

Lambethtalk

YOUR FREE LAMBETH COUNCIL MAGAZINE

WINTER 2023/24



'IT'S NOT THAT DEEP'

Young people create Lambeth's new anti-harassment campaign (p4)

PHOTO: Nhu Huynh, YCUK

CLIMATE ACTION

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Leisure for all / p14

HEALTH

Get ready for winter / p18-19



Lambeth



Have your say on services for Children with Disabilities in Lambeth

Help us to:

- Understand what it is like for families caring for a child or children with disabilities in Lambeth, post pandemic.
- Ensure fairness and openness when deciding who will access our specialist Children with Disabilities Service.
- Design and commission support services that best meet the needs of your child / children and family.

**Our survey is open until 10 December 2023,
to complete it please scan the QR code or visit our
survey website www.lambeth.gov.uk/cwdsurvey**





Welcome

Dear residents

We are seeing the impacts of 13 years of austerity and the government's failure to properly fund local government, with councils of all political colours issuing financial warnings in recent months. Local government is going through a financial crisis, and even boroughs that have managed their finances well, such as Lambeth, are facing large budget gaps.

The council is going to be forced to have to make even more tough choices as year after year of cuts add up. We urged the government to give us the funding that we need to protect vital frontline services over the next few years. Immediate government support is urgently needed to protect essential services in Lambeth and ensure the well-being of our residents.

In a stark warning to the Chancellor of the Exchequer, Jeremy Hunt, we said an "inflationary storm", rising demand and government inaction threatens to leave the borough facing a £38 million funding gap.

Our appeals to the Chancellor included:

- An increased, multi-year funding settlement to provide certainty and to bridge the £38 million funding gap.
- Sustainable and long-term funding for homelessness services.
- An urgent funding solution to reduce the pressures on providing safe care for vulnerable children and young people.
- Revenue-raising powers, such as retaining 100% of business rates growth, exploration of measures such as a tourism tax and Vehicle Excise Duty to be returned to London, to bolster financial resilience.
- More funding for building new council homes.

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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

Read our full letter to the Chancellor, scan:



Cllr Claire Holland
Leader of Lambeth Council

NEWS

LIVING WAGE BID LAUNCHED

Lambeth Council’s Living Wage Team has launched a bid to become a Living Wage Place where everyone is paid enough to cover the cost of living.

The Living Wage Place accreditation is awarded to those who commit to paying the higher rate and are making positive steps to address in-work poverty. In October the Living Wage rate increased to £13.15 per hour for workers in London – some Lambeth staff saw their pay increase by ten percent. The council is working to support local employers who want sign-up to pay the Living Wage by providing support including business grants. Cllr Jacqui Dyer, Lambeth’s Cabinet Member for Inclusive Economy and Equalities, said:

“I am proud that this council is leading on a project to make Lambeth a Living Wage Place. Surveys prove that 75 per cent of accredited Living Wage businesses report improved motivation from their employees.”



Young people develop new anti-harassment campaign

Young Creators UK, commissioned by Lambeth, worked with young people from Lambeth to create a new anti-harassment campaign called ‘It’s Not That Deep’ to educate and raise awareness around sexual harassment, consent, and boundaries. The campaign which will be shared on social media was developed

in partnership with young people during a series of workshops, where they discussed the need for more education and action to identify sexual harassment, and how to better recognise and tackle problem behaviours.

[Watch ‘It’s Not That Deep’ short film, in the council’s social media and on YouTube.](#)

“

By empowering these young residents and giving them the tools and space to address such an issue, they have shown the power young voices hold in driving meaningful change.

We are committed to continuing our work to tackle problem behaviours to create a safer space for women and girls, and will use this campaign as a stepping stone for a wider range of work needed to create impactful change within the community.”

Cllr Dr. Mahamed Hashi, Cabinet Member for Safer Communities

Lambeth Archives move begins

Lambeth Archives has now started relocating to its new building on Brixton Hill.

