

Telegraph Hill Centre



Kitto Road, London SE14 5TY

ANNUAL REPORT 2019

TABLE OF CONTENTS

Chair's Report	3
Centre Manager's Report	5
Staffing and Volunteers	7
A Word from the Vicar	9
Summary of achievements since July 2018	10
Treasurer's Report	11
Core Work	12
Views from Hirers	16
Website Development & Safeguarding	18
Telegraph Hill Festival	19
Other activities at the Centre	20
Future Events	26
Studio 3 Hub	27

CHAIR'S REPORT

Zanne Findlay

Telegraph Hill Centre has continued to thrive thanks to the work of all in the Centre office - Centre manager Sue Morgan, facilities co-ordinator Mo Sumah, office administrator Angelo Barros, bookkeeper Lola Alimzhanova and the tireless support of Rev Sheridan James and St Catherine's church.

This year we had three primary objectives all of which we have achieved.

1. The refurbishment of the building

This is an on-going project but one which has made a significant difference to the look and feel of the Centre. Last year many changes were undertaken to make the Centre more safe and compliant with electrical and fire regulations. This year the focus has been on redecoration and new furniture, all of which are noticeable to those who use the Centre. The Cloister Garden has also been transformed. It has been important to show a direct benefit to those who contributed to the fundraising effort which raised £31,000 in total.

2. Improving our Communications

Our other investment has been in banners and newsletters which have, we hope, had the dual effect of alerting local residents to the diverse range of activities available at the Centre and also making the building itself more visible and welcoming.

We have also increased our presence on social media. Please follow us:

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

3. Community outreach

Thanks to a large extent to the work of the Centre staff and outreach worker Jessica Haener, we have striven to increase our profile with the local community and organisations, including GPs. This is proving successful as we are now liaising with a local group of older adults, JOY, on a shared creative project which will involve Branching Out, as well as forming much closer links with The Somerville and local ward councillors and community groups. It is apparent all these efforts have led to the Centre becoming more of a hub within the community itself. This has been aided this year by the Centre becoming registered as an Emergency Rest Centre for Lewisham Borough should it ever be needed.

One of the ways the Centre supports the community is by providing space for people to meet or work at either a very low or nil cost. A number of community groups have used the Centre in this way for one-off meetings but also it regularly supports: Bumps, Babes and Tots; Stretch and Strengthen; the Today Project for people with depression issues; MIND; AA; GA and Tai Chi, as well as Branching Out which attracts a regular and committed group of people aged over 55.

In order to develop a closer relationship with those who regularly hire the spaces, we have recently agreed a Hirers' Charter where we encourage them to become more of a part of the life of the Centre and to see us as a resource, not just a building.

Each year the Telegraph Hill Festival and the Christmas pantomime are major features which are both demanding and rewarding. It's true that they create a lot of extra work and disrupt some of the regular events, but the benefits are also enormous as the Centre really does become more visible and new people are brought to the regular events and activities.

The Steering Group

The Steering Group has members with a wide range of skills and expertise. It is a good example of the close working relationship between the Centre and St Catherine's which has strengthened over the past year and hopefully continues to benefit both parties.

It has been a successful year thanks to the small and dedicated staff team, the input and creativity of the Steering Group members and the volunteers and helpers without whom the Centre would struggle to support all its activities and welcome as many people as it does through its doors.



Branching Out mural for the foyer – Telegraph Hill Festival 2019

CENTRE MANAGER'S REPORT

Sue Morgan

Over the past year the Centre has concentrated on creating an environment which both reflects and is responsive to its local community. This has meant working on two fronts – the building itself and the activities it hosts.

On the building

After essential electrical and fire safety work last year, the Centre management team's focus shifted to the equally important task of redecorating and refreshing the interior spaces at the Centre. Taking a holistic approach to the rooms meant applying a consistent colour scheme, removing all obsolete wiring and fittings, installing new modern lighting and purchasing more comfortable furnishings.

Our aim all along has been to create an environment which is welcoming and open but with nods to the marriage of 1970s architecture and an 1890s church. This is no more apparent than in the Centre foyer which has been, in Kondo parlance, removed of things that did not bring joy. We hope those who come to the Centre for the first time now don't wince at the union but instead are able to see and appreciate the obvious differences, while regular visitors see and appreciate the efforts being made.

A detailed list of steps in this project can be found on Page 10 but in short, it involved:

- Complete redecoration of the Narthex, including new lighting;
- Complete redecoration of the Lounge, including a new floor and new lighting;
- New emergency lighting in all kitchens;
- 80 new upholstered chairs;
- 10 new large folding tables;
- Reflooring and repainting of the Craft Room (done by CCC Club and Centre);
- Renovation of Cloister Garden with new play areas, boules court, shelter replacement, fencing and artificial turf laid across main playing area;
- Installation of CCTV in foyer and entrances to the Centre.

This work was paid for through a combination of money from the fundraising, St Catherine's church Community Development Fund, Centre reserves, Centre income from hiring and donations from the Telegraph Hill Festival and the pantomime. A huge thanks for this vital help.

It is important to highlight the work done on the Cloister Garden and boules pitch. The laying of artificial turf has fully opened the garden to the young users at the BeBright Nursery. We are looking forward to the summer months when the members of Branching Out will be able to use the garden and get in a game of boules. The work was made a great deal easier by volunteers from the Bank of America who also donated a table tennis table (to the delight of Gary, one of the regular members of Branching Out).

