



Tustin Estate newsletter

February 2023

Welcome to the latest edition of the Tustin Estate monthly newsletter from Southwark Council.

The residents of the Tustin Estate have voted for the demolition and rebuild of Bowness House, Heversham House, Hillbeck Close and Kentmere House, and the refurbishment of the council houses on Manor Grove. The first phase of new homes are now being built and will be ready in 2025.

The design of the new homes at Hillbeck Close is pictured above.

Letting the Phase One new homes

At the public meeting held by the Tustin Community Association at the end of January, a presentation was given about the letting of the new homes being built in Phase One.

Priority for these first new homes will be for the permanent rehousing of residents (both tenants and leaseholders) in Bowness, Heversham and Kentmere Houses whose homes need to be demolished to make way for the later phases. Also the former residents of Hillbeck Close with a right to return, and the tenants of Manor Grove whose homes will be undergoing major works and they have chosen a permanent rehousing.

The remaining homes will then be used by those permanent residents in Bowness, Heversham and Kentmere Houses who have decided that they prefer their permanent home to be one of those in the later phases.

When the homes are completed in early 2025, under the Tustin Local Lettings Scheme the remaining homes in Phase One will be advertised to those residents in the towers who are in housing need; such as medical need, overcrowding and under occupations. They will be able to bid for these new homes ahead of others on the list. If you live in the towers and want to bid for these homes when they become available in 2025, and want help

to be registered, contact the Tustin Team on **020 7732 2886** and we will be able to help.

Further archaeological investigations

Further archaeological investigations have been requested by the local planning authority. You will recall that archaeological trenches have already been dug on the estate, especially in front of Heversham House.

AOC Archaeology will be working on three trenches:

- Trench 1 – From 6 February in the footprint of building C (Ullswater House)
- Trench 2 – From 13 February in the footprint of building D1 (Manor Grove)
- Trench 3 – From 20 February in the footprint of building D2 (Manor Grove)

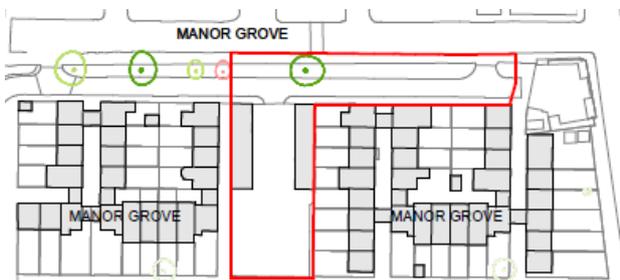
Each trench will take up to 10 working days. The trenches will be backfilled once they have been signed off by planning.



The trenches are shown in red

Changes to parking

The hoarding at Manor Grove will be installed soon, ready for the new houses to begin construction. This will mean the loss of 8 parking bays and 1 relocated parking bay. The new temporary parking bays behind Bowness House and at Manor Grove will be confirmed soon. Contractors are currently seeing how much this work will cost.



Manor Grove hoarding plan

New engagement plan

Bouygues have now spoken with residents about a new engagement plan. The key changes are a new monthly coffee morning due to start in April and a single monthly drop-in session with themes, which will be announced in the Bouygues Newsletter. Please see all the details on page 10.

At the March drop-in, an updated selection of colour palettes will be presented for which you will be requested to vote for your favourite.

Take the One Bag a Week Challenge

What's the challenge? It's simple: put no more than one bag of rubbish in your bin each week. The One Bag a Week

Challenge is here to help you do this and to help Southwark become carbon neutral by 2030.



We're all trying to do our bit to reduce our impact on the climate. Reducing your rubbish is one of the simplest actions you can take today to help Southwark reach its target to be carbon neutral by 2030 and protect our environment.

If everyone in Southwark simply used all the recycling services they currently have access to, our recycling rate could be as high as 48% compared to our current 35%.

On average, around two thirds of your rubbish bin is recyclable or reusable, and it costs six times more to process rubbish than it does recycling. This is money that could be better spent on other vital services such as schools and parks.

One Bag a Week only refers to non-recyclable rubbish - you can put out as many clear recycling sacks or fill up your recycling bin as much as you like! Don't forget to empty and rinse before you recycle. But let's start with reducing waste in the first place.

Southwark 2030

Southwark 2030 is your chance to help shape the future of our borough. We want to bring people together, from all parts of our community, to talk about and help decide the place we all want Southwark to be by 2030. There are lots of ways to get involved in Southwark 2030. Please join in by visiting the website:

www.southwark.gov.uk/southwark2030



Cost of Living support

We know money is tight for lots of residents at the moment. If you need help or support through the cost of living crisis, we are here to help. Please visit www.southwark.gov.uk/here-to-help



Standard construction hours

Noisy building work is only carried out between the following hours:

- Monday to Friday 8am to 6pm
- Saturdays 9am to 2pm
- No works on Sundays and Bank Holidays

Environmental monitoring

Bouygues monitor noise, dust, and vibrations to ensure they're operating safely and within the limits set by Southwark. Monitors are installed around the construction site.

