



NEWSLETTER



THE
PEEL

CONNECTING COMMUNITIES

Welcome to our Monthly Newsletter



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Partnerships

Special dates in October

Black History Month

Stoptober

World Vegetarian Day 1st

Dyslexia Awareness Day 4th

World Mental Health Day 10th

National Farmers Day 12th

National Grouch Day 15th

World Singing Day 18th

Diwali 21st

Daylight Saving ends 26th

Halloween 31st



Welcome Vamory, one of the volunteers from Children, Young People & Families, currently delivering Code Club.

How long have you been at The Peel?

Two years now.

What do you enjoy most about your role?

Seeing kids progressing with their IT skills, and showing curiosity towards topics that haven't been taught during the Code Club.

What is your most memorable moment so far?

Every time I can join actually. I'm always amazed how the kids are able to challenge themselves.

What's a fun fact about you?

This career can lead you to various places. I had the chance to work from 10 Downing Street for a few days – interesting!

If you could learn any skill instantly, what would it be?

The possibility to speak any language fluently. A new language is such a window to a different perspective of the world... and this is valid for humans and computers!

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About The Peel

The Peel was founded in 1898, and we have been working with the local community in Clerkenwell and surrounding areas ever since. By working with and connecting all those living and working in the area, we aim to enhance the well-being and life experience of the whole community.

Through all our work we are guided by some key principles. We take a **'People-first'** approach, prioritising human connection and relationships and treating the people in our community with **'Compassion'** and the respect and dignity they deserve. We are **'Open to all'**, treating everybody equally, without distinction. We can't do everything by ourselves, so we work in **'Partnership'** and collaboration to maximise the difference we can make, and, as part of the fabric of the local community, we **'Work with, not do to'**, empowering and supporting our local friends and neighbours.

Our ambition is to ensure that Clerkenwell is and remains a vibrant, cohesive and connected community. We know and understand the issues and challenges faced by those that live and work here. Life can be tough. And we also see the resilience, energy, pride and community spirit that is so very much alive and well in Clerkenwell. It's inspiring!

Adult Social Club



What we did in September

Monday

Art with Siôn 10am-12.30pm, £5
(6th & 20th Oct)

Seated Zumba 12-12.45pm, £3
Coffee Morning with

tea & toast, coffee and croissants.
10am (monthly 20th October)

Tuesday

Stretch and relaxation 11am, £3
Book Club 11am (7th October)

Bingo 1.30pm

Wednesday

Tai Chi Kung 10-11.15am, £3
Improvers line dancing 1-2pm
Singing for fun 2.15-3.45pm

Thursday

Social gathering 11am
Cardio 11am, £3
Quiz 11.30am

September started with Art with Siôn, where we've enjoyed a rich mix of creativity, learning, and community connection. One of the highlights was when members explored the different ways of using charcoal as a drawing tool. They blended and shaded to create bold, expressive sketches.

This month at the Zaha Hadid Foundation workshop, participants created beautiful illuminated sculptures using paper and wire.

The session encouraged everyone to experiment with form, light, and structure, resulting in some truly striking and imaginative pieces that lit up the space—both literally and creatively.

Alongside the art-making, we've kept moving and smiling with our lively fun line dancing sessions. These continue to be a joyful way to stay active and share a laugh together, no matter your experience level. The atmosphere has been full of energy and fun, with everyone getting involved in the rhythms.

We were also pleased to welcome a visit from our local Police Community Support Officers (PCSOs), who spoke to the group about recent developments in the area.

The PCSOs talk covered useful updates about local crime trends and offered important advice on how to stay safe and avoid falling victim to scams, especially those targeting older residents. It was a valuable and reassuring session that helped strengthen our sense of awareness and community.

In another creative session, we held our monthly session with the Quentin Blake Centre for Illustration. The theme was "illustrated identities," where participants used rollers and bold paint strokes to create expressive motifs that represented aspects of themselves onto t-shirts. It was a playful and freeing activity, full of colour and personality, and a wonderful way to explore self-expression through visual storytelling.

