



NEWS

MAKING
HERE
BETTER

...Spring 2021...

SPRING IS IN THE AIR



COMMUNITY CHEST GRANTS

We are continuing to help support residents and the community recovering from the latest lockdown. This grant scheme aims to:

- Keep people healthy, happy and united despite the challenges of social distancing
- Support people's wellbeing
- Reduce social isolation
- Assist families with home-school aged children

Grants of up to £1,000 per project are available. To find out more go to <http://wmbiglocal.org/community-chest-coronavirus-response>

TOOL UP AND GET GROWING!

Join Walthamstow Tool Lending Library membership, learn how to swap seeds, enter our sunflower growing competition, learn more about free online sowing sessions and get tips on how to sow.

Find out more on [pages 4 & 5](#)



#ONETHING



"Long walks"

WHAT KEPT YOU GOING DURING THE PANDEMIC?



"Pets"

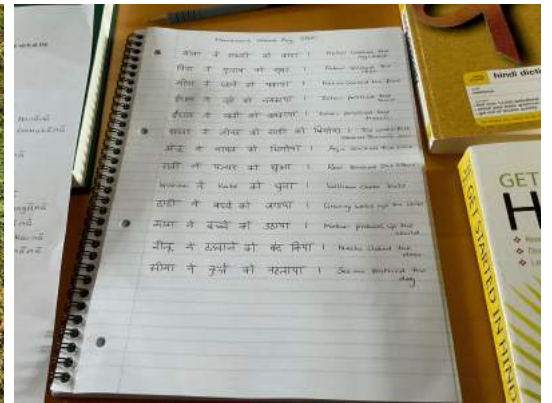
Lockdown life has been hard for many of us. We asked people to send us a picture of one thing that helped them to get through the lockdown this time. Many people mentioned their family, friends or pets. Gardening and exercise and being outdoors were also important. You can join in our conversation by putting your pictures on Instagram and tag @wmbiglocal with a caption #onething.



"Milo"



"Skipping"



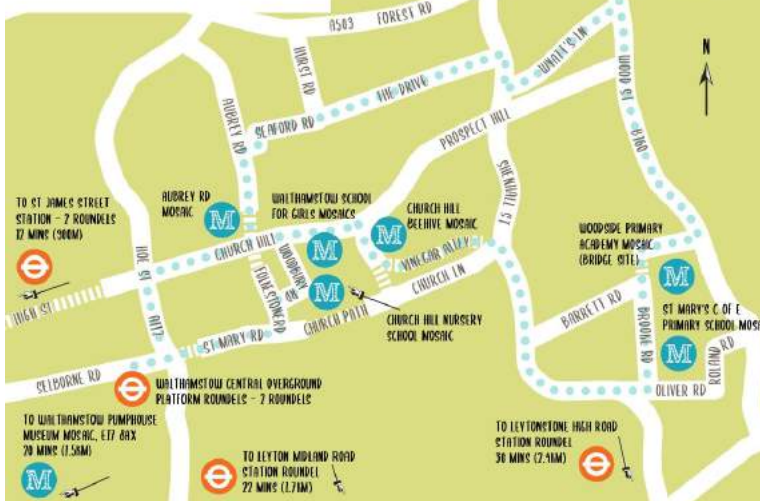
"Brain gym"



@MAUDMILTON @MAUDIEMILTON
ARTYFACE.CO.UK

USE THIS MAP AS A WALKING/CYCLING GUIDE TO VIEW ARTYFACE'S MOSAICS AROUND WALTHAM FOREST

- KEY
- STREET MOSAICS
 - OVERGROUND ROUNDELS
 - SUGGESTED WALKING/CYCLING ROUTE



PLEASE TAG YOUR LOVELY FACES WITH THE MOSAICS USING @MAUDMILTON AND #ARTYFACEMAP - WE'D LOVE TO SEE YOUR POSTS ON INSTAGRAM AND TWITTER

Free Easter walk activity

Following Maud's Mosaic Trail Map (see left) is a great way to get your daily exercise. Just in time for a novel Easter Egg Hunt. Track the public mosaics walking through Waltham Forest: all in public streets except for one of the two roundels at Highams Park station (on platform 1) and two roundels at Walthamstow Central (on each overground platform).

Ask the helpful staff and they will probably let you in the barriers to see them on the platform - but please do avoid peak travel times and remember 'hands, face, space'!

The first 21 people to visit all the mosaics in 2021 get a free roundel mug!

Please post your pics of you or your cuddly toy, etc. with the mosaics at each location.