The complicated process of physically moving some two miles of records began at the beginning of November. Some of the papers which document the history of both

the council and of local people and local organisations, have been stored for over 130 years at the Minet Library in Myatts Fields. The job of carefully moving them into the new strong room at 16 Brixton Hill will take until Christmas and the new Lambeth Archives will open to the public in January 2024.



Lambeth to plant more trees

Lambeth Council has announced a new Urban Forest Strategy to plant thousands of new trees over the next three years to support sustainability, increase greenspace and contribute positively to peoples' health and wellbeing. The tree planting programme aims to create a diverse and resilient urban forest by increasing tree cover in areas of the borough that need it most.



Blue Plaque unveiled for anti-racism campaigner

English Heritage has unveiled a new blue plaque dedicated to journalist and anti-racism activist Claudia Jones in Vauxhall.

The plaque marks the mid-nineteenth century terraced house that was her home for nearly four years, making it her longest place of settled residence in London. It was there she came up with the idea of bringing a Caribbean carnival to London. The first was held in St Pancras Town Hall in 1959 and it laid the foundations for Notting Hill Carnival. A dedication ceremony was held in October as part of the Black History Month celebrations in honour of Ms Jones' life and legacy.

Cllr Jacqui Dyer, Lambeth's Cabinet Member for Inclusive Economy and Equalities, said:

"The Lambeth Country Show and events in local parks such as City Splash still carry this spirit today. Her legacy lives on, inspiring generations to come and this blue plaque is a mark of respect and appreciation, commemorating Claudia Jones' legacy in London."

Lambeth Allies programme creates LGBTQ+ safe spaces

Lambeth Council and health campaigning charity LGBT HERO are piloting Lambeth Allies, a new LGBTQ+ safety and awareness scheme for businesses and local partners in Vauxhall and Clapham. Participating organisations will receive display materials indicating they are a safe space for LGBTQ+ people and will be encouraged to provide support information such as health leaflets and posters.

Free Trans-Inclusive Socials for Lambeth Residents

A new partnership between Lambeth Council, local partners LGBT HERO and Trans Matters Worldwide offers inclusive social events for Trans people until March 2024. They are meant to provide an opportunity for trans people and their allies to socialise and make friends with others in the community in an environment that is inclusive, safe, and friendly. Contact Ray Lavery at Ray@transmatters.co or Justin Mahboubian-Jones at m-jones@lgbthero.org.uk for more information.

CLIMATE ACTION

Brixton Hill's new gardens

New landscaped green spaces that also help deal with storm rainwater

Lambeth Council has unveiled plans for two landscaped areas with pathways and play areas in the heart of Brixton Hill that will alleviate flood risk, boost biodiversity, and support peoples' health and wellbeing.

The council would install ponds to temporarily collect water during intense storms and heavy rain that are more common in autumn and winter, alleviating the burden on the drainage network and reducing the risk of flash flooding. The scheme will also support ongoing rewilding efforts to create a sustainable green corridor from north to south of the borough.

Sustainable drainage can be introduced in different forms, from using permeable surfaces to control run-off, to planting more trees and establishing raingardens. Additional benefits of more greenery include more shade to combat extreme heat in the summertime and improving overall air quality. Deputy Leader Cllr Rezina Chowdhury, Cabinet



Graveney river reopened in Streatham as part of the scheme.

Member for Sustainable Lambeth and Clean Air, said: "The proposed scheme is the latest example of the sort of innovative thinking required to address the serious challenges posed by the climate crisis.

"We have seen the devastating impact of extreme weather, storms, and record rain fall around the country over the last few years. The risk of flooding for many people, including those in Lambeth, remains very real and we need to do everything in our power to protect our communities.

"These proposals will help deal with excess rainwater, while adding more green spaces around St Matthew's Estate to benefit everyone's physical and mental health."



Ivy screens have been installed at 17 schools across Lambeth, as part of the Green Screen Programme to improve air quality inside school gates. The screens act as a natural barrier between the school and nearby main roads, reducing childrens' exposure to air pollution, and helping to reduce the chances of respiratory issues associated with pollution. As part of this programme, the council commissioned The Plantman Ltd. to deliver ivy greens screens to our most at-risk schools, as well as improving the daily play environment for young children. The next phase of the programme will see more green screens installed in a further 15 schools.

