



WHITEFOOT ASSEMBLY

TUESDAY 28TH NOVEMBER 2017
Goldsmiths' Community Centre Gym
Castillon Road SE6 1QD

Minutes of the Meeting

Welcome from the Chair and house-keeping – Cllr. Slater welcomed everyone to the Assembly and covered house-keeping.

Whitefoot Police SNT – Community Safety Update – PC Weldon and PCSO Paul Wilson delivered several few key messages in terms of community safety. Key headlines - burglaries within Whitefoot have decreased as compared with the previous quarter and are currently lower than any of the neighbouring wards. Theft from motor vehicles remains static.

The Whitefoot Police Safer Neighbourhood Team are seeking volunteers for the Community Road Watch scheme. As many of you will know the borough has recently introduced Lewisham wide 20 mph speed limits which many drivers choose to ignore. There are several roads within Whitefoot which are considered 'hot spots' in that they suffer a larger proportion of speeding than other roads. The Whitefoot SNT are seeking volunteers to accompany the traffic police with the aim of detecting (with the use of speed guns) people driving over 20mph on these specific roads.

If you are at all interested in volunteering for this role please contact PCSO Paul Wilson at Paul.Wilson3@met.pnn.police.uk or your Assembly Coordinator, Ali Williams at Ali.williams2@lewisham.gov.uk or via 020 8314 3126.

Each Community Road Watch session lasts from between 30 mins – 1 hour. Training on how to use the speed gun will be delivered prior to taking part in any sessions. In addition, you will not be assigned to a road which you live on.

In addition to the Community Road Watch scheme the Whitefoot SNT are also seeking volunteers to join them on regular 'weapons sweeps'. A weapon sweep is where police search particular, intelligence led areas, to look for weapons that have been hidden in bushes etc. This is a common pattern of criminals who often rely on hiding weapons for use in crimes rather than carry them on their person. Again, training is issued. If you are interested please contact Paul Wilson or Ali Williams contact details as above.

Sugar Smart Presentation – Danny Ruta, Director of Public Health

SUGAR SMART Lewisham is an exciting campaign to reduce the amount of sugar in our diets by raising awareness of the health impact of the high levels of sugar in foods and drinks and encouraging action to reduce sugar intake.

Local organisations, businesses and settings that join SUGAR SMART pledge to make simple changes to promote healthier, lower sugar alternatives and limit less healthy choices. This will motivate change by helping local people to get 'sugar smart' and take control of their families' sugar intake.

Danny went on to say that the London School of Hygiene estimates that by the year 2050 over half the population of the UK will be obese stressing that obese is not simply over-weight but equates to a BMI of over 30.

The Max Planck Institute in Germany have been looking at life expectancy around the world and focusing on the UK it predicts that half of all 10 year olds alive today will live to be 103 years old or more. They do not indicate the quality of life these 103 year olds might have but they will be alive whereas the remaining 50% of 10 year olds are likely to be obese and die long before

they reach anything resembling old age. In addition, the latter years of an obese person are likely to be plagued with type 2 diabetes brought on by obesity which can lead to limb amputation and all manner of other complications.

Obesity is a pandemic. A pandemic is the worldwide spread of a new disease. An influenza pandemic occurs when a new influenza virus emerges and spreads around the world, and most people do not have immunity whereas an epidemic is a widespread occurrence of a disease that attacks many people at about the same time and may spread through one or several communities. Basically, a pandemic is when an epidemic spreads throughout the world.

The obesity pandemic is a normal response of normal people to an abnormal environment. People haven't become greedier or lazier: the environment has changed, and one of the biggest changes has been the amount of sugar that surrounds us.

There's big money in Sugar and the multi-nations have an invested interest in getting more and more people 'hooked' on sugar.

Sugar is quite literally everywhere and is almost impossible to avoid. Take for example when you try to buy a newspaper at many of the newspaper outlets and the checkout person asks if you'd like a giant bar of chocolate for £1 or the way many of our supermarkets display a selection of sugary sweets and chocolates at the check-out or even the many purveyors of coffee asking if you want a hugely calorific cake with your coffee which they point to in an attempt to tempt customers whose intention may have been just to have a coffee.

Danny stressed that although we can all do our bit it is up to government to tackle the issue of our country's obesity crisis head on. Government efforts thus far have fallen woefully short of what is required.

Just this week a row has broken out over the publication of a major report into child obesity, which campaigners claim has been derailed by the food industry after it dropped tough curbs on the advertising of junk food.

Representatives of four food and obesity campaign groups refused to sign up to the final version of the Centre for Social Justice Report, which was funded by the supermarket chain Asda and formula milk company Danone.

Obesity campaign groups state that the CSJ “allowed the report to become a report for the industry, by the industry and at the expense of the health of our children”.

They say recommendations in the draft would have included a ban on the advertising of junk food on television before 9pm, a ban on the use of cartoon characters in advertising and the end of sports sponsorship, as happened with McDonald’s at the London Olympics. All are measures backed by obesity campaigners which were not included in the government’s obesity plan last year.

Asda is a subsidiary of Walmart, which makes it “the largest retailer of high-fat, sugar and salt products in the world with revenues of \$482bn”, they write in their letter. Danone is the largest supplier of infant formula in the UK and sells infant milks globally in 130 markets and is frequently involved in controversy over the WHO code of marketing of breastmilk substitutes, it is claimed.

