

CLAPHAM

MAGAZINE



INSIDE THIS ISSUE

- Looking Back: Clapham Park at Christmas
- Looking forward: Opportunities in 2021

SPRING EDITION

WHAT WE DID FOR CHRISTMAS AT CLAPHAM PARK

/04



Empowering Futures Team at Clapham Park hand delivered festive hampers filled with special treats to 30 households

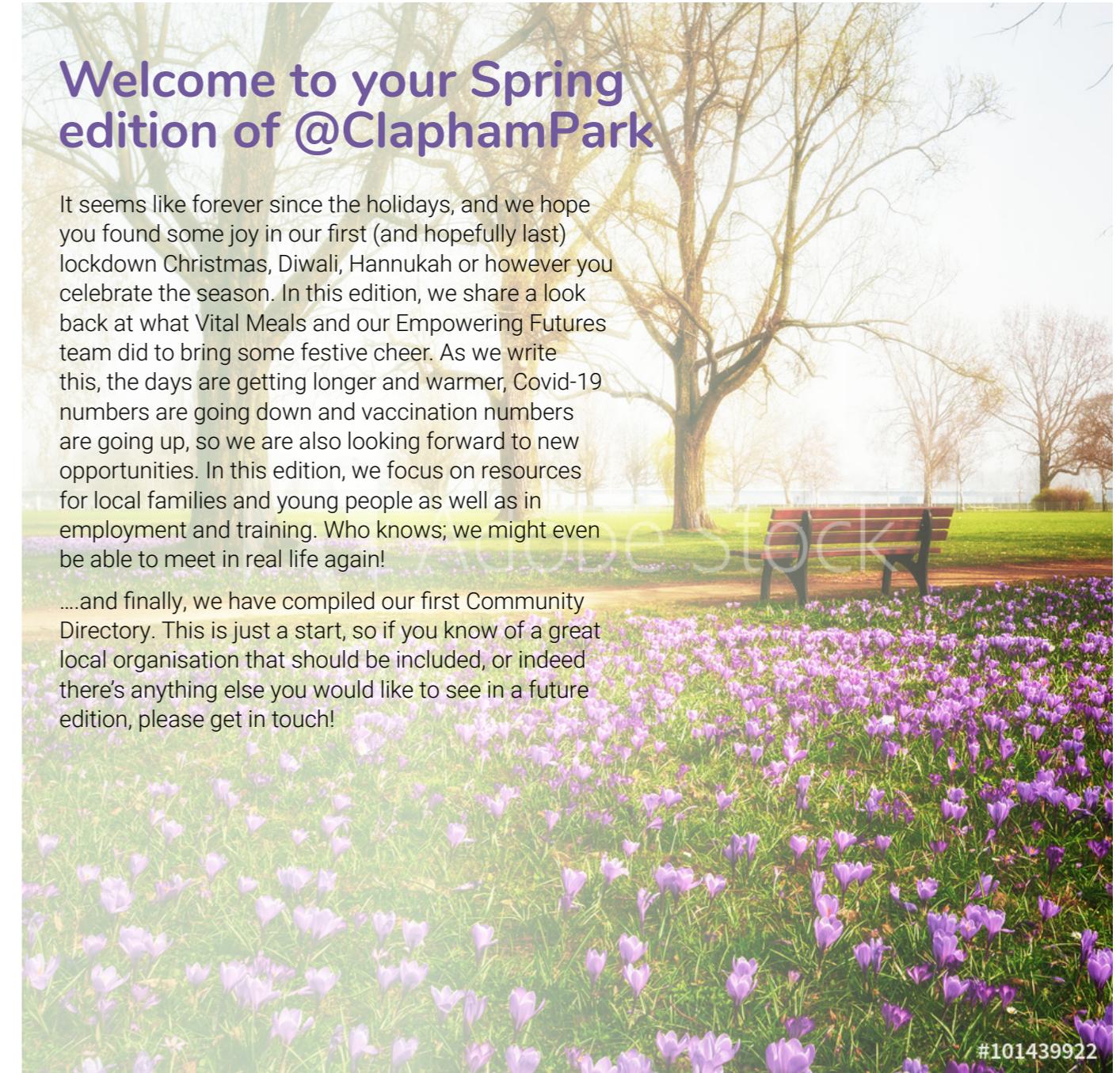
CONTENTS

PAGE 03 Welcome	PAGE 11 Employment & Training • Basic IT Skills Training: We Are Digital • Want to work in Digital? • Digital Boost Marketing Course with We Are Digital • Love London Working • Coming soon: CAP Job Club and Money Advice	PAGE 16 Community Directory • Local Support: • Advice Centre • Debt + Benefit Support • Grants + Food Voucher Schemes • Lambeth Emergency Support Scheme
PAGE 04 Christmas at Clapham Park	PAGE 19 Have you taken your vaccination?	
PAGE 05 Christmas dinners from Vital Meals		
PAGE 06 Your Empowering Futures Team Update • Let's talk, we're listening!		
PAGE 08 Families and Youth Futures • Tutors United • Strengthening families Strengthening Communities Programmes • Temporary funding to grant technology awards for children	PAGE 14 Together at Home • Clapham Park Creative Cooperative • Together All & The Royal Voluntary Service	

Welcome to your Spring edition of @ClaphamPark

It seems like forever since the holidays, and we hope you found some joy in our first (and hopefully last) lockdown Christmas, Diwali, Hannukah or however you celebrate the season. In this edition, we share a look back at what Vital Meals and our Empowering Futures team did to bring some festive cheer. As we write this, the days are getting longer and warmer, Covid-19 numbers are going down and vaccination numbers are going up, so we are also looking forward to new opportunities. In this edition, we focus on resources for local families and young people as well as in employment and training. Who knows; we might even be able to meet in real life again!

....and finally, we have compiled our first Community Directory. This is just a start, so if you know of a great local organisation that should be included, or indeed there's anything else you would like to see in a future edition, please get in touch!



#101439922

christmas at clapham park 04



