



PEMBROKE HOUSE 2016

REVIEW OF THE YEAR



"My son has more focus, he is more creative. Happy minds always do better!" Fitsum, Pembroke Academy of Music

"My daughter loves the songs and interacting, and I love the tea break at the end. As a mum, you don't get to spend much time socialising." Carmen, Music for Babies and Toddlers

"Everybody is always kind and welcoming, and I love working with Theresa in the kitchen. Volunteering at Pembroke House helped me get a paid job at Gregg's!" Sade, Older Person's Lunch Club Volunteer

"This hot meal makes me feel like a queen." Fatma, Messy Church

Cover photograph , and the photograph of man in blue shirt on the inside back cover, by Anne-Marie Briscoombe

Come and visit!

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Local residents enjoying the summer street party

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Message from the Warden



Lord Mountevans, the Lord Mayor of London, visited Pembroke House in September, resplendent in a tricorn hat and accompanied by a footman to look after it. Representatives of seven Livery Companies were in attendance. They sat down to lunch with our Older People's Lunch Club and formerly homeless members of the Choir with No Name, who had just sung their hearts out alongside children from Surrey Square Primary School.

It was wonderful to look around the room and relish the way in which Pembroke House can bring people together. Because that is essentially what we do: we introduce neighbours who have never spoken to one another; we run projects that help people understand that they are not alone; we offer a space in which people with different world views can find out what they have in common. Such mingling is in the DNA of this place.

In May Pembroke House was awarded the Liberty of the Old Metropolitan Borough of Southwark for 'delivering a rich social dividend for the community.' But those of us who work or live at Pembroke House acknowledge that it's a privilege to be part of this community, and we learn far more from those we seek to serve than we can possibly offer in return.

Statistically East Walworth remains one of the most deprived neighbourhoods in the country, but the statistics don't always acknowledge the courage, humour and hope of the people who live here. Some were photographed by Jonathan Knowles in his

remarkable series of Walworth Heroes; others have told their stories in the first edition of our Community Organiser's newsletter, Voices of East Walworth.

We've set up an exciting new partnership with SLAM, the South London and Maudsley NHS Trust. And we've been working to improve our governance: we'll soon become a Charitable Company Limited by Guarantee.

Nothing we do would be possible without the generosity of those individuals and charities that support our work, who are our partners. We are very, very grateful for the money we receive. Pembroke College, Cambridge remains a key stakeholder, although the College is not in a position to offer us any direct financial support. We continue to attract committed and imaginative people to work here and to live in the Residency, to the extent that we're bursting out of our office. They are terrific individually and as a team, and I'm hugely grateful.



The Lord Mayor of London visits Pembroke House

6 Long-term Learning

The Pembroke Academy of Music (PAM) has no lower-skills limit, but it does have a lower age limit of six. 'Parents would approach me with children aged four and five, and it was heart-breaking to turn them away because I knew PAM could help them,' said Elizabeth Andrews, Director of PAM. So Elizabeth set up Baby PAM (or more formally, Music and Singing for Babies and Toddlers) for under-4s, and Junior PAM for 4- and 5-year-olds.

Now our PAM 'pipeline' is up and running, harnessing the power of music to teach children soft skills like teamwork, timekeeping and commitment.

In June PAM students teamed up with the Mahogany Opera Group to learn and perform an opera-in-a-day, and on the eve of Remembrance Sunday they sang a haunting and deeply moving piece, Memorial Ground, at the National Portrait Gallery in commemoration of the hundredth anniversary of the Battle of the Somme. So we're broadening our students' horizons as well as their repertoire.

Pembroke Academy of Music at the National Portrait Gallery



Students with learning difficulties have been learning to use their voices too, through our Inclusive Dance class. Now people who don't normally communicate in sentences sing to one another as they head downstairs at the end of class. Students are better able to concentrate, listen, enquire and persevere. They're developing a memory for text as well as movement' says tutor Mateusz Czekaj.



