

Telegraph Hill Centre



ANNUAL REPORT 2018

Kitto Road, London SE14 5TY

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CHAIR'S REPORT

Zanne Findlay

Last summer I became Chair of the Telegraph Hill Centre after a rather whirlwind process. I had recently retired from being the Chair of Carers Lewisham, a relationship which had lasted 20 years, so it was with both trepidation and excitement that I embraced my new role.

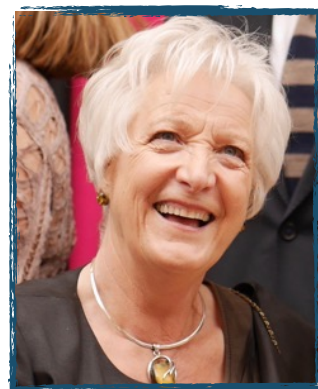
However Sue, who was appointed in June 2017, Hatty and Mo all made this transition easy and I am grateful to them for that. It was a revelation to discover how complex the Centre was and how flexible and committed the small part-time staff team needed to be to keep it running and developing. Lola who does our accounts has since joined the team and Hatty departed earlier this year for a new challenge – we wish her well and welcome Angelo who has recently taken her place.

So, my thanks to the staff team and, of course, Sheridan. Also thanks to our volunteers, not least the Centre's Steering Group members who work tirelessly in the background sharing their expertise and common sense. Our collective thoughts and gratitude go out to Ann Atkins and Peter Ryan, both well-known and committed volunteers. I would also like to acknowledge the research work done by Jessica, a Goldsmiths student, during her placement with us. You can read her story later here.

As I look back over this last 12 months, there are three things that I believe make the Centre unique:

- The relationship with St Catherine's church and its vicar, Sheridan, is a constant source of goodwill, commitment and creativity. The financial support the church gives to the Centre enables its very existence but, more than that, it generates a sense of community which is both inclusive and utterly generous.
- The amount of creativity which has seeped into the fabric of the building. Not just during the Telegraph Hill Festival, or the panto, but during the year with ballet for the over 60s, fundraising events and community gatherings. It affects the day-to-day activities and enables the Centre to reach out to the community in ways which are inspiring as well as responsive, practical and supportive.
- The range of activities and the sheer number of visitors each week is impressive. I feel most people would find something to interest them and within a price range they can afford.

There are, of course, things which we hope to improve. Major works have been undertaken to make the building safe and secure, we want to make the Centre more visible, more welcoming and more comfortable as soon as we have available funds. We are indebted to the generosity of local people who contribute to our joint fundraising campaign with St Catherine's church but, inevitably, we have more plans and ideas than cash. We are therefore working through our priorities and hope you will see improvements before long. Here's to an even more creative year to come.



CENTRE MANAGER'S REPORT

Sue Morgan



Sometimes familiarity can lull and dull our ability to appreciate not only the people around us but also our surroundings. Relationships get taken for granted and, sometimes thankfully, wrinkles and blemishes blend into the background while living in a large and vibrant city. On arriving at the Centre, as a relative newcomer to London and complete newcomer to Telegraph Hill, the community's familiarity with the Centre was both comforting and challenging. How to make changes for the better without damaging those parts which nurture the Centre and in turn those it serves?

Tragically, the events at Grenfell brought vital tasks back into focus and accelerated the physical changes needed. Many buildings such as ours have worked hard to ensure all the people who come through their doors are safe at all times, as we have too. To this end, over the past year the Centre's fire detection and alarm system was extended and upgraded, including within the adjoining church properties. Fire door furniture and signage were improved, as were emergency lighting, wiring, fire evacuation planning and practice. Fire drills and the testing of the system, as well as community emergency training, will continue to be a priority.

This has led to the most satisfying marker of our efforts - our inclusion as one of Lewisham Council's designated rest centres. Used to accommodate members of the community in a local large-scale emergency situation, the accreditation means many safety standards had to be satisfied as well as the Centre being able to provide quality general facilities and amenity.

The past year has, I hope, also seen an elevation in the welcoming and inclusive atmosphere at the Centre. Rooms have been redecorated or refreshed (with plans for much more ahead); the range and number of classes on offer have been extended. We now host classes in karate, languages such as Russian and Spanish, art activities, more education support classes, extra physical activity classes for adults in the daytime. Each one of these additions improves our visibility and engagement.

Our Parlour room, with a redecoration, now has a broader range of therapists servicing the community – from art therapy to general therapy and reiki. Have a look at Page 22 onwards here or our pamphlets and website (www.thcentre.com) for all the details and contacts.

Many users may not be aware of the Centre's donation of room spaces and office hours. The Festival and Christmas pantomime are the more visible community efforts hosted by the Centre but we also welcome being able to support groups such as Gamblers Anonymous, AA, Mind and our Friday babies' and toddlers' play group.

There have been many more subtle changes which are and will increasingly bear fruit for the Centre. Our relationship with Lewisham Council is stronger than before and the Centre is therefore being included in the wider SE London loop. This brings opportunities not only to host council events but also participate in funding allocations as they arise. Branching Out, our community group for older and more vulnerable people, has been a direct beneficiary of this expansion. Elsewhere in this report you can read how this group has literally branched out into Mondays and down the road to the Goldsmiths' art gallery. The importance of this heightened buzz and engagement with older people, plus the council's appreciation of our efforts, cannot be taken for granted. The Centre's wider community should be aware of this and hopefully embrace opportunities to put on our best face. Social media plays an important part in this too so please follow us:

Twitter: [@telegraphhillc1](#)
Facebook: [@telegraphhillcentre](#)

Behind the scenes there has been a multitude of tasks and refinement of procedures in the Centre office. Thanks to the office staff of facilities manager Mo Sumah, our new bookkeeper Lola Alimzhanova, our even newer office administrator Angelo Barros and Hatty Uwanogho who left earlier this year.

