

Lambethtalk

YOUR FREE LAMBETH COUNCIL MAGAZINE

SUMMER 2024

50th
anniversary



(C) Joe Twiggs - Wallflower Collective

LAMBETH COUNTRY SHOW

Full programme on p8-9

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START FOR LIFE

Support for parents / p16-17



Lambeth



Free
Online
Coaching

Want to cut down on your drinking?

Lambeth residents are entitled to free and confidential online support

Curious about your drinking? Take the 2-min Alcohol Test to find out how risky your drinking is and receive personalised advice on how to cut down.

Need support with your drinking? Book up to 6 free Online Coaching sessions with an alcohol specialist for a time and place that is convenient for you, with weekend and evening appointments.

Online Coaching sessions are paid for by Lambeth Council, and provided by DrinkCoach.



Book Now

drinkcoach.org.uk





Welcome

Dear residents

Summer is on the way and here in Lambeth there are some key events for us all to enjoy, alongside the work that the council continues to do on behalf of residents.

Windrush Day is fast approaching; a chance for us to celebrate those communities who have contributed so much to Lambeth.

And the Lambeth Country Show, one of London's summer highlights – a chance for all to enjoy music and entertainment in Lambeth's iconic Brockwell Park. We hope to see many of you there as we celebrate its 50th year.

Supporting people through the Cost of Living Crisis remains a top priority. We will soon be publishing our programme for 2024/25, setting out how we will continue to be on the side of our residents in their time of need. Please keep an eye out on our website, social media or at your local library.

Cllr Claire Holland, Leader of Lambeth Council

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OUR POSTAL ADDRESS HAS CHANGED!

Please send your letters to:

Service Name
London Borough of Lambeth
PO Box 80771, London SW2 9QQ

NEWS



Mayor of Lambeth 2024-2025
Cllr John-Paul Ennis

MEET THE CABINET 2024-2025

Leader of the Council

Cllr Claire Holland

Deputy Leaders

Cllr Rezina Chowdhury

Cabinet member for Sustainable Lambeth and Clean Air

Cllr Danny Adilypour

Cabinet member for Housing, Investment and New Homes

Cabinet Members

Cllr David Amos

Cabinet member for Finance

Cllr Ben Kind

Cabinet member for Children and Families

Cllr Jim Dickson & Jacqui Dyer

Cabinet member for Healthier Communities (job share)

Cllr Marcia Cameron

Cabinet member for Economic Inclusion

Cllr Mahamed Hashi

Cabinet member for Safer Communities

Cllr Donatus Anyanwu

Cabinet member for Stronger Communities

Cllr Fred Cowell & Nanda Manley-Browne

Cabinet Member for Equalities, Governance and Change (job share)

Deputy Cabinet Members

Cllr Irfan Mohammed

Economic Inclusion

Cllr Saleha Jaffer

Stronger Communities

Cllr David Bridson

Planning Strategy, Investment and Housing Delivery

Cllr Tim Windle

Planning Strategy, Investment and Housing Delivery

Policy Leads

Cllr Tina Valcarcel

Disabilities

Cllr Issa Issa

Post 16

Cllr Ibtisam Adem

Sanctuary Seekers and Migrants

Sporting ‘Wall of Fame’ unveiled in Brixton Rec

A ‘Wall of Fame’ celebrating sportspeople with connections to Brixton Rec will be unveiled along the building’s ramp in June 2024.

Part of the wider ‘Revitalising Brixton’s Rec Quarter’ project, the permanent installation highlights the achievements of national and international boxers, footballers, basketball players, and fencers as well as coaches, community leaders and staff at the Rec. Commissioned by Lambeth Council and created by muf architecture / art in collaboration with local people and organisations including Afewee and Brixton Topcats, it has been designed to celebrate the Rec’s rich heritage and make it visible to visitors.

‘Revitalising Brixton’s Rec Quarter’ includes new lighting and signage for the Rec, improvements to its public spaces, including lightboxes for free art exhibitions, new double-glazed shopfronts on Brixton Station Road, and the creation of new workspace on Beehive Place, which will be home to Brixton charities, Photofusion and The Advocacy Academy. The project is funded by the GLA’s Good Growth Fund and Lambeth Council, and has been designed to support existing Brixton businesses and organisations. Come down to Brixton Station Road in June to see the new Wall of Fame, experience Rosalind Hobley’s lightbox exhibition, and visit the refurbished shops.



Lambeth Council has succeeded in its application for funding from the government's Single Homelessness Accommodation Programme (SHAP).

Support for young LGBTQ+ residents

The council will receive just over £2 million over three years which will contribute towards the provision of housing-related support to young people who would otherwise be at risk of rough sleeping.

The funding will be split between three initiatives which will see the

council working with dedicated partners to provide 22 units of specialist services for 22 – 26-year-olds who are not ready to live independently; young women with ill mental health and additional needs; and LGBTQ+ young people.

