



Newsletter

Winter 2018



IN THIS ISSUE

GETTING OUT THE HOUSE

AGE UK - LIVING WELL YMCA -ROUGH SLEEPERS PROJECT

SOCIAL ENTERPRISE GRANTS

PLASTIC FREE INITIATIVE

Our focus



Improve outdoor spaces
& the environment



Bring people and
grassroots groups together



Support local business
and enterprise

William Morris Big Local

A community project for the local area

Welcome to our latest newsletter with stories from our projects and from the local area. We are a community group run by local residents and funded by the National Lottery. We work to improve our neighbourhood and base all of our priorities on what local people feel is important. We hope you enjoy this newsletter and find it interesting. Do get in touch if you'd like to get involved with the programme in any way.

From all of us at William Morris Big Local we wish you a wonderful run up to Christmas and a fabulous festive holiday.

Join us for Festive Fun and Cheer!

Winter brings its share of fab activities and we will be joining our friends at Priors Court Community Centre for a fabulous two part event on Saturday 15th December. The first part will be a sit down dinner for our older residents and part two will see a host of family fun activities take place in the main hall. Read on for more details!

Free 3-Course Christmas Dinner for Older Residents

Dedicated volunteers from the Big Local are putting on a delicious lunch for older residents at midday on the 15th December and it will be completely free of charge. The lunch is for anyone who lives on their own or doesn't get the chance to socialise as much as they would like. The delicious Christmas menu includes meat and vegetarian options and includes a Christmas raffle and a little something to drink. Places are limited so if you would like to book or know of someone that could really benefit please get in touch with Gill Jacob on 07961316291.

Family Christmas Fair

Holidays are coming and from 2.00pm - 5.00pm on the 15th December Priors Court Community Centre will be full of festive fun with Christmas games, arts n crafts, music, cake decorating, face painting and interactive cook n taste! Big Local will have a stall with interactive games and prizes to be won and if it's anything like last year's event it's going to be a ball! To top things off kids will be able to meet Father Christmas at Santa's Grotto. We hope you've been good boys and girls!

Warm up with Afternoon Tea

With the temperature starting to drop and the nights drawing in it can be really tempting to stay home but we at Big Local believe that winter shouldn't have to put a damper on things.

Once a fortnight Gill Jacob and her volunteer helpers are serving up delicious hot drinks and cake in a relaxed and friendly atmosphere. The sessions are open to adults aged 50 and above and in particular for anyone that could do with a good up of tea and some good friendly company. There is no charge for refreshments, donations welcome.



Afternoon Tea Sessions take place every fortnight on a Monday from 2.00pm – 4.00pm at Priory Court Community Centre, 11 Priory Court, E17 5NB. Next sessions will be on the 3rd and 17th December.

For more information you can contact Gill on 07961316291 or just pop along!

Games Club

Over the past couple of months we've been trialling a board games club at different venues around the local area. Participants have been having fun and laughter whilst trying to outwit each other over Backgammon, Dominoes, Cribbage, Can't Stop and Exploding Kittens! We've had great feedback about the sessions from all participants and they have helped us choose a permanent location at Salvation Army. We are taking a short break but will start the new sessions in 2019 at Salvation Army on Forest Road every Tuesday afternoon. If you would like to join in the fun get in touch to register! Open to anyone aged 18+



(Helen and Jon enjoying a game of 'Can't Stop')

Social Isolation is a UK wide problem and there is evidence to show that the problem is acutely felt in the William Morris area. We are currently looking at ways to help ease the problem and have started speaking to community centres, community groups and charities, including Age UK who are featured below. If you are a local resident and would like to help us shape our programme or tell us what you feel is missing locally for isolated people please do get in touch. Contact Gabriel our development worker on 07947 766 251 or devwmb@gmail.com

Spotlight on Age UK - The Living Well Project

The Living Well project run by Age UK Waltham Forest is aimed at supporting residents to maintain and improve their wellbeing, independence and quality of life. It is for anyone over the age of 18 who needs assistance in being more independent, making use of community resources and feeling better. Living Well project staff and volunteers provide home visits and can help people put together a plan with step by step goals to help people get more independent and access nearby services and activities. For example if someone wanted to join a new social club but felt nervous about it, Living Well Officers could help with making introductions or finding chaperones.



Age UK has many fantastic services from befriending schemes to information and advice services. They run exercise and computer classes and can help with welfare rights, tax advice and safety in the home.

For further information contact Age UK Waltham Forest on 020 8558 5512.

YMCA Helping Rough Sleepers

YMCA Walthamstow has launched its Rough Sleeper Assessment Bed Project which aims to reduce rough sleeping in Waltham Forest. As part of the project short-term accommodation is provided for three months to help rough sleepers get back on their feet, access support they need and help them get more permanent housing. YMCA Walthamstow is providing a 15-bed project with five staff to enable rough sleepers to settle, engage with the required services and then move through to further support and accommodation.

Many rough sleepers have dogs, and YMCA will also be welcoming their dogs to the project too. "A lot of homeless people only have dogs as their companions and we anticipate that we will have quite a few dogs staying with us," says Heather Barrow, Area Housing Manager at YMCA Walthamstow.