Howard Francis, our bookkeeper, left at the end of 2017 and we thank him for many years of assistance. Regular hirers will be aware of our new invoicing system and the introduction of Quickbooks for both the Centre and church accounts. This has given a few hiccups and surprises, but has also recovered considerable monies and promises smoother financial management ahead.

I would like to thank the members of the Steering Group and other community volunteers who have made me feel very welcome. Having been the beneficiary of their willingness to donate time and expertise it would be remiss not to mention them by name – Sanjit Chudha, Louise Owen, David Hall, Gary Grimshaw, Ann Atkins, Katy Robb and Rima Bray. To others who have helped, a big thank you too.

At the last AGM, the Centre was extremely fortunate to be offered the services and expertise of Zanne Findlay as chair. Many initiatives since then have been her idea or driven by her support - the new banners, the revamped Hilly Telegraph and our now-forged links with Goldsmiths' youth and community work department are only three examples.

Finally, the Centre has a quite extraordinary backer in Rev Sheridan James. Her energy and enthusiasm for all things is boundless and she has been an inspirational person with whom to work. I get the feeling the community knows how lucky it is but just in case...

STAFFING AND VOLUNTEERS

The core staff team

Centre manager



Sue Morgan

Office administrator



Angelo Barros

Facilities manager



Mo Sumah

Bookkeeper



Lola Alimzhanova

At weekends Yusif Kargbo is the supervisor who oversees events and ensures the building is safe and secure throughout any one-off hiring.

You will find the office open between 9am and 5pm Monday to Friday.

Volunteers

There are many volunteers to whom we owe a tremendous debt of gratitude.

In particular:

- Ann Atkins
- Rima Bray
- Sanjit Chudha
- David Hall
- Gary Grimshaw
- Louise Owen
- Katy Robb
- Peter Ryan

A WORD FROM THE VICAR

Sheridan James, Vicar of St Catherine's, July 2018

July 2017-July 2018

St Catherine's church, its Parochial Church Council (PCC) and the Telegraph Hill Centre have continued to work together effectively and creatively over the last twelve months. The partnership between the Centre and the church enables hundreds of people every week to meet each other, take classes, host an event, throw a party, be creative, run a business, be part of a vibrant, welcoming, diverse community.

Both St Catherine's and the Centre have an open-door policy – these are your spaces – whether you are a regular user or an occasional visitor – and we are proud to work together to offer community spaces that enable everyone to thrive.

We continue to work within our greener, smarter and safer goals which were set in 2015.

These goals have been met this year primarily through the sterling work of Sue Morgan, the Centre manager. She has brought a level of professionalism, dedication and commitment to the role, alongside a wonderful Australian “can-do” attitude that has energised the work and feel of the Centre.

I have found the energy and vision of both Sue and Zanne (THC SG Chair) to be a joy to work with – but also things are getting done! New safety procedures are in place, colourful banners are up, systems are being streamlined, good, innovative opportunities are being taken. Thanks to both of them, and to the willing and able staff team, as well as the Steering Group, who have helped to make this year a year where we've made significant strides forward.

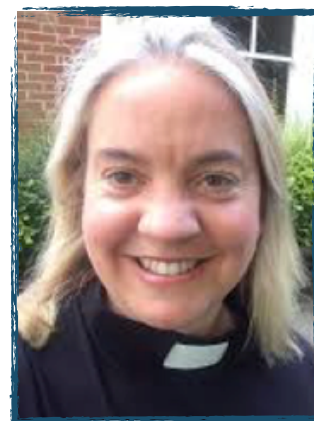
So what have been the core joint pieces of work in the last year?

Improving our income streams

Rent Review

It costs around £100K per year to run the Centre – staff costs, utilities and ongoing maintenance. The Centre receives no outside financial help (e.g. from the Council or from Southwark Diocese). Alongside some small ad hoc grants, the Centre is funded almost entirely through two routes:

- 1) The rental income from the ground floor hires (classes, groups and parties).
- 2) The £30K Community Mission Fund that St Catherine's PCC gives to the Centre on an annual basis. This £30K comes from the rental income the church raises from the studio spaces on the first and second floors of the Centre, as well as the BeBright Projects space and the Hill Station cafe.



Telegraph Hill Centre Steering Group members

(all volunteers)

Community representatives

Zanne Findlay, Chair (joined 2017)

Tamsin Bacchus (1993)

Rima Bray (2017)

Sanjit Chudha, Treasurer (2011)

Julie Cleijne (2017)

Debbie Myrie (2017)

St Catherine's church representatives

Sheridan James, Vicar

Simon Chenery (2016)

David Hall (2017)

Katy Robb (2013)

Peter Ryan, Dep. church warden (2017)

Dale Sharpe (2015)

The Steering Group needs you

Do you have time and expertise to share? Do you want to contribute to the work of the Centre?
Then join us and help us shape the future.

For more information about what is needed and how you can become involved email:

chair@thcentre.com

The ethos has always been that the Centre (which is the legal responsibility of St Catherine's) will be a space for the whole community that resources and enables as many people as possible – with a particular emphasis on building community and helping the most vulnerable in our local area.

