



# NEWS

MAKING  
HERE  
BETTER

...December 2020...



Jan



Feb



Mar



Apr



Dec

## A YEAR LIKE NO OTHER

2020 – What happened? It started so well and looked so promising!

This year has not been easy for anyone and people have done amazing to get through such tough times. Our work didn't stop thanks to an incredible bunch of volunteers, residents, community groups and charities. Thank you Walthamstow for being so strong and supportive. We wish everyone a very Merry Christmas – however you are able to celebrate – and wish you a positive, healthy and happy New Year.



May



Nov



Jun



Oct



Sep



Aug



Jul

(Pictures from Jan clockwise: January Jig, Games Club, Covid 19 hits, Priory Court Lockdown Video, Mini-Morris project, Windows for Ramadan, 2nd Wynwood Social Distance Magazine, Planting @ Inside Out event, WF College steps painted for WM Design Line, Useful & Beautiful Project, Lloyd Park Food Rescue, Planting a Big Local Christmas Tree.)

## Keeping it together



*("Filmed the NHS clap tonight at Priory Court Estate E17 (safely) and then a rainbow appeared! - Tweet from @Digi\_Story\_Co 30/04/20)*

A year ago when we were gearing up for Christmas 2019 none of us could have imagined what 2020 had in store for us and the challenges that lay ahead. As the world fell apart around us and lockdown came in to force to protect the NHS and save lives, it was the local community that stepped up first to the challenge, brave, bold and caring. Walthamstow has once again proved to be a great place to live with incredible unity and community spirit in responding to the challenges of the pandemic. From mutual aid groups and foodbanks, to local businesses, charities and community organisations all collaborating and supporting one another, the power of this neighbourhood to respond in crisis has been incredible. People of Walthamstow we salute you! NHS staff and keyworkers, we thank you so so much for the exhaustive efforts and dedication you've put in to this year and continue to do so.

## Essential Contact

Whilst the community has done an incredible job in responding to the pandemic don't forget that the council and other professionals services have coordinated brilliantly to ensure that emergency help is there when you need it. If you are in serious need do contact them:

**LB Waltham Forest:** 0208 496 3000 / [www.walthamforest.gov.uk/covid19](http://www.walthamforest.gov.uk/covid19)

For residents who are vulnerable and in need of assistance, financial hardship, welfare assistance, and to be put in touch with organisations that can meet your need.

<https://www.walthamforest.gov.uk/content/map-local-services>

**Age UK:** 0208 558 8716 / [info@ageukwalthamforest.org](mailto:info@ageukwalthamforest.org)

Information & Advice for older residents, telephone befriending scheme, shopping assistance and more.

## Mutual Aid Groups

Back in March, residents came together really quickly and formed neighbourhood support groups to help look out for one another. Each neighbourhood in our area has a friendly Whatsapp group where neighbours can call on one another for help or to help others whether it be because they are self isolating, need a friendly favour or maybe can't get hold of any loo roll (remember that!?). Friendships have been formed and these groups have kept going thanks to people like Ben and Ain who set up the William Morris wide group and Laura Kerry who got the ball rolling with the Lloyd Park Halo group. If you haven't joined your local group then now could be a great time to do so and be part of a really supportive community ahead of the winter.

To find your local group click here:

<https://walthamforestmutualaid.org.uk/days>

## Local Food Banks

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

**Eat or Heat:** [info@eatorheat.org](mailto:info@eatorheat.org) / 0800 772 0212

**Rukhsana Khan Foundation:**

[rukhsanakhanfoundation@outlook.com](mailto:rukhsanakhanfoundation@outlook.com) / 07980351351

**Hornbeam:** [info@hornbeam.org.uk](mailto:info@hornbeam.org.uk) / 0208 558 6880

**PL84U AL SUFFA:** [pl84u-alsuffa.org/donate](http://pl84u-alsuffa.org/donate)  
07539 364 110

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

Email [babybank@tlpcc.org.uk](mailto:babybank@tlpcc.org.uk)

## Needed - volunteers with wheels

Would you like to volunteer for a local food project? **Lloyd Park Food Rescue** – which runs a weekly food bank style stall at Priory Court Community Centre – is looking for more volunteers to help with picking up donations once a week. The project was set up by a group of local residents earlier this year, inspired by similar initiatives in the borough linked to Walthamstow's Hornbeam Café. The original concept was to help reduce food waste by redistributing unsold food to the community, rather than shops sending it to landfill.



