

May 19/ Issue 2 / FREE



Community Bridges

10% off @ STEAMER (inside)

Peckham Rye Train station

CB-SE15

Peckham

NATIONAL WALKING MONTH



Find out where to go in Peckham



Win a

FREE LUNCH

@ ZIONLY MANNA VEGAN RASTARANT!

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Do you want to learn how to make a magazine?

**Do you like writing? Talking to people?
Posting on Insta?**

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magazine, website and social media**

Email

**info@communitybridges.co.uk
if you are interested**



@comm_bridges

@CommunityBridgesCIC

Welcome to Issue 2!

The story so far...

We aim to transform the health and social care system by building community bridges and giving people the confidence to use their community for support.

Community Bridges has been pushing ahead and growing in Peckham thanks to the amazing support from the local people.

We are focused on learning and growing, please help with that. Get in touch and tell us what you think.



@CommunityBridgesCIC



@comm_bridges



How we will achieve this

Mapping community projects and charities in your local area. Put your organisation on the map through our website.

Developing a mobile app showing local activities and events along with tips for healthy living, an interactive community map and more .

Publishing local magazines built by the community for the community. With local stories, events, activities, and community projects at its core, funded through local business advertising.

www.CommunityBridges.co.uk

Sandra@CommunityBridges.co.uk

[@comm_bridges](https://twitter.com/comm_bridges)

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

Contents

4. A story about P.A.C.E

6. Peckham markets to the House of Lords

12. ZIONLY Manna Vegan Rastarant

14. Regeneration - Gentrification

16. Healthwise

19. Best Place for a Stroll

Parents and Carers Empowered



P.A.C.E

Being a parent is tough enough, being a parent caring for a child or young person with a disability and/ or special educational needs can be a huge challenge to say the least. Having a support network is paramount to maintaining a state of wellbeing, but that is not often possible.

Flight attendants always remind parents that if the airplane cabin loses pressure, you should apply your oxygen mask first, and then your child's.

What if I suggested that you put your needs first before those of your child?



Your life as a parent/carer for a child with a disability can often be overwhelming with appointment after appointment, week in and week out. Your life as you knew it changes so dramatically because your main concern is for your child and that's how it's supposed to be.

What kind of emotions would that provoke?

Guilt?

That is why I started up this monthly project, to remind us that we need to take care of ourselves as well as our special children. The project works as a 3-hour respite meet-up, where parents and carers socialise, relax and unwind in a room adjacent to a specialised creche—so we can have three invaluable hours to ourselves.

'If P.A.C.E is anything, it is hub of warmth and peaceful sharing, I would recommend all parents with our children's additional needs in common, to join us.

- Nikkie Hall

'They say it takes a village to raise a child...but for parents like me, it takes a city to support a child with special needs and their families.'

-Julie Voong

That's normal because I felt the same way too until I adopted 'The Oxygen Mask Rule'.



**COMMUNITY
FUND**



Third Saturday of the month
(next one 18th May)
12-3pm

Pennack Community Hall
47 Pennack Road, SE15 6DD

Email info@helpuk.org or text 07801 017798 to reserve a crèche space for your children.



**SPORTING
RECOVERY**
exercise for mental wellness

Every Wednesday
12-4pm

Damilola Taylor Centre

See our social media for their timetable

Wellness Club

A referral programme for mental wellness

Socialise through physical activity and a Wellness Café, for adults who are recovering from mental distress and serious mental illness. We are a non-profit community group staffed by volunteers that has been operating for 3 years. Our activities are free to ensure there are no additional barriers to attendance, for a group of people who are acknowledged to be at risk of social isolation.

If you run a community organisation and want us to write something on you then get in touch:



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Peckham Market | House of Lords.

Lord Harris, Phil, was born in St Albans during the war and lived in Peckham from just 12 days old. He recalls life in Peckham in the 50s and 60s when he would spend his Saturday afternoons, after school, working at his dad's shop *C. W. Harris Linoleum* in the Rye Lane Covered Market.



A place that was full to the brim with people doing their shopping, shouting over each other to get the best deal and stopping to talk to friends; A family-feel place where Phil enjoyed going, even if it was to work on a Saturday!

Phil used his natural ability with numbers and his quick memory to help his dad at the carpet shop and was good at it, unfortunately school was often a different story. Phil was dyslexic, something not recognised in his day, and so he struggled with reading and writing throughout his time at school. He left school at 15 with an O-Level in Maths and headed to college, but life had other plans for him, ones that would end up much grander than he ever planned.

The unexpected twists and turns of life.