Over the last few years both the PCC and the Telegraph Hill Centre Steering Group have realised that to enable the Centre to run more effectively and for us to carry out the improvements that are needed to the building, we seriously needed to improve the level of income from our rental spaces. To that end, during the autumn of 2017 we began a root and branch rent review of all the studio spaces in the Centre. The studios, the BeBright Nursery and the Hill Station and our regular lettings (e.g. to the Assembled Church of God) bring in around £76K worth of rental and lettings income to the church. Our extensive rent review brought the spaces up to the correct commercial level and in 2018 will bring in an additional £10K to our income stream and in 2019 an additional £20K. This was a huge piece of work and dramatically improves the financial security of the church and the Centre. It also enables us to create a schedule of works for redecorating and renovation which can be carried out over the next 5 years. Huge thanks go to Sue Morgan (THC Centre Manager) and John Burgess (PCC Properties Portfolio Officer) for working with me on this task.

Fundraising Appeal

In order to reboot the reserves after spending £85K on a new boiler and heating system in the Centre, we (Centre and St Catherine's) launched a fundraising appeal in April 2017. We gave ourselves one year and the target of £30,000. Together, this local community and the church community raised £31,000 – exceeding the target – through a combination of concerts, sponsored runs, generous one-off donations from individuals and also from the Telegraph Hill Festival Community Production, as well as the Classics Night and Comedy Night. Two personal highlights were the London African Gospel Choir's "Graceland" sell out concert, which raised around £2.5K, and the 5km park run in September, where 10 members of St Catherine's (including the Vicar) ran the Peckham Rye Park Run and raised £3.5K.

Regular Community Events

Every year the Telegraph Hill Centre and St Catherine's host huge chunks of the Telegraph Hill Festival (rehearsals, as well as the events themselves), plus the annual panto. We give logistical support and tables and chairs to the Big Lunch. We offer weekly rehearsal space for the MKC Choir (soul/gospel choir), and the LAGC (London African Gospel Choir). On top of this, all the local primary schools (Hatcham Free, John Stainer, Hollydale and Edmund Waller) use St Catherine's for their big assemblies at Harvest Time and Christmas. If you would like to hire the church/part of the church to run a one-off event/regular group – please do contact office@thcentre.com.

Branching Out is a flagship project for both the Centre and St Catherine's. Over half of the volunteers come from the church congregation and the Vicar has been involved with strategy and publicity. Highlights this year for me have been the communal meals, the visit from the Royal Albert Hall Band and seeing amazing art in the art class. I'm hugely grateful to all the volunteers who work alongside Branching Out, helping it to run smoothly. See Page 15 and onwards for the full report.

I remain convinced that Telegraph Hill is one of the best places in London to live. Thank you to everyone who helps the Centre be one of the best community spaces in South London.



SUMMARY OF ACHIEVEMENTS SINCE JULY 2017

What	When
Appoint and induct a new Centre manager	June-August 2017
Appoint and induct a new Centre Chair	June-August 2017
Revamp of Parlour and foyer to increase amenity, visibility and security of office staff	Since July 2017
Deep clean of whole of the Centre	August 2017
Extensive fire regulations survey	August 2017
Toilet facilities upgraded incl. hand-dryers	September 2017
New invoicing systems introduced	September 2017
New emergency lighting installed	October 2017
Garden upgrade planning begins	October 2017
New water boiler and cooker for Narthex	October 2017
Fire awareness training for Centre community	October 2017
Grants for Branching Out received - £5000	Since November 2017
Centre electrical system inspected for safety	December 2017
Fire alarm system upgrade	January 2018
Appoint and induct a new book-keeper	January 2018
Lewisham emergency centre training for community	January 2018
Art project for Branching Out and Goldsmiths starts	January 2018
CCTV cameras installed to increase security	January 2018
Banners for Centre	March 2018
Installation of LED lights in Narthex	April 2018
Fundraising campaign delivered £31K	April 2017- April 2018
Appointment of new Office Administrator	May 2018
Office now open 9am to 5pm	May 2018
Listing as emergency centre for Lewisham borough	May 2018
Garden renovations begin	July 2018

TREASURER'S REPORT

Sanjit Chudha

The period examined runs from 1 January 2017 to 31 December 2017. Independent examiners, Field Sullivan (Chartered Accountants), conclude these accounts are a fair and proper reflection of the Centre's financial position, and have been prepared in accordance with the requirements of the Charities Regulations Act (2008).

During 2017, Centre reserves were built up following major expenses in 2016. These expenses included a new boiler, upgrading and replacing the heating system throughout the building, and groundworks to the Churchyard.



Why we committed reserves to meet the costs of major repairs in 2016

The Hill Station, BeBright spaces, and all spaces above the Centre's ground floor are the primary responsibility of the PCC and its tenants.

We took the decision to assist the PCC with the expenditure as it:

- a) was unable to meet the costs by itself;
- b) ensured that the work could be done sooner than later; and
- c) benefited all existing tenants and ensured the Centre's day-to-day activity could continue.

Had we not funded the repairs in 2016 all the building's tenants would have suffered unduly with no heating or hot water, and the lack of these facilities would also have impacted the Centre's day-to-day income generating activity (hire of the ground floor spaces).

This was critical work which needed fast action to resolve.

We carried out a professional scoping to define the scale of the problem and the actions we needed to take, and so define the terms of the tender, which in turn enabled us to find the best price for the job.

How is this reflected in the accounts?

Fundraising activity carried out during Telegraph Hill Festival 2017 was primarily driven via localgiving.org, an online fundraising page, to enable the collection of Gift Aid following charitable status being granted to the PCC. This was paid into the St Catherine's PCC bank account. More than £31,000 was raised as a result and this will be split evenly between church and Centre as a reflection of the commitment we demonstrated in meeting the expenses of 2016 outlined above.

