

THE COMMONER

ST BARNABAS CLAPHAM COMMON

13 OCTOBER 2022 ISSUE #49

THE FOODBANK

WAYS YOU CAN HELP IN 2020



FIND OUT
WHAT IS
NEEDED



PICK UP EXTRA
ITEMS WHEN
YOU SHOP



THEY DO A
GREAT JOB AT
THE FOODBANK



GOSSIP
POSITIVELY

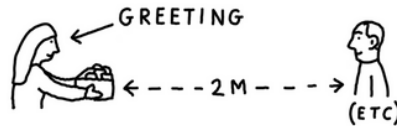


DONATE
MONEY



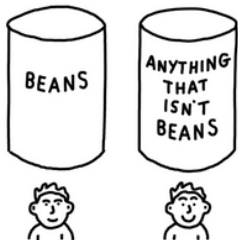
FUNDRAISE

MIGHT
HAVE
TO BE
ONLINE
NOW



VOLUNTEER
(REALLY IMPORTANT AS
MANY VOLUNTEERS OVER 65
AND NOW SELF-ISOLATING)

WHY IS THE
NEED FOR
FOODBANKS
INCREASING?



BUT
CHECK
LOCALLY



ASK PEOPLE FOR
FOODBANK DONATIONS
RATHER THAN PRESENTS



LIKE THE
SOCIAL MEDIA
PAGE



ASK AWKWARD
QUESTIONS

CartoonChurch.com

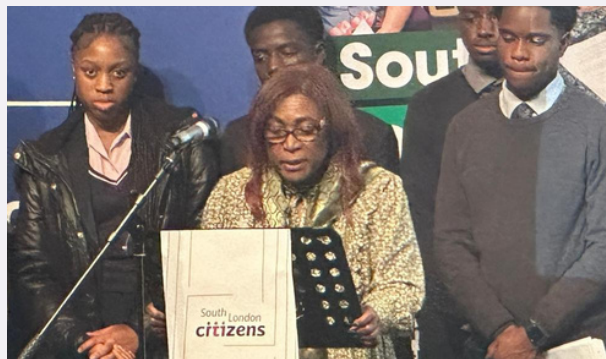
OK, so with its reference to self-isolation, the cartoon may be a little out of date; I have no doubt the sharp-eyed among you noticed that it dates from 2020 which is, of course, when COVID was impacting everything. But be that as it may, even though the pandemic is not what it was, the information provided remains apt in every other way. As we head into winter accompanied by a deepening cost of living crisis, working out ways we can help (or know where to find it) remains as important as ever. At St Barnabas, we will be leaving a shopping trolley in the entrance porch throughout the week which means those who can have an opportunity to donate non-perishable foods on the way in to church.

In addition to this, the cartoon suggests a number of other ways that you can add your support. This is the *how* of showing your support for food banks. As for making the case for the *why* you might want to, well, I'll leave Jesus to speak for himself in Matthew 25 where he says:-

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me... Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' [RT]

SOUTH LONDON LISTENS ACCOUNTABILITY ASSEMBLY

Last Monday, Citizens marked World Mental Health Day with an accountability assembly. The assembly gathered 500 diverse and organised civil leaders, local government and NHS decision makers from 10 South London boroughs pledging to continue to work together to improve mental health services.



Brought from her own personal and professional experiences Yvonne has been leading the discussions and project to improve the mental health provisions.

Here is a transcript from the speech she made at the assembly and kindly agreed to share on the Commoner.

Thank you young people from Angell Town.

Good evening, my name is Yvonne Langley. I am a mother and a grandmother living in Wandsworth.

I got involved in South London Listens because of my past-experience with my son's mental health challenges as a teenager.

During the winter lockdown we listened to students, families and teachers. Parents and students were experiencing a long waiting time for CAMHS, not knowing when they would be seen or where to turn too while they waited. These were the people who created the idea for the CAMHS Virtual waiting room.

The CAMHS Virtual waiting room is a place for parents, teachers and students to quickly get more support and information during their waiting time to see a professional.

