

CLAPHAM PARK MAGAZINE

SPRING 2020



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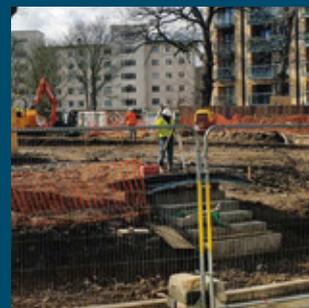


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YOUR PLACE TO BE

welcome

Hello Clapham Park,

The last few weeks have been very difficult for all of us – but I want to reassure you that Metropolitan Thames Valley are here for you as we all live through this uncertain time.

We know how difficult it has been for many of our residents and our first thoughts are for your wellbeing and that of your loved ones.

We are following Government’s guidelines to help stop the spread of Covid-19, which means that we’ve had to make changes to how we run our services. Please click [here](#) to follow the latest news and guidance on how we’ll be operating during this time.

A new special coronavirus crisis edition of ‘Lambeth Talk’ can be read now and will be delivered to residents across the borough. The magazine is filled with useful information and sign-posting of support/guidance from the council and Public Health England (PHE) on COVID-19, as well as information on the many Food Banks and other voluntary organisations which are assisting the community at this time. You can read the magazine [via this link](#).

This special edition of the Clapham Park Magazine has been put together as resource for you and your family to navigate yourselves through this time.

Many of our local activities from the Cube and local organisations have gone online so you can still get involved. Please stay connected and follow [@Clapham_Park](#) on Instagram as we share and update information.

We would like share our appreciation for the heroic efforts of NHS staff, all other key workers, all of those who are volunteering and checking in on neighbours, you are doing an amazing job in such difficult circumstances. Let’s join together as a community to show our appreciation for key-workers and NHS heroes every Thursday at 8pm for **#ClapForOurCarers**.

While these are unprecedented times, the spirit and unity of Clapham Park has already shown us that together, we can get through this.

Stay safe, stay home and remember we’re all in this together.



Freepik.com

Helpful tips to staying well at home

Plan your day

We are all adjusting to a new, rather strange way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pajamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

Move more every day

Even at home, there will be lots of ways to exercise and keep your body moving. Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Dancing is a great form of exercise not only will it boost your mood, it's also a good way of squeezing in some exercise without leaving the house getting the kids involved.



Tops exercise tips for being inside:

- 1 Try walking briskly around the house or up and down the stairs
- 2 Dig out that old skipping rope
- 3 Your tins of baked beans make great dumbbell substitutes or, if you tie them up in a carrier bag, you have an improvised kettlebell
- 4 The [NHS](#) and [Our Parks](#) both have a great number of fitness video for all different abilities and exercise styles
- 5 Teach yourself how to dance with [The English National Ballet](#) or take dance classes with [Oti Mabuse](#)
- 6 [Do Yoga With Me](#) are offering two months free premium membership for free, and [Yoga with Adrienne](#) has great routines for all abilities
- 7 For more ideas, head to [We Are Spotlight](#)

Connect with others

Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with colleagues, friends, family, and others to help you (and them) feel more connected and supported.

Explore ways of connecting that work for you, whether it's over the phone, social media, or Facetime. This could be anything, from sharing a cup of tea over video, writing a "pub" quiz or playing an online game together, or simply sending a supportive text-message or a telephone call.

Here are a few apps that can help you stay connected:

What's App – Face Time, Group Chat, share photos on your phone

or on your laptop or PC. The BBC can show you how to make a call or **FaceTime**.

Zoom – Attend a workshop, do an activity, attend a meeting or an exercise class.

Netflix Party – Watch your favorite series or film with friends.

Set up a **Neighborhood Pod** and reach out to your neighbors or join your local **Covid-19 Mutual Aid Group**.

Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day,

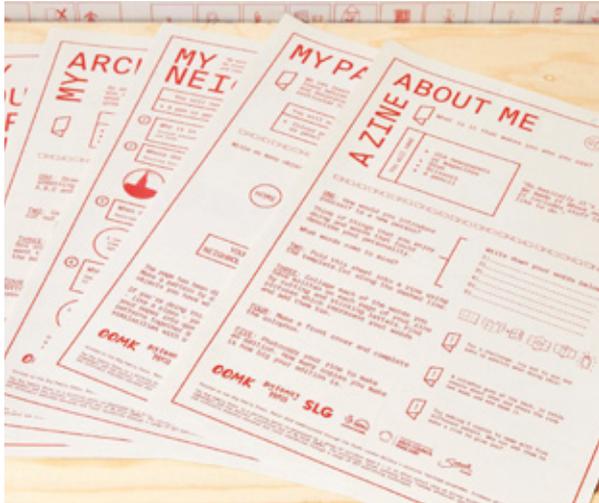
"Being active reduces stress, increases energy levels, can make us more alert and help us sleep better."

even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better. Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

Have a look at the NHS website for ideas on how to improve your sleep [here](#).



06//Staying well at home



"Learn a new skill. YouTube is a great starting point."



Get creative

Studies suggest that when we're bored, we're at our most creative, so use this time wisely. Write that book you've been putting off, paint that blank canvas, pen a poem or song or compose some music. Do something.

Alternatively, learn a new skill. YouTube is a great starting point. You'll find tutorials for pretty much anything – whether you're learning how to cook, [knit](#), or even [sew](#).

Make a [pinch-plant-pot](#) with air drying clay. No kiln (or experience) needed. If you save some [tomato seeds](#), you could start growing your own in them too.

Get [drawing](#) – you don't have to be a pro, we all have to start somewhere. [South London Gallery](#) is encouraging everyone to pick up a pen and paper for the [Bad Drawing Club](#).

Make a Zine (a homemade magazine) to diarise how you've been spending your time in quarantine. This will be interesting to look back at in the future. SLG have [free resources here](#).

Dust off that cook book, or try making something totally new. [Jack Monroe's](#) cooking on a bootstrap has a tonne of great ideas, particularly when our kitchen cupboards might be emptier than usual! Why not FaceTime a friend and cook the same recipe together?

Quick & easy cake

We love this [dairy-free chocolate cake](#) – Not only can it be made from basic ingredients, it can easily be customized for different flavours, and it tastes great too! Follow the link for instructions.

Total Time: 25 minutes
Yield: two cakes, or one double-layer cake

Ingredients:

- 2 cups spelt or white flour
- 3/4 cup cocoa powder
- 1 tsp baking soda
- 1 tsp salt
- 1 cup mini chocolate chips, optional
- 1 1/2 cup sugar, or xylitol for sugar free
- 1/2 cup applesauce, banana, or yogurt of choice
- 1/2 cup oil, almond butter, or allergy-friendly sub
- 1 1/2 tbsps pure vanilla extract
- 1 1/2 cup water



Other flavours you can try:

- [Nutella Chocolate Cake](#): Frost with chocolate hazelnut butter or Nutella between layers.
- [Black Forest Vegan Chocolate Cake](#): Frost with whipped coconut cream or cashew cream and cherries or cherry jam.
- [Mocha Cake](#): Add a small spoonful of instant coffee to your favorite chocolate frosting.

08//Staying well at home

Take a break from the news with Arts & Entertainment

It's can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health. Try limiting how often you check the news. You may also find it useful to have breaks from social media and mute things which are triggering. Why not watch a play at home as an alternative? With the West End and theatres across the world currently closed, you can still get your culture fix online.

Cirque Du Soleil - Awe-inspiring show footage and fan favourite videos.

National Theatre - Stream a new NT play each week posted online from 7pm each Thursday

The Shows Must Go On is the YouTube Channel, which features free productions of some of Andrew Lloyd Webber musicals - Plays are only up for 48 hours

Viral film festival - Pretend you're at the cinema and watch films followed by a live discussion with the VFF.

Pulitzer Centre's online **film festival** - For the socially and environmentally minded.