Incoming resources like voluntary donations are down as compared with 2016, when we received more money for Branching Out (formerly Mind Body Spirit) and a grant from Telegraph Hill Assembly towards the replacement of the boiler.

Activities for generating funds (the hire of the Centre's ground floor spaces) provided almost £10,000 more compared to 2016. This is a tribute to the staff team led by Sue Morgan, making the Centre more welcoming and better promoting it.

Please also note the net income/outgoing line. Compared with 2016, the Centre generated income of £14,000 in 2017 versus a deficit of £37,637 (which was met out of reserves).

As compared with £54,000 in 2016, the Centre closed 2017 with total funds of more than £68,000.

Thanks

Huge thanks are due to Sue Morgan who in a very short space of time has built up and motivated a new team to make the Centre a more welcoming and viable space.

FUNDRAISING

Sanjit Chudha

The Centre manager has been working with possible funders and grant-making bodies. This is to assist us with the next phase of fundraising, both for activities and building works. We have also had initial talks with a fundraising consultant who works with small charitable organisations similar to Telegraph Hill Centre.

One area of considerable success has been the efforts of Branching Out which has raised a total of £5,000. This is through Lewisham Council funding, Positive Ageing Council grants, a collaboration with four other community groups plus a corporate volunteer initiative with the Bank of America. The money raised will be used for materials and framing for the art exhibition at Goldsmiths, a series of ten taster sessions to expand the range of activities on offer, as well as for improvements to garden access and amenities which will be enjoyed by all Centre users. There is also enough funding for outreach work to isolated members of the community and activities such as attending the Festival community show.

Branching Out should also be thanked for the donation to the Centre raised through its weekly lunch and tai chi classes, as well as book sales in the "Book Nook".

Since early 2017, Telegraph Hill Centre has been working closely with the PCC and Vicar of St Catherine's to help raise funds for enhancements to the buildings:

We have also secured a Charity Number, which has enabled us to set up a localgiving.org online fundraising page and claim Gift Aid, and have maximised opportunities to fundraise.

THANK YOU TO ALL OUR FUNDERS

Sanjit Chudha & Sue Morgan

The annual Community Mission Fund from St Catherine's church	£30,000
Local Assembly (Branching Out)	£2,700
Positive Ageing Council (Branching Out)	£500
NCDP Good Neighbours (Branching Out)	£1500
Bank of America (Branching Out and garden)	£300

Thank you to the local community who raised:

£3,500 when members of St Catherine's church congregation completed a fun run

£2,500 during a fundraising concert by the London African Gospel Choir

£1,000 from the Panto

£2,000 through donations at the Comedy night and Classics on the Hill

£500 at a local comedy cabaret

In total £31,000 was raised, of which a staggering £21,000 was raised online, with Gift Aid, by people following the link below. We thank each and everyone for your generosity. We will use this money wisely and carefully for the benefit of all as it is shared equally between the church and the Centre.

These funds are essential to the continued development of the Centre so please keep your contributions coming in to:

<https://localgiving.org/charity/st-catherines-church/>

CORE WORK

Tamsin Bacchus and Katy Robb

The Telegraph Hill Centre Steering Group is at all times aware of the Centre's founding objectives - to serve the local community in all its needs and diversity. As a key contribution to the running costs of the building, we actively seek tutors who charge for their classes, and then as regular hirers pay for their space. (If you want to partner with us in this way do get in touch.) But we also as a matter of principle host other groups on a low-cost or fully subsidised basis and run our own activities to meet core needs.

VULNERABLE ADULTS

As part of this, the long-established mutual support groups, Gamblers Anonymous and the AA, meet (on Tuesday and Wednesday evenings respectively) week in-week out, come rain-come shine, and whether or not things are going frantic with the Festival: and we are very pleased to support them in this way. We likewise welcome the Bromley and Lewisham branch of MIND and their referred clients to the Craft Room every Friday – a safe and secure space with its own entrance and facilities, ideal for this purpose.



YOUNG PEOPLE

The Centre's own work with young people is in abeyance at present. With Somerville Youth and Play Provision developing in purpose-built premises on one side and Youth First, the Council's independent youth service provision, working in Honor Oak, we are concerned not to duplicate and dilute, but we remain in friendly contact with both to see when opportunities for collaboration might arise. In the meantime, Centre staff are fully able to sign-post enquiries to nearby provision.

However, that is not to say there is nothing for this age group here in the Centre. The long-established Fairweather Dance run ballet and tap classes for both sexes. There are other dance and

fitness classes and the Hunt Academy (HAYA) works with dance and drama, bringing vibrant performances to the Festival.

Over the past year there has also been a lot going on for pre-schoolers and young children and the Centre's own "Bumps and Babies" group, with a regular Friday session, provides a low-cost opportunity for talk and peer support to parents and parents-to-be as much as a safe space for their little ones to play.

THE CCCCLUB

This year the CCCClub has continued to strengthen its involvement with the local community through partnerships. From November to January, seven girls attained bronze in volunteering in the Duke of Edinburgh Award scheme. Through Christ the King College, a six-month apprenticeship in play work was created and this added greatly to the energy in the club. Its third partnership is with Serves – a Tennis Association initiative - which has already inspired some budding Andy Murrays.

Within the club itself, it is fully booked for the new school year with students from three schools. There are nine members of staff, all from the local community, and just a reminder that the children of club staff can attend free of charge.

MINDFULNESS FOR SECONDARY SCHOOL CHILDREN

Abigail Kessel Massei

I ran the yoga and mindfulness for a term but sadly couldn't keep it going as the numbers were too low to cover the costs of the space even though the students wanted to continue. (So we considered running it at one of their houses.) If the smaller space had been available I may have been able to continue it but it was occupied during the slots we needed. The age range was secondary and most were dancers so yoga-wise they were keen on anything to improve their flexibility but also really loved the mindfulness part and some continued to do it on their own pre-exams etc. I think this is definitely an age group to target overall – they are so stressed!

