



## Community Cycling in Cherry Orchard

*Learn to ride with confidence on the road, and explore your local area with the Community Cycling programme!*

The Community Cycling project is a 10-week cycling programme running every Sunday afternoon, 1pm-4pm, from Sunday 8th October.

You'll learn more control skills, games and road awareness in the first few weeks of the course. The last few weeks will be fun rides to places you want to discover by bike, like the Thames Path, Woolwich Town Centre, Eltham Palace, or anywhere else you like (within 3 hours there and back!).

You can suggest where to go and the instructors can plan a route for the following week.

The sessions will kick-start with a Dr Bike session on 24th September 10am-2pm at Blaker Court football pitch, where a mechanic will check your bike and correct any minor repairs needed to make sure it is roadworthy.

The sessions are available to anyone aged 7+, and some bikes are available on a first-come-first-served basis on registration. There are up to 18 spaces available each week – you can sign up by getting in touch with Jasmin Thompson or Tricia Merchant on 020 8319 8870 before the first week of the training. And best of all, it's all free!



## Youth Summer Programme

The annual Youth Summer Programme has now come to a close after five fun filled weeks. With 250 children participating in our 26 activities, this year's programme saw the return of our popular London Fire Brigade LIFE course as well as the introduction of cooking classes which went down a treat.

We want to take this opportunity to say thank you to all the young people that make this programme a success and we look forward to seeing you all again next year.

## MyAccount

Earlier this year we were excited to announce that we had launched our new self-service portal. For those of you who have already started using the MyAccount portal, you may notice a new look and some minor changes to the original as it has been updated for Charlton Triangle Homes. Don't worry though, you will still be able to access and log in to the portal in the exact same way.

If you don't have an account already, register today at [charltontriangle.org.uk](http://charltontriangle.org.uk) and start managing your home with us more easily than ever before.



## DATES FOR YOUR DIARY:

**50 plus group**

**Trip to Tenterden Festival.**

Saturday 7th October £10

**SNT Drop-in sessions**

Wednesday 27th Sept 12pm-1pm

Tuesday 10th Oct 11am-12pm

Thursday 9th Nov 12pm-1pm

**Mutual Exchange Event**

Friday 29th September

10am-3pm outside the Charlton Triangle Office

## 50 plus group

The 50 plus group enjoyed another great, sunny outing to the coastal town of Worthing this month.

The 50 plus group is a community group run by local residents, which has lunch clubs, day trips, exercise classes and more for members to enjoy throughout the year.

The group, which meets several times a week for different activities, is a great way to meet new people. Sign up is free and the group is always open to new members, so visit the Charlton Triangle Homes office to find out more and register.



### Charlton Triangle Love London Working Employment Support Project.

All those wanting help to find a job are welcome to contact Ionie Roper at the New Leaf Centre on 0208 319 8416 or 124a Blaker Court.

Similarly, for an appointment for support with welfare/benefits contact Ionie for an appointment with a welfare adviser.

- CAB debt specialist available 10am-11am Thursdays at New Leaf Centre.
- Health worker at New Leaf café 12pm-3pm on Wednesdays in the office.
- Community Shop open alongside café at 92a Blaker Court Tues/Wed/Thurs 9am-3pm

### Do you know anyone who needs one hour/week befriending?

If so contact Bev Handley on 0208 319 9261 to discuss.

### Referrals for counselling/reiki

please contact Ionie at New Leaf and our therapists will be in touch regarding an initial appointment

**Tel: 020 8319 8870** [www.charltontriangle.org.uk](http://www.charltontriangle.org.uk)

Charlton Triangle Homes, 9-10 Cedar Court, Fairlawn, Charlton SE7 7EH

#### Opening hours:

Monday - Friday 9.00am - 5.00pm;

Closed on Wednesdays from 2.00 - 3.30pm

Translation Service Available

Wettons New Number: 0208 293 9569