

Lewisham **Life**

Winter 2021

lewisham.gov.uk

Little Amal walks to Lewisham

Getting ready for
London Borough
of Culture 2022



- Shop local with our festive gift guide
- Winter warmers from The Refugee Café
- Meet the newly elected Young Mayor

**WE ARE
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and Sydenham



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info@sashwindows.london



Message from the Mayor



Damien Egan,
Mayor of
Lewisham

At the time of writing, the Council and our partners are preparing for the launch event for our year as the London Borough of Culture 2022 – so by the time you're reading this we will have started to share details of the exciting line up of events we have in store for next year!

Borough of Culture is an opportunity for us to celebrate all that's great about Lewisham; our diversity, our community spirit, our creativity. Our

brilliant programmers have made sure there's something for everyone; from live music and events in our parks and on street corners to productions in local venues and events and creative challenges that we can all take part in.

We're supporting our local businesses, schools and community groups to join in too, and working hard to make sure our whole borough benefits from and enjoys the year ahead. We'll be sharing more details in the New Year and you can keep up to date by following our social media channels and visiting wearelewisham.com

With Christmas fast approaching, our local high streets will be hoping for a busy festive period, after an incredibly challenging couple of years. We've pulled together a gift guide to remind you some of our old favourites and introduce you to some of our newer retailers across the borough. If you're able to, please do consider doing any Christmas shopping with our local, independent businesses – they're essential to our local economy and, as you'll see, they have some really unique gift ideas!

You can also read about the Mayor's Winter Appeal. This year we are raising money to buy presents for children in care, children of homeless families and our refugee children. We are working with the 999 Club and Voluntary Services Lewisham, so you can make a small donation to provide a gift for and support some of our most vulnerable local children. If you're able to donate, your money will go a long way and will really make a difference for children in our borough.

I'd like to wish everyone celebrating Chanukah or Christmas a peaceful and happy time.

Damien Egan

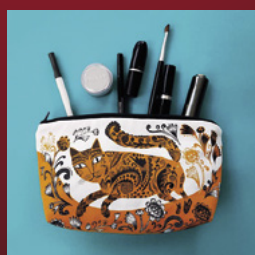
Damien Egan, Mayor of Lewisham



MERRY CHRISTMAS FROM GREENWICH MARKET



*Shop
unique,
handmade
Christmas
gift ideas!*



Lush Designs



Mama Little's Rum Cake

ARTS | CRAFTS | VINTAGE | STREET FOOD

Nearest Station DLR Cutty Sark

#greenwichmarket

www.greenwichmarket.london

CREATIVITY
IN EVERY
CORNER

In this issue

In this issue of Lewisham Life you can read about how we are preparing for becoming the London Borough of Culture and how a giant puppet thrilled the Deptford community.

We meet the new Young Mayor, share ways to have a Greener Christmas, and how to stay well this winter.

Plus, do all your present buying with our festive gift guide!

Finally, at the back of the mag you can find out about events happening throughout December and January.



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All information was correct at time of going to print. Please check [gov.uk](https://www.gov.uk) for the latest advice on staying safe during the COVID-19 pandemic.

CONTACT

US

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

Lewisham's young voters elect new Young Mayor

Fifteen-year-old Rosanna Campbell has been elected as the new Young Mayor of Lewisham, following an election that attracted a strong turnout of 51% of Lewisham's young people

The Bonus Pastor Catholic College student ran on a manifesto promoting equality of opportunity in the classroom, tackling racism and allowing Black students the freedom to wear their hair in the way they feel most comfortable.

Olivia Mardling, also 15, who attends Sydenham School, was elected as Deputy Young Mayor with a manifesto that focussed on putting safety first, including introducing self-defence in more schools and providing better lighting in residential areas.

Lewisham's young people voted at polling stations at schools across the borough in October. The five candidates receiving the most votes were all young women.

On winning the election, Rosanna said: "I am so happy but also feel a bit overwhelmed. Olivia and I have a lot of responsibility to make sure all the voices of young people in Lewisham are heard."

"It's going to be a very busy year. I have my mocks coming up and I do a lot of extra-curricular things too, so it will be important to find a balance. We will work on the biggest problems first, the things that affect the most people."

Olivia agreed on the importance of creating positive change for young people across the borough, and said: "I have always been



Outgoing Young Mayor Femi Komolafe, new Deputy Young Mayor Olivia Mardling, new Young Mayor Rosanna Campbell and Mayor of Lewisham Damien Egan

interested in politics as it affects everyone's lives. It's very exciting – a new chapter for me!"

Like their predecessors Femi Komolafe and Aaliyah Odedina, Rosanna and Olivia have an annual budget of £25,000 to spend on priorities identified by young people.

They will work closely with Damien Egan, Mayor of Lewisham, who said: "Huge congratulations to Rosanna and Olivia. I'm really looking forward to working with them as they put their policies into practice."

"Well done also to the other 24 candidates, and thank you to our

outgoing Young Mayor and Deputy Young Mayor.

"We have thousands of passionate young people in Lewisham and our Young Mayor Programme – which was established 18 years ago and was the first in the country – has helped them get involved in politics, and bring about positive change in the borough."

The Young Mayor gets support from young advisers and the young citizens' panel. They have access to the full range of young people's forums, networks and school councils. Find out more at lewisham.gov.uk/young-advisers

Welcoming our first Afghan refugee families

As the UK's first Borough of Sanctuary, Lewisham has been at the forefront of efforts to support those fleeing conflict and persecution in recent years. We have now begun welcoming refugee families from Afghanistan and aim to have resettled 10 families by the end of November. Over 40 refugee families have been resettled in Lewisham since 2018, more than any other London borough.

Local residents have been supporting refugees from Afghanistan with donations and offers of assistance. In September, the Mayor of London, Sadiq Khan, visited the Lewisham Donation Hub with the Mayor of Lewisham,



Mayor Damien Egan and Cllr Kevin Bonavia with the Mayor of London and volunteers from the Lewisham Donation Hub

Damien Egan, to thank volunteers for their work providing essential supplies to Afghan refugee families arriving in the UK.

To find out how you can help support our refugee resettlement programme go to lewisham.gov.uk/SupportingRefugees.

Council launches landmark study to support local BAME-owned businesses

Lewisham Council has launched the results of a ground-breaking census of its high streets to tackle inequalities and rebuild the local, post-COVID economy. With recovery in the retail sector considered fragile, the Council commissioned a first-of-its-kind study to understand

and address the unique challenges local retailers face as they emerge from the pandemic – with an emphasis on identifying any disparities for Black, Asian and Minority Ethnic business owners.

Read more about the study at lewisham.gov.uk/HighStreetStudy

One of our high street business owners who took part in the study



Cllr Patrick Codd meeting members of the new team in Deptford

Cracking down on fly-tipping

Our new Environmental Crime Enforcement team are cracking down on fly-tipping in the borough, as part of our mission to create a Cleaner Lewisham. They have been taking action against those responsible for dumping rubbish illegally, with a significant increase in the number of fines handed out.

