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Winter 2021, issue 235

NEWS



Let's show our appreciation for the NHS heroes working so hard to keep us safe

Art by Jenny Hammond Primary School students



We distributed nearly half a million items including tins of soups, sauces, vegetables, cereals, drinks, jams and many other items between 8 and 18 January 2021.

We are supporting our most vulnerable residents who need to stay home by collecting their food and prescriptions and calling so they have someone to speak to.

Our Christmas and Winter Appeal raised over £57,000 with the support of 336 residents and businesses, and we made sure that 1,600 vulnerable young people received a gift this Christmas.



More than 300 vaccine volunteers recruited to support the local NHS roll-out first doses of the vaccine to priority residents.



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Winter 2021, issue 235

NEWS

Vaccination rollout gives hope

■ It has been a difficult winter but there is light at the end of the tunnel

The largest vaccination programme in UK history is underway and vulnerable and elderly residents in Waltham Forest are receiving their jabs.

The local NHS Clinical Commissioning Group (CCG) is delivering the vaccine and many older care home residents, care home staff, and residents aged over-80 have already received at least their first doses. GPs are now contacting those aged 75 and over for their first doses.

The Council is working with charity Groundwork to support the CCG with volunteers to help residents when they arrive for their vaccinations. Volunteers ensure people

are comfortable and can ask questions if they would like.

Clare Coghill, leader of Waltham Forest Council said "The vaccine is the step that will enable us to be able to come out of lockdown restrictions, reopen our shops, leisure facilities, and sports grounds, and meet and celebrate together safely. Not just for a brief period but once and for all, which I know we all so desperately want after such a difficult year.

"We want you to have all the information you need to be confident taking it. Our vulnerable friends, neighbours, and family are relying on us as the more of us are vaccinated the safer they will be."

Winter appeal raises over £57,000

See Page 14



Rukhsana Khan Foundation volunteers help prepare food parcels

For vaccination information

See Pages 4-5

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From the Leader Cllr Clare Coghill



The third national lockdown we find ourselves in is one none of us wanted and comes at an extremely serious time for our country, with very high levels of confirmed COVID cases in Waltham Forest, and sadly increasing numbers of deaths.

Every death is a human tragedy felt by family members, friends, neighbours and wider society and as

we move into the eleventh month of this pandemic and the restrictions on our lives seem never ending, we can often forget the human cost that we are all trying to reduce by following the government restrictions.

Here at Waltham Forest Council we are doing everything we can to not only control the spread of the virus but also support residents through what is a very difficult time for us all. You will find information below about how you can get tested. Regular testing can help keep you and your household safe, especially if you vulnerable, are caring for or living with older relatives, or you cannot work from home.

We have also updated the 12 commitments we have made to see everyone through this difficult time. Over the

last couple of months, we have made these a priority, for example providing over 70,000 free face masks to residents so far, housing 130 rough sleepers and regularly checking-in on our most vulnerable residents. Along with these, we have added new commitments which include the most vital of all – doing all we can to support our health partners get the vaccine to residents.

The vaccine programme is the only way out of this horrendous pandemic. We have offered our staff, buildings and expertise to our local health partners and are in discussions with them on the support it would be helpful for us to provide.

I know many of you have questions about the vaccine, and you will find more information on pages 4 and 5. We are also holding regular

webinars about testing and vaccines with local health partners. See page 5 for more information about how you can ask a question and watch the webinar.

Whilst the vaccine programme does give us cause for optimism, the current high rates has placed enormous pressure on our NHS services, and we all need to do everything we can to support and protect the heroic NHS staff who have been caring for the increasing number of local people who have fallen seriously ill in this pandemic.

The council has recommended that faith leaders go beyond the current national rules, and close places of worship whilst the local situation is so serious. More than 30 places of worship across the borough have now closed, and many faith leaders

have signed up to agree that although the current guidance allows for group worship we need to go further to protect our loved ones and community in Waltham Forest. We know the power of faiths in bringing people together, and many of you will continue to worship together safely virtually as has happened throughout the pandemic.

We have seen the incredible response from our community in Waltham Forest over the last year, and we know that despite all the restrictions we have found new ways to connect and rise to the challenges we face. Our diversity is our strength, and together we will beat this pandemic.

Getting tested in Waltham Forest

Getting a test is still important - here's where you can get tested in the borough

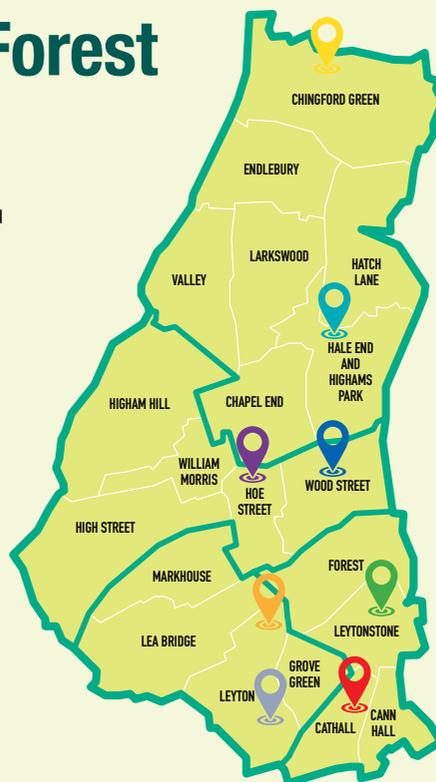
We have increased the testing capacity in Waltham Forest to make it easier for residents to get tested. There are two types of test that are currently being offered:

- Polymerase Chain Reaction (PCR) tests are available for anyone who has symptoms
 - Lateral Flow Tests (LFTs) are available for anyone who does not have symptoms
- Although anyone can get a test, there are some groups of residents who should be getting

Check www.walthamforest.gov.uk/testing for the most up to date opening times

tested more urgently. If you are vulnerable and have underlying health conditions, if you live with or care for older people, or if you are unable to work from home it is extra-important to get a test.

The graphic shows the location of test centres in the borough and the types of test being offered, PCR or LFT. Please visit: www.walthamforest.gov.uk/testing before you visit a centre to check it is open. Opening times vary as Council and Government Department for Health and Social Care try to ensure testing is focused where it is most needed.



Got symptoms?

Open every day between 8am – 8pm

Church Lane car park, Leytonstone, E11 1HG

Open every day between 7am – 9pm

Stanley Road car park, Leyton E10 7EQ

Linford Road car park, Walthamstow E17 3LS

Open every three days between 9am – 3pm

The Score Card car park, at 100 Oliver Rd, Leyton*

***Then Homebase car park, Walthamstow E17 4EE from Monday 1 February**

Not got symptoms?

Open every day between 10am – 7pm

Chingford Assembly Hall, Station Road, E4 7EN

One Hoe Street, Walthamstow E17 4SD

Jubilee Centre, Cathall Rd, Leytonstone, E11 4LA

Aldriche Way Community Room, below 118-132 Aldriche Way E4 9LZ

Contact Waltham Forest Council



www.walthamforest.gov.uk

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Waltham Forest News

Edited by: Corporate Communications Team

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk.

[facebook.com/walthamforestcouncil](https://www.facebook.com/walthamforestcouncil)

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The official independently audited free letterbox delivery of Waltham Forest News is 97,376 ABC Regional January to December 2018

Well done to local businesses keeping staff and shoppers safe

97 per cent of businesses found to be following lockdown rules

Since new lockdown measures were imposed on Tuesday 5 January, Waltham Forest's enforcement officers have been visiting businesses across the borough seven days a week to ensure all are keeping to the new rules.

with daily joint patrols with Metropolitan Police officers. Police officers are issuing Fixed Penalty Notices (FPNs) for breaches of Covid-19 regulations, and 103 FPNs have been handed out across Waltham Forest and Newham in the last fortnight.

ensure strict observance of social-distancing, mask-wearing and other public safety measures are in place

- Working in partnership with police to target unlicensed music events (illegal raves)
- Cllr Clyde Loakes, Deputy Leader and Cabinet Member for the Environment, said: "I want to thank all the businesses and staff working so hard to keep our communities safe and healthy across Waltham Forest.



The Horizon Café in Leytonstone

"I want to thank all the businesses and staff working so hard to keep our communities safe and healthy across Waltham Forest."

Within the first two weeks of the new restrictions, officers had inspected 1,485 premises and only 50 were found to not be following public health regulations. This means a fantastic 97 per cent of businesses were operating safely.

Action is focused on high streets and in town centres

In addition, enforcement officers are:

- Making greater use of CCTV, including additional resources for monitoring existing cameras, to identify gatherings and other rule breaking, with swift action to address issues
- Checking religious settings which remain open to

"I also want to underline that businesses who ignore crystal clear public health regulations during a global pandemic will be subject to the full breadth of enforcement action at our disposal – so I advise compliance and urge everyone to stay safe."

Stone Mini Market, 743 High Road Leytonstone

Adrienne Aslan from, on keeping her business Covid-secure: "We understand that some people are exempt from wearing masks, but we ask that they wait until the shop is empty of customers in order to do their shopping."

Not everyone likes it and I sometimes get abused by customers, which isn't great. We also hand out free masks and provide hand sanitizer for customers. We open the shop to anyone who is vulnerable an hour earlier to the official opening time, so that they can shop safely, and we organize deliveries of shopping for customers who are shielding."



Discount Fireworks, 410 Hoe Street Walthamstow

**NOT
COMPLYING
WITH PUBLIC
SAFETY
REGS**

On Thursday 31 December 2020 Discount Fireworks, located at 410 Hoe Street, was found to be selling fireworks directly to customers who hadn't pre-ordered them, in breach of Covid regulations which state that a non-essential businesses should only sell goods online or via telephone order with collection via delivery or a click-and-collect services.

A Prohibition Notice was issued to the business owner, which confirmed the basis on which the business could legitimately trade.

On Thursday 14 January 2021, an officer carried out a test purchase from Discount Fireworks and - despite having placed no order in advance - was able to purchase fireworks in contravention of both the current law and the previously issued enforcement notice. The business has now been served with a £1,000 fine.