Green screens

LAMBETH'S
**CLIMATE^o
ACTION
PLAN**

Tackling the climate and
ecological emergency together

LET'S CLEAN LAMBETH'S TOXIC AIR BY STOPPING WOOD BURNING!



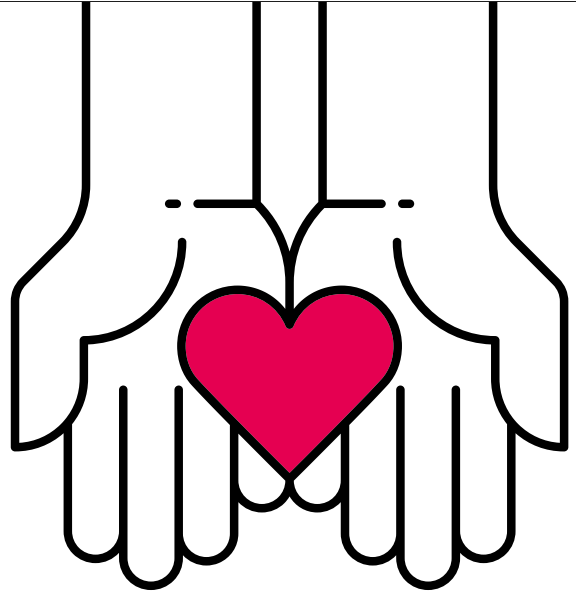
Did you know that wood burning in homes causes more toxic air pollution particles (called "PM_{2.5}") in Lambeth than cars?

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/costofliving



Lambeth Council has agreed a £10 million package of vital support for those hit hardest by the cost of living crisis.

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.

Visit www.lambeth.gov.uk/ESS for more information

You can also get independent advice from

Citizens Advice Merton and Lambeth (CAML)

Telephone: Lambeth Adviceline 0800 254 0298

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

Food Support:

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

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/](http://www.trusselltrust.org/get-help/find-a-foodbank/)

Pension Credit:

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.

Check if you are eligible on www.gov.uk/pension-credit

or call the Pension Credit claim line on 0800 99 1234.

You will need the following information ready:

- Your National Insurance number
- Information about your income, savings and investments
- Your bank account details

Free School Meals:

Even though all primary school children will receive free school meals in the 2023/24 school year, if you are in receipt of income-related benefit, council tax support or discretionary housing payments you should still apply for free school meals through your school. This ensures you will have access to additional support during the school holidays, including Holiday Activities and Food programme and additional financial support (£20 per child, per week, distributed by schools).

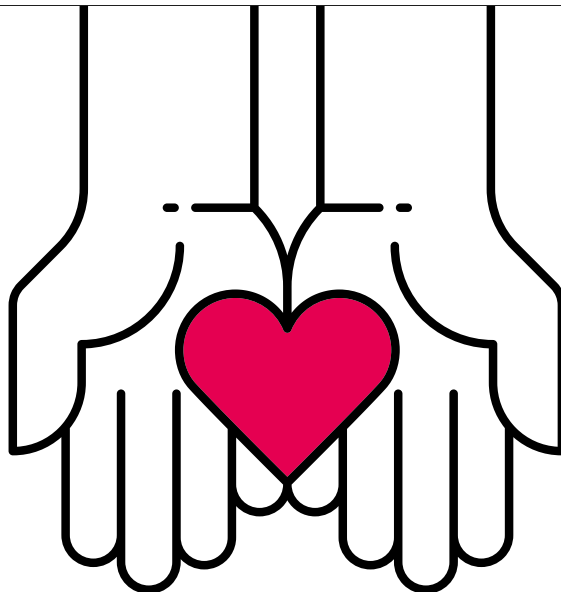
At a glance look at what you might have received and might be entitled to:

Who	Summer 23	Autumn 23	Winter 23/24	Spring 24
Pensioners			£150-£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	£140 Residents on income based free school meals, through schools	£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	
Low income residents most impacted by rising costs	Lambeth Council cost of living payment up to £250		Lambeth Council cost of living payment up to £250	

SUPPORT

We are here for you this winter

Our cost of living response plan aims to support our residents to reduce their costs, increase their incomes and manage their debts. See below for information on some of the support available this winter.