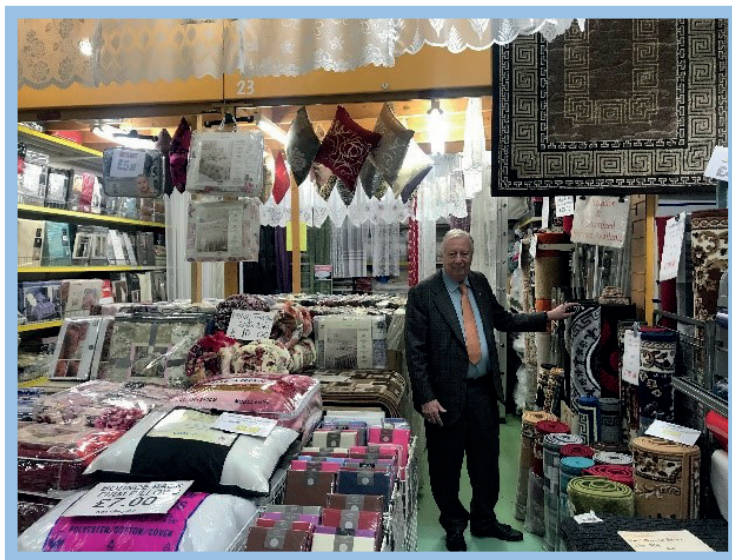
At 15 Phil lost his dad to cancer and took over the family business, too young to sign contracts and leases he still worked every hour of the day and went around all his shops on Saturdays to talk to his employees and customers. His motivation, maths, memory and, importantly, his ability to motivate others by talking to them and respecting them led him on a journey to Carpet Right, the House of Lords, Harris Academies and, now, Tapi Carpets.

Whilst Phil experienced adversity at a young age, between 15 and 19 he left school and lost both his parents, he had his support network, his community, to help him through.

Community can mean so many different things to different people but for Phil he had the employees of his dad's business who knew him, his family (he became a father at 19), his friends and his Peckham neighbours.

We all experience hardships where Amazon, watching Netflix and we need support to get us through, isolating themselves within their silo once upon a time it was easier to of social media. The need for create these support networks, just community is more important than by bumping into the same faces at ever and it will not happen by the market or church. Now these accident, it requires a little bit of places are often empty whilst people effort from everyone sit in their home ordering from

'It is all about community'



'We need to improve community and I see the Harris Academies fitting into that - every child only gets one chance of an education so all schools must make sure our children receive a good one. However we do need things outside of that - sport, dancing, singing and trips to new places. We need to give people a love of learning, whatever that learning is'

Phil Harris

NEW MENU
COMING
SOON

Asia street food & drink

Steamed buns, Sushi, Dumplings, Crepe, Green tea

亚洲小吃

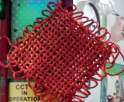
Moving to
74 Rye lane
by TSB Bank
6th June 2019

78

STEAMER

BUBBLE TEA · STEAMED BUN · SUSHI · DUMPLINGS · NOODLES

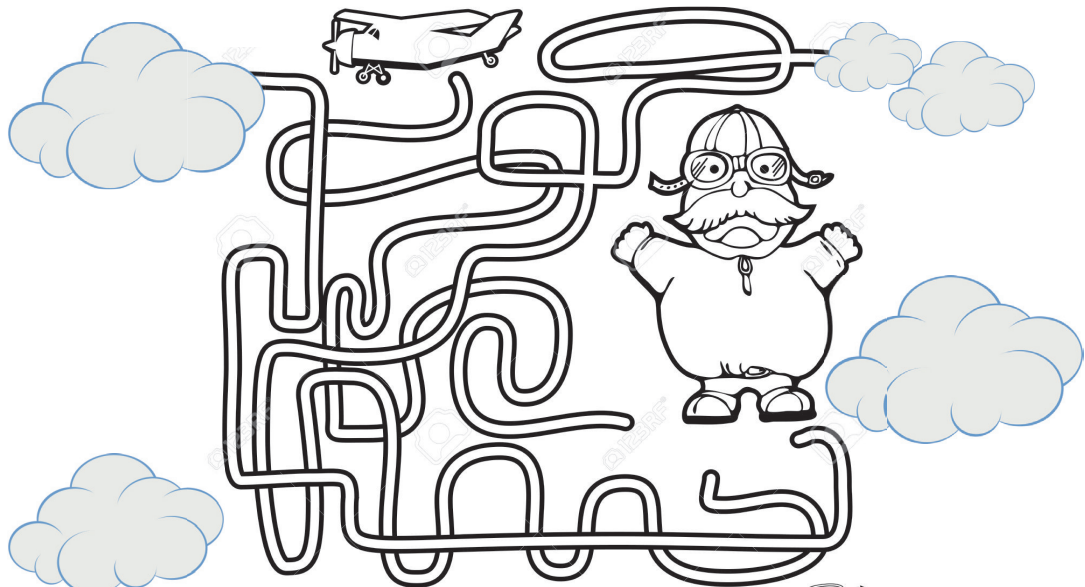
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REPAIRS
ACCESSORIES