Tag #artyfacemap and @maudmilton on Instagram.

There is a printable pdf too on their website: www.artyface.co.uk.

FROM HOME TO SCHOOL: JOURNEY OF A LAPTOP

The coronavirus pandemic continues to be a huge challenge for all, and for some more than others. We will continue to help schools by collecting and refurbishing used laptops and tablets. The following pictures show the journey of a computer that was dropped off at the Salvation Army location.



Laptops are restored in the computer shop



Restored laptops are donated to schools



Laptop donation arrives to Salvation Army

Donate your laptops

Access to IT equipment is an issue for school children in our area and local schools do not have enough supplies to give to every pupil. You can make a difference by donating your used (but still usable) laptops and tablets, factory set smart phones, laptop bags and tablet holders.

Every device donated will be tested, wiped and restored to factory settings by local IT experts at Computare Centre before being handed out to schools to give to their pupils in need.

Please help us by donating your old devices. Ideally laptops should be under 6 years old and have more than 4GB memory and 250GB hard drive. Bring them to one of these three locations:

Salvation Army, 434 Forest Road (middle doors), E17 4PY.

Donations can be dropped off Monday – Thursday, 10am – 3pm.

The Mill Community Centre, 7–11 Coppermill Lane, E17 7HA. Donations can be dropped off Fridays 12pm – 2pm.

Yonder, 4–6 Hookers Road, E17 6DP.

Book a slot by emailing

<https://www.thisisyonder.com/laptopdropoff>

Please remember to wear a mask and follow social distancing rules when donating!

If you have any questions please do not hesitate to contact us by emailing milla@wmbiglocal.org or calling 07552364380

Sunflower growing competition

In anticipation of Summer, we will launch our Sunflower growing competition in April. Categories are:

- Most Glorious Sunflower
- Best home decorated pot
- Sunflower art picture

The First Prize will get a year's free tool Library membership.

The first 50 people to register will get a pack of London Herbarium Leaves of Lloyd Park cards! Read on for growing advice.

To register go to <https://wmbiglocal.org/whatson>

Green Up Priory Court- Free online seed sowing session

A group of local organisations has received a grant from the Mayor of London's office to work with local residents to green up Priory Court and the surrounding area this year.

The hope is to develop local community garden areas and other green spaces, plant veg and flowers, help local wildlife, and train residents, including young people, in garden carpentry, and gardening.

We are launching the project with a free online 'how to' seed sowing session, run by Organiclea, another partner in the project. This session is for you if you have never sown a seed before; if you have had bad luck with getting your seeds to germinate; or if you would just like a reminder.

We will include how to sow sunflower seeds, so if you are planning to enter the sunflower competition, this will help! You do not need to have a garden to be a gardener or invest much money. We will tell you what seeds you can grow on your windowsill or balcony.

Plus, the Organiclea grower will be able to answer any other gardening questions you may have.



Tips for growing prize-winning sunflowers:

- Sow sunflower seeds from April inside in small pots. Try to use peat-free compost, as extracting peat for the compost is bad for the climate and for biodiversity.
- Before you sow your seed, firm down your compost and water it until water drips out the bottom.
- Push your seed down into the compost to the depth of the seed.
- Keep the compost moist. It is best to put the pot on a plate/tray and then to add water into it, rather than the top of your pot. This will help strengthen the roots.
- Plant your seedling outside somewhere sunny in a larger pot or in the ground when all risk of frost has passed, from the end of May. It is good to add lots of compost or other organic matter to give the plant an extra boost. Keep well watered.
- If your sunflower is a variety that grows tall then add a stake and tie the stem to it loosely.

Save your spare seedlings for plant swaps we will organise later!



Free online seed sowing session Wednesday 31 March, 7pm - 8pm.

More details and sign up here:

<https://www.eventbrite.com/e/green-up-priory-lets-grow-free-online-seed-sowing-session-tickets-143822437783>

Get in touch if you need some sunflower seeds by emailing milla@wmbiglocal.org

Get ready for the growing season with Walthamstow Tool Library!

Walthamstow Tool Library at 2a Priory Court with its wide range of garden and DIY tools will help get your green space back in shape:

Borrow spades, forks and trowels to plant your seedlings, hedges, shrubs, trees and climbers! Still need to prune some shrubs and trees? Choose the right tool from a vast variety of freshly sharpened secateurs, garden shears, loppers and tree pruners.

