

# Project Smith – September/October Newsletter

Welcome to the Project Smith bi – monthly newsletter! **“BUMPER EDITION!”**

A bit about us.... Working at a ‘grassroots’ level, the project aims to increase networks and social connections between community groups, various health initiatives, local neighbourhood forums, the LCNs, and individuals.

**The three main aims of Project Smith are:**

- To help people **manage their own health and wellbeing** (or condition) while being supported to do so by having access to the right information and support
- To encourage people to have the right things in place to help them to **avoid a crisis**, or to limit the impact of a crisis, particularly for people who are living independently
- Help people feel they are **part of a community**

Project Smith mainly focuses on older adults, as they are more likely to be at risk of isolation and as a result, have poorer health outcomes.

**There are two main arms to Project Smith:**

- **Lambeth Wellbeing Fund** that provides small grants to improve health and wellbeing
- **community connectors 4-day training** to become a community connector. Connectors support local people by signposting them to suitable local statutory and voluntary support and to enhance partnership working between connectors and services.

- **OUR NEXT TRAINING DATES TO BECOME A COMMUNITY CONNECTOR ARE: November 17,23,24 and 8<sup>th</sup> December VENUE TBC Times 930am-3pm**
- **OR January 18<sup>th</sup>, 25th, 26th and Feb 9th 2023, VENUE: WATMOS Lambeth Walk. Times 9.30am-3pm**
- **To sign or for more information contact Emma Corker, Programme Manager [emma@rbeassociates.com](mailto:emma@rbeassociates.com)**

## **Hold the date! Project Smith Advisory Board**

**Date 25<sup>th</sup> November 12pm-4pm (lunch will be served 12pm-1pm) Venue TBC**

Please join us for our annual Project Smith Advisory Board Meeting. This is a time where we take stock, looking at what we have achieved over the past year and where YOU think we should be heading to reach our goal of reaching out to as many residents of Lambeth as possible to give them the confidence and skills to improve health and well-being for themselves and others.

The topic of this advisory board is **“SUSTAINABILITY” RBE Associates** who manage Project Smith has been awarded funding for the next 5 years. This is fantastic news for Project Smith in these current times. We would really love your help in thinking about the next 5 years and how we work towards making Project Smith sustainable.

### **Lambeth Wellbeing Fund**

(The small grants side of Project Smith which funds local individuals and groups to develop ways of improving health and wellbeing.)

**The Lambeth well-being** fund has covered all the Lambeth boroughs. The next round of grants from the Lambeth Wellbeing Fund will cover the whole of the borough.

The London Community Foundation (LCF) which facilitates the grants process is working with the funders to finalise the criteria for this year's grant programme which will be launched soon

Information about the small grants programme will be available on the LCF website when it goes live very soon [LCF website](#)

### **Safari`s.**

After the connector training, Connectors attend 'Safaris' where they visit a different community, health or wellbeing organisation in Lambeth to help them learn about what there is in the area in order to help signpost people to them.

September Safari was hosted by Coin street Neighbourhood <https://www.coinstreet.org/>

Laura Reynolds the participation manager has been working at Coin st in the same role for over 25 years!

It was amazing to see all the different activities happening for residents in the local area and the amazing sports facilities they have open to the public. Below are some picture of the Coin street community gardens that we visited at the safari.



**Our next Safari dates are:**

31<sup>st</sup> October @ Art 4 Space 31 Jeffreys road, SW4 6QU 10-30-1.30pm

2<sup>nd</sup> November @ St Luke`s WLM 25A Wincott Street, SE11 4NT 11am-2pm

**NOTICEBOARD: things to do, training and much more!**

*Please feel free to pass on or add to your own websites*

Streatham Common GP Practice would like to compile a list of emergency contacts and other useful advice for when patients call in with winter worries such as no heating ...no money...or nowhere to live, etc.