Much of the success of this work in the building and garden has been due to the dedication and skill of Louise Owen. Louise and her team did all the interior work and the garden timberwork. Her attention to detail and care is greatly appreciated.



On the activities

Those who come to the Centre basically fall into two categories:

- Individuals who hire rooms: both regularly or as casual/one-off users;
- Community groups which regularly use rooms for meetings or classes.

The Centre is lucky to have a variety of spaces available for these hirers and usually it is able to accommodate all requests.

Since the last report, seven new hirers hold weekly classes at the Centre - two new Pilates teachers with four new classes; a post-natal Pilates class which includes babies; mindfulness and sound bath sessions; yoga for children and a free fitness class has just begun on Mondays, 5.30-6.30pm.

Additionally, four of our regular hirers have increased their number of classes and we have had two hirers return following the building improvements.

The Steering Group's chair, Zanne Findlay, has in her report mentioned the variety of groups which use the Centre as part of their community support. This year we have added a support group for those with depression – the Today Project – and soon to start is a theatre group for long-term unemployed. The Centre has now established strong foundations in the areas of baby/toddler and older adult activity groups, especially with the garden improvements, and in the coming year we hope to have similar success with the 13-18 year age group. To this end we are working on theatre, dance and music projects which we feel sure will attract and engage this cohort.

There has been a steady increase in income from hirers – regular and one-off – since the renovations. By last December, the Centre completed an upgrade and refurbishment of Studio 3 Hub – the church property at the top of the rear stairs. While not a Centre rental space, its use by some of our more established Parlour therapists has in turn opened the Parlour timetable to new therapists. A complete list of all hirers – classes and therapists – is at the end of this report so please have a look.

The past year has not been without issues. In November we had to repair a window at the front of the Centre following the release of a firework from the church grounds – why we are temporarily the “graph Hill Centre”. This was linked to a party for teenagers and as a result, the Steering Group has reluctantly determined that one-off bookings for parties for people aged between 13 and 18 can no longer be accepted.

The period from the start of the Christmas pantomime auditions and rehearsals to the Festival wrap-up party covered seven months of the Centre's year and this has pretty much been without a break. These large-scale community events use much of the Church and Centre spaces and this in turn puts considerable pressures on the Centre office so my sincere thanks to office administrator Angelo Barros and facilities manager Mo Sumah for their patience and ability to conjure solutions for just about any problem. Lola Alimzhanova, our bookkeeper, has also been a solid support. The Steering Group's new Treasurer, Fraser Jopp, has been able to build on all the work done by David Hall, who has moved from London.

Thanks must go to St Catherine's church and its Parochial Church Council (PCC) for the trust given to the Centre and its staff. We very much appreciate their support for what we do here and hope the community understands how much everyone – including those beyond Telegraph Hill – benefits from its quiet generosity.

Finally... again... Rev Sheridan James and Zanne Findlay continue to be tremendous bundles of energy, ideas and sensible suggestions. The Centre could not continue to blossom without them.

STAFFING AND VOLUNTEERS

The core staff team

Centre manager



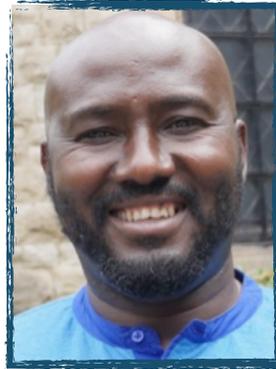
Sue Morgan

Office administrator



Angelo Barros

Facilities manager



Mo Sumah

Bookkeeper



Lola Alimzhanova

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

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

Volunteers

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

In particular:

- Ann Atkins
- Rima Bray
- Sanjit Chudha
- Gary Grimshaw
- Louise Owen
- Bank of America (healthcare investment banking team)
- Kay Grimshaw

**Telegraph Hill Centre Steering Group members
(all volunteers)**

Community representatives

Zanne Findlay, Chair (joined 2017)

Jake Berger (2018)

Rima Bray (2017)

Sanjit Chudha (2011)

Lindsay Gill (to Feb.19)

David Hall (treasurer to Nov.18)

Fraser Jopp (treasurer Nov.18)

St Catherine's church representatives

Sheridan James, Vicar

Simon Chenery (2016)

Linda Evans (2018)

Michelle Lundie (2018)

Peter J Ryan, Dep. church warden (2017)

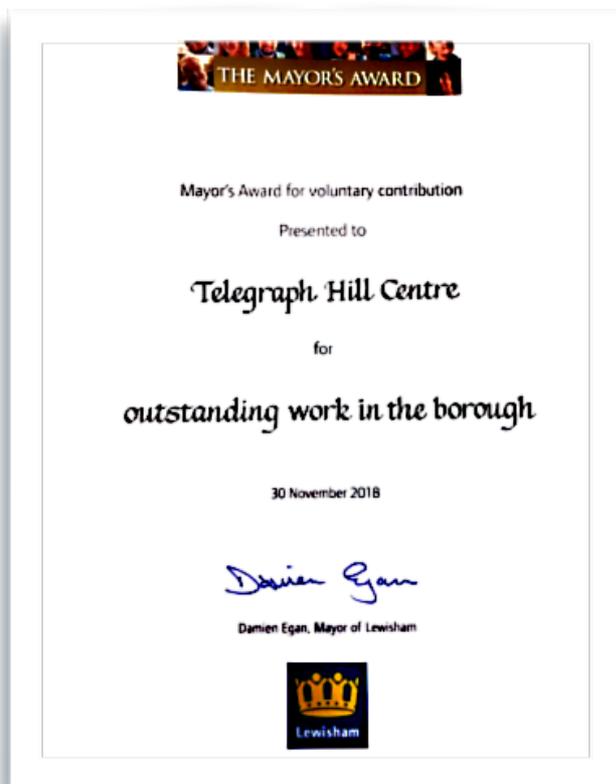
Ola Solomon (2018)

The Steering Group needs you.