IntoUniversity students

IntoUniversity, an education project that aims to raise aspirations among 7- to 19-year-olds at Pembroke House, gets full marks from Hadiyala Alam, a Year 11 pupil. She said 'Before I started coming to IntoUniversity I was getting Ds and Es. Now I'm getting Bs!'



Rashidah, Year 6, IntoUniversity

"I enjoy coming to Pembroke House because the staff can really help you and they are nice and friendly, and it's helped me learn about new things. The people in Pembroke House and IntoUniversity are nice and we get involved in the community and meet new children and adults. I really enjoyed being in the Pantomime!"



Community Engagement

A stone's throw from Pembroke House, the Salisbury Estate was built in the 1970s with accessible ground floor flats for those with mobility issues – flats that also came with large gardens. In recent years their occupants have often looked out over unmanageable weeds, while those in the flats above looked down longing for access to green space.

One Salisbury resident, Sarah, saw this as an opportunity: what if people upstairs could help tend the gardens below? Both needs could be met, inspiring a little community spirit along the way.

Fausto Llopis, our Community Organiser has a knack for unearthing people like Sarah. She had the idea; all she needed was a little support and encouragement to make it happen. The two of them went door-to-door to speak with 52 Salisbury households, and now a collective gardening scheme is transforming the green spaces of the estate – a project inspired by Pembroke House, but falling beyond our four walls.

So how were we to maximise the impact of a single Community Organiser? By asking him to train local people to do what he does! Fausto has run three 10-week

courses for a total of ten people. He equips these residents with the skills required to inspire new collective action to meet local needs.

We try to work collectively with all the organisations that run projects at Pembroke House, looking for opportunities to bring projects together, and offering help with strategy and fundraising where appropriate. We hosted two sessions of the Posh Club, a tea and cabaret for older people, and recruited attendees for our own older people's Lunch Club. The Lunch Club has in turn hatched an Advisory Group of members who work with the team on menu planning, table layout and trips out.

Edward Kargbo

"I've participated in the Community Leadership Programme for the past five or six months. It's very, very good. I have learnt skills that A-levels never taught me: leadership, how to communicate, time management and organisational skills. I've learnt that people have different perspectives on issues, and my own perspective of this community has changed. When I was at secondary school I thought this was a horrible community: all you heard about was stabbings. Now I think it's a good community, because people are interacting well."



Leslie Tucker

I met Fausto Llopis, Pembroke House's Community Outreach Worker, at my Tenants and Residents Association (TRA) in 2014. He was brilliant. He encouraged me to get more involved, and some of his enthusiasm spilled over to me. Now I'm Deputy Chair of the TRA, and I've met people leading other TRAs, some of whom have become very good friends. And now I'm involved in loads of things at Pembroke House, too.



Health and Wellbeing

A glance at the annual reports for Pembroke House from the 50s or 70s reveals a familiar sweep of projects: youth programmes, social activities and music clubs. Pembroke House has been providing opportunities for people to learn and make new friends for over 130 years.

But recently our activities have caught the attention of health commissioners.

Their £400m budget and borough-wide focus may far exceed our own, but the South London and Maudsley NHS mental health trust (SLAM) see something exciting in our work. They want to know if places like Pembroke House can help people get better faster and perhaps even prevent people needing to visit the hospital or their GP in the first place.

So in September we welcomed a new member of staff, Marcela Vielman, who is employed by SLAM but based at Pembroke House 3 days a week. Marcela will build on our work to improve the up-take of psychological therapies from our community and encourage participation in community activities as as a key component of recovery, alongside therapy.

In this way Pembroke House projects can morph into health interventions without a hint of the clinic about them.

So we have worked with academics at King's College London, to assess how dfl7,



Photographs by Anne-Marie Briscoe

a dance and theatre project for 9- to 13-year-olds, can act as an early mental health intervention.

Our close link with SLAM also brings other benefits, such as clinical supervision for the team from *involuntarymovement* who run *dr17*. Also, we welcomed Mikkel Bruun a PhD student at Pembroke College to live in the Residency. Mikkel is researching contemporary mental healthcare in the UK, and heads up our Community Garden.

