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Welcome
to the latest
edition of
Park Life,
which aims
to showcase
some of the
work we have undertaken
during the summer.

As you will see CPP *Charity*
has been able to expand the
range of services it offers.

I am pleased to introduce a revitalised Clapham Park Time Bank (see page 3), which is already attracting new members. I am also delighted to see CPP *Charity* running training courses for young adults who are not currently in employment, education or training. Supporting young residents is one of our key priorities as we recognise how difficult it is for young adults to

find suitable opportunities in the current economic climate.

Finally, I must mention the Clapham Park Summer Fun Day, which was a huge success. Around 800 local people attended on what turned out to be one of the few hot days we enjoyed this summer.

Donna C. Henry, MBE, Chair,
Clapham Park Project Charity

Sunshine and fun for the community

On one of the hottest days this summer, over 800 residents gathered to celebrate Clapham Park's very first Fun Day. To attract as many residents as possible the event was held in the centre of the Clapham Park estates on the areas outside Metropolitan Clapham Park's offices.

Entertainment and activities on offer included games, stalls, two bouncy castles, face painting, free bike repairs, music from Generation Radio, dancing, drumming, a treasure hunt and a raffle.

There was also a barbecue, fantastic food cooked by local resident Doris, and tea and cakes provided by the Clapham Park Over 50s Social Club. Even the Mayor of Lambeth made an appearance!

Raffle prizes were generously donated by Tesco (shopping vouchers), Pinnacle PSG (iPod Shuffle and shopping vouchers) and the Clapham Park Bikes Project (a bike).

Local groups and organisations joined forces to organise the event. These included the Clapham Park Tenants & Residents Association, the Clapham Park Neighbourhood Forum, CPP *Charity*, Metropolitan Clapham Park, local councillors and a group of very committed volunteers.

We are already starting to plan for next year. 'Bigger, longer and better' - that's what all the hard working volunteers have told us. If you would like to help, contact Ching Wah Wong on 020 8678 5922 or cwong@claphampark.org.uk.



Residents gather waiting for the raffle to be drawn.



Small animals from Vauxhall City Farm were a popular attraction for young residents at the Clapham Park Fun Day.

New look for Clapham Park Bikes Project Workshop

It took five hours for a team of nine young people aged 15–16 years to improve the overall look of the Clapham Park Bikes Project Workshop.

Armed with paint brushes, the young people transformed the container from orange to green, much to the admiration of many passers by. They then used their creative skills to paint flowers, birds, bikes and grass onto one side of the Workshop. They were supported by a mentor, a number of residents (from age 12), as well as Michael Small, CPP Charity's Bikes Youth Worker, who gave up his Sunday to volunteer.

The group were participating in a youth programme called



Hard at work transforming the Bikes Project Workshop.

The Challenge Network, a Government funded initiative that gives young people a chance to gain important key life skills that are valued by employers and universities. Each participant develops their leadership, teamwork and communication skills through

working in teams on projects that have a positive impact in their local area.

We would like to say a big thank you to all the young people and their mentor, the young residents of Clapham Park Estate and Michael for all their hard work.

Supporting young adults to achieve their potential

During the summer Clapham Park Project Charity delivered a very short intervention and engagement programme to 19–24 year-old young adults not in education, employment or training in Lambeth.

We worked with New Age Inc Ltd, to carry out many hours of outreach work on the street, approaching community organisations and youth centres to identify and recruit individuals who could benefit from the programme.

Support on offer included CV building, cover letters, writing personal statements (applications), assessing yourself for work, interview techniques, communication skills and presentational skills. The tutors also provided one to one mentoring and responded

to individual needs with tailored support, such as learners with personal issues at home.

Latoya, who received assistance, said: "This programme is 100% better than the Job Centre because you get as much time as you need to make changes to your CV and also it gets you focused on employment that suits you straight away. The tutors are more understanding to my needs as a person than the Job Centre have been and that was put before anything else."

The programme has proved very successful. Working with 30 learners, five have managed to obtain paid work, five have started apprenticeships and four have taken up work placements linked with college courses!



Young adults celebrate their achievements on the programme with a trip to the cinema.

The workshops were funded by MI ComputSolutions through the Funding Skills Agency.

We have managed to obtain further funding to continue this programme. If you are aged 19–24 and would like help to find a job or apprenticeship, contact New Age Inc on 07903 988 141.

Time Banking – what's it all about?