SPREADING FESTIVE CHEER – HERE'S SOME OF THINGS WE DID

CHRISTMAS AT CLAPHAM PARK

After a difficult year for local families, the Empowering Futures Team at Clapham Park hand delivered festive hampers filled with special treats to 30 households on the 17th December.

With support from **Maytree Nursery**, the **Clapham Park Creative Coop**, **Anytime Fitness** and local contractors, the parcels were filled with toys, sweet treats and much more.

"Thank you so much for this amazing hamper! Such a kind thing to do. This year has been one of the most difficult I have ever been through but this put a massive smile on me and my family's face."

P, Clapham Park Resident

"It was divine seeing you at long last yesterday... Once again, thanks for the hamper... stay bless.."

L, Clapham Park Resident



CHRISTMAS DINNERS FROM VITAL MEALS



Vital Meals had a festive cook up on the 18th December at The Clapham Park Cube, delivering Christmas Dinners to individuals and families in Clapham Park and across London.

A non-profit venture set up in response to the global Coronavirus pandemic, Vital Meals have been based at The Cube since May 2020. Delivering over 300 healthy meals each day to anyone in need, Vital Meal's founder Ayesha Pakravan Ovey was welcomed into England star Marcus Rashford's Lionheart Squad in November for going above and beyond to support those in need and help keep hunger at bay.

For more information about Vital Meals go to: www.vitalmeals.org

Or to register for ongoing support from Vital Meals, email Hannah.Moody@mtvh.co.uk

@ThePlattery

@VitalMeals

@ThePlattery



Ayesha Pakravan-Ovey,
founder of Vital Meals
receives recognition
from Marcus Rashford

05 christmas dinners from Vital Meals

YOUR EMPOWERING FUTURES TEAM UPDATE



GET IN TOUCH

You can contact us by emailing:

communitysupport@mtvh.co.uk

Or connect with your local team directly:

For 1 to 1 support and advice:

Hannah.Moody@mtvh.co.uk

For community programmes and activities:

Hannah.Moody@mtvh.co.uk

Or to share your ideas and thoughts:

Shireen.raymond@mtvh.co.uk

Launched in April 2020, the Empowering Futures team's aim is to empower residents and communities to be able to live well by making it our core purpose to address the things that matter to them most.