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

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

chair@thcentre.com



**Our award from the
Mayor of Lewisham**

A WORD FROM THE VICAR

Sheridan James, Vicar of St Catherine's

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

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

We continue to work within our “Greener, Smarter and Safer” goals which were set in 2015.

Every year, St Catherine's back the work of the Centre by ploughing £30,000 of our rental income into the Centre – this year we're upping that to £35,000. This pays a contribution towards staff costs and running costs, as well as covering the costs of the work that the centre staff do directly for the church.

Sue (Centre manager) and Zanne (THC SG chair) are two brilliant colleagues – problem solvers, creative thinkers, energisers – I find working them so helpful and stimulating. Huge thanks to them and to the willing and able staff team, as well as the Steering Group, who have helped to make this year another year where we've made significant strides forward – particularly in improvements to the building and in our communications. So, what have been the core joint pieces of work in the last year?

- Working together on the refurbishment of the spaces – for full details see Manager's report;
- Working together on the banners, posters and communications;
- Working on a huge fundraising concert for Pancreatic Cancer UK – raised £10,000;
- Launching a Women Only ESOL class (see page 15);
- Launching a “Holiday Hunger” Project (see page 14).

Regular Community Events

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

Branching Out is a flagship project for both the Centre and St Catherine's. Over half of the volunteers come from the church congregation and the vicar has been involved with strategy and publicity. Highlights this year for me have been the communal meals, the art collaborations with Goldsmiths and the mural (see page 4). I'm hugely grateful to all the volunteers who work alongside Branching Out, helping it to run smoothly. See page 13 for the full report.

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



SUMMARY OF ACHIEVEMENTS SINCE JULY 2018

What	When
Electrical inspection of the entire building was finalised including all upstairs areas.	July 2018
Streamlining of invoice issuing and fee collection.	July 2018
Removal of old conduits and switches which have not operated for decades, spotlights and speakers in Narthex and Lounge, three radiators – one in foyer and two in Narthex.	August 2018 onwards
Repainting of all surfaces in the Narthex, the Lounge and its kitchen including the kitchen cupboards.	August – November 2018
New lights throughout the Narthex, Parlour, all kitchen areas, Craft Room and Lounge including new emergency lighting.	August 2018 onwards
Lights for our Office and Office 2, recycling ones from Narthex.	August 2018
New floors in the Lounge and Craft Room.	August 2018 & February 2019
New storage lockers built for hirers	October 2018
Garden upgrade continued throughout 2018	
New chairs and tables for Narthex and Lounge.	October 2018
Ward assembly and Good Neighbours grants for Centre and Branching Out – £2700 and £1450	November 2018
Listing in Lewisham Toilets Scheme	
Cloister Garden finished for Christmas, including relocation of boules court and the laying of artificial grass. THC paid a quarter of the turf costs. Balance from PCC and BeBright.	December 2019
All renovations upstairs in Studio 3 Hub completed, including bathroom renovations.	December 2018 – January 2019
New banners installed.	February 2019
New hirers – number of new hirers and expansion of use by existing. New classes include two Pilates, post-natal Pilates, a mindfulness group, yoga for kids, a free fitness class, sandbells.	
Increased community engagement through community network, Lewisham councillors and projects brought to the Centre such as Conscious Clubbing and the Today Project.	
Centre has been able to assist local groups and individuals with use of space when possible, including Telegraph Hill Community Network, Lewisham Youth Theatre, opera and popular music performers, community action groups such as Drakefell Road group, community garden users and Street Trees for Living.	

TREASURER'S REPORT

Fraser Jopp

The Centre has had a successful year (January to December 2018) following the investments in 2016 and 2017. Letting income increased by £6,462, an increase of 11% on 2017 and continues the success of Sue and her team in making sure the spaces are used as productively as possible.

Every year the Centre receives a Community Development Fund from St Catherine's church for £30,000, which comes from the rental income of the 1st and 2nd floors of the Centre. This money is given to the Centre to support the work of the Centre to be a resource for the whole community.

The Centre is extremely grateful for this continuing support as it enables us to deliver our work to more and more people. We are delighted to announce that St Catherine's church has agreed to increase their annual grant to the Centre to £35,000 from 2019. The Centre also benefitted from the fundraising events of 2017/2018, which brought in £15,500 which supported the major repair work (see below) which was undertaken in the year. We also received grants totalling £4,700 towards the cost of the Branching Out activities, the majority of which came from the Telegraph Hill Ward Assembly to whom we are most grateful.

Staff costs in 2018 have increased compared with 2017 as Sue was in post for the whole year, having started in mid-2017. Other running costs have increased due to increased activity. Significantly £18,807 was spent on repairs and improvements to the Centre; redecoration of the Narthex and Lounge, restoration of the garden area, fire alarm and CCTV system and investment in new furniture and other facilities. This will help make sure the Centre remains safe and attractive for all its users.