For more information about your business during Covid-19, please visit walthamforest.gov.uk/COVID19BusinessHelp

4 Vaccinations

Covid-19 vaccines: What you need to know

Most vulnerable residents prioritised as vaccines are being delivered in Waltham Forest

Across the country, the largest vaccination programme in UK history is being rolled out. The local NHS is working very hard to deliver jabs in Waltham Forest starting with priority groups who are at most risk from Covid-19

At the time of going to print, those aged 70 years and over and the clinically vulnerable have started to receive their invites to receive their first dose of the vaccination. The ambition is that all those in the top four priority groups are vaccinated by mid-February, if vaccine supply allows. This is in the region of 300,000 people across north east London.

People will be invited to receive a vaccination by the NHS. This will be directly from their GP or by letter to attend a larger vaccination centre. Please wait to be invited. They are extremely busy and need all the help and understanding

we can give them at this time and that means being patient. As vaccine supply increases more centres will be open and in the coming months everyone will be offered the opportunity to be vaccinated.

For now, it is important for us all to make sure we continue to follow social distancing guidelines and control the spread of the virus.

The large increase in cases hospitals are seeing and the emergence of a new variant of the virus also shows that we cannot let our guard down now. Please keep up the good work – your effort will save lives and help us start to recover from the pandemic.

We spoke to someone who has received their first vaccine, a volunteer at a vaccine centre who is helping residents who have been invited for a jab, and some of our local GPs who are delivering vaccines so that you have all the information you need.

The top four priority groups are:

1. residents in a care home for older adults and their care home staff
2. all those 80 years of age and over and frontline health and social care workers
3. all those 75 years of age and over
4. all those 70 years of age and over and clinically extremely vulnerable individuals



What will happen when you are invited to receive your vaccine



The Mayor of Waltham Forest Cllr Chris Robbins CBE received his first vaccination dose recently. We caught up with Chris to find out more about his experience, and also spoke with Dr Ken Aswani, Chair of the Waltham Forest Clinical Commissioning Group to help you understand what to expect when you are invited for your first vaccine dose.

Cllr Chris Robbins CBE said: "I am delighted to say my wife and I have both had our first vaccinations. We found the process quick, safe and painless. Plus, beyond feeling tired for a few hours afterwards, we've experienced no after-effects. Getting vaccinated against this terrible virus is so important for everyone as we progress towards a time when we can better control Covid and start to live as we want to again.

"Waltham Forest and NHS colleagues are working tirelessly to roll out the vaccination programme so when you get your invitation for a jab, I encourage you to accept it and do your bit to protect yourself, your family and friends,

our community and the NHS."

After delivering the Mayor's first vaccine dose, Dr. Ken Aswani gave us a little more information: "It's good to know that each person we immunise in Waltham Forest is someone we can all breathe a sigh of relief for, including the Mayor! It is vitally important that whatever your background you come for your vaccination when invited.

"I'm sad to hear that some people are saying they will not take the vaccine when offered.

There are so many rumours and conspiracy theories circulating on social media. I wish the people who circulate those rumours could see a ward on the intensive care unit at Whipps Cross Hospital at the moment, full of people fighting for their lives and staff who are exhausted by the huge numbers of people flooding in needing critical medical attention. Please do not take any notice of these rumours – they literally put you and your loved ones at risk. We owe it to ourselves and our communities to look after everyone and the vaccine is a safe, tested way to do this."



Volunteers help at vaccine centres

The vaccine centres could not operate without the dedicated volunteers who have given up their free time to help welcome those invited for their first jabs and make sure they are comfortable.

We worked with Groundwork, a national federation of charities, to find some excellent volunteers and we wanted to take this chance to say thank you, and hear a little about their experiences helping to keep our most vulnerable residents safe.

“Upbeat atmosphere throughout, everybody seemed pleased to be there.”

By Keith Foreman on 18 January 2021

“Well organised and a very worthwhile volunteering opportunity! Thank you and well-done all!”

By Simon Cable on 17 January 2021

“Well organised, if they need assistance with home-based vaccinations, they may need drivers as well. Hope to be able to attend again later on.”

By Rosalind Zalicks on 14 January 2021



“Brilliant experience.”

By Michele Brock on 14 January 2021

“Well organised, felt I was doing something of value.”

Tina Willis

“Well organised, interesting and valuable contribution.”

By Louise Hodges on 13 January 2021

“Well organised by Pauline and interesting and enjoyable experience.”

By Charles Forbes on 13 January 2021

“The session at St Edmunds Church was very well organised and ran smoothly. Everyone at the session was friendly and several people coming in for vaccinations thanked me. There was a good atmosphere.”

Stephanie Burden, 13 January 2021

Vaccines at a glance

Answers to some common questions you may have

We strongly encourage all eligible residents to get vaccinated when they receive their invite. The vaccine is the route out of lockdown restrictions that will help us control the virus and start to recover.

We have answers to common questions below:

What is a vaccine?

A vaccine is a type of medicine that trains the body's response system so it can fight a virus it hasn't encountered before. Experts around the world have worked together to create vaccines for Covid-19, and there are several types of vaccine that have been developed. The UK is using the Pfizer-BioNTech and AstraZeneca vaccines, both of which have shown to provide high levels of immunity against Covid-19.

Is the vaccine safe?

Yes. The NHS will not offer any Covid-19 vaccinations to the public until independent experts have signed off that it is safe to do so. The MHRA, the official UK regulator, has said that both of these vaccines have good safety profiles and offer a high level of protection. More vaccine brands may be introduced as they get regulatory approval.

How do I get the vaccine?

Your GP will contact you when it is your turn. The vaccine is being delivered in order of priority, with vulnerable and elderly residents being vaccinated first. If you are over 80 and have not been contacted about having a first vaccine, then please contact your GP to arrange this. For everyone else, please do not contact your GP expecting to book a vaccine – they will not be able to help you.

How is the vaccine delivered?

When you are invited to receive the vaccine, you will receive it in two separate doses. These will be delivered at the same place and the second dose will be delivered between three to 12 weeks after the first. Your first dose will start to protect you, building up after 10 days to 21 days, but to get the maximum protection it is very important that you attend for your second dose when you are invited.

What should I do between my first and second dose?

It is vital that you continue to follow social distancing and other hygiene guidelines. If you are shielding because you live with an underlying condition you must continue to do so.

Should I register with my GP?

Invites for the vaccine are being delivered by GPs so it is important to get registered so that you are contacted when it is your turn – you can register online at [eastlondonregistergp.nhs.uk/start](https://www.eastlondonregistergp.nhs.uk/start)

Will I have to pay for the vaccine?

No. If you receive any text, call, or email asking you to pay for a vaccine it is not genuine and may be a scam. Report anyone asking for payment to www.actionfraud.police.uk to prevent anyone falling victim to fraudsters.

If you have a question about Covid-19 vaccinations that is not answered here please visit www.eastlondonhcp.nhs.uk/cv19vacc

The CCG and Council are hosting joint webinars where you can ask questions about Covid-19 and vaccinations. The next will be Thursday 4 February at 7pm – follow @NHS_WFCCG or @wfcouncil on Twitter to submit your questions.

Why you should get your vaccination



Local GP, Janakan Crofton, from Addison Road Medical Practice, said: “In the short weeks since the vaccination programme kicked off,

we've vaccinated over half of the over 80s, almost all our care homes residents and are working at pace to vaccinate our most vulnerable community members. This has been no small task and with no precedent for delivering a programme at this scale, we have tried our level best to overcome all the logistical challenges that have been thrown our way.

“While we are working to protect local people, we are fighting against a tide of misinformation and lies, such as

that it affects fertility, contains meat, can alter your DNA and many others, all circulating on social media and various other platforms so I urge you to check information on official channels before sharing, repeating or letting it influence you. Having had the vaccine myself, I would like to assure you that the vaccine is safe, effective and vital in allowing us to reclaim our lives and defeat this virus.

“As we continue to deliver what it is the largest vaccination programme in our history, you can support us by waiting to be invited and continuing to follow all the guidance to control the virus and save lives.

“Alongside effective testing and prevention measures, the Covid-19 vaccination is by far the most helpful tool we have to bring this pandemic to an end and our safest route to normality. Together we will beat this!”

Need help with your rent?

We know the last year has been difficult and as a result some Council tenants may have fallen into rent arrears.



The Council is here to support our residents and make sure they stay on top of their rent. Tenants should continue to pay rent and keep to all other terms of their tenancy agreement to the best of their ability.

The government has made a strong package of financial support available to tenants, and where you can pay the rent as normal, you should do. If your ability to pay rent is affected, it's important to have an early conversation with us.

Rent levels agreed in your tenancy agreement remain legally due and you

should contact the Housing Rents service on **020 8496 4197** or email **rents@walthamforest.gov.uk** if you are in difficulty.

An early conversation with the Housing Rents service can help both parties to agree a plan if you are struggling to pay your rent. This can include reaching a temporary agreement not to seek possession action for a period of time and instead, agree a payment plan.

If you receive a notice seeking possession for rent arrears or have done so already, we can discuss and agree a way forward to support you. We are committed to offering support and our understanding to tenants who may experience changing income levels.

More info

walthamforest.gov.uk/content/paying-your-rent

Domestic violence help

If you or anyone you know is experiencing domestic abuse, there is a daily drop-in service available at one of our Children's Centres across the borough providing access, help and support from a trained domestic abuse advisor.

Drop-in times:

Monday, Tuesday and Wednesday, 10am to 4pm

Leyton Children and Family Centre Hub

215 Queens Road, Leyton, E17 8PJ

Tel. **020 8496 2442**

Thursdays, 10am to 4pm

Walthamstow Children and Family Centre Hub

313 Billet Road, Walthamstow, E17 5PX

Tel. **020 8496 3511**

Fridays, 2pm to 5pm

Chingford Children and Family Centre Hub

Oaks Grove, Chingford, E4 6EY

Tel. **020 8496 1551**

There is also a free 24-hour National Domestic Abuse Helpline.

Call **0808 2000 247** or visit nationaldahelpline.org.uk

£40 million Building Safety scheme to modernise and improve homes

Building safety a top priority for Waltham Forest Council



New safety measures are being installed in council-owned blocks

A £40 million investment programme of housing building safety improvements has begun, with many works already underway including new safety measures such as sprinkler systems and communal alarm systems.