Danny advised that based on the available evidence, breastfeeding appears to provide some level of protection against childhood overweight and obesity. Together with other targeted nutrition interventions, breastfeeding can therefore be an important component of strategies to reduce the risk of overweight and obesity in children. Danny was pleased to report that Lewisham has some of the highest levels of breastfeeding in the country.

Obesity campaign groups are calling on the government and UK mayors to show leadership and to set ambitious targets, as in Amsterdam. On food, it says: “Any strategy to counter obesity must tackle the food industry at a core level. This must include properly informing the public about what they are eating, responsible advertising, clear labelling, reformulation where appropriate, and making healthy choices easier.” It does not address the advertising or marketing of food.

Danny would also like to see the end of the ‘Buy One Get One Free’ initiatives that many of our supermarkets promote which generally only apply to foods loaded in fats and sugars.

Q. So why is Danny specifically talking to the Assembly today?

A. Because Danny needs our help. Over the past year Danny and his team have managed to get 78 businesses within Lewisham signed up to the Sugar Smart Campaign but we need to reach many more and we need YOU to spread the word.

The first thing you can do as an individual is pledge your support for the campaign. You can do this by clicking on the link below or by copying it into your browser.

<https://www.lewisham.gov.uk/my services/socialcare/health/diet-and-exercise/sugarsmart/Pages/default.aspx>

Once there you need to click on the section which says 'For Residents to Pledge Their Support'. I just pledged my support and it took me 30 seconds.

From this webpage you can also download a letter or a Sugar Smart leaflet to take to any organisation or business in the borough to ask them to get on board and pledge their support.

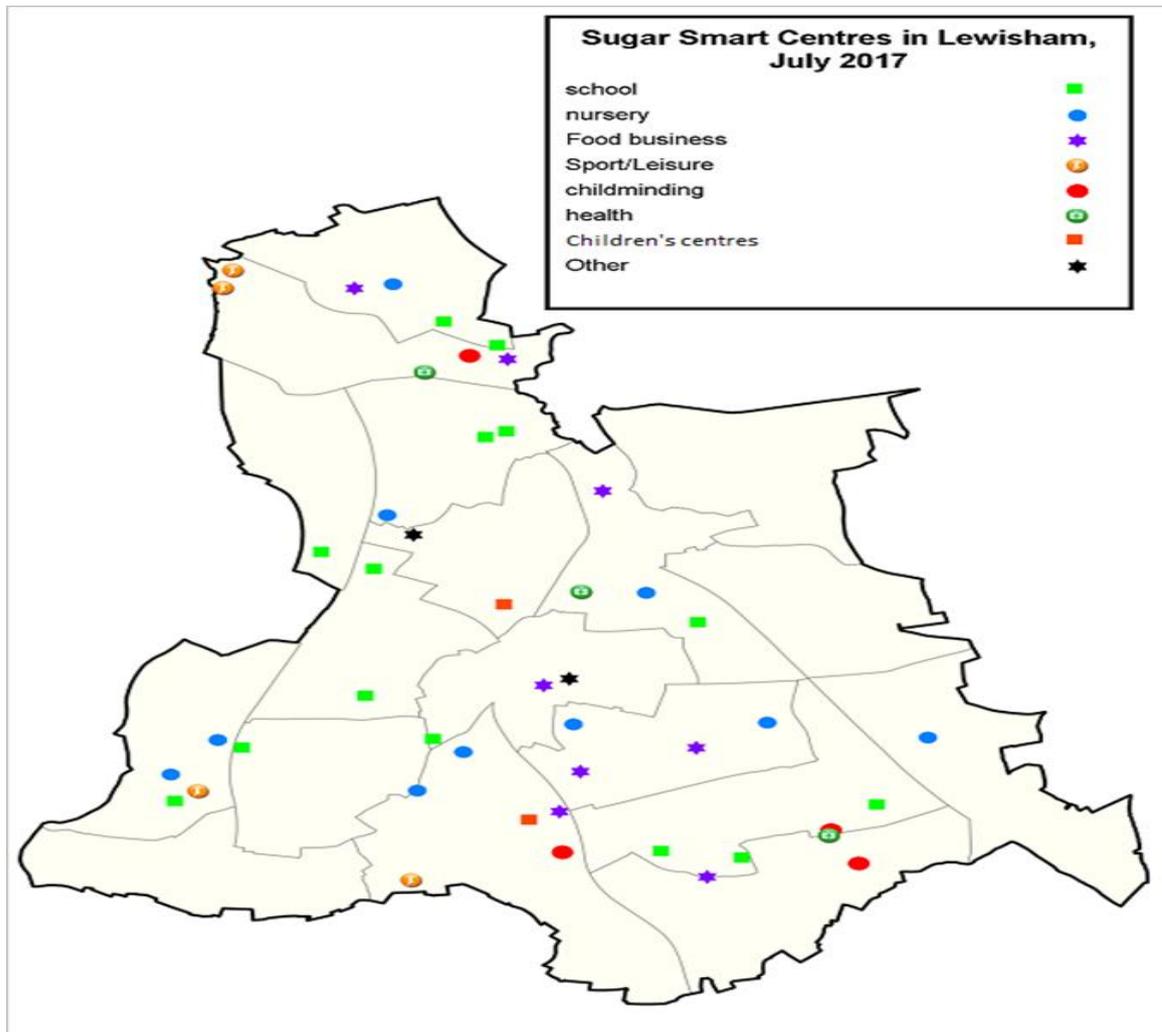
We want parents, customers, service users, patients, in fact everyone in Lewisham to lobby local organisations and businesses to join Sugar Smart Lewisham

