quality education, employment, housing, and access to healthcare. We will be the best place to grow up and grow old.

Lambeth

2030

OUR FUTURE, OUR LAMBETH



“ To achieve our aims, we will make sure to harness the power and pride of our people and partnerships to make Lambeth the best it can be. Though the council has written Lambeth 2030, it belongs to us all – residents, institutions, businesses, the voluntary and community sector, and it is our collective actions that will achieve its aims.”

The Leader of Lambeth Council, Councillor Claire Holland

“ Lambeth is a borough of diversity, connectivity, full of excitement and opportunity. We have long been a place of sanctuary, welcoming communities from around the globe who have come to make Lambeth their home. This roadmap is a crucial step in making sure Lambeth becomes an incredible place to grow up and age well.”

The Chief Executive of Lambeth Council, Bayo Dosunmu

What next?

Lambeth 2030 is a borough plan for everyone. It will guide our work together, our journey and collective effort to shape the future of Lambeth. Listening to our residents, communities and partners has been at the heart of our approach. To deliver Lambeth 2030 we will continue these valued conversations with those that know Lambeth best.

Working with our local partners, community groups and networks, we will create opportunities for continued dialogue and action. Over the coming months, anyone and everyone can get involved in delivering Lambeth 2030 and making our collective ambitions a reality. Details on the plans and activities, will be shared shortly. Watch this space and be sure to sign up to the sessions once advertised on our website! You can read Lambeth 2030 and the summary at www.lambeth.gov.uk/boroughplan

Want to get involved? Email us at policy@lambeth.gov.uk



ACTIVE LAMBETH

Lambeth

ACTIVE LAMBETH

Leisure for all



FREE

swimming at
allocated times
for children
aged 11 and
under

Active Lambeth Swim School

Learn to swim! Active Lambeth Swim School offers beginners, improvers and advance swimming lessons for children of all ages and abilities.

Available at Brixton Recreation Centre, Clapham Leisure Centre and Streatham Ice and Leisure Centre.

School holiday short courses available.
To find out more visit: www.lambeth.gov.uk/active-lambeth

To find out more visit:
www.lambeth.gov.uk/active-lambeth

Summer Holiday Programme

Family Leisure Zone

The Family Leisure Zone is an exciting new facility at Brixton Recreation Centre that incorporates a dynamic range of fun physical activities for the whole family! Find fantastic soft play, an interactive agility course, challenging Clip n' Climb – there's something for every child, teen, parent or grandparent. The perfect school holiday activity or family fun day out!



Gymnastics

Challenge little ones agility and coordination! Active Lambeth offers a variety of gymnastics courses available for all ages and abilities.

Crash courses during the holidays are also available.

Download our App



Lambeth's Coolest Activity

Our Olympic size skating arena is perfect for skating with the family. We offer public skating, ice hockey, figure skating, and much, much more at Streatham Ice and Leisure Centre.

If you have never been on the ice before, don't worry we have skating aides to help you along!

Archbishop's Park

40 Carlisle Lane, London SE1 7LE

Brixton Recreation Centre

27 Brixton Station Road, London SW9 8QQ

Clapham Leisure Centre

141 Clapham manor Street, London, SW4 6DB

Flaxman Sports Centre

Carew Street, London, SE5 9DF

Streatham Ice and Leisure Centre

390 Streatham High Road, London, SW16 6HX

West Norwood Health and Leisure Centre

25 Devane Way, London, SE27 0DF

Ferndale Community Sports Centre Nursery Road, London, SW9 8BP

Herne Hill Lifestyle Centre

Ferndene Road, London, SE24 0AG

Brixton Library workwear borrowing scheme

Instead of buying an interview suit, jobseekers can book an online appointment to try smart clothes at Brixton Library.

Cllr Donatus Anyanwu, Lambeth's Cabinet Member for Stronger Communities, Leisure and Sport, said: "When you feel good in your clothes, it helps boost your confidence in situations like job interviews."

The clothes – and original idea – come from laundry and drycleaning company Ihateironing. Founder Matt Connelly says: "Lambeth is the first to work with us helping people into work in this cost of living crisis. Our customers donate clothes, but we needed a partner with links into the community."

- For more about ihateironing and Brixton Library Workwear Scheme, please contact <mailto:reena@ihateironing.com> or <mailto:initiatives@ihateironing.com>
- To donate clothes to the scheme, please visit this page. To ask to borrow clothes (and give details of when you need them, your size, and what you're looking for) please submit this form.



Be a Neighbourhood Champion!



"It doesn't matter where you live; you can make the most of what you've got."

- Valcie, Clapham

Lambeth's 700 Neighbourhood Champions work with their neighbours and the council to improve their local environment and create stronger communities.

