



Spring Newsletter 2023



Read about our 'Downham Door Knock' outreach event, our new weekly drop-in, and more in this latest edition of Community Connections' newsletter!

~DOWNHAM DOOR KNOCK~

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On Tuesday 16th May we led a day of community door knocking, inspired by similar Age UK projects in Wirral and Rotherham and a first for Community Connections! Our area of focus was Downham, Lewisham's largest ward yet one that scores highly on several indices of deprivation and has relatively few community groups and services compared to other wards.

Our mission was to knock on 1,000 doors and hear what local residents had to say about their local neighbourhood and how it might be improved. A full report of our findings will be published soon and used to help new and existing groups to grow and meet the particular needs of local residents.

Preparations began back in January, giving us the time to engage numerous community stakeholders in the project. Its evolution into a joint community initiative was a fun, bonding experience, which brought invaluable benefits to both the planning and delivery stages. It meant the project was shaped by a rich chorus of local voices, each bringing their unique knowledge, experience and insight about Downham to the table.



Team briefing session with lead organiser Michael Stuart

Our full team were joined on the day by over 30 door knockers, drawn from King's Church Downham, Phoenix Housing, Lewisham Local, GoodGym and Sevenfields PCN to name just a few. During both morning and afternoon, we set off in pairs to engage Downham residents in open conversations about what they enjoy doing socially, their sense of Downham as a community, and what they feel is missing. By the end of the day we'd knocked on 1354 doors and recorded conversations with 152 households.



Morning door knockers set off from Goldsmiths Community Centre

RESIDENTS DROP-INS AT GOLDSMITHS COMMUNITY CENTRE

We had the pleasure of using Goldsmiths Community Centre as our base camp, enabling us to host two residents drop-ins (*one on the day of the door knock and another all day drop in on Thursday 25th May*) where residents could come to:

- Tell us their views about Downham in person
- Find out from our team about local groups and activities, including groups for children and young people
- Hear what we've learnt so far from through our doorstep chats with Downham residents
- Receive free expert advice on managing energy bills from South East London Community Energy (SELCE)
- Attend pre-booked appointments with Advice Lewisham and/or Phoenix Housing Association



~CHANGES TO OUR DROP-IN~

Community Connections Weekly Drop-In ~New location & time~



Where?

We have moved to the Lewisham Irish Community Centre (2A Davenport Rd, SE6 2AZ), conveniently located just a short walk from Catford station and off the main drag of Rushey Green.

When?

We'll continue to meet every Thursday but now in the mornings from 10:30am-12:30pm.

What happens at the drop-in?

All Lewisham residents aged 18+ are welcome to come along for support, friendly chat and free refreshments. We offer:

Confidential one to one chats

Our knowledgeable, friendly team can connect you with local groups, activities and support services relevant to your personal needs and goals. We offer these appointments (up to 20 minutes) on a first come first served basis. No need to book in advance.



Group activities table

A relaxed, informal setting where participants can enjoy games, arts & crafts and other activities that promote creativity, health and good old-fashioned fun!

Extra support

Having the luxury of larger space has meant partner organisations can now join us, enabling attendees to get support with multiple things all under one roof! These will include **Lewisham Local** (matching people with exciting volunteer opportunities), **Age UK Information & Advice Team** (for older residents), **SELCE** (energy advice) and our very own **Volunteer Led Services team**. Watch this space for new additions!

~STAFF UPDATES~

Meet Sam

~ New Partnership Coordination
Manager~



Last month we welcomed Sam, our new Partnership Coordination Manager, to the team. Sam will be leading our client facing team of Partnership Coordinators as they support isolated adults with finding relevant groups and services. He'll also oversee our relationships with a growing network of over thirty community partners.

Click [HERE](#) to find out more about our partners organisations and the specialist support they offer.

~SUMMER FESTIVALS~ COMING UP



FREE!

Phoenix Sevenfields Downham Celebrates

Downham Celebrates

FREE FUN & ENTERTAINMENT
FREE Kids Rides & Activities
 Health Marquee **Competitions & prizes**
Food Refreshments & Trade stalls
LIVE PERFORMANCE
 Lauren Fearné *H&EM*
 COOPER GA + More!

SUMMER FESTIVAL
 11am-4pm 17th June 2023

Downham Leisure Centre
 7-9 Moorside rd BR1 5EP

1Life
 Live more. Live well.



Bellingham Festival 2023

Come and celebrate 100 years of Bellingham

Saturday 24 June **FREE!**

12-4pm Bellingham Green, SE6 3JB

- African drumming
- Under 5's activities
- Mascots
- Petting zoo
- Performances
- Music
- Food
- Balloon modelling
- Community stalls
- Bouncy castle

Festival organised by Bellingham Community Project.
 Contact: bcp@bcp.uk.net / 0754 943 3963




BROCKLEY SOCIETY

COME ENJOY OUR 48th ANNUAL

HILLY FIELDS MIDSUMMER FAYRE

SATURDAY 24th JUNE 2023
HILLY FIELDS, BROCKLEY SE4 1QA
12 noon to 5pm

with Arts, Crafts, Bric-a-Brac Stalls, Music and Dance Performances, Mini Music Stage - Open Mic, Mini Spoken Literary Works Stage - Open Mic, Dog Show, Land Train, Children's Rides, Coconut Shy, Food Stands... as well as our Wonderful Tea Tent with Homemade Cakes.
YOUR CAKE DONATIONS ON THE DAY ARE WELCOME!!

CHILDREN'S COMPETITIONS:
 Bring your entries on the day

CAKE DECORATING - Theme: 'Things that Fly'
 5 years and under / 6-9 / 10-13 /14-18

ART (any medium) A4 size only
 Theme: 'Flower Power'
 5 years and under / 6-9 / 10-13 /14-18

VEGETABLE MODELLING - Any Theme
 5 years and under / 6-9 / 10-13

#hillyfieldsfayre



Help us raise money this summer by donating unwanted gifts!

We will be fundraising at our festival stalls this summer to help sustain vital services like our weekly drop-in and our Volunteer Led Transport and Befriending services.

Can you help us by donating any unwanted, unused gifts for our Tombola and other fundraising activities?



If so, we'd be delighted to hear from you!
Please get in touch by emailing
jim.moreton@ageuklands.org.uk

~CONNECT WITH CCL~

GET IN TOUCH

You can get in touch with us by calling our main helpline on **0330 0583 464**, open Monday-Friday from 9:30am-4pm, except on Thursdays (our drop-in day) when our line is open from 2-4pm only.

You can also visit us at our free **Weekly Drop-In**, held each **Thursday 10:30am-12:30pm** at Lewisham Irish Community Centre, 2A Davenport Road, London SE6 2AZ.

Find out what services are available in Lewisham for a particular support need - Online Community Directory

Our range of helpful factsheets are freely available to view and/or download from our **website** ('Community Directory' menu heading). These are updated regularly and include *Financial Hardship, Employment Support, Community Transport, Digital Support and Mental Health Support*.

Want regular E-mail updates about local groups and services?

To receive regular updates about social groups, activities and support services around the borough, please sign up to our **Community Development Worker's mailing list** by dropping a quick email to michael.stuart@ageuklands.org.uk

GIVE

Any donations we receive will help us expand our outreach to isolated residents and sustain vital services like our Drop-in and volunteer-led projects. Please visit our website **DONATION PAGE** where you can find out more and support our campaign.