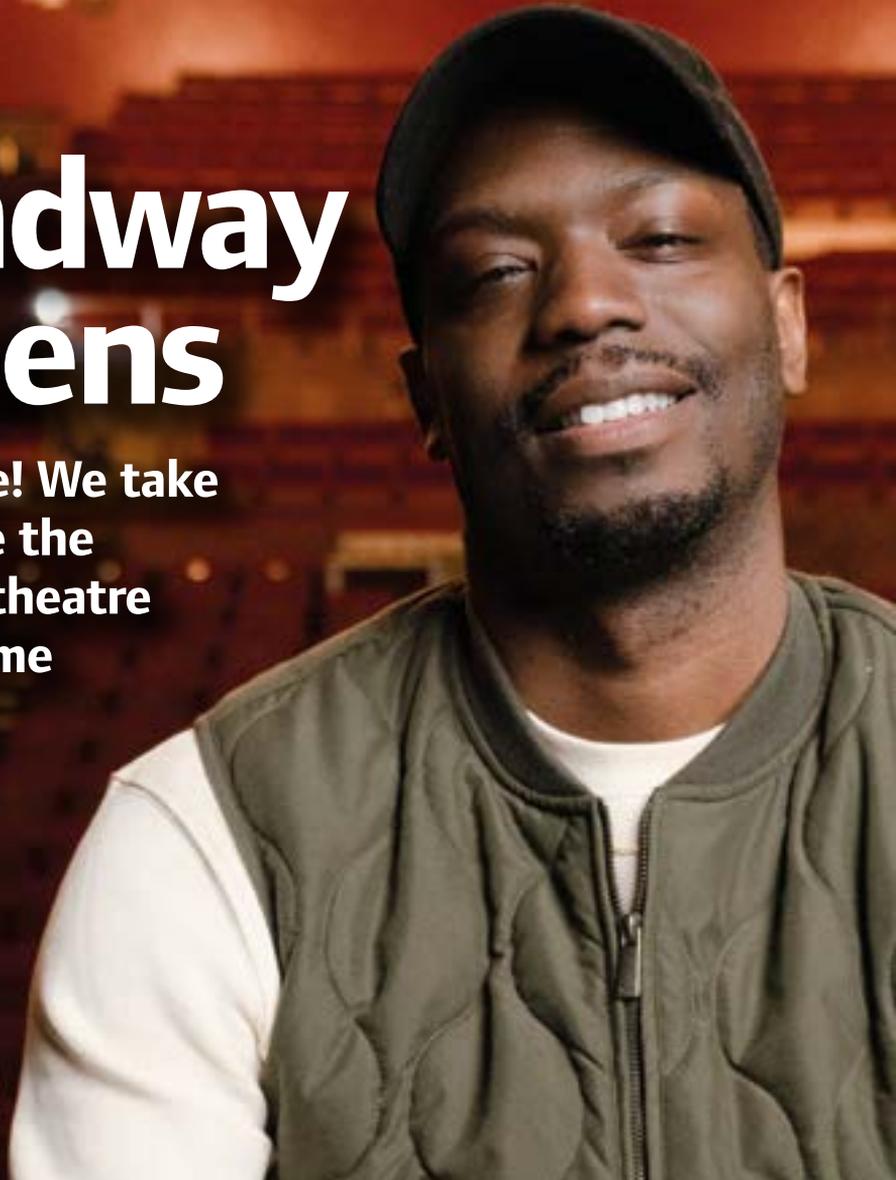


Broadway reopens

It's showtime! We take a peek inside the refurbished theatre and meet some of the team



- Lewisham town centre to get £24m investment
- Healthy mind, healthy body – tips and advice from locals
- Goodbye and thank you, London Borough of Culture!



Draft Local Plan: Regulation 19 consultation

Our Local Plan sets out a long-term vision for the future of planning, investment and growth across the borough.

Following extensive consultation and engagement with local residents, we have developed a new draft Local Plan for Lewisham looking ahead to 2040.

Prior to submitting the Local Plan for examination by the Secretary of State, a Regulation 19 consultation is carried out. This is an opportunity for any individual, group or business to comment on the draft Local Plan's legal compliance, the evidence base used to inform it and the engagement process used to develop it.

The Regulation 19 consultation for our new draft Local Plan is open from 1 March 2023 until 25 April 2023.

You can review the draft Local Plan and

supporting documents and make a submission at Lewisham Library SE13 6LG, Catford Library SE6 4JU, Deptford Lounge SE8 4RJ, Grove Park Community Centre SE12 0BX, Forest Hill Community Library SE23 3HZ, Downham Library BR1 53P. You can also make an appointment to review these documents and make a submission at Laurence House SE6 4RU by emailing localplan@lewisham.gov.uk.

You can find out more information or make a submission to the Regulation 19 consultation by visiting lewisham.gov.uk/Regulation19Consultation.



Message from the Mayor



Damien Egan,
Mayor of
Lewisham

Welcome to another packed issue of Lewisham Life. In this issue we're sharing some exciting updates, including introducing our newly elected Young Mayor, Jentai Gen-One, who will represent Lewisham's young people for the year ahead. It follows a record turn-out, with nearly 10,000 young people voting.

You can also read about a £24m boost for Lewisham town centre, following the Council's successful bid for Levelling Up funding; it'll see the library renovated, improvements to the market and work to make the town centre much greener, easier to walk about and nicer to spend time in.

We're giving you a behind the scenes peek at the newly reopened Broadway – and details of how to book on to a tour or see a show so you can see this beautiful, art deco, Grade II listed building for yourself.

