

PEMBROKE HOUSE 2015



REVIEW OF THE YEAR



"It's nice to be together. It's just one big happy family."
Older People's Lunch Club

"As a single mum I don't have the means to pay for private lessons so this is a godsend because it means my little boy doesn't have to miss out."
Pemboke Academy of Music

"If it wasn't for places like this we'd all be dead or in prison."
Narcotics Anonymous

Come and visit!

Pembroke House, 80 Tatum Street, London SE17 1QR

www.pembrokehouse.org.uk

info@pembrokehouse.org.uk

020 7703 3803

@pembroke1885



CONTENTS

Message from the Warden	4
Year in Numbers	6
Strengthening Communities	8
Health and Wellbeing	10
Long Term Learning	12
Inspiring Volunteers	14
St Christopher's Church	15
New Projects in 2015	16
Ongoing Projects	17
How You can Help	18
Our Funders	20

MESSAGE FROM THE WARDEN



Our hundred and thirtieth year has been one of rapid growth: more staff, more projects, more volunteers, more impact. It can be exhilarating and exhausting, and I remain astonished at the calibre of people we attract to Pembroke House, and the positive things they say about the place.

Shanet Zeru joined us as Centre Manager and is helping to steer our transition to a more formal way of working, with appropriate systems, training and processes to ensure our operational and financial management is robust. Also, our Community Organiser is transforming the way we relate to our neighbours.

As you'll see on page 16, we've started running or hosting a number of new projects, including many in response to needs identified in our Community Audit (2014). Each week more than 500 people come to Pembroke House for projects that promote long-term learning, health & mental health, and social inclusion. Increasingly we recognise the place of the arts and culture in delivering these goals here.

Our work has started to attract the attention of statutory and other services interested in whether or how it can be replicated elsewhere in the borough or further afield. Many of the people who access Pembroke House live within a five- or ten-minute walk, and it's good to think that our approach might have a wider impact.

This growth comes against a background of continued change. Flats built on part of the former Heygate Estate are already occupied, and on the corner of the Aylesbury Estate new flats are "bringing contemporary living to one of London's most up and coming areas." These new residents have more money and wider horizons than the established community, and we see a role for Pembroke House in bringing together old and new.

Our expansion has required greater income, and we have had to step up our fundraising efforts. In the wake of the collapse of Kids Company we recognise the importance of the right balance between financial prudence and appropriate risk. We remain deeply grateful for the trust and responsibility our funders have given us.

As we navigate these waters we have been delighted to welcome Lord Smith of Finsbury as our new Chair of Trustees. Chris Smith brings broad and deep experience of charities and community building, and we appreciate his support. Many thanks to our previous Chair, Sir Richard Dearlove; we are most grateful for his enthusiasm and skill.



YEAR IN NUMBERS

292 adults attended Narcotics Anonymous South-East London Convention

3 members of Inclusive Dance received one-to-one tuition, one each term

13 women from St Christopher's Church assisted the New Economics Foundation's research on households with low income

920 hot meals cooked at the Lunch Club

1831 individual students were tutored by IntoUniversity at Pembroke House

540 one-to-one conversations between our neighbours and our Community Organiser



534 people used Pembroke House each week during term time

52 volunteers from Halifax and Tesco helped to run our Big Lunch street party, attended by **500**

3 new full-time members of staff joined our team

80 older people wowed by Posh Club, a fabulous cabaret

8 heads of Pembroke College Societies met to discuss how to support Pembroke House

300 adults and children partied in Tatum Street with IntoUniversity

70 people feasted on locally-grown produce at a banquet in January

7 primary schools and **4** Secondary schools worked with IntoUniversity at Pembroke House

50 local leaders trained at Pembroke House by Citizens UK to mobilise the community

4 PAM students received places in the Royal Opera House's Youth Opera Company



STRENGTHENING COMMUNITIES

The appointment in February of Fausto Llopis as Community Organiser has enabled us to build relationships with people living within a five- or ten-minute walk of Pembroke House. Fausto knocks on doors, explains he isn't trying to sell anything or preach anything, and asks what difference our neighbours would like to make to our community. Then he listens. And then he trains local leaders by enabling them to take responsibility for making things happen and to develop a sense of ownership. The Community Fun Club is a great example of what can happen when local people combine their energies.