Construction video

Don't forget Bouygues has created a video to show how the construction of the new homes will be managed – you can watch it online using this QR code:



Our Future Health

Have you noticed the NHS health bus in the Lidl's Car Park on the Old Kent Road? It is the local base for "Our Future Health" a new research initiative that is looking out for volunteers.

Today, millions of people spend many years of their life in poor health, suffering from common diseases such as

dementia, cancer, diabetes, heart disease and stroke. Too often, we detect and treat diseases only when patients start showing symptoms.

The NHS's goal is to revolutionise the way we fight disease by collecting information from millions of volunteers across the UK. Together we can help researchers find ways to prevent, detect and treat diseases earlier.

Every adult living in the UK is eligible to join Our Future Health, including people with pre-existing health conditions. By taking part in Our Future Health, you'll support new discoveries that will help people live healthier lives for longer. You'll also have the chance to find out more about your own health and future risk of disease.

To join the initiative just register at **www.ourfuturehealth.co.uk** and they will sort out an appointment for you to give a small blood sample and have measurements taken.

Drop-in sessions

The next drop-in session will be on Thursday 23 February 2023. If you want to speak to the team before then, do not forget we are available 24 hours a day, 7 days a week at the Ledbury TRA Hall, Pencraig way (next to Kwik Fit on the Old Kent Road), London SE15 1SH. You can telephone on **020 7732 2886** or email **tustin@southwark.gov.uk**

Local police sessions

The local Old Kent Road Ward Police team have requested that any crime be reported, if it is an emergency, to **999** and for non-emergencies to **101**.

The team can also be contacted by telephone on **020 8721 2436**, emailing **oldkentroad.snt@met.police.uk** or they can be tweeted at **[@MPSOldkentRoad](https://twitter.com/MPSOldkentRoad)**.

Repairs

The blocks that are due for demolition are still maintained by the council. All repairs for all the blocks on the Tustin Estate should be reported by calling **0800 952 4444**.

Damp and mould

If you are a Southwark Council tenant with damp or mould in your home, you can get in contact with us by emailing **dampandmould@southwark.gov.uk** or calling us on **020 7525 2600** and choosing option one and then option five.

Tustin Community Association

The Tenants and Residents' group for the Tustin Estate is called the Tustin Community Association (TCA). It has been established for many years and works on behalf of residents on many issues. The group meet on the third Thursday of each month at 6pm by Zoom.

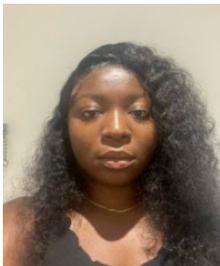
Andrew Eke is Chair of the Tustin Community Association. The contact details for the TCA are:

- Telephone: **07464 867736**
- Email: **tustintca02@hotmail.com**
- Address: Residents Hall, Windermere Point, London SE15 1DY

The Tustin Resident Project Group

The Tustin Resident Project Group meets monthly and oversees the project from a resident perspective working with Southwark Council. We are keen for more people to get involved. If you are interested in joining the group, please contact Jen Pepper on Freephone **0800 073 1051** or at **jen.pepper@opencommunities.org**

Contacting Bouygues



If you want to contact Bouygues UK their Resident Liaison Officer is Mariam Ayoola. **Mariam's** email address is:

mariam.ayoola@bouygues-uk.com.

Their out of hours number is 0800 0837268.

Resident Services Officer

Andrew Johnson is the Resident Services Officer for the Tustin Estate. You can contact Andrew on **07535 541329** and his email address is **andrew.johnson@southwark.gov.uk**

Contacting Southwark about this project

The Tustin team working with the community on the plans for the low rise homes on the estate can be contacted on **020 7732 2886** or email **tustin@southwark.gov.uk.**

Flu and COVID-19: book your vaccine today

Being vaccinated is the best way to protect yourself and others from flu and COVID-19. Book your COVID-19 and flu jabs today at **www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/**

Help to prevent spread of winter bugs and protect yourself

The best way to protect yourself and your loved ones is to:

- Get vaccinated against flu and COVID-19
- Let fresh air in if meeting indoors
- If you feel unwell, try to stay at home and avoid contact with other people where possible
- Wear a face covering, in crowded and enclosed spaces
- Wash your hands or use sanitiser

The Independent Tenant and Homeowner Advisor

The Open Communities staff who will work on Tustin, providing individual advice to tenants, leaseholders and freeholders, and organising, chairing and taking minutes at the estate-wide and

Resident Project Group Meetings, are Jen Pepper and Murselin Islam.

You can contact Jen on jen.pepper@opencommunities.org and Murselin at murselinislam@hotmail.com and Freephone **0800 073 1051**.