Our ambition is to work with you, so that we can impact not only on your current quality of life, but ensure you have a platform from which you can make and implement longer term decisions both for yourselves and your community.

The Empowering Futures team can help with:

- help and support you may need
- support you to develop skills so you can manage a tenancy
- help you set up home
- give advice on benefits and how to maximise your income
- give advice on accessing furniture
- give advice that can help you stay in your tenancy
- provide advice on budgeting
- provide advice on debt and reducing fuel costs
- can help you to live independently
- look at all of your problems and help you deal with them
- work with other agencies to help and support you
- help you look at your future plans and aspirations

LET'S TALK, WE'RE LISTENING!

Shireen Raymond Resident Voice Coordinator, South London

As some of you may remember, we first introduced our new roles within the Empowering Futures team in our Summer 2020 newsletter. However as Resident Voice Coordinator I am aware that, although I have been speaking to many of you, I am still keen to continue to hear more of our residents' voices in Clapham Park.

In December, we launched our first monthly community poll – a space in which we ask for your opinions on topics that are affecting the community to ensure we can provide necessary support. Given the current circumstances, we wanted to explore the ways in which our residents were particularly affected by events in recent months. 100% of residents who took part in the poll, reported that they were affected by factors including mental well-being, finances and relationships.

As a result of your input, I have now been able to give feedback to colleagues and wider teams here at MTVH to raise these concerns and explore opportunities for us to continue to support our residents at Clapham Park.

Whilst we work to meet community need, we will continue to feature a 'You said, we did' segment in future newsletters, so that our residents can see how their voices are having an impact on the work that we do. An update on the concerns raised will therefore feature as part of our May release and in the meantime, we welcome you to get in touch to have your say. For those of you who have not heard from me and would like to take part in our monthly community poll or any future listening activity, please do get in touch via e-mail: Shireen.raymond@mtvh.co.uk

I look forward to speaking with more of you this year!



FAMILIES AND YOUTH FUTURES

TUTORS UNITED

Tutors United have been at Clapham Park delivering confidence-boosting, attainment-raising tutorials to some of Planet Earth's coolest primary school pupils for the last few years. Tutors United are committed to bring the benefits of tutoring to every child, ensuring their socio-economic background doesn't hinder how much they can achieve in life.

Throughout lockdown, our 24-strong Clapham Park Tutors United class have continued to meet each week online. But there are still spaces to enrol your child in year 4, 5 or 6. For more info contact:

 Micheala.whitely@tutorsunited.org

 07553466909

You can also find more details on the Tutors United website:

 www.tutorsunited.org/our-programmes/family-learning-programme/

TUTORS UNITED FAMILY LEARNING PROGRAMME

Bringing Families together to learn together

January 2021 saw an exciting edition to Tutors United's offer at Clapham Park for parents and pupils. Here's what you could expect:

For parents and carers

- 10 FREE Saturday sessions led online by a trained facilitator with a teaching background
- Confidence-boosting, attainment-raising tutorials delivered by trained and inspiring university students in Maths and English
- Fun activities to do at home to help support your child's success at school
- Regular support in the tricky topics your child is learning and how to help them

For pupils

- FREE weekly online after-school, small group tuition for Lambeth pupils in Year 5

You can also find more details on the Tutors United website:

www.tutorsunited.org/our-programmes/family-learning-programme/

 @Tutors_United

 @TutorsUnited

 @TutorsUnitedOrg



“ Tutors United has not only increased my daughter's confidence, but has enabled her to achieve higher grades, especially in Mathematics, and also encouraged her to do more for her community **”**

Josephine, Clapham Park Parent



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES PROGRAMME

A free inclusive course to help parents and carers raise happy confident older children and teens



About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development

- Recognise and value your family and cultural traditions
- Meet others and share ideas

All groups end with a celebration.