We've also broadened our offer for the Latin American community, through Advising London, Espacio Mama, English classes for adults and Spanish classes for children. Latin Americans and members of the wider community have been well represented at a couple of fabulous street parties we've run this year, and at our Autumn Fayre and Barn Dance.



Fausto Llopis, Community Organizer, at the Autumn Fayre

"There is a lot of social isolation around here, people not speaking to one another, only listening to the radio. It is very lonely. Community Gardening helps because it is relaxing, it helps mentally not to think about other things for a few hours."

"I live on my own, so I am very lonely. So every week I look forward to meeting my friends. I gave up alcohol one and a half years ago, and now the Choir with No Name helps me to occupy my mind."

Denise has known Pembroke House for years, but in April her involvement really took off. With the encouragement of Fausto Llopis, our Community Organiser, Denise and other neighbours came up with the idea of a Community Fun Club. They had been worried about the lack of activities for younger people - and decided to continue the fun they'd had looking for a solution. Since April the club has organised games, arts & crafts, sports, theatre, dance, embroidering, sewing and painting sessions. It has brought together a group of neighbours who trust and respect each other. Denise has been a key part of the team leading the project.



Augustine met Mike Wilson, Pembroke House's Director of Projects and Strategy, at an event in January. Together they hatched a plan to realize Augustine's dream of setting up an African Drumming and Dance class for people in the neighbourhood. Mike introduced Augustine to United St Saviour's, who agreed to fund a 10-week pilot at Pembroke House. Invitations to perform at events followed - for Black History Month, the Walworth Society and others - and nearly 600 people have participated in the project. Augustine said "Pembroke House has been very, very, very helpful. Mike has been quite outstanding."

HEALTH AND WELLBEING

Does the work of Pembroke House make our community more healthy? We're asking that question not only about projects like Narcotics Anonymous, Alcoholics Anonymous and the Choir with No Name, but of our work as a whole. Increasingly we're recognising that projects we run or host can have health benefits even if they don't specifically set out to do so. That's partly because we help people build stronger social networks, and there's a close correlation between that and living healthier lives. And partly because a project set up for one purpose can have other benefits. For example we believe DT17, a performing arts project for kids aged 9-13, is an effective early intervention in mental ill health – and we're working with researchers from King's College London to assess it.

It's great that this aspect of our work is attracting the attention of statutory services which want to explore what might be replicable elsewhere. And



South London and Maudsley NHS Trust (ie the mental health element of the NHS) wants to second a worker to Pembroke House for 3-5 years from April 2016. The worker will help to support the social prescribing project we've piloted this year: the Counsellor at our local GP surgery, or other agencies, refer people to us, and we support their service as volunteers in a variety of projects. Our Community Garden is also blossoming into a therapeutic space.

"Before I started to sing, it was very difficult to breathe, I was feeling very bad. Since I joined the Choir with No Name, my airways have opened, my breathing is better. Without the Choir I wouldn't be as healthy as I am now."

"At home, she won't eat fruit. But here she loves it. It is her healthy eating for the week." Music and Singing for Babies and Toddlers

"Inclusive Dance classes are the only activities that she can do without needing a one-to-one support worker. This gives her some independence and is good for her confidence."

Refreshments break at joint gardening session with CoolTan Arts



LONG TERM LEARNING

When thirty-six children from the Pembroke Academy of Music performed the children's opera *Brundibar* at the South Bank Centre's Purcell Room in a production by Mahogany Opera Group they earned a five-star review in the *Independent*. That achievement demonstrates what can happen when we expect children and parents to commit to a programme of study and they rise to the challenge. It's tremendous to see the ongoing work of Inclusive Dance; the participants' touring performance was seen by 350 young people, 50 of whom now engage in regular dance. DT17 is now receiving referrals from the Safeguarding team of Southwark Social Services and students' engagement is improving. IntoUniversity is thriving at Pembroke House. In all these projects, students learn the benefits of commitment, in contrast to the fashion for drop-in services.



Joshua, aged 9, was the only child in Southwark to be awarded a four-year Mayor of London's Music Scholarship. He has been a student at the Pembroke Academy of Music (PAM) for three years. His mum Veronica said 'PAM has made a massive difference in Joshua's life. He used to be very shy, and it's built his confidence. It's helped him with his maths and literacy and football, too. "I'm ecstatic about the scholarship." Joshua said "I like coming to PAM because we sing in different languages like Latin and Senegalese."