Overall the Centre's unrestricted funds increased to £81,462 (2017: £70,048), an increase of £11,414 (2017: £15,774). Some of this is represented by assets such as equipment that the Centre owns, but the remaining £77,729 is available to provide support if cashflow fluctuates in future or unexpected costs arise.

As the incoming Treasurer, I am very pleased to report that the Centre is in a strong financial position. This would not be possible without the hard work and support of Sue and her team and the previous Treasurers, Sanjit Chudha and David Hall.



**Branching Out
Christmas dinner 2018**

CORE WORK

Bumps, Babies and Tots

We are doing really well in the Bumps, Babies and Tots group, held every Friday between 11.30am and 2.30pm. At our Christmas party we had 25 parents, then at Easter we had 35! This is a record but we usually we have 15-20 parents and their children each week.

The age range attending is now from newborn to four years as some parents who come with babies have to pick up toddlers from nursery at noon. Raising the upper age limit allows them to still attend.

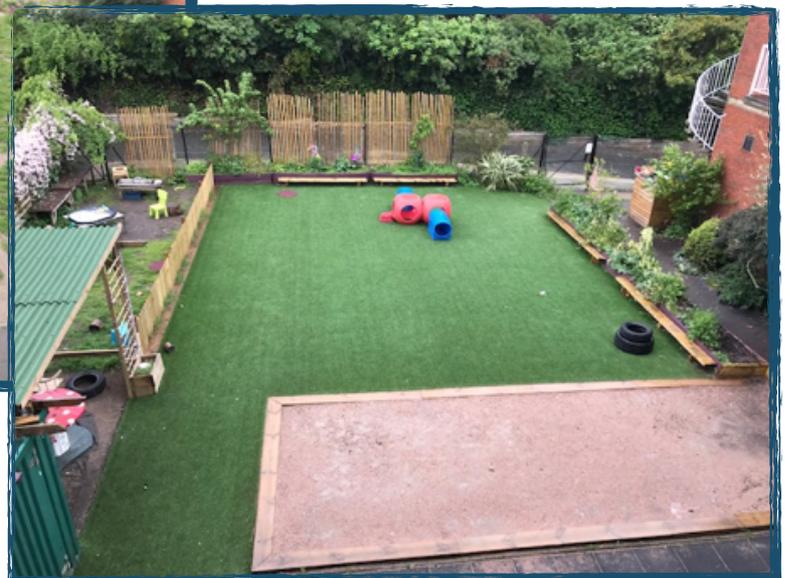
With more and more donations from the community and parents, our toy stash has increased and we're also able to do lots of crafts with the older children. The toy selection range allows every child to choose something special to play with for the session. All children over six months old get a hot lunch and fruit, while parents can enjoy a free hot drink and cake.

As we have many parents from around the world, we are planning an international day. We hope all parents will bring snacks to share with the group so we can try different food from other countries. We are also planning a coffee and cake morning so we can invite older people from the Centre's Branching Out group and in the local community to come and meet parents and children.

The children are really enjoying the renovated Cloister Garden with its new artificial turf. We are planning some spring garden activities so the children can pot plants and take them home to grow.

We hope everyone is enjoying our group and we really appreciate all the support you have given us over the last two years.

Debbie, Liza, Kelita and Lola



The Cloister Garden – before and after

Branching Out

We have had another successful year with numbers growing in all groups – especially art and tai chi, thanks to excellent tutors, Kay Grimshaw and Kevin Kilminster, and sterling voluntary work by Gary Grimshaw. Ten vegetarian lunches, cooked by the BeBright cook, are served each week at a very modest cost. There is a monthly book club and a knitting and crochet club, run by members, but open to anyone. We have also hosted digital workshops,



a film screening, a creative writing course and 'Mend it with Mo' has proved very popular as he seems able to repair anything! Some of the tai chi group are energetic enough to also attend Gus's stretch and strengthen class on Wednesdays.

We have been able to give part-time employment to Jessica Haener, who has arranged activities, welcomed people, served lunches, done administrative duties and generally raised our profile. I am very grateful for her willing presence. We also employ Alexis Calvas who, as well as producing the video for the art exhibition, provides a good welcome on Thursdays. The energy and enthusiasm they both bring, along with that of Sue Morgan, is invaluable. We are also very grateful to our regular volunteers for all they do to make things happen.

As part of her work, Jessica, alongside Sue, has worked hard to raise our profile locally and this is having a positive effect on our numbers, support and finances. Many thanks to them for all that networking.

Last July's art exhibition in collaboration with Goldsmith's University was very successful and a

big boost to morale. Thanks to Will Cenci for all his help with this event. We hope to build on this relationship with Goldsmith's.

The mural for the Telegraph Hill Festival 2019 involved several of the group and is a colourful, (if not entirely accurate!) representation of the area and is fun to look at. Two members contributed panels to the Lewisham Pensioners history quilt which was displayed during the festival but will also be displayed elsewhere in Lewisham.

Our communal lunches - summer picnic (Sheridan), harvest lunch (Helen) and Christmas dinner (Emma) were very popular and we were able to include some people who are not members but help the group in some way. At the Christmas dinner we were joined by members of the Bank of America who had volunteered in the Cloister Garden. They came not just to eat but also to play table tennis on the table they had given Gary! Thanks to St Catherine's PCC for their donation of £300 to support these lunches; so too to Colleen Sheldon for all her work in the lunches during the year.