There's lots to look forward to, but we know that many people will be worried about the months ahead, as the cost of living crisis continues to affect us all. As we prepare to set our budget for 2023/24, we have set aside money to support people through these difficult times. This includes money to help families to cover rent payments; support for people struggling with food and bills; free school meals during the holidays and money for schools to provide extra food for pupils who need it. We are also providing warm spaces, financial advice and jobs and skills support. Find out about the support available at lewisham.gov.uk/support

Finally, we've also included a feature on our jobs and skills service, Lewisham Works. This is a practical service to help people who might be finding it hard to get a job, linking them up with vacancies across London. Alongside our all-ages apprenticeship programme, it's worth checking out what jobs and opportunities exist through the Council at lewisham.gov.uk/lewishamworks

Wishing you a happy spring.

Damien Egan, Mayor of Lewisham

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Sign up at lewisham.gov.uk/signup

In this issue

Hear from local residents on ways to look after your mind and body in our Healthy mind, healthy body feature.

We look inside the newly refurbished Broadway and hear from the associate artists, Nouveau Riche.

Read about the grand finale of our year as the Mayor of London's Borough of Culture, and learn about its lasting impact on the borough.

Learn about Lewisham Works, our employment support programme for residents, and find out about what's coming up in the next few months in our dates for your diary.



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lewisham.gov.uk
 the home for all your local information

- » Get information about your neighbourhood, what's on and how to get involved
- » Find activities for you and all the family
- » Live in a controlled parking zone? Apply for your permit online
- » Get local news and information direct to your inbox – subscribe at lewisham.gov.uk/signup

If you cannot contact us online, you can call 020 8314 6000

Useful contacts:

- Lewisham Homes**
0800 028 2028
lewishamhomes.org.uk
- Local health service**
nhs.uk or NHS 111
- Police (non-emergency) 101**
- Thames Water**
0845 920 0800 (customer services)
0800 714614 (24-hour leakline)
- Gas emergencies 0800 111 999**



Artist's drawing for the improved Lewisham Market

£24 million boost for Lewisham town centre

We have secured £24 million to revitalise Lewisham town centre, after successfully bidding for money from the Government's Levelling Up Fund. Over £19m was awarded to support improvements to the town centre, with an additional £5m of match funding from the Council. The money will be used to rejuvenate Lewisham Market, renovate Lewisham Library and make the high street greener, safer and better connected.

The market will be redesigned with space for more stalls and a permanent canopy cover. We have been working closely with our current market traders to develop these proposals, which will help attract more people to the market and provide a boost to the local economy.

Lewisham Library will be

“If the market is improved and made to look nicer, it will help bring more customers. The first thing for me would be more greening!”

Kamonwan Phichaisawat
 – Thai and Chinese van on Lewisham Market



fully refurbished with a new community lounge, a cultural and business hub and a café and rooftop bar. We'll also be adding more trees, pedestrian crossings

and better cycle infrastructure. Keep an eye out for information about next steps for this exciting project and how you can help shape the proposals.

Record turnout sees new Young Mayor elected

Jentai Gen-One, 15, has been announced as Lewisham's next Young Mayor following a borough-wide election. The student, who lives in Lewisham and attends the Brit School in Croydon, won 1,682 votes in the election on Wednesday 8 February. Llywella-Paige Hoban, a student at Bonus Pastor Catholic College, has meanwhile been elected as Deputy Young Mayor after getting 1,444 votes.

A total of 9,988 votes were cast for 24 candidates in polling stations in schools and colleges, representing a turnout of 58%. This was the highest turnout in 18 Young Mayor elections in Lewisham.

Jentai Gen-One, the new

Young Mayor, Jentai, right and Deputy Young Mayor Llywella-Paige



Young Mayor of Lewisham, said: "Thank you to everyone who supported me and everyone who supported, shared and

screenshotted my campaign. I am looking forward to serving my community and all the borough's young people".

Electric vehicles tackle waste and carbon emissions at Lewisham Market

As part of our continuing work to create a cleaner greener Lewisham, we began trialling the use of electric Refuse Collection Vehicles (RCVs) at Lewisham Market in December 2022. The electric RCVs help to cut carbon emissions and support our effort to make waste management more sustainable.

We are now diverting the cardboard and organic waste away from incineration and sending it for recycling. The cardboard is being diverted using the electric RCV. Recycled food waste in Lewisham is sent for anaerobic digestion which turns waste into energy for homes and fertiliser further reducing carbon emissions

and producing renewable energy.

These improvements to Lewisham Market would not be possible without the hard work of the stall holders, our team of collectors, market inspectors and enforcement officers who are committed to making the market a safe, sustainable and enjoyable place for residents to shop.



Sustainable streets for Lewisham

We have unveiled proposals to reimagine the borough's roads and streets in order to reduce air pollution, improve road safety and encourage more people to walk, cycle or use public transport.

Our Sustainable Streets programme aims to make better use of road space with more trees, secure cycle storage and electric vehicle charging points. New parking permit schemes are proposed to facilitate

these changes and discourage unnecessary car journeys, helping to reduce traffic and air pollution.

The programme will be rolled out in phases across the borough, with the first phase of consultation focused on roads in Deptford and Catford/Crofton Park. Residents in these areas have received a leaflet with further information about the consultation survey. The second phase of consultation is set to begin later this year.

Three shortlisted for the Award for Civic Arts

Three of our cultural organisations in Lewisham have been shortlisted for the Award for Civic Arts Organisations by the Calouste Gulbenkian Foundation.

