



BIG LOCAL



# NEWS

CRAFTED BY  
THE  
COMMUNITY

...Spring 2022...

## COMMUNITY EVENTS ARE BACK



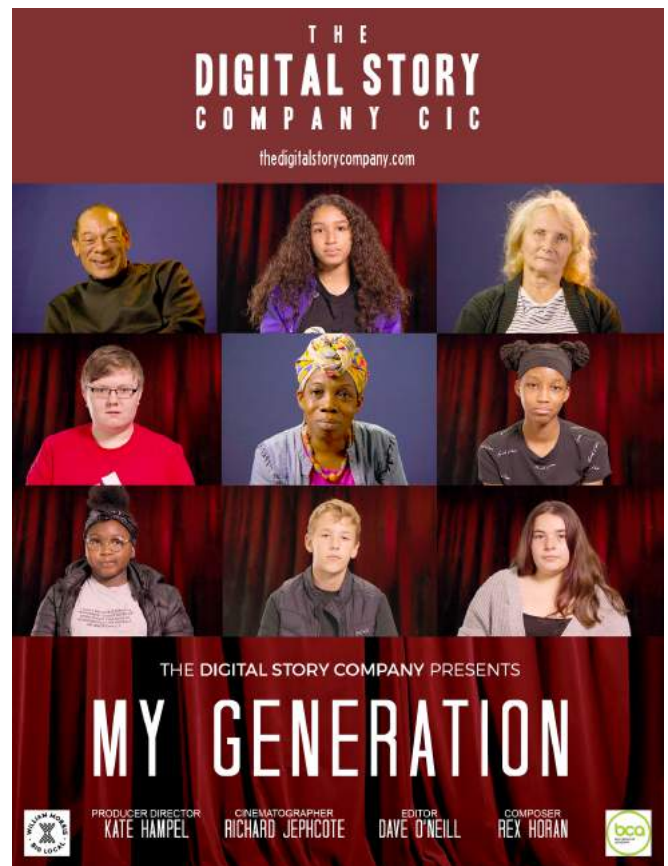
### Happy birthday William Morris!

William Morris was born on 24th March 1834, in Walthamstow. Many buildings and places in the area are named after him, including this Big Local, and commemorate his work as a designer, craftsman, poet, writer, and early socialist. We will be celebrating William Morris's birthday on 24th March, 2pm - 6pm, outside the William Morris Gallery. Come and join us for tea and cake! You can also apply for a £100 mini grant towards funding a street party to celebrate the Queens Platinum Jubilee on 5th June. Find out how to apply on page 6.

### My Generation, a film by the community

My Generation is the result of a series of media workshops with residents of a housing estate in Walthamstow and funded by William Morris Big Local. Participants have learned the basics of how to shoot, light, and record short films for YouTube and Tik Tok and also took part in the making of this short film. Watch it here:

[www.thedigitalstorycompany.com/my-generation](http://www.thedigitalstorycompany.com/my-generation)



## Green Grants - a boost for outdoor spaces and wellbeing

Hurrah! We're just about through the other side of another challenging winter and those signs of spring are greeting us all around. Even the most hard nosed urban dweller surely appreciates the sight of a daffodil popping up and you can't help but notice the bird song getting earlier and louder (I'm trying to sleep Mr Robin!).

In the last edition of this newsletter we celebrated some of the community led projects that Big Local has funded or been involved in that have improved outside spaces for the wellbeing of both people and nature. From community planters and living benches to improved basketball courts and skateboard lessons for kids, our focus on outside spaces has not only been about visual enhancements but also helping people interact and make the best of them. As a leading article in New Scientist March 2021 stated, "green spaces aren't just for nature, they boost our mental health too".



The first daffs are out!  
Palmerston Planters  
Photo credit: Andy



Erskine Road residents received a £2,000 grant to create a pocket park

For 2022 we are launching a new grant scheme that can provide between £500 and £3,000 for projects that will enhance an outside space and support people's wellbeing. Resident groups, community groups, charities and local organisations can apply and if there is an idea you've been sitting on for a while and weren't sure where to start, we can give you some advice and guidance to see if it could get off the ground.

The new Green Grant scheme launches in March with a deadline day of 10th April to apply.

For more information and a downloadable copy of the grant guidance and application form please visit our website. For all enquiries relating to Green Grants please contact our Project Lead, Gabriel, on 07947 766 251.