Together, let's change the environment so it's easier to make healthy choices and consume less sugar



To sign up to Sugar Smart organisations need to commit to 3 pledges

- Pledge 1.** Drinks
- Pledge 2.** Adverts, promotions and sponsorship
- Pledge 3.** Improve the food and drink they supply or control and tell us how they will deliver these pledges



To date that's a total of;

- 14 Lewisham schools
- 9 Lewisham Nurseries
- 6 Lewisham Child minders
- 4 Lewisham Children's Centres
- 3 Lewisham Leisure Centres
- 3 Lewisham Cafes / Restaurants

Danny was pleased to announce that the Ghurkha restaurant on the Bromley Road was the first restaurant in the borough to pledge to make small, healthy changes to the food they serve. They have not only reduced the amount of sugar in their dishes but now also provide free drinking water on every table.

In addition, Bonus Pastor School was the first school in Lewisham to be Sugar smart and have banned all sugary drinks from the campus.

Danny asked the Assembly how many spoonful's of sugar they thought was in a can of coke. Answer = 8 tea spoons

Ribena = 11 tea spoons

Cartons of juice that many children take to school = 28-30 teaspoons.

Shocked?

Then let's do something about this. Pledge Your

Support here;

<https://www.lewisham.gov.uk/myserVICES/socialcare/health/diet-and-exercise/sugarsmart/Pages/default.aspx>

If enough people pledge their support Danny and the Public Health team, on all of our behalf's, will be able to lobby Sadiq Khan, Mayor of London, who will then be able to build a case for lobbying central government to do more.

Millwall FC

are the first football club in the UK to become Sugar Smart and have agreed to put a **10p levy on non-diet drink**, the proceeds of which will fund physical activity programmes for children.



Lewisham and Greenwich NHS trust

have become Sugar Smart and will ensure the availability of **healthy food options** to patients, visitors and staff.



Borough of Culture Presentation – Nancy Stridgen, Cultural & Community Development Officer, Lewisham Council – Nancy explained the idea behind the London Borough of Culture. Moreover, how Lewisham is bidding to be the first London Borough of Culture.

The Mayor of London, Sadiq Khan, has launched a competition with a £1m prize attached which will be awarded to the borough that wins the competition. Lewisham's bid will be submitted on the 12th December 2017 and winners for 2019 and 2020 will be chosen soon after.

Nancy advised the Assembly that The Borough of Culture bid is all about the people of Lewisham and that even if you don't think 'culture' is something you 'do', you are part of Lewisham's culture & heritage. WE all make Lewisham unique.

Nancy asked the Assembly if it would take part in an exercise which would better inform those putting the bid together as regards what makes Whitefoot

and Lewisham special and what, if we were to win the title and the money, would those at the Assembly like to see the money spent on.



Whitefoot Assembly supporting Lewisham's bid to be London's first Borough of Culture

Some ideas generated by Whitefoot Assembly members re. what they would like to see the money spent on if Lewisham wins the bid;

Floodlit astro turf / 3G

Healthy eating, cookery classes

Street parties / Events (helping to develop community)

More activities to draw out isolated members of community

More Youth Clubs (Ping pong, chess club, darts team etc...)

Film nights

Greater use of green areas - our green spaces need to be developed - they are the jewel in Lewisham's crown

Less focus on building flats and more effort put into developing small businesses including places for people to go for entertainment - more shops, cinemas, more community hubs and culture for the local area.

Films seen in atmospheric places e.g. Hitchcock in Chapels etc.

Celebrate our green space creatively - Giant Free Film Festival
Community parade with real community creative involvement
The Fellowship Creative Hub including local youth groups and youth theatre
More activities engaging young people, promoting leadership skills
Intergenerational project
Subsidised activities for older people - addressing social isolation, exercise activities etc.
Cross Community Celebrations
Unite community as a whole
Challenge spread - where is the culture? Just in the north of the borough?
Use Beckenham Place Park

Friends of Forster Memorial Park update – Alys Exley-Smith

Alys was very pleased to announce that at long last the three benches paid for out of the 2016-17 Whitefoot Assembly fund have now been installed in the park. The benches are to commemorate the Forster family and are engraved as follows;

Bench 1: In honour of Lord Henry William Forster

Bench 2: In memory of John Forster

Bench 3: In memory of Alfred Henry Forster

The women in the Forster family will be commemorated too. If anybody has any suggestions on how to do this you can email them to your Assembly Coordinator,

Ali Williams at Ali.williams2@lewisham.gov.uk or you can telephone Ali on 020 8314 6293

Alys further advised a Landscape Architect had recently visited the park to discuss designs in relation to the spend of Section 106 money. A list of some other ideas regarding the Section 106 money are;

- Make café more welcoming and perhaps add an extension to the café, i.e. a natural side roof that offers an area to stay dry and out of the wind. Particularly good when watching sports/ playground

- Create extension of pavilion building, a dry/ warm area to watch football
- Additional storage for park equipment/ games/ toddler toys
- Ensure old tea kiosk has working utilities, and could become an indoor area to store park equipment useful for schools/ community groups etc.
- An outdoor classroom, to provide a covered space for use by Schools/ community groups
- Improvements to current accessible toilets- adding of baby change area

The Friends of Forster Memorial Park will work in partnership with The Assembly Coordinator, Councillors, Greenscene, Glendale and the Section 106 board to deliver as much as is possible with the available monies.