All information would be gratefully accepted and circulated among other Lambeth surgeries. Please send any relevant information to Jenni Rogers:

[davidandJenni@outlook.com](mailto:davidandJenni@outlook.com)

FREE DRUM  
WORKSHOPS AND  
SOUP KITCHEN

**MOORELAND COMMUNITY CENTRE**  
50A CORRY DRIVE BRIXTON SW9 8QT  
**EVERY FRIDAY FROM 04/11/22 FOR 9 WEEKS**  
TIME: 4PM TO 6PM  
**FOR FAMILIES WITH CHILDREN'S 3 TO 11 YEARS OLD**

**CONTACT**  
**TONYBHAPPYDRUMS@GMAIL.COM**  
**MEAT AND VEGETARIAN DISHES**

Funded by ECOSYSTEM COLDHARBOUR



The Lambeth Together Public Forum is an informal meeting for people and groups interested in health and care to:

- Meet local decision makers
- Ask questions
- Share what matters to you and your community
- Influence plans for health and care in Lambeth

We want to hear from all different communities. So whether you're a volunteer or a faith leader, from a patient or carer group, a tenant or youth forum - if you're studying, working or living in Lambeth, **your voice will make a difference.**

Our forum takes place every two months. There's no need to book or register, you can just drop in.

**Use your  
voice  
to improve  
health and care  
in Lambeth!**



For details visit: [lambethtogether.net/get-involved](https://lambethtogether.net/get-involved)



#### Kennington Crafting Crowd.

The KCC has been running for over a year now and runs every Saturday for 3 hours in the afternoon, currently held at Kennington Park. There are a range of skills, starting from complete beginners to advanced. We have had Secret Santa, combined with our Christmas dinner last year. We will be doing an October autumn pumpkin flower arrangement this week as well. All are welcome, including pets!

We're reaching out today with a message from Joss Hunt at [Good People](#), who are doing an amazing job building the Thriving Lambeth community website:

*'The Thriving platform is now live; you can find it on [ThrivingLambeth.co.uk](#). The focus now is getting as many organisations, networks and resources onto the site, and then signposting local residents towards it to get involved and add content themselves. And this is where we'd love everyone's involvement.'*

Please do visit the Thriving Lambeth site to see the work already done and create a profile for your organisation and projects! If you have any questions or need support with joining the platform please contact [joss@goodpeople.co.uk](mailto:joss@goodpeople.co.uk)



## Menopause Support Group

**This is a free group for women from all cultures, who are living through any stage of the menopause.**

**Each month we get together to share experiences, offer and receive support, and hear from specialist guest speakers.**

- ✿ This group is open to All Women, at any stage of menopause
- ✿ Peer-to-peer Support connecting women together
- ✿ Minimises isolation
- ✿ Balancing your Wellbeing
- ✿ Join online or in-person at The Tribe cafe to share delicious healthy refreshments



The Group is facilitated by Marcia Jones of Sister2SisterBU. Marcia is a community connector, women's health advocate and group leader with over 20 years of experience. She is on a mission to keep the conversation going around Menopause and to keep Women's health and wellbeing high on our agendas.

**DATES:** The 2<sup>nd</sup> Monday of the month, 7pm-8.30pm

**LOCATION:** The Tribe Café, 22 Streatham High Road, SW16 1DB

**CONTACT US FIRST to book your place, or to find out more:**

[wellbeing@centre70.org.uk](mailto:wellbeing@centre70.org.uk)

[sister2sisterBU@gmail.com](mailto:sister2sisterBU@gmail.com)

 [@sister2sisterBU](https://www.instagram.com/sister2sisterBU)



**Food heroes**  
Black History Month Celebration

**At Myatt's Fields Park**  
30/10/22  
From 12pm to 3pm  
Free Jerk Chicken and many more dishes  
Plus Vegetarian Curry.  
Organic food from the park garden  
Live interactive music Jam

**Happy Drums**

**DIY Crafts, for Single Parents and their Friends in the Remakery, 51 Lilford Road, London, SE5 9HY**  
Time 9:30 - 11:30

**DIY FREE FREE**

**Dates**

- 1/11/22
- 8/11/22
- 15/11/22
- 22/11/22
- 29/11/22
- 6/12/22
- 13/12/22

**NL**  
NEURODIVERSITY LEARNING

**LONGFIELD HALL**

**The London Community Foundation**

**THE REMAKERY**

## Training

### Clear Community Web

helps develop digital skills in older people, vulnerable adults, carers and the community groups that serve them. (criteria applies) check to see if your eligible [here](#)

**Active bystander workshop: Understanding what to do if you witness prejudice harassment or violence. More information along with dates, venue details and times below.**



## Active bystander training

Understanding what to do if you witness prejudice, harassment, or violence

### What is it?

An "active bystander" describes somebody taking positive action prevent or reduce harm to others when they encounter prejudice, discrimination, harassment, or identity-based violence. Being an active bystander is everyone's responsibility – whether in moments of acute danger or in the actions we take to tackle long-term injustices.