Cllr Patrick Codd, Cabinet Member for Environment and Transport, joined the team in Deptford recently to see them in

action. A number of fly-tips were investigated and evidence was collected to support enforcement action. Officers also took action against several abandoned vehicles, thanks to a tip off from a local resident.

You can help create a Cleaner Lewisham by ensuring you dispose of your rubbish responsibly and report any instances of fly-tipping.

Visit lewisham.gov.uk/CleanerLewisham for more information.

Support for those at risk of gender-based violence

The global 16 Days Campaign against gender-based violence runs annually between 25 November (White Ribbon Day) and 10 December (International Human Rights Day).

Locally, the Athena service provides confidential, non-judgemental support for those living in Lewisham who are experiencing gender-based violence:

Helpline: 0800 112 4052,
lewishamvawg@refuge.org.uk,
refuge.org.uk/athena-lewisham



Mayor of Lewisham's Winter Appeal

The Mayor of Lewisham's Winter Appeal is raising money this year to buy presents for children in care, children of homeless families and refugee children.

We know how incredibly generous Lewisham residents are. If you're able to donate, your money will go a long way

and just a small amount will help provide a gift for and support some of our most vulnerable children.

We are working with Voluntary Services Lewisham and the 999 Club who do incredible work in supporting families experiencing homelessness this winter.



Making change count for homeless people

To donate to the Winter Appeal visit lewishamwinterappeal.com



Helping keep Lewisham warm

Energy bills are a worry for many of us, but even before recent price rises one-in-five Lewisham households were unable to meet the cost of heating their home, according to Government data.

A new initiative, Warmer Together Lewisham, allows those that can afford it to donate something to those struggling to keep warm this winter. South East London Community Energy provides practical advice for people overwhelmed by energy bills. This new fund will train local groups so that the service can reach our most vulnerable households.



To find out more or donate, please visit lewishamlocal.com/warmer-together-lewisham

If you're in debt on your fuel bills, or saving money by not heating your home call 0808 169 1779 or visit cact.org.uk/swtw

Free childcare for two-year-olds

Did you know some two-year-olds are entitled to 15 hours of free childcare a week?

This can really help if your financial situation has changed recently, or if you are eligible for other reasons, such as another child in the family who has an education, health and care plan or disability.

Attending registered childcare from an early age is a good start to a

child's education and learning. It helps your child to develop self-confidence, learn new things, have fun with other children their own age and improve their language skills.

Check your eligibility and apply at lewisham.gov.uk/15hours or if you would prefer to speak to someone, call our Family Information Service on 020 8314 3940 to find out more.



Mayor Damien Egan visiting one of our new social housing schemes earlier this year

Funding secured for new social homes

We have secured nearly £70m from the Mayor of London, Sadiq Khan, to support the delivery of 456 new homes in the borough, including 285 social homes.

Nearly two-thirds of the total will be social homes for families on the Council's housing waiting list, helping to tackle the housing crisis and provide new

homes for local residents.

The funding will be used to deliver new Council house-building schemes in Catford, Ladywell and Evelyn, as well as the redevelopment of the Achilles Street Estate in New Cross, following the successful residents' ballot in favour of estate regeneration in 2019.



Licensing privately rented homes – your view

We want to hear your views on proposals to introduce a Selective Licensing scheme in three designated areas in the borough.

Selective licensing gives local authorities the power to introduce licensing for all privately rented properties in a given area.

This will help us improve the quality of private rented housing by tackling issues like rogue landlords, overcrowding and poor housing conditions. It will also help us to deal with issues that affect the wider community, like anti-social behaviour.

Selective Licensing would apply to all privately rented properties in a designated area that are not covered by licensing for Houses of Multiple Occupancy (HMO).

We want to hear from landlords, private tenants and all residents who live, work or have a connection

Licensing privately rented homes in Lewisham

Tell us your views on our proposals to expand property licensing in Lewisham

Have your say today
lewisham.gov.uk/landlordlicensing



to the areas under consideration. The consultation runs until 5 January 2022.

To find out more and to take part in the consultation go to: lewisham.gov.uk/landlordlicensing

Print copies of consultation available at Lewisham, Deptford and Downham libraries.

Forest Hill School wins Stonewall Gold

Currently the only school in London with Stonewall Gold status – and one of only two secondary schools in the country – the award gives recognition to schools tackling homophobic, biphobic and transphobic bullying, and celebrates diversity.

The boys' secondary school in Forest Hill, SE23 has been proud to hold a Stonewall Bronze award for three years, which has demonstrated their commitment to LGBTQ+ equality and inclusion throughout the school community.



Mayor Damien Egan and Cllr Barnham celebrating with students and staff

Catford library moves to the shopping centre

A new seven-days-a-week library is set to open soon in the heart of Catford Shopping Centre.

The new library will open early in the New Year, as the borough launches into its year as the Mayor of London's Borough of Culture.

It will be more accessible than the existing Catford Library in Laurence House, with shoppers encouraged to

pop in to browse and access services.

Similar in size to the existing Catford Library it will offer improved services for residents, including more study space, new computers, improved Wi-Fi and flexible space for events and activities. Opening hours will increase to include Sundays, which was not possible at Laurence House. Cllr Andre

Bourne said: "I'm proud to confirm this investment, which demonstrates our commitment to this important community service. The move is great news for Catford residents and businesses, and the timing couldn't be better, as we approach our year as Borough of Culture, when our libraries will host some exciting and inspiring events."

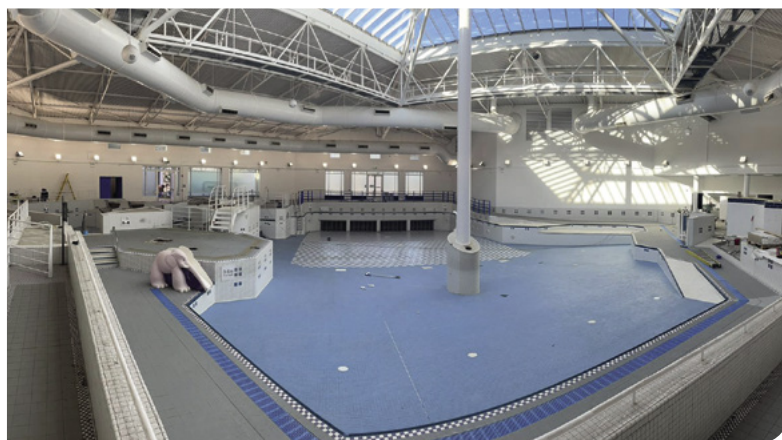
Pension fund shift

Lewisham Council has taken a major step in its ongoing commitment to shift its pension fund investment away from companies producing or consuming fossil fuels – and towards those helping to tackle the climate emergency.