Find out how you can get involved in making your street or estate the best it can be:

lambeth.gov.uk/neighbourhoodchampions

Here for you: Cost of living support



The cost of living crisis isn't going away, and many households are finding it especially hard to cover rising essential costs like housing, food, and energy leaving many in urgent need of assistance.

“Over the last 18 months, we have distributed £8 million of financial support to those who are struggling. Building on our experience, and working with voluntary sector partners, we have developed a plan for how we will continue supporting our vulnerable residents and help build their financial resilience in 2023/24.

The plan will ensure the council can support residents who find themselves facing an urgent crisis, emergency, or disaster. It will support those on low incomes to reduce the amount they have to spend on essentials while increasing the amount of money they have in their pocket. It will also provide support for residents to better cope with financial shocks and manage debts.

As part of this plan, we're directing £10 million to those affected, based

on the affordability issues residents have told us they're facing. This includes:

- Direct payments to households most affected by rising costs
- Expanding our application-based Emergency Support Scheme, which provides cash payments to people in crisis
- Permanently expanding free school meal eligibility including support during the school holidays
- Extra free childcare for low-income families with young children
- Free period products in council-run buildings, with free home delivery for low-income residents
- Additional funding for independent advice agencies.

The new funding is closely linked to our Borough Plan (see page 15-16), which sets out our commitment to

be a borough of equity and justice. We know that too often those who face prejudice and inequality suffer the most during tough economic times.

The causes, and long-term solutions, to this crisis may be national and international, but this response plan will make a real difference for the people who are struggling the most here in Lambeth.”

Councillor David Amos
Cabinet Member for Finance and Cost of Living

For more information on the support available please see www.lambeth.gov.uk/costofliving or if you're unable to access the web call **03453 022312** or pick up a leaflet in your local library or gym. **We're here for you.**

Recognising and supporting carers in the community – Carers Week 2023

Taking place from 5 June – 11 June, Carers Week provides a fantastic opportunity to recognise unpaid carers and their valuable contribution to our community. In Lambeth over 18,000 residents are looking after a friend, partner or family member who has an illness, disability, or addiction.

Since September last year, we have been speaking to carers across the borough to inform the new Lambeth Carers Strategy. These conversations have highlighted the importance of recognition and support.

Looking ahead to Carers Week, Ruth, who cares for someone with a learning disability, shared her top tips for fellow carers:

“The advice I would give to anyone else who is a carer is that

there is help available. Don’t feel you are a failure if you ask for help.”

“I would also say that meeting others can be helpful – we can talk and share the things that are affecting us.”

“You may feel you don’t have the time, but if you do it can stop the feelings of isolation and hopelessness.

Things can get better.”



How to get support if you’re a carer in Lambeth

Carers’ Hub Lambeth supports unpaid carers aged 5 upwards, offering 1 to 1 support, peer support groups, social and wellbeing activities, and training.

Find out more at www.carershub.org.uk, call 020 7501 8970 or email connect@carershub.org.uk

Carers4Carers offer wellbeing support for unpaid carers and former carers. This includes fitness (exercise classes, gym, squash, yoga, badminton, tai-chi, personal training, swimming), complementary therapies (eg massage and acupuncture) health checks (eg blood pressure and BMI), wellbeing and self care (meditation, mindfulness, nutrition, stress relief), retreats, outings and group walks. Find out more at www.carers4carers.com

Getting a **Carers Assessment** could identify further support to help you meet your needs as a carer.

To request a Carers Assessment (if you’re 18+), call Lambeth Council on 020 7926 555.

To request a **Young Carer Assessment** (if you’re 18 or under), contact the Young Carers team at Carers’ Hub on 020 7501 8972 or by emailing youngcarers@carershub.org.uk

Free NHS blood pressure checks at a pharmacy near you



Did you know that you can have your blood pressure checked for free in a community pharmacy?

Why do I need my blood pressure checked?

In the UK, a third of adults have high blood pressure (also known as hypertension). Many people will not realise it, as there are rarely noticeable symptoms. Untreated high blood pressure increases your risk of potentially life-threatening health conditions, due to the extra strain on blood vessels, the heart, brain, kidneys and eyes. The British Heart Foundation estimates that high blood pressure causes over 50% of heart attacks and strokes in the UK. If you're from an African, Caribbean, or South Asian background you have a higher risk of developing high blood pressure. The good news is that if you have high blood pressure, it can be controlled to reduce your risk.



Dr Di Aitken, Lambeth GP and Co-Chair, Lambeth Together

“ We believe that by helping people take control of their blood pressure in Lambeth, we could prevent 65 strokes, stop 48 people from developing heart failure, keep 61 people safe from heart disease, and save 196 lives. ”

How can I get my blood pressure checked?

