

CLAPHAM

M A G A Z I N E

BOOK



SPRING EDITION

contents

3 Welcome	
4 Why not have a go yourself	
5 Inspiration on your doorstep	22 Lambeth Young Advisors
10 Looking Back	22 Back on Track (Money Matters)
14 Exceed Reading Stars	23 Kata Kata
15 Coming Soon	24 Love London Working
16 Fight 4 Change	25 Local Spotlight
18 Resident Interviews	26 We need you!
20 Strengthening Families, Strengthening Communities	27 News Update



welcome

After a cold winter, spring is finally here! The weather is warmer, the days are longer now the clocks have gone forward - so what better excuse to make a start on growing your own vegetables? In this edition, we are talking about the best plants to sow in Spring – but don't worry, you don't need a big garden or extensive gardening knowledge to get started!

Why not have a go yourself

Pick up your free Cress seeds from The Clapham Park Cube

You don't even need a garden to sow hardy annual cress seeds (*Lepidium sativum*) and enjoy a quick and easy crop of edible leaves at any time of the year. A bright windowsill will suffice!

There are three main types of cress; common, curled and Greek. Imparting a mild mustard flavour to food, cress can be harvested as soon as five days after sowing and until it reaches maturity at about a month old. Here's everything you need to know about growing this healthy microgreen.

A quick how-to:

- Sprinkle your cress seeds over damp tissue
- Cover with cling film and keep moist
- Cress seeds can germinate within 24hrs
- Within 5 to 7 days your cress will be ready to snip into sandwiches
- To grow outdoors, sow cress seeds onto damp compost and allow them to grow until they reach full size



Inspiration on your doorstep

Here are just a few of the many inspirational groups that are growing, sharing food, and working to improve the environment around Clapham Park.

Agnes Riley Gardens

The community garden is located at the northern, Poynders Road end of the park adjacent to Poynders Gardens Estate. With the support of the Friends, the garden is worked by a group of local volunteers growing produce both for themselves and to be shared. Over

recent years the gardeners, with grant funding, have installed a polytunnel and several raised beds. They have also organised sessions to learn about fruit tree maintenance. Help from the Orchard Project and GoodGym has been invaluable to the gardeners.



To get involved, head to their website:
www.agnesrileygardens.org.uk

Blak Outside, Lambeth

Blak Outside is a multidisciplinary creative collective providing culturally diverse and inclusive events. The collective host the Blak Outside Festival, an annual grass roots, intergenerational event supportive of working-class social housing residents and the QTIBIPOC community.

Carole Wright, founding member of Blak Outside, is a creative urban activist, community gardener and beekeeper. Wright currently works with Tate Modern, Landscape Institute, Urban Tree Festival (UK) and Peabody Trust. Wright has previously worked with Tate Britain, The Showroom, Whitechapel Art Gallery and St Mungo's to develop creative community projects, lead workshops and walks. Wright regularly works with primary and secondary school students, housing estate residents and housing managers, church users groups and local councillors.

Wright currently manages two community gardens in Southwark, South London. Recent projects include Blak Outside 2020 Festival (The Garden Museum and Peabody Blackfriars, London, 2020); Walking my Manor (Cordwainers Grow, London, 2020); Walking whilst being Blak Outside (Industria Publication, 2020); IFLA World Congress (Oslo, Norway, 2019), The Big Lunch (Eden Project, 2019); Penfold Medicinal Garden (The Showroom, London, 2018). @blak_outside



www.blakoutside.org
www.instagram.com/blak_outside

Carole Wright is a creative urban activist, community gardener, beekeeper and founding member of Blak Outside, Peabody Blackfriars Community Garden London, 2020 Photo © Anna Deacon

Kata Kata, Brixton Hill

Kata Kata, located very close to Clapham Park has a welcoming community garden open to all community members each Wednesday from 10.30am-12.30pm.

They also run a community food pantry every day from 10am - 10pm so you can get your weekly shopping for just £5. They are always on the lookout for Volunteers, go say hello!

Katakata, 132 Brixton Hill, SW2 1RS
 admin@katakatabrixton.com
 07534329883



Image source:
www.facebook.com/KatakataBrixtonHill

Healthy Living Platform

How about putting healthy and fresh produce to good use with Lambeth's Healthy Living Platform?