OLDER PEOPLE

Ann Atkins

Branching Out has had a good year with numbers growing, not hugely but steadily; more interaction between members of the separate groups and considerable involvement from the Centre manager and the Chair of THCSG. The working group has met three times and reported to THCSG.

The art group has 20 on the roll with an average weekly attendance of 10. Look out for the last days of their first public exhibition, in collaboration with Goldsmiths, ending 15 July!



The tai chi group has 25 on the roll with an average weekly attendance of 20 enthusiasts. The Lunch Club still has its core of four members but they are often joined by five or six members from the other groups. The Book Club now has five people on its roll! Absences are caused not by lack of interest but by health issues and family commitments.

During this year we held a very successful summer picnic with beer, pasties, strawberries and cream; a harvest lunch; a trip to Polhill; an excellent Christmas lunch and a Christmas film.

The recent Royal Wedding was celebrated with cake and fizz! We also hosted a visit from members of the Royal Albert Hall orchestra in April. All these activities have been attended by people from each of the groups. It is a real pleasure to see this interaction developing.

This term we have held a series of taster sessions on Mondays - crochet, mindfulness, self-care, chair yoga, cooking, ballet/dance, home repairs and movement – to find more activities for Branching Out. We will be arranging weekly sessions of the two more popular activities.

Members help in many ways: making tea, keeping in touch with each other outside Thursdays, greeting and welcoming newcomers. In addition to Kay who voluntarily, and brilliantly, runs the art class each week, two other volunteers need particular thanks – Gary who sets out and takes down tables for the art group and also does the catering for Monday taster sessions, and Eunice who masterminds the weekly lunches. We have been fortunate to have Jessica and Alexis, each doing their own project but also willingly helping out generally. Thank you everyone who has contributed time, energy and expertise and those who have generously funded parts of the project.

Branching Out Exhibition



Branching Out are holding an Art exhibition in collaboration with Goldsmiths this month.

FREE ENTRY

7-15 July 2018, Daily: 12:00-17:00

310 New Cross Road, London SE14 6AF

This painting on the poster by Kay Grimshaw was included in a wonderful array of works by the group.

BRANCHING OUT STORIES

Gary's story as told to Alexis Calvas



Each week Gary Grimshaw sets his alarm early so he can be at the Telegraph Hill Centre for 8.30am – he wants to make sure the tea and biscuits are all laid out ready for when other Branching Out members arrive at 10am. He is keen to ensure everybody has a warm welcome because this was so important to him when he started attending around seven years ago. Gary is 64 years old and has lived in south London all his life; he went to school around the corner from the Centre. In October 2010 his life was turned upside down when he was involved in a serious car accident and suffered serious and life-changing injuries – broken limbs which had to be pinned back together, three cracked ribs and a brain injury.

Unsurprisingly Gary struggled to cope as he suffered with anxiety and depression and this eventually led to him being made redundant from his job as a storehouse manager.

However, Gary being Gary, he understood he needed to take action to improve his mental health. He threw himself into volunteering at a number of community projects, of which Branching Out is one. He quickly became a key member of the group with his weekly duties expanding to preparing the art materials for 10am sharp too. Like so many others, he started by attending this art session but now he is willing to try other activities, recently attending home repairs and mindfulness sessions. He also helps prepare lunches and plan lunch trips with the group. Branching Out has brought a new sense of meaning into Gary's life, certainly the routine, structure and friendship is important to him and he contributes a great deal.

Gary is also a keen table tennis player and plays in the local league at All Saints church and he volunteers at Finsbury Gardens in Honor Oak. He used to run a local community centre called the Lighthouse which he thoroughly enjoyed until funding ran out. The still-felt gap underlines the importance of Branching Out to him and those who attend. He is aware that for some, it is their one social event of the week which is why he is the first one there with tea and biscuits and a friendly greeting.

BRANCHING OUT STORIES

Jessica's story

Jessica Haener, student from Goldsmiths MA Applied Anthropology and Community Development



I have been given the opportunity to work with Branching Out for two months. During this time, I took part in the weekly sessions and met people that are locally engaged. And what an experience!

Yes, coming for the first time can be daunting and intimidating. I was a little nervous too, but when I came in for the first time, there couldn't have been a better and warmer welcome: Gary, who volunteers in the arts class, offers you a nice cup of tea, while Kay, the teacher, gives you her expert advice on how to start a painting in the most gentle manner. The atmosphere is peaceful and calm, however throughout the weeks I quickly discovered a vibrant and diverse mix of really interesting people.

Branching Out, for some, is somewhere to go to learn new skills and challenge themselves; for others, it is a place to just chat and have lunch together. Nevertheless, for whatever reason people came, I found out that the most important aspect for everyone was the socialising, and how people said they felt encouraged to try new activities. I was touched when I heard about someone trying tai chi, which she never would have done had it not been for a conversation with someone in her art class. Now, she herself encourages others.

I was struck by the sense of camaraderie and community I quickly felt. This is to me the greatest strength and importance of Branching Out, which just invites people into an open and casual space.

Of course, Branching Out's location at the top of a hill can be a deterrent. Luckily, the buses bring you straight to the door and make it possible to come, even for those for whom walking up is not an option.

Branching Out offers a space to simply be. Be with others, be creative, meet others, exchange and learn new skills.