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for 1 portion free dumplings (normally £4)
on orders of £10 and over. **COLLECTION ONLY**

offer expires 01/06/2019 t&c's apply



HELP THE PILOT GET ON THE PLANE



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Can you help us make the next one even better?

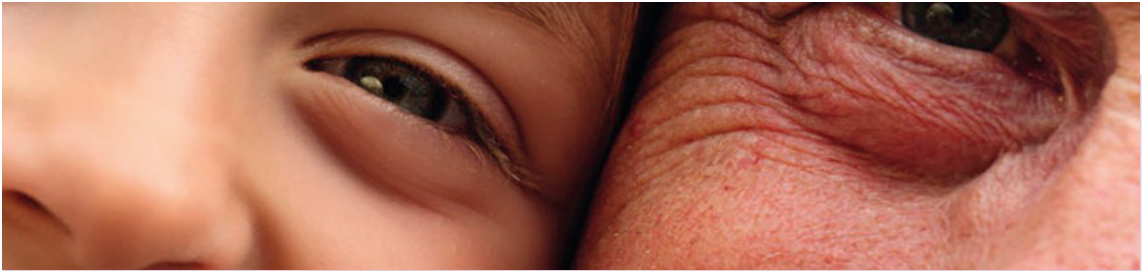
Community groups becomes members on our website: CommunityBridges.co.uk

Peckham people get involved with the magazine, website and app development or make a donation on our website

Businesses advertise with us

Social media is the best way to see what we are up to so follow us today!

  @comm_bridges @CommunityBridgesCIC 



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T: 020 7277 9117 or E: john@socialworksltd.co.uk

Studio 414
Peckham levels
95A Rye Lane
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**SOCIAL
WORKS**

**Training
Consultancy
Management**

Monday

Tuesday

Wednesday

Thursday

Community Bridges

6

Little Glengall Gardeners
Glenghall Wharf Gardens
10am-1pm
Every week

7

8

FoodCycle Peckham
All Saints Church Hall,
Blenheim Grove,
SE15 4QS
4.30pm
Every week



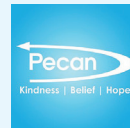
13

University of Peckham:
Pub Quiz
Prince of Peckham
8-10pm
Every week

14

15

Peckham Pantry
St Lukes Church, Chandler
Way SE15 6DT
11.30am-3pm
Every week



20

21

22

Wellness Club
Referral programme for
mental wellness
12-4pm
Damilola Taylor Centre
Every week

Over 55sCine
11am-1pm
33 Sternhall rd
SE15 4NT





27

28

29

Put me on your fridge please

Day	Friday	Saturday	Sunday
		<p style="text-align: right; color: #0056b3;">4 May</p> <p>7-a-side Football Tournament 9am-6pm Burgess Park SE5 7JW</p>	<p style="text-align: right; color: #0056b3;">5</p> <p>Prince: the Black History music break-down 3.30pm-7pm Draper Tenants Hall</p>
9	10	11	<p style="text-align: right; color: #0056b3;">12</p> <p style="text-align: center;">Upfront Comedy X Theatre Peckham 221 Havil Street, SE5 7SD Tickets £12</p>
16	<p style="text-align: right; color: #0056b3;">17</p> <p>FRUITÉ: queer, fruity, LGBT+ party Tola 10pm-4am Tender Touches Exhibition @ AMP Gallery starts 1 Acorn Parade SE15 2TZ</p> 	<p style="text-align: right; color: #0056b3;">18</p> <p>P.A.C.E meetup 12-3pm Pennack Community Hall, 47 Pennack Road, SE15 6DD</p>	<p style="text-align: right; color: #0056b3;">19</p> <p>Open workday Glenghall Wharf Gardens 1-4pm Every week</p>
23	24	<p style="text-align: right; color: #0056b3;">25</p> <p>FoodCycle Peckham All Saints Church Hall, Blenheim Grove, SE15 4QS 5.30pm (every week) (every week)</p>	26
30	<p style="text-align: right; color: #0056b3;">31</p> <p>St Christopher's Volunteer day 9.30am-4pm St Christopher's Hospice, Sydenham</p>	<p style="text-align: right; color: #0056b3;">1 June</p> <p style="font-size: 2em; color: #0056b3;">CB-SE15</p> <p>Peckham. Issue 3. Open Studios @ Peckham Levels</p>	<p style="text-align: right; color: #0056b3;">2 June</p> <p>Open Studios Peckham Levels</p> 