This interactive 3 hours online or in-person course is led by identity-based violence prevention charity, [Protection Approaches](#) and has been developed in partnership with the Britain's East and Southeast Asian Network ([besea.n](#)). The expert-led sessions see participants guided through a series of discussions to explore how they can play a role in tackling identity-based harms in their community, school, or place of work.

*“ I honestly think this should be training that everyone should do as this is as vital for life as it is for the workplace ”* - Previous participant

### Content

Content is tailored to the needs of each group. The training has a minimum time of 2.5 hours and includes:

- What it means to be an active bystander:** through group discussion the participants explore what being an active bystander means to them
- Standing up for victims:** working through a series of scenarios, participants consider and learn what they can do when they encounter prejudice, harassment or identity-based violence such as a racist attack in a supermarket or an inappropriate comment from a colleague
- Proactive prevention:** returning to the scenarios participants reflect on the root causes of prejudice and discrimination before discussing ways they could contribute to dismantling of those root causes and to building safer, more inclusive and just communities.



#### For any enquires or to book contact:

Email: [education@protectionapproaches.org](mailto:education@protectionapproaches.org)

Call: [020 3859 9509](tel:02038599509)

Date and time Friday 13<sup>th</sup> January 930am-1230pm

Venue: ST Luke`s WLM 25a Wincott Street SE11 4NT

<https://www.eventbrite.co.uk/e/active-bystander-training-tickets-453366430197>

DATE AND TIME 20th of January 1 pm – 4 pm

VENUE: BRYCC BRIXTON. Please sign up via Eventbrite below

<https://www.eventbrite.com/e/449428160727>

***Here we get to know one of the Community Connectors a little bit better:***

***This month's connector is SU***

**1,How long have you been a community connector?** *1.5 years*

**2,What's the best bits about being a connector?** *Having a network of knowledgeable, caring people at the touch of a keypad.*

**3,Give us an example of a bit of connecting you have done?** *Offering my community organisation's meeting space for a course in active bystander training. Advertising community/wellbeing events in said meeting space (Brixton Housing Co-op, Railton Rd.)*

**4,Favourite thing you like to do when you're not community connecting?** *Reading novels (I have a book exchange in my front garden on Dulwich Road), sudoku & cryptic crosswords at night, gardening in daytime.*

### **Volunteering opportunities**

**Healthwatch Lambeth** is urgently looking for volunteers.

**1. Enter and view volunteers** -An Enter and View Volunteer listens to people's experiences of health and care services, including people living in residential homes to understand what is working well and what can be improved. We are looking for "Enter and View" volunteers to be part of a trained team of authorised representatives that visit publicly funded services in

Lambeth. This could include for example, mental health services, Accident and emergency departments, health clinics, care homes to name a few.

**2. Community Engagement and Outreach volunteer** -As a Community Engagement and Outreach volunteer, you will play an important role in speaking to people in the community about their views on local health and care services. You will speak to with people via hospitals, libraries, shopping centre stalls, Healthwatch and community events. Online engagement via social media and other platforms may also be part of this role.

**3. Research volunteer**- As a research volunteer you will work with staff to support the research function of the organisation which involves planning and delivering research activities focusing addressing health inequalities, personalised care and access to and improvement of services for example, safeguarding services, children's mental health services and primary care to name a few.

If you are interested, please email Anna D'Agostino by Wednesday 2nd November at [anna.dagostino@healthwatchlambeth.org.uk](mailto:anna.dagostino@healthwatchlambeth.org.uk) to receive the role description and application form.

### **Streatham FC need Volunteers! Community Football Volunteer Programme**

- Volunteers will be supported with online courses, in house training, one to one support and an induction into the Club and their new roles.
- Every month each volunteer and the lead coordinator will meet and discuss the programme.
- All volunteers will receive kit or a uniform once they have completed their induction.
- Volunteers Required: Team Coaches, Development Coaches, Referees, Administration Officer, Pitch Coordinators, Grant/Fundraising Advisor, Social media blogger.