You will receive a certificate and a parent manual.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it's for you.

I found it very supportive being part of a group and sharing ideas with other parents.

I spend more time with my mum and we communicate better

I loved the programme and will ask my friends and relatives to as well.

**strengthening families
strengthening communities**

Location: The Clapham Park Community Cube, 116 Kings Avenue, Clapham Park, SW4 8DF

Dates: 21st April - 21st July (no session 2nd June - half term)

Time: Wednesdays 10:00-1:00

Facilities: Refreshments and light lunch provided. Creche available for children aged between 6 months and 5 years

Sign up at:

www.lambeth.gov.uk/SFSC or call Joy on 07701 048 479 to find out more

I feel calmer about dealing with my children on a day-to-day basis. I don't get angry as quickly.

EASTER HOLIDAY AT THE CUBE

Pro Touch SA will be delivering various youth and multi-sports activities to local children and young people aged 7 plus.

Why not come and make friends, have fun, get active, increase your health and wellbeing.

This programme is FREE, funded by the Lambeth Council via the Free School Meal in partnership with MTVH. This year, for the very first time we will be delivering the programme from the Cube Community Centre, with maximum 15 per bubble and adhering to restricted Covid-19 rules. The confirmed participant(s), will be provided free freshly cooked lunch, and a host of youth and sports activities will be planned and delivered by qualified and experienced Youth and Sports professionals with enhanced DBS checks.

Here are the two links, which is required if they haven't already completed;

PTSA Membership Registration

<http://www.protouchsa.co.uk/signup>

Easter Holiday RSVP – <https://app.upshot.org.uk/survey/557cf111/697/71c4d316/>

Why not watch and enjoy our latest promotional video capturing our members during the exciting summer holiday programmes delivered across 5 different London Boroughs shorturl.at/ixHQ4.

For more info contact

Ash ash@protouchsa.co.uk or Hannah Hannah.Moody@mtvh.co.uk

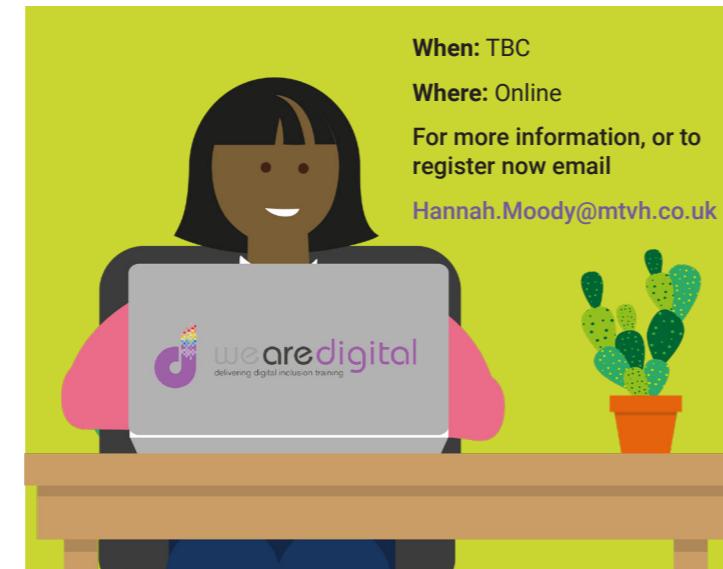


EMPLOYMENT & TRAINING

BASIC IT SKILLS TRAINING: WE ARE DIGITAL

Register for free remote training sessions. Working with We Are Digital, we are offering remote tailored training/support for people who require help with essential IT skills including any of the following:

- How to video call friends and family
- Use Internet to search for Information online
- Set up email account
- Online banking
- How to access MTVH online
- Using social media e.g. WhatsApp
- Government forms online
- Any other basic supports you might need
- Course length: 3 weeks, 2 hrs per session



WANT TO WORK IN DIGITAL

Digital Boost Marketing Course with We Are Digital

Register today for fully funded Digital Marketing course.