Electric Vehicle chargepoint expansion

Lambeth Council has announced a £2million investment in expanding the number of charging points for electric vehicles across the borough. This investment will see an additional 167 lamppost charge points for residents across the borough, 44 fast chargers on estates and a minimum of 10 rapid chargers. This will support CarClubs, Blue badge holders and businesses. It means there will be greater control over where future charge points are installed, while ensuring the council sets pricing tariffs and revenue can be reinvested in maintenance and protecting users from rising energy costs.

Lambeth Sports stars recognised by the Active Lambeth Athletes Programme

Thirty-five exceptional athletes across 18 different sports have won a place on the Active Lambeth Athletes Programme which has been set up to back their careers and showcase the borough's rich sporting diversity.

The Active Lambeth Athletes Programme has been developed by Lambeth Council to foster and elevate the aspirations of gifted athletes in the community. Through the scheme athletes receive vital backing, including financial assistance and unrestricted admission to Active Lambeth leisure centres.

The programme targets athletes competing at County level or higher in sports recognised by Sport England. By providing crucial support and resources, Active Lambeth aims to nurture the next generation of sports stars within the borough.



Lambeth signs up to Ethical Care Charter for homecare workers

Lambeth Council signs up to the Ethical Care Charter guaranteeing that homecare workers are paid for travel, sick pay and receive regular training. The charter is an important step to improve care for residents as it commits the council to a series of principles that will support carers across the borough. It includes guarantees that Lambeth providers will pay homecare workers for their travel time and expenses, carers will be covered by sick pay and receive regular training.

Vauxhall One: Living Wage accredited employer

Vauxhall's Business Improvement District (BID) is an accredited Living Wage Employer, demonstrating their commitment to attracting people and investment to the area. The BID is the latest organisation to back the higher rate for workers, as Lambeth Council continues to work towards becoming a Living Wage Place.

NEWS



“ The Windrush Generation, who were invited to the country to help rebuild post-war Britain, have fought hard to overcome discrimination and prejudice to build a huge legacy through their contribution to public service, culture and our wider economy. ”

Cllr Donatus Anyanwu, Lambeth’s Cabinet Member for Stronger Communities, Leisure and Sports

MARKING WINDRUSH DAY

A Windrush Day event and exhibition will be held on 22 June in Brixton’s Windrush Square and Lambeth Town Hall to honour, celebrate and commemorate the 76th anniversary of the arrival of the Empire Windrush.

The events are being organised to recognise the huge contribution of the Windrush Generation and their descendants to British life.

The Windrush Square event will feature stalls, food and drink, dominoes games and live outdoor performances. There will also be support on hand for members of the Windrush Generation trying to access the Government’s

compensation scheme and those in need of citizenship support.

Alongside the Windrush Day event the council is hosting two exhibitions called Memories of our Future at Lambeth Town Hall, one in late May and one in June. Artist Alvin Kofi will be doing live drawings of people with Windrush connections, and residents will be able to watch Kofi work and hear him speak as he creates.

The Empire Windrush landed on 22 June 1948 with many of the arrivals spending their first month in rented lodgings in the deep shelter underneath Clapham South Tube station before settling in Brixton, the site of the nearest

labour exchange. This began the borough’s long celebrated association with Caribbean culture.

In 2018 the Government apologised for the appalling treatment of the Windrush Generation after it emerged that many people who were invited to Britain from the Commonwealth decades ago to help rebuild the country had been told they were here illegally.

Cllr Donatus Anyanwu, Lambeth’s Cabinet Member for Cabinet Member for Stronger Communities, Leisure and Sports, said he was proud that the council is continuing its well-established tradition of marking the day as the first home of the Windrush Generation.



MEMORIES OF OUR FUTURE Students from Elmgreen School, Caitlin, Chaya, Kelicia, Lamirah, and Rebeccah, learned how to research, build narratives, and create portraits inspired by the Windrush Generation, with mentoring from Alvin Kofi. Kofi encouraged the next generation of young artists to consider a career in the arts. The exhibition is running at Lambeth Town Hall.

CLIMATE ACTION

ACTIVE TRAVEL TEAM SERVICES

The infographic is a vertical strip divided into several horizontal sections, each illustrating a different active travel service. The background is a light blue sky with a dark grey ground line. The services shown are:

- CYCLE TRAINING:** Four people of different ages are riding bicycles on a path.
- DR BIKE:** A person is working on a bicycle inside a green structure.
- SCHOOL STREETS:** Three children are walking on a street with a yellow school building in the background.
- SCHOOL:** A yellow school building with a tree in front.
- BUS DAY:** A red bus with people inside.
- CYCLE HANGARS:** A green structure with a bicycle icon inside.
- BIKE PUMPS:** A blue pump and a bicycle.
- PLAY STREETS:** Children playing on a street with houses and trees.
- BIKE THE BOROUGH:** Three people riding bicycles on a path.
- WALK ONCE A WEEK:** A group of people walking on a path.
- BIKE MARKET:** A person looking at bicycles under an orange canopy.
- TRY BEFORE YOU BIKE:** Two people riding bicycles on a path.

lambeth.gov.uk/activetravel

CLIMATE ACTION

CAR FREE DAYS

Lambeth Council is supporting residents and businesses to go car free this summer with a series of events that will see motor vehicles restricted from certain streets at specific days and times.