Settlements like ours existed before the welfare state, and inspired its architects. Perhaps in our own small way we can now influence its evolution.

Catherine Baker

I took on several roles during a nearly two year period at Pembroke House, including running the community garden, helping launch the Wellbeing Project, and for most of the time, being one of the six people living in the residency. It was a huge privilege to be part of a community that is constantly full of life, good humour and compassion.

Alongside many hilarious memories, Pembroke House gave me an appreciation of



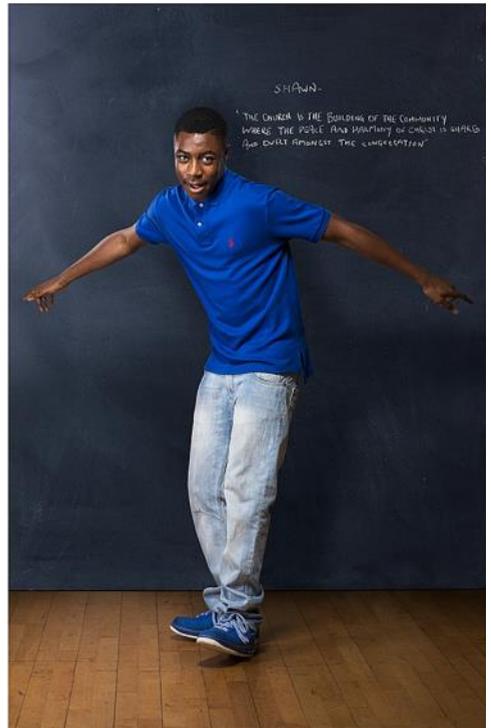
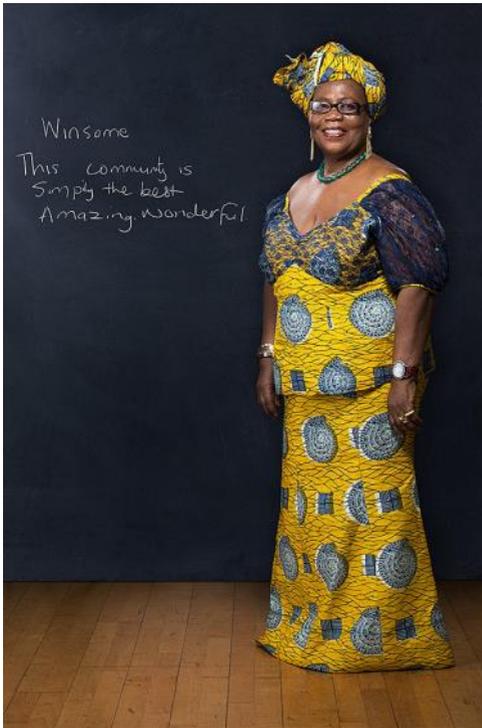
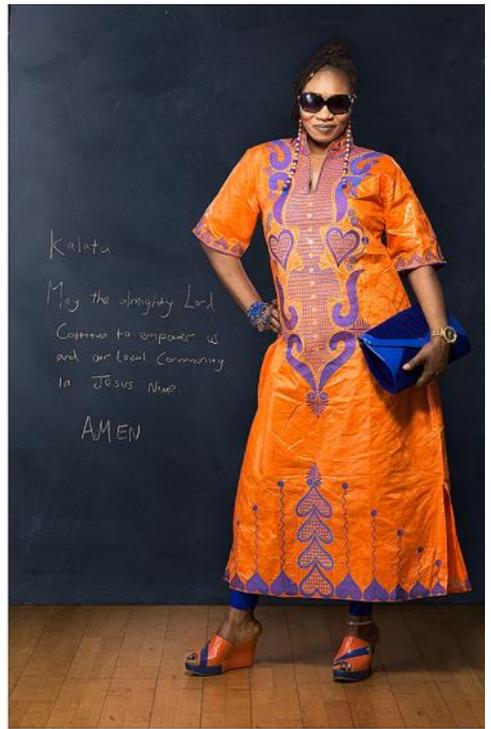
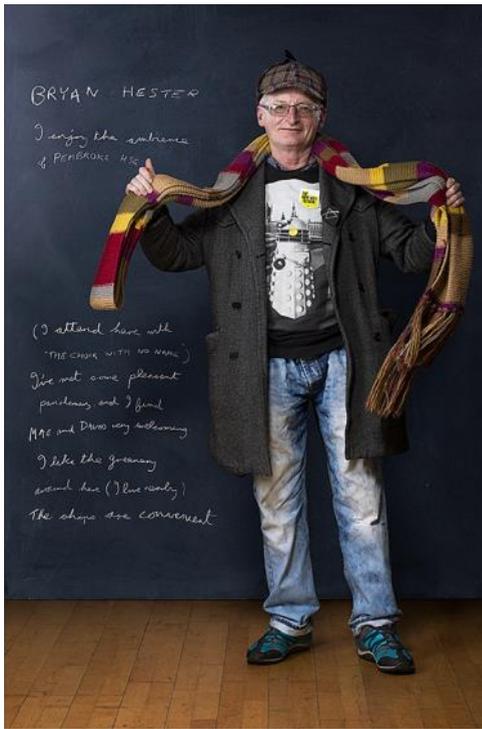
the richness of London's communities, a recognition of the power of locally-driven change, and a deeper understanding of the complexities surrounding mental health and wellbeing.