Waltham Forest Council

is now developing detailed plans for remedial work to bring its buildings up to the most modern building safety standards. In some high-rise blocks, those over 18m, the plans will involve interim safety precautions such as changing the fire strategy from Stay Put to Simultaneous Evacuation

and introducing Waking Watch and Fire Detection Alarms for resident safety while a programme of modernisation works takes place.

The Council is communicating the changes to every one of the council's tenants affected to ensure they all understand what is happening and how it affects them so that residents are safe, and feel safe, in their homes.

Cllr Louise Mitchell, Cabinet Member for Housing and Homelessness Prevention, said: "As part of our new Corporate Strategy, our Safe and Healthy Lives priority includes a commitment to high quality homes. To deliver this, we have carried out extensive examinations of all Council high-rise buildings in Waltham

Forest to ensure that every one of them is safe for the residents that call them home.

"Introducing Waking Watch and changing the fire strategy to Simultaneous Evacuation as a short-term measure in our high-rise blocks will ensure our residents feel confident that their homes are safe, while longer term modernisation works take place. We are working closely with the London Fire Brigade and every tenant so they are reassured and informed of what is happening and what it means to them."

London Fire Brigade's Borough Commander for Waltham Forest, Nick Newman, said, "We have been working closely with Waltham Forest Council

while they were considering their approach to building safety in high-rise buildings.

Their proactive approach should be commended. Introducing Waking Watch and simultaneous evacuation as a precautionary measure means residents in these buildings feel safe and can have peace of mind while the remedial works are undertaken."

More info

For more information, please visit the Council website at walthamforest.gov.uk/content/building-safety Get information on keeping your home fire safe from the London Fire Brigade at <https://www.london-fire.gov.uk/safety/the-home/>

Cooking up good meals at home

Being at home more means cooking at home more – whether you cook for necessity or fun, alone or for the whole family, new simple ideas in the kitchen that taste great are always welcome.

Now some of our favourite recipes from residents who live in Council community and independent living schemes have now been brought together in a booklet, led by resident chefs and area coordinators at St Gabriel's Church Wednesday Hub in Walthamstow.

Cllr Louise Mitchell, Cabinet Member for Housing and Homelessness Prevention said:

"These recipes are a gift from residents who reach out and support their neighbours through the joy of cooking. Love for food and brings people of all backgrounds and generations together. Great food reminds us of great times and healthy, easy-to-follow cooking inspiration is something we all welcome at home. Thanks to everyone who contributed, we hope it will spread joy - and some great new ideas to try - across the community."

For info on the local area coordination network email:

local.areacoordination@walthamforest.gov.uk

Some ideas from the booklet...

Carribbean Johnny cakes by Maud

Maud says: "Johnny cakes are a breakfast favourite for my grown-up children – plus the grandchildren love them as well."

Ingredients:

Four cups plain flour
Two tsp baking powder
One and a half tbsp margarine
Pinch of salt
Vegetable oil

Method:

Sift flour and baking powder into a bowl. Cut in margarine and rub in flour, until mix is breadcrumbs. Slowly add cold water and bring together to form a ball of dough. Place on a floured board and knead. Roll out dough and cut into rounds. Deep fry until golden brown and cooked through.

Phat potato snacks by Angeli

Angeli said: "I started making these as an alternative to my daughter snacking on crisps. They are cheap, fun quick and easy to make!"

Ingredients:

Two or three medium sized potatoes
One tsp dried rosemary
One tsp dried thyme
Two tbs oil
Three tbs water
One tsp salt

Method:

Pre-heat oven 200C/180 fan/ Gas Mark six. Cut potatoes into slices and mix with herbs and oil. Place on baking tray and cover with foil. Bake, remove foil after twenty minutes and bake for a further ten. Enjoy on their own or as a side dish with your meal.

Quick Hummus by Marlene

"As a grandmother and former foster mother, I love trying new recipes. As I don't like wasting food (or money!), I always use up extra cooked chickpeas by making my own hummus."

Ingredients:

200g canned drained chickpeas
Juice of half a lemon
One garlic clove
Pinch salt
One tbsp tahini paste
Five tbsp water
Half one tbsp of olive oil

Method:

Blend all of the ingredients. Dress with paprika and a drop of olive oil (optional) Eat with warm pitta bread or as a dip for celery and carrot sticks



Quick hummus



Johnny cakes



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Register here for access; www.fosteringwalthamforest.co.uk

Enjoy Waltham Forest

Forest Road Improvements

Since 2015, we have been working to make Forest Road a safer, more accessible place for people to travel along, whether walking, cycling, driving or using public transport.

Previously, we had made improvements to Forest Road between the borough boundary with Haringey and the William Morris Gallery, by introducing new cycle tracks, blended 'Copenhagen' crossings, new pedestrian and cycle crossings, new traffic signals, as well as a significant transformation of the Blackhorse Road Junction.

Over the last couple of months, with funding from Transport for London (TfL), we have been continuing this work from William Morris Gallery up to Woodford New Road. The recent changes introduced include:

- A mix of separated cycle lanes.
- Changing bus stop layouts, so cyclists can cycle around bus stops safely and keep separated from passengers getting on and off buses.
- Changes to kerbside parking, waiting and loading restrictions. Wherever possible, loading continues to be allowed during the same periods as previously, particularly outside the businesses between Spruce Hill Road and Wood Street.
- Additional loading bays are being installed in St Johns Road and Kingsley Road.

The views of local people are really important, and we are holding some initial engagement activity alongside implementation of the measures to capture and respond to local views from the start. Please share your views through the online survey forestroadlsp.commonplace.is

This online survey will run for at least six months to help us make potential short-term changes to improve the experimental scheme where needed. The feedback will also help inform the design of a permanent scheme. You can also email enjoy@walthamforest.gov.uk



Bell Junction

As part of our commitment to improving the Forest Road corridor, in 2017 we asked local people for input on our proposals to improve the Bell Junction.

The proposals were well supported at public consultation and detailed design work took place during 2018 to get the plans ready for construction, planned to start in early spring 2021, and should take 12 months to complete.

Changes include:

- Changing the road layout at the junction to make more space available for pedestrians and cyclists, while maintaining the current flow of traffic and bus journey times.
- Increase pavement widths around the junction

- Introduce new segregated cycle tracks and new cycle crossing points
- Install new traffic signals, including low level traffic signals for cyclist
- Upgrade the street lighting
- Resurface the footways
- Plant new trees and a variety of plants to complement the existing species in the area, increase biodiversity and improve air quality.

As this scheme has already been through a public consultation with residents and is due to be constructed, we are not seeking feedback from local people to develop the scheme further.

However, please provide your comments by visiting forestroadlsp.commonplace.is or email us at enjoy@walthamforest.gov.uk



Wands on Forest Road, Walthamstow



Low Traffic Neighbourhoods (LTNs) in South Leytonstone

Waltham Forest Council is committed to creating people friendly streets and neighbourhoods that actively encourage walking, cycling and using public transport.

In August 2020, the Council partnered up with Newham Council to introduce an experimental Low Traffic Neighbourhood (LTN) in the Forest Gate, Maryland and South Leytonstone areas. In October the scheme was extended further in South Leytonstone into the areas bounded by Ferndale Road, Montague Road, Harrow Road, Cann Hall Road, Crownfield Road, High Road Leyton, the A12 and Cathall Road.

We're currently working with TfL to monitor the scheme and to develop a survey to gather more detailed information from local people on their perception of the scheme and to capture in changes in travel behaviour. We'll be writing to local people in advance of this, inviting them to take part.

Visit walthamforestltn.commonplace.is to find out more about the scheme, to sign up to updates and to take part in the online survey.



School Streets

Five further School Street trials will be introduced this spring at schools in Walthamstow and Leyton to join the 10 successful School Streets already live in the borough.

These trials will be located at the following schools:

- The Winns Primary School, Walthamstow
- Woodside Primary Academy (Forest Site), Walthamstow
- Newport Primary School, Leyton
- Dawlish Primary School, Leyton
- And a joint scheme between St Mary's Church of England Primary School and Woodside Primary Academy (Bridge Site), Walthamstow

Further details on the trials can be found here:

walthamforest.gov.uk/schoolstreets



Community Cycle Loan Scheme

The Council has a fleet of standard cycles that are available through the Community Cycle Loan Scheme to anybody who lives, works or studies in Waltham Forest. In 2020 over 200 people hired out a bike for a total of 11,639 days - equivalent to 32 years!

The scheme is still operating with priority to key workers, people who cannot work from home, and volunteers within the local community. If you are interested in loaning one of our standard bikes, email:

cyclehire@walthamforest.gov.uk



Dr Bikes

By working with Cycle Confident we provide regular free Dr Bike sessions across the borough. The experienced Dr Bike mechanics will check over all the main components of your bike and carry out any required maintenance. Throughout 2020 we provided 15 key worker Dr Bikes including at Langthorne Health Clinic, Jane Atkinson Health & Wellbeing Centre and Whipps Cross Hospital. If you are a key worker that cycles to work or cycles as part of your role and think you and your colleagues would benefit from a session, email: cycling@walthamforest.gov.uk

Cycle parking

Calling local businesses! Do you have enough cycle stands outside your premises for customers to lock their bikes? If you would like cycle stands to be installed outside your business, or have seen a location where they would be useful, email cycling@walthamforest.gov.uk with details.



Cargo bike loans

We have a range of cargo bikes available for trial for businesses and volunteers. Our cargo bike range includes electric-assist bikes, trikes and cycles suitable for transporting a range of goods. This month, our cargo bikes were used by volunteers who were carrying out essential deliveries to support the community. If you are interested in loaning one of our cargo bikes, email: cyclehire@walthamforest.gov.uk



Virtual Tour de Waltham Forest

If you are looking for some local cycle routes to try out as part of your exercise, why not try one of our Virtual Tour de Waltham Forest routes? We have four different routes to try including a new Lea Bridge to Lloyd Park Lockdown Loop.