Big Shift Car Free Days will be held throughout the summer in locations in Waterloo, Clapham and Brixton to show how removing vehicle traffic can drastically change how streets are used.

Previous Car Free Days have seen businesses record increases in sales, while residents have used them to hold street parties and activity days.

This year, Lower Marsh will become car free every Monday and Thursday in June, July and August – including during the UEFA European Championships and the 2024 Paris Olympics.



School pupils plant for Lambeth Bee Roads

Lambeth school pupils have been busy bees this spring – by helping to create new roadside habitats for pollinators and create more green space.

Lambeth has been working on the scheme since 2022 as part of its Climate Action Plan, in partnership with local community groups, residents and the Mayor of London, Sadiq Khan.

The project has been supported for these first two years by the Mayor of London’s Green and Resilient Spaces Fund which aims to strengthen climate resilience, increase biodiversity, improve



accessibility, build green skills and help reduce health inequalities.

Since the 1930s, the UK has lost 97 percent of its wildflower meadows and bees, butterflies and other pollinators are declining in numbers.

Once complete, Lambeth Bee Roads will have provided ten miles of green highways for bees, butterflies and other pollinators across 30 different locations.





“

The parklets we have already installed have been embraced by local people, whether it's using them for taking a rest or having a chat, or as ways to add more greenery to streets.”

Creating a social space

Lambeth Council invites residents to transform their local area with a Community Parklet. Parklets are a space for community growing, a place to get to know your neighbours, an opportunity to take ownership over your streets, or just a spot to rest on your journey.

As part of the council's Kerbside Strategy, parklets are placed in the kerbside and repurpose a parking space into something sustainable that can be used by the whole community. The council aims to install a parklet in each of the borough's 25 electoral wards.

The parklets can be customised by each community to best suit their needs, whether that be greening, socialising, or playing. Successful applicants will get to choose from a catalogue of items to fill their parklet. Parklets allow local people to have more of a say in how they use their streets.

Residents are encouraged to speak to neighbours on their street to gain support before submitting a parklet application outlining why their area could benefit. Applications will be reviewed by

Lambeth Council to ensure the location is suitable before being taken forward.

As part of the application, applicants will nominate a Parklet Keeper who help maintain the parklet and be the point of contact for the council. Our current Parklet Keepers have loved having a space to garden and have met many new people while tending to the parklets, even their little ones have enjoyed getting stuck in!

The scheme has seen five parklets already installed in Lambeth, while four others have been agreed and will be built in the coming months.

Cllr Rezina Chowdhury, Cabinet member for Sustainable Lambeth and Clean Air, said: "Lambeth's Community Parklet scheme is already transforming streets into much more pleasant places, where

residents actually want to spend time in.

"The parklets we have already installed have been embraced by local people, whether it's using them for taking a rest or having a chat, or as ways to add more greenery to streets. We have also created a network of Parklet Keepers to maintain these new spaces and ensure local people can take ownership of their local area. We've got great feedback from them of their neighbours mucking in and helping out, even their children are getting involved. I would encourage anyone interested in designing a parklet for their own area to read the criteria, speak to neighbours to get them on your side and then submit your plans. It could completely transform your street, while bringing households together."

Applications are open until 30 June, please visit www.lambeth.gov.uk/bigshift for more information



Saturday 8 & Sunday 9 June / 1pm – 9pm (Last entry 8.30pm) / Brockwell Park, SE24



“ I’m delighted that the Lambeth Country Show’s return is confirmed for this summer as it’s the jewel in the crown of our borough’s exciting programme of events. ”

Cllr Donatus Anyanwu,
Cabinet member for Stronger Communities

MAIN STAGE will host a range of local and international acts over an entertaining two days. The Saturday will feature a special ‘50 Years of Music’ showcase performed by the **Brixton Chamber Orchestra** and the British soul/ hip-hop group **Children of Zeus** who will be bringing their unmissable live show to Brockwell Park.

Saturday evening will close with headliners **The Real Thing** who will be bringing their force including their number one hit ‘**You To Me Are Everything**’. Sunday is Roots Day with ska, dub and reggae from across the globe. Headlining will be **Luciano**, The King of Conscious Reggae Music, and one of the most iconic figures representing roots reggae today. Original reggae selector and soundclash champion **David Rodigan** also graces the stage, as well as appearances from **Top Cats** and **Youthsayers**.



The Lambeth Country Show is brought to you by Lambeth Council, in partnership with Brockwell Live.

www.lambethcountryshow.co.uk

Follow @lambethcountryshow on Instagram and Facebook or @lbcountryshow on X.com #LCS50 / Free mobile app with line-up and maps will also be available on the App Store and Google Play with links on our website



The Lambeth Country Show, London's biggest and best free community festival, returns to Brockwell Park between Brixton and Herne Hill over the weekend of 8 June and 9 June for its 50th anniversary. It features an exciting line-up that celebrates the very best of the city and countryside.