### A START FROM SCRATCH'S

## Edible beauty for your home and kitchen -grow your own potatoes

Growing your own at home is easier than you think. With the right knowledge and simple key steps you can grow fresh organic produce regardless of your space.



**1** Put thoroughly washed potatoes eyes up in a cool dark place. After 2/3 weeks, place chitted potatoes in a cool sunny spot to encourage further growth.



**2** Cut each potato in 1/2 across the long edge being sure to keep the eyes intact. Place 2 or 3 potato halves eyes up, cut side down and cover well with a few inches of soil.



**3** Use quality multipurpose soil that is loose, only fill your chosen potato grower with a few inches of soil. Pre-water your soil and soak for 2 hours.



**4** Place 2 or 3 potato halves eyes up, cut side down and cover well with a few inches more of soil. Water potatoes from below every 2/3 days.



**5** As the potato plant grows upwards, add a few inches of soil until your pot is full. Potatoes reach maturity in 3/4 months.



**6** Sow in March for a summer/autumn harvest and in September for a winter harvest of new potatoes. Use some of the potatoes for planting more.

-THANK YOU TO ZANIYA AND NICHOLAS FROM A START FROM SCRATCH LTD FOR THE PHOTOS AND INSTRUCTIONS-



**GREEN UP  
PRIORY COURT  
SPRING FAIR**

**SATURDAY MARCH 19TH 12-4PM**

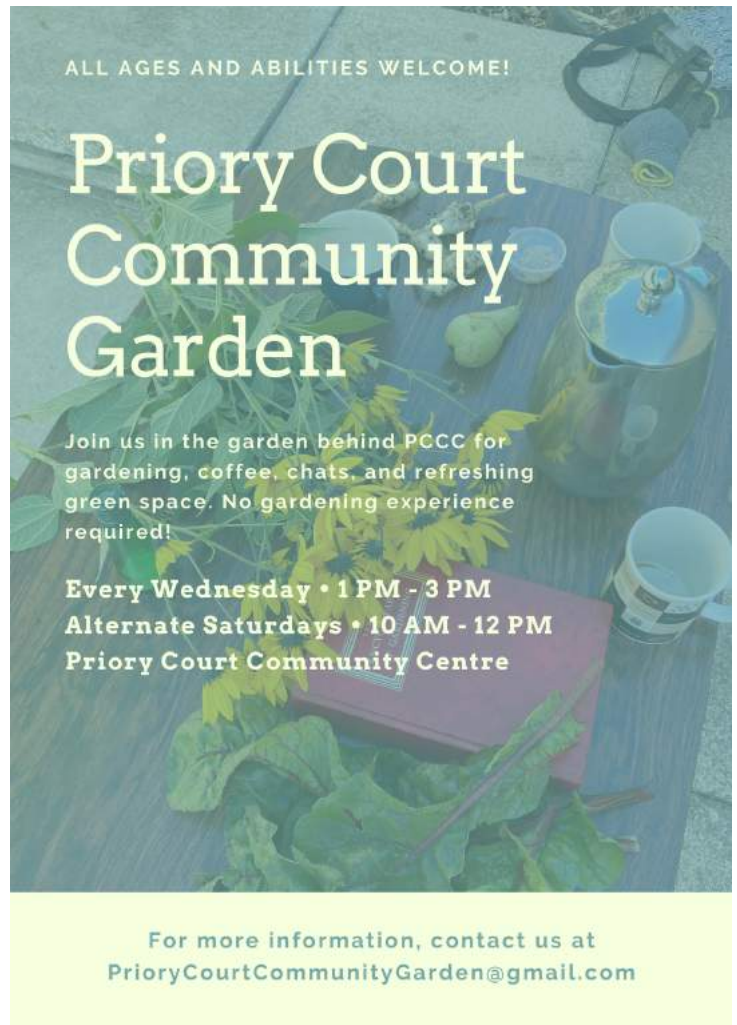
**JOIN US FOR A DAY OF SEEDS SWAPS,  
GROWING, PLANTING, AND ALL THINGS  
GREEN AT PRIORY COURT**

**ACTIVITIES AND WORKSHOPS AT:**

- PRIORY COURT COMMUNITY CENTRE GARDEN (MEETING POINT)
- WALTHAMSTOW TOOL LIBRARY
- PRIORY COURT COMMUNITY ALLOTMENT
- GREEN SPACE OPPOSITE LIBRARY

**KILORAN@ORGANICLEA.ORG.UK  
GET IN TOUCH!**



**ALL AGES AND ABILITIES WELCOME!**

**Priory Court  
Community  
Garden**

Join us in the garden behind PCCC for gardening, coffee, chats, and refreshing green space. No gardening experience required!

