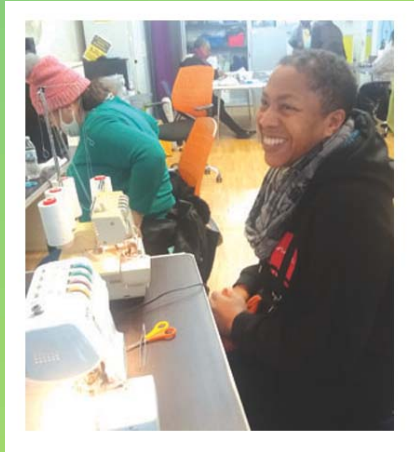
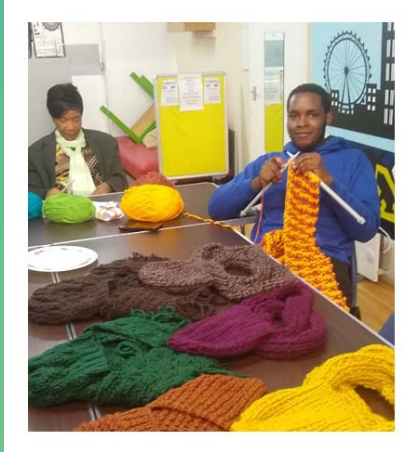


LEE GREEN *Lives*



ANNUAL REPORT 2022

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Keeping the show on the road

LGL activities are back to normal but we need to keep looking for new sources of funding says Pat Coyne



The two main elements of this last year have been the attempts to diversify our funding to keep the Centre afloat financially and the recovery from the long tail of Covid. In both, I think we can say, we have had some success, though the future is far from certain.

Our main source of funds since we started has been the London Borough of Lewisham. We have been very grateful for their generous support, but like all local authorities they have had to make drastic cuts to expenditure. In previous years they have granted us £25,000 annually for three years, but this year we received only £10,000 a year for three years, the maximum that they could have given. To help make up the shortfall we have now received funding from the Council's Ward NCIL (Neighbourhood Community Infrastructure Levy), Clarion Housing and the Garfield Weston Foundation, and we are applying to several other funders.

The classes and services run in the Centre are now all back to full strength and some, such as Seniors' Exercises have had to add sessions to cope with numbers while continuing to observe Covid restrictions on the size of any one session. The Support and Advocacy service is usually fully booked and we are looking for new funding to add another session, probably on Saturdays, to help the ever-growing number of people who need help with everything from mental problems to universal



You may have noticed that we have a new sign for the Community Centre. The old one blew off in a gale and disappeared. Why anyone would want half a sign, goodness only knows.

credit. We are also applying for National Lottery funding to help with our craft classes – sewing and our latest class, knitting, both of which have attracted lots of interest.

In addition, Clarion have agreed to sponsor LGL in operating a Warm space at the Centre on Wednesdays and Thursdays, through to 13 April.

There continues to be uncertainty as to what will happen at Leegate. Planning permission has not yet been granted and it is not clear when it will be. The latest plans from Galliard, for what is now a housing-led development, do at least contain provision for a new community centre on the ground floor, but when construction will start and finish is unclear. Current plans exceed Lewisham's

required height limit of 12 stories and there may be further problems if the Government goes through with its post-Grenfell proposals to require all buildings over 30 metres in height to have two stair wells. Currently all Galliard's towers have single stair wells.

Leegate is looking increasingly seedy and run-down. Redevelopment is clearly in everybody's interest, although we should pay tribute to the current group of traders, services and charities who have worked hard to maintain their activities and we hope the Council and Galliard will recognise their efforts by supporting those that can continue through and after the development. When it does happen, construction will take several years, and we will be looking for alternative venues to keep the Centre running in the interim.

Naturally, I would like to thank everyone who helped to keep the Centre open and thriving. First I would like to make a special men-

tion of Sheila Peck, who was appointed Vice Chair of the Committee at the last AGM, but who very sadly died later in 2022. We thank her for her contribution to LGL and our condolences have been sent to her family and friends.

Thanks too to Shirley, who keeps things going, to Val, who keeps the books, and to Joanne who manages the Support and Advocacy services. Then tributes are due to all the tutors, who make the sessions memorable – Jean with Seniors' Exercise, Alex with Literacy, Clementsia with her sewing machines, DeShaun with his knitting. Special mention as well to Lee Fair Share and to Lorraine and the volunteers who runs the Coffee, Cake and Company sessions on Monday afternoons. With all of them, I think we can look forward to next year.