Our collaboration with our colleagues from the Community Engagement & Partnership department saw us visit the Charles Dickens Museum for a film screening of *Invisible Women* and a short conversation about it afterwards. It was a chance to connect with literary history in a meaningful setting, and the group thoroughly enjoyed the opportunity to reflect on Dickens' legacy while sharing the experience in such a unique venue.

We also celebrated *Silver Sunday* a little early this year, marking the occasion on Saturday with good company, conversation, festive spirit and good food cooked by Jeana. It was a heart-warming reminder of the importance of coming together to celebrate the contributions of older adults in our community.

In our recent book club, we read *The Girl Who Came Back* by Susan Lewis, which sparked a thoughtful and emotional discussion. Looking ahead, we'll be reading *The Man Who Died Twice* by Richard Osman, and we're excited to dive into the mystery together.

Singing for Fun is going from strength to strength with members singing many different types of songs from different genres.

We're excited to let you know that our Tuesday lunches have now resumed! Come and enjoy fluffy baked potatoes with loads of different yummy toppings to choose from – perfect for a warm, tasty midweek treat.

If you're over 60 and fancy a tea, coffee, croissant and a chat pop in and see us on the 20th October.

Adult Social Club

Upcoming events

Thursday 2nd

Minibus trip to Ikea. Need a few things or just love wandering through the showrooms for inspiration and for some of their delicious meatball lunch? Why not come along? Book by 30th Sept. Leaving at 9am.

Friday 3rd

Mysterious minibus trip. Come and join us for an unforgettable adventure. Step aboard our cosy minibus and get ready for a mystery trip like no other. We won't tell you where we're going.... But we promise it'll be fun, scenic and full of surprises. Leaving at 10.15 am. Book by 30th September.

Monday 6th

Art with Siôn (also on Mon 20th), exploring the phenomenon of pixel art, colouring in and arranging little squares to create images of all kinds of things. It sounds simple, it is simple! The results can be pleasingly simple too or elaborate and complex, whatever you fancy doing. 10am-12pm. Cost £5.

Movie time: *The Best Exotic Marigold Hotel*. Join us for an afternoon as we watch a film about ageing, change, and finding joy in new beginnings.

Snacks provided – 1.30pm

Thursday 9th

Fun line dancing 10.15 am

Friday 10th

Creative workshop in collaboration with Quentin Blake Centre for Illustration and illustrator Grace Holliday. We will be exploring illustration and print design connected with music and popular culture. Each artist will have the opportunity to work with creating their own stencils and unique record sleeve inspired designs, combining elements of bold screen printing with drawn details and handmade type.

10.30am-12.30pm

Saturday 11th

Black History Event at The Peel.

This year's theme is *Standing Firm in Power and Pride*. Join us as we honour Black History Month with a powerful tribute to the resilience, strength and unwavering commitment of the black community across the globe.

Monday 13th

Cheese, wine and karaoke. An afternoon made for indulgence and laughter! Join us for a relaxed social gathering where fine cheeses meet a variety of wines – and where the microphone is open for anyone brave (or playful) enough to belt out a tune.

Thursday 16th

Health and well-being event at Hugh Cubitt Centre 12-3pm.

Comedy on the Thames river bus 7-9pm. Set sail for a night of laughs like no other! One of a kind comedy experience aboard the river bus, cruising past iconic London landmarks like the London Eye, Houses of Parliament and Tower Bridge. Cost £20. Book by the 6th October.

Monday 20th

Trial session: Restorative Yoga invites us to slow down and embrace calm. Allow the body and mind to rest and recharge. Bring a blanket as the body's temperature drops. 10.30-11.30 am. Cost: free.

Tuesday 21st

We're turning The Peel pink in honour of Breast Cancer Awareness Month. Join us in showing support by wearing pink – whether it's a bold outfit, a simple ribbon, or a splash of colour in your accessories. This is to also celebrate the strength of those affected. Together we can make a difference.

Wednesday 22nd

Opera at Holland Park – Inspire Community concert. Limited spaces Leaving The Peel at 11.30am. Booking closes 9th October.