However, due to the pandemic, the project quickly became more of a food bank and now supports around 30–40 households. Volunteers pick up the donated food every Monday morning and take it to Priory Court Community Centre, with another group of volunteers running the stall. Local residents who wish to come along get to choose from a range of items, often including bread, cakes, fresh fruit and veg and tinned and dry goods. Crucially, residents do not need a referral to attend, and the volunteers ensure the atmosphere is welcoming and relaxed. Since starting the project, demand has grown and grown and the lead volunteers are looking to boost supplies and have registered with Fare Share, the UK's national network of charitable food redistributors – this means they're now also looking for additional helpers, especially volunteers who could help with the Monday morning pick-ups. If you think you could help they would love to hear from you! **The Lloyd Park Food Rescue @ Priory Court is open every Monday (except Bank Holidays) from 12,00 – 1.00pm. Priory Court Community Centre, 11 Priory Court, E17 5NB. Lloydparkfoodrescue@gmail.com**

## Toys, clothes and books wanted

**Tiny Toes Baby Bank** is looking to put a smile on the faces of young families and vulnerable adults this Christmas by providing Christmas parcels with essential items and gifts. They are seeking donations of clothes, toys (in good condition) and children's books and are also desperately in need of hats, scarves and gloves of all sizes.

If you are able to donate please contact Cassie on 07817838305 or email Dawn at dawn@tinytoesbabybank.org



The **Salvation Army** on Forest road is appealing for new toys to help brighten up Christmas for families facing extreme hardship. Last year they distributed over 800 gifts to the most vulnerable families and children in the area and have once again turned their attention to this most valuable of projects.

Please donate your **new** toys (unwrapped) and gifts to the Salvation Army Charity Shop 434 Forest Road between 10.00am – 4.00pm weekdays, and 10.00am – 2.00pm on a Saturday.

For more information please contact Julie at the Salvation Army on 0208 521 4980 or email julie.pell@salvationarmy.org.uk

## Their business is our business



Research has shown that every pound you spend at an independent shop supports the local economy much more than spending it at a chain store. This is because local shops are more likely to have local supply chains, employ people from the area and crucially spend more of their money locally. With the devastating impact of the coronavirus pandemic on independent traders it is now more important than ever that we show them our support and help them grow back stronger. That's why we've teamed up with East End Trades Guild, an organisation that unites independents' voices and tackles the hardest issues facing them, from rising rents and access to grants to getting legal advice and business support.

Established 10 years ago East End Trades Guild has built up a network of over 330 independent businesses and through their united strength are able to influence positive change and create an environment that helps independent businesses to thrive. Recently they've championed affordable business rents, created a fund for legal advice and promoted Black Pound Day which supports black owned businesses. They've also managed to get high profile developers, landlords, local authorities and even the Mayor of London to pay attention and listen.

We want to improve the landscape further for our local independent traders and by collaborating with EETG will provide advice and guidance for businesses, grow the network of members, raise the profile of independents and take action to bring about improvements for businesses trading in Walthamstow.

For more information about East End Trades Guild visit <https://eastendtradesguild.org.uk/>

This collaboration is overseen by a group of local residents who form our **Enterprise** working group. If you think you have something to give and would like to get involved in this group, we'd love to hear from you.

## Big Local Theatre

Lights! Music! Drama!  
Get ready for the Big Local Theatre!  
WM Big Local is investing £150k of its funds to provide a state of the art community theatre in the William Morris Ward that will be opening Spring 2021.

You might have noticed a hub of building activity taking place between Tavistock Road and Clifton Avenue during the course of this year. The former Willowfield School site has been home to Big Creative Academy since 2015 and they have been expanding their campus with state of the art facilities to accommodate 500 students in the creative fields.



As part of the development a new 200-seater amphitheatre is being built which will be open to the community outside of college hours from Spring next year. With it's own separate entrance, forecourt, and community café it promises to be a great asset for the area. WM Big Local has committed funds to make it high spec so that the theatre can play host to professional theatre productions and fringe events. It will be equipped with an industry standard live audio system, lighting and screen so that any type of event and performance can be hosted. There will be special discounted rates for community groups and local creative outfits wanting to use the space for rehearsals and events. If you would like to find out more information or are part of a group that would like to make use of the theatre when it opens please don't hesitate to get in touch.