MAIN ARENA Following suit, the Main Arena returns in full swing with an unmissable line up. Welcoming back an awe-inspiring performance from **Les Amis d'Onno** with their jousting and stunt shows, birds of prey show and sheepdog displays.



ACTIVATE Our sports festival will be making a comeback this year with activities and competitions for all ages throughout the weekend. Organised by **Active Lambeth** you will have the opportunity to try out new sports, meet local club organisations and win prizes.

THE FARM In traditional country show fashion, **Vauxhall City Farm** brings to Brixton a taste of country-living, with a flock of farm animals nesting in the heart of the borough. The ponies, sheep and alpacas -to name a few - gracing Brockwell Park are bound to steal the show, as well as **Diggerland** who will be inviting children to take part in carefree play.

Our very own **Best in Show** will also be taking place throughout the weekend with over 25 different breeds of sheep on display. We will also see the return of the much-missed educational, and very funny, sheep show – look out for the **dancing sheep**.



DISCOVERY Our Discovery attractions offer an unforgettable experience of adventure. **Immersive Experiences** return with an unbeatable package of activities for all ages showcasing **planetariums, virtual reality and a 360-degree dinosaur film theatre**, as well as **King's College London and British Society for Immunology** hosting hands-on activities and workshops.

ARTS & CULTURE There's plenty for all the family to get involved in such as **drumming workshops, theatre shows,** performances from local **dance troupes, steel pans** and the annual **Lambeth Tea Dance**.

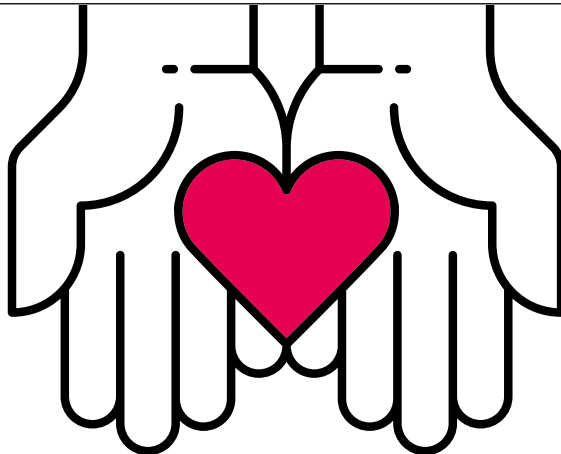


FLOWER SHOW Show off your creativity with our home-grown **Vegetable and Flower Competitions**, learn how you can participate by visiting our website. **The Flower Show** has 83 different classes to enter – including our **Vegetable Sculpture Competition** that attracts unrivalled interest and queues around the block to see these amazing vegetable pieces of art.

SUPPORT

Cost of Living

Many residents are struggling with increases in the cost of living. You may be eligible for support that you are not claiming. Below are things you can do to help reduce your costs and increase your income. You can find more on our website: www.lambeth.gov.uk/costofliving



Check to make sure you're not missing out on benefits

Up to 7 million people in the UK are eligible for benefits but not claiming them. Use a benefits calculator to see whether you are one of them: <https://www.gov.uk/benefits-calculators>

There are also local benefits that can help you with paying council tax and housing costs. You can find out whether you are eligible on our website: www.lambeth.gov.uk/extra-support



Improve the energy efficiency of your home and apply for discounts

You can register for an appointment with Groundwork, who work in partnership with the council. They can provide advice on decreasing your energy bills and improving the energy efficiency of your home: <https://london.greendoctors.org.uk/>



Get help with food costs

There are many places in Lambeth where you can access food in a crisis or a sit-down meal at a community centre. The Lambeth Larder website has a directory of the support available:

<https://www.lambethlarder.org/>



Get help with health costs

The NHS provides support for those on a low income who require health treatments that are usually paid for, including prescriptions, dental and eye treatments as well as transport to appointments. More details can be found: bit.ly/495zPPI

The Pharmacy First scheme also supports residents in receipt of means tested benefits with free, over the counter treatments for minor ailments in 33 pharmacies in the borough. More details can be found: bit.ly/3w4DvCX



Move to a social tariff

Social tariffs are cheaper broadband and phone packages for people claiming some benefits. You can see information about the tariffs available to you on the Ofgem website: bit.ly/4briKS4



Seek debt advice

If you're currently in debt, we'd recommend you speak with one of the boroughs advice agencies: www.lambeth.gov.uk/get-benefits-advice

*

You can also contact StepChange on **0800 138 1111**.

Financial pressures can cause many residents anxiety, stress or depression. If you are concerned about your mental health, please speak to your local GP or health service. You can also contact Mind's Information Line for details on support available near you by calling **0300 123 3393**.

The council also has a range of support available to residents struggling with the cost of living. You can find out about support you might be entitled to and other information on our website:

www.lambeth.gov.uk/costofliving

A library to help you



Lambeth's first digital assistive technology library

for people with disabilities opens in June. Pay your bills, access social media, education and employment sites. Rev Gail Thompson from Millennium Community Solutions (MCS) explains how it works.