Huge congratulations to the Albany Deptford, Entelechy Arts & Migration Museum! All three London-only organisations listed in the top ten are based in Lewisham, which is an outstanding result. It's wonderful to see our arts institutions getting the recognition they deserve following our year as We Are Lewisham, the Mayor of London's Borough of Culture 2022.

We wish all three organisations good luck for the final stage!

Discover your career journey at Skills Highway

The Skills Highway is a place where you can discover your career journey and realise your dreams. You can find information about courses up to degree level within the creative and digital industries for people aged 18+.

Discover all the different ways you can study and learn more about different opportunities, learning providers, courses, and the qualifications needed to get you where you want to be, as well as details of organisations that can help you with your job search.

You can also work out how to get to your place of study and how much it will cost to travel using public transport.

Find more information about creative career pathways and courses on the skills highway website: skillshighway.co.uk



Good news for Sedgehill

Sedgehill Academy in Bellingham is the latest Lewisham secondary school to get awarded a judgement of 'Good' by Ofsted.

In their report, inspectors praised the "journey of improvement" the school had been on since its last inspection.

Sedgehill was described as a place where "pupils are happy" with a "strong sense of community". Learning is supported by the "high expectations" of staff who motivate students to work hard and provide valued support to them. This includes those with

special educational needs (SEND) who are "well supported" in their individual needs.

Sedgehill has a long-established track record of developing musical talent with their own Musician In Residence and partnership with Andrew Lloyd Webber's Music In Secondary Schools Trust.

Family hubs make it easier for families to access support

All families need a bit of help sometimes. That's why we're excited to welcome parents, carers, children and young people to the first of our new family hubs at Clyde Nursery from February. This will be the first of several in the borough, which will be where families can access important services, advice and support – all in one place.

Family hubs are for families with children and young people from pre-birth to early adulthood. Whether you're looking for help with parenting or feeding, support with wellbeing and mental health, or activities, education, and sexual health advice for young adults, our family hubs will make it easier to get practical support.

We're piloting the first family hub at Clyde Nursery (Alverton St, London SE8 5NH) and are looking forward to opening more across the borough later in the year. If you'd like to visit the hub, please contact them by emailing familyhub@clyde.lewisham.sch.uk to check their opening hours and activities before visiting.

Sandhurst bombing 80th anniversary

Sandhurst Primary School in Catford put on a commemoration event to remember the victims and mark 80 years since the bombing of the school during the Second World War.

The school led a morning of remembrance starting with a service at St Andrews Church attended by hundreds of residents and the school community, followed by pupils presenting an exhibition they

made about the bombing. The morning ended with a visit to Hither Green Cemetery to lay flowers at the memorial.

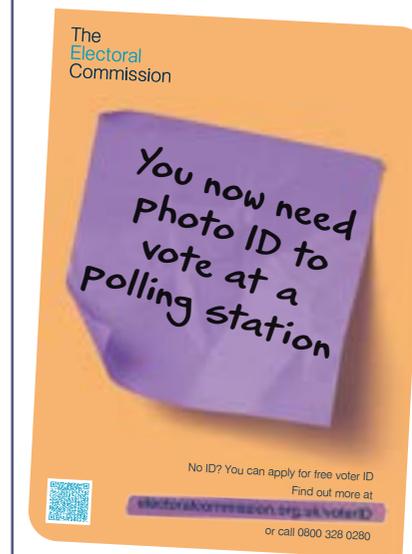
On 20 January 1943, a group of German fighter planes left occupied northern France and evaded air defences, with one of the planes spotted flying low over Catford and Downham. At around lunchtime that day a single bomb was dropped on the school, killing 38 pupils and six teachers.



Speaker Cllr Anwar with Sandhurst pupils

New homes in Deptford for young homeless people

Work has begun on a pioneering new project in Deptford that will provide a new community hub and 33 homes for young homeless people as part of our Building for Lewisham programme. The development is being led by the Deptford Ragged Trust, in partnership with Lewisham Council. The new building – which will replace the existing Shaftesbury Centre – is expected to open in 2024.



New law requires voter ID for elections

From Thursday 4 May 2023, voters in England will need to show a valid photo identification to vote at polling stations in elections. Recent data shows 61% of Londoners are not aware of this new voter ID requirement, as such the Council will be writing to all residents.

ID that will be accepted includes passports, driving licences or an older person's travel card. If you don't already own an acceptable form of ID, you can apply for a free Voter Authority Certificate online.

Find out more about what ID is acceptable or apply for free voter ID on our website: lewisham.gov.uk/voterID

The Right to Buy back

Our Right to Buy back programme is bringing former Council homes lost through Right to Buy back into public ownership, using funding from the Mayor of London. These homes are rented out to local families on our housing waiting list, helping tackle the housing crisis. We are on track to meet our original target of buying back 100 properties and are looking to purchase an additional 20 homes, with a focus on larger family-sized homes.

Bartle and Lyn (pictured right), who recently sold a house they had inherited back to the Council, said it was good to be able to help someone who really needed a home.



Mayor's Winter Appeal raises £7,500 for Young Lewisham Project



We are delighted to announce that the Mayor's Winter Appeal for the Young Lewisham Project has raised over £7,500 thanks to the generosity of the local community!

The young Lewisham Project are a small charity who provide a safe and inclusive learning environment for young people who might struggle to excel in mainstream education. For this year's appeal residents were able to donate to provide festive gifts and

resources for the young people to use at the project, from bike accessories, to bikes so they can practice their mechanic skills, and boxing gloves for use in the gym. Anna Lumley, Managing Director of Young Lewisham Project said, "This is great! Thanks so much to everyone for all their support with this, it's made a huge difference to us! We've been able to order a load of new gym equipment and kitchen equipment which everyone is very excited about."