## Tool Lending Library Open!



If we've learned anything from this pandemic, it's the importance of both community support and green spaces. But creating and maintaining gardens require tools – and tools are often costly, difficult to store, and always require a lot of resources to produce. Residents of William Morris Ward already came up with a solution to this back in pre-pandemic times: a tool lending library. So, WM Big Local got active, brought the council on board and asked Forest Recycling Project (FRP) to make it a reality. Walthamstow Tool Library is now open – with over 100 garden and DIY tools, plus a wide range of gardening books!

So how does it work exactly? For only a small yearly membership fee from £10 – £40 (depending on circumstances) you get unlimited borrowing of tools. You can book up to 5 tools at a time and borrow them for 7 days, or extend for longer if needs be, just like a traditional library! Bookings and registration are done online, and tools are picked up and dropped off at our base at 2a Priory Court. You can also phone us if you need help registering or don't have access to the internet but please be aware that current covid restrictions means our doors are only open for pre-booked appointments.

Find us: 2a Priory Court, E17 5SL every Tuesday from 4.00pm – 7.00pm

Contact us: [tools@frpuk.org](mailto:tools@frpuk.org) or 07933 710644

<https://frpuk.org/community-work/tools/>

*The Walthamstow Tool Lending Library is a WM Big Local Project*

*delivered by Forest Recycling Project with support from Waltham Forest Council.*



## Have a seat!

Priory Court Community Centre got a new outside edition earlier this year that is both useful and beautiful – a Living Bench! The Living Bench, a combination of seating and planters, is the handywork of local resident Peter Stanton who got some funding from our Green Grants programme and some help from dedicated volunteers to make it happen! The bench is for the whole community and provides a nice spot for a socially distanced meet up or a sit down during a walk.



**Tools Needed!** Even though we've got a good stock of tools, we still need to bolster the collection. If you have any tools in good condition that you are looking to re-home we would be delighted to take them off your hands. Our wishlist of items can be found here: <https://frpuk.org/community-work/tools/>

## Spoken words and minds



WM Big Local has partnered with *Poetic Conscience* to host six spoken word events at Priory Court. 'Poetivity' launched on October 29th to a sold out, socially distanced crowd. The night saw rappers, spoken word artists, singers and poets take the stage and even a couple of audience members took advantage of the open mic. East London resident Ewa Dina attended the night and shared her powerful poem 'An ode to Black' which we've included on the next page. For updates about upcoming nights follow our social on @wmbiglocal and check out <https://www.poetic-conscience.co.uk/>

## Have a taste

We are going to run a taster day at Big Creative Academy, February 2021. This is for 15-19 year olds based in Walthamstow. The day will host workshops that will include **Jewellery Design** ran by Saadiqah Raahman and a **Graffiti on Boards** workshop ran by Everybody on Boards. To attend this event is free, no experience is needed. You can sign up right now by emailing [lara@wmbiglocal.org](mailto:lara@wmbiglocal.org) or check out our website and social media in the new year for full details.



We encourage young locals within the area to join WM Big Local and help us develop events and projects that would make the local area better for young people. Contact [lara@wmbiglocal.org](mailto:lara@wmbiglocal.org) for more information and to get involved.

## Music - Kings Cvstle



The unmistakable Kings Cvstle have spent the last couple of years pushing their creativity above and beyond its limit. The twin duo from Walthamstow have been blessing venues for many years with their no holding back, all truth lyricism. Peter and Daniel King have a united background that stands tall throughout their creative process. Never ones to miss an opportunity to be on stage we met one half of the duo at our very first Poetivity event in October. The crowd were instantly charmed and hooked, holding themselves back as the urge to get up and sway along to the beats was high! Follow them here [@kingscvstle](https://www.kings-cvstle.epk.fm/)  
<http://www.kings-cvstle.epk.fm/>

## An ode to Black

by Ewa Dina

Here lies she.