**Every Wednesday • 1 PM - 3 PM**  
**Alternate Saturdays • 10 AM - 12 PM**  
**Priory Court Community Centre**

**For more information, contact us at  
PrioryCourtCommunityGarden@gmail.com**

## Walthamstow Tool Library

Walthamstow Tool Library is open every Tuesday 3pm-6pm and Saturday 10am-1pm, in 2a Priory Court, E17 5LS.

We will be hosting a seed swap on Saturday 19 March, where you can share your seeds & stories with your community. The swap will be part of a Priory Court wide event in cooperation with William Morris Big Local & Organic Lea to both welcome and celebrate spring. Apart from sharing seeds, you can expect all sorts of greening & growing related activities for both kids & adults.

We are always looking for tools to add to our inventory. Here is a list of what we have and what we need: [www.frpuk.org/community-work/tools/](http://www.frpuk.org/community-work/tools/).

Tool sharpening appointments are now available also to non members for a £3 per tool. Email [tools@frpuk.org](mailto:tools@frpuk.org) to book an appointment.

We have a fully equipped bike repair tool kit for you to borrow - plus great plans to host bike maintenance sessions this coming spring!



## WALTHAMSTOW TOOL LIBRARY

2a Priory Court | E17



**TOOL  
SHARPENING**

**£3 / TOOL  
FREE for MEMBERS**

**up to 3 HAND TOOLS  
BOOK via EMAIL**

WALTHAMSTOW TOOL LIBRARY  
[TOOLS@FRPUK.ORG](mailto:TOOLS@FRPUK.ORG) | [@WALTHAMSTOWTOOLLIBRARY](https://www.instagram.com/walthamstowtoollibrary)  
[WWW.FRPUK.COMMUNITY-WORK/TOOLS](http://WWW.FRPUK.COMMUNITY-WORK/TOOLS)



## Young Locals reach new heights

You know that expression “it’s got me climbing up the walls” for when you’ve been cooped up indoors and full of nervous energy, or when your family has been driving you mad? It’s a feeling that many of us will have shared over the last two years during the various lockdowns, so it felt quite appropriate that the Young Local’s first outing of the year was at Yonder – a climbing wall centre – just off Blackhorse Lane.

During February half term the Young Local group, ages 10-14, literally got the chance to climb walls and traverse the various artificial rock faces that make up the 900m2 climbing centre. For some of the group it was their very first experience of bouldering (climbing without ropes) whilst for others it was a chance to hone some skills and try some challenging routes. Yonder’s coaches Thanh and Ashton kept a watchful eye and made it really interesting and varied for everyone. They took the group through warm up exercises, mini-climbs, more serious climbs, and then the chance to “top out” (climb over the edge) and take the slide back down to the bottom.

The session was capped off with a fun warm down game of Monkeys vs Alligators with Jasper being crowned the winner and Suki and Rowan a close second and third. Everyone was buzzing after the session and at the time of writing we are looking to make it a regular thing!



(Monkeys vs Alligators warm down game!)

Young Local is a free youth club for 10-14 year olds every Thursday 5.30pm – 7.30pm. For more information or to register please contact Gabriel on 07947 766 251 or [gabriel@wmbiglocal.org](mailto:gabriel@wmbiglocal.org)



Huge thanks to Yonder who provided a great session for our young locals. Yonder is a brilliant place and we recommend you check it out!

4-6 Hookers Road, E17 6DP  
[thisisyonder.com](http://thisisyonder.com)

## Creation corner



Drawing, painting and arts n crafts are really popular at Youth Club, and just one of the many activities on offer. Regular member, Tahir Khan, created this vibrant portrait of Chicken Little with pencil, pen, 3D multi-coloured stars and artificial feathers. Great work Tahir!

## Sports and Dance Days

For the Easter holiday our special activity will be a 2-day sports and dance camp at Big Creative Academy on the 4th and 5th April. Delivered in partnership with the BCA sports department and The Blair Academy we'll have football, basketball, dodgeball, volleyball as well as street dance and hip hop.