Healthy Living Platform are based in a number of community spaces across Lambeth, and run a wide range of services, from family cooking sessions, a food pantry to their very own Food Ambassador Programme which seeks to get people cooking within their own community.

Healthy Living Platform has so far trained around 40 people to become 'Food Ambassadors' and they want to recruit more. Their programme runs over three weekly sessions, is FREE for Lambeth residents, and includes:

- Health and safety including Level 2 Food Safety certification
- How to cook delicious community meals in a healthy, affordable and sustainable way
- Confidence building so that participants can lead cooking sessions with us or also set up their own project.



As part of the programme all Food Ambassadors are asked to volunteer in community centres for a period of six months to gain experience before starting their own projects. Some of them have stepped up in their own community settings and are leading the cooking. HLP are able to pay Food Ambassadors to run activities where we have funding, while some Food Ambassadors have gained enough confidence in their cooking to go out and get paid work for themselves.

We appreciate that food is a complex issue and find that focusing on vegetarian and vegan cooking is the easiest way to include everyone and stay on track with the message that food should be healthy, nutritious and environmentally sustainable. It also shows budding cooks that creating delicious dishes does not have to be expensive.

Become a Food Ambassador! Learn new skills, gain a qualification and make new friends in a supportive environment.



Here is what some of the participants have said after completing the programme:

- 'I loved the sessions and how it was delivered was great – very informative and fun working with like-minded people making a change through healthy eating'.
- 'A well prepared and informative course, with friendly people. The nutritionist was brilliant'.
- 'An informative programme led in a friendly, relaxed environment, encompassing the healthy sustainable ethos of healthy living platform'.
- 'I have taken away different insights from other cultures/backgrounds. I have found it helpful to receive tips on how to reduce sugar and salt. I am now more interested to learn how to cook veggie and vegan meals'.

To find out more, please email info@healthylivingplatform.org or call Zoe, food co-ordinator on 07944 240420 for an informal chat.

www.healthylivingplatform.org

Looking Back

February Half Term Holidays

We had an incredible week during February Half Term, with 20 activities for young people and families from 8 up to 2.

Over 60 young people joined in over the week to experience the wide range of activities that included Carnival Costume Design, Creative Writing and Performafe with Exceed Reading Stars, a Father's Group Session, and a careers bootcamp for teens interested in a career in the built environment as well as a number of intergenerational Table Tennis

We were extremely excited to host four local residents who delivered an incredible selection of workshops, shining light on some of the talent local to our community.

Here's what some parents had to say:

- "This is a brilliant opportunity for young people to interact with everyone in a safe environment"
- "You learn new things you didn't know about before and they have new trips."
- "More people should try this because it is fun and better than staying at home."
- "They have fun activities and fun trips"



African Drumming Circle with Roger Hunte



Fencing with Pro Touch



Cinema trip with Exceed Reading Stars



Bikes Workshop with Michael Smalls



Carnival Creations Costume Design with Mas Afrika



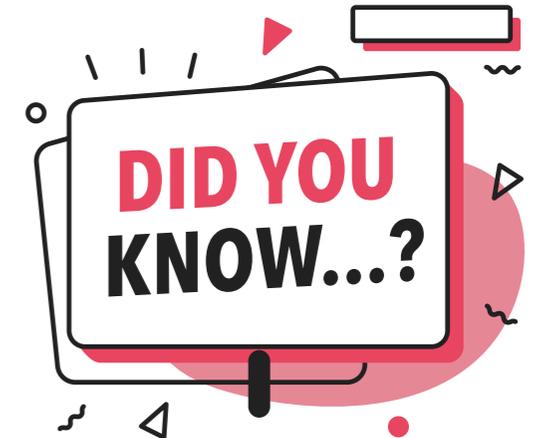
Carnival Creations Costume Design with Mas Afrika



Intergeneration Table Tennis



Creative Storytelling & Crafts with Exceed Reading Stars



During the half term we ran a number of Bikes workshops for young people, however a number of locals said they also wanted to learn how to ride a bike and carry out basic repairs.

Did you know Lambeth Council offer free one-to-one training sessions to improve your confidence when cycling on the road with Cycle Confident?

These are open to anyone living in Lambeth, and they also run Family sessions too.