The Council's Pension Investment Committee has committed 50 per cent of its Fund to lowering the carbon footprint of its investments.

The strategy means focusing more on low carbon, low cost investments, for example choosing companies providing energy options which address the twin concerns of fuel poverty and climate emergency.

Committee Chair Cllr James Royston said the shift made sense both environmentally and economically. "As well as the huge environmental impact of fossil fuels, supplies of oil and gas are finite and disappearing, and are no longer good long-term investments," he said.



Updates from The Bridge and Wavelengths

The Wavelengths leisure pool is set to reopen in January 2022 after major £770,000 renovation works, with the 25m pool already fully refurbished and open.

We want to make sure that residents in all parts of Lewisham have access to excellent leisure facilities, and have commissioned a feasibility study to look into

how we can deliver a new, purpose-built leisure centre to replace The Bridge which we haven't been able to safely reopen following the lockdown. The study will also look at the opportunity to deliver much needed new housing in the south of the borough.

For more information, please see an update from Cllr Bourne at lewisham.gov.uk/LeisureUpdate.

A HEALTHIER LEWISHAM STARTS HERE

Whether you're taking your first steps on your fitness journey or you're looking to stay in shape, you'll find everything you need at:

- Bellingham Leisure & Lifestyle Centre
- Forest Hill Pools
- Glass Mill Leisure Centre
- Wavelengths Leisure Centre

Join the movement at better.org.uk/lewisham



BETTER

ALL



Book a pre-course assessment now for Community ESOL, ESOL, English and maths courses starting in January.

Call 020 8314 3300 Monday-Friday 10am-4pm to secure your place.

For more information visit: www.lewisham.gov.uk/adultlearning

Adult Learning Lewisham ALL TOGETHER WE FLOURISH



Initial Demolition Notice

Under Schedule 5A of the Housing Act 1985 as amended by the Housing Act 2004



This Notice is given by the Mayor and Burgesses of the London Borough of Lewisham of Laurence House, 1 Catford Road, Catford, London SE6 4RU ("the Council").

The Council is required, by Schedule 5A of the Housing Act 1985, to publish the following information:-

1 The Council intends to demolish the following properties:-

- 2-30A Reginald Road SE8 4RY. ("the Relevant Properties")

2 The demolition of the Relevant Properties is necessary for the regeneration of the Frankham Street site.

3 The Council intends to demolish the Relevant Properties by 26 July 2024.

4 The Council will be serving Initial Demolition Notices upon the tenants of the Relevant Properties. These notices will cease to be in force from and including 26 July 2024.

5 Whilst the Initial Demolition Notices remain in force the Council will not be under an obligation to make

such a grant as is mentioned in section 138(1) of the Housing Act 1985 in respect of any claim to exercise the Right to Buy in respect of any of the Relevant Properties.

6 There may be a right to compensation under section 138C of the Housing Act 1985 in respect of certain expenditure incurred in relation to any existing Right to Buy claim in respect of any of the Relevant Properties.

If you have any queries regarding this notice please contact:-

By post: James Ringwood, Housing Delivery Manager, Strategic Housing Team, The London Borough of Lewisham, 4th Floor Laurence House, 1 Catford Road, Catford, London SE6 4RU

By telephone: 020 8314 7944

By email: james.ringwood@lewisham.gov.uk



Little Amal IN DEPTFORD

Incredible scenes on the streets of Deptford as the community came out to cheer on The Walk, a travelling festival of hope in support of refugees, created by Good Chance Theatre

At the heart of The Walk was Little Amal, a 3.5 metre tall puppet of a nine-year-old refugee girl, whose search for her mother took her 8,000 km from the Syrian border right across Europe. Her first stop in London was in Deptford.

The Walk was Lewisham's first major event in the run-up to becoming the Mayor of London's Borough of Culture in 2022 and as the UK's first Borough of Sanctuary. It was a fabulous family-friendly celebration, which saw Little Amal explore Deptford's bustling market with local school children who were excited to share their lives in Lewisham and learn about her journey.

Cllr Andre Bourne, Cabinet Member for Culture, said:

“I am really happy to be here today to see Little Amal, it's a really special day for me and I know there are people coming to the UK from Syria, and I feel really sorry for them, especially if they are children without their parents”

Caitlin,
Grinling Gibbons Primary School

“Lewisham is the country's first Borough of Sanctuary with a rich history of welcoming refugees and migrants. So we couldn't have been more excited to host The Walk. And importantly it gave us the opportunity to learn more about people who are forced to flee the world's most dangerous places and find new homes.

“I think we should give refugees a place to stay. They have gone through so much that it is just unfair to not give them somewhere to live, when they have nowhere else to go. I'm proud that we welcome refugees here in Lewisham”

Noah,
Ashmead Primary School

“Although there is a serious message behind it, I think we all can agree it was a fantastic event. The first of many, as we gear up to become the Mayor of London's Borough of Culture next year. It was great to see so many people, particularly our younger residents, here to support Little Amal on this special day.”



London Borough of Culture 2022

Artists and communities from across the borough joined together at the Rivoli Ballroom to unveil the programme for 2022: We Are Lewisham



Get ready for a whole borough celebration as our year as The Mayor of London's Borough of Culture will shine a light on the fantastic creativity of our residents, with hundreds of local people playing a role in shaping the programme. There will be cultural events throughout the year across the whole borough from Deptford to Downham, popping up in our venues, parks and street corners. From Rock Against Racism to Black People's Day of Action, it will spotlight Lewisham's rich history of standing up for equality and the values that are important to us, celebrate our status as the UK's first Borough of Sanctuary and inspire everyday action on the climate emergency.

The year officially starts on Friday 28 January 2022 with Day One – a borough-wide opening celebration that will spotlight a day in the life of Lewisham. With

Look out for a special edition guide to our London Borough of Culture 2022 programme, published in January 2022 for details of how you can get involved. wearelewisham.com



performances, workshops and creative challenges happening on the hour, every hour, it's a chance for everyone to get involved!

Other highlights include Revolution Through Music – live music gigs throughout the year to celebrate Lewisham's influence on the UK music scene, and a joyous outdoor Mass Dance performance with 250 performers to celebrate the rich diversity of our borough.

Art installations will inspire conversations about the climate across the summer and we can't wait for the much anticipated return of People's Day in Mountsfield Park on 16 July 2022 – which promises to be a highlight of the 2022 calendar with music, dance, food and family fun.



We have almost £3 million to invest in community projects across the borough, and we need you to help us decide how to spend it

The funding comes from the Community Infrastructure Levy (CIL), which is a sum of money that Lewisham Council charges developers for large scale property development. A portion of this money is then allocated locally to areas and is known as the Neighbourhood Community Infrastructure Levy (NCIL).

NCIL funding can be spent on a range of community projects, from new children's play equipment in your local park to more pedestrian crossings or secure cycle storage.

