

BIG LOCAL



NEWS

MAKING
HOME
BETTER

...May 2020...



STAYING AT HOME

Go to page 3 get involved
in our historic doorstep
photography project.



Job opportunity with Big Local - turn to page 6

Neighbours helping each other



If we weren't sure whether we had a strong community before the pandemic – we are now. The William Morris community has rallied round in a crisis, leafletting every street in the area to make sure that no one is left isolated, and delivering shopping and hot meals to those that need them. So many people have been part of the volunteer response: Victoria White, pictured above, who lives in Priory Court, has been helping to make sure that her neighbours are able to access help if they need it. To connect with your local volunteering team go to walthamforestmutualaid.org.uk/groups



Donate to a food bank

Our local food and baby banks have been helping more people than ever during the pandemic. They really appreciate any donations that people can manage at the moment:

Rukhsana Khan Foundation: accepts food donations at the William Morris Community Centre, Greenleaf Road, on Saturday mornings from 9:45 to 10:30am.

rukhsanakhanfoundation.org/donate

PL84U AL SUFFA: accepts food donations at Walthamstow Scouts Group, 205a Wood Street, Tuesday, Thursday and Saturday, 2 to 4pm.

pl84u-alsuffa.org/donate

Eat or Heat: accepts food donations at Quaker House, 1A Jewel Road, Monday, Wednesday and Friday 14:30 to 16:30 and Salvation Army, 434 Forest Road, Monday to Friday 10am to 3pm. eatorheat.org/donate

The Lloyd Park Children's Charity Baby Bank: need nappies and wipes, and formula milk. Email babybank@tlpcc.org.uk for drop off times and locations.



Stars of lockdown

A film made about lockdown in the Priory Court estate has gone viral, with thousands of views on YouTube so far. Priory Court in the Act is a musical documentary, made by The Digital Story Company and funded by William Morris Big Local, featuring residents of Priory Court talking, singing and dancing their way through the lockdown situation. Filmmaker Kate Hampel and composer Rex Horan, both local residents, collaborated on the project – working with the children of Priory Court to come up with the catchy chorus of 'Outside'. If you haven't already seen it go to wmbiglocal.org/outside to watch.

Be part of history

Through our Community Chest funding, local photographer, Jack Barnes, is taking a photo of at least one household on every street in the William Morris ward, to document our community during this time. The photos will form part of Jack's WalthamStayHome project, and hopefully one day we'll be able to have an exhibition and come together to see them in person. In the meantime, they'll be a way for us to see our neighbours digitally. Email jack@jackbarnes.co.uk to have your photo taken and become part of the project. You'll receive digital copies of your photos, and get to be documented for posterity! Please let Jack know which street you live on and what days and times you're likely to be available.



Clay therapy

Working with clay is very therapeutic – and we could all do with that right now! Local organisation The Wonders of Clay will deliver all the materials you need to make your own ceramic incense holder, to your doorstep, along with step-by-step instructions. Then they'll collect your handiwork for firing, and the finished product will be delivered back to you – all in compliance with social distancing guidelines. We've given The Wonders of Clay funding from our Community Chest fund, so it's completely free to take part – go to wmbiglocal.org/clay to sign up.

Make your own unique William Morris statue

We've funded local artist Sean Rodrigo to create miniature plaster models of the bronze bust of our namesake in the William Morris Gallery. He's handing out 200 of the models, along with paints and brushes for decorating, to school-aged children in the William Morris ward. To request a model go to: wmbiglocal.org/minimorris and for more info contact: sean@seanrodrigo.com. And don't forget to share the end result with us on social media! We're @wmbiglocal on Twitter, Instagram and Facebook.

Main course of the season: pea and potato curry (see page 4 for pudding)

Ingredients:

750g potatoes
 2 tsp mustard seeds
 2 tbsp ghee or oil
 2 onions, sliced
 2 cloves garlic, crushed
 2 tsp grated ginger
 1 tsp turmeric
 ½ tsp chilli powder
 1 tsp ground cumin
 1 tsp garam masala
 250ml water
 100g frozen peas
 2 tbsp chopped fresh mint

Method:

Peel potatoes and cut into cubes. Put the mustard seeds in a large dry pan and cook over medium heat until seeds start to pop. Add ghee or oil, onion, garlic and ginger, and cook until onion is soft. Add turmeric, chilli, cumin, garam masala and potato, stir until the potato is coated. Add water, cover and simmer for 15–20 minutes. Add peas and stir. Season with salt and pepper. Simmer for another 2 to 5 minutes, until potato is cooked through and liquid absorbed. Stir in mint and serve with rice.



Crafty fun for children



Woven Air have created online craft demonstrations for children – making useful objects with items that you may have around the house, or can buy from local shops. Go to wmbiglocal.org/wovenair to learn how to make a simple loom, a woven bookmark and more.

