

Southwark

Life

Spring 2019

Healthy habits for life

Jamie Oliver on tackling
childhood obesity

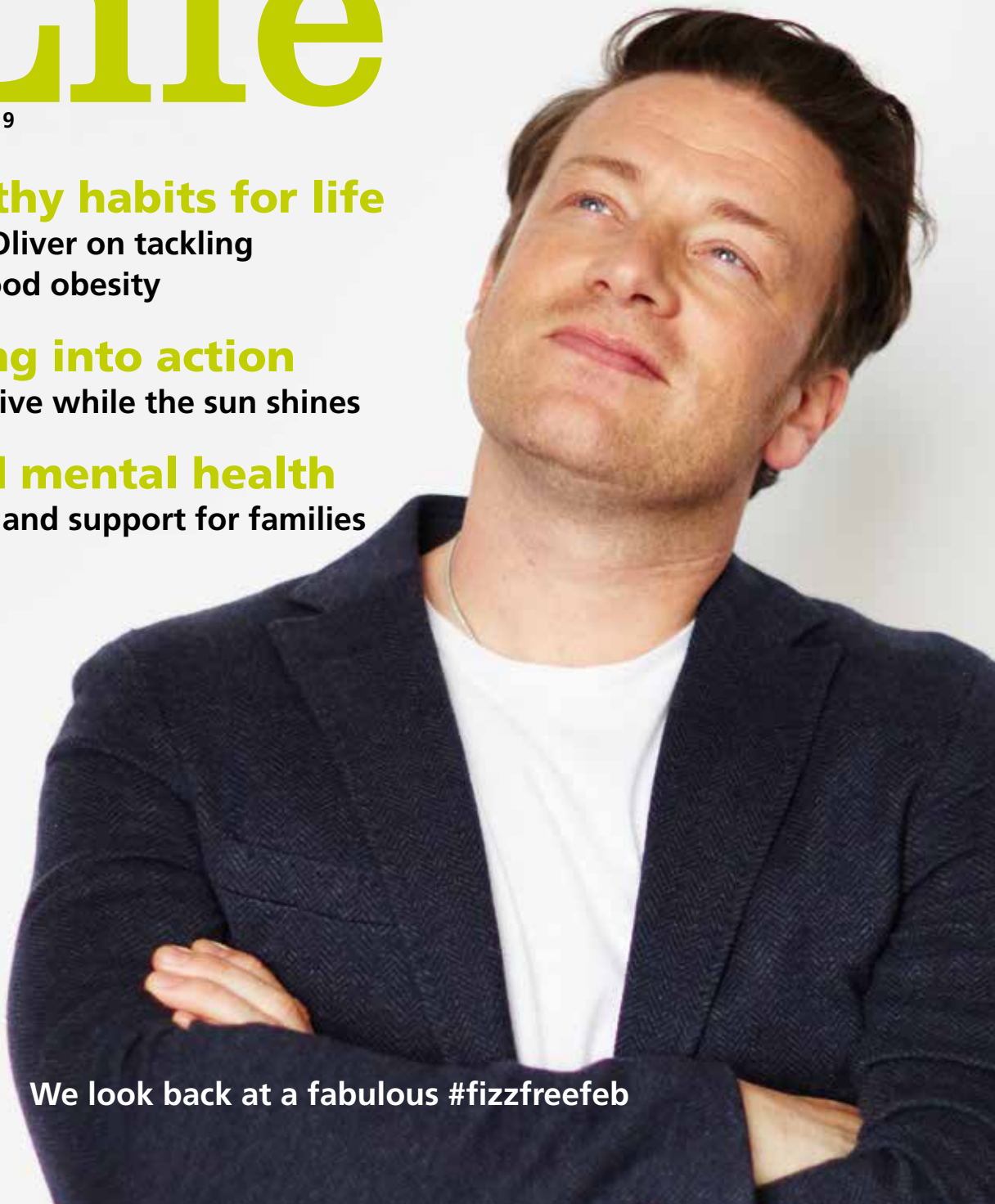
Spring into action

Get active while the sun shines

Child mental health

Advice and support for families

PLUS We look back at a fabulous #fizzfreefeb



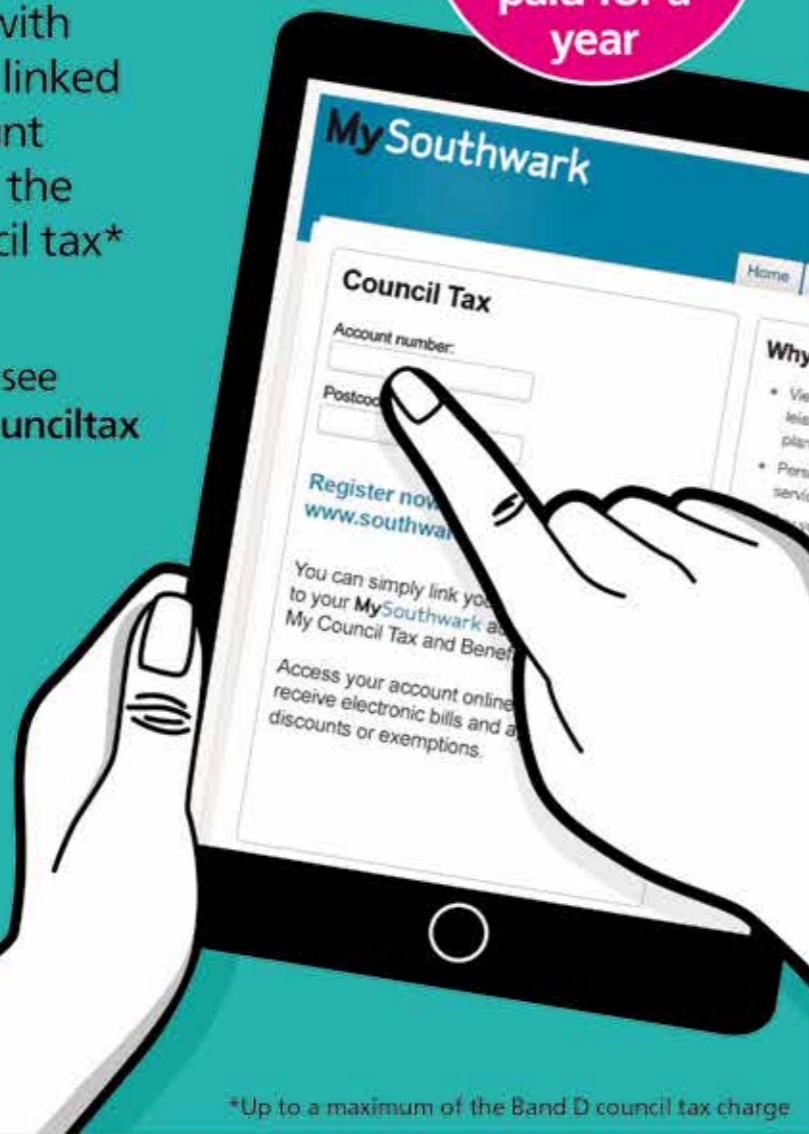
Your magazine from Southwark Council

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Council tax prize draw

All new and existing Direct Debit payers registered with a **MySouthwark** account linked to their council tax account by 31 May 2019 will have the chance to get their council tax* paid for a year.

Terms and conditions apply see www.southwark.gov.uk/counciltax



Be the lucky winner and have your council tax paid for a year

*Up to a maximum of the Band D council tax charge

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welcome...



The glorious and unexpected spell of warm weather we enjoyed in late February was a welcome contrast to last year's Beast from the East, and gave us a taster of what we can look forward to this spring, with longer days and more time spent outdoors. This time of year is a great time to get out, breathe fresh air, and get some exercise – in this edition we look at how all these things can help contribute to our physical and mental wellbeing, and what we can do to improve our environment.

Mental health is an issue that has always challenged public services locally, and we learn more about how the approach has changed over time in our history feature. In 2019 the issue is rightly rising up the public agenda, and in Southwark we have made a bold commitment to ensuring all our children and young people receive the services they need, when they need them. Read more about this commitment, and what parents and carers can do to support young people through tough times.

The year 2019 will go down in history for another reason: Brexit. The majority of Southwark residents voted to remain, and the council is determined to ensure that our 41,000 EU citizens know they are welcome here. Our article offers advice on the EU settlement scheme, and information on how the council is preparing for different scenarios.

And finally I would like to say thank you to everyone who signed up to #gofizzfree in February. The campaign, which began in Southwark, has really captured imaginations across the country and even as far as New York, and it's great to see so many people enjoying the health benefits of consuming less sugar. Celebrity chefs like Jamie Oliver have helped drive this agenda, and we hear from Jamie about his efforts to tackle childhood obesity. It's a real challenge in Southwark and we'll be returning to the subject in future editions, as part of our work to help all our residents lead healthy, active lives.