Booking essential.

Sign up now as places are limited. Email [gabriel@wmbiglocal.org](mailto:gabriel@wmbiglocal.org) or call 07947766251

In collaboration with:



## Join the Young Local team

**SESSIONAL STAFF:** We currently have an opening for an additional sessional youth worker to join our team and help run activities and trips for the Young Locals. The freelance role suits newly qualified and experienced youth workers alike who are looking for additional hours of 3-5hrs per week. For more information and how to apply check out:  
[wmbiglocal.org/sessional-youth-worker-roles-available/](http://wmbiglocal.org/sessional-youth-worker-roles-available/)

**VOLUNTEERING:** If you are over 18 and interested in volunteering your time to support a growing youth club full of life and energy then please contact Gabriel on 07947 766 251.



**YOUNG LOCAL YOUTH CLUB**  
**FOR 10-14Y**

**EVERY THURSDAY 5.30PM-7.30PM**  
**BIG CREATIVE ACADEMY**  
**38 CLIFTON AVENUE, WALTHAMSTOW, E17 6HL**

**AVATAR COMIC CORNER**  
**SPORTS AND GAMES**  
**MUSIC AND DANCE**  
**GAMES CONSOLES**  
**SNACK SHOP**  
**PICNIC AREA**

BY **WILLIAM MORRIS**  
**BIG LOCAL**

IN **bca**  
 BIG CREATIVE ACADEMY

**CONTACT THEBLAIRACADEMY@GMAIL.COM**  
**FOR MORE INFORMATION**



## Prize spring wordsearch for under 12s



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

BLOOM	BLOSSOM	BUNNY
BUTTERFLY	CATEPILLAR	CHICK
EGGS	FLOWERS	GROWING
NEST	RAINBOW	SEEDS
SPROUT	SUNSHINE	TADPOLES

To enter, please email a photo of the page to [milla@wmbiglocal.org](mailto:milla@wmbiglocal.org) or post the page to William Morris Big Local, Big Creative Academy, 38 Clifton Avenue, Walthamstow E17 6HL. Remember to add in your contact details!

Did you find all the answers? One correct entry picked at random before 1st May will win a Sodo pizza giftcard. Thank you Sodo in E17 for your support!

**Congratulations to Linus, 8yrs, for winning the last Wordsearch!** You will receive a Sodo gift card soon.



## PRIORY COURT COMMUNITY CENTRE

FEBRUARY 2022

11 Priory Court, E17 5NB

Priory Court Community Centre supports a wide variety of community uses for all ages and cultures including a community garden. Hire space is also available for large and small events, training activities and meetings.

### MONDAY

**10am—12pm Inspirations Coffee & Chat (Ladies Over 50).** Contact the centre for more info  
**1pm—2pm Priory Court Food Rescue:** Feb 21st, Mar 7th, Mar 21st and Apr 4th.  
**1:30pm—3:30pm Afternoon Tea:** Feb 28th, Mar 28th and Apr 25th.  
**6:30pm—8:30pm Worth Unlimited Youth Club:** 11-19 years, see their website for more info; <https://worthunlimited.co.uk/waltham-forest>

### TUESDAY

**12pm—2pm Bees Knees Sewing & Quilt Making:** New members are welcome. Skills preferred but not essential. £1 weekly fee, £15 yearly membership.  
**5pm—8pm UKA Karate:** Karate sessions for all levels. Age 5 upwards. Contact Charlie on 07908408211

### WEDNESDAY

**11pm—3pm Senior Citizens Luncheon Club:** Please contact the centre for more information.  
**1pm—3pm: Community Garden Club:** Contact [PriorCourtCommunityGarden@gmail.com](mailto:PriorCourtCommunityGarden@gmail.com) for more information on how to get involved.  
**1pm—3pm: Mindfulness Arts & Crafts:** 2nd March, 9th March & 16th March  
**4:30pm—6:30pm: Forest Youth Club:** 11-19 years, go to their website for more info; [www.wfclub.org](http://www.wfclub.org)  
**7:30pm—8:30pm: Zumba Fitness:** A fitness program that involves cardio and Latin-inspired dance. Perfect for "everybody and every body", no matter your age, size, experience, or fitness level. £6 per session. Contact Cintia on whatsapp : 07470 808 036

### THURSDAY

**5:30pm—6:30pm Girls Group:** Led by Worth Unlimited Youth Club. 11—18 years. Play games, learn new skills, develop your own ideas for the group with youth workers.