Funding for local areas

Each of Lewisham's 18 wards has been allocated its own pot of NCIL funding. The amount for each ward is based on how much new development is in the area and the index of multiple deprivation (IMD), which measures the level of deprivation in different neighbourhoods. Allocating the funding like this will ensure there is a fair distribution of money being spent across the borough, as well as helping to tackle



"We have a proud record of investing in our local communities, even when faced with the challenges of austerity and central government cuts.

"By involving our local communities in decisions around NCIL funding, residents will get a real say on the investment they want to see in their local area and the community projects that will benefit them most."

Cllr Kim Powell,

Cabinet Member for Business and Community Wealth Building

INVESTING in our local communities



Deptford High Street

inequalities and invest in areas that need it the most.

Giving residents a say

Over the past few months, residents and community groups have been submitting proposals for projects they want to see funded in their local area. Residents will help decide which projects will get funded at their Local Assembly meetings, which will take place in the New Year. To find out when your Local Assembly

meeting will be taking place and have your say about which projects you want to see funded, go to communityfunding.lewisham.gov.uk.

Supporting community projects across Lewisham

We're also investing NCIL funding in 25 community projects that will help support residents across the borough as a whole. Nearly £900k has been awarded to a range of groups across the borough, including Grove Park Youth Club, which will be running regular evening and weekend activities for young people in partnership with the Rio Ferdinand Foundation, and Ignition Brewery, which will be working to find employment opportunities for people with learning disabilities.

There's something for everyone if you know where to look, and where possible we have tried to feature gifts for under £20.

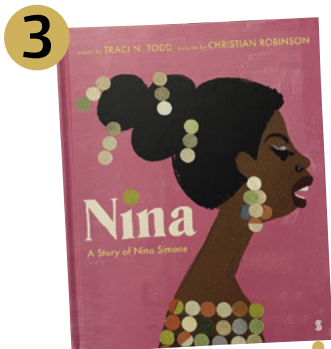
Christmas gift guide

Stay local this Christmas and do your gift buying in the borough – money spent in Lewisham helps to support our local communities and provide employment for local people



Children

Games, books, puzzles and clothes – you can find lots of gift ideas for little ones in our many independent gift shops.



The details

- 1. Jumping Bean**
45 Honor Oak Park, SE23 1EA
Who did this poo? A matching and memory game. £12.99
jumpingbeanshop.co.uk
- 2. Magi Gifts**
193 Brockley Road, SE4 2RS
How to draw sets. £15 each.
magigifts.co.uk
- 3. Kirkdale Bookshop**
272 Kirkdale, SE26 4RS
Nina. A story of Nina Simone. £12.99.
kirkdalebookshop.com
- 4. Ottie and the Bea**
12 Old Dover Road, SE3 7BT
Kaleidoscope kit. £11.50
ottieandthebea.com
- 5. The Find Store**
133 Burnt Ash Road, SE12 8RA
Rattle-Donkey. £20
thefindstore.co.uk
- 6. Moon Lane Books**
300 Stanstead Road, SE23 1DE
101 Small Ways to Change the World. £9.99
www.moonlaneink.co.uk



Local-made

Keep it local and support our many independent producers and makers. Many will be selling their goods at markets across the borough (see the events page for details), or also online.



The details

- 1. Cockpit Arts**
Red cable tidy £10
from deco22.co.uk
- 2. ShapesLewisham**
Ankara print mug, £8.99
from gitasportal.com
- 3. InspiredInBrockley**
Reverse triangle earrings £15
inspiredinbrockley.com
- 4. Lewisham Tea Company**
Black tea bundle from £12.49
lewishamteacompany.com
- 5. Bottle Bar And Shop**
Christmas Negroni from £9.50
2 Catford Broadway SE6 4SP
bottlebarandshop.com
- 6. House of Lewisham**
Bellingham t-shirt £15
Downham sweatshirt £18
houseoflewisham.com



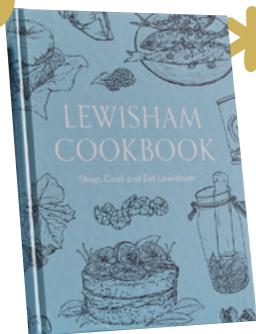
Food and drink

Eat, drink and be merry with the help of our hundreds of food and drink businesses!

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The details

- 1. Brockley Brewery**
31 Harcourt Road, SE4 2AJ
Giftbox. £17
brockleybrewery.co.uk
- 2. House of Lewisham**
Lewisham Cookbook, £20
houseoflewisham.com
- 3. The Larder**
71 Ladywell Road, SE13 7JA
Olive oil, 250ml £18.95 and
flavoured olive oil. 125ml £16
thelarderdeli.com
- 4. Good Food**
26B Sydenham Road,
SE26 5QW
Mount 58 Coffee, £8
goodfood.org.uk
- 5. Refugee Café**
Hamper, £30
refugeecafe.org.uk
- 6. Antonio Delicatessen**
23 Lewisham Grove, SE13 6BG
Homemade Tuscan panettone
£19.95



Charity gifts and local memberships

A thoughtful contribution to a local charity on someone's behalf makes for a perfect gift. Or get them the gift that keeps on giving with a local gym or independent cinema membership.

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**CATFORD
MEWS**

6

BETTER

The details

- 1. Lewisham Toy Library**
£30 donation funds membership for a year to a family in need.
lewishamtoylibrary.org.uk
- 2. Mayor's Winter Appeal**
Donate to help support vulnerable families in your community this winter.
lewishamwinterappeal.com
- 3. Lewisham Local card**
The £20 card gives the holder access to discounts at over 500 local businesses.
Lewishamlocal.com
- 4. Lewisham Foodbank**
Donate and help to provide emergency food and support to local people in crisis.
Lewisham.foodbank.org.uk
- 5. Catford Mews**
Standard annual adult membership from £40. Gives you free and discounted cinema tickets plus 10% off food and drink.
Catford-mews.co.uk
- 6. GLL/Better Gyms**
Help start a loved one's New Year health kick with the gift of a gym membership. Start from £35 per month.
Better.org.uk



House and garden

If the lockdowns made a friend or family member appreciate their home or garden more, show them you care with a thoughtful gift!

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The details

1. Mmea

19–21 Brockley Rise, SE23 1JG
Various plant pots from £15
mmea.london

2. The Find Store

133 Burnt Ash Road, SE12 8RA
Ceramic juicer £23
thefindstore.co.uk

3. You Don't Bring Me Flowers

15 Staplehurst Road, SE13 5ND
Various vintage photo frames from £8.99

4. Deptford does Art

28 Deptford High Street, SE8 4AF
Deptford coaster set £9
deptforddoesart.com

5. Magi Gifts

193 Brockley Road, SE4 2RS
Travel cups, £20 each.
magigifts.co.uk

6. Shannon's Garden Centre

Malham Road, Forest Hill SE23 1AH
3 x Flickabrights Candle set £16.99
shannonsgardencentre.co.uk



Charity and vintage

Save pounds and the planet by going second-hand for your gifts this year. You can pick up unique finds and real bargains if you are prepared to rummage!