Alys also fed- back on the success of the Autumnal event in the park which took place on the last weekend in October and which celebrated the opening of the café. Our local MP, Heidi Alexander was present as well as our very own, esteemed Mary Bennett whom the Forster Memorial Park Pavilion is named after.

Lastly, Alys invited everyone to the carol concert in the park scheduled to take place on Saturday 10th December 2017 from 2-5pm. everybody welcome.

If you are interested in joining the Friends of Forster Memorial Park or receiving the quarterly newsletter please contact your Assembly Coordinator, Ali Ali.williams2@lewisham.gov.uk
020 8314 3126.

Whitefoot and North Downham Residents' Survey – Sara Wickert reminded the Assembly that the Whitefoot Ward Residents' Survey full report is now available to read and can be found by clicking on the following link;

<https://www.lewisham.gov.uk/getinvolved/localassemblies/whitefoot/Documents/WhitefootWardCommunityDevelopmentNeedsSurvey%20ResultsSept2017.pdf>

The survey asked 225 people what they'd like to see happen locally to help our community grow. Top priorities include healthy lifestyles, activities for children and young people, engaging older people, improving our green spaces, creative arts and support for parents and those suffering from addiction, mental health and long term health conditions.

It was the findings from this survey which informed the priorities for the 2017-18 Whitefoot Assembly fund. The priorities are as follows;

- Children, young people and youth work
- Older people and transport
- Creative arts (e.g. participatory art projects like storytelling, theatre etc.)
- Healthy living including fitness, wellbeing and mental health
- Improved parks, play areas and green spaces

The Whitefoot Assembly fund was launched on the 9th October and closed six weeks later.

As with previous years, the Assembly gave a mandate to the Assembly Coordinating group to commission partners to deliver projects to address one or more of the priorities identified. To remind you, the coordinating group is appointed from the wider assembly, and anyone who lives, works or learns in the ward can sit on the group.

The Whitefoot Coordinating group came together on Thursday 23rd November 2017 to assess all applications made to the assembly fund. There were 13 assessors on the Scrutiny Panel assessing a total of 17 applications.

This year, as with every year, the fund was heavily over-subscribed which meant many difficult decisions had to be made. As you may know, the assembly fund has a total of £12,500 however the total of applications received came to £31,845.44.

Of the 17 applications received a total of eight were recommended for funding. All 8 were present at this assembly with each of them holding a stall showcasing their project and how people could get involved.

The 8 projects recommended for funding and the amounts to be awarded are as follows;

2017-18 Whitefoot Assembly Fund – amount available £12,500		
Priorities for Whitefoot		
1 Children, young people and youth work		
2 Older people and transport		
3 Creative arts (e.g. participatory projects like story telling & theatre)		
4 Healthy living including fitness, wellbeing and mental health		
5 Improved parks, play areas and green spaces		
Project	Theme(s)	Amount Awarded
London Garden Workshop	1, 3, 4 and 5	£1995.94
Verdant Lane Lamppost Pk.	4 and 5	£1,220
St. John’s Festival, 2018	1, 2 and 3	£1,500
Goldsmith’s Little Rascals	1 and 2	£2,000
Conisborough College Rugby	1 and 4	£2,000
Oldstead & Haddington Tree Restoration project	5	£1,750
Jelly Babies Massage & Yoga	1	£749
Mindfulness for Carers	1	£1,285
Total		£12,500

1. **London Garden Workshop – Ed Spring and Natasha Marshall** – The London Garden Workshop (LGW) is a community outreach project which aims to rejuvenate local green spaces for the purpose of engaging with older people, disadvantaged children and groups of vulnerable adults through garden workshop programmes.

The need for creating sustainable and self-sufficient agricultural systems makes not just economic but also social sense and promotes health and

well-being in the community. The project is a fantastic opportunity to promote social cohesion and collaboration within our local area.

The goal is to connect and inspire the local community to engage in gardening, craft and food based activities.

The Workshops Programmes will deliver:

- Cross curricular educational workshop for disadvantaged children (aged 4-16), and or, with special educational needs, covering topic areas including forest school activities, fruit and vegetable cultivation, seasonal craft based sessions. These will utilise the raised beds, pond, nature trail and recycled bottle greenhouse.
- Skills based workshops for adults of all ages including (but not limited to) planning, cultivation of edible and non-edible plants and flowers, grounds-keeping, maintenance, soft landscaping and construction (e.g. coppice/orchard craft).
- Regular workshop meetings for older people. These will include suitable gardening activities and a chance to connect with others in a relaxing environment over a hot drink and a chat.
- Cookery based workshops using local commercial/community kitchens

The project recognises a need locally for an intergenerational hub in the local area, which engages with people of all ages and provides an active social link for older people who may be experiencing social isolation or neglect.

The project will hold regular community events that give opportunities for local residents of all generations to connect and socialise.

The programme aims to deliver 4-6 workshops per calendar month (1-1.5 hour durations) and at least 1 community event every 3 calendar months.

If you want further information or to get involved in the project please email;

londongardenworkshop@hotmail.com

2. Verdant Lane Lamppost Community Garden (@ the corner of Pasture Road and Verdant Lane SE6) – Theresa Webb, Chair explains that this is a community garden development created following a local residents' campaign to save and reinstate the original heritage 1930's style lampposts in the area of SE6, where they were withdrawn in 2015-16. Artmongers, a group of local sculptors have designed a brightly painted 'umbrella' theme to upcycle the lampposts into street art, to resemble giant umbrellas.