“ Digital assistive

technology meets the needs of the digital world we live in. By using devices and apps, it can help people with disabilities and other needs, digital poverty or social isolation to navigate devices and services, covering everything from paying bills, social media, education and employment.

Assistive tech also makes everyday living more accessible, solving problems such as finding your way around, memory and cognition, cooking meals, socialising and playing games.

Digital assistive technology helps me personally. I have navigated life as a wheelchair user with multiple sclerosis for 35 years and this experience has shaped my perspective on how important all forms of accessibility are. As the founder of Millennium Community Solutions here in Lambeth, I have

devoted my life to dismantling the barriers that prevent us from accessing digital resources and adaptive equipment.

The digital world can be unforgiving, often overlooking the needs of those who do not fit a certain mould. Whether it's keeping up with social media, accessing online services or renewing a disability blue badge, PIP forms or attendance allowance, the hurdles can seem insurmountable.

But at MCS, we are changing that narrative. We are dedicated to equipping people with the necessary tools and confidence to thrive in the digital age, ensuring that no one is left behind.

At our centre's assessment service, we will operate a personalised testing team, ready to address your individual accessibility and digital requirements, regardless of your

age or circumstances. The centre is fully accessible and committed to practical support, such as providing free SIM cards to those in need.

Our doors are open to everyone. Your experiences, your needs and your stories matter to us. If you would like to learn more, get involved or if you simply need assistance, I encourage you to reach out to us. ”

Our assessment centre:
Southwyck Hall, Southwyck Estate, Moreland Road, SW9 8UR

For more information, email:
Rev Gail Thompson at millenniumgail@yahoo.com

Website:
millenniumcommunitysolutions.com

FOSTERING

Be the difference.

Every day in Lambeth a new child comes into our care, and we urgently need more foster carers to give them the love and support they deserve. Fostering means looking after someone else's child because their birth family are unable to. That can vary from short-term foster care to having a child or young people with you for a long time.



Michael, a foster carer, says:

“

Fostering has made me truly understand that my life, my concerns and my ambitions aren't the centre of my world. I can do more than that.”

As a foster carer, you'll look after children as if they were your own – in a loving home environment. You'll need to be sensitive to the challenges they'll face after separation from their families and any additional trauma they may have been through, such as abuse or neglect.

Fostering for your local council helps the young person and helps


our community. There are many different types of foster care, and we're sure there's one that works for you. For example, you could provide short-term respite care to children with disabilities to allow their parents a break. Or, if you have the space, you could help us keep a family together by caring for siblings. If you work 9 to 5, you may find it easier to

foster older children who are more independent.

After a while, some carers specialise in areas of care: Joan cares for young people on remand from prison, helping them get their lives back on track. Solomon looks after unaccompanied children seeking asylum from war-torn countries.

When you foster for Lambeth, you get:

- **24/7 out-of-hours support** from a dedicated social worker and our team, 365 days per year
- **two weeks paid respite** each year (14 days)
- a **£500 referral bonus** if you refer a friend who becomes an approved, active foster carer for Lambeth
- a **rebate of your council tax** if you are actively fostering for us
- among the **most competitive fees and allowances in London**
- Fostering Network membership and the opportunity to join our active fostering support group
- **priority** (before a private fostering agency) when a child is looking for a placement
- a thorough induction programme
- your own dedicated supervising social worker (SSW)
- ongoing training and development opportunities throughout the year
- peer mentorship to newly approved carers run by our most experienced foster carers.



Be the difference.
Become a foster carer

Our LGBT+ community are always welcome to foster for Lambeth. If you have a spare room and the commitment to help young people thrive, please contact our team.

For more information visit www.lambeth.gov.uk/fostering

Lambeth

Being a foster carer isn't always easy, but our team will help every step of the way. You can also choose to meet regularly with our foster carer support group helping each other improve the way we work. The journey to becoming a foster carer for Lambeth takes around six months. Although this may seem a long time, most

people tell us the process allows them to think more closely and prepare themselves for making the commitment.

We believe our children deserve the best, and should be given the best chance to thrive, no matter what their circumstances. We hope that you do too - and choose to join the Lambeth family.

Please contact us today for an informal chat and more information:

Call:
020 7926 8710

Email:
fosteringduty@lambeth.gov.uk

Find out more:
www.lambeth.gov.uk/foster

FAMILIES

Parenting support

Parenting can be hard, but there is free, friendly, and welcoming support available in Lambeth for families. There is a wide range of services on offer, which have also been recently expanded through Start for Life programme, to make this more widely accessible and available for you and your child.



Baby Steps for expectant parents

Baby Steps offers education and support for expectant parents. The groups run for 6 sessions antenatally and 3 sessions after your baby is born. The aim of the programme is to prepare parents not only for the birth of their baby, but also their transition to parenthood. The sessions cover a variety of topics including, how babies develop, labour and giving birth, and preparing for and caring for our babies.