- For more information contact Morris Nelson, the Club's Executive Director:  
[streathamunitedfc@gmail.com](mailto:streathamunitedfc@gmail.com)

Connector Michelle's Saturday Bootcamp

12 WEEK FREE BOOTCAMP FROM 22ND OCT 2022

ANGELL TOWN RMO OFFICE  
LANGPORT HSE, SW9 7HN  
WOMEN ONLY  
FREE 12 WEEK BOOTCAMP  
1PM -2.30PM  
FOR INFO & TO REGISTER  
BOXCERCISE@YAHOO.COM  
WWW.EMPOWER.FIT

No Experience Necessary : Just Dedication to 12 Weeks  
Transformation



## LAMBETH AUTISM GROUP

in collaboration with **MINDFUL BEINGS**  
and **NEURODIVERSITY LEARNING CIC**

# SENSORY SUNDAYS

Stay & play session with sensory activities including yoga,  
arts & crafts and storytelling. Scan the QR code to register!

### 2022 DATES (& THEME)

16 October (Halloween)  
20 November (Fireworks)  
18 December (Christmas)

**TIME: 1 TO 4 PM | COST: FREE**  
**LOCATION: WEST NORWOOD**  
**LIBRARY (COMMUNITY ROOM)**



**FREE!**  
**NO EXPERIENCE NECESSARY**  
**WEEKLY SESSIONS WILL BE**  
**PLAYFUL, MEMORABLE AND**  
**FUN!**

**LOOKING FOR CONNECTION & TOGETHERNESS?**  
**FEELING ISOLATED, ANXIOUS, WORRIED OR STRESSED?**  
**ARE YOU IN NEED OF MEANINGFUL AND MEMORABLE CREATIVE WEEKLY SESSIONS?**

**BLACK MEN WANTED**

**WATCH-ACT-VOTE**

**THE BLACK MEN'S CONSORTIUM**

IMPROVING **BLACK MENS MENTAL HEALTH, WELLBEING AND ACCESS TO SERVICES**

FOR FURTHER INFORMATION  
 WWW.THEBLACKMENSCONSORTIUM.COM  
 07956 877358

Facebook icon Instagram icon

**"COME ALONG AND VOTE YOUR OPINIONS AND IDEAS TO A PANEL OF POLICY MAKERS, ADVOCACY SPECIALISTS, AND OTHER PROFESSIONALS INVOLVED IN SERVICE DELIVERY AND CHANGE"**

**"COME ALONG AND MAKE PROPOSALS FOR THE CHANGES TO BE MADE IN MENTAL HEALTH SERVICES"**

**WITHOUT  
PLANNING  
PERMISSION**

**WHAT HAPPENS WHEN THE BLACK MAN TAKES OVER?**

**WHEN**  
**FRIDAY NOVEMBER 11TH**  
**8PM**  
**SATURDAY NOVEMBER 12TH**  
**2PM AND 8PM**

**WHERE**  
**BRIXTON HOUSE**  
**THEATRE**  
 385 Coldharbour Ln, SW9 8GL

<https://arco.de/hdNt00>  
 A BLACK MEN'S CONSORTIUM PRODUCTION 2022

QR CODE FOR TICKETS:



SCAN ME



**THE BLACK MEN'S CONSORTIUM**  
 Presents



**WITHOUT  
PLANNING  
PERMISSION**

Theatre Production

Contact Tony 07956877358

**Brixton House Theatre**  
 385 Coldharbour Lane  
 London, SW9 8GL  
 8pm, 11th & 12th Nov 22

An improvised, interactive performance, looking at what needs to be done to improve the lives of black men in the UK

**THE BLACK MEN'S CONSORTIUM**  
 Presents

**Without Planning Permission!**

This community engagement performance immerses you in film, interactivity and debate. The performance asks you to consider the sometimes uneasy question of "what is needed to improve the lives of Black men in the UK?"

The Black Men's Consortium is a community-led exploration arts project in which Black men of African Descent meet weekly in Brixton to experience positive and meaningful interactions and discuss issues that matter to them.

**Taking Place at**  
 Brixton House Theatre 385 Coldharbour Lane, London SW9 8GL  
 Timing : 8.00pm - 10:00pm | Date : 11th & 12th November 2022

**Organised by**  
 Tony Cealy  
 +44 7956 877358



Please find more things to do in the attachments

I will leave you with a quote that one of our newly qualified community connectors Olusola asked me to include. *Life's Wisdom: Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin - Mother Teresa*

**To find out more about Project Smith including booking a place on the training or inviting us for a Safari at your organisation, please email Emma Corker, Project Manager:**

[emma@rbeassciates.com](mailto:emma@rbeassciates.com)