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**Welcome** to the latest edition of Park Life.

Over the last few months we

have continued our work supporting elderly residents and organised a number of events, which focus on their needs (page 2).

At the other end of the age range CPP *Charity* has continued to work with young adults who are looking for a route into employment, this is a priority for CPP *Charity* because we recognise how hard it is for young people to find suitable employment in the current economic climate.

For meeting dates and information about the Thornton Ward Safer Neighbourhood Panel and the Clapham Park Neighbourhood Forum, contact Ching Wah Wong on 020 8678 5922 or email [cwong@claphampark.org.uk](mailto:cwong@claphampark.org.uk).

Also look out for job vacancies on page 4.

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

## Keeping warm and well in winter in Clapham Park



Residents pleased with their goody bags.

Thanks to a small grant awarded by the Warm and Well in Winter Project, CPP *Charity* were able to organise an event, which gave residents information about how to keep the home, and themselves, warm and well in wintertime. Home made soup and cakes were on offer and many who attended received a free goody bag, provided by the Warm and Well in Winter partnership. Inside was a blanket, hot water bottle, gloves and leaflets about keeping warm and well.

Organisations on hand to give out tips and advice included: Every Pound Counts; Community Draught Busters; Clapham Park TLC Scheme; Clapham Park Time Bank; Clapham Park Over 50s Social Club and Love Food Hate Waste.



Elderly residents joined by young people at the Warm and Well event.

The event took place on Tuesday 19 February at the Community Resource Centre and was aimed at the elderly, or vulnerable due to long-term illness/disability, and as our event was held during the half-term holidays, we were able to attract residents on benefits and struggling to find the finances to heat their homes.

‘Warm and Well in Winter’ is a partnership project jointly organised by the London Borough of Lambeth, NHS Lambeth Clinical Commissioning Group and Age UK Lambeth. Funded through a grant from the Department of Health.

A big thank you to the volunteers from Clapham Park and those provided by the Warm and Well in Winter Volunteer Coordinator.

# Time Loving Care scheme: A local befriending service

Clapham Park Project *Charity's* Time Loving Care scheme (TLC) has been running for ten months, providing support for local people in the same way that a neighbour, or friend, might help out during a period of illness or hospitalisation. The scheme currently has a group of nine volunteers, who all enjoy meeting new people and are motivated by a desire to help in their community.

Many of the volunteers have been struck by the way illness can result in social isolation and loneliness, especially when families live far away or are leading hectic lives. Latifa, a local community champion, has met a lot of people in the neighbourhood, but says that by volunteering in the TLC scheme, she has met new people who are not usually

able to come to community meetings and events.

Visits and phone calls from volunteers can help reduce social isolation, and we have also been able to help clients connect with other groups in the community. Anita says: "People are so happy to hear from us - just by having a chat and offering to go to the shops when they have poor health, stops them from feeling alone."

Volunteers also gain experience in social care. Bernice says that the experience has been helpful in deciding which branch of social care to study at university. Anita, who is looking for a job, said: "I feel more confident in helping others and have learned new skills that I hope I can use to gain employment."



A small team of nine volunteers including Latifa (left), Anita (top right), and Bernice (bottom right) give a few hours of their time to improve the well being of vulnerable residents.

## VOLUNTEERS & CLIENTS

- Can you spare a few hours a week to help support the Time Loving Care scheme?
- Do you want to register as a client?

For further information contact **Claire Puttick** (Mon - Wed and Fri)

**T: 020 8678 5933**

**E: cputtick@claphampark.org.uk.**

## Clapham Park Over 50s Social Club



As Glenbrook School Choir sand Christmas carols, Clapham Park Over 50s Social Club members enjoy the entertainment.

With the arrival of spring, Christmas seems like a long time ago, but the 13 December 2012 will be remembered by 23 elderly residents at Clapham Park who tucked into a wonderful Christmas lunch cooked by a local resident volunteer.

Three youth workers, two Time Bank volunteers and staff from Clapham Park Project *Charity* were also there to lend a hand. Entertainment was provided by the enthusiastic Choir from Glenbrook Primary School, who sang both traditional and modern Christmas carols. There was also solo carol singing from Kathy. The children were so impressed by the reception from the Club, that they have asked to come back to sing again this Christmas!