Pat Coyne

Chair Lee Green Lives

Coping with the aftermath of Covid

Lee Green Lives is helping the local community cope with the multiple effects of Covid and the cost of living says Coordinator Shirley Kirkland



The last year has been a difficult one for the community in Lee Green, as it has been impacted by the COVID 19 pandemic in multiple ways. The pandemic has resulted in a cost-of-living crisis that has affected many families in the area, leading to increased demand for support and resources.

The community centre in Lee Green has been at the forefront of providing support to the local community. Despite the challenges posed by the pandemic, the centre has continued to offer essential services to the community, including food banks, virtual support groups, and mental health support.

The cost of living crisis has led to reduced income for many families in the area. This has resulted in increased demand for food banks and other forms of support, which the community centre has had to accommodate. The centre has worked closely with local food banks to ensure that families in need have access to food and other essential items.

The pandemic has also resulted in an increased demand for mental health support, as many people have struggled with the stress and uncertainty of the situation. The community centre has responded by offering a warm space and mental health support, which have been well received by the local community. The centre via the Time Bank offered online classes to help people cope with the isolation

LEE GREEN Lives

There's a lot going on at your local Community Centre

We have knitting and sewing classes so you can brush up your skills and sessions to help you keep fit. We can also teach you to use computers and assist you with reading and literacy. Our Advocacy and Support service helps those with money, social or mental health problems. If you think there is something else we could be doing or would like to help, please contact us. Or just come along if you feel like coffee and a chat.

This is the latest LGL flyer and will be distributed to estates and other places in the local area

and loneliness caused by the pandemic.

The community centre has played a vital role in providing support and resources to those in need and has adapted its services to accommodate the increased demand. Despite the challenges faced, the centre remains committed to supporting the local community and helping to ensure that everyone has access to the resources and support they need.



More support always needed

There is an ever increasing need for LGL’s Support and Advocacy service says Joanne Harvey



The Support and Advocacy service has gone from strength to strength and this can be measured by the increase in demand for appointments. On average I’m advising 5-6 Service users per session within a 5 hour time slot once a week.

- PiP appeals
- Housing disrepair
- Landlord dispute
- DWP/ Universal credit dispute
- Council Tax payments
- Mortgage advice

Indeed, this places limitations on the advice that can be given as I am often faced with booking follow up appointments for my clients. The knock on effect is that new appointments are often seriously put back, due to time slots being pre booked.

The list of queries is endless. The User group is diverse and reflective of the Lee Green Community residents. The ages tend to be 45+ with 75% female and 25% male.

Outcomes have been positive, but often entail lengthy correspondence in writing to various agencies, not least due to the following:

This highlights the need to attract younger service users, who are very much in need of help and advice, hence the Support and Advocacy service would benefit many in employment if it were given an extra day, for example, a Saturday, or indeed a Zoom only day for those who cannot attend the centre.



Exercise classes at the double

Extra demand hand Covid restrictions as led to the Seniors' Exercise class adding another session says Jean Lee, seen here, left, conducting things

Lee Green Lives, Healthy Exercise group is an essential part of the community, bringing a diverse group of seniors from all races, genders and cultural backgrounds to a healthier lifestyle in 2023. Despite NHS cut backs, strikes and the Covid pandemic healthy exercise has continued to grow through challenging times, we first started out as a one-session seated exercise class and have grown and progressed with our regular attendees into two classes.

The Class is constructed using movement and exercise to suit both male and female focusing on strengthening, flexibility, balance and coordination, helping to stay healthy and mobile through our day to day lives.

The popular healthy exercise class is a vibrant life enhancing part of the week, with ages raging from 60-95. We sure do have fun, a little dance, friendships grow and we all sing along to old familiar classic songs which we love to hear.

We have two classes that run every Tuesday 10.00am-10.45am and 11.00am - 11.45am.

For safety precautions of group members temperatures must be taken at the door and social distancing is continued during each class and masks are optional.

I would just like to thank you all for your commitment and support.

Reading boosts skills and self-confidence

and so aids well-being says Alex Peach, who runs our Literacy classes

The class runs on Fridays between 11am and 1 pm, and is in its 6th year, notwithstanding breaks for Covid when restrictions prevented face-to-face meetings. In the last year, we have been able to run the schedule as normal, with four students attending.