"Our bedsits are dog friendly and the Dogs' Trust has kindly partnered with us to provide leads, dog bowls, beds and toys, to ensure the dogs have what they need while they are with us.

Donations of goods, clothing and the basics people need to live such as toiletries are still needed though. If you are able to donate or know of local businesses or organisations that would like to help you can contact Clair on 07880033553 or by email at cgriffin@ymcaeastlondon.co.uk

If you see someone sleeping rough you can also contact Clair or St Mungo's in Waltham Forest on 0203 856 6085



News from the Community Chest - Dance Classes for SEN Children

by Sheema Luca, Local Resident



Many local residents are unaware that there are not many after-school activities for our local SEN (Special Educational Needs) kids and the idea of having SEN dance classes was designed to address this.

As a mum of an 8 year-old wheelchair bound yet very lively CP child and seeing the benefit dance classes had given him at school I had the idea to get a specialised dance team and bring them into the community for the benefit of other SEN children. I was lucky enough to receive a community chest grant from WM Big Local to make this happen and am so happy to be putting on these dance classes - they are already a hit!

Classes run 4:15pm - 5:15pm every Tuesday until 11th December for SEN children and their siblings aged between 5-11 years old.

Location: Priory Court Community Centre, 11 Priory Court, Walthamstow, E17 5NB.

Funding covers the cost of the dance team but not the venue or any additional costs, as such a nominal fee of £4 per child is being asked.

To find our more contact Sheema Luca on 07810086789.

Social Enterprise Grants Available

Our Social Enterprise Grant Scheme run by UnLtd invests in people with ideas for community or socially minded businesses. We've had people come to us with many ideas from sports mentoring programmes, holistic mental health services to textile workshops for the unemployed to name just a few. The people with these ideas are being supported by our new Award Manager Cheryl Ndione to bring their plans to life. Cheryl is committed to our area and supporting people with great ideas. Our grant scheme continues to be open for anyone who has an idea that they think could be turned into a social business.

We have three types of grant for people at different stages of their social enterprise journey:

Try it Award (£500), Do it Award (£5,000), and a Grow it Award (£15,000). All come with 1-1 support, mentoring and access to workshops and business development training.

We are holding an information event on the evening of 11th December (venue tbc) with presentations from previous grant winners and full details of what the programme involves. Get in touch if you would like to register for the event or find out more about the programme in general. 07947766 251 or devwmb1@gmail.com



Chairs Corner

by Chrys Christy, Chair WM Big Local

There is so much going on at Big Local and in the local area we couldn't fit it all in to this newsletter! We will be expanding the ways we communicate next year to make sure we reach as much of the community as possible. In the meantime you can keep up to date with what we're up to on our website and on our social media channels. (@wmbiglocal)

2019 is going to be packed with new projects so do stay in touch!

Meanwhile, if you can, please do support the Christmas Toy Appeal at Salvation Army. It is such a good cause at this time of year.

Finally all at WM Big Local would like to wish you and your family a Merry Christmas and a Happy New year. Enjoy the festive period!

Christmas Toys Appeal

Last year the Walthamstow Salvation Army provided around 900 toys to families around the area. If you are able to donate a toy this Christmas via the Charity Shop, 434 Forest Road, it will help to make a real difference to local families this Christmas.

Closing date for toy donations is Tuesday 18th December



Plastic Free Initiative

by Talitha Gamaroff, Walthamstow community champion for Surfers Against Sewage (SAS)

Every day approximately 8 million pieces of plastic pollution find their way into our oceans. A plastic bottle can last for 450 years in the marine environment, slowly fragmenting into smaller and smaller pieces which eventually end up microscopic, but never truly going away. This means that every piece of plastic that has ever been produced is still with us in some form.

Earlier this year I teamed up with WM Big Local to help them go plastic free and they were really enthusiastic about it. After I introduced the campaign to residents at the WM Big Local Get Together we set about removing all single use plastics from Big Local's day to day use. I'm delighted to say that their office, their meetings and events are now all plastic free. Plastic glasses have been replaced with permanent glass ones as have the hot drinks cups. Water filters are now used instead of plastic mineral bottles and they now have their own WM Big Local branded sports bottles to help promote the message at community events.

So you may be wondering what you can do to help curb the plastic pollution disaster, and the answer is a lot! SAS have created an individual action plan that you can start using today. It's as easy as getting a reusable water bottle and coffee cup, which over your lifetime would save thousands of pieces of unnecessary plastic choking our beautiful world. Let's make (clean) waves together and make Walthamstow a shining example of how to go plastic free.



(Speaking with local residents about going plastic free at Lloyd Park picnic earlier this year)

For help and inspiration on going plastic free or to get involved in helping spread the word contact:

Talitha - plasticrebeluk@gmail.com

For more information on Plastic Free Communities visit: www.sas.org.uk/plastic-free-communities

Contact Us

William Morris Big Local, Office 1,
William Morris Community Centre,
6-8 Greenleaf Road, Walthamstow, E17 6QQ

Phone 07947 766 251 (Mon, Tues, Weds)

Email coordinator@wmbiglocal.org

Website wmbiglocal.org

FOLLOW US ON FACEBOOK AND TWITTER @WMBIGLOCAL
TO RECEIVE UP TO DATE BIG LOCAL NEWS AND EVENTS!