Peter John
Leader of Southwark Council

Fizz Free Feb

Contact us

Do you have something to say about Southwark Life? Write to: Your letters, Southwark Life, Fourth Floor North, Southwark Council, 160 Tooley Street London, SE1 2QH or email southwark.life@southwark.gov.uk

Front cover photo: Jamie Oliver.
Photo credit: David Loftus. See full interview on P17 and 18.

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Keep in touch

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facebook.com/southwarkcouncil
 @lb_southwark
 Instagram.com/southwarkcouncil

Need to know...

New skills, new challenges, new businesses or new projects – whatever you are looking for this spring there is something happening in Southwark. Here are some of the highlights.

For news and events follow us on social media or find out more at southwark.gov.uk/news

 Follow us on Facebook facebook.com/southwarkcouncil

 Follow us on Twitter [@lb_southwark](https://twitter.com/lb_southwark)

 Follow us on Instagram Instagram.com/southwarkcouncil

Mayflower funding

To mark next year's 400th anniversary of the Mayflower sailing to America, Southwark Council, United St Saviour's Charity and British Land have worked together to make £140,000 available to local projects celebrating the themes of migration, tolerance, enterprise and community.

Carrying people escaping persecution, the Mayflower departed from Rotherhithe in July 1620. Captain Jones and many of his crew also lived there, making London central to the historic voyage.

The Southwark Mayflower 400 Grants Fund aims to help local people get involved with London's commemoration, which will run alongside events across the UK, Netherlands and America.

You can read more and apply for Mayflower 400 funding at www.ustsc.org.uk/mayflower-400-grants-fund



Adult learning

Join the growing movement of Southwark adult learners. Offering courses and qualifications on a huge range of subjects, from computing to woodwork, our team at the Thomas Calton Centre are sure to have something to catch your interest. The centre is even running some Saturday courses throughout this month, including on food safety and hygiene, creative writing, and sculptural wood carving – so even if you have limited time and lots of other commitments, there could well be something for you. You can find out more, check fees and enrol online at southwark.gov.uk/adultlearning

Southwark Park turns 150!

Southwark Park is turning 150 this summer – and we're looking to you, the park's users and the very people who know it best, to help celebrate in style! The celebration will be staged in the park during the anniversary week and will be free of charge and accessible to the public. With a total of £5,000 on offer, we're looking to help fund some great ideas from local people, organisations, schools and businesses for a week of celebrations, from 15 to 23 June – specifically, community-led live events and activities that celebrate the park's 150th birthday. If you know of a great idea that needs help bringing to life, please visit www.southwark.gov.uk/southwarkpark150 or get in touch via events@southwark.gov.uk



Funding announced to support Rye Lane during road closure

Southwark Council and SGN have announced funding to support traders along Peckham's Rye Lane whilst the road is closed for gas main replacement works.

SGN announced the essential maintenance work last year and the road was closed in January, with sections of it closed off until January 2020. To mitigate the effects of the road closure the council has been working with SGN and local organisations to come up with creative ideas to entice more people to visit Rye Lane's shops.

The funding has been allocated through the council's High Street Challenge initiative for a joint proposal, led by Mountview Theatre of Performing Arts, to develop a year long programme of events in Peckham to support trade and continued footfall on Rye Lane during the works and to promote it as a retail and cultural destination.

The council will also be commissioning additional business support to help small businesses navigate the compensation process and discuss their concerns. **#peckhamisopen**

Southwark Scholars

Since launching in 2011, our scholarship scheme has helped 88 local young people study university degrees of their choice – with choices so far including medicine, engineering, theoretical maths, law and dance. If you're under 25, are a Southwark resident and have a strong community ethos, you may be eligible for a scholarship if you've received a provisional offer. Find our more about our eligibility criteria and apply online at www.southwark.gov.uk/jobs-and-careers/southwark-scholarship-scheme



Introducing the Palms

Peckham has become home to the UK's first purpose-built centre for Afro-Caribbean hair and beauty start-ups. As part of its commitment to Blenheim Grove's local businesses, Southwark Council has spearheaded the creation of the Palms, where some of the best-known and much-loved local Afro-Caribbean hair and beauty stylists are setting up shop.

As well as professional and specialist hair services, embedded in African and Caribbean heritage, you'll be able to find nail bars, make-up and beauty services as well as fashion, beauty products, a café, pop-up street food, creative cocktails and a social space – all under one roof.

Peckham Palms aims to be the first shopping hub in London run by, benefiting and serving the BAME community.



Southwark hosts London air quality initiative launch

Cllr Richard Livingstone, cabinet member for environment, transport management and air quality, joined the Mayor of London, Sadiq Khan, in January to launch Breathe London, a data-driven initiative that aims to combat the effects of air pollution.

Launched at Charlotte Sharman School in Southwark's West Square, Breathe London is introducing eight air quality sensors throughout Southwark, and a total of 100 across the entire capital, to capture data about air quality with the ultimate aim of helping study and combat pollution across the city. Two specially-equipped Google Street View cars will also be measuring air quality as they map the city, adding to air quality knowledge base and capturing data in previously unmapped pollution hotspots.

The data generated by this new network will be available for the public to view on an interactive online map at www.breathelondon.org



Coming soon... 231 Old Kent Road!

231 Old Kent Road is a new community space opening soon, providing a place for local people, businesses and community groups to come together, share ideas and be part of the changes taking place in the area over the next 20 years.

The space will open with an exhibition celebrating the Old Kent Road with a collection of its rich and diverse history and population, both past and present. If you have stories, memories, videos, photographs or other ideas to contribute to the exhibition, we'd love to hear from you.

To find out more or get involved, please contact OldKentRoad@southwark.gov.uk

London Youth Games

Do you love sport, are you aged 7 to 18, and live or go to school in Southwark? The London Youth Games is Europe's largest youth sports festival, and we're looking for a fantastic team to lead our charge into 2019. Taking place over nine months, it's a full season of events ranging from archery to volleyball, with competitions for all abilities. If you're passionate about your local community and love competition, express your interest and you could be following in the footsteps of other Youth Games athletes such as Sir Mo Farah. Find out more at www.southwark.gov.uk/leisure-and-sport/sporting-events-for-young-people/london-youth-games and remember, entries close on Wednesday 1 May.



Council Tax

Southwark households will soon be receiving their council tax bills for the coming year, which help fund everything we do, from parks to schools to street cleaning. Additionally, one lucky resident will have their council tax bill paid for a year, and it could be you!

All new and existing Direct Debit payers registered with a MySouthwark account linked to their council tax account by Friday 31 May 2019 will have the chance to get their council tax paid for a year. You can register, find out more information, read the competition terms and conditions and pay your bill online at southwark.gov.uk/counciltax

REGISTER TO VOTE

It is important to be on the register of electors

Here are a few benefits when you register to vote:

- You can vote in elections that take place within Southwark
- Your credit rating may improve by being on the register
- You can vote by post

Voting by post is quick and easy – download a form from www.southwark.gov.uk/postalvotes and send the completed form to: Southwark Council, Electoral Services, PO Box 64529, London SE1P 5LX

The easiest way to register is by going online at
WWW.GOV.UK/REGISTER-TO-VOTE

☎ 020 7525 7373 ✉ electoralenquiries@southwark.gov.uk

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We will only use the information you give us for electoral purposes. We will look after personal information securely as laid out in the Data Protection Act 2018 and the General Data Protection Regulation. We may occasionally need to pass on personal information to other public bodies or organisations as a result of legal duties and powers. If you want to find out more information of how Southwark looks after your information, please read our Corporate Privacy Notice at www.southwark.gov.uk/corporate-data-privacy-notice

Back the Bakerloo

The Bakerloo line extension from Elephant and Castle to Lewisham will transform the lives of thousands of people who live and work in Southwark.

Back the Bakerloo to make sure it happens!

BacktheBakerloo.org.uk

Better transport links

1000s of new jobs and homes

Improved accessibility

Reduced pollution and congestion

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Brexit

As we go to print, the UK is due to leave the European Union on 29 March 2019. This follows the 2016 EU referendum, in which 72% of Southwark residents who took part in the referendum voted to remain. Southwark is home to 41,000 EU citizens, who play a vital role in making our borough what it is. We are extremely proud of our diverse borough and workforce and we want every EU citizen who has made Southwark their home to know that they are welcome and valued.

Brexit has caused significant uncertainty and concern for many individuals, businesses and organisations.