I bring a range of materials and resources to the session each week. Each member of the class has a different ability level, interests and objectives. Mostly, session users are interested in tasks which help them to focus on improving their fluency in reading and writing, and this may involve practising handwriting, punctuation, spelling, and building vocabulary. One of the students has very basic literacy skills, so I assist her in alphabetical order tasks, basic handwriting and some pronunciation tasks. Another student likes to practise using more advanced vocabulary, so she reads more complex texts and completes tasks which help her to build her knowledge of words. I believe that the session should help users to access services in the wider community, and that numeracy, as well as literacy, is important. Therefore, if students wish to build on basic maths skills, I will support them. For instance, another student would like to learn her times tables and I have been supporting her to do this by setting activities and testing her periodically.

The session enjoys the assistance of a volunteer, Pat, who joins us every week and helps me to deliver all the activities. Pat sits with



students and helps them to focus on their tasks. She is an experienced teacher and brings a wealth of knowledge and skills to the class. With her support, every student is engaged in meaningful activities.

Our session users report improved well-being, concentration skills and self-confidence as a result of joining the class. They engage positively with each other since they feel they share common aims, and they can practise together in a safe and mutually supportive environment. I feel that our session users continue to enjoy the class because it offers the opportunity to learn, think, focus and also discuss familiar, often local, issues with people from their shared community. A number of our session users over the years have reported feelings of low self-esteem, loneliness and anxiety. The session aims to improve people's well-being by helping them to focus on activities which not only improve their daily lives through more confident use of language, but also by engaging in social interaction.



Lee Fair Share shares the fare

Lee Fair Share's Coffee, Cake and Comany afternoon is now going strong again says Lorraine Spenceley

As lock down gradually eased, we returned to Lee Green Community Centre. In December 2022, Lee Fair Share, managed to host a very popular Christmas party – as you can see here, Coffee, Cake and Sherry! Over the years the talks arranged during the Monday afternoon Coffee, Cake and Company session have proved very informative. Making Your Will (Tax, Care and Toyboys), helped many members sort out their arrangements. An evening session of this talk was requested and was well supported by the Lee Fair Share members who work. French classes continue to a success and are well supported. *Merci beaucoup*, Karen Pratt. Patty Fullarton teaches a wonderful Chair Exercise session after Coffee, Cake and Company on Monday afternoons and a Pilates

session on Tuesday evenings. Thursday walk takes place every week and is open to anyone who wishes to stretch their legs.

Parlez-vous français?

French conversation classes, sponsored by Lee Fair Share, are held every Tuesday in the centre either at 2:15 or 3:15. It is a mixed ability group with some people wanting to chat in French, others wanting to improve their grammar and we usually read and discuss articles too. We often begin classes with exercises more suitable for near beginners and do more advanced work towards the end of the hour. Anyone with a love of French and France is very welcome to join us. Please contact Karen Pratt on 07827 863703 for further details.



Sewing the way forward

The sewing group is now going better than ever says tutor Clementsia Pacquette, seen here at a session

The sewing group has grown from strength to strength over the year, considering all the health and safety implications from Covid and its restrictions. With numbers rising since Covid, we have between 5 and 8 members participating in most sessions at any given time. We have a steady number of regulars and new people joining from time to time.

Each session participants are able to learn new skills; make new items of clothing or accessories; use equipment and tools safely; be able to ask for help and follow instructions.

Participants are very appreciative of the sessions. They say that they enjoy them and it helps with their mental well-being. The sessions are positive and busy, where all the participants are treated equally. More or longer sessions, are always being asked for. The community centre is a safe space where people also come to make friends and talk to one another, while learning a new skill and having the confidence to talk and discuss improving their skills,

And now knitting

Come along if you fancy knitting those hats or scarves for Christmas presents

DeShaun Smith, seen here with his needles, is our new knitting tutor. He had been in care since he was thirteen and his interest in knitting started at school when teachers noted his skills. He developed those skills by attending classes run by a previous tutor at Lee Green Lives.

DeShaun is now running three groups one in Brixton, Peckham and here in the community centre. He says when he approached Lee



Green Lives to ask if he could run a session, he felt a little uncertain as this is where he used to come and knit because he loved it. He hopes others will love it too.

Computers and writers

LGL can help you learn about computers and to write a book

The Computer classes, run by Pat Coyne, continue to operate on Monday mornings. As ever, the need is for users, regulars and newcomers alike, to get to grips with internet usage, email and word processing. We have our own computers and users often bring their own hardware, some that work better than others.

We also run classes helping budding authors publish their own work. Shown here is a page from *Mother Earth and a Different Kind of Friend*, the third of a series written by Maureen Annette Russell and illustrated by Laura Caiafa. It is aimed at children of primary school age, particularly those from an ethnic background.