Cake of the season: spring citrus cake (see page 3 for main course)



Ingredients: 220g self-raising flour, pinch of salt, 4 medium eggs, 280g caster sugar, 80g unsalted butter 120ml double cream, grated zest of 1 lemon and 1 lime 1½tbsp lemon and lime juice mixed.

For the syrup: 150ml water, 75g caster sugar, pared zest of 1 lemon and 1 lime, cut into very fine matchsticks 50ml lemon juice, 50ml lime juice

Method: Preheat oven to 170°C/190°C fan. Grease & line a 20cm cake tin. Sift flour & salt into a bowl & leave to one side. Beat eggs & sugar until pale & fluffy. Add cooled melted butter, cream, citrus zest & juice, & mix together until well combined. Fold in flour & mix so that there are no lumps. Pour into cake tin & bake for 40 – 45 minutes or until a skewer comes out clean. Leave in tin to cool. Simmer water, sugar & citrus strips over low heat until sugar has melted. Add lemon & lime juice. Turn up heat a little & continue to simmer until syrup has reduced by half. Take off heat & leave to cool a little. Make small holes through the cake with a skewer & pour syrup over. Arrange lemon & lime strips on the top.



Hip hop at home

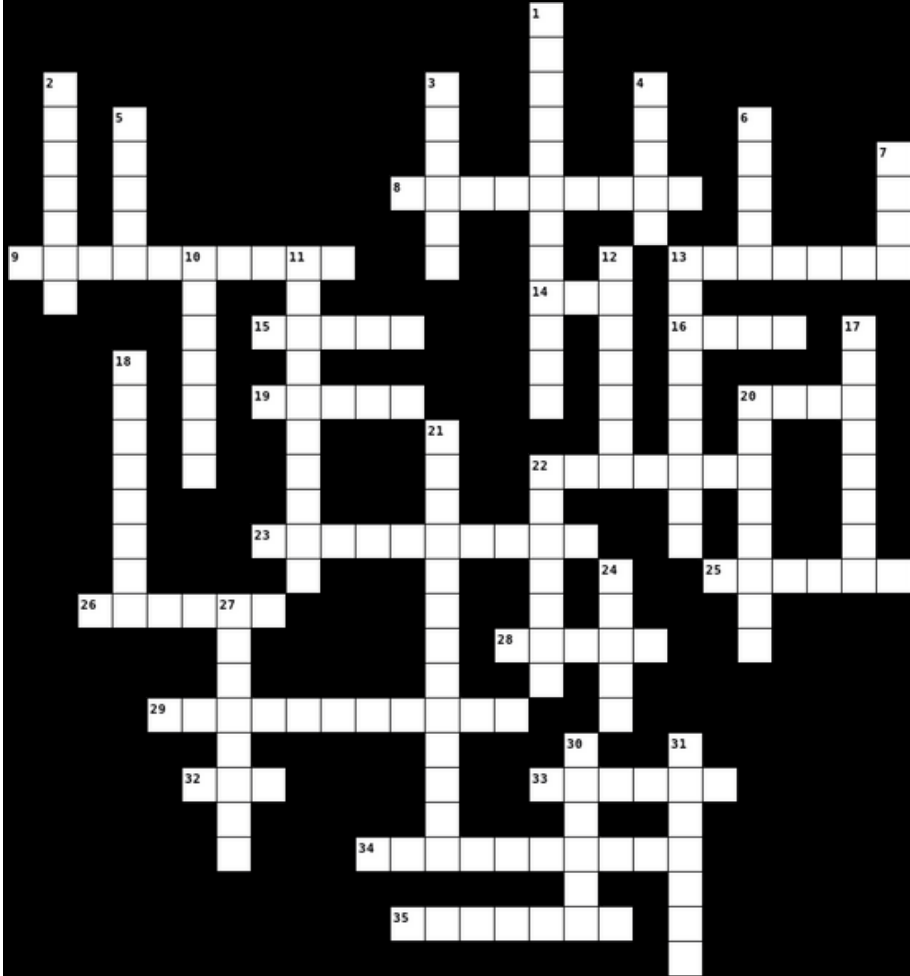
Under normal circumstances Charlie Blair of The Blair Academy would be travelling around the local area, taking her unique hip hop moves to some of our older residents. Obviously this isn't possible right now, but so that people don't miss out on this fun way to stay fit, she's created six videos, so that you can exercise from the comfort of your own home. Go to wmbiglocal.org/hiphop to join in.

Exercise and conversation

Are you missing social contact during lockdown? Popular local social and exercise group, Walk and Talk for Your Life, is offering free online courses for older adults. Led by a certified personal trainer and nutritionist, the course is designed to improve balance, to make you stronger – and to build social connections during this time of social distancing. Courses will take place online via video call – and help is available with setting this up. Contact 07562 475706 or wtlwalthamstow@gmail.com to register your interest.