Most importantly, it has shaped how I feel about community, reminding me that being connected to those around you is a vital part of leading a happy and healthy life. So a huge thank you to everyone who contributed to that - whether it was through helping out in the garden, sharing ideas around the residency kitchen table, or just stopping in the street for a chat.

Walworth Heroes

In 2015 the Warden bumped into photographer Jonathan Knowles at a school reunion. They discussed the way London, and especially South East London, is often portrayed in photographs, with the focus being on the urban aesthetic, rather than the great individuals who live there. With great generosity, Jonathan offered to set up a studio at Pembroke House and capture the rich tapestry of characters who form this community. Each of the 68 subjects was asked to write what they love about the Walworth area on the chalkboard background. Here's a selection.





14 Inspiring Volunteers

For the past couple of years our Volunteer Co-ordinators have been volunteers. They have done a terrific job, because volunteers are the lifeblood of Pembroke House. Now we're delighted to be able to employ Lucy Welch in that role, three days per week.

Lucy said, "I started work on 1st November 2016. Everyone has been hugely welcoming; there's a real sense of family. All the volunteers I've met love being involved with Pembroke House, and it's great for me to have the opportunity to recruit new people and support them in their roles. We want to draw in more local people, more students and alumni of Pembroke College, and a range of professionals able to offer advice."

Linda, Volunteer

I've been coming to the Pembroke since 1966; I've lived around the corner since then, except for 4 years. I brought my children here when they were toddlers, and my eldest is now 36. I love the atmosphere - it's really warm and welcoming, and there's always so much going on. I volunteer here with Mumspace on a Monday, Baby PAM on a Wednesday, Lunch Club on a Thursday, Messy Church once a month on a Sunday, and I help with events like the street party. I like being friendly with people; for me it's about unity in the community. We work together and share ideas. You could be 6 or 16 or 60 and learn things every day. The Pembroke has helped me a lot and now I can help other people.



Joan, Lunch Club Coordinator

"I have volunteered with the Lunch Club for the past two years. I love everything about it! It's just so enjoyable. Everybody is so involved, so friendly and kind and supportive towards one another. It's like a family, and the food is great. If I wasn't at Lunch Club I'd be at home watching telly, stuffing myself and getting depressed!"