Clapham Park Time Bank has been in existence for the past six years. Time banking is a way for people from the local community to volunteer and be rewarded for it with 'time credits'. Time credits are earned by exchanging skills. Everyone has something special to offer – cooking, shopping, reading or writing with someone, computer skills, going for a walk or sharing a coffee.

For every hour of time a member gives providing help or support to someone, they receive an hour in credit back, which is then banked. Members can then withdraw their credits to spend on help, support or fun activities as and when they want to. High earning members paid for a trip to Bournemouth recently with their time credits.

Activities include a Tea & Chat Group every Friday from 2–4pm; Friday Night Social Group every Friday from 5–8pm; a fortnightly Gardening Group (Thursday) from 2–4pm; and a fortnightly Computer Workshop (Wednesday) from 2–4pm.

Anyone can join, age, ability, lack of finance or limited mobility are not barriers to participating.



Clapham Park Time Bank stall at the Clapham Park Fun Day.

Introducing Donna Anderson



Clapham Park Project Charity has recruited Donna Anderson to work part-time as a Broker for Clapham Park Time Bank.

Donna, who started her new job in July, has been a volunteer member of Time Bank since 2010, providing her with a good understanding of the concept of time banking.

Clapham Park Time Bank is based at 1–4 Brixton Hill Place, (off Brixton Hill) London SW2 1HJ, which is where most of the activities take place. Donna is in the office Tuesdays and Wednesdays from 9–5pm and Fridays from 1–8pm.

For more information about the Clapham Park Time Bank or its activities, contact Donna Anderson on 020 8678 5931/0794 606 1718 or email danderson@claphampark.org.uk

TLC Project: 'Mrs L' gets the help she needs

The Time Loving Care (TLC) scheme has been operating since May 2012. Initially, the aim of the project was to provide support to local residents when they go into hospital and when they come home. At the request of residents, we have extended our support to those who occasionally need a helping hand during periods of illness at home.

Mrs L was one of the people who registered with the project who we have been able to help. She has a long-term health problem, which flares up from time to time, sometimes requiring hospitalisation. On this occasion, Mrs L was able to stay at home, but was not

well enough to continue with her normal lifestyle or to go out shopping and she was feeling isolated. She phoned us to request help, and we were able to provide assistance.

During the time Mrs L was ill, we helped by providing basic provisions, contacted her doctor and arranged a home visit, spoke to her family and helped her apply to use dial-a-ride, which will help to meet her transport needs in the future.

The TLC project supported Mrs L intensively for one month and once her health improved, she joined the Clapham Park Over 50s Social Club. She

has made a lot of new friends by attending the weekly Coffee Mornings and monthly Luncheons, shopping trips and a picnic organised by CPP Charity. Mrs L told us: "Without the input of the TLC scheme, I don't think I would have coped at all."



If you are interested in registering for the TLC scheme, phone Claire Puttick (Tue or Thur) on 020 8678 5933 or 07946 299 881, or email cputtick@claphampark.org.uk.

TRUSTEES WANTED

Clapham Park Project Charity is seeking a new Trustee to join its 12-strong Board

- Are you passionate about your community and want to make a contribution?
- Would you like to be involved in making important decisions about your community?
- Would you like to attend a meeting to discuss this opportunity?

For more information contact us today on 020 8678 5940

FREE BIKE WORKSHOPS

Clapham Park Bikes Project now open on Saturdays. 10am–12noon and 1–3pm. Children from 8–16 years can join on their own or with their parents/guardian. Bring your own bike or we will try to provide you with one, and teach you how to put it together. We can also arrange a cycle proficiency test.

From 3–6pm, the project will operate as a shop. Bring your bike along for repair at a low cost.

Contact Michael Small
(Bikes Project Youth Worker)
07956216811 or
Ching Wah Wong
020 8678 5922

ROOMS FOR HIRE

Clapham Park Project Charity has a range of rooms available for hire at very competitive rates. We can also offer equipment hire (laptops, projectors, flip charts etc.)



For more information contact Adriano Jesus on 020 8678 5946 or ajesus@claphampark.org.uk

VOLUNTEERS WANTED

Can you spare a few hours a week to help support the Time Loving Care project?

- Volunteers will give practical support to local residents while they are in hospital and as they recuperate from illness at home
- Volunteers will be given training, support and any reasonable expenses incurred will be reimbursed

If you are interested, or would like further information, please contact: cputtick@claphampark.org.uk or phone 020 8678 5933 (Tuesdays and Thursdays) from 9.30am to 5.30pm.



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