You can find the routes online at:

enjoywalthamforest.co.uk/virtual-tour-de-waltham-forest-2020/

Share your photos and videos on social media by using #VirtualTDWF

Try Before you Bike

Anybody who lives, works or studies in Waltham Forest can take advantage of the 'Try Before You Bike' scheme with Peddle My Wheels. They have a range of new and nearly new bikes available from £20 per month (e-bikes are from £50 per month and cargo bikes are from £100 per month) and you can pay monthly until you have paid off the value of the bike. If you decide that the bike is not for you, you can return it with no further commitment.



Online cycle skills

Transport for London have developed free online cycle skills for all abilities, whether a complete beginner or a regular cyclist. The online skills cover four key areas:

- Tips to get you and your bike prepared for the road
- How to start cycling on the road safely and responsibly
- Tips to brush up on your cycle skills
- How to cycle in a group with children or adults

Once you have completed all four modules you will receive a unique code for 15 per cent off Halfords own-brand cycle lights, locks or helmets. You can access the online cycle skills at: tfl.gov.uk/modes/cycling/cycle-skills



CarryME CIC

Want to find out how to carry your kids safely on your bicycle, so you can get to different parks? Contact info@carryme.org.uk for advice from their Baby Biking project, and then to borrow items from their Family Cycling Library. They can offer advice via Whatsapp or Skype, and Covid-secure deliveries of 'Lockdown Library' kit to your house every other Friday from Friday 29 January throughout February and March. They also have a limited number of free cargo bike hires available too (deposit required).

Walk and Talk for Your Life

The ten week Walk + Talk course by community group Walk and Talk for your Life is designed for older adults.

Following the online exercise session is a health discussion that provides a great way to learn about important health topics, share experiences, and engage socially with other local Londoners. The next course begins the week of 25 January and is free. Info: walkandtalkcic.com

In brief

Have Your Say

Low Hall Sports Ground

A planning application for the temporary use of the Low Hall Sports Ground in Leyton has been submitted and the Council is accepting comments until Sunday 14 February 2021.

The proposal is from Secret Group Ltd, generally known as Secret Cinema, who deliver world-renowned, immersive film-linked cultural events. The company is planning on hosting events on the sports ground in summer 2021, which will offer workshops and performances for students from local schools and colleges, job opportunities for local people, and free tickets for local residents to attend.

The application and all feedback received will be considered by the Planning Committee on Tuesday 2 March 2021.

You can view the application online at <https://builtenvironment.walthamforest.gov.uk/planning> and submit your comments to dmconsultations@walthamforest.gov.uk

More info

Find out more about the proposals at www.walthamforest.gov.uk/LowHallSG

New station entrance for Lea Bridge



CGI: Visualisation of the new Lea Bridge Station entrance

Commuters will soon enjoy a new station entrance to welcome them to Lea Bridge Station as part of the development of the three Lea Bridge Station sites that will create a vibrant new area around the railway station.

The proposals for the new Lea Bridge Station entrance include a ticket hall, provision for automatic ticket gate lines, a retail unit at ground floor and a basement level cycle hub with 130 cycle

parking spaces, an increase from the 48 already there.

There will be cycle hangars for disabled cyclists alongside extra bike stands in the proposed public plaza outside the new station entrance. The planning submission was approved by Waltham Forest's Planning Committee on Thursday 14 January 2020. The new station entrance is expected to be open by late 2023.

The wider development of the three Lea Bridge Station

sites will deliver around 300 new homes, 50 per cent of which will be sold at affordable market price.

Each building contains 10 per cent wheelchair adaptable flats alongside commercial and cultural space. The development will provide employment and training opportunities for local people with jobs for up to 42 local residents and 180 apprenticeships being agreed.

A planning application for the residential and commercial development is due to be submitted in summer 2021, and, pending approval, works will start on site in spring 2022 with completion planned for summer 2025.

More info

Keep up to date with the three Lea Bridge Station sites project here: walthamforest.gov.uk/3stationsites

The Score Centre looking for Leyton-based artists

Waltham Forest Council is working with developers Taylor Wimpey to invite Leyton-based artists to create a visual celebration of their community.

This commission will take pride of place on the hoardings of the new Coronation Square development in Leyton, which will be on site for up to six years.

The revitalisation of The Score Centre, to be known as Coronation Square, will bring significant benefits to the local community including 750 new homes, half of which will be below market rate and prioritised for local people.

The budget for the commission is £5,000, which must include all artist fees, expenses and design development.

If you or anyone you know would be interested, please send CVs and expressions of interest to coronationsquare@taylorwimpey-pr-co.uk by midnight on Sunday 28 February 2021.

For more about the development go to walthamforest.gov.uk/scorecentre

Music to our ears

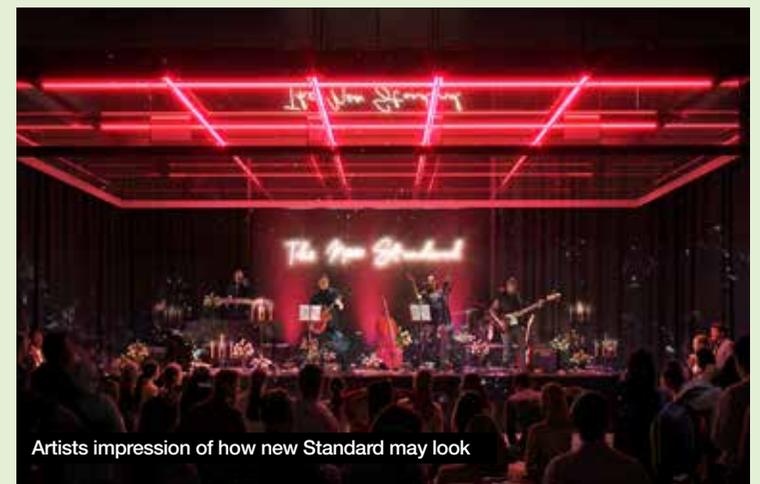
A much-missed music and cultural venue is set for a sensational return to Waltham Forest

Plans for a new basement music venue, including a bar and café, which will hold an audience of up to 500 people on the old Standard pub site in Blackhorse Lane were approved by Waltham Forest's Planning Committee on Tuesday 1 December, subject to conditions and legal agreements being reached.

Alongside the cultural venue, the project will deliver new homes and cycle parking alongside public realm improvements and landscaping. The planning application was submitted following extensive public engagement with residents of the area by project developer The Collective.

The nine-storey building will provide 300 'shared living' rooms, which will be marketed exclusively to key workers and borough residents for a period of three months before being made available on the open market. The development will be car free except for the provision of disabled car parking spaces, with extensive cycle parking available.

During the construction phase a minimum of 21 apprentice posts in the construction trade and five work placements will be made available to Waltham Forest residents. A music venue consultant will be appointed by June 2021 and will submit a marketing strategy that sets out timescales for marketing the venue, with the aim of maximising the response



Artists impression of how new Standard may look

from the music industry.

Cllr Simon Miller, Cabinet Member for Economic Growth and Housing Development, said: "This project is hugely exciting. We continue our Borough of Culture legacy by bringing back a beloved local music venue to the borough alongside much-needed housing, public realm improvements, and meaningful job opportunities for residents.

"This car-free development with cycle storage and parking helps us deliver our climate emergency agenda, and at the same time builds confidence in the future by delivering employment and training for local people. I am delighted that work will start this year as we continue to solidify our place as the cultural destination in London."

Work is expected to be completed by 2023.

Helping businesses to recover

In December 2020 we held a virtual Local Business Recovery Summit to hear directly from businesses on what support they need from us to be able to survive and thrive in the next six months and beyond. Ahead of the meeting we also launched a business survey to gather additional information and have received 167 responses.

Nearly 80 businesses joined the virtual breakfast meeting on Wednesday 2 December. Several organisations gave insightful accounts of the challenges they have faced in terms from having to furlough staff and in some instances being forced to make redundancies. Other issues included cash flow problems due to loss of contracts and income alongside the worry of

ongoing overheads and capital costs. However, despite this, there was lots of hope and optimism for the future and lots of positive suggestions on things the Council could do to help. This included ongoing financial support, business support and the expansion of the Choose Local campaign to boost the borough's economy.

The next steps will include the establishment of a Local Business Recovery Board, which will be a partnership between local businesses and the Council, alongside a Business Recovery action plan with measurable and timely objectives and interventions that will drive short and long-term recovery.

Cllr Simon Miller, Cabinet Member for Economic Growth and High Streets said "We understand the significant



impact that Covid and the third lockdown has had on the business community and we are determined to do everything we can to support our local businesses through this extremely tough time."

More info

For further information on how Waltham Forest Council is supporting businesses please visit www.walthamforest.gov.uk/COVID19BusinessHelp

Choose Local and support Waltham Forest traders

The Council's award-winning campaign continues to promote the rich and diverse range of businesses that can be found in our borough. You can read about the business chosen to promote this campaign on the Council website at www.walthamforest.gov.uk/ChooseLocalWF

The national lockdown means only essential shops are permitted to remain open. Many businesses have successfully moved online, either by providing services virtually or offering a click and collect service.

Every purchase, no matter how small, will make a difference. Please continue to show support and spread the word to friends and neighbours.

Virtual High Streets

Several borough residents have organised virtual highstreets to promote local businesses and freelancers that have a unique and creative offer, from health and wellbeing services to gifts and food and beverages.

If you are shopping for gifts or simply want to treat yourself please look at the list of online markets on the council website at www.walthamforest.gov.uk/markets

The **Waltham Forest Connect Business Directory** also provides a comprehensive list of businesses and services throughout the borough and is updated regularly.

Business Support Grants

A range of business grants are being distributed by the Council on behalf of the Government to support traders during the lockdown. We are committed to the fast distribution of this support. The easiest way to find out what's available is by visiting our information page at www.walthamforest.gov.uk/BusinessLockdownGrants

Mayor's Future Enterprise Programme



Jessica Thies

Created by Mayor of Waltham Forest Cllr Christopher Robbins CBE, the Mayor's Future Enterprise programme offers young people in Waltham Forest great training and development opportunities as part of the wider Future Programmes scheme.

The programme provides a unique opportunity helping under-represented young people aged between 18 and

30-years-old build essential business skills and networks, with an opportunity to pitch for substantial seed funding to help nurture their businesses.

