



**YOUTH EMPOWERMENT PROGRAMME FOR 16 – 24 YEARS OLD**

RISE is an award-winning youth project at Cambridge House that offers year-long support through weekly one-to-one mentoring, specialist support, and group workshops to 16-24-year-olds experiencing social isolation and/or mental health or emotional challenges in Southwark and surrounding areas.

As an independent charity, Cambridge House is committed to promoting change that can improve the quality of life and well-being of people who are affected by systemic poverty, social injustice, and inequality in our society. Poverty has a terrible impact on young people. It restricts their freedom, education, and aspirations. But what’s worse is they are forced to endure this in silence, as all too often young people are excluded from conversations about how to tackle their problems.

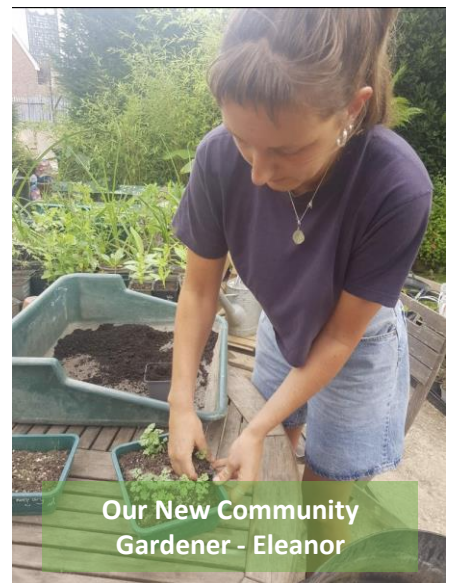
Our mission at RISE is to place young people right at the heart of the decisions that affect their lives, to become community leaders, and make a positive difference in their community. RISE, apart from our space on 22 Amelia St, would now be delivering at the D'Eynsford Estate every Tuesday and Thursday afternoon. Contact to the TMO if this is something you or someone you know could benefit from: email [tmo@deynsford.org](mailto:tmo@deynsford.org).

**NEW COMMUNITY GARDENER | ELEANOR – HELLO**

*Hi there , I’m Eleanor and I’m very excited to be stepping into the role of the new Community Gardener. Through my journey in Horticulture I have found my passion to be connecting people with plants, promoting local and sustainable practices. I am looking forward to working together to develop this secret gem of a green space and inviting all those who have a desire, to see it, share it , sit in, learn from it and most importantly enjoy it. Looking forward to meeting you all.*

**COMMUNITY GARDENER ALICE – FAREWELL MESSAGE**

*Thank you so much for welcoming me into the D’Eynsford community. It’s been wonderful meeting so many of you over the past year and sharing your knowledge and history of the garden. I really appreciate all the support that has been offered to me by the gardening committee and regular volunteers. I feel that we have achieved a great deal in such a short amount of time and this could not have been achieved without regular volunteer support. I particularly want to thank Cadence for being so supportive and caring throughout my time in this role, and allowing me the chance to further my skills and experience.*



**Our New Community Gardener - Eleanor**

**USEFUL CONTACT NUMBERS**

**Emergency services Police, fire, ambulance - 999**  
**Report crime (not life threatening) – 101**  
**Council Emergency housing repairs - 020 7525 2600**

**Council Estate Parking - 0207 525 3587**  
**Council Waste Management – 0207 525 2000**  
**Council Main switch board - 020 7525 5000**

# WHAT'S COMING UP?



**Growing Foundations**

**Secret Garden Nature Workshops**

**Ages 14-19**    **18<sup>th</sup> Aug**  
**25<sup>th</sup> Aug**  
**1<sup>st</sup> Sept**

**Free**

An introduction to working as a gardener or grower

Learn to use vegetables, herbs & flowers from the Secret Garden Camberwell on the D'Eynsford Estate to craft, create medicines and cook hearty lunches

No prior experience necessary!

To register, contact Naomi and Ali on [secretgardenworkshops@gmail.com](mailto:secretgardenworkshops@gmail.com)

Or follow the QR code to complete the form





**D'EYNSFORD COMMUNITY GARDEN GET-TOGETHER**

**Saturday 26 August**  
in the Secret Garden

Free for residents and friends

**1-5pm**

Find us behind KFC off Kimpton Rd

@secretgarden\_camberwell



Did you know we all share a garden? The Secret Garden is our community space, and on Saturday 26 August we're having an open afternoon. Everyone is invited, there will be food and drink, and (fingers crossed) some home grown tomatoes to take home.



**D'EYNSFORD TMO COFFEE MORNING!**

Date	Activity
07/08/2023	BINGO
08/08/2023	Coffee & tea Outside
15/08/2023	Gardening (Community room)
22/08/2023	Games and Board Games
29/08/2023	BREAK (NO COFFEE MORNING)
05/09/2023	BINGO
12/09/2023	Candle Making
19/09/2023	Crocheting
26/09/2023	Mac Millan Coffee
03/10/2023	BINGO
10/10/2023	Upcycled Art
17/10/2023	Daffodil Planting
24/10/2023	Linedancing (Jerusalem dance)
31/10/2023	Halloween (Pumpkin Soup & Carving)
07/11/2023	BINGO
14/11/2023	Henna & Indian Sweet Tasting
21/11/2023	Free Art
28/11/2023	Christmas Decoration & Wreath Making
05/12/2023	BINGO
12/12/2023	Christmas Card Making
19/12/2023	Carol Singing
26/12/2023	BREAK (NO COFFEE MORNING)
02/01/2024	BREAK (NO COFFEE MORNING)

Join our Coffee Morning WhatsApp group\* by scanning this QR Code




**Come and join us every Tuesday from 10:30 am to 12 noon in the TMO Community Room.**