Warm spaces

This winter, we are coordinating a network of warm spaces. Each warm space will be an inclusive space where you will be safe, heated, welcomed, and treated with kindness. The warm spaces aim to give residents a chance to meet and socialise within their local community groups whilst staying warm and, in many locations, receiving access to food and drinks, advice services, health and wellbeing support and other activities. Find your nearest warm space at: **www.lambeth.gov.uk/warm-spaces**

Healthy Start vouchers

If you're more than 10 weeks pregnant or have a child under 4, and are in receipt of benefits, you may be entitled to get money off your food shop. For information regarding eligibility, visit: **<https://www.gov.uk/healthy-start>**

Supporting residents with sickle cell disease

We are launching a new project to provide non-clinical support to

residents with sickle cell disease this winter. The support available will be dependent on residents' needs, but may include energy efficiency measures, advice to increase incomes, and financial support to help with energy bills and other associated costs.

If you have sickle cell disease and are in receipt of means-tested benefits OR have no recourse to public funds and are low-income, you may be eligible for this support.

To find out more and register your interest, please visit: **www.lambeth.gov.uk/sicklecellsupport**

Help with medical costs

South East London ICS – Lambeth, with the support of the council, is providing low-income residents with free health care advice, treatment and medicine for common illnesses. The scheme is available from 33 local pharmacies without the need for an appointment.

Pharmacy First is a project targeted at supporting low-income residents

who are struggling to afford selected over-the-counter medicines. These include medicines for managing minor illness such as, joint pain, fever, minor burns, and scalds and other ailments. The pilot is available from selected pharmacies across the borough. Details of these can be found on the NHS website: **<https://selondonccg.nhs.uk/>**

All residents with long term health conditions are encouraged to check if they're eligible for help with prescription costs by using the online eligibility checker at **www.nhsbsa.nhs.uk/check**

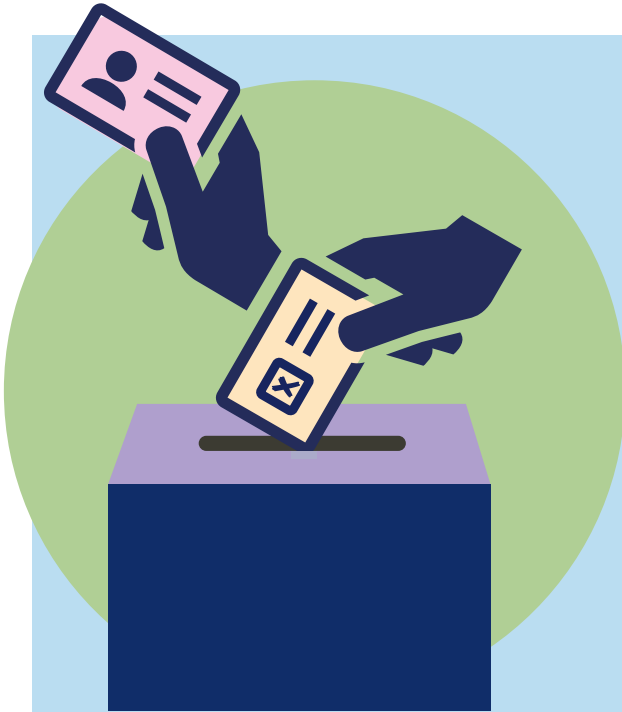
Supporting our voluntary sector

In October, the council distributed £250,000 in small grants to forty five local Lambeth organisations that support local people and especially those dealing with the harshest impacts of the ongoing cost of living crisis. For more information, scan:



ELECTORAL SERVICES

Make sure you are ready



The Electoral Services team have completed this year's annual canvass. Details for over 240,000 voters have now been confirmed thanks to the efforts of this year's canvassers, who were tasked with visiting Lambeth households to obtain registration information. The Revised Register of Electors for 2023 – 2024 was officially published on 1 December 2023.