A redevelopment of the plot of a former rose garden aims to include a children's play area, wild flower meadow in the disused alley-way, raised wooden fruit & vegetable planters and a free mini book library in the phone area.

The project plans to;

- Hold monthly activities in the garden following a Permaculture natural gardening approach to include 'Clean up & Green up sessions: maintaining plant health, watering, planting annuals\bulbs, sowing wildflower meadow seeds in the alleyway, weeding, rubbish disposal and land development. Plant exchanges & seed swaps.
- Create an edible 'Herb Spiral', for residents' culinary enjoyment.
- Create a natural eco-fibre pathway design with a series of 3 sections originating from a central arbour; for creating a shelter.
- Design & devise a new rainwater harvesting system; a sheltered water butt to collect rainwater to ensure a continual supply of natural water for plants' survival during dry intervals.

- Create 'bugs hotel' for insects and a '4 Directions' signpost using the timber from an existing dead Cherry tree.
- Plan, purchase and layout edible fruit trees to develop the new orchard area

If you would like further information or get involved in the project please contact Theresa Webb, Chair of the Umbrella Park on 07734 166 738 or via email: umbrellapark2@gmail.com

Alternatively, join the group on social media: [Verdant Lane Lamppost Community Garden @ VerdantLanelamp](#)

3. St. John's Festival, 2018 - The project is a community festival, lasting 8 days, with multiple events on each day.

The events will range from community fairs with samba musicians and Morris dancers, to film-making workshops and film viewings, to music concerts with classical and jazz musicians, to poetry readings and art talks. There will also be opportunities for both young and older people to perform for each other. In addition to the various events and activities, there will also be competitions for local school children.

The project is designed to bring art, music and literature to the local community in a way they are not usually able to access locally. The premis is both to educate and introduce, and also to inspire and encourage participation.

There are some specific activities (detailed below) designed to aid this second premis. In the survey results for the local residence survey as part of a community development initiative, 40% of locals said they wanted to see more creative arts projects, this would certainly cater for these people.

Activities will include;

- Art and poetry competitions amongst school children (2 categories, primary and secondary). Finalists and winners will be given prizes and their entries displayed and included in the week's events.
- Sharing gifts' events: Local stakeholders and participants (particularly the older people's organisation who use the church hall) present their talents in a midweek lunchtime event.
- Film work shopping and showcasing for young people facilitated by Hollywood Industry expert resident in the community.
- Talks and introductions to both art and music given by locally based but nationally renowned experts designed to introduce the subjects to those who have limited or no access to them (including children).
- Music concerts and poetry presentations designed to introduce new people to both art forms in performance settings.

For more information on how to get involved please contact Nicholas Wibberley at music.stjohnscatford@gmail.com

4. Goldsmith's Little Rascals - Little Rascals will provide a weekly playgroup aimed at 2-4 year olds and their parent/carer and with a focus on the great outdoors.

The group will be led by a facilitator and will provide activities giving children the opportunity to develop familiarity with the outdoors, appreciation of the natural environment, and interaction with local wildlife.

Participants, both children and their parents/carers, will be involved in activities planned by the coordinator and covering a wide range of topics including reducing rubbish, plants, wildlife and outdoor fun.

Little Rascals will be a 6-month pilot project to gauge interest in outdoor activities for toddlers. The pilot will explore the demand for continuing activities which spark interest in our natural environment, such as forest school, gardening and short trips to local natural green spaces, like Forster Memorial Park. Goldsmiths aim to secure funding for green activities for kids and this project will engage families as a starting point.

By the end of the pilot everyone involved in the project will have engaged with nature and developed a greater appreciation for our natural environment. Participants will then be supported to decide how best to bring what they've learned to the wider community

For more information on the project or how to get involved please contact Lucie Walsh at Lucie@goldsmithscommunitycentre.org.uk

5. Conisborough College Young Rugby Ambassador Programme

“building character through rugby” – the project aims to provide an opportunity for Y10 & Y11 students at Conisborough College to develop their “Character” through the learning of key life skills, gaining qualifications and active volunteering in the local community through local primary schools. The objective is to also improve our students; attainment, attendance and attitude at school through the programme as well as develop confident, resilient young leaders.

The project will also support active engagement with local primary schools in the ward to offer TAG rugby sessions, helping the schools to broaden their PE offer and to increase levels of health and wellbeing in primary school children.

The project will deliver the following key activities:

- Provide the Y10 & Y11 students with an opportunity to become England Rugby Young Rugby Ambassadors (YRA) - <http://www.englandrugby.com/my-rugby/volunteers/young-rugby-ambassador>
- Train all active YRA students to be coaches using the England Rugby Key Stage 4 Level 1 Rugby Leader Award (and eventually to offer them England Rugby coaching courses to enhance their skill sets)
- Delivery of TAG rugby sessions in local primary schools to support the promotion of the game
- Supporting the local School Games Organiser by providing young referees and coaches for rugby festivals and megafests (coaching days) to help promote rugby and its core values and support improvements in health & wellbeing.
- Continue to support Conisborough College students to be the best that they can be by offering them volunteering opportunities at local rugby clubs as well as helping those keen to transition to community club rugby a pathway to do so.

For more information please contact Jillie Pritchard at JPritchard@cc.lewisham.sch.uk

6. Oldstead & Haddington Road Residents Tree Restoration project - In order to increase the footfall towards and in Whitefoot's green spaces and parks, there is a clear role for street trees in improving not only the air and amenity of local streets, but also as landmarks and potential boulevards that draw pedestrians towards established green areas, which are so valuable for improving the health and well-being of residents of all ages.