Sign up for a course this spring

Whether you want to try something new or improve your existing skills, our adult learning service has a wide range of courses for all levels of ability.

Summer term enrolment is now open with online and in person courses, all taught by expert tutors and experienced professionals. Join a lunchtime yoga session, explore the local area on a photography walk, learn to play the ukulele or design your own jewellery.

If you are thinking about retraining for a new career or want to develop a hobby but are unsure about what you'd like to do, why not book an appointment with a career's information, advice and guidance officer who will be able to help you make the right choices.

You can book an appointment by email at adultlearning@lewisham.gov.uk or by calling 020 8314 9196 Monday-Friday 9am-5pm.

Celebrating International Women's Day

International Women's Day is on Wednesday 8 March. It's a day to celebrate the achievements of women and this year we're using it to shine a light on fantastic female entrepreneurs in the borough.

Entrepreneurship has the power to drive social change and we are doing all we can to support more local women in business. We're proud to have set up the Women's Business Forum through our BIPC (Business and Intellectual Property Centre) Lewisham programme. The forum empowers our female entrepreneurs to exchange ideas, build networks and maximise their impact on their chosen industry.

To find out more visit lewisham.gov.uk/bipc

Public consultation launched to tackle antisocial behaviour

We are running a public consultation to hear from as many of you as possible about the introduction of a public space protection order (PSPO).

A PSPO is an additional tool that gives the Police and Council officers powers to help reduce specific antisocial behaviours. PSPOs do not stop people socialising in the open

and enjoying public spaces but can be used to deter those whose behaviour is persistently disrupting other people's lives.

It allows officers to issue a warning, or a fixed penalty notice for the following activities:

- Alcohol-related antisocial behaviour and disorder
- Consumption of drugs and psychoactive substances

- Illegal encampments
- Public urination and defecation
- Amplified speech or music in open spaces
- Dog-related antisocial behaviour in public spaces and parks.

The PSPO consultation questions can be found at: <http://bit.ly/3xgOjLn>

Council Tax – explained

Your Council Tax bill for this year will soon be landing on your doorstep. Here's what you need to know.



The Council has set its budget for 2022/23. Funding comes from a combination of business rates, central Government grants and your council tax, as well as rents and investments.

We have had to make some tough decisions this year, none of which we make lightly. Reduced government funding, the cost of living crisis and spiralling inflation have had a real impact on the council. We're having to pay more for everything from building supplies to build new homes to rising energy costs for our buildings such as libraries and leisure centres – our energy bill has jumped up by £12million in a year.

How will this affect you?

We don't want to increase Council Tax, but if we don't we won't have the money to fund the important services we all need and value, like community safety, parks, libraries, leisure centres and youth services.

To keep these services going, we need to increase your Council Tax by 4.99% – which

is less than the rate of inflation. Forty per cent of this will go directly towards funding adult social care, which supports people with disabilities, mental health issues and dementia, as well as our elderly residents.

Find out more at lewisham.gov.uk/counciltaxexplained

Help paying your Council Tax

We know that times are tough and we are doing everything we can to support those who may find it difficult to pay. If you're worried about paying, please speak to us.

The Government has also applied a £25 reduction to those households already receiving Council tax support, which will be applied automatically. We also have several resources available at our online support hub on the Council's webpage available at lewisham.gov.uk/support.

Here's a snap shot of what your Council Tax helps to fund



We empty over
17m
bins each year –
including recycling,
food waste
and rubbish



Maintaining
our
47
parks and
green spaces



Our 12 libraries,
visited nearly
**half a
million**
times



Worked with local
charities to launch
44
warm spaces
across the borough



Maintaining over
1,200
km
of roads and pavements



Supporting
51,500
young people
in our schools

Kickstart a healthier and happier 2023

The first months of a new year are a time when many of us make goals to achieve a healthier, happier year ahead. Whether you're planning on going smoke-free, want to lead a more active lifestyle or improve your wellbeing, there is advice and support available in Lewisham to help you succeed.

Stop smoking

We spoke to Bev, who has been using the free service Smokefree Lewisham to help support her decision to stop smoking.

"I really needed to stop smoking but after relapsing a few times I knew I needed some extra help rather than just trying to do it myself. My GP put me in touch with Smokefree Lewisham, which is a local free service available to anyone who needs it.

"They've been brilliant, offering me friendly, practical support and advice on medication to help me to stop smoking. It's been great to be able to talk to people who know what I'm going through, as it really helps to motivate me. I feel like it's given me the best possible chance of quitting for good.

"Stopping smoking has already made a big difference to my physical and mental health, and I have really noticed the change in my bank balance. I would advise anyone who wants to stop smoking to give Smokefree Lewisham a call, it has really helped me."



Other ways to make a healthy lifestyle change

Be more physically active

No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still.

See lewisham.gov.uk/leisurecentres for information about membership at your local gym – it may be cheaper than you think, and you can try it out with a friend or family member if you feel uncomfortable going on your own. Don't worry if the gym isn't for you as there are lots of other ways to get moving and stay active across the borough. From large areas of ancient woodlands to outdoor gyms, our parks offer plenty to see, explore and do. See page 18 for more information on our outdoor gyms across the borough.



Reduce your alcohol intake

Cutting back on alcohol can quickly have a positive impact on your energy levels, mood and your wallet within just a few days.