TELEGRAPH HILL FESTIVAL

Sanjit Chudha



Telegraph Hill Festival has gone from strength-to-strength over the last three years. The Festival's association with Goldsmiths has also proved beneficial for the Centre's activities, with Goldsmiths working with Branching Out to showcase artwork in their gallery for nine days this month (7 – 15 July).

Telegraph Hill Festival bookings remained steady at around 2,000, with visitor numbers exceeding the 6,000 mark across the 120+ events, making it one of London's largest

independently produced festivals. Seventy-two of the Festival's 120 events were free, ensuring access for everyone. Events have been enhanced with additional spectacle and by blending genres and artists, while food has also become a much-appreciated addition.

The local panto was started in 2011 and was always designed as a way for the community to gather before Christmas and enjoy a fun show, while raising funds for Telegraph Hill Centre (the Centre being the lead beneficiary, with at least 50% of proceeds after costs). Recent years have seen the panto grow in its reach and appeal, attracting audiences young and old and providing a much-needed gathering space for the whole community.



GARDEN REPORT

Louise Owen

Volunteering in the Cloister Garden has had many moments of joy over this past year.

The garden was looking lovely last summer after the thoughtful work Anna and Simon and their friends volunteered prior to their wedding which took place there in June. The black bannister railings were stripped and given a bright white coat of paint. The raised beds were lowered and given a new coat of purple to go with the donated flowers. The grass had started to look lush again after a bit of patch turfing which had been found in a skip.

It has been wonderful to see the nursery children from BeBright enjoy their daily outside activities. They have an interesting time in the garden - working in the mud kitchen, planting vegetables, tending flowers, making obstacle courses and dens.

Earlier this year the long-planned picket fence and gate were installed, cordoning off the bin area and so enclosing the garden. This makes it safer for the children but also adds a visually pleasing feature. The nursery and Centre will continue to plan and work together to provide a cross-generational space which is a stimulating and visually pleasing environment for all the Centre users.

Our focus for the coming months is to deal with the worn mud patches that are so unsightly and creating dust in this dry weather. A boule court is planned for the centre of the lawn with some shrub planting, multi-use decking and trellising on the fencing to create privacy with a variety of seating in the various areas created. We are also building storage for toys and planting a sensory bed.

One of the joys is rediscovering the variety of plants that were historically planted and trying to relearn their names. This week we uncovered the vinca-swamped lower bed by the old gate where the purple perennials reside, purple geranium, lilies, ice-plant all hidden and glad to escape the strangling vinca.

The garden is tended and maintained by volunteers and the Centre always welcomes anyone who would like to lend a hand. Thursday mornings is to be the Branching Out time to use the garden and we have a regular volunteer who is leading this work. Come along and help between 10.30am and 12 noon, any Thursday morning throughout July.



BOOK SALE

Sue Ring and Tamsin Bacchus

A charity book-sale in aid of Crisis in the Centre on the first weekend of the new year seems to have become an established tradition. Please spread the word to friends and colleagues to bring in people from all around south-east London to support the fund-raising, share the pleasure and find the bargains.



Last year the event made a quantum leap in size and duration, moving from the rather cramped space in the Lounge into the Narthex, and from one day to two. The organisers are hugely grateful to the Centre and the PCC for this increasing support – and for allowing books to be stored and sorted in the days running up to the sale. We thank the Hill Station, too, for taking in donations.

We are also overwhelmed by the generosity of everyone living in the area – for the sheer quantity and quality of the books being given to the cause and then for coming along in droves to buy. In 2018 more than £2000 was raised for Crisis and thousands of books were passed on to be appreciated and loved by new owners. Next year's event is set for Saturday and Sunday 5 and 6 January (with new stock on each day) so please mark the dates and, from next autumn, start collecting your books to donate. (If you cannot keep them until after Christmas get in touch through the Centre office as we do have limited storage facilities prior to then.)



OTHER ACTIVITIES AT THE CENTRE

LOUNGE

DIDDI DANCE – Mondays 10 – 11am. 45-minute sessions. Age range 18m – 4yrs. £6

Funky preschool dance classes for boys and girls, exploring 16 different styles inc. hip-hop, salsa, tap and Bollywood. Structured but relaxed so children join in at their own pace. A free trial, then half term block bookings. Contact: Anne-Marie 07973 982 790, annemarie.martin@diddidance.com

KUMON Mondays: 4 – 6 pm. All ages and abilities

The Centre provides the Kumon maths and English programmes to students and these have been running since 2004. The unique programmes pursue the potential of each child by developing confident, independent learners through individualised, advanced study.

email: brockley@kumoncentre.co.uk Phone: 01689 602 196

FIT ME TRAINING – Kettlebells – Mondays: 7 – 7.45pm & Thursdays: 7.30 – 8.15pm. Age: 18+

Average Participation: 8-10 - Cost £ Varies PAYG £12/class

Strength/conditioning training using cast iron kettlebells, fantastic for toning up, flexibility and core strength. All levels but some basic fitness required. This is no impact activity – the focus is on strength. Contact alexandra@fit-me-training.co.uk.

FIT ME TRAINING – High Intensity Interval Training – Mondays 8.00 – 8.30pm Age: 18+

Average Participation: 8-10 - Cost £ Varies PAYG £10/class

High-intensity interval training class is a high-energy 30-min class using fast-paced movements sequences; it's a great fat-burning activity while improving stamina and muscle tone and cardio. Suitable for all levels, but some level of fitness required.

Contact alexandra@fit-me-training.co.uk.

IYENGAR YOGA – Tuesdays 10-15 – 11.45am & 7 – 8pm. Age Range: 18 – 75

Cost: Morning 'drop-in' class £12. Evening 'Pay-by-the-Term' (£8.50 a class)

Mixed-ability classes, participants work to their own capability using props as necessary, equipment provided, experienced tutor teaching yoga at Centre for 20+ years.