The Digital Boost course is an innovative training course in digital marketing. The course is tailored to provide you with the skills and confidence you need to gain paid roles in the digital industries.

- Course length: 7 weeks, 28 sessions (2.5 hrs per session)
- Age 18+
- The learners applying for the course must have basic digital skills

When: TBC

Where: Online

For more information, or to register now
email Hannah.Moody@mtvh.co.uk

LOVE LONDON WORKING

Are you looking for tailored support to get into sustained employment?

Love London Working is a programme that supports those living in London and not currently in any paid work, into employment. We are funded by the European Social Fund (ESF) and offer support to customers in a number of ways:

Tailored Employability Support When you register with Love London Working you are allocated an Information Advice and Guidance (IAG) Advisor, who will be committed to providing you with tailored advice and guidance to help you into work. You will be able to attend sessions and workshops that help with CVs, applications forms, and interview skills to help you to sell yourself successfully.

Computer skills and on-line learning

You will have access to our full range of e-learning courses which include; computer basics, health and safety in the work place, manual handling, and employability on-line, ECDL and a whole lot more.

Vocational Training The programme offers vocational training, therefore increasing opportunities for work. Courses include Business Administration, Food Safety, Security, Teaching Assistants and many more.

Direct Access to job vacancies We work directly with employers from a variety of industries including Security, Construction, Care, Retail and Catering. With our support throughout your journey, you will gain the confidence to successfully apply and excel at interviews to secure a dream job.

Who can take part in Love London Working?

We work with anyone who meets the following criteria:

- Aged 16+ (no age limit)
- Not currently in any paid work
- Lives in a London borough
- Has the right to work in the UK
- Not currently on the DWP Work Programme or any other ESF provision

Interested in finding out more or getting involved?

Please contact us for a chat on:

- 0203 535 5505
- lovelondonworking@mtvh.co.uk
- Eleanor at eleanor.sunley@mtvh.co.uk

If you are looking to explore other avenues, and would like to discuss your journey to fulfilling employment but are unable to access Love London Working, Clapham Park's Resident Connector would like to speak to you

Contact Hannah now at:

- Hannah.Moody@mtvh.co.uk



EMPLOYMENT & TRAINING

COMING SOON TO CLAPHAM PARK ... CAP JOB CLUB AND MONEY ADVICE

Christians Against Poverty will be delivering two regular sessions at The Clapham Park Cube in Spring 2021 for all residents. Whether you are looking for a new job, want to make your CV shine, or are looking to start saving or want debt advice, CAP will be here for you.

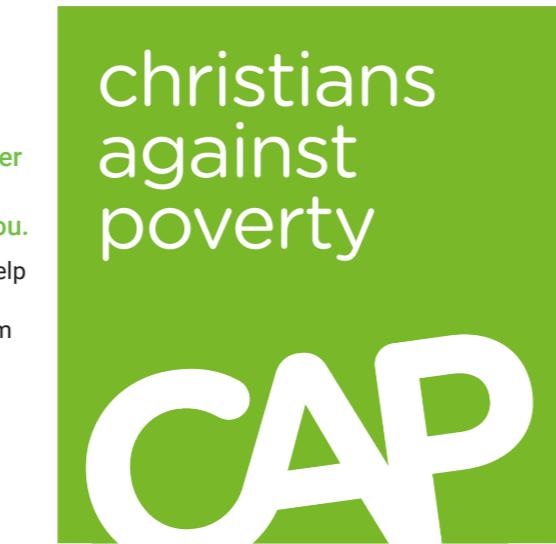
If you come across someone who you feel would benefit from our Debt Help service, please ask them to call 0800 328 0006. It's free to call and we're open between 9:30am and 5pm Monday to Thursday, and between 9:30am and 3:30pm on Fridays.