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The details

1. Traid

41–43 Lewis Grove SE13 7JA
traid.org.uk

2. Mary's Living & Giving Shop, For Save the Children UK

10 Montpelier Vale, SE3 0TA
savethechildren.org.uk

3. Ansa Vintage

95 Dartmouth Road SE23 3HT

4. Crimson & Clover

10 Staplehurst Road SE13 5NB
crimsonandclover.online

5. St Christopher's Hospice

479 Bromley Road BR1 4PQ
stchristophers.org.uk

6. Deptford Quirk

6A Florence Road SE14 6TW

Winter Warmers from the Refugee Café

We met with the Refugee Café to find out more about their work

What is the Refugee Café?

The Refugee Café makes delicious food from around the world whilst creating a path to employment for people granted asylum in Lewisham.

Their growing team of local trainee chefs create delicious food from their home countries to sell at markets and events, whilst gaining hospitality training and coaching towards their employment or enterprise goals.

Lewisham is the UK's first Borough of Sanctuary, welcoming vulnerable families from war torn countries. With a lack of language skills and UK work experience, a refugee is four times more likely to be unemployed than the general population and five times more likely to experience mental health issues. The Refugee Café's mission is to break down these barriers and create opportunity, employability and community for those granted asylum in London.



Nahed and Marco with Yolanda, one of the founders of The Refugee Café

For more information about the Refugee Café, including their pioneering training programmes for those granted asylum, booking a private dining event or browsing the online shop for delicious truffles, biscuits and jams, visit refugeecafe.org.uk

Nahed

"I have been cooking for my family since I was 15 years old and this is one of our favourite meals! In the winter, we like to eat warm dishes, so we cook rice with many of our recipes, some of these dishes we serve with yoghurt.

"I came to live in Lewisham two years ago. We have a better

life in the UK where human rights are respected and my elderly parents can live dignified lives. I have started making new friends in Lewisham. All of them are kind people and they have helped me to learn English. Lewisham Council has helped us and given us a lot of love and respect."

Nahed's Syrian Lentil Soup

Ingredients:

1 cup lentils
1 onion cut into small pieces
1 teaspoon of salt
1 teaspoon of red pepper powder and a ¼ teaspoon of ground cumin and pepper
2 tablespoons of vegetable oil

½ spoon of Maggi seasoning
1 medium sweet potato, diced
Vegetables, if desired
1 litre water

Wash the lentils well and put in water and bring to the boil, then add the other ingredients.
Cook for 30 minutes.



Marco

"My recipe comes from living in a very small town in the middle of the Andean Mountain range, called Tunguipamba. We celebrate Christmas on 24 December, and it is a very special event with a huge banquet. A pristiño is a very special dessert, cut into a crown shape and served with sweet figs or simply with honey.

"I am one of the trustees of the Refugee Café and helped to set it up in 2019. I have lived in Lewisham for 11 years and it's a very friendly community. I enjoy family walks in the lovely parks in the borough. There are people from all around the world in Lewisham and we can even find food and ingredients from lots of Latin American countries!"

Marco's Ecuadorian Pristiños or Christmas fritters

Ingredients

Spiced water:
1 cup water

2-3 cinnamon sticks
2 whole cloves
1 tsp of anise seeds

Pristiño dough:

3 cups flour
1 tbsp sugar
1 tsp baking powder
¼ tsp salt
6 tbsp butter or 3 oz
2 egg yolks
1 tbsp lemon juice
¼ cup aguardiente (aniseed liquor)
2 cups of oil for frying

1. For the spiced water, combine ingredients in a small saucepan and simmer for 15 mins. Remove from heat, strain out the spices and leave till lukewarm.
2. Mix flour, sugar, baking powder and salt in a food processor. Add the butter and mix well.
3. Add yolks, lemon juice, aguardiente and ½ cup of the spiced water. Mix until the dough starts to form into small clumps,



gradually add additional spiced water if needed.

4. Remove the dough from the food processor, work it gently to form a ball. Rest at room temperature for about an hour.
5. Take half of the dough and roll it out on a floured surface until you have a thin layer.
6. Cut the dough into 1 inch wide and 6-10 inch long strips. Make small cuts, on one side of each strip, then form the strip into a flat circle to make a crown like shape. Press the edges together, use water or egg white to help glue the edges together.
7. Heat the oil in a medium sized frying pan, test by dipping the dough into the oil and if it sizzles then it's ready. Carefully add the fritters to the pan. Turn them over when golden. Remove and place on plate with paper towels to drain.
8. Serve warm with miel de panela, piloncillo spiced syrup or dulce de higos (figs cooked in panela syrup or honey). Sprinkle with ground cinnamon if desired.

Staying well this winter

The latest advice from trusted sources, to help us all stay healthy in the colder months

As we head into winter it's important to make sure we're doing all we can to keep ourselves and others as healthy as possible.

Cold weather can make some health problems worse – particularly for our most vulnerable residents. Meanwhile, hospitals and GP services are under intense pressure.

Staying safe from COVID-19

Vaccination is the best form of defence against COVID-19. Find more information about vaccination on the NHS website: www.nhs.uk/covid-vaccination

Here are practical steps you can take to help protect yourself and others:

- Get vaccinated, unless you are medically exempt.
- Meet others outdoors if you can. If you meet indoors, open windows to let fresh air in.
- Wear a face mask in crowded and enclosed settings where you come into contact with people you do not normally meet.
- Wash your hands thoroughly and frequently.
- Take a rapid test twice a week or before you go to meet others. Rapid tests are accurate, free



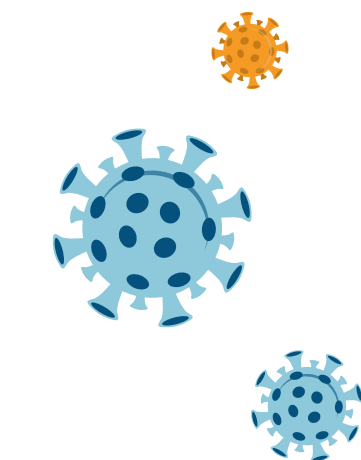
and easy to get. Find more information on our website: lewisham.gov.uk/rapidtest

- If you have COVID-19 symptoms, stay at home and book a PCR test. You can book a PCR test by calling 119 or online: nhs.uk/conditions/coronavirus-covid-19

Getting protection from flu

In addition to the COVID-19 vaccination, the NHS is recommending flu vaccination – and offering free flu jabs to those most at risk this winter.

Flu vaccination is important. More of us are likely to get flu this winter because fewer people will have built up natural immunity during the pandemic. If you get flu and COVID-19 at the same



time, research shows you're more likely to be seriously ill. Getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses.