Haddington and Oldstead Roads, have lost much of their previous foliage and trees to storms and over-zealous pollarding. Both roads have a key role to play in funnelling a density and direction of trees towards Downham Woodland Walk, one of the key green lungs in Whitefoot Ward.

Thanks to a grant from the Mayor of London 9 trees were made available for planting near established green areas. However, given the scale of tree loss in recent years from Haddington, Oldstead and Southview Roads, the project cannot be as effectively realised without 18 trees.

Careful consultation has been carried out over the summer with both residents and the professional input of Street Trees for Living, in the strategic aims and the practical ground considerations for 18 potential tree sites.

Last year the group was unsuccessful in its application to the Ward Assembly for technical reasons, but the Assembly Co-ordinating group were very supportive of the street tree project and encouraged the group to re-apply the following year.

Funding for two trees was made available from the 2016-17 local councillors' discretionary funds, for pilot purposes, but these have been added to the main project, for coherence, alongside the 9 funded by the Mayor of London.

Working with Street Trees for Living and Council officers with appropriate resident support regarding the planting and after-care we hope to have 18 new street trees in Haddington, Oldstead and Southview Roads by the end of Winter 2017/18.

7. Jelly Babies Baby Yoga Massage and Yoga - Laura Igiehon – Laura is a Certified Infant Massage Instructor and Mum and Baby Yoga Teacher passionate about empowering new parents to give their children the best possible start in life whilst taking care of their own wellbeing.

The project will provide community classes aimed at families with very young children. The focus will be on relaxation, wellbeing and community parenting; the idea being that as a new parent you are not alone.

During each class, time is put aside to share ideas, challenges and stories around parenting whilst learning new skills and techniques to calm babies.

Infant massage has numerous benefits including aiding relaxation for baby and parent, relieving pain associated with wind, Colic and constipation, building muscle tone and aiding brain development and coordination. The course will also help to build the individual's confidence, assist in the development of new friendships and enhanced bonding with babies.

The course will be for families with babies under one year old or infants up to the age of 7 with additional needs, living in the Whitefoot ward.

For further information please contact Laura Igiehon at;
jellybabiesmassage@gmail.com

8. Mindfulness for Carers - The project aims to provide unpaid carers in the borough with five mindfulness workshops to provoke positive behaviour change, take control of stress management, and improve mental well-being. The five workshops will be:

1. Introduction to Mindfulness
2. Relaxation
3. Stress Management
4. Happiness and Well-being
5. Ener-chi

The workshops will compliment Carers Lewisham's variety of therapies and services by getting carers to think introspectively and take further control over their day-to-day interactions. Health behaviours will be engaged with beyond a superficial level, as carers are asked how and why they react at times of stress and discomfort.

Carers will be taught techniques so they respond rather than react; to reduce emotional knee-jerk reactions which would otherwise cause more harm than good in their personal lives and caring roles. The final workshop of the series will focus on restoring and managing energy levels.

Once carers have signed up for this they will be given free mindfulness tools (e.g. meditation guides, checklists, breathing exercises), and practical ways of

implementing them in their lives. Carers will also have open access to a mindfulness coach for free advice and support.

Carers Lewisham will work with a local specialist training company and use their expertise to deliver, monitor and evaluate mindfulness workshops over a 5-month period. Monthly workshops of 1.5 hours will ensure carers are given time to practice mindful techniques taught and use the tools provided. If carers require additional advice and support they can access a mindfulness coach via, text, email or phone call as part of the project through the professional training provider.

Carers Lewisham will identify carers and publicise the workshops through their newsletters, mail outs, and carers' group meetings. One to one support workers will also bring the workshops to the attention of carers they directly work with in the community.

For more information please contact Luisa Depaoli at luisa@carerslewisham.org.uk

Neighbourhood Community Development Area 4 Public Health Funds –

Sara Wickert explained that Community Connections in partnership with Public Health and the Assembly Coordinator established Neighbourhood Community Development Forums to help deliver a pot of public health funding. The money is available to address health needs in our catchments area and which build on the models of the North Lewisham Health Partnership and Well Bellingham.

There are four forums covering four neighbourhoods. Downham falls into Area 4 together with Whitefoot, Catford South and Grove Park wards.

The forums bring together all the relevant groups in each neighbourhood to strengthen partnership links and ensure there is a common voice on the local issues and where gaps in services may exist. The forums have given the partnership a unique chance for us all to work more closely together and build capacity to support the health and wellbeing of SE Lewisham residents.

Each forums has £25,000 each per annum of Public Health funding to give out in small grants to address the issues identified and to promote local action as identified through the gaps analysis already undertaken.

The priorities for the SE Lewisham Neighbourhood Community Development Partnership funding sit under three key themes:

- Accessing services - Improving communications or transport particularly for older people and those with long-term health conditions
- Social isolation - Group befriending or activities particularly those which bring together people of different ages or cultural backgrounds
- Healthy lifestyles - Improving physical or mental health especially for Black and Minority Ethnic (BME) groups, older people, LGBT community and/or those with long-term health condition

NCDP Funding process

The Neighbourhood Community Development Partnership funding for Area 4 was launched at the end of September and closed on the 29th October 2017.

Applications were invited that linked to the local priorities set by each NCDP. Each NCDP held a scrutiny panel consisting of Community Connections, Local Assembly and Public Health.

