

THE Peel



August Newsletter



www.thepeel.org.uk

[@thepeelclerkenwell](https://www.instagram.com/thepeelclerkenwell)



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 wellbeing 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. We also see the resilience, energy, pride and community spirit that is so very much alive and well in Clerkenwell. It's inspiring!



We take safeguarding seriously. If you raise an issue, you will be listened to. If you ever have any concerns, however small, you can and should raise them with the Designated Safeguarding Lead or the Safeguarding Officers. You do not need to be certain to speak up. Remember that even small concerns can take on greater significance in the context of other information that you are not aware of.

We want you to know who to talk to. The designated lead is Jeana Kidd. The safeguarding officers are Kimberley Bottomley, Scarlett Gregory and Paddy Radcliffe. The safeguarding trustee is Emma Hallinan.

Inside this month's issue:

Community Engagement & Partnerships

Children, Young People & Families

Street Party photos

Adult Social Club

Minds Matter Islington



The Peel is a Registered Charity, No. 1068155 and The Peel Institute Company is registered in England and Wales No. 3389572. Registered address is The Peel, 3 Corners Centre, Northampton Road, London EC1R 0HU. Telephone 020 7837 6082

Community at The Peel



Regular Activities

Wednesday

**Community Food &
Support Club & cafe
at The Peel
11am-12:30pm**



Friday

**No Women's Group
until September!**

July was a brilliant month for the Women's Group. We had a wide range of activities for all ages, including a decorative fan making workshop, a boating trip through the city and a summer party with homemade biryani made by our wonderful new community organiser Momina.

We're looking forward to our Women's Group summer meet up – a day trip out of London on Friday 28th August. Limited spaces and booking essential! Women's Group is back as usual in September.

We are offering more support to our food club members through a series of creative and practical workshops. The workshops are free for food club members. Each week we are offering groceries, including; meat or fish, non perishables, fruits, vegetables and household items, all for a small contribution. The contribution allows us to buy back in to the club, making our offer more sustainable. If you want more info please get in touch!



We hosted The Peel's street party on Friday 24th July, and it was a blast! We were joined by hundreds of people from the local community for a day of fun in the sun. Big thank you to all The Peel's staff and volunteers for making this happen.

Also, another big thank you to Winkworth who were our sponsors for the event.



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



THE Peel



Become part of the Community Food and Support Club at The Peel and enjoy a range of benefits:



Save money on your weekly shop
Suggested contribution: £5 (families) for £20 worth of food, or £3 (individuals) for £15 worth of food.



Access healthier food and essential household items



Get longer-term support from the team and partner services



Take part in workshops and training opportunities



Hear about other services and activities available at The Peel and in the wider community



Come along from 11am to have a tea or coffee and cake, and socialise with neighbours at our community cafe.

Every Wednesday, 11am-12.30pm

Food will be distributed from our new food larder at The Peel



Contact Scarlett for more info:
scarlett@thepeel.org.uk





THE Peel

Food Pop-ups



Monday-6.15pm: Pret food at Brunswick Estate, The Emberton Room, Ground floor, Emberton Court, Tompion Street, EC1V 0EP

Wednesday-5.45pm: Pret food at Finsbury Estate Unity Hall, Michael Cliffe House, Skinner Street, EC1R 0WW

****Times subject to change****



THE Peel

Community Food and Support Club Advice Sessions and Workshops



Wed 5th Aug – Food & Mood – Eating and Wellbeing

Join Helawit & Dave for an hour or so, thinking about food, nutrition, the effects of energy drinks, and signs, symptoms and challenges with disordered eating. Myth busting and management tips.

This is a new workshop, so we will be very pleased to hear your feedback.

Wed 19th Aug – Dealing with Uncertainty and Cost of Living

Join Dee and Dave for a one-hour workshop where we explore those feelings of dealing with uncertain times and share strategies parents/carers can use to help young people understand the situation and develop fun ways to budget.

This is a recently revived workshop, so we will be very pleased for your feedback.



Wednesdays 11am-12pm



Contact Scarlett for more info: scarlett@thepeel.org.uk

EC1 ECHO

Your local
online
community
newspaper

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.

tinyurl.com/EC1EchoNews
ec1echo.co.uk

Head to our
website to
find out
more!

Scan me to
sign up!



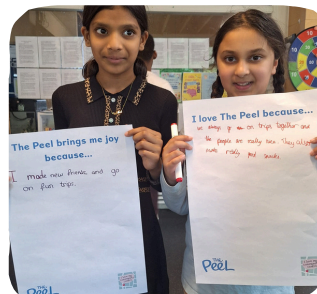
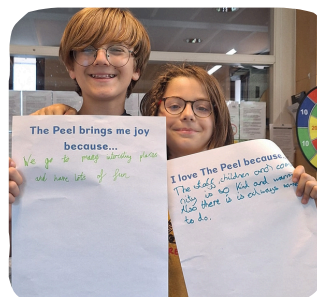


Youth at The Peel

Term Time Activities

Wednesday
Code Club
5-6pm
Cost: £1
(Back in September!)

