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 8th December VENUE TBC Times 930am-3pm
- <u>OR</u> January 18^{th,} 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

Hold the date! Project Smith Advisory Board

Date 25th 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:

31st October @ Art 4 Space 31 Jeffreys road, SW4 6QU 10-30-1.30pm 2nd 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





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.



For details visit: 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 <u>Good People</u>, who are doing an amazing job building the Thriving Lambeth community website:

'The Thriving platform is now live; you can find it on <u>ThrivingLambeth.co.uk</u>. 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



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.

数This group is open to All Women, at any stage of menopause

**Peer-to-peer Support connecting women together

☆Minimises isolation

₩Balancing your Wellbeing

数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 2nd 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

sister2sisterBU@gmail.com



@sister2sisterBU









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 it you witness prejudice harassment or violence. More information along with dates, venue details and times below.



Date and time Friday 13th 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 months 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 to receive the role description and application form.

Streatham FC need Volunteers! Community Football Volunteer Programme

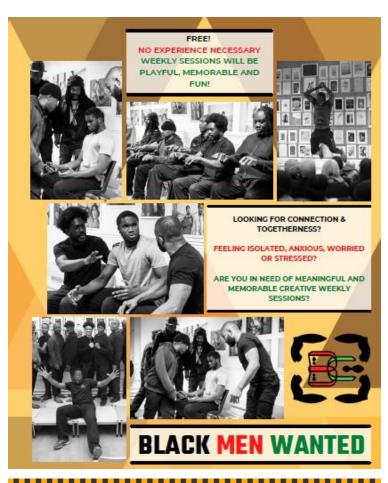
- Volunteers will be supported with online courses, in house training, one to one support and an induction into the Club and their new roles.
- Every month each volunteer and the lead coordinator will meet and discuss the programme.
- All volunteers will receive kit or a uniform once they have completed 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

Connector Michelle's Saturday Bootcamp

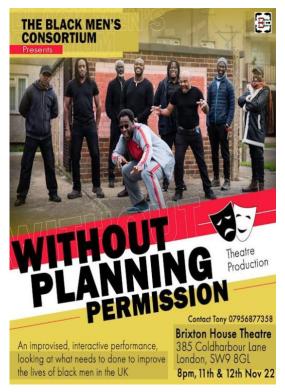














Please find more things to do in the attachments

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