For more information head to:

 www.capuk.org

Or to register early for the upcoming programmes, contact:

 Hannah.Moody@mtvh.co.uk



 A portrait photograph of Martin Lewis, a Money Saving Expert, set against a purple background. He is a middle-aged man with short dark hair, wearing a dark suit jacket over a white shirt.

“CAP are unsurpassed when it comes to the debt help they give people across the country.”

Martin Lewis,
Money Saving Expert
moneysavingexpert.com

Making the first call can be hard but the sooner you ring, the sooner you will have peace of mind.



Home visits

After you call CAP, a Debt Coach from a local CAP Debt Centre will visit you in your own home.



An effective budget

Our trained debt counsellors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.



CAP Plan

In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this on your behalf. You can also build up savings through your CAP Plan.



Severe debt

If you are in severe debt, then we can walk you through insolvency options, such as petitioning for bankruptcy. We can help you to fill out the forms and even attend court with you.



Debt free

You can use your CAP Plan to pay your bills and debt repayments until you are debt free.



CLAPHAM PARK CREATIVE COOPERATIVE

We have been working over the past year embroidering photographs of the buildings in Clapham Park Estate. Photo-embroidery is a simple skill to learn for all ages, and is a beautiful and unique way to commemorate a photograph. Our plan is to have a complete collection of hand-embroidered photographs of all the unique buildings across the Clapham Park estate. We are also collecting facts and anecdotes about each building, and will be exhibiting the collection altogether at an exhibition in Spring 2021.

Want to be creative from home? Clapham Park area neighbours can request a free ART KIT with all the supplies you need to be part of our Photo-Embroidery project and contribute to the exhibition in Spring 2021.

How it works: Register online through our website below or by phone and we will socially distance hand deliver an 'Together at Home' Art Kit. While all precautions are taken to prepare the package in a Covid-safe way, we suggest you wait 72 hours before opening the kit. You will get enough supplies for as many people in your household that would like to complete an artwork. Once you're finished, let us know and we'll come and pick up the ones that are ready for the exhibition (don't worry, we'll give you extra supplies so you can make some for yourself). You also have the option to be named as the artist.

Who: Suitable for all ages (supervision needed with the embroidery needle). For Clapham Park area neighbours only (we can't walk that far!).

If you have any questions:

✉ claphamparkcreative@gmail.com

☎ 07715 060 091

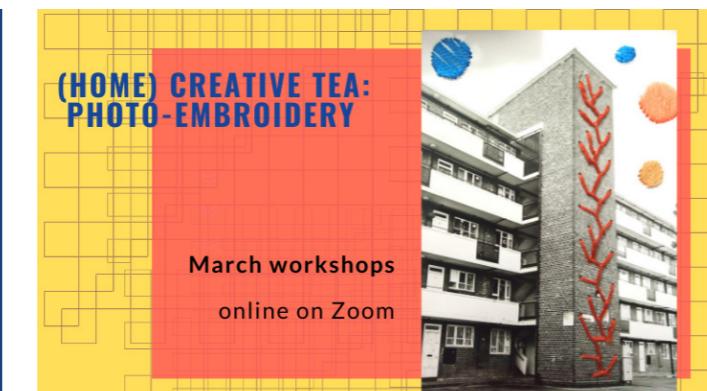
You can also visit our website:

🌐 www.claphamparkcreative.org

🐦 @claphamparkcoop

FACEBOOK @claphamparkcreativecoop

INSTAGRAM @claphamparkcreative



TOGETHER ALL & THE ROYAL VOLUNTARY SERVICE

GET SUPPORT. TAKE CONTROL. FEEL BETTER.

The pandemic has put immense pressure on our mental health, with one in four of us suffering from poor mental health at some point in our lives. However, it is important to know that you are not alone, and that support is available to you.

Early last year, we teamed up with Together All, a confidential digital mental health support community which is available 24/7 for people over 16, along with The Royal Voluntary Service who are helping tackle social isolation with tailored 121 support.