Dress rehearsal for Pembroke Academy of Music students performing Brundibar at the Southbank

"I like Baby PAM because it has really helped my 2-year-old daughter improve her speech."

"I can do homework here but I can't focus at home." IntoUniversity

"Your reports have been incredibly helpful as they bring light to the exact issues that I have been working on with X and her parents. I will bring these reports to my next home visit and use them as a support tool to help the parents understand what works for X and what does not." Family Psychologist on Inclusive Dance

INSPIRING VOLUNTEERS

Since 1885 we've depended on the time and skills volunteers, and now around one hundred and five people regularly offer their services – plus a further sixty at projects we host and 183 at one-off events. One spoke for many when she said "I love helping and serving people." Another recognized that as well as having something to offer she had something to gain: "I am very happy and learn a lot, it gives me confidence." Now we're keen to develop connections with other volunteering organisations in the area; to help volunteers to achieve specific goals such as returning to work; and to encourage volunteers to mingle with each other at social events just for them.

In November we appointed a Volunteer for Wellbeing Co-Ordinator, to increase volunteering opportunities for more vulnerable people referred by GPs and others, recognizing that volunteering can have a therapeutic aspect.

Volunteers receiving certificates from the Mayor of Southwark



ST CHRISTOPHER'S CHURCH

Members of St Christopher's often describe it as a family church, and so it is, partly because so many families join us and partly because church members build strong links with one another. It has been wonderful to see growing numbers of children serving in church, and to observe our Youth Church grow in confidence and mutual support.

One of the highlights of the year has been the faith documentary in which members of the congregation were filmed speaking of the significance of their faith. Another highlight was Mother Mae Mouk's ordination as Priest. We continue the work of training her as Curate, and welcomed Rachael Gledhill as Pastoral Assistant in September, following the departure of her predecessor Rachel Briggs in July.



Rachael Briggs, our Pastoral Assistant for 2014-15 read Theology at Cambridge before joining us, and is now at Trinity College, Bristol.

"St Christopher's is filled with joy. The congregation are fun, generous, and kind. It's a lively place to be, not least because over a third of the congregation are children! St C's has taught me a lot and I really love it.

"If I had to pick one "best thing", it would have to be the people: the clergy, the lively church, the Pembroke House staff, volunteers, and this brilliant community make this job so fun and rewarding.

"It has confirmed and strengthened my sense that God is leading me towards ordained ministry. My understanding of priesthood is now more informed and realistic, but my enthusiasm for following this call has grown."

NEW PROJECTS IN 2015

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

Espacio Mama: Social space and English language tuition for Spanish-speaking women who are pregnant or have babies.

dl17 (revived): Performing arts and social skills programme for young people aged 9-13.

African Drumming and Dance: Drumming and dance workshops.

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 4-6 year olds and their parents or carers.

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

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

Fun Club: Community-led activities initiated by local people with the support of our Community Organiser; incorporating a Sewing Club.



ONGOING PROJECTS

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.

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

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

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

Community Garden: Sessions for locals to grow food and community.

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

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

IntoUniversity: Supporting young people in Year 5 and above to attain a university place or another chosen aspiration. Four full-time staff members based at Pembroke House.

Narcotics Anonymous: Recovery from the effects of addiction.

Victory Children's Centre's Exercise Class and crèche: Exercise for women with children under the age of 5.

We were pleased to offer subsidised rates to Housing Action for Southwark & Lambeth, Southwark Charities, the Pop-Up Cinema in Spanish and English, Philomena's Knitting Group, Man-Made Meals and the Mini Cooking Club.

We offered 386 rent-free hours to groups including Co-dependents Anonymous, City Year UK, Friends of Surrey Square Park, Posh Club, Aylesbury resident meetings, Inspire, advanced and beginners Ballet, and rehearsal space to various musicians and actors.

HOW YOU CAN HELP

During 2015 we spent approximately £350,000 on running the building and our activities. Over 500 people attended activities each week during term time and nearly 350 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 Projects and Finance, 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 4 months
- House a resident in the residency for 3 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
- Three 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.



SLAUGHTER AND MAY



Peter Stebbings Memorial Charity



Southwark Charities

... United to Serve.



Lord and Lady Lurgan Trust