Each application was scrutinised using a number of criteria:

- Does the project meet some or all the local priorities identified?
- Does the project represent value for money?
- Does the project demonstrate the potential to reach a wide section of the local community?
- Is the project sustainable with evidence of lasting impact?
- What is the quality and deliverability of the project?
- Is there evidence of partnership working with other local groups – joint bids are encouraged.

The three projects which will be awarded funding for Area 4 as follows;

1. Urban Connect

Amount Awarded: £ 8322.50

Delivery Partners - Goldsmiths Community Centre, Urban Dandelion and Diamond Club

The project is for older people and primary school children in our local community.

Urban Connect will forge new relationships in our community bridging the gap between old and young, helping individual participants to author better mental and physical health for themselves as well as promoting healthy changes in our community.

The project will address social isolation among older adults, giving them a range of opportunities for getting involved in our local community, meet new people of all ages and backgrounds and to feel a sense of pride in the things they'll achieve through the project.

Urban Connect will offer a range of activities across SE Lewisham, including intergenerational cookery workshops, holiday at home events with entertainment and social activities for older people, intergenerational reminiscence sessions and quadrille dance and storytelling workshops aimed at bringing together African and Caribbean members of our community.

The Urban Connect programme of activities will bring community members together from different age groups and cultural backgrounds, while providing opportunities to celebrate healthy eating and lifestyles as well as individual and shared histories. The programme will be open to children and older people in our community and we'll ensure everyone feels welcome and able to participate by working in partnership with local organisations, ensuring activities are offered at a variety of locations, and linking up with other local projects and services offering transport for those with mobility issues.

Urban Connect will deliver:

6 intergenerational cookery sessions held at Goldsmiths Community Centre, 2 of which will partner with Diamond Club to include the full holiday at home programme

2 Holiday at Home sessions at Hartley Hall

4 Quadrille and Storytelling workshops, taking place at partner venues and other venues across the neighbourhood

3 African and Caribbean Reminiscence sessions

Who will refer?

Self-referral, Family and Friends, Urban Dandelion, the Diamond Club, Aging Well, Age Concern, Community Connections, Downham Nutrition Partnership, Peace of Cake, other third sector orgs. and partners from the NCDP.

Each potential referral agent will be informed about the project and encouraged to refer.

Partnerships

Urban Connect will be delivered by Goldsmiths Community Centre, Urban Dandelion and Diamond Club and will also work with other community groups including Ageing Well, Downham Nutrition Partnership, Peace of Cake, local primary schools, local churches, Downham Health and Leisure Centre, and others to ensure that the project reaches a wide audience.

2. St. Luke's Front Room Project

Amount Awarded: £6,678.50

A project for vulnerable people with varying levels of need.

A safe place for vulnerable, otherwise isolated people to come together in a Café style drop-in which hosts various statutory and third sector organisations on a regular basis for clients to access, e.g. CAB, Phoenix Housing and other speakers and advisors arranged on an ad hoc basis.

Access to computers with internet and a free to use telephone for clients to use to arrange appointments etc. The Development of an IT training programme

Recently refurbished kitchen which can host cookery classes in partnership with Delicious most Nutritious and other healthy eating trainers.

A plan to deliver exercises classes from the site

A selection of board games are available

Some fund raising activities organised by clients and social trips

Who will refer?

Self-referral, Family and Friends, Phoenix Community Housing, Community Connections, Delicious Most Nutritious, Age Concern, Goldsmith's community, Food Plus Projects, other Third Sector Orgs.

Each potential referral agent will be informed about the project and encouraged to refer

Partnerships

The Front Room Drop-in will work with CAB providing x1 Advice Worker for 1 hour/week, Phoenix Community Housing, community Connections, Delicious Most Nutritious, Aging Well, Goldsmith's Community, Food Plus Project, Fareshare and others

3. 1 Life Fit Bus – Driving Out Isolation

Amount Awarded: £ 9999.00

The 1 Life Fit Bus Driving Out Isolation project is for older, isolated people (or those at risk of isolation) who would benefit from increased physical activity. The Fit Bus will pick up and drops off 8 people at a time from designated pick up and drop off sites e.g. libraries, churches, community centres and surgeries.

Participants will be taken to various activities taking place within NCDP Area 4, both existing activities and new activities to be funded by the NCDP.

A menu of available sessions will be drawn up into a time-table. Sessions will be free or low cost.

The bus can seat 8 participants at a time and from the menu of activities there will be designated points for pick up and for drop off at the activity.

Each ward will have its own pick up location(s) spaced out to cater for the whole ward.

Each cohort of passengers per ward can access this service for up to 12 weeks.

At the end of the 12 weeks, participants will be issued with information regarding transport options (public and otherwise) to the various activities within the NCDP. Participants will also be furnished with other information relating to what else is out there for them to tap into.

Service will operate for 48 weeks.

Who will refer?

Self-referral, Family and Friends, Community Connections, Age Concern, Other Third Sector Orgs. SAIL, Health Trainers, Home Help, Occupational Therapists in Hospitals, Carers Organisations Pensions forum etc.

Each potential referral agent will be informed about the project and encouraged to refer.

Partnerships

Project relies on working in partnership with those already delivering appropriate services within the catchment area and those also funded by the NCDP. Project will also rely on developing partnerships with potential referrers.