To sign up, or to speak to someone about other support available to you or for someone you know, please contact:

✉ Hannah.Moody@mtvh.co.uk



HAVE YOU SEEN THIS MAN?

THIS IS PAUL YOUNG, OUR HANDY MAN

I first met Paul in 2012 on my first day as a newly promoted manager. He walked into the office and presented me with a bottle of aftershave, which I politely declined, assuming it was a gift rather than a commentary on my aroma. In the years that I have worked with him he welcomes all new employees in a similar fashion to make them feel welcome.

I often spot Paul around the Clapham Park Estate rushing between jobs, until he bumps into a resident he knows. He then stops what he is doing and takes time out of his day to talk to people, ask after them and see if they need any help from him. Paul is one of life's givers, it's in his blood to help people. Paul has been a Handyman with MTVH since 22 April 1991, that's 30 years of continuous service. Paul shows time and time again how the personal touch makes all the difference. Congratulations to Paul on his 30 year work anniversary.

Tyson Bunby - Lambeth Operational Lead Manager



COMMUNITY DIRECTORY

For the latest updates visit Lambeth Larder www.lambethlarder.org

LOCAL SUPPORT:

These organisations can connect you to local support:

MYCOMMUNITY GATEWAY

Do you need help with food, medicines, advice, etc?
MyCommunity Gateway can help. AgeUK Lambeth runs this service for anyone aged over 18.

Monday to Friday, 10am-5pm

0333 360 3700

mycommunity@ageuklambeth.org

LAMBETH MUTUAL AID

Local volunteer support network. Visit website or Facebook page for more information. Email or visit website to receive help or to volunteer. Limited support available.

lambethmutualaid@gmail.com

lambethmutualaid.co.uk

LAMBETH LARDER COMMUNITY FOOD RESOURCE

Connecting local people and groups to emergency food and other essential services. Visit the website to find local advice and debt services, mental health support, etc.

info@lambethlarder.org

lambethlarder.org



ADVICE CENTRES:

Advice centres offer free, independent legal advice and other support.

BRIXTON ADVICE CENTRE

Telephone and email support. If busy, use online contact form and request a call back. They can issue electronic food bank vouchers.

Monday to Thursday, 10am-3pm

0207 733 7554 (Advice Line)

brixtonadvice.org.uk

CENTRE 70

Telephone and email support. If busy, email and request a call back. They can issue electronic food bank vouchers.

Monday, Tuesday, Thursday and Friday, 10am-1pm and 2pm-4pm, Wednesday, 2pm-4pm

020 8670 0070

enquiries@centre70.org.uk

centre70.org.uk

CITIZENS ADVICE MERTON & LAMBETH

Telephone and email support. If busy, email or use online contact form.

Advice Line service is available Monday to Friday, 10am–4pm

0344 488 9625

[\(include your phone number\)](mailto:appointments@caml.org.uk)

caml.org.uk

GRANTS AND FOOD VOUCHER SCHEMES:

LAMBETH EMERGENCY SUPPORT SCHEME

Lambeth Council runs this scheme for people in need. Support includes furniture, appliances, a removal and storage service and household repairs. It also provides food vouchers, household fuel payments and travel warrants.

Apply online at:



lambeth.gov.uk/emergencysupportscheme or



ESSteam@lambeth.gov.uk with a contact number and they will call you back.

HEALTHY START VOUCHERS

With free Healthy Start Vouchers you can buy milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

You may qualify for Healthy Start Vouchers, if you:

- receive benefits and pregnant
- receive benefits and have children aged under four are pregnant and aged under 18

Visit the Healthy Start website or call them for an application form. Or speak to your doctor, midwife or health visitor.



0345 607 6823



healthystart.nhs.uk

ROSE VOUCHERS

Rose Vouchers help families on low incomes buy fresh fruit and vegetables. They give families £3 worth of vouchers per child, per week. Are you eligible for Healthy Start Vouchers? If so, you may qualify. Ask staff at your Children's Centre if they are part of the scheme.



alexandrarose.org.uk

DEBT AND BENEFIT SUPPORT:

EVERY POUND COUNTS

Free welfare and benefits advice for ill and disabled Lambeth residents. Telephone or email support.