Central government is responsible for negotiating the UK's exit from the EU, but the terms of the agreement are still unclear. As a council we have no control over the UK leaving the EU, but we are committed to doing everything we can to ensure that Southwark, its residents and businesses, get the best outcome from Brexit. We are also working to make sure that the rights of our residents are protected.

I'm an EU citizen, how am I affected by Brexit?

The UK Government has said it will protect the rights of EU citizens living in the UK after Brexit. Proposals have been put forward which would mean EU citizens living in the UK would carry on having the same rights to live, work and get benefits as they do now. However, this is subject to negotiations with the European Union and a final Brexit deal being reached.

All EU citizens and their family members who want to stay in the UK beyond 31 December 2020 will need to apply to the EU Settlement Scheme. For more information visit: www.gov.uk/settled-status-eu-citizens-families

How can I apply for settled status?

Most applications will be completed online. For information on what

What does Brexit mean for me?

We know that many residents are concerned about Brexit and the impact it could have on them and their families. As the UK's exit from the EU is still being negotiated by government information about Brexit is changing all the time, which makes it very difficult for councils to provide advice for our residents. For the most up to date information and advice please visit the government website: www.gov.uk/government/brexit

"We are committed to doing everything we can to ensure that Southwark, its residents and businesses, get the best outcome from Brexit"

documents you will need please visit the government website. You'll be able to get support over the phone or in person if you need help doing things online by calling **03333 445 675**. The Government recently announced that there will be no fee for applying for settled status when the scheme opens fully on 30 March 2019.

When can I apply?

The EU Settlement Scheme is open to some EU citizens and their family members. You may be able to apply now if you meet the criteria. The scheme will be open fully by 30 March 2019. The deadline for applying will be 30 June 2021, unless the UK leaves the EU without a deal, in which case the deadline for applying will be 31 December 2020.

For more information please check the council website: www.southwark.gov.uk/brexit

In July 2018 Southwark Council established a cross-party panel to take evidence on the potential impact of Brexit on Southwark. The Brexit Panel has taken evidence from a wide range of organisations including businesses, health and education experts, charities and community groups; to find out how the council and our partners can best prepare the borough for Brexit. The panel made a number of recommendations which have been adopted by the council, including setting up a fund to help vulnerable residents who need to apply for settled status.

THE AIR WE

Air quality is one of Londoners' top concerns, and in Southwark there is some fantastic work going on to improve the air we breathe. But improving our air quality is everyone's business, which is why we're asking all our residents to commit to #onething that will reduce pollution.

WHAT'S YOUR #ONETHING

LEAVE THE CAR AT HOME

In London, for distances less than a mile it's quicker to walk and for distances less than 5 miles it is quicker to cycle, both of which will keep you healthier longer.

TAKE PUBLIC TRANSPORT

London has excellent public transport to help you get around. Citymapper and the TfL Journey Planner will help to plan your route by bus, train, ferry, tram or bike.

CAR CLUBS AND CAR SHARING

A car club offers you the convenience of being able to use a clean, modern and reliable vehicle for those trips you cannot do by using public transport, cycling or walking.

GET ON YOUR BIKE

Cycling in London is safe if you take the proper precautions. It's a great way to save money on transport costs, explore the capital and get some exercise at the same time. See our cycling feature (page 20 and 21) for more info on quiet routes and training to help build confidence.

WALK

Walking is a great way to get around. It's quick and reliable, good for your health. You can plan walking routes using Transport for London journey planner: tfl.gov.uk/plan-a-journey

USE CLEAN FUEL IN YOUR CAR

Diesel engines create the most air pollution and are not suitable for urban areas like Southwark. When replacing your car consider an ultra-low emission vehicle such as hybrid, gas or electric-cell.

USE LESS GAS AND ELECTRICITY

Are you aware of all the steps you can take to stop wasting gas and electricity and thus save significant money on your energy bills? Find out more from the Energy Saving Trust: www.energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins

CHOOSE CLICK AND COLLECT FOR HOME DELIVERIES

Instead of having your online shopping sent to your home address, which adds to traffic congestion and air pollution, use a click and collect service, which will reduce the number of vans on our streets.

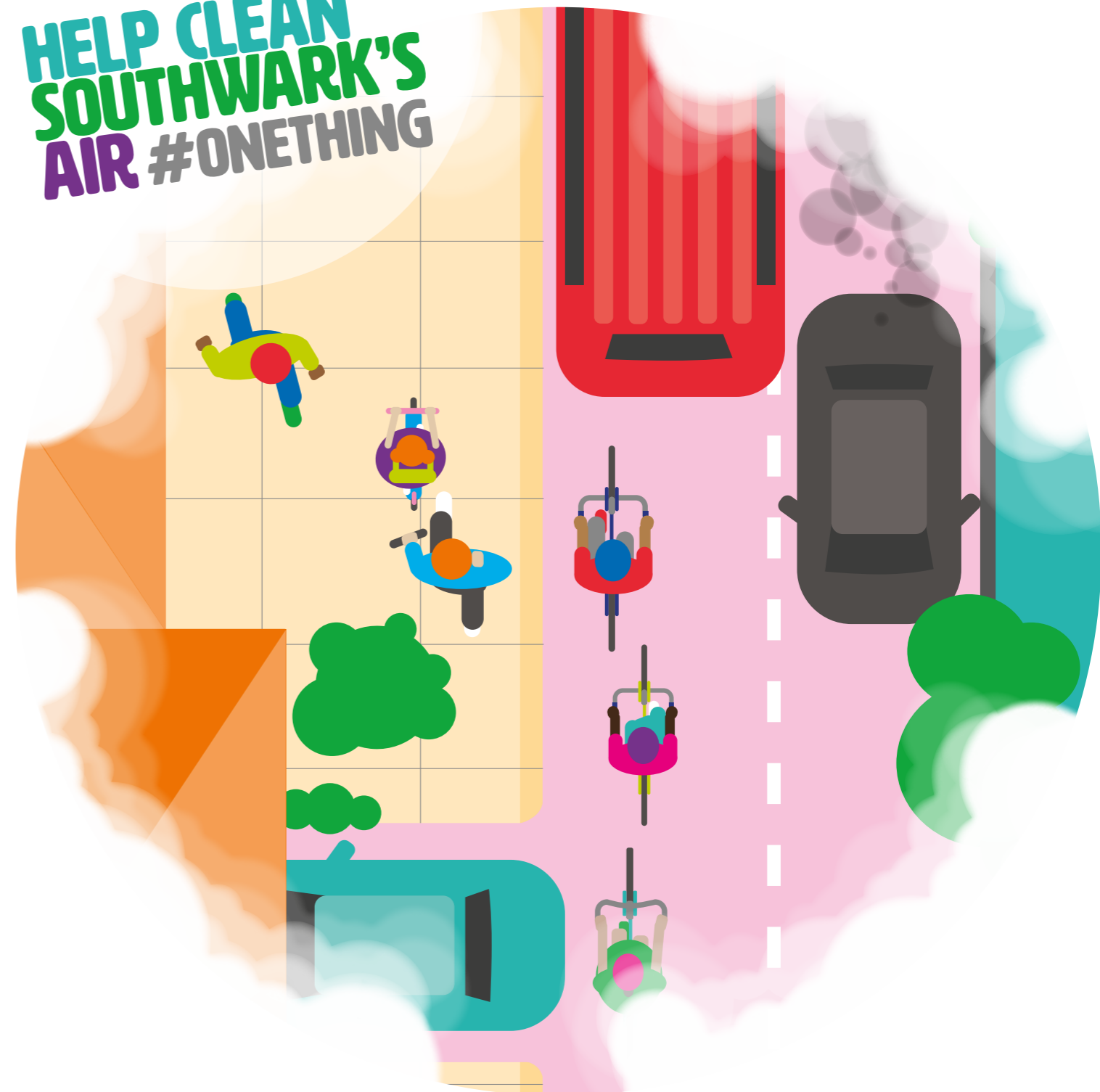
For more information on air quality visit www.southwark.gov.uk/environment/air-quality

ARE YOU READY FOR ULEZ?

The London Mayor is introducing an Ultra-Low Emission Zone on the 8 April 2019. The ULEZ will operate 24 hours a day, 7 days a week within the same area as the current Congestion Charging Zone (CCZ). The ULEZ standards are in addition to the Congestion Charge and the Low Emission Zone requirements. Any vehicle that meets the ULEZ standard will be able to travel in the zone without paying the ULEZ charge. Check your vehicle online: tfl.gov.uk/modes/driving/ultra-low-emission-zone/check-your-vehicle

BREATHE

HELP CLEAN SOUTHWARK'S AIR #ONETHING



SCHOOL STREETS

The council is also working with schools to ban motor traffic from the streets around schools at certain times. The new 'School Streets' campaign is not only intended to improve air quality for school children but also make the road safer during busy drop-off and pick-up times. Towards the end of 2018 the council launched the scheme at Bessemer Grange Primary School, and in January it was implemented at Robert Browning Primary School too.