You could start by doing an online survey, such as the Drink Coach alcohol test, which will tell you how risky your drinking is and signpost you to additional support if needed. There are also apps which let you track your drinking, set goals and see how much money you can save. If you need it, you can get local support from the New Direction Drug and Alcohol Service in Lewisham, part of the national charity Change Grow Live.



Boost your immunity

This spring, both COVID-19 and flu are likely to be circulating at high levels, potentially at the same time. Fortunately, you can receive vital protection against COVID-19 this spring at a number of walk-in vaccination services across the borough.

Vaccination is free and no appointments are needed to attend walk-in services. Some will also offer the flu vaccine as well, meaning that it's never been easier or more convenient to get maximum protection and help to stay well this spring.



Useful contact information

Smoke Free Lewisham. For free help to stop smoking you can contact the service on 0800 0820 388 or email quit@smokefreelewisham.co.uk and they'll arrange an appointment for you.

The charity-run **New Direction Drug and Alcohol Service** can offer free, confidential and non-judgmental support to anyone in Lewisham who is worried about their, or a loved ones, alcohol use.

www.changegrowlive.org/lewisham has more information about how you can self-refer via telephone, email or just by popping into their service located close to Lewisham Hospital.

The **NHS South East London** website has a list of vaccination walk-in clinics. Just turn up and get jabbed, no need to book! Go to www.selondonics.org and search walk-in clinics.

It's good to talk ...and walk

Mark Smith and Dean Corney are local residents and part of a team who set up a walking group for men in the emergency services, NHS and armed forces in Beckenham Place Park. We asked them to share tips for looking after your mental health.

The winter months can be tough, and this year many of us might be finding things particularly difficult. Fortunately, there are things we can do look after our mental health. We don't need to wait until we start to struggle to get support and there are little things that we can do to help ourselves.

Recognise the signs



It's good to start by recognising the things that tell us we might be struggling. Some early warning signs can include

finding it difficult to concentrate, feeling less interested in everyday activities, having difficulty sleeping, or feeling tearful.

It really is good to talk



If you or a loved one notice some of these signs, talk to someone – a friend, a family member or even a sympathetic colleague. Talking about your feelings isn't a weakness, it's a positive step towards looking after your wellbeing and doing what you can to stay healthy.

Get moving



Regular physical activity is associated with lower rates of depression and anxiety across all ages.

Don't want to join the gym? No problem! Even slower-paced activities, such as walking and yoga, can be beneficial and help lift your mood.

Eat well, feel well



There are other things we can do to look after our wellbeing and that can act as a 'buffer' against poor mental health. For example,

there are strong links between what we eat and how we feel. A healthy balanced diet – think more fruit and vegetables and wholegrain cereals, and less sugary snacking – can have a quick impact on our mind as well as our body.

Cutting back on alcohol, sugary and caffeinated drinks can also be beneficial.

Illustrations: istock.com/Elvetica

Walk & Talk 999

The team (Dean, Mark, Becci, Annie, Sally and Shelley) set up a weekly mental health walking group for men working in emergency services in 2021.

The group, which has around 70 members, meet weekly at Beckenham Place Park.

Dean and Mark explain why: "About three years ago a group of us were talking about the male suicide rate and how men in our line of work, and in general, don't talk about their mental health. We talked about why we thought that was, the possible barriers and ways we could encourage conversation to try and help break the stigma.

"Some men feel like they are on their own, so just having the opportunity to get out of the house and come see us is a massive boost. We've had walkers on long term sick leave who have gone back to



work after attending our walks."

The group always welcomes new members. You can find them on Twitter, Instagram and Facebook @WalkandTalk999

Start small



Kickstarting your journey to better mental wellbeing doesn't need to be difficult or involve sweeping changes.

There are also excellent resources online, such as the NHS Every Mind Matters website, that are full of practical everyday tips to help us be kind to our mind. See the useful websites box, right.

When to seek help



Of course, just like with our physical health, there are times when we need extra help with our mental health. If

you are struggling or worried, you should talk your GP. If you need help urgently

Useful websites for looking after your mental wellbeing

Digital mental wellbeing advice for Londoners [good-thinking.uk](https://www.good-thinking.uk)

The NHS Every Mind Matters website can help with expert advice, practical tips and personalised actions to help stay on top of your mental wellbeing. [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters)

for your mental health, but it's not an emergency, get help from NHS 111, online – [111.nhs.uk](https://www.111.nhs.uk) or call 111.

Above all, remember that your mental health is as important as your physical health. Looking after both is important, and sharing your worries or asking for help is not a waste of anyone's time.

Get yourself fit for free

It's no secret that exercise is good for you all round – brain and body. If you're thinking of starting or restarting a fitness journey, it can feel a bit daunting knowing how to start.



We asked Sophie Francois, a personal trainer at independent gym Commando Temple in Deptford for her top tips to help you get moving

1. Follow the joy

Try new things, and don't be put off if you don't enjoy them! It might be that you work your way through a few exercises until you find the ones that work for you. Exercise can (and should) be fun and manageable!

2. Gather a tribe

If you're new to fitness, or you know you find it difficult to find the motivation on your own, then invite friends and family to join you. If you're in the park, those who aren't exercising will still come for a walk, and you can chat whilst you get your bits done.

3. Balance the books

Start out with low impact, full body workouts. Focusing on particular muscle groups could cause you to get sore on your first few goes, and that might discourage you from wanting to repeat the exercises. A little bit of everything is better than a lot of one thing and then a self-imposed achy three-day lie on the couch!

bestronger.co.uk

The Commando Temple, 16 Resolution Way SE8 4NT

Outdoor gyms

Here's a guide to some of the machines you'll find in your local park gym, what they do and how to use them.

