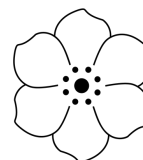


The Newsletter

Charity number: 1118010 Sept/Oct 2026



**BESSON
STREET
TRUST**

Working to make New Cross Gate a fulfilling, healthy and safe place to live, work and study

Staff updates

We say a massive THANK YOU to JILL, for being the life and soul of Besson Street for 21 years! Jill kept everything ticking, and always with a warm welcome. We will miss her energy, compassion and wish her well on this next chapter.

We are excited to welcome two new joiners at Besson Street. Rob Drummer joins us in October as our new Managing Director. Rob comes from a Creative Arts background and has a huge wealth of experience in the community and charity sector.

Kristyn Mitchell is our new Centre and Operations Manager. She brings over 25 years' experience in Event Management within hospitality and consultancy sectors and most recently in our community at The Hill Station Cafe.

FOOD BOXES

Working with our partner Feed The Hill, we will be offering 5 free food boxes weekly - get in touch to collect a box!

MENTAL HEALTH & WELLBEING SUPPORT

Monday afternoons. If you have a problem affecting your health & wellbeing, PIP foms, contact us for a referral.

FORM FILLING

Free service for anyone struggling to complete online forms. Please contact us to book.



ESOL CLASSES

English for Speakers of Other Languages. Do you know someone who might benefit from free ESOL classes? We offer classes to anyone needing to learn or improve their English. Assessments take place on Tuesday 3pm & Thursday 12pm. No appointment required.

SEWING CLUB

We have vacancies in our popular 'Sew You Want to Get Out More' where you can meet new people whilst creating a hand-sewn piece of work. Contact us to book. No cost. Mondays from 9:30am - 13:30

IT SKILLS & CV SUPPORT

We offer free Digital Skills, CV and Job application support. We deliver these sessions from New Cross Learning on Monday's from 10am - Drop in!

OUR ANNUAL COMMUNITY OPEN GARDEN

Part of HatchFest 18-20 September 2026

We are excited to be part of the Hatch Fest again for 2026!

Join our Besson Street Community for a lazy Sunday afternoon where tea and cakes will be available, Sunday papers and board games. Bring a picnic and chill in this beautiful oasis in the heart of New Cross Gate to some live Folk Music, kids workshops, New Cross Fire Brigade, Street Trees for Living, Seed Swap and more...

Sunday, 20th September 2026 from 12:30pm till 4pm

Event Schedule



What's On at Besson Street?

MONDAY'S

- **Stay & Play - under 5's + adult**
9.30am - 12.30pm. Drop in.
- **Sew You Wanna Get Out More -**
Hand sewing classes 9.30am - 1:30pm. Book in advance
- **Gardening Club** - All levels of experience and health welcome.
Drop in 1.00pm - 3.00pm
- **Self advocacy sessions (Mental Health & Wellbeing Support)**
2pm - 5pm. Appointment req.
- **Singing for Fun!** Anyone can join - a joyous group. 2.00pm - 3.30pm.

TUESDAY'S

- **Stay & Play - under 5's + adult**
9.30am - 2.30pm. Drop In
- **Digital Support, CV, Job application support - drop in at New Cross Learning**
10.00-11.30 - Beginner IT skills
11.30 - 13.00 - Intermediate IT skills
13.00-14.00 - IT support, CV & job application help (term-time only)

TUESDAY'S CONT'D

- **JOY Singing group for over 60's**
- 1pm-2:30pm
- **Form Filling Service** - 1.30pm - 3.30pm. Appointment needed.
- **ESOL Assessment** - 3.00 pm
- **Ensemble Music Class (mix instruments) (8-12 year olds)** - 4pm-6.00pm (delivered at Sommerville)

WEDNESDAY'S

- **Birds, bees, trees & leaves**
enviro classes for primary schools
9.30am - 12noon
- **Form Filling Service** - 9.30pm - 12.00pm. Appointment required.
- **Gardening Club** - all levels of experience and health welcome
Drop in. 12.00pm - 2.00pm
- **Collage & Chat** - a calm space where you can create the wild and wonderful in great company. 1.30 pm - 3.30 pm. Drop in

THURSDAY'S

- **Birds, bees, trees & leaves** -
enviro classes for primary schools
9.30am - 12noon
- **Crochet & Chat** - from total beginners to experienced crocheters - 2:45pm - 5:00pm. Drop in!
- **ESOL Assessment** - 12.00pm
- **Ukulele for over 60's** - from beginners to virtuoso (we wish!)
1.30 pm - 2.30 pm - we have spare ukes if you need one.

FRIDAY'S

- **Stay & Play - under 5's + adult**
9.30 am - 2.30 pm
Rain or Shine! Drop in.
- **JOY Cuppa Club** - 2.00pm - 4.00 pm third Friday every month - over 60's - everyone gets a warm welcome.

TRAINING COURSES FOR WORK

BOOK HERE



FIRST AID - LEVEL 3

Friday 16 OCT
9.15am - 4.30pm

Accredited one-day training for emergency first aid in the workplace, community, or home.
£50 per person (£10 unwaged)

FIRE SAFETY - LEVEL 2

Friday 6 NOV
9.15am - 4.30pm

Accredited one day course for anyone who has involvement in Fire safety, such as designated fire wardens/fire marshals.
£50 per person (£10 unwaged)

FOOD SAFETY - LEVEL 2

Friday 20 NOV
9.15am - 4.30pm

Accredited one day course for anybody working in an environment in which food is prepared, cooked and handled.
£50 per person (£10 unwaged)

Six Steps for Healthier Living

1. **BE ACTIVE** - try for 30 mins a day. Walk with a friend, dance class, or get off the bus a stop early.
2. **EATING** - eat the rainbow - different colours and include fruits/veg/legumes and grains.
3. **SLEEP** - aim for same time each night and aim for 7-9 hours. No screens an hour before sleep.
4. **REDUCE ALCOHOL/DRUGS** - contact Lewisham Stop Smoking (link below)
5. **MANAGE STRESS** - adopt mindfulness into everyday life. Give to others with a smile or kindness.
6. **CONNECT** - come to one of our activities at Besson Street. Sew, garden, sing or make!

Resources

www.changegrowlive.org/lewisham/info
www.smokefreelewisham.co.uk
www.nhs.uk/healthier-families/recipes

www.calm.com

www.mind.org.uk

www.nhs.uk/wellbeing

www.rethink.org

www.together-uk.org/service-finder/lewisham-wellbeing-hub
www.bessonstreet.org.uk/services/help-and-advice