ZIONLY MANNA VEGAN RASTARANT

QUINOA AND KALE SALAD



Ingredients

Quinoa x 200g

Kale x 1 large bag

Carrots x 2 (grated)

Spring onion x 3 diced

Black and Green Olives

Lemon

Olive Oil

Salt and Pepper to Taste

**Share your picture
with us on social media.
Best 2 pictures
will win a free meal
at Zionly Manna**

We start by steaming the quinoa for 12-15 minutes with 1/2 cup of water to every 3/4 cup of quinoa.

While steaming, we can dice the kale. Put it into a colander and pour hot water over and let drain for the best taste.

Grate carrots into strips and dice the spring onion.

Put both to one side. Once the quinoa is cooked and cooled mix together with the kale, carrot and spring onion.

Once all mixed together, add a generous helping of olive oil, squeeze the lemon and add salt/pepper to taste.

Serve when ready and enjoy with friends, family and every one in between.



@CommunityBridgesCIC
@ZionlyMannaVeganRastarant



@comm_bridges
@zionlymanna

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Regeneration



Gentrification?

Transforming an area and keeping the social capital

On Tuesday 16 April Community Bridges went along to a talk by Black History Walks: *Gentrification of Peckham and Other Black Areas*. Walking into the Drapers hall, I was thrilled to see the room full wall to wall with people standing up and sitting down.

No-one was shy about speaking their own opinions, promising a good talk!

Charmaine Brown sits at the front and paints a picture of Peckham in the 70s before regeneration started.



1971 – 2008

Holly Grove Conservation Area

This became a conservation area because of its special architecture and history which the Council wanted to preserve. Signalling the area for protection and regeneration.

1997 – 2007

Bellenden Renewal Zone

It was decided that Bellenden had unsatisfactory living conditions which could be dealt with by making the area a renewal area. A 10-year strategy with £12.42 million of investment was drawn together.

1994 – 2004

North Peckham Estate

Regenerated as part of the *Southwark Estates Initiative*, a regeneration strategy by the Labour government under the *Urban Task Force* renewal strategy. 3203 homes were replaced and 1184 social-rented housing were lost. It is unknown how many of the new-build housing have since been

2017 – 2020

Peckham Rye Station Square

This project will regenerate the narrow, dimly lit passageways that lead to the station into a public square. The council has relocated local businesses across Peckham and has built Peckham Palms to help re-locate the Afro-Caribbean hair and beauty shops.



There are some dictionary definitions of regeneration and those in the audience who had lived through Peckham's regeneration had some different definitions in mind: 'pushing poor people out', 'social engineering', 'pushing black culture out'.

Peckham today has fewer sirens, nicer shop fronts and a larger traffic of paying visitors, so in a lot of ways regeneration has been a success for Peckham, but what about the loss of 'social capital'?

The loss of social capital means the loss of opportunity and support for local people. Residents who have strong social connections in their community are more inclined to help their neighbours, whether this be business arrangements, a shoulder to cry on, lending money or looking after the kids. This is vital to the health and wellbeing of Peckham.

Urban regeneration is the attempt to reverse a declining area by both improving the physical structure, and, more importantly and elusively, the economy of those areas.

Gentrification is a process of renovating deteriorated urban neighbourhoods by means of the influx of more affluent residents.

Social capital is the sum of all our social networks and community ties.

How do we regenerate an area but maintain the connections that give us trust, value, cooperation and opportunity?

Tweet us to tell us your thoughts!



@comm_bridges
@blackhistwalker



@CommunityBridgesCIC
@blackhistorywalks

Want to make a difference in your community during your free time?

Start here!

**Friday 31 May 2019
9.30am-4pm
at St Christopher's
Hospice, Sydenham**

"I'd like to help but I'm scared I may do something wrong"

Then sign up to our free event to experience a taste of the skills and knowledge volunteers gain whilst making a difference.



Spaces are limited, so book early by visiting <https://volunteeringtasterday.eventbrite.co.uk>
020 8768 4669 volunteering@stchristophers.org.uk

StChristopher's
More than just a hospice

Health-wise: easy tips for health and happiness

Spring is finally here and May is National Walking Month.

Walking is a great way to easily incorporate exercise into your day, and the good news is you don't have to walk miles. Research now shows it's how fast you move which counts!