Black 'Queen' – once free, big lipped,  
not quite Kardashian quality hips hair born  
reaching for the sun yet, for that reason,  
she consistently mourned

I see her tired arms and bowed head drape  
over a porcelain white bowl bath that holds her  
An erratic scourer decorated with connective  
tissue and blood vessel, proving its work on  
every nook of she like a proud author of an  
unreleased book playfully dangles on former  
nail, now repurposed hookhand-crafted deep  
mahogany skin is now scratched into clumps of  
epidermis & root pulled hair follicle that  
flavour her watery grave with fat.

In dull mud brown, she is sat.

Like a museum piece titled  
an ode to what really sits beneath,  
red droplets journey through her, hard to  
decipher between their trails and what is vein.  
They form a pool of support beneath her,  
proving that finally we can really see her.

Am I Abraham?

I stand horrified, two steps forward and a  
tired muffled sob sends me back against door.  
A sacrificial lamb. Why? I crawl towards the  
image before me. She does not move.

She does not see me.

Air around thickens and wraps itself around the  
base of my throat. I plead for an antidote.

A moment to intervene, stop the thought, time  
to prevent the crime. My journey ends.

Hand reaches to touch her scathed cheek,  
the remittments of her imprint themselves unto  
my fingertips, find hiding place in my nails  
like an addict falling back into another high,  
she leans into me.

I lift her face and see me. She is me.

I have finally scrubbed myself clean.

All the bad brown has washed away and I am  
left, pure, white. Colonised to the core,  
they can never say anymore.

The weight of this existence became too much,  
all I asked for was time, space to just be me.  
Unapologetic brown skinned female, truly free.

The image you see now always laid within.

Sore. I just could not take it anymore.

You injected eyes that seared targets on my skin,  
transported me into dark room, sleepless nights,  
anxiety rife, so my waterlogged heart leaks

Blurs my sight

You brandished my black skin as unacceptable,  
not mainstream

you begged me to be pure, sent your guards to  
find me in my sleep

and when the black in me

could not, would not, be washed away  
they shot bullets

which spread shockwaves that were felt  
internationally.

You pushed me into rooms under the  
ruse of a diversity and inclusion guide  
only for you to explain why, I was  
the black hole that sucked away the light from  
white

you stuck pages and pages of pleas down me,  
asking me to teach you the way to  
allow people like me to just be but every single  
point was just disputed and  
explained away

you rounded me up, stopped me unable to believe the  
black didn't make me bad  
searched me

used your superpowers to knee on my neck  
whilst simultaneously shouting at me to  
JUST \*\*\*\*\* BREATH.

You waited for this day. It was always my fate.

You made my bed with sheets woven  
with a 400-year thread  
count of genocide.

Pumped my pillows with feathers doused in slavery.  
Laid me down.

Gave me water that when I drank made  
me heave and spit out burned skulls.  
Gauged eyes.

Handless fingers. To be found in bile  
coated clumps in my hands.

You cried for this. You cried for me.

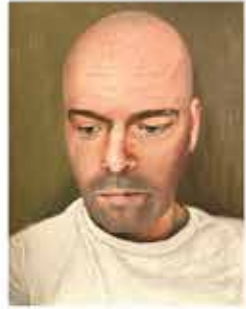
So lies she. Skin raw. Bloody but  
pure. White.

Finally, free of this fight.

'Social Distance', is a magazine that was created during lockdown in March 2020. We put a call out for submissions and had the issue out in April. We started off by posting nearly 6000 copies through the doors of residents houses and are now working on our 4th issue! We have had lot of great feedback from local residents and local business who have been getting involved. To view the magazines, please visit: [www.lowalthamstow.com/slab-city](http://www.lowalthamstow.com/slab-city)

The next issue is out in January. If you would like to get involved and submit you art, poems, stories, recipes or anything else, please email [info@lowalthamstow.com](mailto:info@lowalthamstow.com). All submissions by 20th December.