All Lambeth households will receive a Household Notification Letter in early 2024 to confirm who is currently registered to vote at their address ahead of the scheduled Mayor of London and London Assembly elections taking place in May 2024. If you need to register to vote, visit gov.uk/register-to-vote



Elections Act 2022 – Changes to Absent Voting

Changes relating to absent voting in UK elections have now come into effect, as the UK electoral system continues to adapt to the legislative changes of the 2022 Elections Act.

Residents applying for a postal or proxy vote can now submit their application via a new online portal at gov.uk/apply-postal-vote. Paper application forms will still be available for residents who are unable to apply online.

Voters requesting an absent vote must now supply their National Insurance number on their application form. If you are

unable to provide a valid National Insurance number, then you will be able to supply an alternative form of evidence to support your application.

New application forms reflecting the recent changes can be accessed from lambeth.gov.uk/vote.

There are also important changes affecting proxy voters. All proxies must be registered and eligible to vote in the election that they are acting as proxy in. There is now a limit to the amount of people someone can be a proxy for. For most people, you can only act as

a proxy for two people. If you vote on behalf of UK voters who live overseas, you can act as a proxy for up to four people (but only two of those can live in the UK). Due to the significance of these changes, all proxy voters must re-apply by 31 January 2024, and existing proxy voters will be contacted by the Electoral Services team to re-apply. More details relating to legislative electoral changes can be found at electoralcommission.org.uk and will be communicated throughout 2024.

ALL LANDLINES GO DIGITAL

The digital phone switchover

What you need to know

What is the digital phone switchover?

The UK's telephone network is changing. Between now and 2025 most telephone providers will be moving their customers from old analogue landlines over to new upgraded landline services using digital technology.

This means services that rely on the old landline system such as home phones and healthcare devices will be switched over.

How will it affect me/what do I need to do?

The good news is – your landline isn't going anywhere and for most consumers and businesses, this change will be straightforward. In fact, many customers are already making the switch when they upgrade to full fibre broadband.

Your telecoms provider such as Virgin Media O2 or BT should contact you before the switchover to check in and discuss what you need to do to make sure your service isn't affected. However, we're encouraging everyone to know what to expect.

If you have an internet connection, the change may be as simple as plugging your phone into your broadband router rather than the socket on the wall.

If you're worried about your devices, please contact the supplier, provider or company who provide them. They will be able to give you more information.

Do you or someone you know depend on their landline and/or use a telecare device connected to a phone line such as a fall monitor, lifeline or personal alarm?

If yes, then please notify the communications provider now (the provider of this service) so that they can advise on how the switch might affect the service of the devices or home phone.

If you have other devices connected to your phone line, such as alarm systems, your alarm service provider might need to upgrade your device to make sure it is compatible. If you are unsure about how a device in your home or business might be affected, it is recommended you contact the equipment supplier or device manufacturer to find out whether it will still work on a digital phone line.

In an emergency

Digital landlines cannot carry a power connection, so in the event of a power cut they will not work. If you have a mobile phone this can still be used, but if you've no other means of calling the emergency services your telecoms provider will offer a solution to allow calls to be made to emergency services.

You should tell your telecoms provider now if you have no other way of making emergency calls.

Invitation to theatre

It's that time of year again... and nights are getting darker as we head into the world of Christmas baubles and our favourite tales. Forget the glass slipper or the pumpkin carriage this Christmas; join Sindi-Ella in this reimagined tale of Cinderella full of magic, music... and vegetables.