The judging was broken down into four categories: innovation, sustainability & impact, implementation, and presentation. The candidates did not make the judges' job's easy as they presented a range of exciting ideas, making it difficult to choose a worthy recipient who would be benefit from the funding.

The judges selected Jessica Thies, Future Enterprise Alumni, as one of the winners. The funding will support Jessica's startup Shuttll, which will provide consumers a go-to location to shop unique, upcycled fashions from a closely curated network of designers. Makers benefit from growing their brand exposure and sales potential alongside a network of like-minded designers, to an audience of conscious consumers. Shuttll customers can donate their own gently used apparel to receive a discount on purchases.

All the young people on the programme walked away with substantial support from the team going forward, whether they were winners or runners-up. The Future Enterprise Programme will continue to work with them post-programme to ensure their success.

Cllr Chris Robbins CBE said: "I am delighted to see the Future Enterprise Scheme help so many young people in the borough. Congratulations to all the winners and runner ups who will now be able to nurture and develop their business ideas."

Watch this space as we launch Future Insights, an opportunity to be inspired through careers conversations. For more information contact Ajay.pabial@walthamforest.gov.uk

Help with employment skills to benefit jobseekers and employers

The Council's 'Steps into Work' brokerage service has been supporting residents affected by the coronavirus pandemic by delivering training and mentoring to boost their employment options.

So far over 350 residents have accessed support, and 170 have secured employment in the security sector, the civil service, or supporting the local Covid-19 response.

Since December 2020 alone, over 50 residents have been given paid work supporting the Covid-19 testing programme that is reducing infection rates in Waltham Forest, with further recruitment to continue over coming months.

We spoke to some of these residents to find out more about their experiences. Khris Seenatamby secured a position at one of the borough's testing centre facilities and was quickly promoted to Site Manager.

Khris said: "The Steps into Work team were truly amazing. They were supportive all the way through from registering me as a new user and finding me employment within a short period of time. None of this would have happened without the ongoing support and help of the team at Waltham Forest."

Team Leader Paola Bottini said: "The recruitment with Steps into Work was great. I was helped and guided by the brilliant Rebecca throughout. A very smooth experience from beginning to the end."

The Steps into Work programme exists to help employers tap into the talented local workforce as well as supporting jobseekers finding decent, stable work. To find out more about what Steps into Work could do for you, please email stepsintowork@walthamforest.gov.uk with your name and contact details. The team aims to respond within 48 hours.



STEPS INTO WORK

Nature with kids at home

Want some inspiration for things to do with children at home?

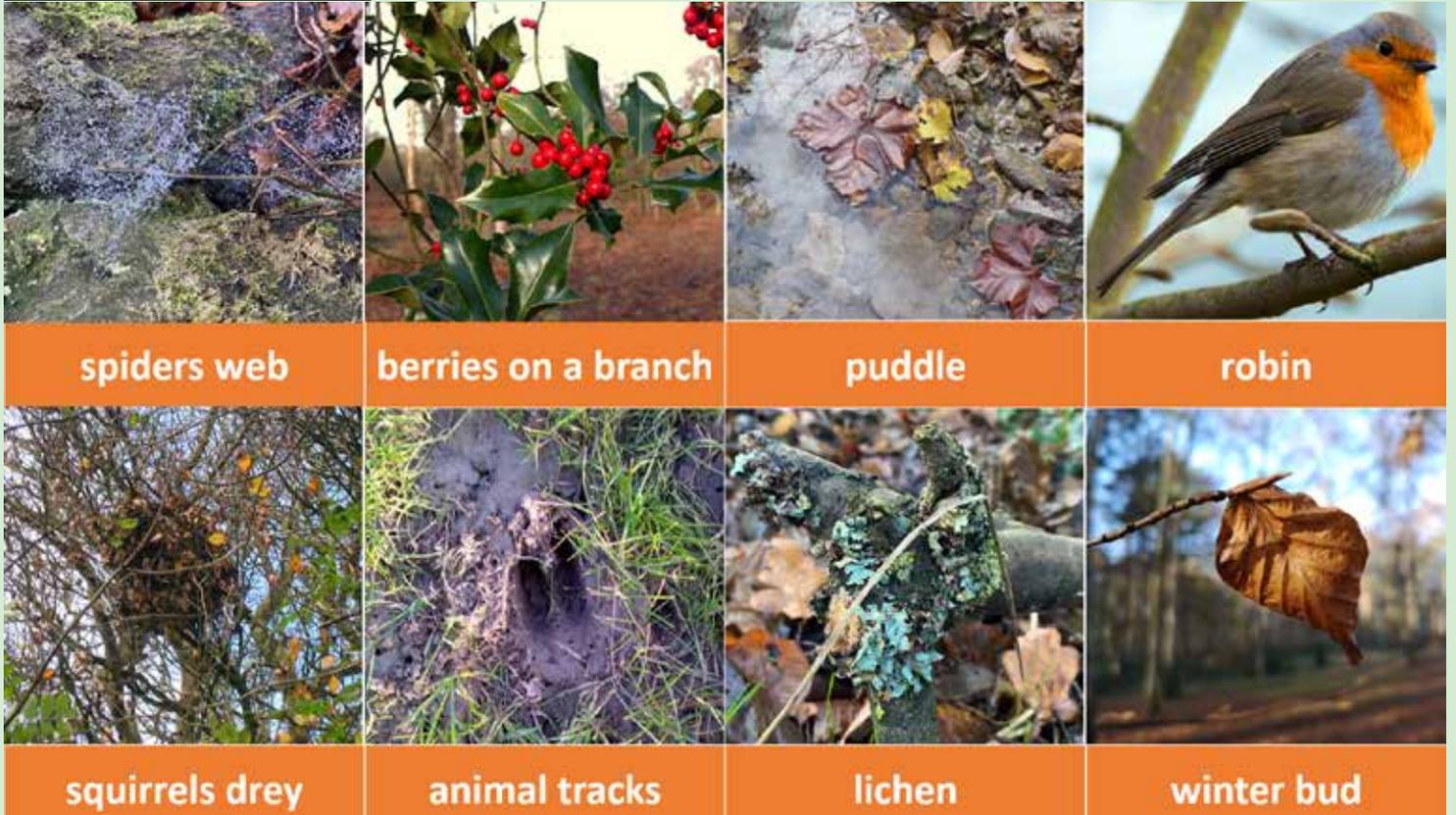
Suntrap Forest Centre, the borough's environmental educational site in Epping Forest has put together a whole range of fun, curriculum-led ideas you can do with your children safely at home or in your local green space. All with a focus on the outdoors and the environment.

Why not tick off the activities on their '30 ways to enjoy outdoors' checklist? Visit their YouTube channel and watch some short films of outdoor activities or browse their Book Club page.

Info: suntrapcentre.co.uk/suntrap-at-home



Try our winter scavenger hunt



I'M PRIVATELY FOSTERED?

If you are looking after a child temporarily that is not your own you could be private fostering and are required by law to inform your local council.

Private Fostering

<http://www.privatefostering.org.uk/>



Private Fostering **can be a safe option for a child**

Private Fostering **can work for children**

Private Fostering **can be difficult for some children**

Private Fostering **carers will be visited by a social worker**

We asked students at Jenny Hammond Primary School to get creative and make cards to thank the NHS staff who have been working their socks off to keep us safe during Covid-19.

From everyone in Waltham Forest – thank you



Christmas and Winter Appeal raises £57,530

Waltham Forest Council's Christmas and Winter Appeal has raised £57,530 as the community once again rallied to support vulnerable people.

A portion of the money raised from the backing of 336 residents and businesses was used to pay for Christmas gifts, purchased locally, for 1,600 vulnerable young people. Looked after children and young carers were among the beneficiaries of the gifts.

Local organisations who are helping residents facing homelessness, food poverty, loneliness and supporting vulnerable families were invited to apply for grants of up to £7,500. The Council will now work to make sure this money reaches community groups and local organisations who are supporting our most vulnerable residents.

Speaking about the Crowdfunder, Waltham Forest Council Leader, Clare Coghill said: "I'm so proud of the way our borough has stepped up, and

the way in which everyone has rallied to continue to support one another. We know this has been a tough 12 months for residents and the local business community. To have raised so much from so many donations is a tribute to the spirit and togetherness of this community.

"Thanks so much to every individual who donated and several businesses who made substantial donations, including Riney, Waltham Forest Servicestore, Morgan Sindall, NSL, Project Centre and Local Space. This money will go a long way towards ensuring the most vulnerable members of our community get the support they need from our wonderful charities."

The crowdfunding campaign was part of the Council's 12 Commitments to residents this winter. It was run as a joint initiative between Waltham Forest Council and Spacehive, the UK's leading civic crowdfunding platform, who waived their fees to support the Waltham Forest community.

Among the donors to the borough's Christmas and Winter Appeal was council-owned company Waltham Forest Servicestore.



John Hubbard, Servicestore Director, said: "We're not all about making profit, it's about providing quality affordable services and listening to the needs of residents and responding to that. The Christmas and Winter Appeal was a way for Servicestore to do something to support the residents who were in need."

Servicestore was launched in 2018 and now employs about 100 staff, many of them local residents, to provide services such as pest control, house clearance and gardening or handyman services. Find out more about what's on offer at walthamforestservicestore.co.uk

More info

Read more at walthamforest.gov.uk/COVID19/commitments

census 2021

Census day is 21 March 2021

The census is coming. By taking part, you can help to inform decisions on services that shape your community, such as schools, doctors' surgeries and bike lanes.

It's important you fill in your census questionnaire because the information you share affects the life of every single person living in England and Wales.

Because these things matter to us all, everyone needs to complete the census. Do not worry, your information is protected by law. That means government officials dealing with payments or services you receive cannot see it and your personal data will not be sold.

Census Day is Sunday 21 March. You can fill yours in online as soon as you get your access code in the post. If your household circumstances change on Census Day, you can let The Office for National Statistics (ONS) know.

If you need help, you can visit www.census.gov.uk where there's a wide range of support services available.

Now hiring for Census 2021

If you are looking for a temporary role and want to make a difference to your community you can apply to work on the census and be one of the 30,000 field staff recruited country-wide at www.census.gov.uk/jobs



Community Support

If you are a member of a community or faith group, charity, or voluntary sector organisation you will know what help and encouragement your community need to complete the census.