Sarah Manley, Headteacher at Robert Browning, said:

"We hope that the road closure will help to make our street safer. We also hope that it will encourage healthier habits, with more children walking, scooting and cycling to school. Parents have already welcomed the scheme and we look forward to seeing the impact of it."

Further school streets road closures are planned. If you are interested in your school taking part in the Southwark School Streets programme please email highways@southwark.gov.uk to make your request.

SCHOOLS WORKING FOR BETTER AIR QUALITY

Almost a year ago, Southwark Council successfully established the Cleaner Air for Southwark's Schools network. Representatives from all Southwark schools have come together to learn about air quality from both guest speakers and each other.

The network has heard about many local innovations to better the air around schools. At the network's second meeting, held in Parliament at the invitation of Helen Hayes MP for Dulwich and West Norwood, Amy Foster, teacher at Bessemer Grange Primary School, spoke passionately about tackling air quality and road safety together. The school has monthly road closures after school on a Friday to create a play-street outside their school.

Goose Green Primary School spoke about their campaign to install green screens around their school, inspiring help from parents, local businesses, the council, local MPs and many others. The air quality agenda is promoted by the school's Eco Warriors, and they also have a gardening club and plans to work toward achieving even better air quality.

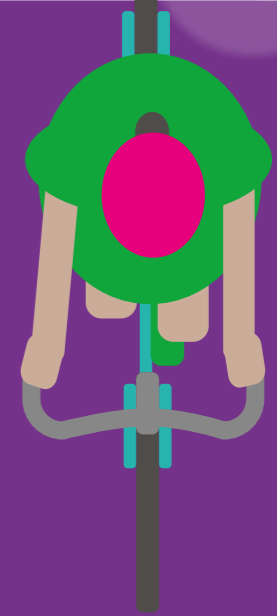
The Cleaner Air for Southwark's Schools network meets regularly throughout the year. If your school is interested in attending the meetings, please email CAFSS@southwark.gov.uk

SWITCH OFF AND CYCLE

Idling vehicle exhausts choke the air with toxic chemicals which can lead to asthma, heart disease and lung disease. As part of its wide ranging strategy to combat poor air quality, Southwark Council introduced anti-idling enforcement. Council parking enforcement officers can issue an £80 Penalty Charge Notice to the drivers of parked cars, buses, taxis and HGVs who refuse to switch off their engines when asked.

The action has been in effect for just over twelve months and in that time, 653 motorists across the borough have been asked to switch off their engines or drive away. In all but nine instances drivers complied, with 644 motorists choosing to turn off their engines or drive away. The vehicle idling enforcement was introduced to educate drivers and improve air quality. So far, the response has been overwhelmingly positive.

Find out more about the Ultra-Low Emission Zone on the TfL website: tfl.gov.uk/modes/driving/ultra-low-emission-zone



REAL-TIME INFO ON AIR QUALITY

airTEXT – a free subscription service – provides daily information on pollution, temperature, UV and pollen levels, by text, email or voicemail, or via the free mobile phone app; download from: www.airtext.info

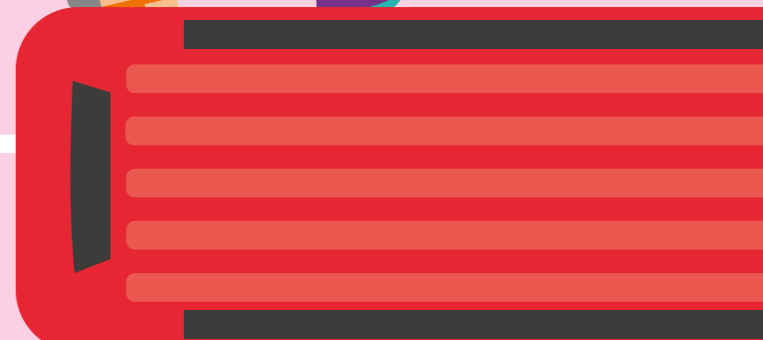
Walk-it London route planner finds less polluted, quieter walking and cycling routes through the city. Download the free mobile phone app from: walkit.com/walk/?city=london.

LEADING THE WAY ON ELECTRIC CHARGING POINTS

Southwark is the first borough anywhere in London to install lamp post-powered electric vehicle (EV) charging points. Thanks to funding from City Hall's Go Ultra Low City Scheme, which aims to improve air quality across the capital, the council is currently installing the first charging points in two areas: Borough and Bankside, and Dulwich, following requests from locals when the council asked residents about it earlier this year. Further lamp post charging points will be installed following the initial rollout, again responding to resident requests.

By using existing infrastructure, charge points can be quickly installed and simply relocated should demand shift.

Find out more about lamp post charge points, and register your interest in having a charge point outside your home southwark.gov.uk/transport-and-roads/electric-cars



SPRING into action this Spring

Keeping active, healthy and mobile is important whatever your age, and it couldn't be easier to get fit in Southwark.



We all lead busy lives and when time is in short supply it's sometimes our health and exercise that take a back seat. But including activity in your day is easier than you think, and can bring many benefits. A brisk walk, jog or exercise session can help you to feel more energised, motivated and improve your quality of sleep.

Not only is exercise good for our overall health and fitness, it can help improve mental wellbeing and reduce stress. It's important to keep active as we age, to improve coordination and balance, and help with concentration and relaxation.

Joining a class can be a fun way to meet new friends and keep fit. You can try group exercise classes, for all abilities, from boxercise to yoga at one of the council's leisure centres managed by Everyone Active. Learn to swim, whatever your age, or try out the latest gym equipment.



FREE SWIM AND GYM

Did you know that if you live in Southwark you can use our fantastic swimming pools and gyms for free at various times during the week? Don't miss out – take up the free swim and gym sessions now. Free access is available at the following times:

- All day Friday (check with your local leisure centre for any exceptions)
- Saturday and Sunday (from 2pm to closing)
- Silver sessions for anyone over the age of 60 run throughout the week for free
- Disabled residents can use every leisure centre pool and gym every day for free (subject to timetables).

Register for your free membership now to get your free swim and gym routine started, either at your local leisure centre or online at everyoneactive.com/southwark-free-swim-gym and book your gym induction. You will need proof of identification and home address. Full details are on the website. If your membership has expired you can simply re-register online.

"I have a disability that has left my left side weaker. Going to free gym and swim sessions has helped my recovery"

Sinai

Children age 5 to 18 should aim for 60 minutes of physical activity every day, at an intensity where they feel slightly out of breath. All activity counts; walking, cycling or scooting to school, or playing games at the park.

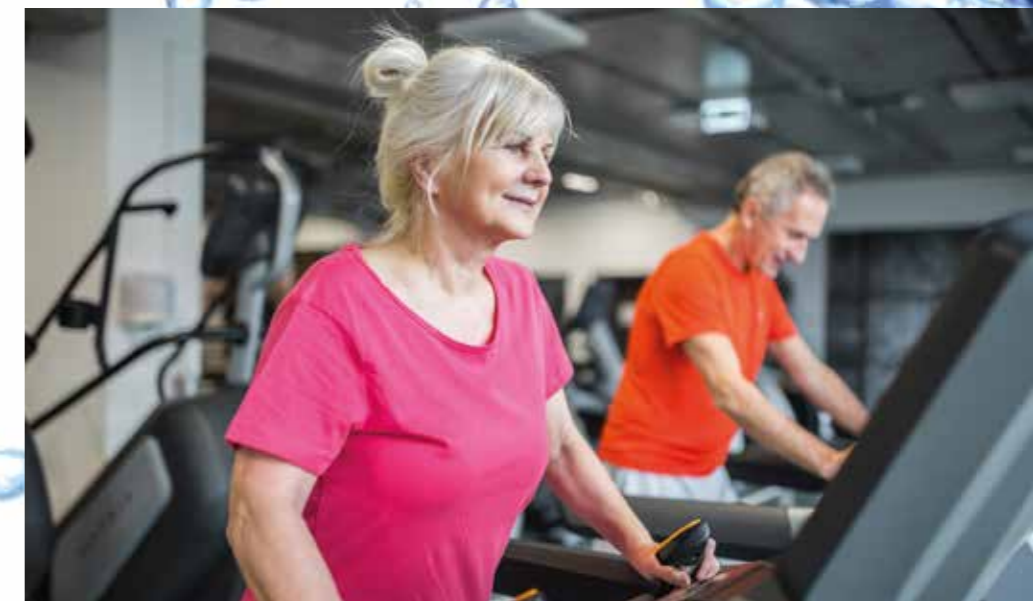
Encouraging children to start healthy habits from a young age can help them maintain a healthy lifestyle for years to come.