Lee Green Consortium – working together

A network of 17 community groups was formed in 2016 to work together and make sure our voices are heard. Facilitated by Lee Green Lives, our main aims include supporting Lee Green Assembly in its work, celebrating and enhancing the work of volunteers, and developing groups' resilience, particularly in securing funding for theirs and our collective activities.

We welcome new members and, as our recently-adopted constitution makes clear, although groups' work doesn't have to be exclusively based in Lee Green, it does need to serve residents in the area.

Over the last year, our most important work has been focused on financial support for activities and events in the area, which support local people's well-being (including in the aftermath of Covid) and promote community cohesion.

To this end, we coordinated groups' work in 2021 to bid for support from Lewisham's Ward NCIL (Neighbourhood Community Infrastructure Levy) fund, money accrued from developments. As Lee Green's allocation of £39,349 was small, Consortium members believed it was important to work together to ensure it was fairly spread.

Part of that work involved putting in a separate Consortium bid called "All in it together" to ensure any residual money left over (eventually £8,549) could be spent according to ward priorities. Our bid was different because we didn't specify what it was to be spent on, rather that it had to meet ward priorities and deliver community cohesion.

We agreed to allocate £5200 of that money on 28 November on six projects covering activities and events run by local groups, including contributions to two major annual local events and the celebration of Manor House's 250th anniversary.

Jim Mallory
Chair, Lee Green Consortium

Members of the Consortium

| | |
|---|--|
| Friends of Manor House Gardens | Lee Green Women's Institute |
| Lee Green Lives (LGL) | Lochaber Hall Association |
| Lee Manor Society | Manor House Library |
| Users and Friends of Manor House Library | Manor Park Friends |
| Friends and Users of Staplehurst Shops (FUSS) | Newstead Tenants and Residents Association |
| Lee Fair Share Time Bank | Soul Refresh Café, Leegate |
| Lee Forum | Leegate Traders Forum |
| Lee Green Open Studios | Arts Network |
| | GRACE (Greenwich Refugee Aid & Community) |

Our vision

Our vision is for a safer, stronger and more cohesive community with opportunities for self-development and growth accessible to all.

Our mission

We aim to offer opportunities, advice and support for local people to work, play, think and learn together, and to address economic and social disadvantage for mutual benefit, health and wellbeing.

Our goals

- To provide activities for the benefit of local people, especially the elderly, young people and people experiencing social or economic disadvantage with a focus on wellbeing, health, mental health, learning and opportunities to socialise
- To help local people to overcome difficulties with housing, health or lack of income
- To sustain a community centre at Leegate with the active participation of local volunteers
- To support the work of other local groups and organisations and to work in partnership through the Lee Green Consortium
- To contribute to the cohesion of the local community
- To advocate for the needs of local people and assist them to influence decisions that affect their lives or community

Our values

Our values are at the heart of everything we do. We aim to work in ways that are:

- Welcoming – we want everyone who comes to the centre to feel welcome and valued
- Inclusive – our activities are for everyone from the local community
- User-led – we encourage our volunteers and people using our services to help us design, develop and improve what we do
- Collaborative – wherever possible we work in partnership to improve outcomes for local people

Lee Green Lives Trustees 2021-22

Laura Cheek
Pat Coyne (Chair)
Simon Hooks
Jim Mallory (Secretary)
Caroline Mayow
Frances Migniuolo
Wendy Moss
Sheila Peck
James Rathbone (Treasurer)
Maureen Russell
Ralph White



