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Autumn 2022

The **Brockley Bugle**

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New Residents' Panel Chair & Vice Chair



Chair: Abbygirl

Hello everyone, my name is Abbygirl. Thank you for electing me into this role, I feel very privileged. I am a Biomedical Science graduate currently working as a medical laboratory assistant.

Key issues and the area of specific interest I would like to focus on is block cleaning, finding out what other residents would like to focus on and attending all future meetings on behalf of residents.

Although this role is new to me, I have 10 years' experience liaising with Regenter, Pinnacle and Rydon. This is because I am not just a complainer, but I care about where I live, just like you do!

I have a lot of experience voicing the opinions of residents. At university I was a senior resident assistant and the Biomedical Representative for my course. Not only do I have excellent communication skills but other skills too that I can bring to this role and I'm excited to do just that.

I enjoy gardening and volunteering in our local community park, Luxmore Gardens, keeping the park looking beautiful. Please contact me and let me know how you think we can make this a better place to live, for every one of us residents on **A.nnadi22@hotmail.com**.

Kind regards,

Abbygirl



Vice Chair: Amadou Bruno Aristide Ferreira.

I'm an IT man and working for now in the University of Greenwich as a Registration Officer.

I have lived for 14 years in Lewisham Borough and have experience in IT support, networking and administration. I love to play basketball, to barbecue in summertime and to spend time with my kids.

I look forward to being part of the team that overlooks the estate and makes a difference. You can contact me on **amadoubruno@gmail.com**.

To contact Abbygirl or Amadou via phone, please call the switchboard number on **020 4518 1447**, and we will put you in touch.







Panel Invitations

The residents' and leasehold panels are opportunities for residents to hear operational updates and ask questions regarding the work of Pinnacle, Rydon and Regenter. Both meetings take place digitally, though you can join both meetings using a mobile or landline phone. For invitations to either, please get in touch on **0204 518 1447** or **brockley.customerservice@pinnaclegroup.co.uk**



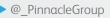
Alder and Lilac Community Funday 2022

The Alder and Lilac community were out for our annual Fun Day earlier this year, enjoying the sunshine and getting together for our annual community gathering

We had more neighbours attending this year which was very good to see, the children had fun and enjoyed the day; bouncing, running around and enjoying the activity set. A great day was had by all!

Thanks again, Pinnacle.





Community Champions: Help make a difference in your local area



What is a Community Champion?

Community Champions are our key resident contacts in the communities we work in, sharing their knowledge, energy and enthusiasm to improve life where they live.

Representing a street or block, Community Champions will have the opportunity to join estate inspections and make recommendations for improvements to communal areas, such as planting additional shrubs or supporting the development of community gardens, as well as reporting anything of concern. Community Champions are also asked to represent the interests of fellow residents by attending quarterly Residents' Panel meetings.

Community champions will also have the opportunity to organise local community events such as planting days, street parties and litter picks.

Each Community Champion will have a quick catchup call once a month with their Housing Manager to discuss live issues and make any new recommendations.

Who can become a Community Champion?

You need to be a resident of the Brockley PFI and at least 18 years old and must not have any rent arrears, anti-social behaviour or outstanding tenancy or leasehold breaches.

Just as importantly, you must have an interest in improving your local area and working in partnership with Pinnacle for the good of your community. No formal training is required.

How much time does it take?

This very much depends on your level of engagement and capacity for the role, but anything from about two hours a month.

How do I become a Community Champion?

For more information on the new position of Community Champion for your street or block, please get in touch on <u>0204 518 1447</u> or <u>brockley.</u> customerservice@pinnaclegroup.co.uk.



Grounds Maintenance Survey

We know from experience that many of you are very interested in gardening and green projects in general and we'd like your feedback on how we maintain the beds, lawns and green areas here.

If you're interested in guiding this work, and potentially adopting some of it as a community growing space, please fill out our grounds maintenance survey here: **tinyurl.com/BrockleyGM** or by calling the main switchboard number.