For resources and advice visit www.census.gov.uk/why-your-help-is-vital or email census@walthamforest.gov.uk

it's about us
census 2021

Have you considered applying for a postal vote? Elections on 6 May 2021

In May there will be elections for the London Mayor, Greater London Assembly and a by-election for the Hatch Lane ward.

Polling stations will be made safe for you to vote and to prevent the spread of Covid-19. We will do this with socially distanced queues, regular cleaning and personal protective equipment. This may mean that you have to allow a little longer to cast your vote on election day.

Voting by post is quick, easy and secure.

Just mark the ballot paper, sign and write your date of birth on the postal vote statement, and return to us in the prepaid envelope. There is a simple instruction sheet in the postal vote pack.

Register to vote by post now. The earlier you apply, the earlier we can send your postal vote.

To apply for a postal vote you must provide us with your date of birth and signature – these are checked against your completed postal vote at an election to keep your vote secure.

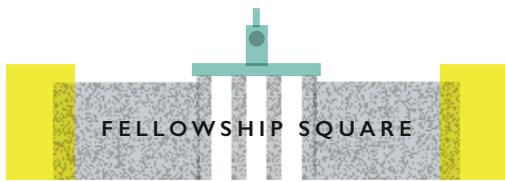
The deadline to apply for elections in May is **5pm, Tuesday 27 April 2021.**

To apply please visit www.walthamforest.gov.uk/elections for an application form.

Email: electoral.services@walthamforest.gov.uk

Tel: 020 8496 3000





FELLOWSHIP SQUARE

Work on the new Fellowship Square has been ongoing – here's how the project has come along since July 2020.

Building on the legacy of Waltham Forest's time as the Mayor's first-ever London Borough of Culture in 2019, the Fellowship Square project will provide opportunities for leisure, entertainment and learning spaces alongside exciting new shops and cafes. It will provide decent, meaningful jobs and training opportunities for local people and brand new, affordable homes prioritised for Waltham Forest residents while at the same time safeguarding the beloved Town Hall and Assembly Hall for future generations to enjoy. Stay tuned for the exciting reopening of this iconic building later this year.

July



August



September



October



December



January



Visit www.walthamforest.gov.uk/fellowship-square for all the latest updates.

Get fit, stay local

Since cycle of lockdowns began last April, we know many residents have solace, stress-relief and enjoyment from exercise. If you are yet to discover the health-boosting benefits of moving more, there's plenty of opportunities on your doorstep, or in even just in the kitchen. Take this chance to start or refresh your fitness journey with these tips from local experts, Vieve from women's cycling collective, Joyriders and Chloe Redmond from Walthamstow's community fitness company, The Body People.

Vieve, Joyriders says:

- Layer up! Watch JoyRiders' video on what to wear when cycling for top tips on layers, rain protection, and ensuring you are visible when riding. bit.ly/ridingclothes
- Enjoy local routes to enjoy on your own or with your household bubble. Cycling doesn't have to be about speed! Just getting outside and enjoying the feeling of freedom while doing some light exercise is enough. JoyRiders have made videos showing a whole range of

easy, mainly off-road routes around Waltham Forest and adjacent areas – links to route maps are included. bit.ly/routesforfunyoutube

- Cycling is the opposite of lockdown. It's freedom. It's good for the mind – and the body. If you need some help to get started JoyRiders are running a 1-2-1 cycling buddy scheme during lockdown. Contact: info@joyriderslondon.org
- Cycle & Win! Looking for some motivation to get on your bike this winter? Then

join JoyRiders' 10,000 km #WinterChallenge The £6 entry fee helps us to help more women start or return to or keep cycling. You can win £50 Wiggle vouchers in each category bit.ly/joyriderchallenge

- Take control of your safety by riding in the correct road positions... join JoyRiders' webinar to find out all the tips and tricks to doing this. bit.ly/positionroadsafe

More info

joyriderslondon.org



Boost health at home



Chloe, The Body People says:

Remember that exercise can be done with monster weights that make your muscles scream but it can also be done gently, in a small flat, listening to a podcast and having fun. Find a form of movement that makes you happy, suits your lifestyle and that you look forward to doing for the long term. This is the best way to help you to feel and see the benefits of a stronger, more flexible and energetic you.

- Exercise in whatever you're wearing - don't procrastinate hunting for the latest active wear – pyjamas will do!
- Make it a regular habit and part of your routine by setting an alarm, or stick a post it note on your mirror, to remind yourself.
- Buddy up for accountability. Ask a friend or family member to check in at least once a week to see how it's going and to share your achievements, big or small. Or better still, connect with your mate on Zoom and do an exercise session with them like our 'Lock Down Flat Friendly' Multi Fitness Class.
- Affirmations can help you feel less daunted about starting something new or returning to exercise after a break. Something like, "I'm in the best condition I could be, and today's exercise is just maintaining my amazing body and topping up my feel-good hormones." Or whatever makes you feel positive.
- Take a free class with The Body People – there's a full timetable and a range of online workouts with amazing instructors to suit your needs. Quote WFNEWS when you email me and I'll hook you up with a live online class of your choice!

Chloe's mini home workout



On the bed, pelvic floor and core

Take a moment to find a neutral levelled position on your bed with your knees bent, feet about a foot away from your bum. Try squeezing then relaxing your 'wee muscles' aka your pelvic floor, without letting your bum cheeks get involved. Do this ten times – with up to five rounds to strengthen your core, improve your posture and, for those of us who need to, prevent/rehabilitate incontinence. (Men have pelvic floors too – not just pregnant women!)

In the bathroom, squats

Stand a foot away from your bath or toilet seat with legs shoulder width apart. Go down to sit but try just to make contact – no resting, then drive back up through your thighs. Try and keep your stomach engaged – breathe – spine straight even in the slight lean forward that you do as you squat down. Repeat ten times – with up to five rounds depending on who's knocking at your bathroom door!



In the Kitchen, cardio

Side steps are a great place to start. Maybe you don't feel very co-ordinated and this is what you stick with, aiming to speed it up with soft knees for five minutes to get your blood pumping a little.

Perhaps put the radio on, grab or pick up that special someone who's giving you weird looks in the kitchen and dance your socks off until the words lockdown, are mere memories of a time when you didn't feel as exhilarated as you do now!

More info

thebodypeople.co.uk

Chloe Redmond:

info@thebodypeople.co.uk

N.B: If you have any health concerns before starting your fitness journey, please consult your GP.



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Delivering sustainably for



A belated Happy New Year to everyone.

I hope you all had an opportunity to have a break over the holiday period.



Richard Tucker

I think it is safe to say that 2020 was extraordinary, and as we all adapt again to what is a third wave of Covid-19 it can be hard to see the light at the end of the tunnel.

It is very difficult to speak about hope when so many members of our community have gone through so much and in some cases lost loved ones. However, the vaccine is now being rolled out and I for one see that as an absolute positive that

will set us on a path to finally defeating the virus.

In terms of policing, I have now entered my fifth year of being in command at Waltham Forest, and it is three years since we merged with Newham to create what is called the North East BCU. It hasn't been easy; due to cuts we had to lose significant numbers of officers and support staff as well as close some of our buildings. However, over the last 12 months we have been joined by over 200 new recruits across the BCU. This has enabled me to think about how we best use them to make Waltham Forest an even better place to live, work, and visit.

Achieving that goal is not the Police's responsibility alone and for many years

we have worked with Council and NHS colleagues to coordinate our efforts to get the best results. I fully appreciate we don't always get it right, but with the additional officers I am committed to focus on what you want us to. We will be working with colleagues in the partnership on the issues that you identify as your main concerns.

There are 20 wards within Waltham Forest and our goal is to be able to focus on an issue on each ward, with a promise to deal with it and to reach a solution. Hence our joint 20x20x20 project - 20 wards, 20 promises, 20 solutions.

For example, as the weather improves and social distancing rules are relaxed I am determined that everyone

is confident enjoying parks and opens spaces with their families. These should be areas of relaxation and enjoyment, not of menace, intimidation, and anti-social behaviour.

My hope is that we start to win back some of those who have doubted our commitment to deal with these issues. I recognise that some have had their confidence in the Police dented. Some of this is borne out of incidents where we haven't dealt with some local issues in a timely and efficient manner. My promise to you is a renewed focus on Neighbourhood Policing. I will be instructing our neighbourhood teams to engage with as many of you as possible to hear your views and concerns.

Please engage with your local officers, they are not the enemy despite what some may say! They are women and men who come to work every day with a benevolent attitude to make a difference.

I am incredibly proud of being in charge of your Police and of our achievements, but we cannot be complacent.

It won't be easy. Policing is ultimately a human endeavour, and we need your assistance and support.

Lastly, can I wish you and your families well.

Take care,

**Richard Tucker
Detective Chief
Superintendent, QPM
North East BCU
Commander**

Secure Bike Hangar storage

Finding somewhere to store your bike can prove challenging, particularly if you live in a flat or don't have your own outside space.

Waltham Forest Council has introduced the Estate Bike Hangar Programme that specially looks to provide secure residential cycle parking at its estates. Annual membership is just £30 a year and includes a BikeRegister Membership Plus Kit worth £12.99. If you're tired of struggling in the stairwell or want to free up some space in your flat why not apply for a space by visiting walthamforest.gov.uk/bikehangars



Our new funeral home in Walthamstow

We've moved just a couple of doors away.

The team have been serving the community for over 15 years and are here whenever you should need them, offering support and guidance to ensure everything and everyone is taken care of.

Walthamstow Funeralcare

269 Hoe Street, E17 9PT

Call **020 8520 5454**

Visit us online at coop.co.uk/funeralcare



Co-op Funeralcare is a trading name of Funeral Services Limited, a registered society registered in England and Wales with registration number 30808R and registered office 1 Angel Square, Manchester, M60 0AG. VAT registered 403 3146 04. Part of Co-operative Group.



It's what we do

WALTHAM
FOREST
ADULT
LEARNING
SERVICE

STEPS
INTO
WORK

Waltham Forest residents

Passport to Work

Information sessions

Skills and expert support to help you get a new job

Who and why

You can join Passport to Work for free if you are unemployed and a Waltham Forest resident.