Adults need 150 minutes of physical activity a week, done in sessions of 10 minutes or more, built up over the week. Any activity when you feel slightly out of breath counts. Include some resistance and balance exercises to keep your muscles and bones strong.

This doesn't change as you get older so don't stop being active!

Physical activity can be fun, flexible and free:

- Outdoor gym southwark.gov.uk/outdoorgym
- Playgrounds and adventure playgrounds southwark.gov.uk/parks-and-open-spaces
- Parkrun southwark.gov.uk/leisure-and-sport/local-sport-and-physical-activities
- Park walks southwark.gov.uk/transport-and-roads/walking
- Our parks Ourparks.org.uk/borough/southwark



Wellbeing Hub

The Southwark Wellbeing Hub supports any adult experiencing mental distress to attend free swim and gym sessions. The group meet at The Castle Leisure Centre. To find out more contact southwarkhub@together-uk.org or visit together-uk.org/southwark-wellbeing-hub

Low cost sessions:

- Burgess Park casual play football sessions southwark.gov.uk/parks-and-open-spaces/parks/burgess-park
- BMX track Southwark.gov.uk/bmx
- Park tennis courts beactivesocialenterprise.com
- Silverfit Silverfit.org.uk

Find out more at southwark.gov.uk/getactive

Fizz Free February

Fizz Free Feb

explodes across the country

Southwark's Fizz Free campaign went nationwide this February as Members of Parliament, the Mayor of London and celebrity chefs all joined forces to back the Southwark Council initiative.

From Sandwell to Barnsley, Kent to Newcastle, Northampton to Lancashire, councils and councillors pledged to give up sugary drinks for February. Politicians, such as the Mayor of London, Sadiq Khan, Matt Hancock MP, Secretary of State for Health and Social Care, and Tom Watson MP, the Deputy Leader of the Labour Party, all gave their support to the campaign, alongside celebrity chefs Jamie Oliver (see interview on P18) and Hugh Fearnley-Whittingstall, as well as the British Dental Association.

Fizz Free February is a fun campaign that encourages adults and children to give up fizzy drinks for the entire month of February, and instead enjoy healthy alternatives, such as water and milk. Intended as a simple first step to a healthier lifestyle, it was established by Southwark Council in 2018 and aims to help people, especially young people, consume less sugar, save money and maintain good oral health. Individuals, schools and businesses across Southwark pledged to go without fizz during February. To help them keep track, school children were given calendars where they can mark every day that they go without soft drinks and schools have held assemblies on the impact of fizzy drinks on pupils' health.



Did you know...

- A single can of fizzy drinks can contain six or more teaspoons of sugar. For example, a 330ml can of one popular cola brand contains 36g of sugar, which equates to 150% of a child's recommended sugar intake.
- While sugar consumption has started to come down in recent years, children are still consuming around 8 excess sugar cubes each day, equivalent to around 2,800 excess sugar cubes per year.
- The main sources of sugar in children's diets come from fizzy drinks, fruit juice, breakfast cereals, table sugar and confectionery. Around 22% of 11-18 year olds' consumption of added sugars (also known as free sugars) comes from soft drinks.
- In Southwark 26% of primary and 22% of secondary school pupils have non-diet fizzy drinks on most days.
- Excess sugar leads to the development of unhealthy fat and weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke, some cancers, and tooth decay.
- Tooth decay, an almost entirely preventable disease, is now the number one reason for child hospital admissions nationally.
- There are around 180 operations a day to remove children's teeth due to tooth decay, equating to over 45,000 operations a year.



Schools take on the fizz free challenge

Cobourg Primary School welcomed Tom Watson MP and Cllr Evelyn Akoto, Cabinet Member for Community Safety and Public Health just before the start of February to talk about the impact of soft drinks and Fizz Free February. During their visit, the school council shared their thoughts on the campaign and how they try to stay healthy during the whole month. Some pupils were even challenged to guess how many sugar cubes different drinks contained!

Following the visit, Emily Carter, the physical education and sports co-ordinator at the school, said that "the Cobourg School Council love to take on a challenge and have been hard at work this term promoting Fizz Free February by getting the message out to the school community via assemblies, newsletters to parents and talking to their classmates – they even remind their classmates to tick off their Fizz Free days on their calendar! The children were therefore delighted when BBC Breakfast came to film them talking to Deputy Leader of the Labour Party Tom Watson."

Inspired by the school visit, Cllr Akoto praised the school and noted that the children's enthusiasm is a great sign of the potential these campaigns have, and how a single challenge such as this can spark conversations around healthy eating and how to best look after your health.

"Sugary fizzy drinks are the biggest single source of sugar in the average kid's diet. So it's a fantastic idea to go fizz-free for a month – your body and teeth might really enjoy it!"

Jamie Oliver
Celebrity chef and campaigner

"As Britain's obesity crisis continues, evidence for the damaging effects of sugar is mounting up. A major recent report from The Lancet confirmed that a high intake of sugary drinks is associated with weight gain, type 2 diabetes and heart disease. We've got to find ways to drastically reduce our consumption of sugar and Fizz Free February is a fantastic way to start."

Hugh Fearnley-Whittingstall
Celebrity chef and campaigner for food and environmental issues

Jamie Oliver

talks to Southwark Life about his passion for changing children's eating habits, and his plan to tackle childhood obesity



You have campaigned for years to improve children's diets. Why is this so important to you?

Fundamentally, food gives kids (and adults!) the nutrients and energy that they need to grow and develop. On average, we're consuming 2 to 3 times more sugar than is recommended, and that is a really impactful amount. I want to give kids the tools to make good decisions when it comes to food and I want people in positions of power to provide the right environment for that – I want them to get excited about veg and fruit, to know what they should be eating every day and what they should only have every now and then. If we can implement these changes at the very beginning of a child's food journey, then that's a really exciting step towards improving public health.

You've publicly supported Southwark's Fizz Free Feb campaign. What do you like about it?

Sugary drinks are the biggest single source of sugar in the average kid's diet, so it's a fantastic idea to go fizz free for a month. Children's bodies and teeth would really appreciate it! I'd like to see this continue after February, too. Helping to establish ways to reduce consumption in the long term. Things like getting creative and making fruity water with chopped fresh fruit as an alternative is a great start.

As a dad and a chef, what's your top tip for families trying to eat and drink more healthily?

I'd always recommend following a balanced diet that includes a variety of foods from all of the food groups. The government's Eatwell Guide (you can find this at gov.uk/government/publications/the-eatwell-guide) explains what a balanced diet looks like. It's also a good idea, where possible, to make sure that kids are involved in the shopping and cooking of food. I find that the more input they have in a meal, the more likely they are to try things they might usually turn their noses up at. Take them to the supermarket, get them in amongst it!

There's a perception that healthy diets can be expensive. Is it possible to eat well on a budget?

For the last 10 years the cost of healthy products has been consistently higher than less healthy ones. In today's world, with more people having less time to cook, the food industry needs to provide more affordable options that are convenient and good for you. That said, there are tips and tricks you can use to drive down costs. If you strip it right back to basics and make something like a gorgeous minestrone, that uses the most humble ingredients you can find – a tin of beans, stock, celery, onion, carrot, maybe a tin of tomatoes, and any other veggies you've got hanging around in the back of the fridge. It's the bare bones of cooking, but it's packed with nutrients and it's delicious! I'd also really recommend using frozen fruit and veg to keep costs down – they're great value, nutritious, available all year, perfect for many types of cooking, and you can just grab a handful of what you need, when you need it.

If the next 30 years go to plan, what would you hope your legacy will be?

For now, I'm focussing on the next decade: I'm working to halve childhood obesity in the UK by 2030. This goal is a movement for everyone – the government, business sector and the public all need to think holistically about how we make our country a healthier place for our kids to grow, learn and flourish.

Health beyond Fizz Free February

Fizz Free February is just one part of a wider campaign to tackle childhood obesity and promote better health for Southwark residents. Don't forget all Southwark residents can sign up for Free Swim and Gym in all our leisure centres, and you can find out about our wide range of health campaigns and how you can get help to lead a healthier life here: www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public

While Fizz Free February may only last for 28 days every year, it is an opportunity to start thinking about healthy choices in your life and maybe make this single healthy change, which can extend far beyond the 28 days of February.