A parent, who attended a Baby Steps Programme said about it:

“The meetings are friendly and welcoming and a great place to voice concerns or ask questions where expert midwives can help. The course gave me confidence when my new-born arrived on practical matters such as breastfeeding, singing to baby and general coping. You can never have too much support as a new parent and what has been great is that you can access the advice

that you want to...As a new mum there is so much you worry about – Baby Steps gave the foundation to help me cope a bit better and feel better equipped to tackle parenthood. My overall experience has been amazing, and I am so pleased that I attended the group.”

You start the sessions when between 26 and 32 weeks pregnant. If you live in Lambeth and want to join this free programme near you, please contact BabySteps@gstt.nhs.uk

To find out more and to sign up, visit www.lambeth.gov.uk/parenting



Circle of Security

A free 8-week course for parents/carers of children aged 6 months to 5 years, helping you to understand and respond to your child's needs and to develop your relationship with your child to become a confident parent.

Groups take place at a children's centre with other parents and carers and creche is available. The next programmes start the week beginning of 6 May.

Together Time

Together Time is a seven weeks group aimed for parents with babies between 3 and 8 months old. It's a safe space to explore your relationship with your baby, learn about baby-led play and share feelings and experiences with other parents.

Our next sessions start from week beginning 20 May. Find out more and register by emailing PAIRS_Lambeth@slam.nhs.uk

Empowering Parents Empowering Communities (EPEC)

EPEC groups aims to improve child development, parenting, family resilience and coping. Groups cover different developmental periods in a child's life from birth to adolescence, as well as more specialist groups for parents and children with additional needs, such as ADHD and Autism.

EPEC groups are welcoming, interactive, engaging, and creative. You will get opportunities to practice and use new skills in everyday life to achieve specific goals.

Strengthening Families Strengthening Communities (SFSC)

Strengthening Families Strengthening Communities programmes aim to empower parents to feel more confident, competent, and better equipped with the tools needed to support the well-being and success of their children. You can choose to attend a 13-weeks face to face programme or 6-weeks virtual group.

Healthy Relationships Matter

We know that parenting can be hard and that the arrival of a new baby, or the day-to-day challenges of parenting children in general can have a huge impact on our relationships and sometimes leading to arguments, tension and resentment over time. Evidence tells us, that if conflict happens often, is intense when it happens and isn't well resolved, it can have a serious impact on how our children grow and develop, how they perform at school and on their mental health and wellbeing. Conflict will happen in any relationship at some stage, but support is available for parents

and carers in Lambeth, whether together or apart, to help you manage it better when it does.

To access information, tools, resources and support, visit <https://www.lambeth.gov.uk/healthy-relationships-matter>





Putting unpaid carers on the map in Lambeth



Taking place from 10 to 16 June, Carers Week seeks to 'put carers on the map'. Lambeth is home to over 18,000 unpaid carers, looking after friends and family members who wouldn't be able to get by without their support.

Lambeth Council, NHS South East London and local partners including Carers Hub Lambeth, have committed to putting Lambeth carers on the map by making visibility, recognition, identification and awareness of carers one of our seven priorities for supporting carers in the new Lambeth Carers Strategy.

Our strategy seeks to recognise carers' significant contribution and set the direction for how we want to work together with communities and partner organisations to support carers in Lambeth. Together, we are working to deliver our ambitions to ensure that carers in Lambeth have access to the support and tools they need within a community that recognises their contribution.

Lambeth Together partners will:

- Develop opportunities to recognise and reward carers for their contribution
- Review systems to ensure proactive identification of carers
- Promote carers' rights with staff in council departments and partner organisations
- Raise awareness of specific needs across all carer groups
- Address the needs of older carers.



To read more, please see:

www.lambeth.gov.uk/adult-social-care-and-health/carers/lambeth-carers-strategy

How to get support if you're a carer in Lambeth

Carers' Hub Lambeth

supports unpaid carers aged five upwards, offering 1 to 1 support, peer support groups, social and wellbeing activities, and training.

Find out more at

www.carershub.org.uk, call

020 7501 8970 or email

connect@carershub.org.uk

Carers4Carers offer wellbeing support for unpaid carers and former carers. This includes fitness (exercise classes, gym, squash, yoga, badminton, tai-chi, personal training, swimming), complementary therapies (eg massage and acupuncture) health checks (eg blood pressure and BMI), wellbeing and self care (meditation, mindfulness, nutrition, stress relief), retreats, outings and group walks.

Getting a **Carers Assessment** could identify further support to help you meet your needs as a carer.

To request a Carers Assessment (if you're 18+), call Lambeth Council on **020 7926 5555**.

To request a Young Carer Assessment (if you're 18 or under), contact the Young Carers team at Carers' Hub on **020 7501 8972** or by emailing youngcarers@carershub.org.uk

Let's Talk Health and Care at the Lambeth Country Show

Lambeth Together is a partnership made up of the local NHS, Lambeth Council, community organisations and others. We're working together to improve health for all Lambeth people.