If you've had COVID-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu.

Staying warm this winter

Some people are more vulnerable to the effects of cold weather. This includes people aged 65 and older; babies and children under the age of five; people who have a long-term health condition, a disability, or a mental health condition; pregnant women; and people on a low income who cannot afford heating.

Many people are struggling to meet rising energy costs. For some this might mean getting into debt or just going without heating. We provide an outreach service for people whose health is at risk from living in a cold home or getting into debt on their utilities. People can be referred by a health professional, social worker, carer, neighbour or relative.

If you know someone who is at risk in this way, find more information on our website about the outreach service and how to make a referral: lewisham.gov.uk/energy

The flu vaccine is given free on the NHS to people who:

- Are 50 and over (including those who will be 50 by 31 March 2022)
- Have certain health conditions
- Are pregnant
- Are in long-stay residential care
- Receive a carer's allowance, or are the main carer for an older

or disabled person who may be at risk if you get sick

- Live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- Are frontline health and social care workers.

Getting advice if you feel unwell

If you are worried about your own – or someone else's – physical health, there are a number of ways you can get help and advice:

1. NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you're not sure what to do
2. A pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
3. Your GP – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to.

The sooner you get advice, the sooner you are likely to get better.

Find more information on flu vaccination on the NHS website: nhs.uk/flu

Looking after your mental health

Many of us are finding life particularly challenging at the moment. It's important that we take time to reflect on our own mental health needs and those of others. If you or someone you know is struggling, you can find a range of advice and resources on the NHS website: nhs.uk/mental-health

There is also NHS Thrive, a game-based app that helps you prevent and manage stress, anxiety and related conditions.

If you feel you need to speak to someone urgently, whatever you're going through, you can call the Samaritans free at any time, from any phone, on 116 123.

Green update

Find out about our new Green Flags, have a Climate Conversation, and make it a Green Christmas this year with our top tips...



Have a #climatechat! Join the Lewisham Climate Conversation

Doing what we can to tackle the climate crisis is on a lot of our minds right now. But it can be hard to know what to do, and where to start.

We have recently launched the Lewisham Climate Conversation to encourage discussions about the small daily changes we can make that will have a positive impact on the future of our planet.

We have produced a step-by-step guide to inspire us all and help us to take positive actions to decrease our carbon footprint. This includes advice to help start your own climate conversations with friends and family, and 10 practical and easy ideas that can benefit

You have more power than you think



You are....

Part of the local community. You know what could be improved locally and you might be part of a local group that you could inspire to make a difference together.

the planet, like cutting down on meat and dairy or choosing to walk or cycle short journeys instead of driving.

We want your voice to be heard, and we hope that the Lewisham Climate Conversation will spark these vital conversations about our climate within the very heart of our communities.

You can share your views and photos on social media using these hashtags: #climatechat #climatecuppa #onestepgreener or email us directly at climate@lewisham.gov.uk.

Find out more: lewisham.gov.uk/ClimateConversation



Lewisham wins highest -ever number of Green Flag Awards

Lewisham's parks and green spaces have been awarded their highest-ever number of Green Flags, the award given to the very best green spaces in the UK. The latest green spaces in Lewisham to be given prestigious Green Flag Community Awards are Garthorne Road and Dacres Wood, managed by Lewisham Council with the help of the Friends groups.

In partnership with local groups the Council has also successfully retained its three existing Community Green Flags, as well as its sixteen Green Flags for other parks and green spaces in the borough.

The Green Flag Community Award recognises quality sites managed by voluntary and

community groups. Any green space that is freely accessible to the public is eligible to enter for the annual Green Flag Awards, which are based on a set of robust criteria, including accessibility, community involvement, cleanliness and biodiversity.

The Council, in partnership with Glendale, manages 47 parks and 15 nature reserves in the borough – each with its own unique character and environment. The last 18 months have seen public green spaces play a vital role for residents as a place to relax, exercise and meet friends and family safely.

Find out more about our parks and nature reserves at lewisham.gov.uk/parks

Recycle

Create

Share

Give

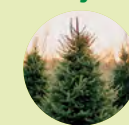
Save

Reuse

Christmas doesn't have to cost the Earth – five ways to be more eco-friendly over the holiday season

'Tis the season of excess waste and overconsumption – but it doesn't have to be. With some careful planning and mindful shopping over the holidays, you can help the environment whilst enjoying the festivities.

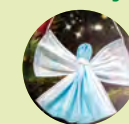
1. Buy a 'real' Christmas tree



If you're buying a Christmas tree this year, opt for a 'real' Christmas tree that's been grown locally. Unlike artificial plastic versions, real trees are biodegradable and can be recycled for free throughout Lewisham. The trees are ground into wood chips, which are used in local parks and green spaces, so nothing gets wasted.

Find out more about how you can reduce your carbon footprint at lewisham.gov.uk/recycle

2. Deck your halls with recycled decorations



Create your own decorations for free out of reused and recyclable materials, rather than buying new ones. There's lots of materials that you can get creative with, such as leftover or old Christmas cards, non-recyclable wrapping paper and leaves and other natural foliage.

If you buy new decorations, opt for ones made out of biodegradable material such as wood and foliage.

3. Reuse or recycle your wrapping paper and cardboard boxes



Don't get wrapped up in the urge to buy fancy glitter or foil wrapping paper. Instead, opt for brown wrapping paper or plain wrapping paper, which can be recycled, and save any leftover wrapping paper and reusable gift bags for next year. You should also flatten down any cardboard boxes that you've received gifts in, and put these in your recycling bin – a staggering 300,000 tonnes of card is used in UK households during the festive season, which is enough to wrap Big Ben almost 260,000 times!

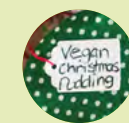
4. Shop local



Support our businesses by buying gifts and food grown in the UK from local stores and markets. By shopping local, you'll avoid the carbon costs associated with transporting goods across the globe, whilst helping to safeguard local jobs and support local businesses.

There's so many brilliant independent shops and market stalls in Lewisham for you to choose from – take a look at page 15 to find out more, or visit lewisham.gov.uk/inmyarea/markets to find out where your nearest market is.

5. Eat fewer animal products



Make your festive feast more sustainable by swapping some meat and dairy snacks and trimmings with plant-based versions, to help reduce the environmental costs associated with industrialised farming.

Out and about

A guide to the shows and exhibitions that are happening this December and January, plus details of all the festive, farmers' and street markets going on in the borough.

Please check the websites provided to confirm event details before you go.