Thursday 23rd

Fun line dancing 10.15 am

A visit to The London Dungeon. Step into The London Dungeon for an immersive experience into 1000 years of London's darkest history. Encounter live actors, brave a thrilling ride, and hear chilling tales from characters like Jack the Ripper and Sweeney Todd. Prices from £27

Friday 24th

Dickens film screening – *Great Expectations*. Explore one of Dickens' best loved stories with Helena Bonham-Carter playing the mysterious Miss Havisham. 12-3pm Leaving The Peel at 11.30am.

Wednesday 29th

Zaha Hadid Foundation Workshop. Join us for an art workshop where we will be creating art inspired by patterns in nature and geometry. Suitable for all levels, and guidance will be given. All materials provided and light refreshments will be served. Meet at The Peel at 10.15am, then walk over there for 10.30am.



Adult Social Club



THE PEEL
CONNECTING COMMUNITIES

EXCITING MINIBUS TRIP TO IKEA!

Join us for a fun day out!

Minibus trip to Ikea. Need a few things or just love wandering through the showrooms for inspiration? How about some of their delicious meatball lunch? Then come along!
Book by 30th Sept

Thursday 2nd October 2025
Leaving The Peel at 9am




THE PEEL
CONNECTING COMMUNITIES

MYSTERY MINIBUS TRIP

COME AND JOIN US FOR AN UNFORGETTABLE ADVENTURE. STEP ABOARD OUR COSY MINIBUS AND GET READY FOR A MYSTERY TRIP LIKE NO OTHER. WE WON'T TELL YOU WHERE WE'RE GOING... BUT WE PROMISE IT'LL BE FUN, SCENIC AND FULL OF SURPRISES. BOOK BY 30TH SEPTEMBER.

FRIDAY 3RD OCTOBER 2025 AT 10:15AM



THE PEEL PRESENTS

THE PEEL
CONNECTING COMMUNITIES

CELEBRATE BLACK HISTORY

SATURDAY 11TH OCTOBER
1.30PM TILL 6PM

LIVE ENTERTAINMENT, QUIZ AND CULTURED FOOD AND DRINKS

JOIN US TO HONOUR OUR COMMUNITY!

Please contact Kimberley for more info:
kimberley@thepeel.org.uk / 07541 958918

Clerkenwell Community Photography Competition



This year's Clerkenwell Community Photography Competition was another resounding success, with some absolutely fantastic entries. It was lovely to see so many people at the awards evening. Well done to all the worthy winners, but also to everyone who entered. We had 159 entries this year and 459 photos in total.



The overall winner was Cedric D'Amico with this shot of Roseberry Avenue.

We are planning to showcase the winning and commended images in a travelling roadshow. Watch this space, and our social media for further updates.

For a full list of winners, and to see all the winning shots, head to clerkenwellphotography.com or The Peel's [website](#) and [social media](#). Our community newspaper [EC1 Echo](#) has also been covering the competition - ec1echo.co.uk Check out Surya Anthony's excellent articles there!

Thank you to everyone involved in this year's competition, everyone at The Bindery who made the awards night such a success, and a huge thank you to our sponsors and partners – leap, Islington Giving, Hatton Garden BID, Dorrington, Hurford Salvi Carr and Central District Alliance.

The exhibition ran from the 2nd to the 25th of September at The Bindery in Hatton Garden.

Scan me to see who won!



Minds Matter Islington



Wednesday September 10th was World Suicide Prevention Day, The World Health Organisation says that over 700,000 people die each year due to suicide, and suicide is the third leading cause of death among 15-29 year olds.

Many staff at The Peel have completed the two day Mental Health First Aid (MHFA) course, but there is also the Zero Suicide Alliance (ZSA) free online course, that is about 40 minutes and certificated at the end.



On the day at The Peel we enabled 10 local residents to complete the online training and gain their certificate. Scan the QR code to find out more!



Wellbeing Afternoon Tea

with Minds Matter Islington

Friday 10th October
2pm - 4pm

at the Peel,
Three Corners
Centre,
Northampton Rd,
EC1R 0HU



Free tea and cake -
no booking required

Friday October 10th is World Mental Health Day.
Minds Matter Islington will be running mini workshops at City St George's University for their fresher students.