Info. & queries contact: 'Telegraph Hill Yoga' Facebook or Steph Patient 07727 083 817.

FAIRWEATHER DANCE SCHOOL – Tuesday afternoon and evenings.

We hold weekly classes during term time for children from 3 years old through to student (and adults) in Brockley. Classes are age and experience appropriate, so contact us for the right class.

Tel: Julia Fairweather 07455437774 Email - fairweatherdancesschool@hotmail.co.uk

PILATES – Wednesdays 6.30 – 7.30pm

Contact Gillian Creed at g_creed@icloud.com.

BOPPIN' BUNNIES MUSIC CLASSES – Thursdays (term time)

9.30am (0 – 18 months), 10.15am (18 months – 4 yrs) Music classes led by professional musicians. Our Brockley/New Cross classes are run by the talented flautist and singer Grace. She has a BMus in Music, specialising in performance and production. 07855 916 496

THE HUNT ACADEMY FOR YOUNG ACTORS (HAYA) – Fridays (timings below)

Minis 5-8yr-olds: 4 – 5pm; Juniors 8-12yr-olds: 4.30 – 5.30pm; Seniors 13+: 4.30 – 5.30pm

Provides professional actor training for young people in all areas of performance for stage and screen. Check out our website for more details and to hear about our affiliated agency and young actor achievements: www.thehuntacademy.co.uk

MUSHINDO ACADEMY LONDON – Saturdays 11.30am – 1pm - Age Range: 4+

Martial Arts Academy embracing the Mushindo coaching methodology, focusing on: Edu-Karate; kids' physical and psychological development; correct biomechanics; developing confidence and mental toughness; adult self-defence. What to know more?

mushindoacademy.london@gmail.com / 07478 343 542 / Facebook: Mushindo Academy London

ACHIEVING 11+ – Saturdays (timings below) Age group years 9 –11

Year 4: 2 – 3.15pm. Year 5: 3 – 5.30pm

My classes provide tuition to the children who are preparing for 11 + exam (entrance test of grammar and private schools) contact4tuition11plus@gmail.com

NARTHEX

EOS DANCE – Mondays 3.45 – 5.15pm. Age range from 2+

Children are given the chance to express themselves through movement. Those showing talent, desire and dedication will be guided towards a professional career with prestigious vocational institutions including the Royal Ballet School.

Contact: ari@eosdance.co.uk / <http://eosdance.co.uk/dance-classes/infoenrolment>

YOGA – Mondays 7.30– 9pm. Open level £15

A revitalising yoga class to begin the week, focusing on the natural flow and momentum of the breath to guide the body through yoga poses to create strength, agility and calm.

Info: www.yogajeannie.com

FAIRWEATHER DANCE SCHOOL – Tuesday afternoon and evenings.

See details above.

Tel: Julia Fairweather 07455437774 Email - fairweatherdanceschool@hotmail.co.uk

TAI CHI WITH KEVIN KILMISTER – Tuesdays 7.15 – 8.30pm.

Yang bare hand, spear and broadsword Tel: 07963 737 763 or zw_kkil@yahoo.co.uk

STRETCH AND STRENGTHEN WITH GUS – Wednesdays 12.15 - 13.15pm. Age: 55+

Drop-in exercise Tel: 07766 005 139, gus2762@icloud.com.

BRANCHING OUT – Thursdays 10-2pm. Older and more vulnerable people

The group starts with art at 10am but if you prefer to just sit and chat, that's fine too. Just call in.

From 12 noon onwards there is a nutritious lunch for £2 and then for those who choose to, on to tai chi at 1pm with our very popular instructor Kevin.

Monthly activities: Book Club: 1 – 2pm, fourth Thursday; Hearing Loss Support: 10am first Thursday

EOS DANCE – Thursdays 3.30 – 5.30pm. Age range from 2+

See details above. Contact: ari@eosdance.co.uk / <http://eosdance.co.uk/dance-classes/infoenrolment>

PILATES – Thursdays 6 – 7pm, 7 – 8pm.

Contact Gillian Creed at g_creed@icloud.com.

FLOW YOGA – Fridays 10– 11am. Drop in £12. All levels welcome.

Some dynamic movements, deep stretches and relaxation. Tutor Caroline Tautz

www.carolinetautz.com

NEW CROSS BUMPS, BABIES AND TOTS – Thursdays 11.30-2.30pm. Age range: 0 to 2 years.

Friendly and supportive drop-in session for new and expectant parents and their tots, toys, support on breastfeeding and slings, shared lunches.

THE HUNT ACADEMY FOR YOUNG ACTORS (HAYA) – Fridays (timings below)

Mini's 5-8yr-olds: 4– 5pm; Juniors 8-12yr-olds: 4.30 – 5.30pm Seniors 13+ 4.30 – 5.30pm

See details above. www.thehuntacademy.co.uk

KUMON Saturdays: 9:15 – 11:15am, All ages and abilities

See details above. Email: brockley@kumoncentre.co.uk Phone: 01689 602196

PARLOUR

ART PSYCHOTHERAPY Sessions by appointment cost £45

Lucy Gibson offering Art Psychotherapy and counselling to adults and children.

Contact: lucygibsontherapy.com

BABETT HELLMANN PSYCHOTHERAPY @ THE PARLOUR by appointment. Assessments & weekly therapy sessions £50

Psychodynamic counselling and CBT. I provide a safe, empathic and confidential space where distressing issues can be explored together without becoming overwhelming and a new understanding of yourself can be fostered.