Shows and exhibitions

22 October 2021–31 August 2022

Cult Hair

Cult Hair is an ongoing visual project capturing London's unique and diverse hairstyles. 10am–5pm (except Wednesdays), Horniman Museum & Gardens, 100 London Road, SE23 3PQ. Free



Cult Hair

4–31 December

The Snow Queen

At the top of the world lives the Snow Queen who is supposed to control the weather. But the seasons aren't behaving. The world is getting warmer. And it hasn't snowed for years... A vibrant musical of The Snow Queen, reimagined in an exciting adventure for the whole family. Various times, The Albany, Douglas Way, SE8 4AG. £10. 020 8692 4446 thealbany.org.uk

11–12 December

The Nutcracker

Journey through the magical night with Clara and her Nutcracker Prince, meet the Mouse King and join the Sugar Plum Fairy in the beautiful Land of Sweets. With a fresh and updated production, Let's All Dance are back with this family favourite. Various times, Blackheath Halls, 23 Lee Road, London SE3 9RQ. £15/£13 under 16s. 020 8463 0100 blackheathhalls.com

14 December – 8 January

Kindred Spirits

The Jack is back this Christmas with the premiere of a hair-raising comedy that celebrates the festive spirit! Suitable for ages 11+. 7.30pm, Jack Studio Theatre, 410 Brockley Road, London SE4 2DH £16/£14 conc. brockleyjack.co.uk

18 December

Blackheath Goes Gospel
Celebrate the joys of

gospel singing at this uplifting concert, with performances from Blackheath Goes Gospel Choir and pupils from St Margaret's Primary School. 7.30pm, Blackheath Halls, 23 Lee Road, London SE3 9RQ. £15/£12 conc. 020 8463 0100 blackheathhalls.com

19 December

Blackheath Halls Christmas Concert

Fun for all the family, featuring a wonderful

Monkey Business



The Elves And The Shoemaker

WE ARE LEWISHAM

Don't forget to look out for the Mayor of London Borough of Culture events, starting from 28 January all across Lewisham! wearelewisham.com



The Snow Queen

mixture of well-known Christmas classics and beautiful Christmas songs you may not have heard before, all in celebration of the festive season. 7.30pm, Blackheath Halls, 23 Lee Road SE3 9RQ. £16/£6 under 12s. 020 8463 0100 blackheathhalls.com

15 January

The Elves And The Shoemaker

Inspired by the exquisite Ladybird Book, Theatre of Widdershins brings you another classic fable using magical puppets, intricate

design, original music and the simplest of dialogue. 3pm, Blackheath Halls, 23 Lee Road, London SE3 9RQ. £8.50 020 8463 0100 blackheathhalls.com

Until 3 January 2022

Monkey Business

Explore the fascinating world of primates in this immersive family friendly exhibition. 10am–5pm (except Wednesdays), Horniman Museum & Gardens, 100 London Road, SE23 3PQ. £8/£4.50 under 16s. horniman.ac.uk

Libraries

All our libraries run regular events for children and families, and many of them are free. For details, ask in your local library or visit our website lewisham.gov.uk/libraries

Festive markets

12 December

Beckenham Place Park Local Makers Market

Local makers and businesses selling a range of food, homewares and gifts. 10am–3pm, The Homestead Café, Beckenham Place Park, Beckenham Hill Road, BR3 1SY

Hither Green Christmas Market

Popular Christmas market featuring makers, bakers and designers of Hither Green and beyond! 12 noon–5pm, St Swithuns Hall, St Swithuns Road, SE13 6RW

Horniman Market Christmas Special
The weekly Horniman Market will have a

Christmas theme for Sunday 12 December. The Market will feature lots of extra stalls selling festive foodie treats and gorgeous gifts from artists and makers, as well as the usual range of stalls. Sunday, 10am–3pm, Horniman Gardens, 100 London Road, SE23 3PQ. Free entry, no pre-booking required. horniman.ac.uk

Farmers' markets

Every Saturday

Brockley Market

Award-winning weekly food market featuring locally sourced produce. 10am–2pm, Lewisham College car park, Lewisham Way SE4 1UT

Telegraph Hill Food Market

Weekly food market featuring fresh fruit and

veg, hot food, bread and cakes (including vegan options).
10am–3pm, entrance on corner of Erlanger Road and Arbuthnot Road, SE14 5LS

Every Sunday

The Horniman Market

Pick up your weekly essentials alongside body care, clothing, jewellery, design and craft.
Sundays, 10am–3pm, Horniman Gardens, 100 London Road, SE23 3PQ

Blackheath Farmers' Market

A station car park turns into a hive of community

activity at this weekly farmers' market.
Sundays, 10am–2pm, Blackheath Station car park, SE3 9LA

Street markets

Deptford Market

Traders selling a wide variety of food from many different cultures, haberdashery, clothing and accessories.
Wednesdays, Fridays and Saturdays 9am–5.30pm, Deptford High Street

Lewisham Market

Historical market attracting locals and visitors from miles around to its 64 stalls selling everything and anything!



Deptford Market

Monday to Saturday
9am–6pm,
Sunday 10am–4pm,
Lewisham High Street

Catford Market
A range of stalls selling

toys, clothes, plants,
fruit and vegetables,
fish as well as multicultural
goods.
Monday to Saturday
9am–5.30pm, Catford
Broadway



Goyea Organic's is a remote juice bar using only fresh raw organic plant-based produce to promote health, wellness and nutrition. We offer 3–7 day Juice cleanses, Raw Cold Pressed Juice, Smoothie Bowls & yummy treats.

Fulfil your cravings with raw guilt free indulgences.

Place orders: via Deliveroo UberEats and JustEat
Tel: 07551 309570
Text Whatsapp to receive 10% off your first order
Socials: @goyeaorganics, @goyeaorganicgraze

Get grooving at your own pace at The Stanstead Lodge

260 Stanstead Road, Forest Hill, SE23, 1DD

Thursday and Friday 1:45 to 2:30 pm



Text or call 078 41911 706 to book your space!

The class is £5.00

To get there take the 185 or 171 bus from Lewisham Town Hall

Get ready to dance!!!

Experienced Contractors Required

Businesses or Self Employed Individuals
Working in or Close to Lewisham

- Fence Installation & Repairs
- Tree Surgery
- Domestic / Window Cleaning

Must be Honest, Reliable and Hardworking
Verifiable Work History or Company References Required

Call: 020 8306 2256 / 07970 174 055
Email: londonandkentclearance@gmail.com

Know someone suitable? Please pass them our details.....



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/councillors or call 020 8314 6000 and ask for 'operator'.