Estate Inspection Comms

Every week a team of Regenter, Pinnacle, Rydon and Lewisham Council staff carry out inspections at one of Brockley's 11 inspection patches to check on things like the standard of cleaning, general presentation, repairs and grounds maintenance, to make sure everything's as it should be and reporting any issues that need to be fixed or investigated.

Residents are welcome to join, and this month we're sending out texts and emails to residents in advance of these inspections to ask for anything specific that needs to be looked it. We'll be using the contact details we have on file, but it's worth noting that if you don't get regular communications from us – including invitations to housing surgeries and resident panel meetings – that probably means we don't have the correct details for you. If you'd like to send us updated contacts, please get in touch on **0204 518 1447** or **brockley.customerservice@pinnaclegroup.co.uk.**







Brockley Community Events: Autumn 2022

Morning	Monday 170 Community Centre Advice Line, 9-12pm, 020 7732 9716 Little Fishes Toddlers' Group 9:30-11:30 am, St Peter's, £2 Parent Fitness, 10- 11am, Honor Oak	Tuesday Mindful Mums, 10.30-12, Ladywell Children's Centre Over 55s Tuesday Club, 11.30-1.30, Honor Oak Little Darlings Childminders, 10.30- 11.30, Honor Oak Wellbeing Walk, Sydenham Wells Park 11am	Wednesday Yoga, 9.30-10.30, Ackroyd Centre Little Explorers (up to 18 months), 10-11.15, Ladywell Children's Centre Wellbeing Walk, Grove Park, 10.30am Little Darlings Childminders, 10.30- 11.30, Honor Oak Parent Fitness, 10.30- 11.30am, Honor Oak Social Group 11.30-1pm, Ackroyd Centre	Thursday Women's ESOL, 10- 12pm, Telegraph Hill Centre Art Classes, 10.30- 12.30pm, Ackroyd Centre Digital Discovery Computer Classes, 10.30-12.30pm, Honor Oak Wellbeing Walk, Ladywell Fields, 11am	Friday Yoga, 9.30-10.30am, Ackroyd Centre Chatterbox Playgroup, 10-11.30am, Honor Oak Men's Shed Social Group, 11-5pm, Peckham Shed
Afternoon	Wellbeing Walk, Lewisham Park, 12pm Tai Chi, 1-2pm, Ackroyd Centre Bumps & Babies 1-3pm, St Peters Dance at St. Peter's, 2:40-7:30 pm Living with Depression, 5-6.30pm, Lewisham Mind (online)	Mindful Mums Post- natal Group 1pm- 2.30pm, Ladywell Children's Centre Seated Exercise, 12.30-1.30, Ackroyd Centre Pilates, 12-1, Somerville Centre, £5 Dance at St. Peter's 4.35-6:35pm	Social Supermarket 12-3pm, St Peters Explorers Stay and Play 18mths-5yr, 1-2pm, Ladywell Children's Centre Reading group, 2-3.30, Ackroyd Centre	Line Dancing, 1-2pm, Ackroyd Centre Exercise Class, 12.30- 1.30pm, Honor Oak Tae Kwon Do, 5-7pm, Honor Oak	Arts and Crafts, 12-2pm Lewisham Mind @ Telegraph Hill Centre Walk and Talk, Lewisham Mind, 12- 2pm Breastfeeding Hub, 1-3pm, appointment only, Ladywell Children's Hub
Evening	Roller Skating, 8.30-10.30pm, Honor Oak	Being Dad Zoom Drop In, 8pm, blgmind.org.uk/ bromleymental health/being-dad/ Yoga, 7.15-8.30pm, Honor Oak Community Singing Group, 7.30-9.30pm, Telegraph Hill Centre	Badminton, 6.15-8.15 + 8.30-9.30, Honor Oak Food Bank, 7-8.30pm (bi-weekly), Honor Oak		

Key: Advice and Support, Family and Young People, Sports and Exercise, Mental Health, Social, Food (Activities that we know to be free are in bold.)



There are loads of great community events happening in and around Brockley and we've summarised a selection of them here. We've tried to ensure everything is as accurate as possible, but it's worth double checking events are going ahead, as well as costs and availability, via the below details before attending. Activities that we know to be free are in **bold**.