Lee Green Lives: Community Centre, Unit 3 Leegate Centre, Lee Green SE12 8SS

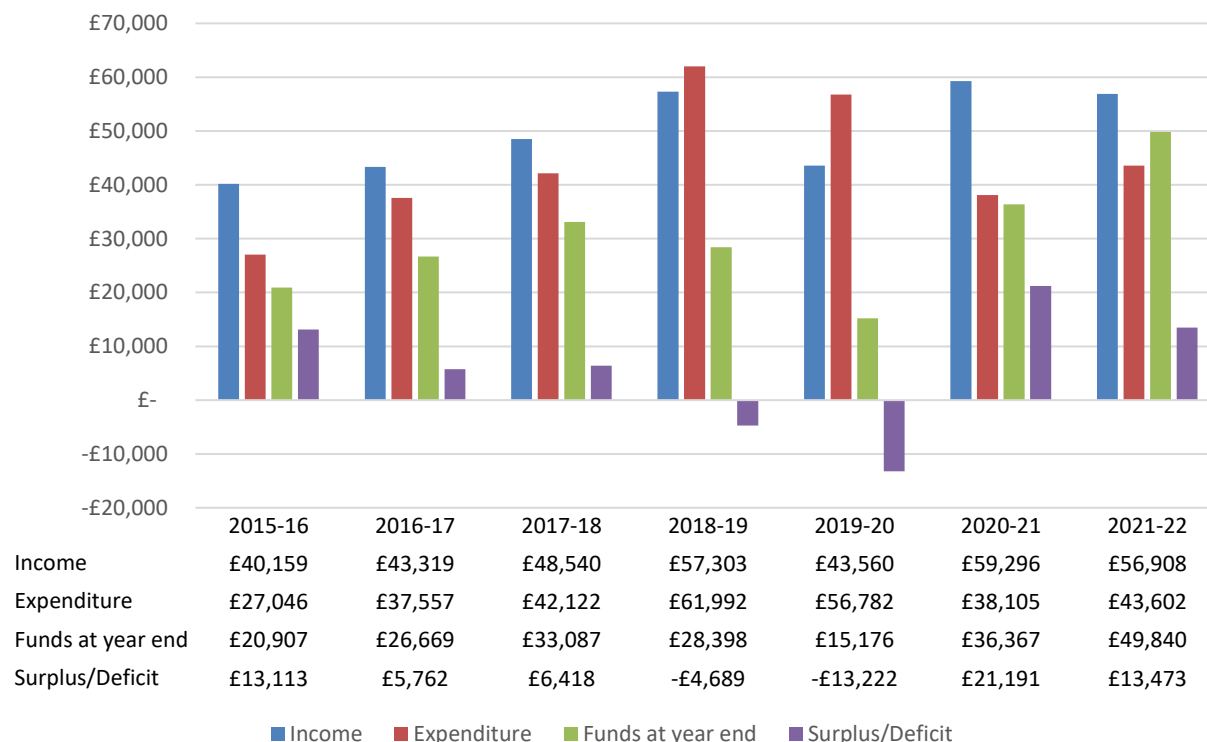
Registered Charity Number: 1141238

Landline: 020 7998 1004 *Centre Coordinator:* Shirley Kirkland info@lgl.org.uk

Email: lgrnlives01@gmail.com *website:* www.lgl.org.uk

(UNAUDITED) Lee Green Lives Financial Accounts - April 2021 to March 2022

| INCOME | |
|-------------------------------------|----------------|
| Unrestricted Grants | 40,667 |
| Restricted Grants | 12,327 |
| Group Contributions | 1,521 |
| Other | 1,510 |
| Room Hire | 788 |
| Donations | 70 |
| Photo Copying | 24 |
| TOTAL INCOME | £56,908 |
| EXPENDITURE | |
| Salary Cost | 16,921 |
| Freelance Staff | 15,592 |
| HMRC | 2,672 |
| Insurance | 1,617 |
| Service Charge | 1,592 |
| Electricity | 1,204 |
| Accountancy Charges | 960 |
| Pension | 949 |
| Telephone & Internet | 795 |
| Maintenance and Cleaning | 652 |
| Office & General Expenses | 187 |
| Volunteers Expenses | 140 |
| Refreshments and Food | 117 |
| Water | 114 |
| Hardship Fund | 55 |
| Governance Costs | 35 |
| TOTAL EXPENDITURES | £43,602 |
| RECONCILIATION DISCREPENCIES | £168 |
| NET INCOME/(EXPENDITURE) | £13,473 |
| OPENING ACCOUNT BALANCE | £36,367 |
| ENDING ACCOUNT BALANCE | £49,840 |



Expenditure during the 2021-22 financial year was increased from the previous financial year with the resumption of many activities and classes at the community centre. Income was slightly reduced from the previous year with the majority coming from various grants; £25,000 from the Lewisham Main Grant, £9,082 from Clarion Futures, £5,000 from Trust For London and £13,000 from two government business support schemes. A final £3,245 was received from the HMRC Job Retention Scheme before its expiry.

Lee Green Lives (LGL) secured a reduced Lewisham Council Main Grant of £10,000 for three years, which has necessitated additional fundraising and during the 22-23 financial year. With a significant reduction in LGL's Main Grant income and Trust For London's grant funding due to conclude at the end of the 2023-24 financial year the sustainability of the Charity beyond April 2024 is at risk.