Bellingham

Cllr Alan Hall (Lab)
020 3441 7620
cldr_alan.hall@lewisham.gov.uk
Cllr Rachel Onikosi (Lab)
020 831 49021
cldr_Rachel.Onikosi@lewisham.gov.uk
Cllr Jacq Paschoud (Lab)
020 8291 5729
cldr_jacq.paschoud@lewisham.gov.uk

Blackheath

Cllr Kevin Bonavia (Lab)
020 8314 3721
cldr_kevin.bonavia@lewisham.gov.uk
Cllr Juliet Campbell (Lab)
020 8314 9386
cldr_juliet.campbell@lewisham.gov.uk
Cllr Amanda De Ryk (Lab)
020 8314 3789
cldr_amanda.deryk@lewisham.gov.uk

Brockley

Cllr Obajimi Adefiranye (Lab)
020 8314 7053
cldr_obajimi.adehiranye@lewisham.gov.uk
Cllr Sophie McGeevor (Lab)
020 8314 3496
cldr_sophie.mcgeevor@lewisham.gov.uk
Cllr Stephen Penfold (Lab)
020 8314 8817
cldr_stephen.penfold@lewisham.gov.uk

Catford South

Cllr James Royston (Lab)
020 831 46696
cldr_James.Royston@lewisham.gov.uk
Cllr Alan Smith (Ind)
020 8697 5505
cldr_alan.smith@lewisham.gov.uk
Cllr Eva Stamirowski (Lab)
07392 860305
cldr_eva.stamirowski@lewisham.gov.uk

Crofton Park

Cllr Tauseef Anwar (Lab)
020 8314 9930
cldr_tauseef.anwar@lewisham.gov.uk
Cllr Chris Barnham (Lab)
020 8314 9896
cldr_chris.barnham@lewisham.gov.uk
Cllr Pauline Morrison (Lab)
020 8244 5315
cldr_pauline.morrison@lewisham.gov.uk

Downham

Cllr Andre Bourne (Lab)
07875 082340
cldr_andre.bourne@lewisham.gov.uk
Cllr Coral Howard (Lab)
020 8314 3600
cldr_coral.howard@lewisham.gov.uk
Cllr Olurotimi Ogunbadewa (Lab)
020 8314 7892
cldr_olurotimi.ogunbadewa@lewisham.gov.uk

Evelyn

Cllr Caroline Kalu (Lab)
020 8314 9387
cldr_caroline.kalu@lewisham.gov.uk
Cllr Silvana Kelleher (Lab)
020 8314 3430
cldr_silvana.kelleher@lewisham.gov.uk
Cllr Lionel Openshaw (Lab)
020 8314 6382
cldr_lionel.openshaw@lewisham.gov.uk

Forest Hill

Cllr Peter Bernards (Lab)
020 8314 9927
cldr_peter.bernards@lewisham.gov.uk
Cllr Sophie Davis (Lab)
(maternity leave)
020 8314 3493
cldr_sophie.davis@lewisham.gov.uk
Cllr Leo Gibbons (Lab)
020 8314 6916
cldr_Leo.gibbons@lewisham.gov.uk

Grove Park

Cllr Suzannah Clarke (Lab)
020 8314 6944
cldr_suzannah.clarke@lewisham.gov.uk
Cllr Colin Elliott (Lab)
020 8314 9878
cldr_colin.elliott@lewisham.gov.uk
Cllr Hilary Moore (Lab)
020 8314 7886
cldr_hilary.moore@lewisham.gov.uk

Ladywell

Cllr Bill Brown (Lab)
020 8314 9821
cldr_bill.brown@lewisham.gov.uk
Cllr Carl Handley (Lab)
020 8314 6525
cldr_carl.handley@lewisham.gov.uk
Cllr Liz Johnston-Franklin (Lab)
020 8314 7985
cldr_liz.johnston-franklin@lewisham.gov.uk

Lee Green

Cllr Octavia Holland (Lab)
020 8314 6686
cldr_octavia.holland@lewisham.gov.uk
Cllr Jim Mallory (Lab)
020 8314 6964
cldr_jim.mallory@lewisham.gov.uk
Cllr James Rathbone (Lab)
020 8314 7524
cldr_james.rathbone@lewisham.gov.uk

Lewisham Central

Cllr Patrick Codd (Lab)
020 8314 9095
cldr_patrick.codd@lewisham.gov.uk
Cllr Aisling Gallagher (Lab)
020 8314 8043
cldr_aisling.gallagher@lewisham.gov.uk
Cllr Joani Reid (Lab)
020 8314 9963
cldr_joani.reid@lewisham.gov.uk

New Cross

Cllr Brenda Dacres (Lab)
020 8314 9872
cldr_brenda.dacres@lewisham.gov.uk
Cllr Samantha Latouche (Lab)
020 8314 7022
cldr_samantha.latouche@lewisham.gov.uk
Cllr Paul Maslin (Lab)
020 8852 1530
cldr_paul.maslin@lewisham.gov.uk

Perry Vale

Cllr John Paschoud (Lab)
020 8314 3437
john.paschoud@lewisham.gov.uk
Cllr Sakina Sheikh (Lab)
020 8314 7963
cldr_sakina.sheikh@lewisham.gov.uk
Cllr Susan Wise (Lab)
020 8314 2214
cldr_susan.wise@lewisham.gov.uk

Rushey Green

Cllr Louise Krupski (Lab)
020 8314 8983
cldr_louise.krupski@lewisham.gov.uk
Cllr John Muldoon (Lab)
020 3489 4640
cldr_john.muldoon@lewisham.gov.uk
Cllr James-J Walsh (Lab)
020 8314 9948
cldr_james-j.walsh@lewisham.gov.uk

Sydenham

Cllr Chris Best (Lab)
020 8676 9516
cldr_chris.best@lewisham.gov.uk
Cllr Liam Curran (Lab)
020 8314 6937
cldr_liam.curran@lewisham.gov.uk
Cllr Jack Lavery (Lab)
020 8314 6692
cldr_Jack.Lavery@lewisham.gov.uk

Telegraph Hill

Cllr Paul Bell (Lab)
020 8314 7047
cldr_paul.bell@lewisham.gov.uk
Cllr Joan Millbank (Lab)
020 8314 6929
cldr_joan.millbank@lewisham.gov.uk
Cllr Luke Sorba (Lab)
020 8314 9984
cldr_luke.sorba@lewisham.gov.uk

Whitefoot

Cllr Mark Ingleby (Lab)
020 8698 8562
cldr_mark.ingleby@lewisham.gov.uk
Cllr Kim Powell (Lab)
020 8314 2051
cldr_kim.powell@lewisham.gov.uk
Cllr Jonathan Slater (Lab)
020 8314 9981
cldr_jonathan.slater@lewisham.gov.uk

Members of parliament

Vicky Foxcroft MP
Lewisham Deptford
020 8469 4638
vicky.foxcroft.mp@parliament.uk
vickyfoxcroft.org.uk
Janet Daby MP
Lewisham East
020 8461 4733
janet.daby.mp@parliament.uk
janetdaby.org
Ellie Reeves MP
Lewisham West and Penge
020 7219 2668
ellie.reeves.mp@parliament.uk
elliereeves.com

Len Duvall AM
London Assembly Member for Greenwich and Lewisham
020 7983 4350
len.duvall@london.gov.uk

Could you provide the love and stability a child needs? **Foster for Lewisham**

**We are looking for people who have space in their home
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