St Peter's Church, Wickham Rd, London SE4 1LT, hello@stpetersbrockley.org.uk, 07305 078 872.

Honor Oak Community Centre, 50 Turnham Rd, London SE4 2JD. Please enquire via the office regarding classes. <u>0207 639 2301</u> or <u>info@</u> honoroakcommunitycentre.org.

Lewisham Healthy Walks contact Jenny Budd on <u>020 8269 4890</u>, <u>healthywalks@gcda.org.</u> <u>uk</u> or <u>www.walkingforhealth.org.uk/walkfinder/</u> <u>lewisham-healthy-walks.</u>

Meet outside St Mauritius House, 65-67 Lewisham Park at 12pm on Mondays, Tuesdays at 11 Meets at the bench beside the pond in the park, near Longton Ave entrance, Wednesdays at 10.30am at The Ringway Centre Baring Rd, or Thursdays at 11am at the Blue Well (Blue Glass column) by foot bridge into the park. Fridays at 9am, ready to set off at 9.10, at Honor Oak Park rail station. You can go for a coffee at the end, if you wish, with other walkers in one of the many local cafes.

Somerville Centre is at 260 Queens Road, New Cross. Each of these classes have suggested donations of £5 each For more info give them a ring on **0207 732 1403**.

Ackroyd Centre is at 42b Ackroyd Road, SE23 1DL, and for more info give them a ring on <u>0208 291</u> 3479.

Ladywell Children and Family Centre 30 Rushey Mead, SE4 1JJ To book go to <u>www.lewishamcfc.</u> org.uk/booking-form, or call 07377 724243.

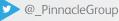
Peckham Shed 167 Peckham Hill Street, SE15 5JZ.

Lewisham Mind You can find their peer support activity calendar at **BLGMind.org.uk**, Friday Walk and Talks meet at Glass Mill Leisure Centre Lobby, Arts and Crafts are at Telegraph Hill Centre, Kitto Road SE14 5TY.

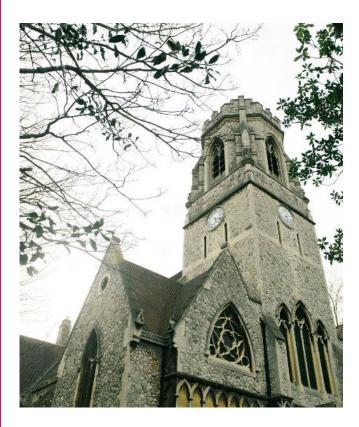
Telegraph Hill Centre Kitto Road, London SE14 5TY 0207 6390214 office@thcentre.com.

For any other community enquires, suggestions or collaborations please contact: **<u>sam.mason@</u>pinnaclegroup.co.uk**.









Pop-Up Café

The Pop-Up Cafe will run on the final Friday of the month from 12-2 pm. Come sit in the warm for a while and enjoy a nutritious, hot meal with others from the community. Pay what you can.



Benefit Concert

New York-based Soprano Katherine Whyte headlines an evening of opera and musical theatre to keep the St. Peter's Brockley Food Bank running this winter. Join us for music on Saturday, October 1st at 7 pm, followed by hot drinks and nibbles. Tickets are £10 and can be purchased by going to <u>https://stpetersbrockley.churchsuite.</u> <u>com/events/uvwg9kb8</u> or on the door.

St Peter's Church Events

St Peter's Church on Wickham Road, Brockley has been a central part of the Brockley community for 150 years. In the last few years we've seen a transformation as the church welcomed a group of young families from St Mary's Marylebone and a group of 20s and 30s from Kings Cross Church (KXC) to come together as one family. The church has a busy timetable of events and we've summarised them here. Contact them via <u>https://www.</u> <u>stpetersbrockley.org.uk/</u> or <u>07305 078 872</u>.



Job Club

Looking at getting back into employment? Want some support on the journey? Join an 8-week job club, run at St. Peter's Brockley to help you work out what jobs are best for you and to get some guidance around writing a good CV and some practise with interviews as well. To find out more, email **colinrplant@gmail.com**.