We will then be back at The Peel later for an afternoon tea get together from 2-4pm for tea and biscuits, and an assortment of the Minds Matter Islington materials, so do feel free to pop in and pick up some well-being tips over a cuppa and a chat.

If you are interested in working with Minds Matter Islington, we offer workshops or presentations relating to mental well-being for young people aged 16-25, or parents and carers, for community organisations, schools and youth focused organisations anywhere in Islington.

Please email Kate Lovell, Project Coordinator, on mindsmatter.isl@thepeel.org.uk and/or Dave Barnard, Project Manager, on d.barnard@thepeel.org.uk for more information and to have a conversation about working together.

TOY DONATION APPEAL



Support Local Families This Festive Season

**We're collecting new, unopened toys, books
or gift vouchers to buy toys for local families.
For boys & girls, 5-8yrs, 8-11yrs & 11-13yrs**



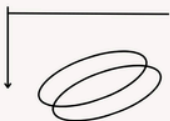
**Drop off at : The Peel
Monday–Thursday, 10am–3pm**

If you have any questions, please email
Jeana or Scarlett :

j.kidd@thepeel.org.uk
scarlett@thepeel.org.uk



Thank you for helping bring joy to children in our community!



EC1 ECHO



Your local
online community newspaper

Head to our
website to
find out
more!



Brought to you by The Peel
Read the latest stories about
Clerkenwell, Islington and the City of
London, and keep up to date with loads
of local listings!
Sign up to our newsletter.
bit.ly/EC1EchoNews
ec1echo.co.uk



Scan me to
sign up!



Youth at The Peel

Term Time Activities

Wednesday

Code Club

5-6pm

Cost: £1



Thursday

Cooking Club

4.30-6.30pm

Cost: £2



Ingredients

- Chicken Pieces (according to how many people are eating)
- 1 tbsp all-purpose seasoning
- 1 onion diced
- 1/2 green pepper and ¼ red pepper
- 1 scotch bonnet pepper chopped (wear gloves when doing this and wash it thoroughly)
- 1 diced tomato
- oil for frying
- large pot
- 2 carrots, ¼ white cabbage (mayo and salad cream)

Brown Stew Chicken



Method

Wash your chicken in vinegar and water and pat dry.

Heat oil in pot.

Add chicken to pot piece by piece, being careful to remove the chopped ingredients before frying.

Fry chicken until golden brown on both sides.

Add everything back in the pot, add 3 glasses of water, ketchup and browning.

Cook for 30-40 mins, stirring occasionally.

Serve with rice and coleslaw. (Grate carrot and cabbage, mix well in a bowl with mayo and salad cream to taste).

Youth at The Peel



Welcome back to all the youth and families at The Peel! After a quiet September, we're excited to dive into the upcoming events and activities planned for you.

One of the highlights to look forward to is the Baby Item Swap, a fantastic opportunity to exchange gently-used baby items and connect with other families in the community.

Snap Inc (Snapchat) donated some scooters for our youth to play with, and they are very happy with these! Additionally, as we approach the half-term break, we're planning a variety of engaging activities to keep everyone entertained and inspired. Stay tuned for more details, and let's make this season a memorable one together!



**A big thank you
to Snap Inc and
O3E for their
donations.**

**Register your child (ages 8-18
years) for our Youth Club.**

*Scan me to
sign up!*



**For more info please come in to speak to a member of our team or
email/phone Jeana: j.kidd@thepeel.org.uk / 07919 447074**

Community at The Peel



Regular Activities

Wednesday

Surplus food pop-up
& cafe
at The Peel
11am-12.30pm

Friday

The Peel's Women's
Group
at Brunswick Close
Estate Community Hall,
Mulberry court,
Tompion Street,
EC1V 0HP
(term-time only)
12-3pm

What we did in September

In September, we held our charity bingo fundraiser night, with all profits going towards The Peel's Food Aid Project.

A huge thank you to everyone who came along and supported the event - we really did have a "full house"! We are also especially grateful to the local businesses and individuals who kindly donated such generous prizes. Your support helped make the evening a great success and will make a real difference to those in need.