Not sure what to do with your pruned material? Turn it into cracking wood chip with our new and shiny shredder. It will make a great addition to your compost, lovely paths around your growing beds and fantastic mulch that will help suppress upcoming weeds.

And if you fancy building some raised beds or planters, guess what! We can also provide the right tools for that!

Still, our tool wish list is long and your donations are very welcome! Have a look at the list on our website and get in touch if you have anything to donate or a special tool wish yourself.

We currently operate on a click & collect basis, which means you reserve your tools online and select a time slot to pick them up. Before returning them, please email us at least one day in advance and arrange a time. We hopefully open properly again soon and extend our opening times!

WALTHAMSTOW TOOL LIBRARY

2a Priory Court | E17

Borrow tools for your gardening & DIY projects

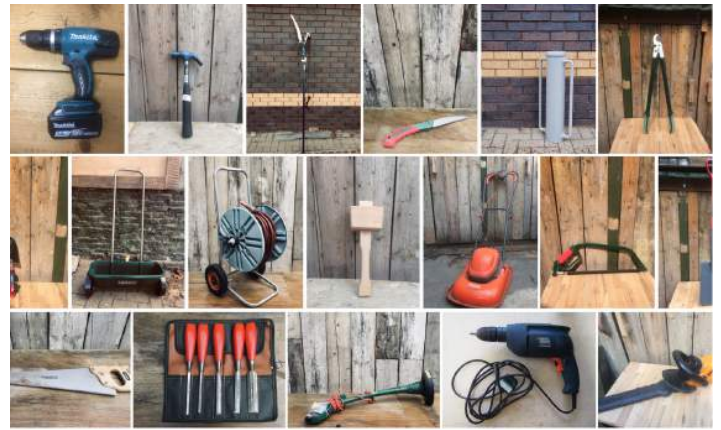
Low cost for you & our planet

Donate good condition tools
you no longer use



Better Borrow than Buy

More info: www.frpuk.org/community-work/tools
Contact: tools@frpuk.org | 079 3371 0644



Seed Library within Tool Library

We would like to encourage as many people as possible to try their hands at gardening this season, which is why we are in the process of creating a seed library within our tool library. The idea is, while collecting your garden tools you will also be able to take and/or donate seeds and get some advice on how to grow them. We are still building up a basic stock, so if you have spare seeds, we would love to add them to our growing library!

How to donate and swap?

You can donate seeds anytime: Just drop them off in our seed drop box outside the library shed. Please put your seeds in an envelope. Clearly label it with the type of seed (plus variety if you know it), the year and place where they are from. While picking up or returning your tools, you can take or swap seeds and start sowing!



Angela's family recipe: Goulasch

"This has been our family favourite since my mum learnt to cook it from our neighbours in Germany 40 years ago"

Ingredients:

1 large onion, sliced
 Splash of oil
 3 tbsp mild or spicy paprika
 500g stewing beef, cubed and tossed in enough flour to get a thin even coating (1-2 tbsp)
 1 green, red and yellow bell pepper, cut into large cubes
 2-3 carrots, thickly sliced (optional)
 1 tin of chopped tomatoes
 Salt and plenty of black pepper.

Method:

Fry the onion in a little oil on a medium heat until translucent, then add in the paprika. Cook for a further minute. Add in the meat and toss for a minute or two to gently brown the meat. Add in the remaining ingredients. Place a lid on, reduce heat to a gentle simmer and cook for at least an hour until the meat is tender. Leave the lid off for the last 10 minutes to thicken up the sauce if you prefer it thicker. Season with salt and plenty of black pepper to taste. Serve with pasta, crusty bread with plenty of butter or boiled potatoes.



If you would like to share your family recipe with us, email milla@wmbiglocal.org

Prize wordsearch and games and activities for under 12s

Happy Easter!

© puzzles-to-print.com

It's Easter Day and the baby chick just hatched from her egg. Help her take her first steps and find her way through the chicken coop.

Cooking with Herbs

Word Search

DIRECTIONS: Find and circle the herbs in the grid. Look for them in all directions including backwards and diagonally.

