



## Community Skills Sub Group Meeting Monday 11th December 2017, 10-12am

**Attendees:** Theresa Webb (Kitchen Buddy, WDCFP+), Jenny Budd (Lewisham Healthy Walks Coordinator), Alys Exley-Smith (Lewisham Homes Community Relations Manager), Fay Williams (Community Development Nutritionist & Coordinator of Be Inspired Lewisham Programme), Eliza Stuart (Good Food Lewisham Coordinator)

**Apologies:** Jenny Couper (New X Gate Trust)

Run through of previous minutes

### Updates

#### Fay updated on Be Inspired:

- Next year dates to note:
  - Be Inspired Health Event: 31<sup>st</sup> Jan 2018, Glassmill Leisure Centre, Lewisham, 11am-3pm. A range of free 30 min taster activity sessions will be available to the public including Zumba, yoga, seated exercise, group cycling...
  - Community Food Project Training: 7<sup>th</sup> Feb 2018, at GCDA (Unit 6, 53 Norman Road, SE10 9QF)
  - Next round of Lewisham Cookery Clubs begin on Feb 19<sup>th</sup> until 29<sup>th</sup> March. Locations to be confirmed. Contact Fay ([fay@gcda.org.uk](mailto:fay@gcda.org.uk)) from Jan to book on.
  - 2-day Healthy Eating and Physical Activity Training next round of dates: 7<sup>th</sup>/8<sup>th</sup> Feb 2018 AND 14<sup>th</sup>/15<sup>th</sup> March 2018. Contact [fay@gcda.org.uk](mailto:fay@gcda.org.uk) to book a space for your community group!
  - 1-day Social Enterprise training for Lewisham groups and residents: 19<sup>th</sup> Jan 2018, Location TBC
- **Action: Fay to add Jenny Budd to Community Skills distribution list.**

#### Jenny updated on Healthy Walks:

- 16 people were trained up in October;
- New walks:
  - Women only in Deptford - this has started and runs on Friday mornings, 9:30am from the Albany
  - From Goldsmiths Community Centre to Forster Park, on Tuesday mornings starting in Jan.
- Next walk leader training will be in February
- New X Gate Trust, with support from GCDA, are now delivering their own programme of walks to reduce social isolation using social inclusion funding from Sport England.

#### Other updates from Jenny:

- Maternity Voices Partnership - increasing the voice of the service users
- Mindful Mums programme are interested in including Healthy Walks.

#### Actions:

- Jenny to send out info and date of next walks leader training, plus info on new Goldsmiths walk.
- Alys to send Jenny contacts for training space outside of borough.
- Theresa to liaise with Jenny re Maternity and Mindful Mums.

#### Alys updates from Lewisham Homes:

- New Community Engagement team will be starting in January.
- Will be doing more work on Food Poverty, food banks to be involved.
- Would like to collaborate with other organisations to bid to signpost residents to request for links. Want to tap into existing projects to maximise output etc
- Free food / lunch leaflet from Community Connections.
- Portable pizza oven suggested for community engagement at Goldsmiths Community Centre (Chartwells have one) - or Cob building in the community - inspiring community engagement to build a pizza oven

#### Actions:

- Eliza to set up Holiday Hunger sub group and invite Alys / Gavin, Lewisham Homes.
- Alys to contact Chartwells re their mobile pizza oven.

#### Theresa's updates:

- Hospital visits to continue from 3rd Jan 2018, once a month on Wednesday evenings 7-9pm.
- Linking with Mindful Mums.
- Goldsmiths Community Centre - walks beginning in spring from Forster Memorial Park
- Goldsmiths Community Centre - Apple smiths café - tailored food for different groups, supported by Downham Nutrition Partnership
- Oral History Training Project:
  - Women's Month Event in March: '*Ladies of Lewisham*' - can be found on Facebook
  - Event contact: Laura Cheek, Hither Green

Action: Eliza / Livia to send Theresa info on Healthy Start and Lewisham Free D to 'Make Every Contact Count!' and promote to mums in pregnancy sessions to increase their spending capacity

#### Eliza's Updates from Good Food Lewisham:

- Disco Soup at the Albany - over 100 meals served with all leftovers sent on to Deptford Soup Kitchen
- Lewisham Food Festival - Community breakfast meeting on the 26th Jan, 9-11am at Deptford Lounge - open to anyone who would like to be involved! (Made in Lewisham - Katherine Perry - working with Good Food Lewihsam). The festival will be 2 weeks of pop-up events. Hoping to link with local arts festivals. Food menu competition for secondary schools will be launched in the New Year. Potential for Food Festival to support Holiday Meals with Children in Need funding.

Next Community Skills Meeting will be held on Thursday 22nd March 2018, 10am - 12pm, location TBC - please let us know if you would like to host this meeting!