Wynwood Art District are producing another issue of their **Social Distance** magazine. They'd love your stories, poems and anything else you'd like to share with the community about your time in lockdown. Email your work to info@wynwoodartdistrict.co.uk by 7 June.

Prize crossword



Across

8. Offer to do something (9)
9. Initiative, resourcefulness (10)
13. One hundred years (7)
14. Long-handled gardening tool (3)
15. Bed covering (5)
16. Ditch filled with water (4)
19. belonging or relating to a town or city (5)
20. Pack or store neatly (4)
22. Beyond the limits (7)
23. Australian state (10)
25. Combat sport (6)
26. Liverpoolian river (6)
28. Painting on a wall (5)
29. Outdoor social event (6,5)
32. Muslim festival (3)
33. Style of popular music (3,3)
34. Team sport (10)
35. Place consisting of marshes or swamps (7)

Down

1. Traditional English meal (4,3,5)
2. State of agreement or concord (7)
3. A small monastery or nunnery (6)
4. Cut and polished precious stone (5)
5. Garden ornament (5)
6. Colour between blue and yellow (5)
7. Intense purplish-red colour (4)
10. Mythical bird (7)
11. Chopped pickled cabbage (10)
12. Tapering flag (7)
13. Group of people living in the same place (9)
17. Bush with dark red fruits (8)
18. Artistic and imaginative (8)
20. Forest in Nottinghamshire (8)
21. Late 19 & early 20 C design movement (4,3,6)
22. Horse-drawn or motorised public transport (7)
24. Formed in an oyster (5)
27. Physical activity (8)
30. European capital (6)
31. One of the Low Countries (7)

Got all the answers? Email a photo to helenwmb1@gmail.com or post to William Morris Big Local, Creative Works, 7 Blackhorse Lane, London E17 6DS. One correct entry picked at random on 4 June will win a jar of honey from The Local Honey Man.

Prize wordsearch for under 12s

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

BISCUIT
 CAKE
 CLOUD
 FOREST
 PAINTING
 PARK
 PAVEMENT
 RAINBOW
 SANDWICH
 SKY
 SUNFLOWER
 SUNSHINE
 WINDOW

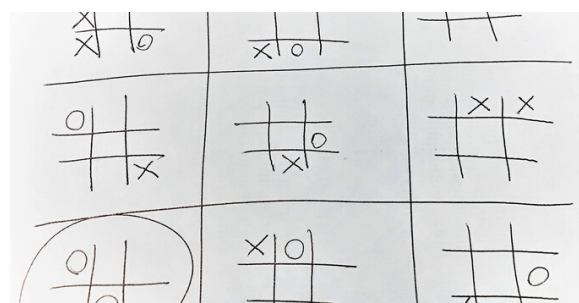
Found them all? Email a photo to helenwmb1@gmail.com or post to William Morris Big Local, Creative Works, 7 Blackhorse Lane, London E17 6DS. One correct entry picked at random on 4 June will win a set of Crayola pavement chalks.



Have you invented or discovered any great new games in lockdown? Email them to helenwmb1@gmail.com and we might be able to include them in our next newsletter.

Ultimate noughts and crosses

Like normal noughts and crosses, but harder and better! Draw out nine noughts and crosses boards in a square. The person who goes first plays wherever they want. Each move then sends the opponent to its relative location. For example, if you play in the top right square of any mini-board, then the next person has to play in the mini-board at the top right of the larger grid. If a player wins a mini board by getting three in a row, then that board is marked as theirs. Once a mini-board is won by a player or filled completely, no more moves may be played in that board. If a player is sent to such a board, then that player may play in any other board. You win by getting three mini boards in a row! Go to wmbiglocal.org/noughtsandcrosses for full rules.



Where to go for help and advice during the pandemic

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

Local mutual aid groups helping out with errands and shopping:

[walthamforestmutualaid.org.uk/groups](https://www.walthamforestmutualaid.org.uk/groups)

Age UK, support for older people:

0208 5585512, [ageuk.org.uk/walthamforest](https://www.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)

Advice:

Advice on issues relating to coronavirus, including work, money and housing:

[citizensadvice.org.uk](https://www.citizensadvice.org.uk)

NHS coronavirus advice in multiple

languages: [bartshealth.nhs.uk/coronavirus](https://www.bartshealth.nhs.uk/coronavirus)

Information for businesses on government

grants and loans: [smallbusiness.co.uk](https://www.smallbusiness.co.uk)



Calm amidst the chaos

Research suggests that being able to see a tree or green space from your window increases your sense of well-being – even if you can't go outside. Here are some other ways we've been finding moments of calm in anxious times:

Birdsong: the reduced ambient noise from traffic and aircraft is being credited with the seeming upsurge in urban birds – and it definitely makes it easier to hear them. Open your window first thing in the morning to listen to birdsong.