For more info head to www.cycleconfident.com/sponsors/lambeth/

Spring Half Term Holiday Programme

During the Easter break we hosted an exciting two week programme, encouraging children to:

- Eat more healthily
- Be more active
- Take part in engaging and enriching activities
- Be safe and not isolated
- Have greater knowledge of health and nutrition
- Be more engaged with school and other services

Highlights from the programme:

- Young People people enjoyed activities such as arts and crafts, multi sports, team building exercises and nutrition workshops.
- YP people were provided with a healthy meal courtesy of Lambeth Council via Lambeth HAF.
- We had a great turn out, engaged more than 45 young people across Clapham Park Cube and neighbouring Moorlands community centre.



Exceed Reading Stars Storytelling Session: "I love Clapham Park"



You can register for the summer programme by contacting Wahid on Wahid.islam@mtvh.co.uk

Pro Touch SA Multi-Sports is coming back!

We are excited to announce Pro Touch will be returning to the Clapham Park Cube to deliver a 12 week multi sports after school club for Monday evenings for 7-14 year old girls and boys.

Who are Pro Touch SA?

Pro Touch SA is a registered Community interest company born out of a desire to use the power of sport to encourage young londoners to unleash their potential.

Established in 2006, Pro Touch Sa delivers structured community sports and elite football programmes in over 10 london boroughs to young people as well as engaging with their families who require support and guidance.

Pro Touch started as a soccer academy offering opportunities to gifted and talented footballers, but have eloved to providing healthy active lifestyle opportunities to young people, with everything from fitness to fencing and more.

With rising cuts and closures to services, pro touch see it as a responsibility to provide much-needed services around community, youth and sports to engage with children and young people in inner-city london.

Alongside community projects, Pro Touch also run an Elite Football Academy, run by qualified coaches who have helped develop, mentor and guide over 40 plus young "gifted and talented" athletes aged between 2-25 years olds signing schoolboy, scholarship or professional contracts within professional football clubs in England.

To find out more, or to register your interest for the upcoming 12 week programme, contact:

Calina Salagean – Health Wellbeing and Operations Officer email: calina@protouchsa.co.uk

www.protouchsa.co.uk

Follow Pro Touch on Facebook, Twitter, Instagram, Snapchat, Flipagram, YouTube @protouchsa



Fight 4 Change



Fight 4 Change uses boxing, mentoring, counselling and educational support to provide young people with better opportunities and a safe space to develop new friendship groups and learn new skills. We will be running boxing sessions alongside homework club and free counselling sessions for residents of Clapham Park every Wednesday from 5 to 7pm at Clapham Park Cube. Our ethos is to give young people a sense of belonging and a day to day purpose so they can gain better life opportunities, in a bid for them to aspire to what they wish to be. The services is for young people 14 to 19 with the counselling sessions able to extend to families of those attending.

Boxing is great for physical fitness and health as well as the added benefits of incorporating discipline, increased, confidence, focus and positivity. In the sessions participants will learning the basic techniques of boxing in a fun and engaging way, be able to hit bags and do pad work with the coach, skipping and circuits. The sessions run every Wednesday 5 to 7pm at the Clapham Park Cube. All sessions are free so you can just turn up on the day and fill in a registration form in to take part.

The Homework club allows young people to drop in and ask for support with any specific homework problem they are struggling with or they can use the time to do any homework they have and get support. It is also an opportunity to some homework with their friends. Refreshments and healthy snacks are given during the homework club.

Our counselling sessions are to be pre booked and can be face to face every Wednesday 5 to 7pm at the Clapham Cube or over the phone. Our counsellor is there for any young person to talk about any of their problems whether its issues at school, home, bereavement or the stresses of life. Talking to an impartial person can really help and coping strategies and techniques can be given to deal with anxieties and issues they are facing. To book a session for counselling please contact



Resident Interviews

We recently welcomed residents who will be moving into the new homes at KeithShaw House and Donna Mews to a pop-up kitchen showroom to choose the finishes they want. We took the opportunity to ask how the process has been for them so far and how they are feeling about their big moves.

How long have you lived at your current address?

Does the property meet your expectations so far?

Are you looking forward to moving into your new property?

I have lived at my current address for 5 years.

Yes, from the floorplans I can tell property is going to be a good size. The location is great for commuting with bus stops close by. It was also nice to have been given the opportunity to choose the colours for my kitchen units and worktop.

Yes, very much. I'm looking forward to having a balcony and some outdoor space, which I don't have in my current property. I feel honoured to have taken part in the Topping out Ceremony last October and now watching the progress of the build. I can't wait to move in next year.