We are grateful to the mental health trusts for working with us to get this project going. We as South London Citizens met with two of them over a period of time and we are happy to see the difference it is already making.

Now, back to the young people to make the ask!



ST BARNABAS CLAPHAM COMMON
CHURCH FOR ALL - INCLUDING YOU

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CREW ENERGY CAFE



SATURDAY 15 OCTOBER, 10.30-12.30
ST BARNABAS CHURCH

We were delighted to welcome Toby Costin from Crew Energy last Sunday. Crew Energy provides free energy advice from how to reduce energy consumption to how to manage energy bills. They will hold an Energy Café on Saturday morning in St Barnabas to provide general and one-to-one advice. The Energy Café is open to anyone so please spread the word - reducing our energy consumption is a great way to look after our planet!

LET'S GET TOGETHER!

If you would like to volunteer for a one-off afternoon to help with the upkeep of our church, please put **Sunday 6 November** in your diary. If you like painting or using screwdrivers, Mike has got a list of odd jobs that need doing, if you prefer the outdoors, Andrew has a list of gardening items that need doing and if you rather stay indoors there will be a list of indoor things that need tending to. Above all, there will be refreshments and a nice sense of togetherness! So if you would like to help, please stay after the service.

COMMUNITY THURSDAYS

On Thursday 15 September we welcomed back the Thursday Fellowship with a lovely lunch of warm soup, nice soft bread, a selection of cheese and desserts. It was a lovely moment of conviviality and a real success so we are delighted to share that we will be hosting community lunches twice a month. When we are not meeting for a lunch, Yvonne organises afternoon activities so there is something happening nearly every Thursday! If you have an elderly neighbour who might enjoy the company, please let them know.

TAIZE COMMUNION SERVICE

The next Taize Communion service will be at 12.15pm on Thursday 13 October and Thursday 17 November.

GLASSDOOR SLEEPOUT

A massive thank you to all who donated to the Glassdoor Sleepout - so far the St Barnabas team has raised an amazing £2,400! So a big thank you to you all and thank you to Elise, Phoebe, Richard and Nick for taking part! The Nightshelter is opening its doors from December, with St Barnabas hosting on a Thursday night - if you would like to volunteer please speak to Richard - it's always better to have too many (rather than not enough) volunteers on the rota.

SOUTH LONDON LISTENS



Last Monday, *South London Citizens* marked World Mental Health Day with an Accountability Assembly. Here's an account of proceedings from Rod Eames.

Yvonne Langley, Citizens' Accountability Assembly, Monday 10 October 2022

A group of us represented St Barnabas at the South London Listens 2022 accountability assembly, to support the drive for mental illness health prevention. We heard from all ages and parts of the community on the priorities of social isolation, loneliness, work and wages, the needs of young people, parental mental health, and access to mental health services. It was an energising and inspiring evening - not least the speech by Yvonne - and demonstrated the power of building relationships and using community listening and organising, to address social and economic injustices in South London.

Rod Eames

MUM'S NIGHT OUT



Mums' Night Out is a new event from **Care for the Family** for women who happen to be mums, and need a night off to laugh and reconnect, to sing-along and maybe even boogie a little

with those who understand the phenomenal job you do! Coming to Wimbledon on 3rd November. Grab your ticket at cff.org.uk/mumsnight

CREATION CARE

We've just had several Sundays focused on the Christian approach to care for our environment. You've heard some of the things our church is taking action on, but it will take all of us. Did you take the carbon footprint audit in last month's Commoner? Have you been inspired to make any changes? One area I've thought about during harvest time is the plastics and packaging used in much of our produce purchases. Consider shopping at local markets where there is less packaging and perhaps even the transportation costs to get the food to the market are lower. And while you are at it, kindly, communicate to the grocery store directly your concerns about plastics. We can not make change without bold actions! Also, please note that Friends of Clapham Common are doing another litter pick up on Saturday, 22/10 11am-1pm!

Monica McFarland (Eco Church)



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