Always include a mixture of upper body and lower body exercises and aim to cover all the major muscles of the body.

Try to go three to four times a week for at least 30 minutes and remember to finish with some stretching to help stop aching muscles the next day.

Cross-trainer, treadmill or bike



Start on these machines to give your joints and muscles a gentle warm-up and help them get ready for the workout ahead.

Try and push yourself until you feel a good burn in the muscles, are breathless and a bit red in the face, but stop at any sign of physical pain.

Chest press or shoulder machines



Sit down on the machine, then push the handles forwards or over your head, and lower them slowly. As a beginner, start with two sets of 10 to 15 reps, then work up to four sets of 15 to 20.

Mountsfield Park



Lat pull-down machines or pull-up bars



On the lat machine, grab the handles and pull them down by squeezing your shoulder blades together and using your back muscles. On the pull-up bars, lift your chest up to the bar while keeping your shoulder blades back and down. Start with two sets of 10 to 15 reps, and gradually build up to four sets of 15 to 20.

Benches or oblique machines



These are great for sit-ups and crunches: lie down, hook your feet under the bars, then lift yourself up to sitting position by engaging your abdominal muscles.

Exercise for free in our parks

Find the exercise equipment and start working out in the following: Bellingham Green, Blythe Hill, Chinbrook Meadows, Cornmill Gardens, Deptford Park, Durham Hill, Fordham Park, Forster Park, Hilly Fields, Home Park, Ladywell Fields, Manor House Gardens, Mayow Park, Mountsfield Park, Northbrook Park, Pepys Park and Sydenham Wells Park. For more information about getting fit in our parks, visit lewisham.gov.uk/outdoorexercise

Use the oblique machines to strengthen the sides of your core by rotating your feet. Start with two sets of 15 and build up to four sets.

Leg press machine



Sit down and push your body off the platform using your feet, keeping the heels down and your abs engaged. Start with two sets of 15 reps and work up to four sets of 15 to 20.

If you don't know how to use a machine, always read the instructions and seek advice first.



Sign up to the weekly Lewisham Life newsletter at lewisham.gov.uk/signup

Join the club

We talk to Toni and Gisele and find out why they love working out at Downham Health & Leisure Centre, it must be good as they have been going for eight years!

What made you come to this centre?

Toni: It's up the road from me and they have a crèche. I used to put my little boy in there and head to the gym.

Gisele: I started coming while the kids were at their swimming lesson. I was still a member at another gym but I soon cancelled that!

What's the atmosphere like?

T: The atmosphere is unreal. We know everyone, we encourage each other and welcome new members with open arms.

G: It's a proper members club. Every generation here gets on so well – you can't get through the door without ten hugs! We share equipment, we even share personal equipment if people want to try new things out but can't afford them.

Can I also just say, speaking as a woman I feel very comfortable here. I've sometimes experienced harassment going to other gyms, you definitely do not get that here.

What are the staff like at Downham?

T: The staff are great – most of them have been here for years – it really feels like a family. Olu in particular, he's part of our dream team! He helps us, builds training programmes and even trains with us.

What would you recommend most about Downham to other residents?

T: The price is very reasonable for monthly membership, and if you are looking for a friendly gym that everyone is welcome in, you need to try Downham. It's great if you have kids too because of the crèche, sometimes



Gisele and Toni, inset Olu



Get £5 off a monthly membership (with no joining fee) at Downham Health and Leisure Centre! Use promo code **1LIFE10** at www.1life.co.uk

we have training sessions with the older kids, showing them how to use the equipment.

How often do you visit?

G: We're here every day! So we have definitely seen an improvement in fitness. We mix it up by doing different things on different days. We got lots of the guys doing yoga one of the days because everyone needs to stretch!

Do you use other services within this community space?

T: Yes, we both use the library with our kids and swimming pool for lessons, sometimes the café too.

G: And the outdoor pitches sometimes for bootcamp sessions!



TRY OUT OUR SWIMMING POOL WITH A VIEW!

We are very proud of our brilliant swimming pool at Downham Health and Leisure Centre with lovely views across Durham Fields.

FREE TRIAL SWIM FOR LEWISHAM LIFE READERS

We'd love you to come and have fun, get fit and relax in our pool!

All you have to do is contact us:

Phone 020 8461 9200

Email Ops.downham@1life.co.uk

Web www.1life.co.uk/Downham-Health-and-Leisure-Centre

Please mention the **Lewisham Life free swim offer** and give us your address in Lewisham, including postcode.

Downham Health and Leisure Centre is easy to get to on public transport.

When you're here, why not also check out our other fitness and community facilities.

1Life
Live more. Live well.





The curtain rises at the BROADWAY

Catford's iconic theatre, Broadway, reopened on Sunday 12 February, bringing a fantastic mix of live entertainment to the borough while also providing a home for community projects and new writing.

The Council invested £7 million in refurbishing the Grade II* listed venue to restore it to its former glory and ensure it meets the needs of a 21st century audience. The revamp includes an updated bar area, better access and facilities for people with disabilities, a new PA system, improved seating and digital signage at the front of the building.

The theatre is central to Lewisham's London Borough of Culture legacy – providing an inclusive space in the heart of the community for local people to come together and enjoy live performance, whether that's watching or participating.

The opening season promises a bumper

programme. Among the first acts to hit the newly revamped stage are Laban Lewisham Live featuring dance and music from local schools, a Mother's Day Comedy Special and an extravaganza to mark the official reopening, which we are planning as we go to print. At the end of the year, panto makes its long-awaited comeback – watch this space for more details. Tickets for all events can be booked via the theatre's new website.