Sadler's Wells - Free dance performances and workshops with Family Dance Workshops specially created to connect with younger children, and Company of Elders Workshops for older audiences

Self-care

It's important to practise self-care if you're self-isolating. Take that time to look after yourself. Self-care is really important. Even if you're confined to one room of your house, you may still be able to do some meditation, relaxation or yoga. There are many self-care apps that you can download like **Head Space** and **Calm**. Why not subscribe to the **Tate Modern's** YouTube channel and catch Andy Warhol retrospective

Learning and Education

If that's not for you, why not download free app to learn a language like **Dualingo**, take a short course, or learn about **Black History?**

Open University have a selection of free online courses. Adult level, but some e.g. nature and environment



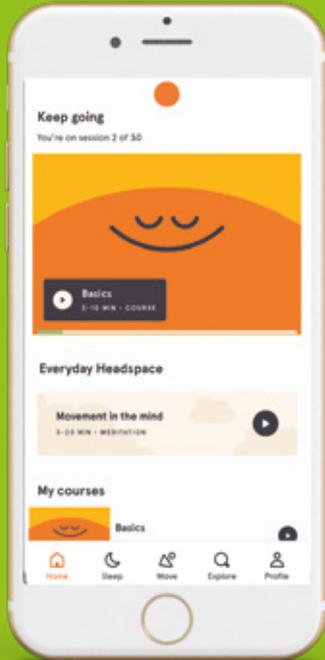
courses could well be of interest to young people.

Open Culture have free online courses from Universities on subjects from Business, Engineering, Creative Writing and journalism and Archeology;

Learn to **Code** (HTML, PYTHON, CSS and more);

Take a **Creative Short Course** and hone in you problem-solving and thinking skills;





[Headspace](#) will support you through this time of crisis and are offering some meditations you can listen to anytime. These are part of a larger collection in the Headspace app – free for everyone – called Weathering the storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling.

[ALISON](#) is a free online education platform that mostly focuses on workplace-based skills for adult. With over 1,000 free online courses;

[Futurelearn](#) – free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Learn about [UK politics](#), citizenship, history and how parliament works. For ages 5+ but

there is lots of very interesting information for all ages.

Or learn about Natural History at [The Big History Project](#) which examines our past, explains our present, and imagines our future. For fans of David Attenborough.

[The Maths Factor](#) – Usually £2 per week but is now free because of Covid-19. Unlock your child's maths confidence with Carol Vorderman's maths site for 4-11 year olds. Kids can watch her maths videos, play games and practise.

Above: Moon Water is available to watch on the Sadler's Wells Facebook page from Friday 15 May at 7.30pm BST.



10//Staying well at home

Ted Ed - Stay curious with all sorts of engaging educational videos.

National Geographic Kids - Is a fantastic site for families looking for practical, educational and entertaining content to keep kids engaged with the natural world and the science behind it.

BBC Learning - This site is old and will be updated in April but there's still so much available, from language learning to BBC

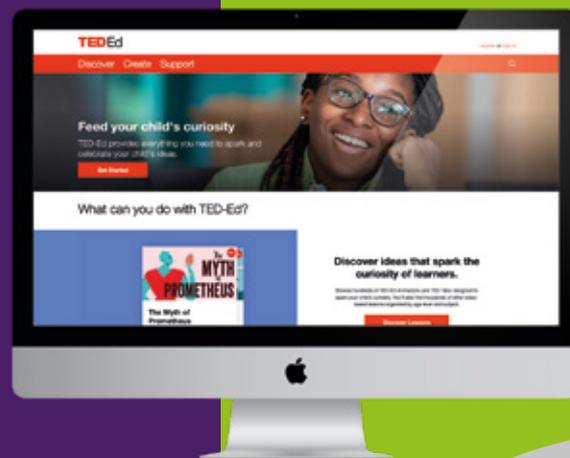
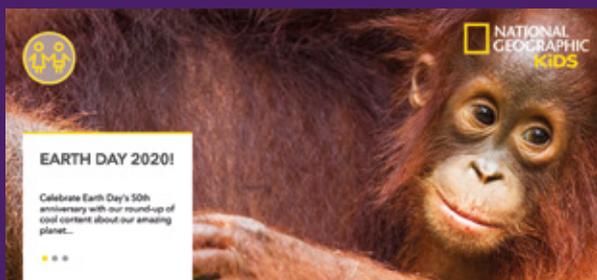
Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Want more inspiration? **We Are Spotlight** and **Chatter Pack** have put together a list of resources to help you stay active, inspired and keep creative, including free **ASDAN** courses, wellbeing and mental health support, fun ideas for cooking and even a lesson on how to fix your bike for those shop runs.



Focus on the future

Remember this is a temporary situation, it's not forever. So why not focus your mind on the things you're looking forward to in the year ahead or things that you want to do? If we focus on the future, there's less chance to feel anxious about the present.