You will:

- complete an individual programme based on your needs.
- have the opportunity to complete work experience.
- get access to full and part-time vacancies.
- receive support from your own dedicated employment adviser.
- receive one-to-one coaching.

How to join the programme

1. Phone us on 020 8496 2974 to book an information session.
2. After your information session, we can enrol you on the programme.

Information sessions: January–February 2021

Our sessions start at 9.30am and end at 12 noon:

- Monday 25 January (online)
- Monday 1 February (online)
- Monday 8 February (online)

Where

All our information sessions are currently online only as per government Covid19 guidance.

Fatima's story

"I am very lucky to have met Rebecca. She gave me lots of advice for courses which could help me. I have been successful in completing all of the courses and jobs I applied for."

Fatima registered with Steps into Work in June 2019.

She had no recent references so she was advised to apply for voluntary work. She became a volunteer in July 2019, then was offered secure employment.

Fatima was very proactive with both the Waltham Forest Adult Learning Service and Waltham Forest Council. She completed an ICT course and was considering further courses if she hadn't gained employment. She completed assessments with the Barts Health NHS Trust course and also applied for and was accepted to do a Business Support apprenticeship. Fatima began working for Waltham Forest Council in September 2019.

Passport to Work

Get help with your job search while you gain new skills:

- Digital skills, interview skills, customer service, teamwork and how to set goals.
- Practical skills on a work placement.

Cost

Passport to Work is free but only available to Waltham Forest residents who are unemployed.

Free courses and discounts

Don't live in Waltham Forest? Waltham Forest Adult Learning Service has hundreds of other courses and training for adults. Enrol with us and gain new skills for work, life and your wellbeing. You can take a course for free or get up to 70 per cent off depending on your circumstances.

To find out more, please phone us on 020 8496 2974.

www.lbwfadultlearning.co.uk
adult.learning@walthamforest.gov.uk

SUPPORTED BY
MAYOR OF LONDON



Book today

Gain skills for work, life and your wellbeing

Get a new job

Move up in your career

Improve your wellbeing

Start your own business

Get a qualification

Become an apprentice

Get help with English and maths

Call 020 8496 2974

Visit www.lbwfadultlearning.co.uk

Skills for work, life and your wellbeing

At Waltham Forest Adult Learning Service, we can help you get a job, gain a formal qualification, and improve your wellbeing.

Our courses are a mix of online and face-to-face learning. We have specially prepared our classrooms and buildings for your safety.

Free for you

You could book courses for free or up to 70 per cent off depending on your circumstances.

We also have free:

- ⌘ Job clubs
- ⌘ Arts, crafts and gardening workshops
- ⌘ Community and family learning courses.

Better English

- ⌘ Improve your English and make new friends! Join one of our free English conversation clubs for Waltham Forest residents.

Jobs help

- ⌘ Our job skills courses range from email etiquette to using MS Office software.
- ⌘ Our team can help you every step of the way to getting a new job.

Keep learning with us

Hundreds of courses and workshops:

- ⌘ Arts, craft and horticulture
- ⌘ Business and finance
- ⌘ Computers and ICT
- ⌘ Creative writing
- ⌘ English, Maths and ESOL (English for Speakers of Other Languages)
- ⌘ Family learning
- ⌘ Hairdressing and beauty
- ⌘ Health, social care and childcare
- ⌘ Job search, CV and interview skills
- ⌘ Teaching assistants
- ⌘ Wellbeing
- ⌘ Yoga.

Waltham Forest Adult Learning Service: for jobs help and to learn a new skill, call 020 8496 2974 or visit www.lbwfadultlearning.co.uk



Get a new job

Contact the Rapid Employment Service!

We will support you at every step of your journey to a new job.

Feel more confident • Improve your CV • Practise for interviews • Find vacancies • Get help with job applications, and more.

Call 0208 496 4182 (Monday to Friday, 10am–4pm)

Email stepsintowork@walthamforest.gov.uk



WALTHAM FOREST ADULT LEARNING SERVICE

BLAZE YOUR OWN TRAIL WITH AN APPRENTICESHIP

Earn up to £280 per week as an apprentice

“My experience has been positive from the start. It is a great way of embarking on a successful career in management.”
Apprentice, Team Leading and Management Level 3

Boost your earning potential and future career prospects!

Visit our website to find out how you can **earn up to £280 per week.**

We offer level two to level five apprenticeships in the following sectors:

- Leadership and Management
- School Business Manager
- Accountancy
- Business Administration
- Higher Level Teaching Assistant
- Teaching Assistant
- Early Years Educator
- Childcare
- Learning Mentor
- Customer Service

TO FIND OUT MORE OR APPLY FOR AN APPRENTICESHIP:

Register for a recruitment session:
www.lbwfadultlearning.co.uk

Ask your line manager about apprenticeships

Email:
apprenticeships.als@walthamforest.gov.uk

Text ‘apprenticeships’ to:
07740 046 122 / 07816 132 855

ENTRY REQUIREMENTS

Level 2 apprenticeships require English and Maths GCSE grade D–E or equivalent Level 1 qualification.

Level 3 and 4 apprenticeships require English and Maths GCSE grade A–C or equivalent Level 2 qualifications.

The Junction
2–4 Cathall Road
Leytonstone E11 4LF

FIRE IT UP

Apprenticeships

SUPPORTED BY
MAYOR OF LONDON

F.A.N

Friends and Neighbours

Friends and Neighbours (FAN) is part of Waltham Forest Council's Connecting Communities programme.

We are focused on supporting residents during the Covid-19 response, especially adults with English as a second language.

We partner with local organisations to plan and deliver virtual events and activities that boost residents and strengthen communities.

Free for all, our exciting programme of courses, workshops and projects include:

- virtual Bollywood fitness
- virtual costume-making
- our ShareBox creative project.

Become a partner or take part in learning together as a community!

To find out more contact:

Gregory Omeonga
Friends and Neighbours
Project Co-ordinator

✉ fan.als@walthamforest.gov.uk
☎ 079-1877-1041



Planning

LONDON BOROUGH OF WALTHAM FOREST

Planning (Listed Buildings and Conservation Areas) Act 1990- Section 67

NOTICE IS HEREBY GIVEN that the following application affecting a building within a conservation area has been made to the Council.

Application no:	Applicant Name	Site Address:
203675	C/O Agent	7 and 9 Forest Road, Leytonstone, E11 1JT
203725	C/O Agent	39 Wingfield Road, Walthamstow, London, E17 9NN
203986	C/O Agent	53 Beulah Road, Walthamstow, London, E17 9LG
203640	C/O Agent	290 High Road Leyton, Leyton, E10 5PW

LONDON BOROUGH OF WALTHAM FOREST

Planning (Listed buildings and Conservation Areas) Act 1990 Planning

NOTICE IS HEREBY GIVEN that the following application affecting a Listed Building situated within a conservation area has been made to the Council

Application no:	Applicant Name	Site Address:
203810	C/O Agent	Clock House, 13 Pretoria Avenue, London, E17 7ES

The applications are available to view on the following website:

<https://builtenvironment.walthamforest.gov.uk/planning/index.html>

Any views you would like to make for the above proposals, must be submitted in writing to the Council within 21 days of the date of this Notice. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public..

Dated this day **28th January 2021**

Justin Carr

**Assistant Director – Development Management and Building Control
London Borough of Waltham Forest**

Highways

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 PROVISION OF ELECTRIC VEHICLE CHARGING PLACES (T1(21)) THE WALTHAM FOREST (FREE PARKING PLACES, LOADING PLACES AND WAITING, LOADING AND STOPPING RESTRICTIONS) (AMENDMENT NO. *) ORDER 2021 THE WALTHAM FOREST (CHARGED-FOR PARKING PLACES) (AMENDMENT NO. *) ORDER 2021

- 1) **NOTICE IS GIVEN** that the London Borough of Waltham Forest (hereinafter referred to as “The Council”) proposes to make the above-mentioned Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the
- (a) to provide an electric vehicle charging place for two vehicles in the following locations (total length of charging place shown in brackets): **Larkwood Road E4** (12 metres), on the north side, extending eastward from approximately 21 metres east of Chingford Mount Road; **Pretoria**

Road E4 (11 metres), on the north-west side, extending south-westward from approximately 15 metres south-west of Kings Road; and **Sheredan Road E4** (12 metres), on the north side, extending westward from approximately 21 metres west of Forest Glade [Note: there would be a 1-metre length separating the two bays in each parking place on which a charging post would be located];

- (b) to provide that the electric vehicle charging places referred to in paragraph (a) above would be available ‘at any time’ for the use of any electric vehicles whilst charging at an adjacent electric vehicle charging post, limited to a maximum period of 4 hours, between 8am and 6.30pm on Mondays to Sundays inclusive; and
- (c) to update the drawings that form part of the ‘parent Orders’ that the Orders amend, to accurately reflect the parking provisions in Larkwood Road, bringing them in line with the on-street layout.
- 2) Copies of the Orders and the Council’s statement of reasons for proposing to make the Orders can be inspected on request by emailing traffic.Scheme@walthamforest.gov.uk during

normal office hours on Mondays to Fridays inclusive, until a period of 21 days from the date on which this Notice is published, or online at: <https://www.walthamforest.gov.uk/content/road-traffic-schemes-and-consultations>.