Tuesday and Thursday, 1-4pm

020 7926 5555

EveryPoundCounts@lambeth.gov.uk

lambeth.gov.uk

PAYPLAN

Telephone support to help you manage debt and money issues. Up-to-date information on Covid-19 and benefits.

Monday to Friday, 8am–8pm Saturday, 9am–3pm

0800 280 2816

payplan.com

REPOWERING LONDON

Free support if you are having problems paying energy bills. They can also help you save energy and switch energy supplier.

020 3674 7519

communitysupport@repowering.org.uk

repowering.org.uk



MENTAL HEALTH SUPPORT:

LAMBETH SINGLE POINT OF ACCESS

Lambeth Single Point of Access helps adults aged 18 to 65 get the right mental health support. Contact them if you are worried about your mental health and need more support than your GP can provide.

- You can refer yourself to the service
- friend or family member can refer you
- Your GP can refer you

Visit the Single Point of Access website for more information.

(Monday to Friday, 9am - 5pm)

0800 090 2456

LAMBETH & SOUTHWARK MIND HELPLINE

Leave a message and they will aim to get back to you within two working days.

Monday, Tuesday and Thursday, 8am–3pm.
Closed on Bank Holidays

Helpline - 0208 159 8355
 lambethandsouthwarkmind.org.uk

LAMBETH TALKING THERAPIES

You can access free counselling through Lambeth Talking Therapies Service

If you want to register or have any question:

LambethIAPTAdministrators@slam.nhs.uk
 07971 717 534 and they will aim to call you the next day.



DOMESTIC VIOLENCE SUPPORT:

CASSANDRA CENTRE

Supports young people and families who have experienced domestic abuse in South West London. Offers free 1-2-1 counselling.

0203 601 7475 info@cassandracentre.org.uk
 cassandracentre.org.uk

THE GAIA CENTRE (RUN BY REFUGE)

Supports people of all genders experiencing gender based violence, including domestic and sexual violence in Lambeth. Including advocacy and peer support work.

Open 8am-6pm.

020 7733 8724 lambethvawg@refuge.org.uk
 refuge.org.uk

THE NATIONAL DOMESTIC ABUSE HELPLINE

Provides help and support to those experiencing domestic violence and abuse. Call 24-hour, free helpline on

0808 2000 247

RESPEITO

Trabalhamos para a prevenção e redução do abuso doméstico na comunidade de língua portuguesa. De Segunda a quinta-feira das 10:00rs às 17:00 hrs.

Linha de Apoio

0300 355 2800 info@respeito.org.uk
 respeito.org.uk

WOMEN'S AID

Women's Aid supports women and children experiencing domestic violence. Visit their website for safety advice during the Covid-19 crisis.

womensaid.org.uk

HAVE YOU TAKEN YOUR VACCINATION?

CLAPHAM GP VACCINE VIDEO:

https://youtu.be/84JVCJ_8uA8

If you have any questions about the Lambeth health and social care staff vaccination process, or you do not have a copy of the spreadsheet template for submitting staff names to get the vaccination please contact:

Orla OakeyOOakey1@lambeth.gov.uk and
 ASCCommissioning@lambeth.gov.uk

All of this information can be found on our website yourclaphampark.co.uk/





We want to hear from you!

Do you have a story you'd like to share with your neighbours? Would you like to make a contribution? We're interested in hearing about activities for children and adults. We'd love to shine a spotlight on events in the community!

Tell us if there's something you'd like to see more of in the pages of @ClaphamPark by contacting Avril Branche at **Avril.Branche@mtvh.co.uk** or on **07701 388 385**.



OUR OFFICE HAS MOVED. BACK TO:
91-93 New Park Road
SW2 4AX

@clapham_park

<https://www.instagram.com/mettvh/>

https://www.instagram.com/clapham_park/

<https://yourclaphampark.co.uk>