Thanks are due to the vicar, Sheridan James, St Catherine's PCC, for their encouragement and support, and to Zanne Findlay and the THC Steering Group, for their steady support throughout the year.

Ann Atkins



Baby and children's goods market – May 2019

Love Grub Summer Club – Tackling Holiday Hunger

Love Grub Summer Club was a pilot project to help alleviate the problem of holiday hunger among local families. It ran from the end of July to the end of August 2018, and was held at the Centre. The project was a partnership between St Catherine's Church, BeBright Nursery and Telegraphy Hill Centre.

The club was targeted at primary age children, and this was the main age group that attended (aged from 0-12 years). The majority of children were 2-7 years' old. There were groups of siblings and individual children. There was a diverse ethnic mix. Parents/carers were mainly mothers with their young children. One father attended regularly.

As the club was about helping those in need and often difficult circumstances, families were not asked about their background, where they heard about the club nor where they lived. The average number of children participating in the club was 10 per session with some fluctuation in numbers. There were many children who came regularly, and this built a wonderful feeling of community and connection between participants and volunteers.

The club was run mainly with the support of 16 volunteers. Telegraph Hill Centre staff also helped with the setting up the room, and there was one paid 'volunteer' to work on the children's activities. The total cost of the club was £408. The two main costs were 53% of expenditure on food costs, and 30% on the cost of the activities co-ordinator.

The club's volunteers were a brilliant part of the project. They were reliable, positive and all focused on making the project work by doing their part. The team work was exceptional, and they created the warm friendly atmosphere. As well as helping at the sessions, some volunteers distributed posters and visited advice centres to promote the club. Their input also included changing the wording of the posters and flyers,

making playdoh, stepping in to help cook and generally being amazing.

We did not actively seek written or verbal feedback from users. However, many of the families came regularly and we felt this showed that Love Grub was satisfying a community need. The following quote from a volunteer summed this up:

"My heart was filled with joy at the last session when the parents didn't need us anymore. They were chatting amongst themselves and the kids were all playing together. I also loved that some of the families became regulars."

Hunger is an issue in the local area but our experience showed social isolation over the summer break is as much of a problem among children and their parents. A hunger club is as much about social contact and support as nutrition and physical health.

Everyone who took part in and benefitted from Love Grub Summer Club has a lot to be grateful for from St Catherine's - for the love and enthusiasm for this new project shown by the church community. We hope it is the first step in a more established community programme offered and supported by St Catherine's and the Centre.

Camilla Kennedy Harper, Project Co-ordinator



The Vicar, Bradley and 'Sheridan', a Centre-sponsored chicken at The Somerville

Women Only English Group

St Catherine’s launched this project in the Autumn of 2018. We have a professional ESOL teacher and a class of between 4-10 students from a variety of backgrounds. Some are au pairs, some are recent economic migrants, some have moved to the UK decades ago but never learnt to speak English properly, some are asylum seekers and refugees. One or two people from the church volunteer as befrienders. We have received around £8,000 in grants from the Near Neighbours scheme (via Church Urban Fund) and from the Diocese. It’s a highly supportive environment that improves the women’s English as well as their self-confidence. We hope to continue with this project for at least three years. The Centre supports this project by offering the space at a low rate and helping with the administration.



Craft Room repainted and new floor

Sheridan James, Vicar



Vicky Foxcroft MP at her clinic at the Centre

Craft Fair in April 2019



VIEWS FROM HIRERS

Ankor Pilates

Ankor Pilates runs regular weekly Pilates classes at Telegraph Hill Centre, on Tuesday and Friday mornings at 9:30am and Tuesday evenings at 6:45pm. Our classes have a focus on reducing back pain, building core strength and improving posture, flexibility and general wellbeing.

I started running classes at the Centre in January as I wanted to try offering the local community weekday morning Pilates classes. I didn't expect my weekday morning class to be so popular so quickly! Within three months that class is full and I have opened an additional two classes to keep up with demand.



I am really enjoying running my classes at the Centre. The venues are affordable and always clean. In addition to this the team running the Centre has been wonderful to work with - they have offered invaluable support in marketing my classes through social media, newsletters and Telegraph Hill Festival taster sessions.

I'm looking forward to continuing to work with the Centre and open even more classes there soon!

Zoe Fairlamb

 ANKOR | PILATES

VIEWS FROM HIRERS

Fairweather Dance School

Fairweather Dance School are thrilled the Centre has repainted the Lounge and provided new flooring and a ballet barre - our pupils really appreciate the 'professional' feel of this super, newly refurbished room.

I have been working internationally throughout the year and now bring rhythm tap to our pupils which is a contemporary style of tap which we are now proud to teach alongside the more traditional style, thereby adding to the breadth of experience available.

We hold classes for children and adults ensuring balanced, age and experience appropriate classes at all times.

We are really excited to have been able to extend our classes at the Centre by adding beginners' classes for older pupils in both ballet and tap dance. Please come and try this new class!

Our classes cater for pupils from 3 years of age and for all abilities, and we are particularly happy to see our dancers progress with their training.



Alison Fairweather

WEBSITE DEVELOPMENT

The Telegraph Hill Centre website is getting a revamp and will be relaunched later this year. It will be redesigned to provide a clearer journey for users, and will focus on showcasing the huge range of events and activities available at the Centre, as well as making it easier for potential hirers to find out about the fantastic facilities and spaces available to hire.