Daisy, Volunteer, Pembroke '16

"I spent a week at Pembroke House just after I graduated from Pembroke College, and found it extremely rewarding. I used my passion for art and design to produce a map of local resources for the street party, helping to share information in the community. Everyone I met was incredibly welcoming and I felt privileged to be part of a centre which brings so many people together. I found meeting local residents, church

members, volunteers and staff really enjoyable."

Usman Boie-Kamara, Finance Assistant

"I heard about Pembroke House from my careers teacher at London Metropolitan University and in September 2015 I began volunteering 3 hours each week. After a few months Pembroke House started employing me as Finance Assistant 5 hours each week. I'm studying Accounting and Finance, so here I'm putting into practice what I'm learning at uni. I'm becoming more professional, working out what to expect from a working environment, and learning key skills like attention to detail. I feel I'm needed, which is good."



St. Christopher's Church

St. Christopher's is a parish church in the Church of England Diocese of Southwark.

St. Christopher's is joyful and extraordinary, and really does feel like a large family. We have agreed to prioritise our ministry to children and young people, and already there are signs of their faith deepening and broadening. And there is a welcome sense that the congregation is taking greater ownership of the church; next we hope for increased involvement in our social action.

We started the year by celebrating the wedding of our Curate, Rev. Mae Mouk, to Andrew Christie. Mae is thrilled with her new surname! In May she jetted off to St Stephen's, South Dulwich, for six weeks to experience ministry in a leafy suburb, and St. Christopher's welcomed the Curate from there, Rev. Dr. Rebecca Lloyd. The swap was a success, with both Curates reassured by the transferability of their skills. Then in July Mae and the Vicar zipped to Ghana for ten days to learn from the Church there.

Rachael Gledhill

"I came to St. Christopher's as Pastoral Assistant in September 2015 just after graduating from Oxford. That role lasted ten months, and now I'm employed as the church's Children and Youth Worker and as Pembroke House's Projects Officer, setting up the CRM system. Working at St. Christopher's has crystallised my sense of vocation to ordained ministry in the Church of England, and I will start training for that in October 2017.

Living in the Residency and working next door hasn't always been easy, but seeing the way God has opened the eyes of the children and youth, and blessed the church through them, makes it all worthwhile. In October 2016 I set up Messy Church to reach out to people who don't normally come to church and I've been amazed at who has come forward to help and to attend. This place will always have a special place in my heart, as it does in God's!"





Chris Rogers, Ordinand, Westcott House

"I found Holy Week at St. Christopher's / Pembroke House revelatory. Every day I felt overwhelmed by the incredible work the priests and others do there, as well as the devotion and commitment of the people. The worship had incredible life...That, alongside the service to the community...reminded me to my core why I feel called to serve God's people."



New Projects in 2016

Advising London's International Café: Spanish-language advice and coaching for the Latin American community: housing, immigration, employment.

Alcoholics Anonymous for under 30s: Big Book study session.

Knitting Club: A social knitting group participating in Knit for Peace providing hand-made items for those in need.

Messy Church: Exploring faith with crafts, stories and hot food for all the family.

Mumspace: Mums who meet to share the ups and downs of motherhood.

Southwark Wellbeing Hub: Free information and support for anyone in Southwark looking to improve their wellbeing.

Ongoing Projects

African Drumming and Dance: Drumming and dance workshops.

Ballet for Adults: Ballet lessons for beginner and advanced adults.

Community Organising: Community journalism and leadership training sessions.

df17: Performing arts & social skills programme for young people aged 9-13.

ESOL: Participatory English classes for adults; Spanish classes for children.

Gardening for Wellbeing: A relaxing way to learn new skills, enjoy nature, meet new people and feel a greater sense of wellbeing.

Inclusive Dance: Learning-disabled young people aged 16-25 growing in confidence & independence by learning movement and social skills through performing arts.

IntoUniversity: Supporting young people in Year 5 and above to attain a university place or another chosen aspiration.

Music and Singing for Babies and Toddlers (Baby PAM): An hour of singing games, nursery rhymes and lullabies from around the world for the under-fours, and tea and a chat for their parents and carers.