Growing things: lots of people have been getting into gardening, and growing things is proven to be good for your mental health. No space is too small – sow some salad leaves on your windowsill, or discover a love of house plants – green things inside help too.

Stargazing: reduced pollution has also meant clearer skies. That super-bright star to the north west that you might not have noticed before? It's Venus. The moon has also offered some spectacular views on clear nights recently. Looking out into the larger space our planet inhabits can be an antidote to immediate worries. And a phone app can help you to understand what you're looking at!



Join the Big Local team

Are you an experienced youth worker who could support young people to develop, be creative, and find pathways to success? Can you help create projects that young people lead, shape and deliver? We're looking for a Youth Opportunities Coordinator to join us for 28 hours per week. You'd be working with local young people and organisations to make Big Local more exciting and relevant to young people and help us enrich the local area. If you're interested in the role, or know someone that would be, you can find the full job description and details of how to apply here: [wmbiglocal.org/youthworker](https://www.wmbiglocal.org/youthworker)

What do you need right now?

It's hard to write about our current situation without using words that have quickly become clichés: strange, unprecedented, challenging. It's tough for everyone. It's tough in different ways for different people. The not knowing is particularly hard – not knowing when and how things are going to change from here, and what the future will look like.

The mission of William Morris Big Local is to make our corner of Walthamstow an even better place to live. In the past we've brought people together to strengthen the community, we've worked to improve our open spaces, and we've supported local businesses and enterprise. Over the last few weeks we've responded to the pandemic by supporting the teams of volunteers that have sprung up (demonstrating what an amazing community we do have), we've helped to fund the food banks who have been responding to the crisis, and we've also given grants for life-enhancing activities that can happen despite the pandemic – like craft and exercise.

Now we're looking ahead to how best we can support our community over the coming weeks and months. We're lucky to have National Lottery funding which means that we can carry on trying to make a positive difference in our area. But what should that look like? What do you need now? It could be anything – practical or imaginative, serious or frivolous. We might not be able to do it, but we'll use your wish list to guide us as we work out what to do next.

Please write or draw in the space below and share it with us. We're [@wmbiglocal](#) on Facebook, Twitter and Instagram, or you can email a photo to helenwmb1@gmail.com, call us on **07552 364380** and tell us what you've written, or post it to us at William Morris Big Local, Creative Works, 7 Blackhorse Lane, London E17 6DS.

What I need now is...



Big Local partnership

William Morris Big Local is run by people who live in the William Morris area of Walthamstow. Our partnership is a group of residents who are responsible for guiding the overall direction of the organisation. **Rezia Wahid, MBE** is one of our partnership members.



I joined the partnership in 2017. As a mother of four young children and a resident of William Morris ward, a teacher and artist I found that there were many things I could do together with WMBL. I am passionate about community, diversity and celebrating each others' cultures. Since I joined we have delivered many arts and cultural events. My fondest memory from 2019 is the Multicultural Event at Harmony Hall. It celebrated true community team work. It was such a joy to see it all come alive after many meetings and preparations. For Ramadan in lockdown 2020 I created a template of a mosque for people to decorate and put in their windows to connect as a community while mosques are closed, which we shared with residents via WMBL.

Making the community stronger

Local volunteers, Ben and Ain, live just off Forest Road. We chatted to them about their voluntary work.

Tell us about your volunteering:

We wanted to commit to volunteering as a family unit in Walthamstow – we wanted our daughter to feel a sense of responsibility for her community. We started by getting involved with Good Deeds on Bikes – a brilliant initiative by Hornbeam. And when our current crisis began, we wanted to do more. We've been fortunate to collaborate with many organisations and recently we've been involved with a hot meal initiative – delivering hundreds of meals across the borough.

Have you found the work rewarding?

It has been incredibly rewarding, and humbling. Waltham Forest is full of amazing individuals and we've learnt so much along the way, both about ourselves and the community. Living in London can be a little isolating, but volunteering and being part of this strong community has given us a sense of purpose, keeps us grounded and has increased our sense of attachment to Walthamstow and the people that live in it.



Inspired to volunteer?

We're currently putting together a pool of people who would like to help out on local projects, so we can match them up with volunteering opportunities as they become available. Email helenwmb1@gmail.com to find out about being added to our volunteer team.

Poetry corner

This issue's poem was submitted just before the pandemic hit. It now feels like a wistful memory of another time – but let's look forward to the days when we can travel freely on the Victoria Line again.

Victoria line . By Lucinda Emmett

Victoria Victoria how I love you so. You take me to Brixton via Pimlico . Your blue interior holds my exterior all the way to Walthamstow.

Victoria Victoria how I love you so.

Do you write poetry? Send your submissions for the next issue to helenwmb1@gmail.com.