In an exciting new development, the award-winning Nouveau Riche theatre company join the Broadway as Associate Artists for the next two years. As well as bringing high quality, original writing to Catford, their outreach



For Black Boys Who Consider Suicide
When The Hue Gets Too Heavy



Updated
bar area



Accessible
lift

Associate Artists

Nouveau Riche is a multi-award-winning theatre collective whose acclaimed show 'For Black Boys Who Consider Suicide When The Hue Gets Too Heavy' is transferring to London's West End in March, following sold out runs at the Royal Court and New Diorama.

We caught up with Artistic Director, Ryan Calais Cameron.

"I'm from Catford and grew up with the Broadway on my doorstep. This is like a homecoming for me. I've always loved theatre but it didn't seem like a career option for someone like me. There was a lack of representation back then. To have this local theatre championing work from Black artists was incredible – even if I couldn't always afford to see the shows myself.

"I've worked hard and I'm now in the fortunate position to travel the world with my theatre company, Nouveau Riche. We share stories that are rooted in my local community but still resonate with national and international audiences.

"We're excited to be the Broadway's Associate Artists. It's not something we take lightly. What we want to do is inspire the next generation of theatre artists and make the artform accessible to a whole new audience. My younger self would be so proud!"



Rich Tarr: Arts University Bournemouth

Did you know?

The first act ever to perform at the Broadway when it opened in 1932 was the Utopian Operatic Society. This local amateur group returns to the theatre on Friday 24 and Saturday 25 March with a new production of Snow White.

programme will support and nurture a new generation of local theatre artists. Nouveau nights launches on 4 March with a community day followed by a performance.

If you are looking for somewhere to host your private or corporate event, there are plenty of options at the theatre. It's an

atmospheric venue which boasts a number of unique and versatile spaces that are fully accessible for wheelchair users, with disabled toilets in easy reach. We are hoping it will soon be licensed to hold wedding ceremonies!

We know the Broadway is much-loved by residents so please continue to show your support. Sign up to the mailing list, buy tickets for shows, or become a 'Friend'. Memberships start at £3.50 per month which entitles you to benefits like discounts on drinks, priority booking and the chance to meet cast members.

For more information and tickets to upcoming shows, head over to broadwaytheatre.org.uk



London Borough of Culture 2022

WE 'LIT!' UP LEWISHAM

Community spirit was alive in Beckenham Place Park as residents came together to celebrate at a spectacular finale to the Mayor's London Borough of Culture 2022



Re-live the magic by watching the LIT! highlights




DUNDU is produced by Festival.org



Find out more about Beckenham Place Park beckenhamplacepark.com @BeckenhamPlacePark



Thank you to everyone who joined us at LIT! Across December and January, a massive 20,000 people came together to bring light to the park at the darkest point of the year and enjoy performances from The Revel Puck Circus as well as free music, illuminations and family activities.

The highlight of the celebrations was on Wednesday 21 December, where a giant illuminated puppet, DUNDU, led a beautiful procession through the park featuring a community choir, South London Samba, and residents performing as light bearers.

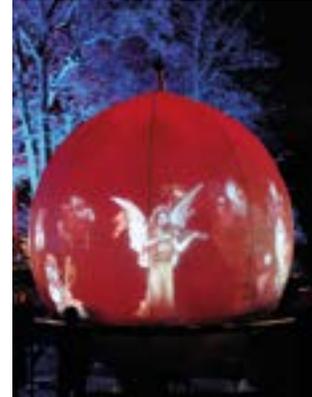
LIT! brought Lewisham's incredible year as London Borough of Culture to a close, but its huge impact across the borough will live on. Turn over the page for details and follow @WeAreLewisham on social media for more.

“ I am a local resident and very proud of being a part of it ”



“ We loved it and had the best time as a family ”

“ It was amazing, my grandson and I were enthralled ”



Images: Doug Southall

OUR YEAR IN NUMBERS



London Borough of Culture 2022

Led by Lewisham Council and the Albany, We Are Lewisham was created by the people of the borough. In 2022, we came together at fantastic events to show that culture is powerful. Together, we celebrated our people, our history and the amazing creativity right here in Lewisham. Read on for a snapshot of the year in numbers.



Over 400 events

From live music to family fun, hundreds of events happened across the borough, from Deptford to Downham.



200+ partner organisations

Lewisham's vibrant creative and community organisations made the programme happen.

Over 240,000 people attended

Our diverse communities came together to create and enjoy fantastic events and experiences.



88% local schools involved

Primary and secondary pupils across the borough took part through creative challenges and more.



1,800+ Volunteers

The year wouldn't have been possible without the hundreds of residents who donated their time.

Over 7,000 young people benefitting

The Creative Futures programme supported 16-30+ year olds with career advice, training and mentoring.



WORD ON THE STREET

Lewisham's year as the Mayor's London Borough of Culture 2022 had a huge impact across the borough. We asked some of the artists and residents involved for their thoughts on the year. Here's what they had to say...

“Lewisham has always been one of the most friendly places. London Borough of Culture has connected people even more and just brought the streets alive. Lewisham is a feisty borough that loves to speak its mind. London Borough of Culture has allowed that to happen. People feel empowered to say what they think, and I hope will keep doing so.”

Mark Stevenson, Teatro Vivo



“There is so much eagerness and enthusiasm to come together and do things together. Community has got a lot stronger since Lewisham won London Borough of Culture. Having all these events happening... there is so much more to do in Lewisham!”