Here's a selection of submissions from 2020, enjoy!  
Stella and Tiggy (Wynwood Art District)



	5	2	6			7
4				3		8
	6		8	7		5
		5		2	8	7
		6		5	9	
7	4	9	1		5	
	1		8	4		9
	8		9			1
5			2	1		6

## Banana Bread

The key ingredient, surprise surprise, is three ripe bananas and the riper the better. You may get strange looks from your colleagues, family or housemates, but keeping old bananas at your desk or in the fridge at home for a few weeks will make the finished cake all the more delicious

### Ingredients

- 3 really ripe bananas
- 225g/8oz self-raising flour
- 1 tsp baking powder
- 85g/3oz butter
- 120g/4oz caster sugar
- 1 medium or large egg
- 1 tsp vanilla extract

### Method

1. Pre-heat oven at 180 C
2. Cream butter and sugar together in a bowl using a wooden spoon until light and fluffy.
3. Beat in the egg and continue to stir for a minute or so.
4. Gently sift in the flour and the baking powder. If the mixture seems quite dry, feel free to add a bit of milk (a teaspoon max).
5. Mash the three ripe bananas in a separate bowl, then pour into the main mixture. This should make the mixture much more like a cake mix. Stir in the vanilla extract and pour into a cake/loaf tin.
6. Leave to rise for 40 – 45 mins and test the middle with a cocktail stick/pointer/sharp knife, if it is dry take the tin out of the oven and leave for five mins. Then take out of the tin (I tip it upside down on a plate) and leave it to cool for another ten minutes or so.

For more delicious recipes from Walthamstow's very own Leopard Print Baker, subscribe to her blog at [theleopardprintbaker.com](http://theleopardprintbaker.com) or follow her Instagram: @theleopardprintbaker

Z. R. Ghani

### Isolated Journeys

First unhappy spring:  
nature sings,  
people frown.

Mask off –  
scent of  
the neighbour's rose.

Purple spots  
where buttercups  
bow.

Miles see the back of me,  
empty trains,  
heaving queues.

If the sky collapses  
will these blossoms  
shed their pink?

I stop –  
cow parsley,  
a patch of green  
by the motorway.

Do I like butter?  
Stand far – but –  
hold the buttercup  
to my chin.

Yellow iris knee-deep  
in wrinkled pond;  
tadpoles – ink drops –  
at their feet.

Lonely tree,  
teach us how to  
be serene.

Andy Lia

### You Are My Father

You are my Father, I am your child,  
You are my safe place; I am your wild.

You are my waiting, for all of these years,  
I am your longing with so many fears.

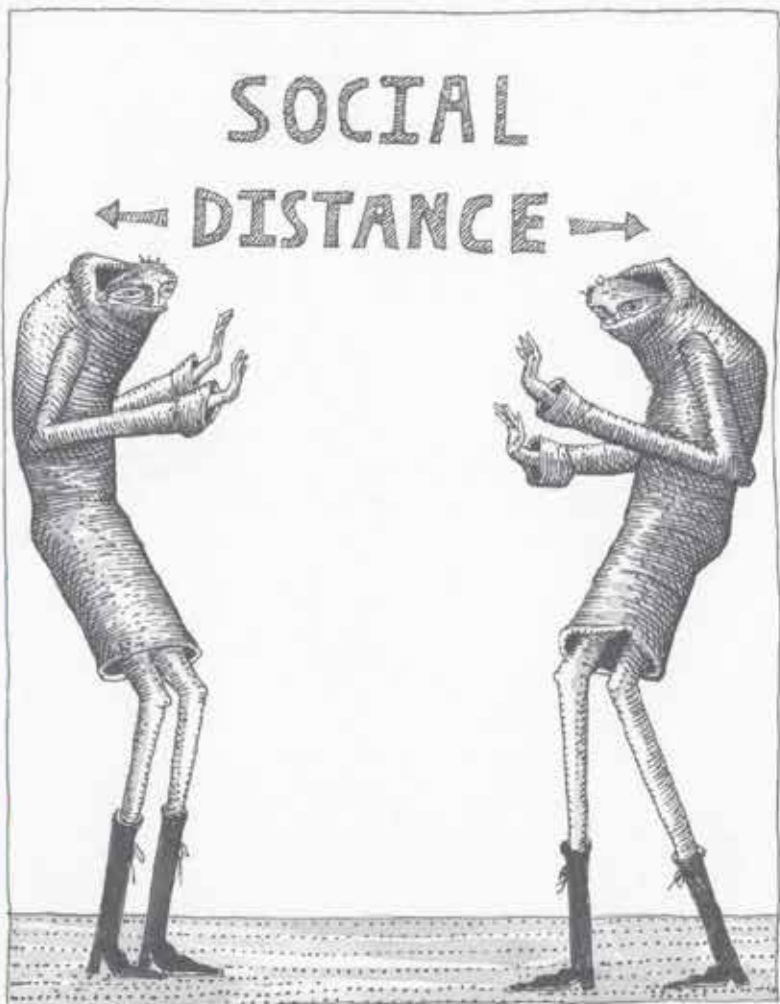
You are my sunshine, I am your rain,  
You are my rainbow, to manage my pain.