Let's talk, we're listening!

"It's good to talk!" The famous tagline of the 1995 advertising campaign and that got us thinking about all the ways in which you can talk to us. Whatever way you prefer to talk to us, you can!

Digital

» **MTVH Online**

MTVH Online is our new online platform. It has replaced our Customer Self-Service portal earlier this year. **The new platform will allow you to:**

- ask for repairs, send us enquiries and pay online – all in one place
- see your latest account transactions 24/7
- do all of this from your smartphone, tablet or computer

You do need to request access to the service, even if you've registered to use Customer self-

serve service before. If you like having information at your fingertips then join the nearly 3,500 other MTVH residents that have already signed up for this service.

Register now, by visiting:

mtvh.co.uk/mtvh-online

where you'll be able to request your own unique invitation code.

» **Social media**

You've told us that social media is important to you, so we're building our online presence. We're taking over social media like never before. We've recently launched our brand new Instagram page, where we will be talking everything Clapham Park.



Whatever social media platform is your favourite, you can follow, like, comment or share at:

 @MetTVH

 @Clapham.cube

 @clapham_park

» **Email**

Do you prefer to contact us via email, well feel free to contact us contactus@mtvh.co.uk



12//It's good to talk

Traditional

» Telephone – It's still good to talk

Our dedicated customer service team are here and ready to pick up your call. If you haven't registered on MTVH Online, this is your first point of call to raise a repair. 0203 535 3535

Print

» Write to us

Nothing wrong with good old pen and paper. If you prefer to send us a letter then you can write to us at our head office:

The Grange 100 High Street,
Southgate, London N14 6PW

» Newsletters

Regional newsletter – Coverage of all the big stories that are happening in South London and

the South. These newsletters are posted to all residents living in the region. Did you see the last edition, there story on the stretcher railings that you can find around Clapham Park.

» Clapham Park – The magazine

This is your newly revised magazine that offers you a roundup of all things Clapham Park. It offers an insight in what's happening locally with a mix of interesting stories that are resident led and information about Clapham Park and the regeneration. The Clapham Park Magazine is also available online.



Online

Have you checked out the newly revised Clapham Park Zone on the Metropolitan website? Look under the heading "For Customers" to find the Clapham Park Zone.

Coming soon! A dedicated website for Clapham Park. The website will have a real sense of community yourclaphampark.com

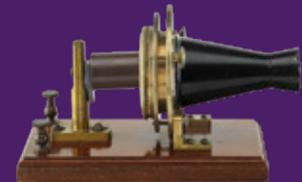
Did you know?

1840

The first prepaid postage stamp was issued in England in 1840.

1876

The first phone call was made on 10 March 1876. The first words ever transmitted were "Mr Watson, come here".



1971

The first email was sent in 1971, by Computer Scientist, Ray Tomlinson.

A word from the Thornton Ward Councillors

Despite the coronavirus, as your councillors we are determined to continue supporting residents in Thornton. We see our role very much as connecting people and groups up, and also ensuring that the key messages from the Council reach residents, and your questions and concerns are answered (as best as we can). And finding ways to keep a special eye on our estates and our more vulnerable residents at this time.

Whilst our regular face-to-face surgeries and meetings have been cancelled until further notice, you can still get support from us by email and phone. Our contact details are listed at moderngov.lambeth.gov.uk/mgMemberIndex

Lambeth Council community

In addition to getting food packages to those in need, we have been operating a helpline for vulnerable people. To date the helpline has been used by more than 5,500 people to get support and advice from the council about the coronavirus pandemic. The helpline number is 020 7926 2999 and is open every day from 8:00am to 8:00pm.



In person

» Come and Visit us

Due to the outbreak of Corona Virus, we've had to close our offices including the Clapham Park Housing Office for the foreseeable future. We're advising residents to use the secure online portal for the fastest response. Alternatively, you can contact us by email on: contactus@metropolitan.org.uk or telephone on 0203 535 3535

» Drop in

The Clapham Park Cube, is your new community space but is currently closed until further notice. When we re-open we'd love to have you drop in and say hello.

» Coming together

We're hosting Community Forums as an opportunity to come together as a community to discuss issues that are important to you. By coming together we can share and discuss upcoming initiatives that we want residents to input on. We know that it's really important that you have a say in shaping and informing local services that work best for you.