We're at the Lambeth Country Show every year. As one of Lambeth's biggest events, attracting 120,000 people over two days, it's a wonderful opportunity for our teams to share information and to hear what matters most to you and your family about your health and care. This year, we're especially interested to hear your thoughts on what would make Lambeth an 'age friendly borough' – a place where people can age well. We'll also be offering free blood pressure checks, information on breast and prostate cancer screening, advice on how to get mental health support in Lambeth, and more.

We'll be at the Lambeth Country Show in Brockwell Park on Saturday 8 and Sunday 9 June. If you're visiting the event, come and find the Lambeth Together marquee and have a chat with one of the team!



Above and right:

Some of the Lambeth Together team at last year's Country Show.

Middle right:

Anmarie does dance, aquarobics and goes to the gym. Alongside watching what she eats, this helps her keep her blood pressure in check. Anmarie dropped in for a chat at last year's Country Show.

Bottom right:

Jason after his blood pressure check with Lambeth Together at Lambeth Country Show 2023. He takes regular medication and goes on long walks daily to keep his blood pressure under control.



Other ways to use your voice to improve health and care in Lambeth

Anyone is welcome to come to Lambeth Together Public Forum and speak to decision makers in health and care. The Public Forum takes place either online or in person every two months, before our Board meetings. You can stay for the Board meeting too if you're interested. No need to book. Find out more at www.lambethtogether.net/about-us/



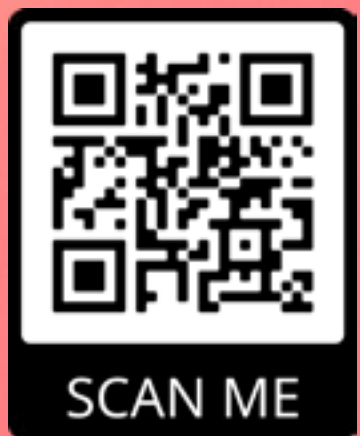
Community Knowledge Network

- Are you committed to making a difference in our community?
- Do you want to ensure that research efforts address the most pressing needs of our residents?

Join the Community Knowledge Network for community research priority setting and play a vital role in shaping the future of local knowledge!

You will be compensated for your time.

Contact us to find out more:
Lambethheart@lambeth.gov.uk





“I choose to be kind”

Meet Aderito, your Health Champion



What attracted you to work on the Lambeth Together Health and Wellbeing Bus? “The bus travels round the borough with information on how you can stay well or get help when you need it from local groups and services. It’s a way of reaching out to people rather than expecting them to find us, which can be hard, for example if you’re not online or English isn’t your first language. I live in Lambeth and like how inclusive and diverse the borough is. I chose to work as a health champion on the bus as I want to help residents improve their health and wellbeing.”

What’s happening at the bus lately? “Cost of living is a concern for households and can impact on health. To help with this, the Brixton Advice Centre is on board every Friday, offering free, confidential advice. Our walk-in heart health service gives free blood pressure checks and can advise if you’re a healthy weight.”

What do you like most about your job? “I love helping residents. I also like building relationships with other organisations who share the same values.”

Which Lambeth Council value do you most resonate with? “Kindness. We can be anything

we want to be, but I choose to be kind.”

When you’re not at the bus, where might we find you? “You’ll find me playing or watching football, basketball or chess.”

Come and say “hi” to Aderito See when Lambeth Together’s Health and Wellbeing Bus is visiting your neighbourhood:

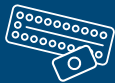
www.lambethtogether.net/wellbeing-bus

To learn about Lambeth Together and our health priorities, follow [@LambethTogether](https://twitter.com/LambethTogether) on X (formally Twitter).

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LAMBETH ASSEMBLY HALL

Lambeth Assembly Hall is a grade II listed, art deco venue available for hire in the heart of Brixton. It is a perfect location for events, celebrations and wedding receptions for up to 280 guests.

VENUE Lambeth

BROCHURE

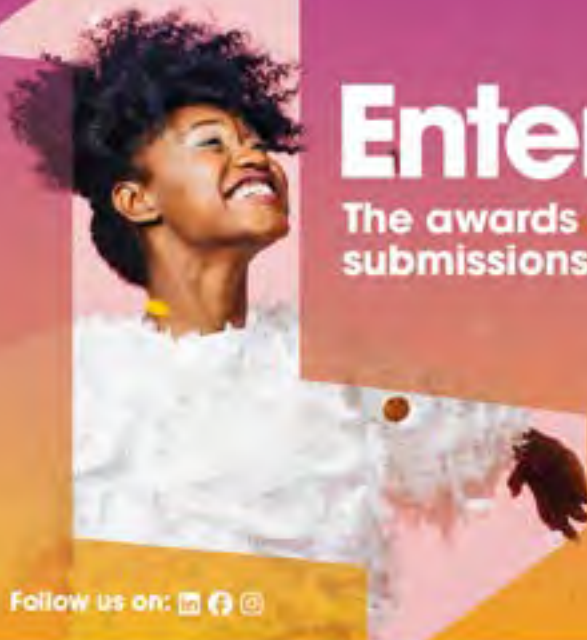


CONTACT VENUELAMBETH

lambethassemblyhall venues@lambeth.gov.uk



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Enter Now!