The home page will offer local news stories and announcements, and will be updated on a regular basis. So, in the future, if you have a story that you want told, please speak to the Centre manager about its inclusion on the site. An archive of previous stories will also be findable, and there will be a new section containing information about the Centre itself - its past, present and future.

The site will be 'responsive' - meaning that it will work well on all screen sizes, from mobile to desktop screens. The rebuild is being delivered by a small, independent company which has experience in working with community organisations as well as much bigger companies such as the BBC.

Jake Berger and Ola Solomon

SAFEGUARDING

St Catherine's Church and the Telegraph Hill Centre Steering Group follow the policies and procedures of the Anglican Diocese of Southwark for safeguarding children, and also vulnerable adults and survivors of domestic abuse.

We are committed to promoting and supporting environments which:

- are youth-friendly and child-friendly and nurture their positive development;
- enable children and young people to be active contributors to the Centre community;
- protect children and young people from actual or potential harm;
- enable and encourage concerns to be raised and responded to openly and consistently.

We recognise that:

- the welfare of the child or young person is paramount;
- all children (regardless of age, disability, gender, racial heritage, religious belief, sexual orientation or identity) have the right to equal protection from all types of harm or abuse;
- abuse of children can occur in all communities and is most likely to occur within families and by people known to the child;
- working in partnership with children, young people, their parents, carers and other agencies is essential in promoting young people's welfare.

All regular users and hirers of the Centre are provided with a copy of this policy and are required:

- to confirm their agreement with its terms;
- to provide a current CRB reference number if relevant to their Centre use or hire.

TELEGRAPH HILL FESTIVAL

The Telegraph Hill Festival: celebrating the arts and building and sustaining a strong community.

India Lovett

2019 saw the 25th anniversary of the Telegraph Hill Festival, with over 140 events featuring music, theatre, visual, digital and performance art, comedy, literature and more. There was also a well-being element to the festival, with a large number of workshops from mindfulness and meditation classes to a life drawing workshop aimed specifically at improving body image for young people.

Building on work of previous years, we have continued to reach out to all parts of the community,

improving the festival experience for disabled people and ensuring a huge number of events were free and concession prices capped to ensure the festival remains accessible to the local community. A free night-time immersive park promenade experience that saw Lower Telegraph Hill Park pulse with light, music and installations was experienced by 500 people - many of them new to the festival. The diversity of the programme also helped to engage more local people.

We continue to build on the balance of ages being involved across the festival. The community show involved a cast ranging in age from 5 to 85. New events for children and families proved hugely popular, as was a daylong celebration of musical talent featuring local teenage musicians. We're also working hard to maintain engagement with young adults, both as festival goers and event makers and through our relationship with Goldsmiths we have offered local students the opportunity to put on their own events within the festival. The offering for older people remains strong, with Branching Out putting on a film event and creating a wall mural that was on display throughout the festival.

With visitor numbers exceeding 6000 this year, Telegraph Hill Festival remains one of London's largest independently produced festivals. People from all walks of life came together for shared experiences, to be inspired, to laugh, learn and think, and to experience positive and uplifting workshops. The festival is an enormous volunteer effort, but this offers a chance to connect with others and contribute to society, and it generates an enormous sense of well-being.

However, none of what we achieved in the 2019 Telegraph Hill Festival would have been possible without the support of the Centre. Thank you for hosting the bulk of our events and foregoing income and putting up with huge amounts of upheaval and disruption in the weeks prior to and during the festival. Your faith in what we do helps us to reach further and achieve more for the whole community. We really couldn't do it without you.



London African Gospel Choir

Photographer Danny Barnes

OTHER ACTIVITIES AT THE CENTRE

LOUNGE

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

Funky pre-school dance classes for boys and girls, exploring 16 different styles including hip-hop, salsa, tap and Bollywood. Structured but relaxed so children join in at their own pace. A free trial, then half term block bookings.

Contact: Anne-Marie 07973 982 790, annemarie.martin@diddidance.com

KUMON: Mondays 4.15 – 6.15 pm. All ages and abilities

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

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

FIT ME TRAINING: Kettlebells – Mondays 7 – 7.45pm, High Intensity Interval Training: 8:00 – 8:30pm, Age: 18+

Strength/conditioning training using cast iron kettlebells, fantastic for toning up, flexibility and core strength. All levels but some basic fitness required. This is no impact activity – the focus is on strength. High-intensity interval training class is a high-energy 30-min class using fast-paced movements sequences; it's a great fat-burning activity while improving stamina and muscle tone and cardio. Suitable for all levels, but some level of fitness required.