The Community Forums will be held every quarter, the next meeting will take place on: Wednesday, 30 September 2020



14//Stop the spread

Everyone must stay at home to help stop the spread of coronavirus.

Stay at home to stop coronavirus spreading

You should only leave your home for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home.

Important

These reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

Source: [NHS](#)

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

DO ✓

- wash your hands with soap and water often – do this for at least 20 seconds every time
- use hand sanitiser gel if soap



and water are not available

- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards.

DON'T X

- do not touch your eyes, nose or mouth if your hands are not clean.

Source: [NHS](#)



Become a mystery shopper

Get involved!

Are you interested in becoming a Mystery Shopper for Metropolitan Thames Valley?

The aim of a mystery shopper is to measure the quality of the service from a resident's perspective, focusing on the customer experience. Your feedback can help us understand how we are seen through your eyes. It's a great way to make a big difference with a relatively small time commitment.

As a mystery shopper, you could get involved in assessing the services provided by our front line staff locally, and suggest ways which we could improve our services.

You might highlight excellent service, or raise any areas where we could make improvements. Regardless, we need you to get involved. If you're interested please send an email to claphampark.regen@metropolitan.org.uk

CCTV Trials

Following successful trials of CCTV at a number of locations at Clapham Park, we are extending these to include Scrutton Close and Eversley House, Kymer House and Parbury House.



Bulk Refuge!

Thank you so much for all your support in helping to reduce the amount of bulk refuse being left across the estate. In 2019 we spent just under £63,000 removing an extraordinary 204,308.51kgs of rubbish most of which could have been broken down and placed in the provided bins for collection by the council, which you already pay for in your council tax and bulkier items could have been collected by the council for a small fee rather than neighbours meeting the cost, so it's really important that it's disposed of properly.



Advocate Mum

Divine, known by many in Clapham Park as the 'Advocate Mum', has always understood the power that food has to bring people and communities together

A strong believer in taking care of people, Divine began working with 44 Clarence Avenue, a supported living residence where she cooks her soul food for older residents on a weekly basis. With a real passion for the often forgotten generation, she wanted to create a space for them to come together, talk and share. Believing that at times, 'laughter is the best medicine.'

Delivering services for young people in Clapham Park

One of the first events at The Cube, the new community centre in Clapham Park, was a meeting of the Neighbourhood Forum to discuss the issue of youth violence.

One of the outcomes was that residents, representatives of the Council, the Metropolitan Police, local youth service providers as well as MTVH all agreed that there needed to be better information about the range of activities available for young people in the area. This was not just to ensure that everyone was aware of what

was happening but also to identify gaps in provision. Since the meeting, a timetable of local activities has been created. The timetable will be regularly updated once physical activities can resume after social distancing restrictions ease.

Service providers continue to work together to enhance the local offer for young people and have already secured funding over £17,000 from Lambeth to deliver activities for young people. If you have any ideas to contribute please contact Hannah Moody at hannah.moody@mtvh.co.uk or Ching Wah Wong cwong@claphampark.org.uk.





How Fledglink is empowering young people

New app Fledglink is changing the way 15-19 year-olds feel about their future.

Fledglink is providing them with the best advice and opportunities, the app teaches them about their skills and qualities so they can finish school and take their next steps feeling prepared and confident.

Fledglink puts jobs, work experience and advice straight into the hands of young people on a mobile app they can use on their own terms. By being 100% free to use, the app also brings

young people into contact with employers and networks that can be instrumental in building a strong foundation to grow and develop their future.

By empowering its users with access to the right information and resources, Fledglink is the best tool for 15-19 year-olds who are unsure of their future plans. To learn more and download the app, visit fledglink.com

"I didn't know about apprenticeships before Fledglink - but the app helped me decide it was the right path for me and then found me the perfect role!"

Fledglink user



Study Hub

Are your children missing the Study Hub?

Elevating Success who run the Study Hub are still available to support young people with their study needs. Email Ben Joyce at benjoyce@elevatingsuccess.co.uk who will arrange a date and time for a tutor to call and help your child with their homework.

How I got here...

Kevin Mensah, 22 – Assistant Development Manager

I used to play semi-professional football for Luton Town from the ages of 12- 16. After I completed my GCSE's in 2014, I didn't land the professional contract that I so desperately wanted. After speaking to my Dad, I



decided to pursue a career in construction.