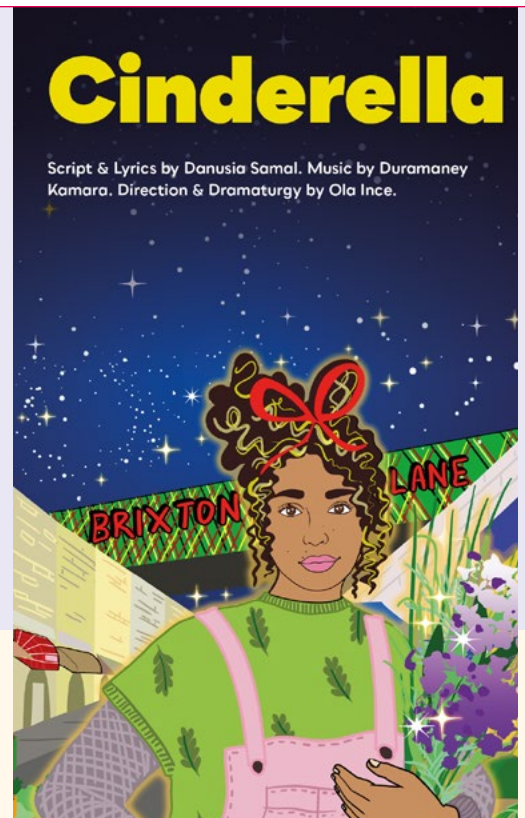
Full of beats to dance to, songs to sing along to, and bars to make you go "OI!", this retelling of Cinderella is a Brixton story – a tale of overcoming loss with the help of friendship, family, and community spirit.

23 November – 31 December
Brixton House, 385 Coldharbour Lane, SW9 8GL
0207 582 7680

**BRIXTON
HOUSE**

Tickets from £20, child £15

Get 15% off a family ticket deal when booking a minimum of 1 adult and 2 children and a maximum of 5 child tickets. Simply add your tickets to the basket when booking online, and your discount will be automatically applied.



Ready Steady Go!

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

New programmes will be starting in January 2024. 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




Lambeth

AL ACTIVE LAMBETH

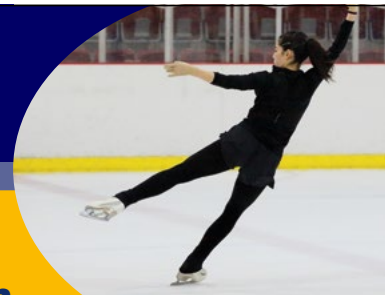
Leisure for all



Fun-filled indoor activities

Let the kids burn off some steam this winter by visiting Active Lambeth leisure centres! Why not:

- Visit Brixton Recreation Centre's epic Family Leisure Zone
- Skate the day away at Streatham Ice and Leisure Centre's Olympic-sized ice-rink!
- There's something for everyone this winter at Active Lambeth!
- Lambeth local? Lambeth children under 11 years old swim FREE at general swim sessions.



Streatham Christmas Ice Show

Come and be wowed by our Christmas Ice Show, inspired by 'Saturday Night at the Movies'!

Date: **9 December 2023**

Time: **6pm to 8pm** (doors open at 5.30pm)

Location: **Streatham Ice and Leisure**

Tickets start from £10, **under 5's go FREE**

This is a Christmas event you will not want to miss out on!

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

WANT TO HOST A PLAY STREET?

A Play Street is where neighbours agree to close their road temporarily but regularly to through traffic so that children can play while adults get to know each other better.

Setting up a Play Street won't cost you a thing. You can close your street for up to three hours a day for play, no more than once a week in any single street.

Before you apply

It is important you consult with residents and local businesses that may be affected by your Play Street. You must also complete a risk assessment but don't worry, we have advice and templates on our website!

The deadline is 1 January 2024 for Play Streets taking place between 1 April and 30 June.