We're back! Women's Group has kicked off again after the summer break. In September we enjoyed coffee mornings, a pizza party, and even an outing to the Dickens Museum. Women's Group continues to meet every Friday, 12-3pm, on Brunswick Close Estate. Get in touch for more info!

We rounded off the month with our much-loved Dish 'n' Jam community party. This will be the last one for a while as we turn our energy to new and exciting projects.

What's coming up in October

Baby Item Swap – Friday 17th, 11am-1pm at The Peel.
Donations can be dropped off at The Peel
Monday-Thursday, 9am-3pm.

Women's Group Outing – Friday 24th, another trip to the Dickens Museum, this time to see Great Expectations!

No Women's Group on Friday 31st.
Looking forward to seeing you at our upcoming events!



To discuss any ideas, information or issues contact Scarlett:
scarlett@thepeel.org.uk

Community at The Peel



THE PEEL FOOD POP-UPS

The Peel is pleased to introduce our new surplus food collection timetable, supported by Neighbourly & City Harvest. The Peel will be providing food for pickup from the following locations, subject to availability on the day. Children must be accompanied by an adult.

MONDAY-5.30PM PRET FOOD AT BRUNSWICK ESTATE, THE EMBERTON ROOM, GROUND FLOOR, EMBERTON COURT, TOMPION STREET, EC1V 0EP

TUESDAY-1PM SCOTTISH AND SAME DAY SURPLUS READY MEALS ONLY. AT THE PEEL, NORTHAMPTON ROAD, EC1R 0HU
(GET A TICKET & GRAB A COFFEE FROM 12.15PM)

WEDNESDAY-12PM FRESH FOOD AVAILABLE AT THE PEEL, NORTHAMPTON ROAD, EC1R 0HU
(GET A TICKET & GRAB A COFFEE FROM 11AM)

WEDNESDAY-5.30PM PRET FOOD AT FINSBURY ESTATE UNITY HALL, MICHAEL CLIFFE HOUSE, SKINNER STREET EC1R 0WW

****PLEASE ARRIVE ON TIME TO AVOID
DISAPPOINTMENT****

Home cooked recipes

YOUTH CLUB COOKING

Every Thursday
4:30-6:30 PM

*Join us and learn a new skill!
Cost: £2*

THE PEEL
CONNECTING COMMUNITIES

Contact Jeana Kidd:
j.kidd@thepeel.org.uk
07919447074

CODE CLUB

A WEEKLY YOUTH CLUB ACTIVITY

Join us on Wednesdays
5-6pm £1 per session

For more information, contact Jeana Kidd at
07919447074 or email j.kidd@thepeel.org.uk

THE PEEL
CONNECTING COMMUNITIES

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THE PEEL WOMEN'S GROUP

Join us every Friday for The Peel's multicultural Women's Group. A community-wide activity for women of all ages. Join us for a coffee, social gatherings and outings! The group has a large range of different activities on a weekly basis, during term time only.

Every Friday 12-3pm

Brunswick Close Estate Community Hall,
Mulberry court, Tompion Street, EC1V 0HP

BABY AND CHILDREN'S CLOTHES, BOOKS AND TOYS SWAP

St Luke's & The Peel

FRIDAY 17TH OCTOBER 2025
at The Peel
11 AM - 1 PM

If you are in need of pre-loved baby/children's clothes, toys and books, come to our swap event for items for ages 0-8 years!

ACCEPTING DONATIONS FROM SEPTEMBER 29TH, PLEASE DROP THEM OFF AT THE PEEL!

3 CORNERS CENTRE, NORTHAMPTON ROAD, LONDON, EC1R 0HU

HOW TO FIND US

Buses 19,38 or 341
go from Angel. Bus
63 from Kings Cross



Spa Fields
Park

Skinner Street

The Peel,
Three Corners
Centre

Northampton Rd

Woodbridge St

Nearest train station is
Farringdon

Bowling Green Lane

Clerkenwell Close

The Peel, 3 Corners Centre, Northampton Road, EC1R 0HU
020 7837 6082

General enquiries, contact our CEO, Paddy:
paddy@thepeel.org.uk