Aleksa Asme and Kaylah Jackson, Climate Home

“It's enabled people to make connections to each other. Also re-enforcing how good culture is for people during tough times. We've had older people making their own musical instruments and having a sing-song. It's helped us think of the potential”

Rosalind Hardie, Goldsmiths Community Centre



Need help finding a job?

Lewisham Works is here to offer the support you need to kickstart your career

Lewisham Council supports residents into new jobs all year round but at the start of the year many more people may be looking for a change. If you're unemployed, over 18 and live in the borough, the Lewisham Works team is here to help.

Lewisham Works is a free service run by the Council that helps local people find secure, rewarding and well-paid work – whether you're new to the jobs market or have been out of work for a while.

In the year since it launched, its team of specialist advisors have supported more than 330 residents to build the foundations for a fulfilling career, including into the jobs, training or education needed to build the foundations for a fulfilling career.

Sign up to the programme for:

- Your own dedicated advisor
- Tailored 1:1 advice and guidance
- Help with CVs, job applications and interviews
- Access to training, job vacancies and apprenticeships
- Advice on benefits, debt and other money matters
- Financial help for first weeks in a job
- Mentor to help you settle into your role.

Meet some of the team



Hazel Principal Jobs and Skills Officer



Tony Youth Employment and Training Adviser



Jonas Programme Management Apprentice



Meron Trainee Administrator

How to contact the team

If you are a resident who would like more information on the jobs and training opportunities that are available locally, please visit lewisham.gov.uk/lewishamworks or email the Lewisham Works team at JobsAndSkills@lewisham.gov.uk.



Sian – Lewisham Works advisor

“ I want everyone to be able to work towards a career they love and where they feel appreciated.

I like that I'm helping people in the local community to achieve their goals, no matter how big or small. ”

Kay – Lewisham Works programme participant

Kay who is a single mum who had been struggling to find work that would fit around childcare.

“ Sian's been supporting me with looking for jobs that suit me and the person I am. We've been working around my daughter's nursery times. She's given me training on what to say in interviews and the extra confidence I needed. Sian made me believe in myself. ”

Are you a local employer?

If you are a local business or organisation and you are looking to strengthen your team, please get in touch. Our specialist advisors have access to a unique database of skilled local workers and can support you with everything from screening candidates to settling your new staff member in.



Sign up to the weekly Lewisham Life newsletter at lewisham.gov.uk/signup

Dates for your diary

Here are just a few events to look out for in the coming months.

TCS London Marathon

Sunday 23 April

Lewisham is home to the starting line of the world-famous London Marathon. Head down to Blackheath for an early start of 8.30am.

Coronation Weekend

We're getting one extra bank holiday day to celebrate His Majesty the King's Coronation Weekend. While the palace prepares for this historic occasion at Westminster and Windsor, here's what we have planned in Lewisham.

Saturday 6 May Coronation Concerts in the Park

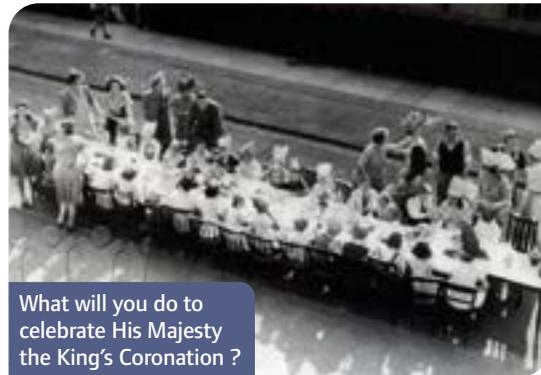
From brass bands to samba, look out for a Coronation Concert coming to a park near you. Bring family, friends, and a picnic (and an umbrella, just in case!).

Sunday 7 May The Big Lunch

Apply for a road closure on our website free of charge and rally together your neighbours for a glorious day of celebrations and games. Deadline for applications: Sunday 2 April.

Monday 8 May The Big Help Out

Spend the day helping out in the community, from organising a litter pick to volunteering at one of our



What will you do to celebrate His Majesty the King's Coronation?

foodbanks. Lewisham is very proud of its strong volunteering community, if you're not sure where to go, visit lewishamlocal.com who can help you get started.

75th Anniversary of Windrush

Thursday 22 June

June 2023 marks the 75th anniversary of the arrival of the Windrush in the UK, a monumental day in British history. Celebrate the contributions of the Windrush generation by taking part in community events across the borough.

Event funding

If you need help funding a Coronation or Windrush 75 event there are national and local grant schemes offering £300–£10,000. To find out more, visit lewisham.gov.uk/inmyarea/events



INFORM PILATES

Friendly, informal Pilates class in Sydenham.

Improve posture, whole body strength, coordination and mobility.

TUESDAYS 7pm
(term time only).

Contact: Brenda
info@informpilates.co.uk



Lewisham's directly elected Mayor, Damien Egan, represents the whole borough. Contact him at damien.egan@lewisham.gov.uk

Please check beforehand whether your Councillor is holding in person surgeries. Visit lewisham.gov.uk/mayorandcouncil or call 020 8314 6000 and ask for 'operator'.

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Sign up to the weekly Lewisham Life newsletter at lewisham.gov.uk/signup

Shopping for food? ♦ Catching a film?
Boiler packed up? ♦ Time for a haircut?
Meeting for drinks?

Our borough is bursting with indie shops and businesses so whatever you're looking for, you'll find it right here in Lewisham.

**DISCOVER
LEWISHAM**



**INDIE
BUSINESSES**

lewisham.gov.uk/discover