Music and Singing for Juniors: Fun musical games, singing and percussion for 4- to 6-year-olds and their parents or carers.

Narcotics Anonymous: Recovery from the effects of addiction.

Older People's Lunch Club: Humorous and supportive two-course lunch for older people and volunteers, preceded by 'dancercise' and followed by bingo.

Sewing Club: Community members learn sewing skills from a local fashion designer.

St. Christopher's Church: Joyful Church of England parish with a West African lilt.

The Choir with No Name: Singing, performances and shared meals for people who have experienced homelessness.

The Pembroke Academy of Music (PAM): Open-access music programme for 52 local children aged 6-16, with a community choir that parents and carers can join.

The Royal Drawing School's South Club: Tuition for children aged 10+ who have a passion or aptitude for drawing.



Community Trip to Pembroke College

Year in Numbers



300 older people attended dances run by South London Cares and Duckie at Pembroke House

8 members of our Sewing Group participated in a fashion show at our Summer Fun Day

1,575 hot meals cooked at the Lunch Club

482 IntoUniversity students from 11 local schools visited the University of Cambridge in the 2015 -2016 academic year

7 children at St. Christopher's admitted to receive Communion for the first time

520 people used Pembroke House each week during term time

64 PAM students, tutors and volunteers played together as an orchestra for the first time, performing Holst's Mars.



14 tonnes of soil filled our new raised beds in the Community Garden

18 people were interviewed by our Community Journalists to create the newsletter "Voices of East Walworth".

Redevelopments

It's always a delight to show people around our wonderful building for the first time, because its beauty takes them by surprise. Since the major refurbishment of 2009/2010 we've maintained it to a high standard, and this year we have turned our attention to other areas. The Residency has been equipped with a new kitchen and a ground-floor toilet, and our Community Garden has been transformed by the creation of raised beds, to make them more accessible for older people and disabled people. We eagerly await our new Garden Education Centre, a flat-roofed, single-storey, prefab structure that will sit on the brick area of the garden and will enable people to enjoy the outdoor space throughout the year. We're enormously grateful to A&E Elkins for the kitchen, Keepmoat for the raised beds, and Quadrant Construction for the pond and carpeting.

Further changes lie ahead. Pembroke House has no reception area, and we want to create one to improve the welcome we offer, and the safety of those in the building. We're now chronically short of office space, so staff members are cramped and facing constant distractions. And our architect has warned that the roof may well need to be replaced in the next few years.



How you can help

During 2016 we spent approximately **£350,000** on running the building and our activities. Over **520** people attended activities each week during term time and nearly 50 volunteering opportunities were provided.

We are tremendously grateful for donations from individuals. If you would like to support the work we do there are a number of ways to donate:

Online: Visit <https://www.justgiving.com/pembrokehouse/>

By post: Send a cheque made payable to Pembroke House Walworth to the Warden, Pembroke House, Tatum Street, London SE17 1QR

By bank transfer: Call Grisel Tarifa, Director of Finance & Operations, on 020 7703 3803 and ask for our bank account details and a Gift Aid mandate.

Your gift could help in the following ways:

£25 per month for a year

- A parent and child can attend Music for Babies and Toddlers for a year to improve language skills and meet other families in the area
- An outing for the older person's lunch club e.g. to the theatre

£50 per month for a year

- Feed our weekly older person's lunch club, providing a hot meal, company and bingo for a month
- House somebody in the Residency for 2 months, allowing them to volunteer in Pembroke House in a variety of roles
- Dancercise for older people and professional ballet dancers for a year

£100 per month for a year

- Weekly gardening sessions for 6 months for people with mental ill health as an alternative to prescription drugs
- Support our internship programme for a month helping someone to start their career in the voluntary sector
- Four Meet Your Neighbor events e.g. a barn dance or a jazz night bringing together existing and new residents



Our Funders

On behalf of everyone at Pembroke House, a huge thank you to our generous donors and supporters, without whom none of our work would be possible.

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