In addition to your GP surgery, over 30 pharmacies in Lambeth offer free NHS blood pressure checks. Having your blood pressure checked at a pharmacy is quick and easy and often does not require an appointment. A blood pressure check takes 10-15 minutes in the pharmacy consultation room with the community pharmacist. Following this, you may be invited to take home a blood pressure monitor that measures your blood pressure as you go about your daily life.

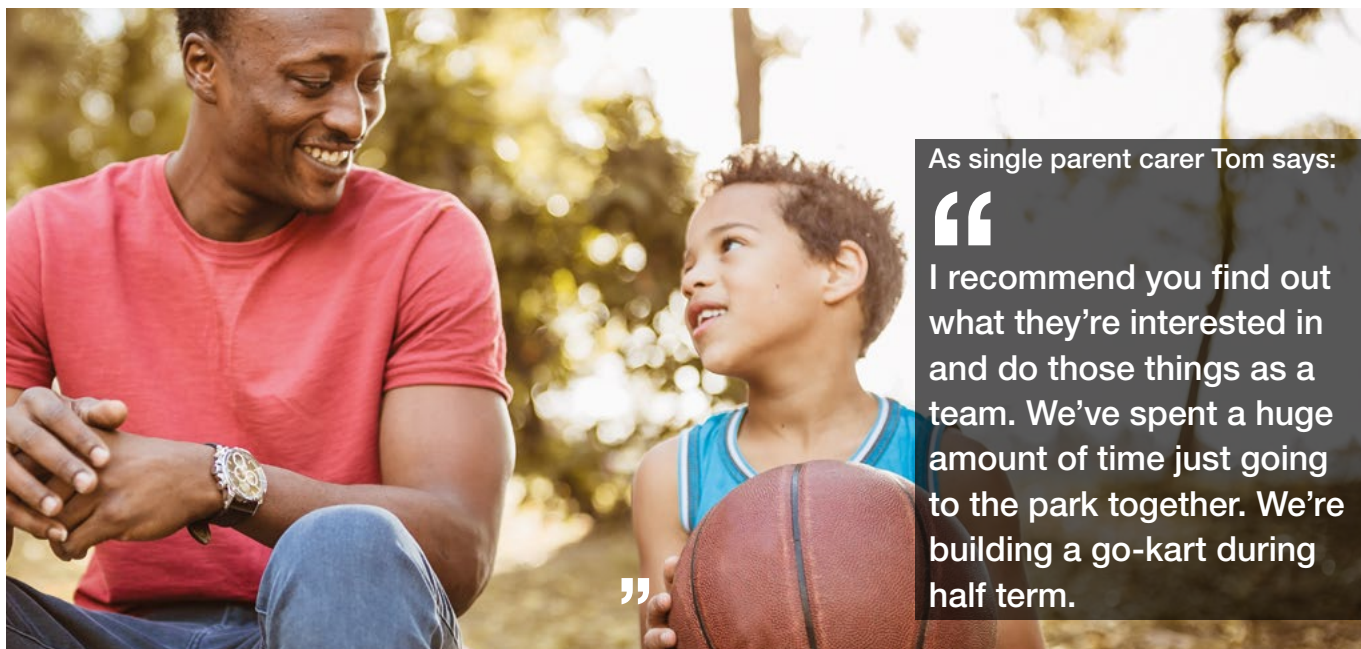
Depending on your blood pressure reading, the pharmacist may reassure you that you have a normal blood pressure; or they may refer you to your GP for further support. They will explain any next steps.

The service is available to anyone aged over the age of 40. Your pharmacist may also consider people under the age of 40 if they think it is needed. To find your nearest community pharmacy providing blood pressure checks in Lambeth, and to find out more about reducing your risk of high blood pressure, go to www.selondonics.org/icb/your-health/medicines/community-pharmacy-blood-pressure-check-service/

Making sure that people get early diagnosis and timely and expert support to manage health conditions like high blood pressure is a top priority for Lambeth health and care partners. Find out more at www.lambethtogether.net

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.

Become a foster carer

Our LGBT+ community are always welcome to foster for Lambeth. If you have a spare room and the commitment to help young people thrive, please contact our team.

For more information visit
www.lambeth.gov.uk/fostering




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

Lambeth TALKING Therapies

NHS
South London
and Maudsley
NHS Foundation Trust



Free NHS Therapy 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.lambethalkingtherapies.nhs.uk

Contact us by telephone: 020 3228 6747

email: lambethiaptadministrators@slam.nhs.uk

Your mind *It matters*