Meet & Make

Join us from 7-9:30 pm on the third Thursday of the month for a chance to meet others in the community while making things together. Bring a project from home, learn a new skill or make something together. This is for anyone to join, whether making is your job, your hobby or something you have never done! All are welcome!





Community Garden

St. Peter's Brockley is opening a community garden! We would love to invite our neighbours to join us in turning the land around the church building (Wickham Road at Cranfield Road) into a green space for growing flowers and food. Join us this autumn on Saturdays and Thursday afternoons to help clear the land, prepare the soil and build raised beds. Bring the whole family! We would love to have everyone come and help turn the church grounds into a green space for the community. Email **anne@stpetersbrockley.org.uk** to register your interest.



Dance at St. Peter's

We run a full slate of dance classes for ages 18 months to adults on Monday and Tuesday evenings, with bursary places available for those in need. Please visit <u>https://www.stpetersbrockley.</u> org.uk/dance to view the full timetable of classes.



Little Fishes

Play, crafts, singing and snacks for 0-3 year olds with caffeine and conversation for their adults! Every Monday during term time from 9:30-11:30 am. £2 per child and £1 for each additional sibling, with entrance on a first-come, first served basis. For more information go to <u>https://www.</u> stpetersbrockley.org.uk/little-fishes.







Bumps & Babies

Space for new mums (and soon-to-be mums) to meet others at a similar stage of life, with advice and support from our lactation consultant and ABM peer supporter. For more information, go to https://www.stpetersbrockley.org.uk/bumpsbabies.



Growing Hope

Growing Hope Brockley provides free therapy for children and young people with additional needs. It aims to grow hope for children and their families. For more info and access to the referral form, or to register as a volunteer, please go to <u>https://www.</u> stpetersbrockley.org.uk/growinghope.



After School Club

Join us on our Youth Bus every Wednesday after school from 3:30-5:30. For young people aged 12-18. Meet new friends, play games and get some help with homework. For more information email **andrew@stpetersbrockley.org.uk.**



Friendship Café

Come and meet your neighbours for conversation over hot drinks and homemade cake. First and third Friday of the month, 10:30 am -12:00 pm. All are welcome!

Lewisham Council's Complaints Procedure

Pinnacle carries out Lewisham Council's complaints procedure on their behalf. If you feel strongly that Regenter, Pinnacle or Rydon have done something wrong, this procedure is there to support you to make a complaint and have the issue investigated.

A complaint should be made if you think Regenter, Pinnacle or Rydon have:

- Made a mistake or have done something wrong
- Promised to do something and then not done it
- Been rude or unhelpful (this includes staff and contractors)
- Failed or delayed in carrying out a service

A complaint should be made as soon as possible, this is so that the people involved are able to remember the events that lead up to the complaint. For this reason, the council usually doesn't investigate complaints made more than 12 months after the incident, though there are exceptions. The complaints process has three stages:

Stage one: a service manager will acknowledge the complaint, investigate and report back within 10 days explaining the decision reached, the reasons behind the decision, any action taken as a result and how the person making the complaint can escalate the issue if they're unhappy with the outcome.

Stage 2: if the customer isn't happy with the response to stage 1, they can escalate to stage 2 by writing to the Head of Service and explain why they're unhappy. The Head of Service will carry out a new investigation and respond within 20 days, explaining their decision, the reasons for it and any action taken as a result.

Stage 3: if the customer remains unhappy after stage 2, they can move to stage 3 by writing to the Independent Adjudicator at: Freepost, Lewisham Town Hall, Rushey Green, London SE6 4RU.

The Independent Adjudicator investigates all stage 3 complaints, sending an acknowledgement letter within two days explaining when the customer will receive a written response, which must be within 30 days and explain the decision, the reasons for the decision and any action taken and how to complain to the Local Government Ombudsman if they remain unhappy.