LAMBETH'S
CLIMATE ACTION PLAN

Tackling the climate and ecological emergency together

For more information visit
lambeth.gov.uk/playstreets

#LambethBigShift

Lambeth

FAMILIES

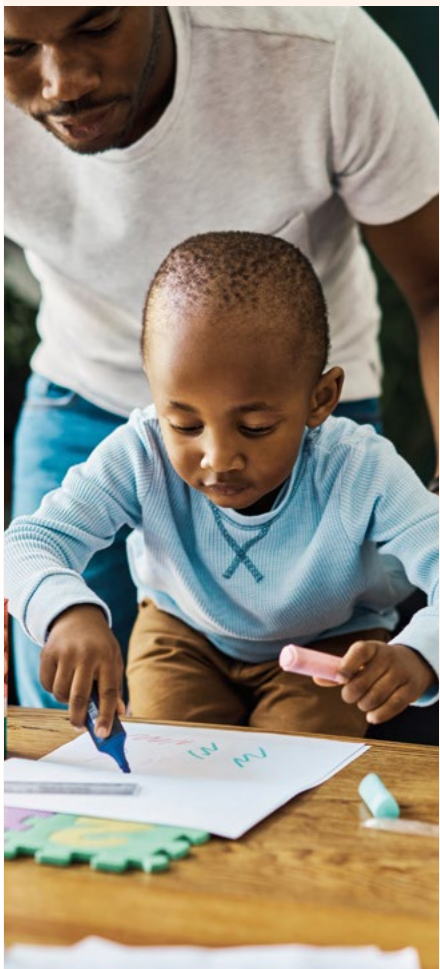


Lambeth's Family Hub Network

There are six Family Hub networks of Better Start Children's Centres offering a wide range of support to families and children from pregnancy to adulthood.

These include health services such as:

- Ante-natal and post-natal care
- Baby clinics
- Groups to support breast feeding
- Support around children's diet and nutrition.



Lambeth's Start for Life offer

Our Start for Life offer provides support to parents and carers from a child's conception until their second birthday. This is a critical time in your child's development and a time of significant change within a family's life. There is a wide range of universal, targeted and specialist services to support you and your child; including breastfeeding and infant feeding support, parent infant relationships, parenting and home learning. To find out more, visit

www.lambeth.gov.uk/lambeth-family-hub-directory/start-life

A wider range of services include:

- Speech and Language therapists around children's early communication and language skills
- Some centres provide additional specialist support for children with special educational needs and disabilities.
- Stay and Play sessions for babies and toddlers to attend with parents and carers
- Some centres provide child care including free early learning for two year olds
- Services for parents includes support around training and employment, parenting support groups and and signposting to other services.

To register your family to use Better Start Children's Centres and to find out what is going on in your area please visit **www.lambeth.gov.uk/children-young-people-families/childrens-centres**.

Are you looking for local activities, organisations and services for children and young people? Visit our Family Hub directory **www.lambeth.gov.uk/lambeth-family-hub-directory**



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.



Michael, a foster carer, says:

“

Fostering has made me truly understand that my life, my concerns and my ambitions aren't the centre of my world. I can do more than that.”

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

Get
vaccinated

GET WINTER STRONG

**Flu and COVID-19 spread
more easily in winter and can
cause you serious harm if you have
an ongoing health condition.**

**But flu and COVID-19 vaccines
can help keep you protected and
better able to defend yourself.**

Check you're eligible, book online

www.nhs.uk/wintervaccinations



This winter, get the right medical care in the right place from the right service

Hospital emergency departments (A&Es) are extremely busy over the winter months. Only use these services when you have a serious health emergency or if you've been asked to attend by NHS 111 or your 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 aren't 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**

“Winter can be a challenging time for our health. Viruses can spread more easily, and cold damp weather can make some health problems worse. We don't want to see anyone having to go to A&E who could get more appropriate advice or treatment for non-life-threatening problems from their pharmacist, GP, nurse, or online. Our NHS in Lambeth offers lots of support to help you get through the winter. Please help us to help you and use the service that best fits your needs. You'll also be helping your NHS to manage high demand during the coldest months.”



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



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



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.



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.



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



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 this winter and always think self-care, pharmacy, GP and NHS 111 first.

For more information visit
<https://www.lambethtogether.net/your-health/staying-well-through-winter/>

E-SCOOTER & E-BIKE BATTERY DISPOSAL DANGER

HARMLESS, RIGHT? **WRONG.**



E-bikes and their batteries are helping the movement towards Net Zero; however, they are also a serious fire hazard, when disposed of incorrectly. Please ensure you dispose of them in a safe manner:



- Don't place any batteries in your rubbish or recycling bins, lithium batteries can ignite surrounding waste causing devastating damage.