I am the colours so bright up above,  
You are my cuddles, to show-er me with love.

I am your chocolate, you are my cake,  
I am your strong tea; I've waited to make.

You are the silence, the tapping of rain,  
I am the window to shelter your pain.





Starting from Left, cover art by:  
Phlem, Leonie Wharton,  
Nathan Radford.

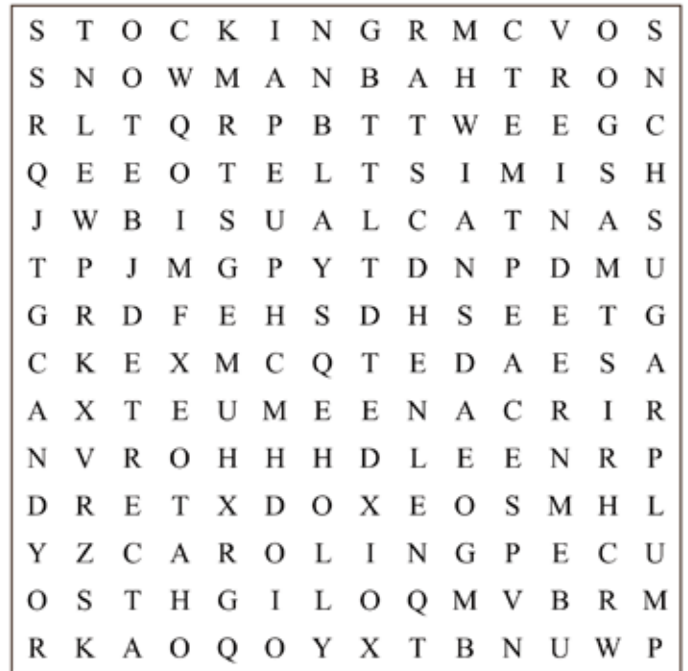


## Christmas Competition

We've got a lovely prize to giveaway that has been generously donated by local furniture maker Claire Darwent ([clairedarwent.com](http://clairedarwent.com)). This maple chopping board (pic below) could be yours if you can find the 22 Christmas themed words in this wordsearch. If you find them all email a photo to [gabriel@wmbiglocal.org](mailto:gabriel@wmbiglocal.org) or post to WMBL, Creative Works, 7 Blackhorse Lane, E17 6DS. One correct entry will be picked at random on the 20th December. Don't forget to put your name and phone number down so we can contact you if you've won!



- |           |            |           |
|-----------|------------|-----------|
| CANDY     | MISTLETOE  | SNOWMAN   |
| CANE      | NORTH      | STAR      |
| CAROLING  | PEACE      | STOCKING  |
| CHRISTMAS | POLE       | SUGARPLUM |
| DECEMBER  | PRESENTS   | TREE      |
| HOLLY     | REINDEER   | WREATH    |
| LIGHTS    | SANTACLAUS | MERRY     |
| SLEIGH    |            |           |



## Community Advent Calendar

For the 4th straight year local residents have created an advent calendar trail with 24 different houses marking the 24 days in advent. Check out the map below and keep your eyes peeled as each one pops up during the run up to Christmas!



Every day from 1st - 24 December a house in our neighbourhood will decorate a window. Use this map to find each house on the date shown in the red dot: 1 = 1st December.

If you feel like posting a pic on social media, be sure to tag our group: [#lloydparkadvent](https://www.facebook.com/lloydparkadvent)

Enjoy the walk and the windows.  
A big THANK YOU to the 24 houses.  
Merry Christmas!



## Free Group Exercise and Health Discussion Course for Older Adults

Walk and Talk is starting another online course, which will be free beginning January 25th. We're hoping the new year, new you will help encourage older adults in the area to try us out.