If you would like to make a complaint about Regenter, Pinnacle or Rydon, please get in touch on <u>0204 518 1447</u> or <u>brockley.customerservice@</u> <u>pinnaclegroup.co.uk</u>



Cost of Living Help

You will no doubt have seen a lot of coverage and discussion on the recent cost of living increases, and if you're like us, this really hits home during weekly food shops and when utility bills come through the door.









Support, relief and advice is out there. Some of this will happen automatically, others you will need to apply for. We've summarised the main points and organisations who can help below:

• Lewisham Council has £2.67m to give out in individual grants of £200 under the Household Fund scheme, apply at <u>lewisham.gov.uk/</u> <u>myservices/benefits/the-household-fund</u> or on <u>020 8314 6000</u>

• The Energy Bill Support Scheme (£400 grant) will be going to all households with a domestic energy connection. It will appear as a credit from energy suppliers from October 2022.

• £650 one off Cost of Living payment will be made in two instalments from 14th July to anyone in receipt of: Universal Credit, Income based Jobseekers Allowance, Income related Employment and Support Allowance, Income Support, Working Tax Credit, Child Tax Credit or Pension Credit.

• The £300 Pensioner Cost of Living Payment will be made to any household in receipt of Winter Fuel Payment. • The £150 Disability Cost of Living Payment will be made in September to any one in receipt of: Disability Living Allowance, Personal Independence Payment, Attendance Allowance, Scottish Disability Benefits, Armed Forces Independence Payments, Constant Attendance Allowance or War Pension Mobility Supplement.

• A council tax rebate will provide a payment of £150 to households living in council tax bands A – D. This will happen automatically, anyone outside of bands A-D can apply directly to the council for additional support

• Citizens Advice Lewisham are an independent charity offering guidance and support to people living and working in Lewisham <u>0800 231 5453</u> <u>www.citizensadvicelewisham.org.uk/get-help</u>

If you are experiencing feelings of distress and isolation, or are struggling to cope, The Samaritans offers support; you can speak to someone for free over the phone, in confidence, on <u>116 123</u> (UK and ROI), email **jo@samaritans.org**, or visit the Samaritans website to find details of your nearest branch.



Pinnacle's Financial Inclusion Team

Pinnacle has its own financial inclusion team, who provide a wide range of support to residents, including help to understand any benefits entitlements and applying for additional support when it's needed, debt management strategies and other general financial advice. The team is headed up by Martin Keating, who recently secured an additional £18,000 in backdated housing benefit for a Pinnacle resident. You can contact him via martin.keating@ pinnaclegroup.co.uk or 020 4518 1447



Accessing Food

St Peter's Church has a Food Bank and Social Supermarket. Wednesdays 12-4pm at Wickham Road, SE4 1LT. Members pay £3 per week, more details here: https://www.stpetersbrockley.org.uk/ foodbank

If you're at least 10 weeks pregnant or have a child under 4 years old, you might be able to get free vitamins and Healthy Start vouchers for milk, fruit and vegetables and infant formula milk.

Ask your midwife or health visitor for an application form. You can also call the Healthy Start helpline on **0345 607 6823** and ask them to send you a form.



Help Paying Your Rent

If Housing Benefit or Universal Credit doesn't cover all your rent, you could make a claim for a discretionary housing payment (DHP) to help pay your rent. To apply online, just google 'Lewisham DHP' or call them on **020 8314 6000**.







Other Sources of Help

Lightningreach.org is an online portal designed to make it easier and quicker to understand and apply for additional financial support, complete your profile in 10-15 minutes and see what help is out there.

Moneyhelper.org.uk is a site fully funded by the government. You can either access it online using your smartphone, laptop or desk PC, or chat live to them via web chat.

Nationaldebtline.org is a site that can help you with any arising debt. They can help you with budgeting, they provide an excellent fact sheet and a good selection of sample letters where you can write to your creditors explaining your situation and come to a more affordable arrangement.



Translation & Communication Support

We want every piece of information we send to be understood by everyone who receives it. If you have communication needs that we're not meeting, we'd really like to hear from you.

Examples of support we can offer include larger text, easy read, plain English, interpretation, signing, and translation into another language.