### FRIDAY

**10am—1pm REF Parenting Programme:** Programme helping you to build and manage positive family relationships. Register online: <http://bit.ly/SFSC-WF> or call Eleni 07708 360561.

### SATURDAY

**9am—12:30pm Little Kickers:** Children are introduced to the basics of football in a play-oriented yet structured format. Go to their website for more information; <https://www.littlekickers.co.uk/littlekicks>

**10am—12pm: Community Garden Club:** (Alternate Saturdays)  
 Contact [PriorCourtCommunityGarden@gmail.com](mailto:PriorCourtCommunityGarden@gmail.com) for more information.



## PRIORY COURT COMMUNITY CENTRE

FEBRUARY 2022

11 Priory Court, E17 5NB

## OCCASIONAL EVENTS

### COUNCILLOR SURGERY

**10am—11am William Morris Ward Councillor Surgery:** Speak to your local ward councillor about any issues or concerns you may have. The surgeries are informal, open sessions, with a confidential space available. The next dates are:



- Friday 4th March 2022
- Friday 1st April 2022
- Friday 6th May 2022

### DIGITAL INCLUSION

Drop-in sessions providing support to help you gain skills and confidence when using the internet. If you have anything you want to improve on, drop in and see if we can help.

### EMPLOYABILITY SUPPORT

Pop into our friendly and relaxed employability workshops to learn the tips and tricks of getting a job!  
 If you already have a CV bring it along on the day

10am-12pm: Digital Inclusion Drop-ins

1pm-4pm: Employability Support

- Tuesday 8th March
- Tuesday 22nd March
- Tuesday 29th March
- Tuesday 12th April
- Tuesday 19th April

**MORGAN SINDALL**  
PROPERTY SERVICES



Check our noticeboard for one off events and special activities.

For more information please contact:

020 8531 0380 or E-mail [Samantha.murphy@walthamforest.gov.uk](mailto:Samantha.murphy@walthamforest.gov.uk)

You can reach us by using the W11 bus route which comes through the estate. Alternatively, the 123 and 158 buses stop on main roads surrounding the centre. We are also a short walk from Walthamstow Central and Blackhorse Road Station.



## Supporting the community: Community Chest opens soon

The Community Chest fund is a small grants scheme available to local people, groups and organisations. We want to encourage positive activities that help keep people feel more connected to the area and to their neighbours and therefore safer, happier, and prouder of where they live.



Health Qigong event in Lloyd Park



Elphinstone Street party band

You can apply for up to £500 per project, and we'll be assessing applications as they come in.

We will also offer funding for local community groups, residents and charities to put on their own celebrations, exhibitions and multicultural events.

Street groups can apply for a £100 mini grant towards funding a street party to celebrate the Queens Platinum Jubilee on 5th June. The applications are available between 1st - 30th April. We will soon advertise the grants on our website.

Follow us on social media, subscribe to our e-newsletter for updates, and visit our website to learn how to apply: [www.wmbiglocal.org](http://www.wmbiglocal.org)

## Challenging the mental health stigma

The Waltham Forest Time to Change hub was set up in April 2018 to challenge the stigma and discrimination that exists within mental health. Although National Time to Change's programme of activity ended in 2022, the Waltham Forest hub has continued to drive the campaign forward through a range of events and activities that took place both in the community and on-line.

Events have included a Living Library, where members of the public could borrow a human book to learn more about mental health, exhibitions, online events, hip hop dance classes and laughter yoga.

All the above work was delivered by someone who has a lived experience of mental illness.



The hub offers free training to anyone wanting to tell their story in a safe way by offering two separate sessions that cover "Speaking Out".

A further training session entitled "Challenging Stigma and Discrimination" is also available to those who want to find ways that enable this to happen. Once registered as a Champion, you can apply for funding up to £500 to host an event/workshop/session.

**time to change**  
**waltham forest**

let's end mental health discrimination

To get involved, contact:  
chris.osullivan@crestwf.org.uk  
ttcwfhub@gmail.com  
Website: www.wf-timetochange.org.uk



**Walk + Talk**  
social group exercise

Guided strength and balance exercises followed by a 30 min walk to the Walthamstow Wetlands

Every Friday: 10:30am, 1:00pm, and 2:30pm  
Higham Hill Community Hub, Walthamstow  
Higham Hill Park, E17 5PX  
£5 per session

www.walkandtalkcic.com  
07562475706



Concessions available. Email  
nick@walkandtalkcic.com to find out more.