Contact: 07470 662217 or counselling@babetthellmann.co.uk

COUNSELLING AND PSYCHOTHERAPY

Lila Despotovic MBACP - Counselling and Psychotherapy for adults (16+), for a wide range of issues and emotional difficulties, including eating disorders, body image and weight issues, loss, depression, stress, anxiety, low self-esteem, relationship and family issues. Daytime and evening appointments. Fee: £50-55 per hour.

ESSENIAN HEALINGS – adults and children

Ancient 5th dimensional high energetic healing techniques addressing karma – the true life path each of us has chosen for themselves before born on Earth again. Reiki Treatments and Initiations. Healer Katarzyna Jablonska - Essenian Master Teaching, Reiki Master Teaching. More info at www.theamberschool.com

FOUR ELEMENTS THERAPIES

Client-focused Sports, Holistic and Pregnancy Massage. ITEC qualified and a Member of the Federation of Holistic Therapists and the Massage Training Institute. Massages are £55 an hour. Discounts available for NHS, first time clients, block bookings and recommendations.

louisa@fourelementstherapies.com. fourelementstherapies.com

REFLEXOLOGY & FOOT MASSAGE Tuesdays and Thursdays by appt. £35 for 60 mins, £20 for 30 mins.

Reflexology reduces anxiety and stress during major life changes (bereavement, menopause, illness or injury, changing school, moving home) improves sleep patterns, increases flexibility and energy levels and soothes tired, aching feet. Suitable for all ages.

See reflexologypages.co.uk. Contact Lindsay on 07702 089 672.

ROOM2GROW Happier Kids, Calmer Families

Supporting children, young adults and parents to manage emotional distress and increase self-confidence; and helping to build a happier family life. Individual sessions or parent-child sessions.

Fees vary. Contact Sandra Singer on 0778 9146 421, Email: room2grow.me@gmail.com,

website: www.room2grow.me

SOMATIC EXPERIENCING Josephine O’Gorman MSc BA (Hons) DHt MNCHM RSHom SEP PGCE FHEA

Over 30 years clinical experience working with children, adults, couples and groups to deal with and transform the effects of stress and trauma. By appointment weekdays and Saturdays. Registered Homeopath: Accredited by the PSA for Health & Social Care and supported by many health insurances.

Contact: sortingstress@gmail.com

THE LONDON NUTRITIONIST

Jo Travers BSc RD and author of *The Low-Fad Diet* is a registered dietitian practicing evidence-based nutrition. For weight management, infant and child nutrition, IBS, low energy and anything nutrition-related. thelondonnutritionist.co.uk 07540 305 699

THERAPY – Lily Serena

I am a qualified integrative therapist. I offer a confidential counselling space. I am a registered member of the BACP. I receive referrals through the counselling directory and BACP counselling register.

lilyserena50@gmail.com

FUTURE EVENTS

July 2018

Branching Out Art Show

Opening 2-4 pm on Saturday 7 July, Goldsmiths Art Gallery, New Cross Road.

Exhibition continues until Sunday 15 July

October 2018

St Catherine's Community Harvest Festival, Sunday 7 October, 10am

December 2018

Panto, Friday 7 December to Sunday 9 December.

St Catherine's Community Carol Service, 16 December, 6pm

January 2019

Book sale in aid of Crisis 5 and 6 January 2019

March 2019

Telegraph Hill Festival 2019 30 March – 14 April

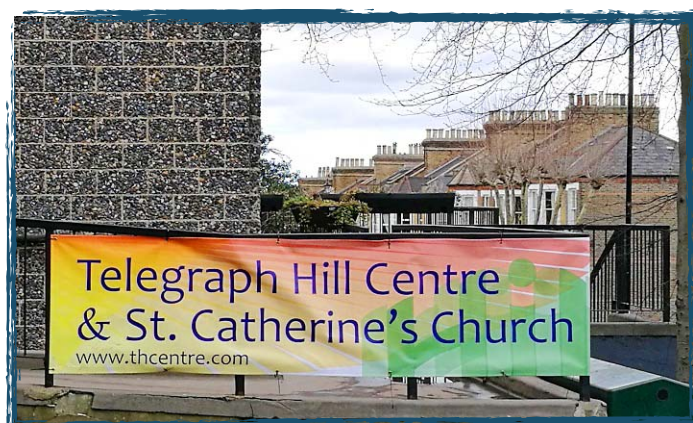
FUTURE DEVELOPMENTS

DURING 2018 – 2019

To update and improve the Narthex,
Lounge and Cloister Garden.

To enhance the visibility of the Centre
through signage and art works.

To increase the usage of the Centre by the
local community and to use the space
creatively.





Our vision for the Centre

To be a vibrant community hub at the heart of the community

Our mission

To provide a safe, welcoming space for everyone in the local area that facilitates

health and well-being

life skills and ongoing education

support at every stage of life

community connection

creating opportunities for friendship, development, synergy and creativity

Our Building Development Goals are: Greener – Safer – Smarter

How do we manage financially?

The freehold of the building is owned by St Catherine's church, but the Telegraph Hill Centre funds itself through the rental income from the clubs and lettings that meet on the ground floor and through a **£30,000 per annum Community Mission Fund that comes from St Catherine's church.**

This £30K is a proportion of the rental income that is generated from the commercial lettings on the upper floors of the Centre which is ploughed back into the Centre, not into St Catherine's church – **for the good of the whole community.**

The Centre is managed by Centre Staff and the Telegraph Hill Centre Steering Group, which is made up of an equal representation of church and community membership.

**Telegraph Hill Centre & St Catherine's church
working together for the good of all.**