To find out more about the campaign, please visit www.southwark.gov.uk/gofizzfree





RIDING HIGH IN SOUTHWARK!

Whether it's for your daily commute or for leisure, spring is a great time to get on your bike.

The number of cycle routes on quieter streets in London is growing fast. The routes are clearly marked to help you find your way on roads you may never have cycled on before and are ideal if you're a less-confident cyclist.

You can download all Quietway routemaps, from www.tfl.gov.uk/quietways



TRY A QUIETWAY CYCLE ROUTE

Lots of cycle routes, currently called Quietways, are being constructed that run through Southwark. The latest route opened in October 2018 and runs from Blackfriars Road to Tower Bridge Road. The first Quietway route opened in 2016 and runs from Greenwich, through Lewisham and Southwark before ending at Waterloo.

As well as being mostly on quieter streets, Quietways also boast:

- signals at junctions that prioritise cyclists
- sections with clearly-marked cycle lanes
- sections with segregated cycle lanes
- sections where cars are banned all together

These and other improvements make for a better, quieter and safer journey for cyclists, and the routes are designed and delivered by Transport for London and London boroughs.

COMING UP: CYCLE ON THE SOUTHWARK SPINE

Similar to Quietways, the Southwark Spine cycle route will be a clearly-marked route stretching from near Dulwich Library in the south of the borough to St George's Circus, SE1, in the north.

The route is funded by Southwark Council and construction will begin this spring.

Five reasons to look forward to Southwark Spine:

1. The cycle route will be direct and easy to navigate for all ages and abilities.
2. In some places the route will be separated from other road traffic with different signals to prioritise cyclists.
3. On streets with moderate traffic the road layout will be redesigned to prioritise cycling.
4. On residential streets there will be significant traffic calming measures.
5. The route passes through Burgess Park where it links with Quietways 7 and 8 and where a new greenway has been designed as part of the new park plan.

To see more visit www.southwark.gov.uk/spine

DID YOU KNOW?

Cycling doesn't just bring environmental and fitness benefits, here are three more reasons to get peddling:

1. **You're less exposed to toxic fumes**
When you're cycling you're less exposed to the harmful effects of fumes from other vehicles. If you're in a car, exhaust emissions from other cars enter your vehicle and don't go away.
2. **Cycling can improve your mental health**
Research shows that exercise not only improves physical fitness but can also help mental health and wellbeing. Regular exercise, such as cycling, can increase self-esteem, reduce stress and help prevent the development of mental health problems.
3. **Cycling cuts the risk of heart disease and cancer**
Cycling burns calories and lowers your risk of being overweight. Researchers at Glasgow University studied over 260,000 individuals over five years and found that cycling to work can cut a rider's risk of developing heart disease by nearly 50%.



"I cycle a lot round here, I genuinely think it's one of the quickest forms of transport. It's amazing."



"It's a really great feeling. It's good for my heart. It makes me feel stronger."

MORE IDEAS FOR GETTING ON YOUR BIKE

Alongside quieter cycle routes here are some other ways to enjoy cycling in Southwark.



1. **Join a group cycle ride**
Find new friends, discover new places and gain confidence on a free group cycle ride. Healthy rides, women-only rides, family rides and more are available at www.letsride.co.uk
2. **Try BMX cycling at Burgess Park**
Children and young people can try BMX riding at The BMX Track London, in Burgess Park, which offers coaching for different standards, school holiday programmes, birthday parties and more. Visit www.southwark.gov.uk/bmx
3. **Hire a bike in Dulwich Park**
Hire a bike on-site and enjoy the quiet, car-free paths of Dulwich Park. Contact London Recumbent Cycle Hire on 020 8299 6636



IT'S NEVER TOO LATE TO LEARN!

Free cycle training is available if you want to get more confident on the bike or if you've never learnt – you just need to live, work or study in the borough.

1. **Individual cycling training**
These two-hour sessions are for anyone from complete beginners to experienced cyclists.
2. **Family and group training**
At these two-hour group sessions you can get the skills needed to cycle safely.
3. **School children**
Cycling training is available to all school children in the borough. Speak to your school to find out more.



Visit www.southwark.gov.uk/cycling to see all the training sessions available.



Healthy **MINDS**, **HEALTHY** children

The emotional wellbeing of children is just as important as their physical health.

When we think about healthy living, we tend to focus on looking after our bodies, our physical wellbeing, through eating healthily, being active and getting enough sleep.

However, in order to be healthy overall it's important that we look after our mental wellbeing too.

Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Southwark Council wants to ensure that all children in the borough are able to lead mentally healthy and fulfilling lives, which is why we want to make sure local services offer children, young people and their families the support they need when they need it.

Nationally, 1 in 10 children and young people aged 5-16 are estimated to have a clinically diagnosed mental health disorder. Among children aged 5-16 years old in Southwark, this equates to approximately 1,825 children with emotional disorders such as depression and anxiety, 2,875 children with conduct disorders such as oppositional defiant disorder and socialised conduct disorder and 812 children with hyperkinetic disorders including attention deficit hyperactivity disorder (ADHD).

Alongside these serious conditions, many more of our children are facing low levels of mental

wellbeing. Locally, findings from the 2016 Schools Health Education Unit (SHEU) Survey found that 31% of primary school students (ages 8-11) scored medium-low on the self-esteem questions and 28% of Year 6 pupils (ages 10-11) responded that they felt stressed in the previous two weeks. As a parent or carer, it is natural to worry about your child and wonder how you can support them. The good news is that there are things you can do, and help available if you need it.

Tips for parents and carers:

If you are worried about your child, the Young Minds charity has many helpful suggestions for parents, some of which we have included here:

- Make sure they know you love them and are proud of them. Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well, and encourage them to try new things.
- Worrying or difficult behaviour might be short-lived, so give it some time. All children go through stages of feeling anxious or angry and they can show this in lots of ways, for example, tantrums, crying, sleeping problems or fighting with friends or siblings. They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour on their own or with family support.

How do I get help for my child in Southwark?

If you have concerns about your child's mental health, make an appointment with your GP who can refer them on for more specialist help.

If you would like support, talk to your child's school about getting help in the first instance as they know your child well and can offer some advice. If you need support as a whole family, they can make a Family Early Help referral.

If you are specifically worried about your child getting involved in gangs then phone one of the Youth Offending Service managers on **0793 1393 146**, which is a dedicated phone number for parents.

For more general information, keep an eye out for events happening in your community as we will be offering open sessions to parents/carers throughout 2019.

- Talk to your child: Even young children can understand about feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean, for example, 'When you said you hated Molly, you looked really angry. What was making you so cross?', or 'When you can't get to sleep, is there anything in your mind making you worried?'
- With older children, they might not want to talk at first. Let them know you are concerned about



If you are a young person and you don't have anyone to talk to about your problems, you can call Childline on 0800 1111 for a free, confidential chat day or night.

them, and are there if they need you. Sending an email or a text can work better if this is the way your child likes to communicate.

- Ask your child what they think would help - they often have good ideas about solving their own problems.
- If you can, talk to your child's other parent about your worries, when the child is not around. They might have a different take on what's going on. Try and sort out how to deal with the behaviour together so you are using the same approach, and can back each other up. Children are quick to spot if parents disagree, and can try and use this to get their own way.

For more information and advice visit www.youngminds.org.uk

Child and Adolescent Mental Health Services

CAMHS (Child and Adolescent Mental Health Services) are the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. In Southwark, CAMHS

are provided by South London and Maudsley NHS Foundation Trust (SLaM) with a team made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

Parents, teachers, GPs can refer a child for an assessment with CAMHS to see what help is available.

If a child is being supported by social care, a youth offending team or a service at your school, they might also be able to refer. For more information visit www.national.slam.nhs.uk/referrals

The Southwark Information Advice and Support Team are here to offer impartial advice to parents and young people. Visit the website at www.southwark.gov.uk/schools-and-education/information-for-parents/southwark-information-for-parents-and-support-team-sias or call **020 7525 3104**, or you can email sias@southwark.gov.uk

There are a range of school activities/charities, special teams who support families (in education

and social care) and services that look after our health like GPs. All of these can be approached for help and sign post you to the appropriate support.

Southwark's approach to child mental health

Southwark Council recently became the first local authority in the country to commit to ensuring that all children with a diagnosed mental health condition in the borough will have access to the mental health services they need. In November, Southwark's Health and Wellbeing Board unanimously agreed to a new 100 percent treatment rate by 2020, compared to a national target of 35 per cent. To achieve this aim, the Southwark Health and Wellbeing Board, made up of representatives from Southwark Council, Southwark Clinical Commissioning Group, SLaM and local schools, is developing plans to make sure that children and young people with mental health and emotional wellbeing issues get the right help at the right time.