- E-scooter and e-bike batteries are not accepted at Reuse & Recycling Centres.

- Please take e-scooter and e-bike batteries to your seller or manufacturer – it's their duty to collect and recycle them.



- Alternatively visit lambeth.gov.uk/A-Z-recycling-guide for locations in Lambeth where e-scooter and e-bike batteries are accepted.

Incorrect disposal of e-scooter and e-bike batteries have already caused 6 fires in Lambeth in the last sixth months!



020 7926 9000
lambeth.gov.uk/recycling


Lambeth



Your recycling and rubbish collection days WILL change this festive season



Collection dates over Christmas and New Year

Please note your rubbish and recycling collection days during the holiday period will be changing, please see the table for the changes.

USUAL COLLECTION DATE	CHRISTMAS COLLECTION DATE
Monday 25 December	Tuesday 26 December
Tuesday 26 December	Wednesday 27 December
Wednesday 27 December	Thursday 28 December
Thursday 28 December	Friday 29 December
Friday 29 December	Saturday 30 December
Monday 1 January	Tuesday 2 January
Tuesday 2 January	Wednesday 3 January
Wednesday 3 January	Thursday 4 January
Thursday 4 January	Friday 5 January
Friday 5 January	Saturday 6 January

Free Christmas Tree Recycling

We'll be collecting real Christmas Trees throughout
January 2024 and turning them into compost.



If you have a wheelie bin, simply leave your tree beside your bins on your collection day



If you live on an estate, and share a communal bin, 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)



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

OR visit our Christmas Tree Recycling Point

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

The recycling point will be open from the 2nd – 12th January 2024

020 7926 9000

lambeth.gov.uk/recycling



Lambeth

Introducing fortnightly rubbish collections

**Black
wheelie bins
only**



- ✓ Reducing rubbish and increasing recycling
- ✓ Helping achieve Net Zero by 2030
- ✓ Better for the environment
- ✓ Towards a more sustainable future

What you need to know:

- If your household has a **black wheelie bin** for rubbish, collections will soon be changing from weekly to **every two weeks**
- **Recycling collections** from your green wheelie bin, as well as for food and garden waste, **will stay weekly**
- Households whose waste is collected from large communal bulk bins or from sacks will **not** have their collections changed
- Households with five or more members, or which use disposable nappies or produce bulky medical waste such as incontinence nappies, can apply for a **larger bin**

When's this happening?

Collections will change in 2024, starting with a small area in February and the rest of the borough in April. If you have a black wheelie bin for your rubbish, you'll receive a letter containing important information, including how to order a larger bin if you need one. If you have a black wheelie bin and don't receive a letter within the next couple of weeks, please get in touch with us:
wastestrategy@lambeth.gov.uk or **020 7926 9393**.

It's your food waste bin's time to shine!

If you're not currently recycling your food waste, now's the time to start. Food waste collections will be staying weekly. Putting all your non-liquid food waste in your food waste bin will reduce what you have to put in your black bin, and will stop it from becoming smelly. Your food waste bin and kitchen caddy are easy to keep clean with a quick rinse, and recycling food waste is better for the environment.



More help

- If you're running out of space for your recycling, you can order a larger or extra bin. Collections will stay weekly.
- Households with gardens can subscribe to our weekly garden waste service
- Small electricals and batteries are also collected weekly. Simply place them in a loosely tied carrier bag on top of your green recycling bin
- More information can be found on our website - scan the code or visit the page below.



lambeth.gov.uk/fortnightly


Lambeth



Want to cut down on your drinking?

Lambeth residents are entitled to free and confidential online support

Curious about your drinking? Take the 2-min Alcohol Test to find out how risky your drinking is and receive personalised advice on how to cut down.

Need support with your drinking? Book up to 6 free Online Coaching sessions with an alcohol specialist for a time and place that is convenient for you, with weekend and evening appointments.

Online Coaching sessions are paid for by Lambeth Council, and provided by DrinkCoach.



Book Now

drinkcoach.org.uk