I moved into my current home 2004, so I have been a Clapham Park resident for 18 years.

Yes, it has exceeded my expectations. I'll have my own en-suite, so no more queuing for the bathroom or waiting to use the toilet. It was nice to have been included in the designs for my kitchen.

I can't wait to move into my new home. No more climbing 8 flights of stairs. Moving into a house with a garden is like a dream come true.



We have lived on the Clapham Park estate since 1999 and we moved to our current address January 2003.

Yes, I have the floorplans so I can see the layout. I'm looking forward to having double glazing and underfloor heating. A wet room for mum and a balcony she can use to get fresh air.

We can't wait, our current home is so old we are constantly reporting repairs and the heating system is not great. It would be nice to live somewhere brand new.



Strengthening Families, Strengthening Communities

A Program for Parents

Last year, we were lucky to welcome local parents and The Race Equality Foundation to the Clapham Park Cube to deliver the Strengthening Families, Strengthening Communities Programme.

The Race Equality Foundation are going to be running this free parenting programme for any parent in Lambeth with children aged 11 - 18 years old, this time in Oval.

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.

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

I spend more time with my mum and we communicate better

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

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.

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

To book a place, scan the code and fill in the form!

strengthening families
strengthening communities

For Lambeth parents of children aged 11-18 years of age. If you require a place for the crèche, please let Joy Ohen know.

Venue:

Your story
204 Kennington Lane
London, SE11 5DL

Date:

April 20th 2022 - July 20th 2022
(No group w/c 30th May, for 1 week due to half term)

Day:

Wednesday

Time:

10am-1pm

Facilities:

Refreshments and lunch provided
Creche/support with childcare may be available. Please speak to Joy to find out more.

Contact:

Call Joy on 07701 048479
Email joy@racefound.org.uk

To book a place, scan the code and fill in the form! Or, fill in the form to book: https://bit.ly/SFSC_Lambeth

Lambeth Young Advisors

Paid opportunities for 16-25 year olds

The Lambeth Young Advisors are as busy as ever and are now recruiting for new members aged 16-25, from across Lambeth.

Recently they have been contributing to the Lambeth Flowers, Food and Fun project, running homework clubs for those who may have fallen behind during the pandemic, recording a podcast

on female safety and continuing their outreach to direct young people to a range of services around Lambeth.

Drop-in to the Clapham Park Cube on a Wednesday from 5pm-7pm to speak with Fight 4 Change who will be able to give you some more information about the Lambeth Youth Advisors.

Alternatively email Cherrelle at:
Cherrelle@fight4change.org.uk

Twitter - LambethYoungAdvisors (@LambethYA) / Twitter
Instagram - Lambeth Young Advisors (@lambethyoungadvisors)
www.fight4change.org.uk/lambeth-young-advisors

Back on Track (Money Matters)

MTVH are working with Age UK Lambeth and Responsible Credit on the Back on Track project to provide support and guidance for our Clapham Park residents

We have a new financial support service available to the Clapham Park residents – Back on Track. The service is designed specifically for people of a working age who have a long-term health conditions and financial difficulties and are registered with the local GP practice.

The service is available as a telephone consultation, and from February you can also access face to face appointments if you feel that you would prefer to meet in person. The appointments will take place every third Thursday of the month at Clapham Park Cube.

You can self-refer online via www.getmebackontrack.org.uk or ask a member of staff from Empowering Futures team at MTVH to help you to register by emailing contactus@mtvh.co.uk or by calling 0203 535 3535 and asking to be put in contact with the Empowering Futures Team.

Kata Kata

Financial Resilience Mentoring for Under 30s

Kata Kata are not just a restaurant, they are a community hub.

Over the years Kata Kata have been a multi-purpose venue providing and hosting a range of activities & services that promote the wellbeing for the community.

Kata Kata are proud to announce that we will be working with Black Thrive and other local businesses to pilot new approaches to providing employment support for Black people with long-term conditions.

This new offer is open to low-income residents in Lambeth under 30, working with people to tackle their root causes of financial insecurity. Each person receives 3-6 months mentoring support to create and deliver a personalised action plan.

Action plans are flexible, including support to access full benefits entitlements, mental health support, work placements/training opportunities and more.