Community Updates & Announcements

Railway Children's Walk – Cllr. Mark Ingleby, speaking on behalf of Stephen Kenny who had sent apologies to the meeting, advised that the Railway Children's walk is looking a little sad at the moment. Stephen who is the Chair of the Whitefoot & Grove Park Residents forum has spoken with local residents and members of Phoenix Housing's Green Team to work out what can be done to make the area more inviting. A local landscape architect is soon to conduct a feasibility study to draw up a plan which Stephen will report back on at the next Assembly.

Update on Street Trees – Cllr. Mark Ingleby gave an update on Rick Farr's presentation at the last Assembly. Rick Farr is the Council's Tree Service Manager who, at the last Assembly, explained the Council's policy pollarding.

Cllr. Ingleby advised that wherever possible (hopefully in most cases) the Tree Service Team will let residents know when Council intend to pollard trees in their respective streets/roads.

Cllr. Ingleby also reminded the Assembly that thanks to Street Trees for Living and an application made to the Mayor of London's 'Greener London Fund' a total of 9 trees were earmarked to be planted around Downterry Road which runs almost exactly along the border of Whitefoot and Downham wards.

In addition to these 9 trees the Whitefoot Assembly Scrutiny and Commissioning Panel has recommended funding for a further 7 trees from the 2017-18 Assembly fund which, together with the two trees funded from last year's Assembly Fund brings the total to 18 trees.

The 9 trees from the Assembly Fund will be planted along Haddington and Oldstead Roads with a view to the intensity and density of the trees along those roads gradually increasing as you walk towards Downham Woodland Walk.

Excalibur Estate – Cllr. Janet Daby explained that the Council has been working with estate residents and with partner L&Q since 2007 on the regeneration of the Excalibur Estate.

The aims of the programme are to provide new, high-quality affordable homes for previous and existing estate residents as part of a mixed and balanced community. All tenants and freeholders on the estate at the time of the regeneration ballot in 2012 had the option of moving into newbuild houses or bungalows on the estate, either as L&Q tenants with protected rent levels or as equity owners.

The original Excalibur estate was comprised of 186 prefab properties, of which 178 are included within the regeneration scheme. The 8 properties not

currently included are the 2 properties on Baudwin which were not included in Phase 1 and the 6 listed properties.

The new development will provide circa 371 new homes of which approximately 50% will be affordable (rented, shared equity and shared ownership). Phases 4&5 (Planning Phase 2 is still subject to detailed planning consent).

Future Phases

The next phase of development will be the part of the estate Phase 3, which will start on site in Spring/Summer 2018. Further details of this phase are available on Lewisham's Planning Portal.

The first new rented homes on the Excalibur Estate will be completed in December 2017 on the section of Baudwin Road which is closest to Goldsmith's Community Centre. These have been allocated to existing estate residents from Phase 3.

The remaining rented properties in Phases 1&2 will complete in spring 2018 and have also been allocated to households already living on the estate.



Current Phase Plan



New Homes on Baudwin Road

L&Q are currently marketing one and two-bed flats for private sale on Phases 1 & 2 on their website: <https://excaliburse6.co.uk/home/>

Goldsmith's Community Association - Christmas Fayre and AGM – Friday 8th December 2017 – Everybody welcome

Goldsmith's Christmas Dinner for Elders – Sunday 10th December 2017

Goldsmith's Community Page on the Website – sign up for the Newsletter by clicking on the link below or cutting and pasting it into your browser.

<http://www.goldsmithscommunitycentre.org.uk/community-news.html>

Also, why not join the Whitefoot and Downham Community Facebook group?

Healthy Walks - Help get a healthy walk up and running in and around Forster Memorial Park. There's free training available from GCDA through Lewisham Health Walks. To register your interest contact Jenny at Healthywalks@gcda.org.uk or 020 8269 4890

Peace of Cake - In November 2015 Asma Meer posted this message on Facebook

“Hey lovely women. I am a Muslim mum and have been saddened by the awful events in Paris but also heartened by the countless people have said that they will not be divided. I want my children to live in not just a safe world but also a fair and enriching world. My son's classmates have asked him about Isis and I had to tell him how far removed Islam is from their actions.

I really want to arrange afternoon tea where people can come and 'meet a Muslim 'or just a tea party to show solidarity against Isis. If anyone is interested please inbox me. I know our local mosque and synagogue and churches have issued a joint press release but I would like to arrange something for us mums as we are the educators of our children. Peace and love”

The response was overwhelming with over 800 likes and 250 comments in just 2 days!! And in those two days Peace of Cake had offers from 3 community centres/churches offering to host.

Since that time Peace of Cake have organised numerous gatherings, bringing community together.

To watch the latest video please click on the link below.

<https://www.youtube.com/watch?v=tLWJkWML5x0>

Date and Time of Next Meeting – To be confirmed

Feedback Forms and Co-group Membership – Cllr. Slater encouraged all present to complete their feedback forms especially Question 9 which invites attendees to make suggestions for future topics at assemblies.

Cllr. Slater also gave a brief overview of the role of the Coordinating Group which is to plan assembly meetings. An Additional task of the group is to scrutinise funding applications to ensure that they meet the criteria set. The criteria will include the ward priorities, however the group may decide to look at other restrictions such as bid limits and targeting certain priorities.

If you are interested in becoming a member of the Whitefoot Coordinating Group or would like more information then please contact your Local Assembly Coordinator, Ali Williams at Ali.williams2@lewisham.gov.uk or Tel: 020 8314 6293 or Mobile: 07834 145 007.





Whitefoot Coordinating group in action 23 November 2017

Meeting Close – Cllr. Slater closed the meeting and thanked everybody for attending and for their invaluable input.