M	Q	O	E	T	O	Z	A	P	E	E	L	I	G	R	G	Q	J	L
N	X	G	G	E	T	U	Y	R	G	M	E	A	T	O	M	L	I	D
B	O	C	W	Z	D	I	L	L	A	Y	R	X	Y	Y	X	S	S	P
M	O	J	I	E	P	D	E	R	S	H	U	H	U	G	A	E	C	R
L	S	R	J	L	L	E	J	G	L	T	A	N	P	B	V	H	E	L
A	T	K	A	O	R	O	K	W	I	M	L	E	H	I	E	D	C	E
B	K	A	T	G	R	A	P	M	G	E	Y	M	H	R	N	Y	T	M
N	E	W	R	A	E	Q	G	I	I	T	A	C	V	E	N	O	H	O
O	P	K	M	R	L	E	V	N	A	V	B	I	V	Z	U	C	M	N
M	Y	N	Y	C	A	J	H	T	L	F	L	A	Y	C	F	B	W	G
E	R	O	N	O	M	G	H	S	B	D	L	R	C	R	I	L	Z	R
L	A	W	B	R	F	L	O	V	A	G	E	K	B	X	O	U	M	A
L	M	G	F	E	E	U	R	N	C	A	R	A	W	A	Y	V	J	S
Y	E	X	N	G	N	H	T	N	H	E	U	K	O	U	X	Q	A	S
Q	S	R	B	A	N	F	N	T	E	N	R	U	B	D	A	L	A	S
A	O	R	R	N	E	C	A	T	N	I	P	P	I	F	Y	C	P	
B	R	L	G	O	L	N	L	E	M	O	N	V	E	R	B	E	N	A
S	K	K	W	U	S	B	I	G	G	P	A	R	S	L	E	Y	K	N
V	V	E	S	T	R	N	C	N	A	S	T	U	R	T	I	U	M	S

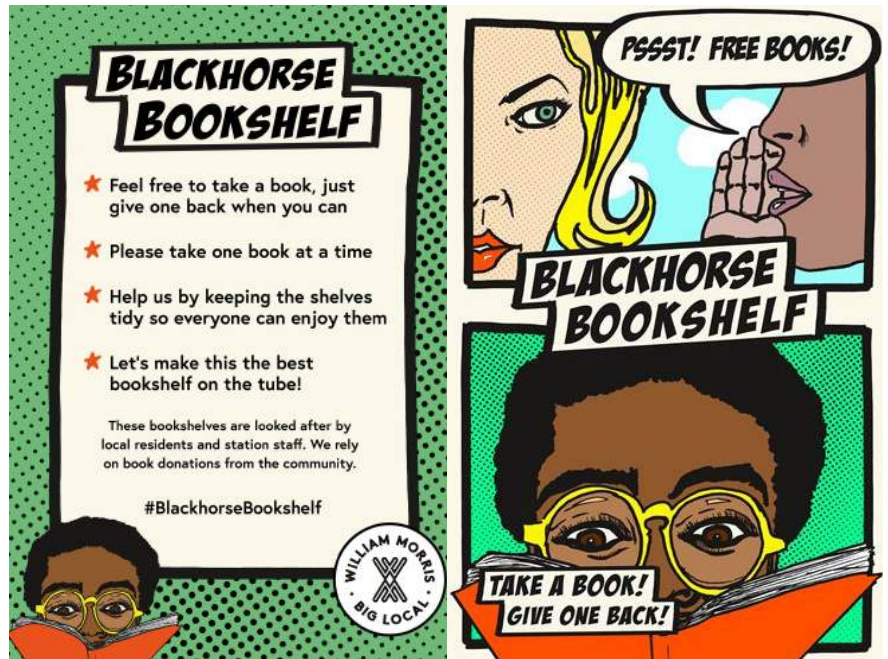
- BASIL
- BAY LAUREL
- BORAGE
- CARAWAY
- CATNIP
- CHERVIL
- CHIVES
- CILANTRO
- DILL
- EPAZOTE
- FENNEL
- GARLIC
- LAVENDER
- LEMON BALM
- LEMON GRASS
- LEMON VERBENA
- LOVAGE
- MARJORAM
- MINT
- NASTURTIUM
- OREGANO
- PARSLEY
- ROSEMARY
- SAGE
- SALAD BURNET
- SAVORY
- SORREL
- TARRAGON
- THYME

Did you find all the herbs? Email a photo to milla@wmbiglocal.org or post to Big Creative Academy, 38 Clifton Avenue, Walthamstow, E17 6HL. One correct entry picked at random before 1 May will win a prize.

Reading Power: New Tube Bookswap

When not in lockdown, thousands of us pass through the Blackhorse Road Tube station everyday, but how many notice the bookshelf at the top of the escalator? One local resident, Kirstin Sibley, did and posted about it on Facebook. Within hours a group was formed to manage the bookshelf and now it has had a funky new revamp.