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

IYENGAR YOGA: Tuesdays 10.15 – 11.45am & 7 – 8pm. Age Range: 18 – 75**Cost: Morning 'drop-in' class £12. Evening 'Pay-by-the-Term' (£8.50 a class)**

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

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

FAIRWEATHER DANCE SCHOOL: Tuesday afternoon and evenings 4 – 7pm

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

Tel: Julia Fairweather 07455437774 email: fairweatherdanceschool@hotmail.co.uk

GAMBLERS ANONYMOUS: Tuesdays 8.15 – 9.45pm

Contact: 0845 769 7555, www.gamblersanonymous.org.uk

POST-NATAL PILATES WITH TOP KAT TRAINING: Wednesdays 11.00 – 11.45am

A small, sociable, fun & friendly postnatal Pilates class where mums can bring along their babies. There are toys, gyms & mats to keep the babies entertained. The class is functional and effective with variations of all exercises to suit individual needs. The focus is on core and pelvic floor restore, strengthening and to mobilise & stretch. Contact Kat at kat@topkat-training.co.uk

THE HUNT ACADEMY FOR YOUNG ACTORS (HAYA): Wednesdays 4.30-6.30pm

Provides professional actor training for young people in all areas of performance for stage and screen. Check out our website for more details. www.thehuntacademy.co.uk

ALCOHOLICS ANONYMOUS: Wednesdays 8 – 9pm

Contact 0845 769 7555, www.alcoholics-anonymous.org.uk

BOPPIN' BUNNIES MUSIC CLASSES: Thursdays (term time)

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

YOGA FOR CHILDREN: Thursdays 4 – 4.45pm

After School Yoga Club for children ages 5 – 11 years. All welcome!

A fun flow for children, focused around a story or theme. Connect your mind, body and spirit, leaving class with a sense of calm and well-being.

Drop in sessions £8. Book 6 sessions and get one session free (£40).

To book, call Stephanie Essex on 0781 299 5081 or email stephanie.essex@googlemail.com

FIT ME TRAINING: Thursdays – Sandbells: 7 - 7.30pm, Kettlebells: 7.30 – 8.15pm. Age: 18+

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

ANKOR PILATES: Fridays 9.30 – 10.30am

Pilates for adults. Our classes have a focus on reducing back pain, building core strength and improving posture, flexibility and general wellbeing.

Contact Zoe at ankor.pilates@gmail.com

**THE HUNT ACADEMY FOR YOUNG ACTORS (HAYA): Fridays Minis 5-8yr-olds: 4 – 5pm;
Juniors 8-12yr-olds: 4.30 – 5.30pm; Seniors 13+: 4.30 – 5.30pm**

Provides professional actor training for young people in all areas of performance for stage and screen. Check out our website for more details www.thehuntacademy.co.uk

ACHIEVING 11+ – Saturdays, Age group years 9 –11**Year 4: 2 – 3.15pm. Year 5: 3 – 5.30pm**

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

NARTHEX

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

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

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

FITNELS TRAINING: Mondays 5.30-6.30pm

Circuit fitness training with Mitchell Nelson. FREE. Contact : fitnels80@gmail.com

YOGA: Mondays 6.30– 7.30pm. Beginner yoga, slow-flow class

Info: rbusinaro@icloud.com

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

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

Info: www.yogajeannie.com

ANKOR PILATES: Tuesdays 9.30 – 10.30am

Pilates for adults. See details above. Contact Zoe at ankor.pilates@gmail.com

FAIRWEATHER DANCE SCHOOL: Tuesday afternoon and evenings.

See details above.

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

TAI CHI WITH KEVIN KILMISTER: Tuesdays 7 – 8.30pm.

Yang bare hand, spear and broadsword

Tel: 07963 737 763 or zw_kkil@yahoo.co.uk

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

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

YOGA FOR ADULTS: Wednesdays 6.45 – 8.15pm

Contact Mary on 07887 513 563 or email maryphilomenamac@gmail.com

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

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

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

Monthly activities: Knitting and Crochet Club – 1-2pm, first Thursday of the month,
Book Club: 1 – 2pm, third Thursday of the month.

EOS DANCE: Thursdays 3.30 – 6pm. Age range from 2+

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

PILATES: Thursdays 6.30 – 7.30pm, 7.30 – 8.30pm.

Pilates Classes for beginners and intermediate level, newcomers welcome. Pilates is ideal for those who wish to strengthen their core, improve posture and alignment and increase flexibility. Contact Mary Foucher at mazfoucher@yahoo.co.uk

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

Some dynamic movements, deep stretches and relaxation.

Tutor: Caroline Tautz www.carolinetautz.com

BUMPS, BABIES AND TOTS: Fridays 11.30-2.30pm. Age range: 0 to 2 years.

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

**THE HUNT ACADEMY FOR YOUNG ACTORS (HAYA): Fridays Mini's 5-8yr-olds: 3.45- 5pm;
Juniors 8-12yr-olds: 4.30 – 6.30pm Seniors 13+ 4.30 – 6.30pm**

See details above. www.thehuntacademy.co.uk or phone 07865 481 737

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

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

PARLOUR

ART PSYCHOTHERAPY Sessions by appointment cost £45

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

Contact: lucygibsontherapy.com

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

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

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

COUNSELLING AND PSYCHOTHERAPY

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

FOUR ELEMENTS THERAPIES

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

louisa@fourelementstherapies.com. Web: fourelementstherapies.com

ROOM2GROW Happier Kids, Calmer Families

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

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

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

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

THE LONDON NUTRITIONIST

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

THERAPY – Lily Serena

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

lilyserena50@gmail.com

SHERAB COUNSELLING

Integrative counselling and psychotherapy Contact Eliza at info@sherabcounselling.com

FRANCESCA ROGERS

Counselling and supervision – stress, trauma, low self-esteem, mental health issues.