SOUTHWARK PRESENTS

EVENTS calendar spring 2019

ZARA

Internationally-renowned theatre company Mind the Gap, in collaboration with Walk the Plank, is preparing to present a giant piece of outdoor theatre: ZARA.

A world first for the company known for its provocative and cutting-edge productions, ZARA features a giant baby, 3D projection mapping, a large cast of local performers and original music. These jaw-dropping elements will come together to tell the epic story of one mother's fight to protect her baby.

ZARA will be performed at Geraldine Mary Harmsworth Park, home of the Imperial War Museum, London on Friday 10 and Saturday 11 May, 2019.

Mind the Gap is collaborating with Greenwich based outdoor arts specialists Emergency Exit Arts to recruit a large community cast who will perform in the piece. This is an outstanding opportunity for a local integrated cast of disabled and non-disabled performers to be involved in a huge outdoor theatre event.

ZARA promises to be a highly entertaining, unique experience for the whole family.

FRIDAY 10 AND SATURDAY 11 MAY

Doors open 8pm, event begins 9pm
The event lasts around 70 minutes
Geraldine Mary Harmsworth Park, Home of Imperial War Museum, Lambeth Road, London, SE1 6HZ
www.mind-the-gap.org.uk/zara
Admission: £8 or £28 for four people. A limited number of 50% discount tickets are available for Southwark Presents cardholders. Quote ZARASPM when booking via Eventbrite



Mind the Gap's Senior Producer Lisa Mallaghan:

"For 30 years, Mind the Gap has been at the forefront of providing opportunities for learning disabled performers to be leaders in the arts. ZARA is a pivotal moment in the arts sector that brings together artists, communities and audiences with the united goal of creating a powerful piece of outdoor theatre that challenges stigma towards people with learning disabilities. The community cast will involve local people from all backgrounds, providing increased opportunities to develop new skills, enhance individual wellbeing and positive mental health through being part of this ground-breaking performance."

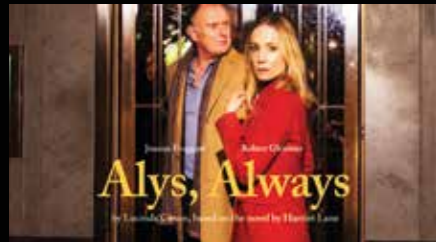
Alys, Always

With a cast led by Joanne Froggatt and Robert Glenister, this psychological thriller excavates the fault line that separates the entitled from the unentitled. By Lucinda Coxon, based on the novel by Harriet Lane.

Now to 30 March
Monday to Saturday 7.30pm,
Wednesday and Saturday 2.30pm

£65, £50, £35, £25, £15. Reduced prices for previews and midweek matinees.

Bridge Theatre
bridgetheatre.co.uk/whats-on/alys-always



Go With The Flow/Swim Against The Tide

This exhibition presents contemporary artworks that explore the power and economy of language to explain, coerce and subvert. Bringing together major international and emerging artists working in text-based practices, this exhibition casts a wider view across language in its various forms, including symbols, glyphs and emoticons, to address and action social change. Artists in the exhibition include: Tim Etchells, Kay Rosen, Mark Titchner and Claire Undy.

7 March to 29 March
Monday to Friday, 10am to 6pm,
Saturday 12pm to 4pm

Free
 Camberwell Space, Camberwell College of Arts, Peckham Road, London, SE5 8UF
www.arts.ac.uk/colleges/camberwell-college-of-arts/whats-on-at-camberwell/camberwell-space



John MacLean,
 Courtesy of
 Flowers Gallery

Flea London at Vinegar Yard

Vintage and makers market, Flea London, is opening on a new site, moments from The Shard, London Bridge Station and Bermondsey Street. The weekend market, which has fast established a reputation for beautifully-curated, high quality stalls, is opening at Vinegar Yard from Saturday 16 March.

Vinegar Yard is an exciting new project, brought together by the Flat Iron Square founders. A vibrant hub for local designers, artists and makers, the site will offer a community gallery and exhibition space, bar, restaurant and food stalls.

Every Saturday from 11am to 6pm
and Sunday 10am-5pm

Free
 Vinegar Yard, St Thomas Street SE1 3QR
www.flealondon.com

Visible Justice

London College of Communication's Media School present their annual public showcase, this year titled Visible Justice. This exhibition and series of events will bring together artists, activists, journalists, human rights lawyers and civil liberties organisations working at the intersection between visual culture and social justice.

16 April to 3 May 2019

Free and open to the public
 London College of Communication,
 Elephant and Castle, SE1 6SB
www.arts.ac.uk/lcc

Peckham Levels' family friendly 'Film Club'

People of all ages can head up to the Levels' Auditorium from 2pm on Saturdays and Sundays, and enjoy a screening of a nostalgic film for free.

Saturday 2 March: Annie, Sunday 3 March: Monsters Inc. Saturday 9 March: Moana, Sunday 10 March: Aladdin, Saturday 16 March: Madeline, Sunday 17 March: The Parent Trap, Saturday 23 March: Stuart Little, Sunday 24 March: Babe, Saturday 30 March: The Labyrinth, Sunday 31 March: The Goonies.
2pm - 4.30pm

Free
 Peckham Levels Auditorium
www.peckhamlevels.org



FEMFEST

Theatre Deli's vibrant arts festival celebrating all things Female returns this March. This year's programme will champion female-identifying artists in a variety of shows ranging from spoken word and live music, to a special edition of Deli Comedy Club and culminating in a fierce night of Professional Wrestling.

Now to 16 March
Check Website for various times.

Check Website for various prices.
 Theatre Deli, The Old Library SE5 0PX
www.theatredeli.co.uk/femfest



TRYTRYINGITRIED

A captivating journey of two people who share meetings, smiles, and a desire to just be. TRYTRYINGITRIED is a contemporary dance duet exploring the places we have been, the conversations we have, and the vulnerability we feel.

8 and 9 March
8pm

£10 (£8.50 conc, £7.50 Southwark residents)
 Blue Elephant Theatre
blueelephanttheatre.co.uk/trytryingtried



Lunchbreaks

A new year begins and Soho Square sees a host of colourful characters spend their lunch breaks on the same two benches. From Whitney's predilection for shoes to the solace Derek finds in adult images, they all have habits which could turn into addiction. Lunchbreaks is a Black comedy written by Southwark resident, Brian Beaton.

15 and 16 March
8pm

£10 (£8.50 conc, £7.50 Southwark residents)
 Blue Elephant Theatre
blueelephanttheatre.co.uk/lunchbreaks



Big Family Press

Children aged 5-12 and their families are invited to creative drop-in sessions at the South London Gallery Fire Station. Learn how to use the riso printer, share stories and make a DIY publication using a growing library of artist-designed resources.

2 March, 6 April & 11 May
2-5pm

Free
 South London Gallery Fire Station, 82 Peckham Road, SE15 5LQ
www.southlondongallery.org/events/big-family-press-spring



Spare Parts

Spare Parts considers the emotional and psychological aspects of living with a replacement organ or limb, organic or engineered, drawing on the latest research from King's College London and with contributions from world-renowned artists and designers. Highlights include experimental incubators harnessing the power of compost-dwelling microbes and urban bees to host cellular life, created by Oron Catts, Ionat Zurr and Michael Bianco; body parts crafted from fabrics by textile designer Amy Congdon, and 3D-printed models of hearts by Salomé Bazin.

Now to 12 May
Tuesday to Sunday, 10am to 6pm

Free
 Science Gallery London, King's College London, Great Maze Pond, London SE1 9GU
london.sciencegallery.com



Moving The Image: Photography and Its Actions

Moving The Image explores photography through an expanded idea of the image. Beyond the photograph's conventional status as a static object in dialogue with painting and cinema, this exhibition proposes that photographic images are instead shaped and altered through a multitude of processes and encounters, becoming performative and playful. Photography emerges as a complex, contradictory and challenging object, acting both with us and upon us.

23 April to 1 June
Monday - Friday, 10am - 6pm,
Saturday 12pm - 4pm

Free
 Camberwell Space, Camberwell College of Arts, Peckham Road, London, SE5 8UF
www.arts.ac.uk/colleges/camberwell-college-of-arts/whats-on-at-camberwell/camberwell-space

For more events and activities throughout the year visit our Southwark Presents webpage

www.southwark.gov.uk/southwarkpresents

Big Heart Data (2018), Salomé Bazin (Cellule studio) © Gareth McKee

A home for mental health

Southwark has a mixed history of mental health care



Peckham House

Mental health problems, and people who have them, have often been stigmatised, in part because of historic attitudes to mental ill health. In the Middle Ages and early modern period, mental ill-health was seen as a moral issue: a punishment for sin, a test of character or a sign of spiritual insight. By the 18th century, however, mental illness was seen as a purely medical problem.