Jen Pepper
jen.pepper@opencommunities.org



Murselin Islam
murselinislam@hotmail.com

Visit Tower Bridge for £1

If you live in Southwark, now is the perfect time to discover Tower Bridge with their Community Ticket for just £1.



Discover the stories behind the architecture, the engineering, and the

people that built Tower Bridge - our local landmark. You can stand on the iconic Glass Floors in the Walkways and look down at spectacular views of your city from above the Thames.

All adults will be required to provide proof of address and photo ID to be eligible for a £1 ticket. Each child (aged 5 to 15) needs a £1 ticket but does not require proof of address or photo ID. They must be accompanied by an eligible adult. A maximum of 4 children or students will be eligible per accompanying eligible adult. Children under 5 receive free entry, but a ticket is required so please book an under 5 ticket.

To book your £1 ticket go to www.towerbridge.org.uk.

Warm Spaces

Particularly during the winter, please keep an eye on the elderly and vulnerable. We have warm spaces across the borough for residents who are concerned about heating their homes or would like a hot drink and a chat. For more information please visit www.southwark.gov.uk/warm-spaces



Help end rough sleeping in Southwark

Help us to end rough sleeping in Southwark and keep everyone warm and safe this winter. If you do see someone sleeping rough and want to help, please report this through this website www.streetlink.org.uk



Southwark Council Handyperson Service

SOCIAL HOUSING • HOUSING ASSOCIATION • HOME OWNERS



**Southwark Council
Handyperson Service**

A helping hand around the home.

If you have small repairs within your home - **we can help!**
You need to be over the age of 60, or any age with a disability, and live in Southwark.

There is an hourly rate charge depending on your financial circumstances. There are no call out charges or hidden extras.

Some tasks we can help with:

- 🔨 Installing grab/hand rails
- 🔨 Moving furniture
- 🔨 Fixing curtain rails
- 🔨 Changing locks
- 🔨 Minor carpentry work
- 🔨 Grass/hedge cutting
- 🔨 Building flat pack furniture
- 🔨 Changing light bulbs
- 🔨 Minor fencing repairs or installations
- 🔨 Small plumbing repairs

Contact us to find out if we can help with any other tasks you have.

We can supply materials but would be happy to use the materials that you have purchased.

To find out more information or make an appointment:

📞 **020 7525 1863**

✉️ handypersonservice@southwark.gov.uk

www.Southwark.gov.uk/Handyperson



Top tips to improve your mental wellbeing

There are little things we can all do to take care of our mental wellbeing.



Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:



1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

2. Focus on now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.



Better Health every mind matters

If you or someone you trust has a smart phone or computer and can access the internet, do visit www.nhs.uk/every-mind-matters/ for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.

Tustin Diary Dates for the next few months

Diary Date	What's the event	Where is it?
Thursday 16 Feb 2023 starting at 6pm	Tustin Community Association Meeting	Held on Zoom, details are available from the Chair, Andrew Eke at: tustintca02@hotmail.com .
Thursday 23 Feb 2023 3pm to 7pm	Tustin Drop-in	This will be held at Tustin Community Hall Windermere Point, between 3pm and 7pm.
Thursday 9 March 2023 starting at 6pm	Tustin Resident Project Group	This is a hybrid meeting held at the Tustin Community Hall in Windermere Point and on Zoom. The Zoom details are available from Jen Pepper the Independent Tenant and Homeowner Advisor at jen.pepper@opencommunities.org .
Thursday 16 March 2023 starting at 6pm	Tustin Community Association Meeting	Held on Zoom, details are available from the Chair, Andrew Eke at: tustintca02@hotmail.com .
Thursday 23 March 2023 3pm to 7pm	Tustin Drop-in	This will be held at Tustin Community Hall Windermere Point, between 3pm and 7pm.
Thursday 13 April 2023 starting at 6pm	Tustin Resident Project Group	This is a hybrid meeting held at the Tustin Community Hall in Windermere Point and on Zoom. The Zoom details are available from Jen Pepper the Independent Tenant and Homeowner Advisor at jen.pepper@opencommunities.org .
Thursday 20 April 2023 starting at 6pm	Tustin Community Association Meeting	Held on Zoom, details are available from the Chair, Andrew Eke at: tustintca02@hotmail.com .
Thursday 27 April 2023 3pm to 7pm	Tustin Drop-in	This will be held at Tustin Community Hall Windermere Point, between 3pm and 7pm.
Thursday 11 May 2023 starting at 6pm	Tustin Resident Project Group	This is a hybrid meeting held at the Tustin Community Hall in Windermere Point and on Zoom. The Zoom details are available from Jen Pepper the Independent Tenant and Homeowner Advisor at jen.pepper@opencommunities.org .
Thursday 18 May 2023 starting at 6pm	Tustin Community Association Meeting	Held on Zoom, details are available from the Chair, Andrew Eke at: tustintca02@hotmail.com .