Please contact Yannick on masozey4@hotmail.com to understand more or sign up to this programme.

www.instagram.com/KataKataBrixton



Looking for work?

If you are unemployed and looking for work, Ella Sunley is an Employment Advisor for Love London Working programme and is based at the Cube every Wednesday.

She can discuss supporting you into employment and training and help you find the role that suits your skills!

Love London Working is a fully funded programme that provides a wraparound service to residents and Londoners and offers tailored 121 support to help improve the lives and employability skills of our customers.

From CVs and job applications, all the way through to interview and job sustainability, Love London Working understands your needs and will guide you towards achieving your goals.

Please call or email Ella to book in an appointment on 078347534



Celebrating Knights Youth Centre

Knights Youth Centre has been recognised for its exceptional work with the local community

Attendees of Knights Youth Centre had the chance to meet World Champion boxer, Lawrence Okolie to talk about how their lives have been transformed by youth centre provision. Lawrence himself was encouraged by a youth worker to not give up boxing and to balance his training with his schoolwork and part-time job.

Knights Youth Centre has been open since 1936 and remains an anchor in the local community. Opportunities offered to young people include dance classes, summer residentials and vocational work. It has consistently provided a safe, fun, inclusive and engaging place for thousands of young people, and has adapted its work over time to ensure that it remains a relevant and valued place for young people in Lambeth.

The Centre particularly proved its worth during the pandemic, with staff and volunteers stepping up to make deliveries to families at risk of food poverty, and ensuring that there was a safe space for young people to share their experiences online. In recent years, Knights has also provided positive diversions for young people who are at risk of involvement with gangs, drugs and anti-social behaviour.

You can view a video featuring Knights Youth Centre using this link: https://youtu.be/H3X_USjcFSc



We are expanding the number of residents we have on the MTVH board's Clapham Park sub-committee, which is chaired by CEO Geeta Nanda.

As we start the next phase of the regeneration with our joint-venture partner Countryside we need residents to help us scrutinise the work the joint venture will be undertaking and ensure our services meet the needs of the estate and wider community.

We are delivering new homes, new parks, new retail/commercial hubs, public art and various projects to help everyone to live well.

We are looking for both tenants and leaseholders as well as other local interested parties such as commercial operators or local charities. You need to be able to commit to the time to review papers, attend meetings and generally represent the interests of the community. You may have done this before at earlier stages of the regeneration or be new to scrutinising.

We will support you with training and out of pocket expenses. We are particularly keen to hear from younger people but don't let that put you off, we want to hear from you all.

If you're interested and would like to know more then please call Theresa Agyeman on 0203 535 3165 or email her at theresa.agyeman@mtvh.co.uk

Update from the MTVH and Countryside Partners

You may have noticed some works around recently which is the partnership starting to get ready for demolition of the old buildings and then construction of the next 520 new homes. Our plan is to conclude some early works such as disconnection of services, erecting hoarding, and removing trees and then we will move on to demolition. We will send out a notice soon about the demolition of the old blocks on Clarence Crescent and Poynders Road to give you the full details of what is planned and how the works will potentially impact you.

Current works:

- April – Hoarding, Tree works & Disconnection of services
- April/May – Demolition and soft strip
- May/June – Ground works

So now is a really good time to introduce you to some of our team members who you might see on or around the site from time to time. You may see Sam Harding and Josh Chambers who form our development team who oversee the project from concept through to delivery and look after town planning matters. They are regularly on site, working with MTVH colleagues as we prepare to start building the next homes.

Over the next few months we will introduce you to more of the team. Our site cabins will be located within the existing Crescent compound, next to Pinnacle and they will be installed in summer 2022. The Countryside construction team will largely work from there.

What's next for the Clapham Park regeneration

We are currently preparing to open up the former sales office On Kings Avenue as a drop in location for residents for late Spring. We'd really like to meet residents and talk about the future plans for regeneration. We'd also really like to get your ideas for how we can deliver programmes around health, wellbeing, employment and training. We will have a coffee machine and we will be having fruit and cake events plus pizza afternoons from time to time. A programme will be issued via separate flyers so look out for those in the coming months. We look forward to saying hello to you all soon.



Sam
Harding



Josh
Chambers



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**.



THE OFFICE IS OPEN:
91-93 New Park Road
SW2 4AX

 @clapham_park

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

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

 <https://yourclaphampark.co.uk>