Trish, Chair of the Over 50s Social Club, said: "On behalf of everyone from the Over 50s Social Club, I would like to send my sincere thanks to all the volunteers for putting on a wonderful lunch. Everyone I spoke to really enjoyed it."

# Supporting young adults – Part II

In the last edition of Park Life we told you about a very short intervention and engagement programme we delivered with 19 – 24 year-old young adults living in Lambeth, who are not in education, employment or training.



New Age Development:  
Careers advice for local  
residents aged 19 – 24.

Following on from the last article, and with funding from MI ComputSolutions, we worked with New Age Inc Ltd to deliver another programme supporting a second group of 19 – 24 year olds.

The group were given help with writing CVs, cover letters, personal statements for applications, assessing themselves for work, interview techniques, communication skills and presentational skills.

In total, the two programmes successfully engaged with 60 young adults and resulted in nine young people finding paid employment or apprenticeships and four have taken up work placements linked with college courses.

Demie, who attended the second programme, was impressed with the tutors understanding of her situation and the results her new skills have helped her achieve. She said: “This company is so much better ... because I have not been working for years but since joining the programme I get three interviews a week! That is so important in securing employment. They have also helped me with my confidence and helped me move towards my goals.”

We have obtained a small grant from London Community Development Foundation (an independent charity who support small community groups and charities in London by offering funds on behalf of different donors) to provide mentoring support to young people aged 16 – 24 years to help with their personal development and give them the confidence to move on to search for work or training.

## Benefit changes: Where to get help

[www.lambeth.gov.uk/benefitchanges](http://www.lambeth.gov.uk/benefitchanges)

If you are affected by the recent benefit changes, or you work with benefit claimants, you can get the most up-to-date information affecting Lambeth residents from Lambeth's website.

You can access information about:

- Main benefit changes
- How to access benefits
- Responsible money management
- Housing, jobs and training
- Organisations that can support you
- Online benefits calculator.

**ROOMS FOR HIRE**

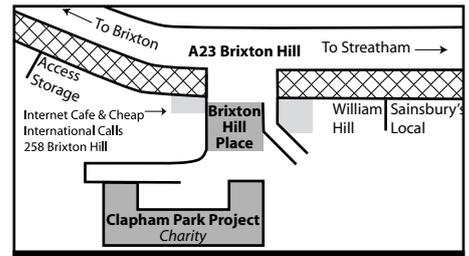
Clapham Park Project *Charity* is situated 10 minutes away from Brixton Underground and town centre and has two excellent rooms for hire for your meetings, interviews or small conferences.

- Both rooms have wi-fi facility and Loop system
- Laptops and projector are available for hire
- Teas and coffee available at a competitive rate
- Parking facilities are available on site subject to availability and booking.

**Contact Adriano Jesus**  
 T: 020 8678 5946  
 E: [ajesus@claphampark.org.uk](mailto:ajesus@claphampark.org.uk)



**Clapham Park Project *Charity***  
 1-4 Brixton Hill Place,  
 London SW2 1HJ.



**Underground: Brixton**  
 Buses: 45, 59, 109, 118, 133, 159, 333, 250.



**Board Room**  
 Size: 48.6 square meters  
 (513.3 square feet).



**Training Room**  
 Size: 24 square meters  
 (270 square feet).

**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**  
[clawrence@claphampark.org.uk](mailto:clawrence@claphampark.org.uk)

**VACANCIES**

**4 x Trainee Community Organisers**

Contract: 51 week fixed term contract with Locality from July 2013  
 Salary: £8.55 per hour | Hours: 35 hours per week

**Clapham Park Project *Charity*, in partnership with Locality, are looking to recruit 4 Trainee Community Organisers to work in Lambeth. This is a one year experiential learning programme to develop skills and experience in community organising.**

If you are passionate about your community, have a positive and optimistic attitude, are good at listening, open-minded and respectful, whilst being able to challenge your own and others' attitudes and assumptions, then this may be the role for you.

Successful candidates must attend a 3-day residential training programme from 9 – 12th July 2013. Posts will not be confirmed until completion of this training giving candidates an opportunity to decide if the role is appropriate.

**Closing date for applications: Friday 3 May 2013 (5pm)**

Selection will be via an assessment day in London on w/c 20 May 2013 followed by a local interview on 29 and 30 May 2013.

For an application pack please email [cwong@claphampark.org.uk](mailto:cwong@claphampark.org.uk)



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