Interested participants can sign up for the course through the website [walkandtalkcic.com](http://walkandtalkcic.com) or phone Nick on 07562475706

**" Walk + Talk**  
for your life.

A 10-week group exercise and health discussion course designed to improve both physical and mental health of older adults, online

Various times available  
From 25 January 2021 • Zoom

Join in at:  
[www.walkandtalkcic.com](http://www.walkandtalkcic.com)

07562475706  
nick@walkandtalkcic.com

## Christmas Recipe

### JEWELLED RICE SALAD

Serves 4



#### Ingredients:

140g wild and basmati rice  
1 red onion  
handful of mint chopped  
handful of parsley chopped  
120g pack pomegranate seeds  
50g chopped pistachios  
50g dried cranberries  
juice of half an orange  
juice of half a lemon  
half tablespoon olive oil

#### Method:

Cook rice & allow to cool completely.  
Finely chop the red onion and add to the rice, along with the chopped herbs, pomegranate seeds, pistachios and cranberries.  
Add the orange and lemon juice and the olive oil.  
Season with salt & pepper and mix well.

## Community Christmas Trees

We've seen a real effort around the area to make this Christmas as cheerful as possible. From street based advent calendars, to imaginatively decorated and lit houses, the William Morris area is a real festive marvel this year! We've added a bit of Christmas cheer ourselves by installing three Christmas Trees in the area generously donated by ISG Ltd, contractors who are working on the Town Hall refurbishment. The trees will be decorated by the community with some lights being put on for that finishing touch. Look out on @wmbiglocal for one or two socially distanced activities around the trees!



(Gnome House Community Centre)



(Priory Court Community Centre)



(Community Healing Garden - top of South Countess Road)

## Chair's Corner

*Chrys Christy – WM Big Local Chair*

I am so proud to live in an area that has so much community spirit and I wanted to thank everyone who has stepped up and volunteered during these challenging times from checking in with your neighbours to delivering food parcels, shopping and setting up activities during lockdown and keeping people active and entertained – a big thank you for your hard work. Here at WM Big Local we have been privileged to play our part in supporting the community achieve all of this.

2020 is coming to an end and we wanted to showcase all the really heartwarming and positive things that have been happening in our Christmas newsletter – we hope that it has brought a smile to your face.

From all at WM Big Local, may we wish you a festive season and a MERRY CHRISTMAS AND HAPPY NEW YEAR. Looking forward to all the exciting things that will happen in 2021

## Get Involved

The William Morris Big Local project is completely resident run and there are many ways you could help us with upcoming projects. We are looking for volunteers to join our Partnership where we make decisions (pictured right), or the theme groups where our projects are developed. If you prefer more hands on volunteering we've got lots of community projects, events and activities coming soon and are always on the look out for helpers.

If you think you could join us please get in touch via [gabriel@wmbiglocal.org](mailto:gabriel@wmbiglocal.org) or have a chat about what we're doing on 07947 766 251

## Jon's Story

I first heard of William Morris Big Local when I received a newsletter through my letterbox in March 2018. Being a board games enthusiast, I took particular notice of a short feature advertising a local games club and thought I'd give it a try and the participants and organisers were very friendly and much fun ensued!

Through my meeting various WM Big Local people I discovered that there was a Jobs Club run at the same venue as the Games Club, which I joined and was starting to give me a real boost in my job search. Unfortunately, soon after joining the Jobs Club, the pandemic lockdown began, bringing an end (for now) to both clubs.

As restrictions eased in summer 2020, I was asked if I'd like to volunteer at a socially distanced outdoor event organised by WMBL and was delighted to learn that I'd been earmarked for some outdoor games – the giant Connect 4 being the star attraction! My initial nerves as a first time volunteer soon disappeared on the day and I thoroughly enjoyed the friendly and lively atmosphere.

I am now writing these words in the WMBL office where I have a regular volunteering slot, which is helping to refresh my rusty IT skills. And for the last 3 months, again via my new network, I have been helping every week with at Lloyd Park food rescue project, providing free food to local residents.

Thanks to spotting and responding to that one small feature in the newsletter, I could never have imagined everything that it has led to, with the result that I feel part of the community and have met so many friendly people.