The ‘tube library’ is one of over 20 across the London Underground. The concept being that commuters take a book and leave one behind. Let’s face it, who does not have books piled up at home somewhere that they have already read or are not going to read. The ‘Blackhorse Bookshelf’ has sections for factual and fiction and, kids!



There is no excuse not to notice it anymore as bright new signage has been added and even a pot plant. Just remember ‘take a book’ and, if possible, ‘leave one behind’. The tube staff have been really supportive of the group and share residents’ aims to make our tube station a brighter, cheerier place. Look out for more positive happy changes coming later this year.

3 steps to better health

1. Tiny Challenges:

Try adding in one challenge or tiny habit into your lifestyle every few weeks to make 1% improvements to your health. How about a 2-week ‘no phone in the bedroom’ challenge to see if your sleep improves? Or try carb-free Mondays for a month. Why not create a social habit where you phone a friend every Sunday at 7:30pm? Little steps like this soon add up.

2. Habit Stack:

Add a tiny habit onto an existing activity. For example, associate flipping the switch of your kettle with balancing on one foot until the water boils. Other examples include:

- “After I flush the toilet, I will do 2 knee bends (or full squats)”
- “As I am brushing my teeth, I will tell myself “I’m freaking awesome” (or insert your personal feel-good mantra)”
- “Before I eat breakfast, I will think of one thing I am grateful for”

3. Try, Tweak, Repeat:

Behaviour change of any kind is incredibly hard, so start tiny with behaviours that don’t take too much motivation and customise the concepts above to fit your lifestyle. Your health is largely the sum of your habits. So, take it in tiny steps and allow those 1% improvements to compound over time.

Many thanks to Nicholas Bender, Personal Trainer and Nutritionist, nick@walkandtalkcic.com



Outdoor walks are a great way to feel better. Epping Forest. Photo credit: Caroline Lucy Jones

Familiar/ Unfamiliar: A creative lettering workshop

The Useful & Beautiful project by artist Vasu Sellamuthu is teaming up with graphic designer and typographer Kruti Saraiya to run a creative lettering workshop for 16–25 year olds based in Walthamstow on 27 March 2021 from 11am–12:30pm on Zoom. This is a free workshop and suited to all abilities.

The written word is such an integral part of everyday that we forget that each letter is a shape and each word its own composition. From Urdu to Bulgarian, we invite participants to engage with languages spoken locally and their scripts, both the familiar and unfamiliar.

Through fun prompts we will combine and create unique drawn words as both experiments and expressions. You will discover how words can be powerful visual tools and gain inspiration to look at languages in our neighbourhood with new eyes.



Images by Kruti Saraiya

Selected responses will feature on the cover panel of the Useful & Beautiful story-box which will exhibit poems and creative writing by residents of Walthamstow on the theme of home.

Limited places: Sign up now by emailing usefulandbeaut@gmail.com or check out [@usefulandbeaut](https://www.instagram.com/usefulandbeaut) on Instagram for full details.

This event is supported by Urban by Nature, a creative programme from community organisations William Morris Big Local and Wood Street Walls CIC.

The Monday Morning Club Free Online Course

Join the free online course, "From laid off, to on form" and learn the practical skills to take control of your time, to effectively and productively job seek or change career. Learn how to create motivating and productive working habits – from setting up a distraction-free environment, to defining your current goals and taking the steps to achieve them.

The course runs over 2 weeks and an extra Monday, designed to fit around and boost your job search or career change.

To find out more, or book your space on the course starting 12 April visit:

www.mondaymorningclub.co.uk/



Latest information:

From central government: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

From Waltham Forest Council:

[walthamforest.gov.uk/coronavirus](https://www.walthamforest.gov.uk/coronavirus)

Support:

Central government support for people who are extremely vulnerable:

[gov.uk/coronavirus-extremely-vulnerable](https://www.gov.uk/coronavirus-extremely-vulnerable)

Waltham Forest Council support for over 70s and vulnerable residents:

020 8496 3000, tinyurl.com/yx7esaek

Age UK, support for older people:

0208 5585512, ageuk.org.uk/walthamforest

Mind Waltham Forest, mental health support:

020 8519 2122, [mindchwf.org.uk](https://www.mindchwf.org.uk)

Domestic violence, 24 hour helpline:

0808 2000 247, [nationaldahelpline.org.uk](https://www.nationaldahelpline.org.uk)

Do you write poetry, paint, draw or like creating crosswords or games?

Email them to milla@wmbiglocal.org and we might be able to include them in our next newsletter.