Early treatments were simple: rest, removal from stressful situations

and stimulating or diverting things to do. This meant that people with mental health difficulties often lived in their own home communities with support from family and neighbours.

In the 1700s and 1800s, physical restraint and harsh treatment were considered therapeutic, helping to curb animalistic instincts and bring rational human nature back in control. Economic changes made families less able to support and care for members with mental health problems at home. Some ended up in a “madhouse” – a

private house whose owner was paid to detain its residents. Others were sent to workhouses that were inappropriate for their needs: from the early 19th century, counties could build asylums specifically to treat and house those with mental health problems.

Southwark enters mental health history here. The Royal Bethlem Hospital first appears in records housing the mentally ill in 1403; this makes it Europe’s oldest psychiatric hospital. In 1803, Bethlem’s governors, faced with an increasingly ramshackle site

north of the river, began the search for a new home for the hospital. In 1813, construction began on a new site near to St George’s Circus in SE1 and the new facility opened in 1815. Bethlem was already under fire for its use of physical restraints and harsh treatment – the lack of heating and glazing caused further outcry. However, this scandal had a positive effect – it led directly to the 1815 Parliamentary Select Committee on Madhouses, which spurred changes in the treatment of people with mental health problems over the next several decades.

These changes led to the creation of new asylums in Southwark. In 1826, Charles Mott created Peckham House, a private asylum. As well as a Georgian house, it had seven acres of land that provided space for residents to walk in and gardens to enjoy. Peckham House was a “licensed house”, or a private asylum able to take poor patients whose fees were paid by the local parish, as well as privately-paying patients. By 1882 Peckham House was one of the last five licenced houses in London, but shortly thereafter moved to an all-private basis. From 1912 to 1921, Charlie Chaplin’s mother, Hannah Hill Chaplin, lived there, supported by her son’s growing Hollywood career.

Camberwell House opened in 1846. Like Peckham House it was a licenced house but unlike Peckham House it was formed of three Georgian houses and 20 acres of land – enough for a putting green and tennis courts for its residents to use. By 1878, Camberwell House had 362 patients, and was London’s second-largest asylum. It dropped the name “asylum” in 1919, and (like Peckham House) did not join the NHS in 1948. It closed in 1955.

The newest of Southwark’s psychiatric facilities is the Maudsley Hospital. Its story starts in 1907, when prominent psychiatrist Henry Maudsley offered the London County Council £30,000 to start a new psychiatric hospital – one that would have integral outpatient clinics, perform teaching and research, and focussed on effective treatment of early and acute mental ill-health. Finding a site took six years, and



Camberwell House



Maudsley Hospital

building finished in 1915. The new hospital was immediately requisitioned for war use, treating service personnel with shell-shock; for about a year after the end of the First World War, the Maudsley treated shell-shocked veterans.

It opened as a civilian hospital in 1923. All its patients were there voluntarily, which meant it required a private Act of Parliament to charge a sliding-scale fee. Its outpatient department opened in 1922 and by 1933 was the largest in the UK. Two years later, the Maudsley medical school opened. Over time it has become one of the country’s only biomedical research centres specialising in mental health. A child guidance clinic – essentially offering outpatient treatment to children and families – opened in 1928, but its first inpatient facility for children with mental health difficulties opened nearly two decades later, in 1947.

The Maudsley is the only one of these facilities still operating on its Southwark site. The others have left traces of their presence – some



Bethlem Hospital 1921

very surprising. Bethlem Royal Hospital moved to Beckenham in 1930, having outgrown its grounds. Lord Rothermere bought the site and presented it to the London County Council as a park, named after his mother; six years later, the Imperial War Museum moved into the remaining central building. Peckham House closed in 1952 – the house was demolished, and Harris Academy Peckham stands on the site. However, the house’s staircase survived, and from 1956 to 2005 was used at Fulham Palace. After Camberwell House’s closure, the buildings became Southwark Council offices, and the grounds were used to create the Sceaux Gardens Estate and Lucas Gardens. In 2011, the council sold most of the buildings – the Registry Office remains in council hands – to the University of the Arts Camberwell College for student housing. Liz Sibthorpe, a volunteer at the South London Gallery, found dozens of artefacts relating to the asylum during the resulting renovations; she donated them to Southwark’s museum collections.

Shop local, eat well, feel better

Southwark is rightly proud of the world-famous Borough Market nestled beside Southwark Cathedral, but our borough is also home to many other great markets that are loved locally as a source of fresh produce.

We all know Southwark is spoiled for enticing eateries, but as spring kicks in, and British fruit and veg comes into its own, why not explore your local markets and greengrocers and use your purchases to create amazing and healthy dishes in the comfort of your own home? Here is just a small selection of the great places to shop for food in Southwark to whet your appetite, but do go out and explore your other local stores too.

East Street Market

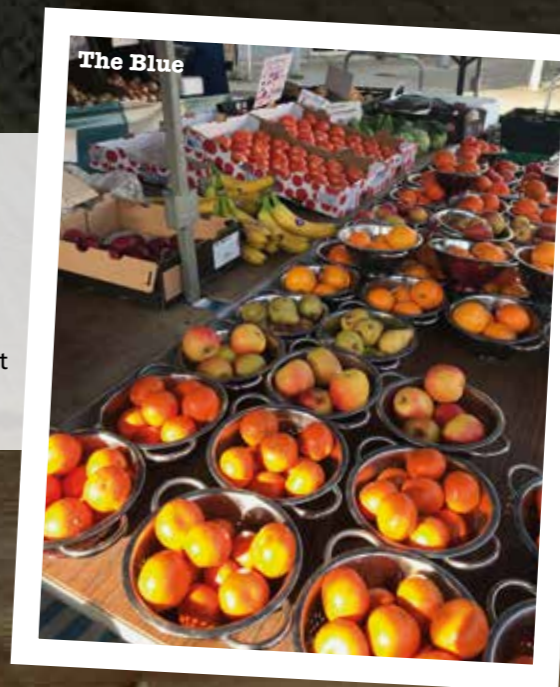
Where? East Street, Walworth Road, SE17 1EL
East Street Market is one of London's oldest, largest and busiest markets. It's just as popular now as it has been for decades. As well as a wide range of African clothing and materials, it's a great place to find fresh fish, fruit and vegetables.



If you're not sure what to make, you can type in any combination of ingredients to the BBC's good food website and they will suggest tasty and easy recipes www.bbcgoodfood.com

The Blue Market, Bermondsey

Where? Market Place, Bermondsey, SE16 3UQ
Deep in the heart of Bermondsey, the Blue Market has been a cornerstone of the local community for over 100 years. With a range of local traders (including local crafts, vintage clothes and pop up stalls), the Blue is also a great place to get fresh and cheap ingredients. Check out Mick's Fruit & Veg whilst you're there.



Rye Lane

Where? The heart of Peckham, SE15
All along Rye Lane in Peckham the budding chef can find ingredients to tantalise the tastebuds, with a huge array of colourful fruit and vegetables from all over the world, as well as fresh fish and meat. While essential gasworks have closed the road to traffic this year, why not take a stroll down Rye Lane and explore its many independent stores and market.

R. Beaumont Greengrocers

Where? 121 Evelina Road, Nunhead, SE15 3HB
The quintessential local greengrocers, R. Beaumont offers a fantastic range of fruit, veg and salad. Produce is sold loose so you can buy what you need without any waste. Seasonal produce is also available.

And for those days when you really can't face cooking, there are plenty of healthy places to eat out in Southwark. Here are a few of our favourites:

Petit Bleu

Where? 42 Snowfields, London Bridge, SE1 3SU
This friendly and popular Café close to London Bridge station serves a range of hot food, salads and more at reasonable prices. They have many healthy options including houmous and falafel salad and traditional Moroccan couscous.

Persepolis

Where? 28-30 Peckham High St, SE15 5DT
This colourful and crowded café serves delicious Middle Eastern food at fantastic prices. Completely vegetarian and lots of gluten and dairy free options.





What do Southwark foster carers look like?



Like you, like us...



Southwark foster carers living in Southwark can claim **100% council tax relief** [southwark.gov.uk/council-tax-relief](https://www.southwark.gov.uk/council-tax-relief)

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Care to join us?

0800 952 0707 [southwark.gov.uk/fostering](https://www.southwark.gov.uk/fostering)
Support 24/7, training and allowance provided.