We will also make every effort to make sure our newsletters don't include jargon or technical language where we can avoid it. To discuss any communication needs with us, please contact **brockley.customerservice@pinnaclegroup.co.uk** or **020 4518 1447**

Aby omówić z nami wszelkie potrzeby w zakresie komunikacji, prosimy o kontakt pod adresem **brockley.customerservice@pinnaclegroup.co.uk** lub 020 4518 1447

Pour discuter de tout besoin de communication avec nous, veuillez contacter **brockley.customerservice@pinnaclegroup.co.uk** ou **020 4518 1447**

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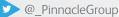


Your Brockley team is here to help

Feel free to contact us at any time should you require any assistance.







Rydon Update

Top tips for conserving energy this Winter:

• Ensuring insulation to the property is sufficient

• Use Eco settings on boilers/home IT equipment such as, televisions, computers etc if appliances have this setting.

• Adjusting heating timeclocks etc to not run excessively.

• Ensuring that there are no drafts around openings such as windows and doors

• Turning down the hot water temperatures to combi boilers or immersion heaters (around 50c).

Wash hands using the cold tap

• Keep shower time to a minimum.

• Invest in a 4-minute shower timer.

• Turning down their TRVs (thermostat radiator valve) in rooms that are not currently being used.

• Ensuring room heating thermostat is set down (Comfortable temp around 21 c) and no higher.

• Turning off unwanted lights and power to appliances such as chargers or appliances on standby.

• Change lamps to LED type if there are old existing filament or fluorescent type lamps.

• Close curtains at night.

• Reduced use of a kettles and electric clothes dryers.

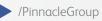
• Ensure that washing machine loads and dishwashers are full and not half loads.

• Washing clothes on a lower temperature setting.

• Use lids on pots and pans to reduce cooking time and use of electric or gas

• Monitoring of your energy use (Apps and Smart monitors from your energy supplier)







Top Tips for Damp and Condensation

Condensation starts as moisture in the air.

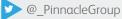
- Warm air soaks up moisture, but if air is cold, it can't hold all the moisture we produce each day (by cooking, washing or drying clothes on radiators). It then condenses as tiny drops of water.
- We see this on windows on a cold morning or on the mirror after a bath or shower. This moist air rises when it is warm and often ends up on ceilings and in upstairs rooms.

Left untreated, condensation can result in:

- Mould growth on walls, ceilings, and furniture.
- Mildew on clothes, furnishings and fabrics.
- Rotting window frames.
- An increase in house dust mites damaging wall plaster, furnishings, and clothing in cupboards & drawers.
- Damage to wall plaster can cause woodwork to rot.







Rydon Update



First Steps Against Mould

Treat any mould you may already have in your home, then do what you can to reduce condensation to restrict new mould growth.

- Do not disturb mould by brushing or vacuum cleaning. This can increase the risk of respiratory problems.
- Wipe off mould growth immediately with water. Do not use washing up liquid.
- To kill and remove mould growth, wipe down affected areas with a fungicidal wash. This is available from a hardware or DIY store or supermarket. You should choose a product which carries a Heath & Safety Executive 'approval number'. Always follow the instructions carefully. Do not use bleach.
- Dry-clean clothes affected by mildew and shampoo carpets.
- After treatment, redecorate using a good quality fungicidal paint to help prevent mould recurring. This paint is not effective if overlaid with ordinary paints or wallpaper.









Keeping Your Home Warm

When keeping your home warm, make sure you do not:

- Block permanent ventilators.
- Put furniture against cold external wall
- Completely block chimneys. Leave a hole about two bricks in size and fit louvered grille over the opening
- Draught proof rooms where there is condensation or mould growth.
- Draught proof a room where there is a gas cooker or a fuel-burning heater, e.g. a gas fire.
- Draught proof windows in the bathroom or kitchen.



Useful contacts



Visit the housing office: Regenter Brockley Housing Office, 111 Endwell Road, Brockley, London SE4 2PE



020 4518 1447



www.pinnaclebrockley.co.uk



brockley.customerservice@pinnaclegroup.co.uk

Translation available on request.