- 3) Any person desiring to object to the proposed Orders or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Highways, Low Hall, Argall Avenue, London, E10 7AS, or by emailing: traffic.Scheme@walthamforest.gov.uk, quoting reference: **T1(21) Electric Vehicle Charging Points - Batch 3 Part 2**, by the end of a period of 21 days from the date on which this Notice is published. Any objection may be communicated to, or be seen by, other persons who may be affected.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders: **T1(21) Electric Vehicle Charging Points – Batch 3 Part 2**

Dated **28th January 2021**

Mr. K. Valavan, Director of highways and Traffic Management, Resident Services, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1)

THE WALTHAM FOREST (LOW HALL, WINNS AND COPPERMILL REGIONS) (TEMPORARY ROAD CLOSURES MEASURES) (NO. 1) ORDER 2021 (TT3(21))

- The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that on 28th January 2021 it made an Order to enable highway construction works to be carried out in a safe and efficient manner.
 - The general effect of the Order will be, only at such times and to such extent as regulatory signs are displayed or, where applicable, covered - to prohibit vehicles from entering, proceeding, waiting or loading for any purpose “at any time” in the roads or parts of roads mentioned in the Schedule of this notice.
 - Vehicular access to properties affected by these temporary measures will be maintained wherever possible, subject to the extent and operation of the closures.
 - Whilst the prohibitions referred to in item 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.
 - Whilst works are being carried out in any road or part of road mentioned in the Schedule to this Notice, any one way working or no entry prohibition operating:
 - in any roads or part of roads mentioned in that Schedule; and
 - in any roads or parts of roads adjoining any roads or parts of roads mentioned in that Schedule would be suspended.
 - Vehicles waiting or loading in disregard of this Order would be removed.
 - The prohibitions mentioned above would not apply in relation to any vehicle being used -
 - in connection with the said works; or
 - for ambulance, fire brigade or police purposes (if the works allow).
 - The Order will come into operation from 28th January 2021 and would be valid for a maximum period of 18 months or until the works are completed, whichever is the sooner.
- NOTE: These works would not be carried out in all roads or sections of roads mentioned in this notice or simultaneously but in a sequence as directed by the Council to allow access and egress from adjoining roads. Signage will be placed in advance of any works in these roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary
- Dated **28th January 2021**
Mr K Valavan, Director of Highways and Traffic Management, Resident Services, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE

Coppermill region

- Cassiobury Road E17** - from its junction with Coppermill Lane south for a distance of 12 metres;
- Chester Road E17** – (1) from its junction with Coppermill Lane south-east for a distance of 12 metres and (2) from its junction with Salop Road north-west for a distance of 12 metres
- Leucha Road E17**- from its junction with Coppermill Lane south for a distance of 12 metres;
- Morland Road E17**– from its junction with Coppermill Lane south for a distance of 12 metres
- Rensburg Road E17** – (1) from its junction with Coppermill Lane south-east for a distance of 12 metres and (2) from its junction with Salop Road north-west for a distance of 12 metres

Low Hall region

- Tudor Court E17** – between its junction with Verulam Avenue and a point 18 metres westward.
- Verulam Avenue E17 (VA) – between the common boundary of No. 7/8 VA and the common boundary of No. 30/31 VA

Winns Avenue region (E17 roads)

- Priory Court** – between its junction with Winns Avenue north to the northern boundary of No. 1a/b Priory Court 25 metres
- South Countess Road** – between its junction with Winns Avenue south for a distance of 10 metres
- Winns Avenue** – between its junction with Priory Court east to the common boundary of Nos. 223 and 225 and west to the common boundary of Nos. 217 and 219

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1)

THE WALTHAM FOREST (VARIOUS ROADS) (LEAD PIPE REPLACEMENT) (ROAD CLOSURES) (NO. 1) ORDER 2021 (TT35(20))

- The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that on 28th January 2021 it made an Order to enable Thames Water Lead replacement works to be carried out in a safe and efficient manner.
- The general effect of the Order will be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) from entering, proceeding, waiting or loading for any purpose, at any time, in the roads mentioned in the Schedule of this Notice:
- Whilst works are being carried out and only at such times and to such extent as regulatory signs are displayed no person shall cause or permit any vehicle to wait or load for any purpose, at any time, within 15 metres of the junction of any road adjoining the roads mentioned in the Schedule of this Notice.
- Whilst the prohibitions referred to in

- item 2 above remain in force, advance warning signage and alternative routes for traffic shall be in place.
- Whilst works are being carried out and only at such times and to such extent as regulatory signs are displayed any one-way working or no-entry prohibitions in any roads or parts of roads mentioned in the Schedule of this Notice would be temporarily suspended.
 - Vehicles waiting or loading in disregard of the Order would be removed.
 - The restrictions mentioned above would not apply in relation to any vehicle being used -
 - in connection with the said works; or
 - for ambulance, fire brigade or police purposes (if the works allow)
 - The Order will come into operation on 28th January 2021 and would be valid for a maximum period of 12 months or until the works are completed, whichever is the sooner (this applies to all sites mentioned in the Schedule and allows for unforeseen constraints which may abort works until a future time).
- NOTE: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. *Leaflets would be distributed and signage placed in advance of any works in the above-mentioned

roads which would give more specific details on the exact dates of the and effects of any temporary traffic management as necessary.

Dated **28th January 2021**

Mr K Valavan, Director of Highways and Traffic Management, Resident Services, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE

(E11 roads)

LAMBOURNE ROAD,

QUEENS ROAD

LYTTON ROAD

WADLEY ROAD

(E10 roads)

COLCHESTER ROAD;

(E17 roads)

BEACONTREE AVENUE

RANDOLPH ROAD

GROSVENOR RISE EAST

Licensing

LONDON BOROUGH OF WALTHAM FOREST

**LICENSING ACT 2003:
APPLICATION FOR THE VARIATION OF
A PREMISES LICENCE
NOTICE OF APPLICATION FOR
THE VARIATION OF A PREMISES**

LICENCE UNDER SECTION 34 OF THE LICENSING ACT 2003.

Notice is hereby given that Ziya Colak has applied to the London Borough of Waltham Forest for the grant of a Premises Licence at Dames Food Store, 215- 217 Dames Road E7 OEA. The nature of the application is as follows: To permit the sale of alcohol Monday – Saturday 08:00 – 23:00, Sundays 10:00 – 22:30.

The Licensing register listing full details of the application is kept by the Licensing Service, 3 The Square, Leyton, London E10 5NR. The application may be viewed Monday to Friday between the hours of 9am – 5pm (except Bank Holidays).

Any person wishing to make a representation in respect of the above activities may do so in writing to the **Licensing Service, 3 The Square, Leyton, London E10 5NR** or via email: **Licensing@walthamforest.gov.uk**.

Representations must be received no later than **15 February 2021**.

It is an offence to knowingly or recklessly make a false statement in connection with this application. A person is liable to an unlimited fine on conviction should such a false statement be made.

Council Meetings

January 2021

27 Jan

5.30pm Standing Advisory Council for Religious Education 27/01
7pm SPECIAL MEETING: THE MALL, Planning Committee

February 2021

2 Feb 7pm

Planning Committee

8 Feb 7pm

Pension Committee

9 Feb 7.30pm

Communities Scrutiny Committee

10 Feb

2pm Pension Board 10/02

7.30pm Housing Scrutiny Committee

11 Feb 7.30pm

Budget and Performance Scrutiny Committee

23 Feb

2pm Cabinet

7.30pm Health Scrutiny Committee

25 Feb 7.30pm

Special Meeting: Budget and Council Tax Setting, Council

March 2021

1 March 7pm

Waltham Forest Safer Neighbourhoods Board

2 March 7pm

Planning Committee

3 March 7pm

Pension Committee

11 March 7.30pm

Children and Families Scrutiny Committee

16 March

• 1pm Health and Wellbeing Board

• 7pm Adult Social Care Scrutiny Committee

18 March

• 2pm Cabinet

• 7.30pm Neighbourhoods Scrutiny Committee

Meetings correct at time of press. For a full list of up-to-date meetings: **democracy.walthamforest.gov.uk/**

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Did you know Waltham Forest News has a circulation of 97,376 Advertising has never been so effective

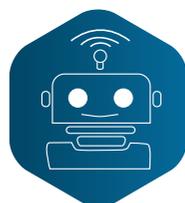
For further information on the different advertising opportunities available please call: 20 8496 8225 or email: advertisingwfn@walthamforest.gov.uk

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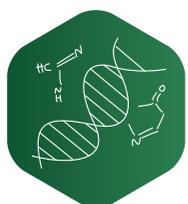
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www.sgmc.ac.uk

How else we're supporting residents...



Across the borough, Play Safe Champions help keep playgrounds open by making sure they do not get overcrowded so families without gardens can safely get fresh air during lockdown.

We have handed out over 70,000 free, high-quality reusable face-masks to residents.

We took in 130 rough sleepers under the Everyone In scheme and are now working with all of them to ensure they do not have to return to the streets.

We have helped set up nine testing sites across the borough where residents with or without symptoms can quickly and easily get a test.



We have administered £47m in business grants and £33m in rates relief to eligible local businesses, alongside £700,000 of support for the Council's commercial property tenants.

In two weeks since new lockdown restrictions were introduced on Tuesday 5 January, we visited nearly 1,500 businesses to check staff and shoppers were being kept safe and an amazing 97 per cent were operating responsibly.



Children's art from Jenny Hammond students



Waltham Forest is currently in **LOCKDOWN** which means:

<p>MEETING FRIENDS AND FAMILY </p> <p>Do not meet family or friends unless they are part of your household or support bubble.</p>	<p>BARS, PUBS AND RESTAURANTS </p> <p>Cafes, restaurants, pubs, bars and social clubs are closed, with some exceptions for takeaways.</p>	<p>RETAIL </p> <p>Only essential retail such as food shops, supermarkets, and pharmacies should be open.</p>	<p>WORK AND BUSINESS </p> <p>If you can work from home, you should do so.</p>
<p>EDUCATION </p> <p>Education venues remain open only for vulnerable children and the children of critical workers.</p>	<p>INDOOR LEISURE </p> <p>Gyms and leisure centres are closed.</p>	<p>PERSONAL CARE </p> <p>Hairdressers, tanning and nail salons, tattoo parlours, spas, body and skin piercing services must close.</p>	<p>WEDDINGS AND FUNERALS </p> <p>There are limits on who can attend weddings and funerals during lockdown.</p>
<p>ENTERTAINMENT </p> <p>All entertainment venues are closed.</p>	<p>PLACES OF WORSHIP </p> <p>Many Waltham Forest faith leaders have decided to move to online worship at this time.</p>	<p>TRAVELLING </p> <p>You should only travel if absolutely necessary, and you must wear a face-mask unless you are exempt.</p>	<p>EXERCISE </p> <p>You can leave your home to exercise once a day in your local area.</p>

If you need support at this time, then we are here for you. For information, support and guidance, please visit

walthamforest.gov.uk/covid19