BeLambeth Awards

The awards are **FREE** to enter, with submissions due by **Friday, 31 May 2024**.

The BeLambeth Awards are a celebration of the borough's triumphs and a showcase of Lambeth's extraordinary people and businesses.

Categories include Rising Star Award, Extraordinary Talent, Enterprising Young Person of the Year, Employer of the Year, Commitment to Employee Training & Development and more...

For more information or to enter go to: belambethawards.co.uk or scan the QR code



Follow us on:

In Partnership with

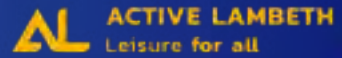


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Visit active.lambeth.gov.uk to join today



Ready Steady Go!

FREE sessions to help families achieve a healthier diet and a more active lifestyle.

New programmes will be starting in September 2024. To register or make a referral please use our online link at lambeth.gov.uk/ready-steady-go

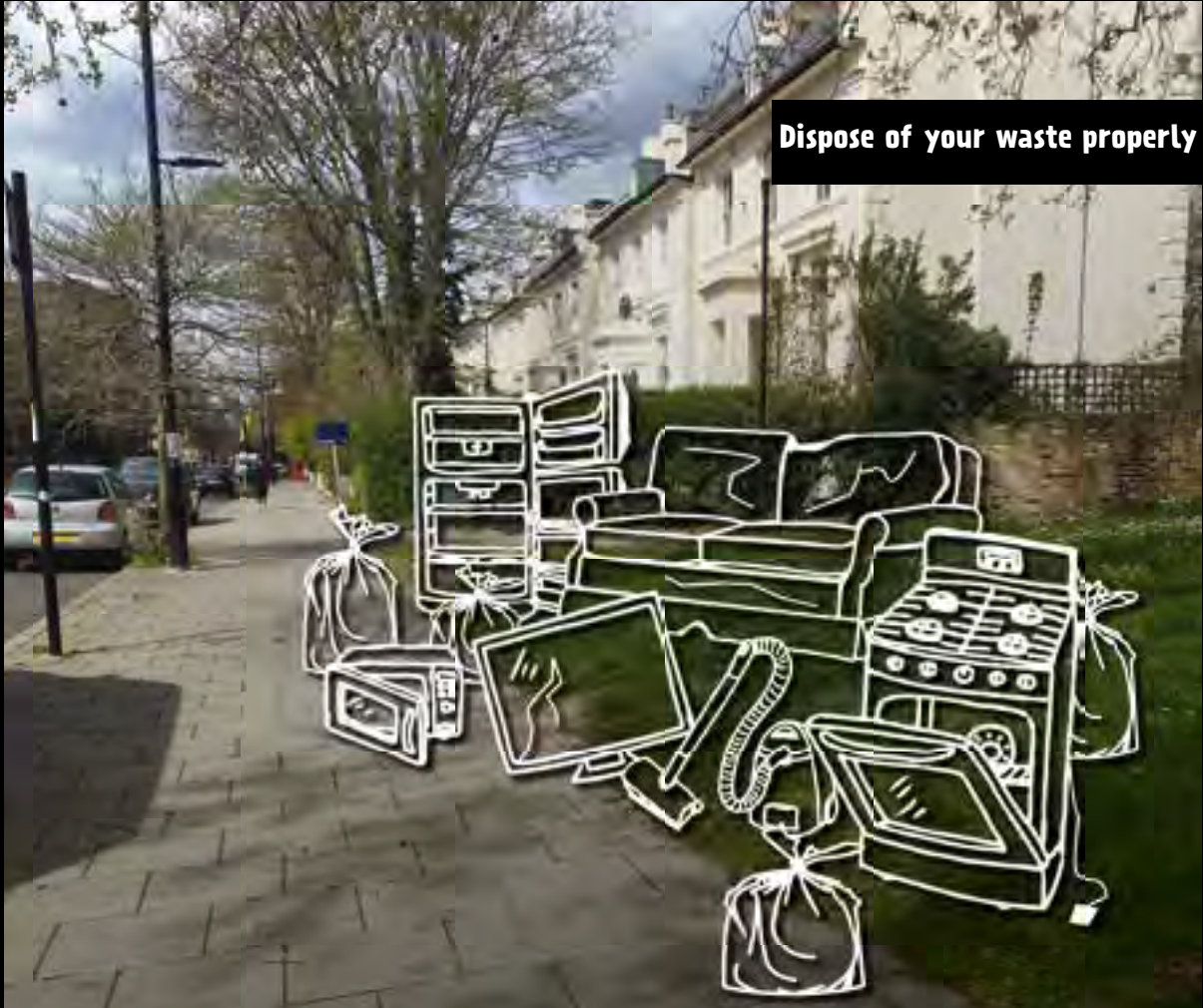
Contact the team on 020 7926 0619 or email readysteadygo@lambeth.gov.uk

020 7926 0619



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