After attending a career event, I landed a construction apprenticeship and completed my level 3 in Construction Management and Architecture that then led me to complete an NVQ in Construction

Be inspired!

Management and Site Management and then a degree.

In my three years as an apprentice I was able to manage a team of professionals who built over 60 homes from start to finish. I would recommend that all young people consider doing an apprenticeship because there are so many benefits and you get the chance to gain practical skills whilst earning a salary.

Join **free** creative workshops with neighbours

from a safe distance!



Above: Resident Djaliatu and below; neighbours Bill and Diona taking part in a photo art workshop with artist Marcia Chandra



Clapham Park Creative Co-Op is back with some exciting plans to be as creative as we can with our neighbours while we **#stayathome!**

The Creative Co-op explores the past, present and future of Clapham Park Estate through art and storytelling. Since we started in 2018 we've run workshops in photography and crafts, danced with the Over 50s, started a history archive for Clapham Park Estate and held a huge exhibition and dance party at the Clapham Park Cube in May 2019.

Participate in some of our planned activities:

- **Photography Club** learn new skills and document our lockdown lives together
- **Tea & Create workshops** (on Zoom) for all ages

- **Telephone Stories** - storytelling for the Clapham Park Archive
- **Public exhibitions** - make your daily walk a creative activity

Fancy leading an online workshop?

Calling all residents with creative skills to get in touch! We have a small fund to commission local residents to lead an online workshop (£50 for a 1 hour workshop with some prep). If you can cook, sew, dance, draw or make things, we'd love to hear from you. We're open to all sorts of ideas! Don't worry if you've never run a workshop before, we'll be working together to develop the idea.





Photo: ©2019ClaphamParkCreativeCoop

Left: Resident Thawab in photo embroidery workshop with artists Marcia Chandra and Sonia Tuttiett

Below: Making photographic cyanotypes



Photo: ©2019ClaphamParkCreativeCoop



Photo: ©2019SamBland

Let us know how you want to get involved. Please register your interest and ideas, in our very brief [online survey](#).

If you have any questions email claphamparkcreative@gmail.com or call 07854 638 302.

You can also visit our website claphamparkcreative.org

 @claphamparkcoop

 @claphamparkcreativecoop

 @claphamparkcreative



Photo: ©2019SamBland

Above: resident Community Producer Therese putting up history exhibition for the opening of the Clapham Park Cube

Left: Over 50s leading dancefloor to beats by local group Kulture Imani Expressions during celebrations of the opening of the Clapham Park Cube in May 2019

Forester Road completed
in 2017 by Kind.



Building works commence on Hutchings and Prendergast House

On the 8 April 2020 we commenced the work on building 50 new homes, where Hutchings and Prendergast House are currently located.

These homes will be a mix of 41 flats consisting of one, two and three bedroom properties with nine townhouses consisting of four and five bedroom homes. There will also be two commercial units below the apartments. We've appointed contractor, Kind who built the new homes on Forester Road in 2017. All these homes will be social rented homes for existing Clapham Park assured tenants, including all nine of the townhouses. We are anticipating completion of these homes towards the end of 2022.

Roadwork

The civils works for implementing the energy service company (known as ESCO) are continuing. The team on the ground are still being able to work because they are maintaining social distancing. If you have any questions or want more information regarding the planned construction works then you can contact the With Energy team on their website withenergy.co.uk/dhcc

Alternatively you can contact **With Energy** on [0333 8000 111](tel:03338000111) or send them an email at hello@with.energy.

Crescent Park

UPDATE

The Crescent Park works are nearing completion.

The turfing and landscaping works will be done in late April, but there will be sometime required to allow the turf to become sufficiently established. The park will have a dedicated space for public art and lawn areas with furniture recommendations from residents incorporated into the final design. Higgins, the appointed contractor have managed to remain on site by implementing social distancing, with works due to be completed in May. The outbreak of Covid-19 mean we will have to postpone the grand opening of the Crescent Park until later on in the year.

S resi

Making home ownership possible

What is Shared Ownership?

Shared Ownership is an affordable home ownership scheme which makes it easier for first time buyers to get on the property ladder. Buyers purchase a share of property, and pay a subsidised rent on the remaining share.