A 10 minute burst of brisk walking a few times each day can help you and your family in a number of ways including:



Maintaining a strong heart—Regular walking can help lower cholesterol and blood pressure.



Weight loss and overall health – brisk walks contribute to the NHS recommendation of 150 minutes of aerobic exercise per week.



Good mental health – exercise can make you feel happier and less stressed!

Here are some easy ways to make walking a daily habit:

- Walk to work or school instead of taking the bus / driving
- Take advantage of the sunny weather and go for a walk in the park with a friend
- Go for a brisk walk on your lunchbreak Get off the bus a stop early and walk the rest of the way

If you want some extra motivation, you can use an app like the NHS Active10 which shows you how much brisk walking you've done in a day, or head over to the Living Streets charity website for simple and fun walking challenges.

Follow  @comm_bridges  for more inspiration throughout May.

Helen Light BSc, dipCNM, rBANT
www.thegatehealth.com

Best walks around Peckham

You don't have to go far to get walking and take in some interesting scenery. Here are a few local walks to try on your doorstep!

Peckham Rye is beautiful this time of year: enjoy the vibrant flowers in the Sexby and Community Wildlife gardens, or take advantage of the **Tree Trail** to view some of the more interesting types of trees dotted throughout the area

Head over to the Peckham Park website for more details www.peckhamryepark.org



Burgess Park is another convenient Peckham park with lots of character and places to explore.

As with most London parks, they hold a weekly **Park Run** here where you can take a turn on a 5km route every Saturday at 9am: a great way to kick start the weekend with others from the community!

The best things about Park Run? It's free and you don't have to be a runner, everyone is welcome even if you want to walk part, or all of the way

Register here www.parkrun.org.uk/burgess



Burgess Park is also home to the **Art In The Park** charity who, amongst other things, are running a series of walks for people suffering from dementia and their carers throughout summer. See here for more details www.artinthepark.co.uk/outdoor-southwark

Finally, if you want to try out something completely different, why not walk over to **Nunhead Cemetery**. Gothic Victorian sculptures can be seen all round the site and it's open to the public daily.

See what's on at the Friends of Nunhead Cemetery website www.fonc.org.uk including guided tours every last Sunday of the month, and wildlife tours.



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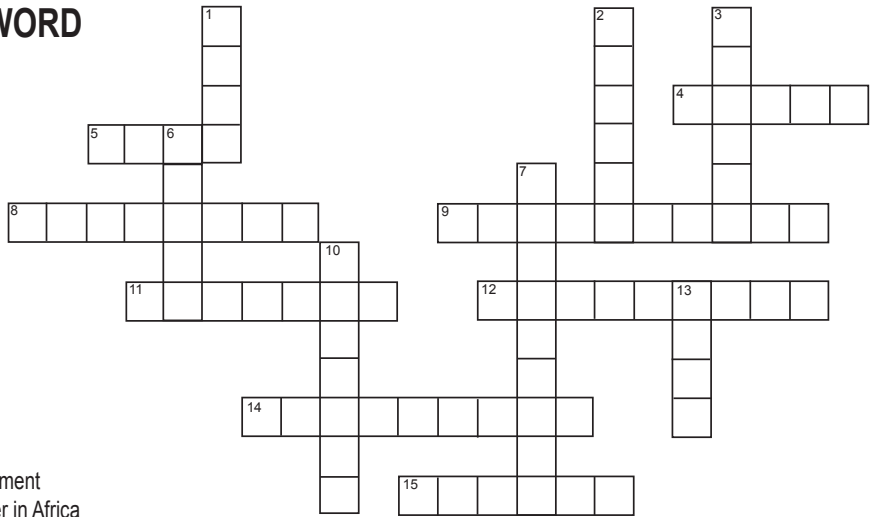
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CROSSWORD



ACROSS

- 4 City environment
- 5 Longest river in Africa
- 6 Popstar with crazy fashion
- 9 Iranian veggie restaurant in Peckham
- 11 8 legged mollusc
- 12 Capital of Morocco
- 14 Swimming stroke and an insect
- 15 Winners of 2018 World Cup

DOWN

- 1 Romantic flower
- 2 Bitter and caffeinated
- 3 Walking leisurely
- 6 According to the rules of reason
- 7 Race with 3 activities
- 10 Wide-leg trousers
- 13 Leafy green that's good for you

OP—EN STUDIOS

31ST MAY - 2ND JUNE

Themed talks, performances,
workshops, music, food, drink and
installations.

**PECKHAM
LEVELS**

@peckhamlevels

MOUNTVIEW

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info@communitybridges.co.uk

CB-SE15

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