Contact: 07773 399 901 or francesca@francescarogers.co.uk

REIKI with VALERIE

There's no reason why you can't adopt an ageless attitude in mind, body and spirit; a love and enthusiasm for life and living. Supplement your self-love/self-care toolkit with relaxing and rejuvenating holistic treatments (for women only) - full body massage; reiki energy healing and/or a natural lift facial massage. Contact Valerie Lewis at visualiseandbloom@gmail.com

MBV Accounting Services

Providing accounting and taxation services for small privately-owned business, sole traders and individuals. I offer a full range of tailored services to meet the needs of the clients including accounting and bookkeeping, company formation, sole trader and individual tax returns, payroll, VAT returns and many more. See www.mbvaccountingservices.co.uk
Valentina Barciene at mbvfinancialservices@gmail.com

REIKI TREATMENTS with Sahera Parveen

Contact sahera.parveen2007@hotmail.co.uk

LIFE COACHING with Ken Kelling

Contact: ken@senseofpurpose.co.uk or phone 07941 218 915

Studio 3 Hub

ANKOR PILATES: Tuesdays 6.30 – 8pm

Pilates for adults. Our classes have a focus on reducing back pain, building core strength and improving posture, flexibility and general wellbeing. Contact Zoe at ankor.pilates@gmail.com

MINDFULNESS: Wednesdays 7-8pm

This is a group for beginners and includes learning about mindfulness, taking part in guided mindfulness practices and informal discussion. sarah@hews.org.uk

FELDENKRAIS: Every other Thursday 6.30 – 7.45pm

Awareness through Movement. Contact: 07976 640 737, maggy.burrowes@virgin.net

SOUNDBATH with Shiv Sharma: Every other Thursday

Contact shivoli@live.com





Telegraph Hill Centre & St. Catherine's Church

Studio 3 Hub

An inspirational new work / therapy space

St Catherine's church and Telegraph Hill Centre have recently opened a unique and exciting range of rooms for hire called **Studio 3 Hub**.

Located at the top of Centre, these newly refurbished spaces offer some of the best views of London, a serene atmosphere and 3 unique, separate rooms.



Studio 3 Hub can be hired in its entirety or just a single part. This flexible, multi-usage space can be hired for a regular hire or a one-off booking, at a day, half-day or hourly rate. The three available rooms are:

- ★ Large meeting/activity room - suitable for sessions for up to twelve people, for small seminars, interest group gatherings or small exercise groups such as yoga or Pilates.
- ★ Therapy room - sound insulated with arched leadlight windows;
- ★ Office - a unique, light-filled and quiet space, suitable for up to two people, equipped with desk, lamps and chairs.
- ★ All hire fees include heating, electricity and Wi-Fi.

Please contact the Centre for details and bookings.

Working Together for the Whole Community

For details on our regular weekly activities, spaces to hire and the above events please contact the Centre office.

Telephone: 020 7639 0214



manager@thcentre.com



www.thcentre.com

Telegraph Hill
Centre



Telegraph Hill Centre & St. Catherine's Church

2019/2020 dates for your diary

THC AGM, 7pm – 20th May

Time to hear about what's been going on at the Centre and together look at plans for the future.
Come and share feedback and ideas. Light refreshments provided

All-age Harvest Festival, 10am – 6th October

Bluegrass band, celebration and thanksgiving for the harvest.

Branching Out Christmas lunch – 5th December

Come and sign up for a delicious lunch with a great group of people.

Pantomime, 6th – 8th December

He's behind you! Oh no he isn't! Come and join the fun, raising funds for the Centre.

Carol Service, 6pm – 15th December

The annual community singalong. Standing room only for carols, readings and musical guests.

Crisis Book Sale, 4th & 5th January, 2020

All proceeds go to Crisis. Collection of book donations after Christmas.

Community Show & Telegraph Hill Festival end of March 2020

Hundreds of local people taking part in the not-to-be-missed show and South London's largest independent arts festival. Check out www.telegraphhillfestival.org.uk for details.

All the events above are open to the general public.

Working Together for the Whole Community

For details on our regular weekly activities, spaces to hire and the above events please contact the Centre office.

Telephone: 020 7639 0214

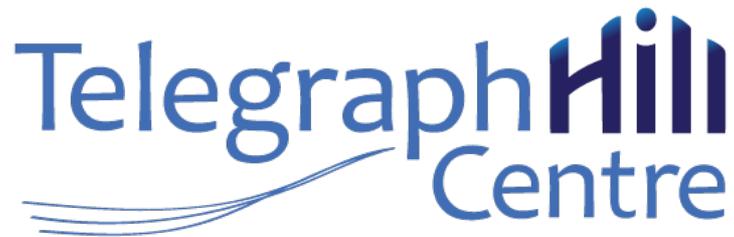


manager@thcentre.com



www.thcentre.com

Telegraph Hill
Centre



Our vision for the Centre

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

Our mission

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

- health and well-being;
- life skills and ongoing education;
- support at every stage of life;
- community connection.

... creating opportunities for friendship, development, synergy and creativity

Our Building Development Goals are: Greener – Safer – Smarter

How do we manage financially?

The freehold of the building is owned by St Catherine's church, but the Telegraph Hill Centre funds itself through the rental income from the clubs and lettings that meet on the ground floor and through a **£30,000 per annum Community Development Fund that comes from St Catherine's church**. This is being increased in 2019 to £35,000.

This £35K is a proportion of the rental income that is generated from the commercial lettings on the upper floors of the Centre which is ploughed back into the Centre, not into St Catherine's church – **for the good of the whole community**.

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

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