## A New Formula to Health

Health is about how good we feel, mentally, socially, and physically, but we don't need to feel 100% within each domain to be healthy. But what actions should we take to support our health? Well, we all know about diet and exercise, but these terms invoke the outdated formula of health, a formula which was the staple of the last 50+ years.

Eat Less+Move More **X**

This simplistic equation is missing obvious variables that hugely impact our health. For example, if the pandemic has taught us anything, it has made us realise how important our social relationships are and the effect they have on our mental health.

Relax\*Eat\*Move\*Sleep\*Socialise **✓**

Start by choosing one of the variables of health within this new equation (relax, eat, move, sleep, socialize, purpose). Next, develop one small habit into your daily or weekly routine to support that area of health for just 2-weeks. Tip: make the new habit small and easy. For example: Before I open my laptop or check my phone, I will take 5 minutes as my coffee brews to stretch, listening to my body.

What habit will you develop? Take 5 minutes now to write down an idea and give it a go.

## Free Games Club every Tuesday

Our popular free of charge Games Club continues to meet every Tuesday 2pm-5pm at 434 Forest Rd E17 4PY, access through the Salvation Army charity shop. We play new and classic card and board games accessible to everyone. Refreshments provided. All ages are welcome, and under 16s can attend accompanied by an adult.

**GAMES CLUB**  
**EVERY TUESDAY 2PM - 5PM**  
**WILLIAM MORRIS ROOM IN SALVATION ARMY BUILDING**  
**434 FOREST RD, WALTHAMSTOW E17 4PY**

**COME AND PLAY CLASSIC, TRADITIONAL BOARD/CARD GAMES IN A RELAXED AND FRIENDLY ENVIRONMENT**

**ALL WELCOME!**

**REFRESHMENTS PROVIDED**  
**UNDER 16S MUST BE ACCOMPANIED BY AN ADULT**

**CONTACT MILLA@WMBIGLOCAL.ORG FOR MORE INFO**

## Walthamstow Food Bank locations

Whether you need to use a food bank or wish to donate to one, here are the local ones:

### Eat or Heat:

Quaker House, 1A Jewel Road, London E17 4QU  
[www.eatorheat.org](http://www.eatorheat.org) / 0800 772 0212

### Rukhsana Khan Foundation:

<https://www.rukhsanakhanfoundation.org>  
 rukhsanakhanfoundation@outlook.com /  
 07980351351

### PL84U AL SUFFA:

Monday & Wednesday 12-2pm  
 Epicentre  
 41 West Street, Leytonstone, E11 4LJ  
[www.pl84ualsuffa.co.uk](http://www.pl84ualsuffa.co.uk)  
 07539 364 110

### The Lloyd Park Children's Charity Baby Bank:

<https://www.tlpcc.org.uk/baby-bank/>  
 Email [babybank@tlpcc.org.uk](mailto:babybank@tlpcc.org.uk)

## William Morris Ward Residents Association

WMWRA is an independent and unaffiliated resident-led association representing the interests of people living in the William Morris Ward. Its purpose is to maximize the flow of information between residents, LBWF councillors, local police and GP representatives and improve the delivery of services to the residents.

The association meets regularly at venues within the ward and meetings can be accessed by Zoom for those who prefer to take part virtually.

If you are interested in finding out more, go to website [www.wmrassociation.org](http://www.wmrassociation.org)

Next Resident Association meeting is on Wednesday 30th March 2022.  
 Salvation Army Building, 434 Forest Road, E17 4PY

Future Meeting Dates:  
 Wednesday 25th May 2022, 7:00pm  
 Priory Court Community Centre  
 Wednesday 27th July 2022, 7:00pm  
 Salvation Army Building



We hope that you enjoyed our community newsletter!

Interested in knowing more about us?  
 Visit [www.wmbiglocal.org](http://www.wmbiglocal.org)

Email [milla@wmbiglocal.org](mailto:milla@wmbiglocal.org) if you want to know more about volunteering opportunities near you.

For general enquiries call Milla:  
**07552 364380**

Follow us on Twitter, Instagram and Facebook @WMBigLocal