Shared ownership is a government scheme designed to help people, especially first-time buyers, get on the property ladder, as it can dramatically reduce the amount required for a deposit. It's very straightforward. You buy an initial share in a home, which can be as little as 25 per cent but no more

than 75 per cent of the full purchase price. The deposit is typically five or ten per cent and is based on the share you buy, which is much lower than paying a deposit on the full price.

If buying your own home is something you're interested in then, shared ownership might be the answer. Here at Clapham Park, properties are available with a 5% deposit starting from £5,338 when you purchase a 25 per cent share in a one-bedroom apartment from only £106,750 from the full price of £427,000.

Shared Ownership has already helped thousands of first time buyers onto the property ladder in England.

If you would like to find out more, please visit www.sharedownership.co.uk or visit our [YouTube channel](#) where you watch a video on shared ownership and do a virtual tour of some of our homes available for shared ownership. If you'd like to speak to someone in our Customer Service team please call 0208 607 0550 who would be happy to help and explain about eligibility of shared ownership in more detail.





soresi.co.uk



Virtual Local Community Activities



Whilst The Clapham Park Community Cube is closed due to the ongoing situation with COVID 19 and our programme of groups and activities have been suspended for the time being, some groups have got creative and gone virtual.

Here's how to access them along with a range of other local organisations continuing to provide fun services local to you from the comfort of your home!

Virtual Cube

» **Boxing Yoga**
Boxing Yoga sessions are now live on Sunday's at 11am via Zoom.

This is a 60 minute challenging flow routine: if you want to come out stronger, come join us! There is a £5 charge per person, but all of the following people are exempt from payment:

- **Unemployed:**
People whose income has stopped or been extremely negatively affected by Corona virus

- Full-time students
- NHS Staff

For more information on how to get involved, head to [Amanda's Instagram](#)

» **Tutors United**
Have gone online!

Tutors united continue to provide free English and Maths tuition to their twenty four pupils from Clapham Park. Follow [Tutors United](#) on Instagram for updates.



» Boxing

Did you know that Kickboxing England who run weekly boxing sessions at The Cube have a podcast? [Tune in here](#) to take a look.

- Want to start boxing or continue to train during quarantine? There are plenty of free videos on YouTube

Left: Tutors United

Right: Kickboxing England taking part in the annual Clapham Park funday



26//Virtual groups

» BodyMapIn Exercise

David has been running 1 hour Pilates and strength & conditioning classes on Zoom, these sessions are donation only.

For more information on how to join in and to receive the weekly timetable email: info@bodymapin.com

Virtual Community

» St Thomas with St Stephan's Church

Are running their weekly youth club's online.

Tune into [Instagram live](#) for fun challenges, games, fun questions, encouragement and more! For STWSS's full programme, go to their [website](#) or email Sam.

» Covid-19 Mutual Aid Groups

Informal Mutual Aid groups have been springing up across the country with groups in Clapham Park and its surrounding areas for neighbours to help each other out and share information.

Help can involve activities from running errands, making a phone call or providing a friendly phone call. The idea is to provide support for one another during this time. For more information, and to find your local group head to [Covid-19 Mutual Aid](#).



Meet some of our staff



Ryan

is our Head of Youth Work. He is also the Team Leader at Juniors and the Designated Safeguarding Lead. Ryan is a Crystal Palace fan and enjoys playing football and cycling long distances.



Ellie

is the Senior Youth Worker at KYC & leads the Girls session. Ellie loves pasta, people, prayer & pick'n'mix sweets.



Natasha

volunteers at our Girls session. Did you know that she used to come to club when she was a kid? Alongside helping us at KYC, Natasha is also studying Criminology & Psychology!





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We want to hear from you!

Do you have a story you'd like to share with your neighbours? Would you like to make a contribution? We're interested in hearing about activities for children and adults. We'd love to shine a spotlight on events in the community!

Tell us if there's something you'd like to see more of in the pages of the Clapham Park Magazine by emailing



OUR OFFICE HAS MOVED...

While the housing office on New Park Road is refurbished, we have a temporary office at:

Threshold Centre
Clarence Crescent
London SW4 8BU
(on the corner of Helby Road and Clarence Crescent)

 @Met_Lambeth

 clapham_park