Thursday
Cooking Club
4.30-6.30pm
Cost: £2
(Back in September!)



What we did in July

Our term time sessions have finished for the summer and our young people had a brilliant time making new foods in Cooking Club. In Code Club the young coders are really focused on creating their own games. These sessions will continue in September. In the first half of summer holidays the

Youth Club enjoyed trips such as the science museum, the cinema, loads of park fun and The Peel's street party. Check out our pics!

For more info please come in to speak to a member of our team or email/phone Jeana:

jeana@thepeel.org.uk / 07919 447074

Please see notice board for any upcoming information.

Register your child (ages 8-16 years) for our Youth Club.

Scan me to sign up!





Youth at The Peel

Summer play scheme week three - 3rd August - 7th August (8-16 years) 9.30am - 5.30pm

MONDAY 3rd August	9.30-10.00am Registration	Multi-sport	Arts and crafts	Shepherd's Pie
TUESDAY 4th August	9.30-10.00am Registration	Highbury Fields	Free Play	Beans on toast
WEDNESDAY 5th August	9.30-10.00am Registration	National Play Day		Chicken with rice
THURSDAY 6th August	9.30-10.00am Registration	Wheels day - bring your skates, skateboard and practice your skills		Pitta pockets
FRIDAY 7th August	9.30-10.00am Registration	Mermaid Beach: Additional cost of £5	Will arrive back around 6.30pm	Fish and chips by the sea



Summer play scheme week four - 10th August - 14th August (8-16) £120.00 per child all food and activities are included. No mobile phones

MONDAY 10th August	9.30-10.00am breakfast	Leave for residential packed lunch needed	Team building and night walk	Spaghetti bolognese
TUESDAY 11th August	9.30-10.00am breakfast	Zipwire	Free Play	Cheesy pasta
WEDNESDAY 12th August	9.30-10.00am Breakfast	Team games on site	Archery	Chicken with rice
THURSDAY 13th August	9.30-10.00am Breakfast	Bike riding through the forest	Free time and pack up	Burgers / hotdogs
FRIDAY 14th August	9.30-10.00am Breakfast	Return from residential leaving at 1pm	Will arrive back around 6.30pm	Tents to be cleaned



Street Party photos



AUGUST ACTIVITIES

MON 3

ASC - ZHF art workshop 10.30am

ASC - Zumba Gold 12pm

ASC - Fit Club 1pm

YC - Multi-sport, & arts & crafts

TUE 4

ASC - Chairbase 60+ 11am

ASC - Members surplus
food club 12pm

ASC - Bingo 1.30pm

YC - Highbury Fields

WED 5

ASC - Refer to our page

CP - Community Food &
Support Club & cafe
11am-12.30pm

YC - National Play Day

MON 10

ASC - Zumba Gold 12pm

ASC - Fit Club 1pm

ASC - Birthday Party 1.30pm

YC - Residential: Team
building & night walk

TUE 11

ASC - Chairbase 60+ 11am

ASC - Members surplus
food club 12pm

ASC - Bingo 1.30pm

YC - Residential: Zipwire

WED 12

ASC - Refer to our page

CP - Community Food &
Support Club & cafe
11am-12.30pm

YC - Residential: Team
games & archery

MON 17

ASC - Mosaics with Siôn 10am

ASC - Zumba Gold 12pm

ASC - Fit Club 1pm

ASC - Wellbeing with Dave 1pm

TUE 18

ASC - Chairbase 60+ 11am

ASC - Members surplus
food club 12pm

ASC - Bingo 1.30pm

WED 19

ASC - Refer to our page

CP - Community Food &
Support Club & cafe
11am-12.30pm

MON 24

ASC - Closed for
summer break

TUE 25

ASC - Closed for
summer break

WED 26

ASC - Closed for
summer break

CP - Community Food &
Support Club & cafe
11am-12.30pm

MON 31

CENTRE CLOSED
BANK HOLIDAY

ASC = Adult Social Club

YC = Youth Club

CP = Community Programmes

THU 6

ASC - Walthamstow Wetlands
10am

YC - Wheels Day

CP - HOYD appointments

FRI 7

YC - Mermaid Beach

SAT 8

THU 13

ASC - Dance Fit 11am

ASC - Capel Manor 10am

YC - Residential: Bike riding
through forest

FRI 14

ASC - Film Screening 10.30am

YC - Return from residential

SAT 15

THU 20

ASC - Dance Fit 11am

ASC - Acting with Tamzin 1pm

ASC - Social Thursdays 11am-2pm

FRI 21

ASC - Hampton Court 9.30am

SAT 22

THU 27

ASC - Closed for
summer break

FRI 28

CP - Women's Group day trip

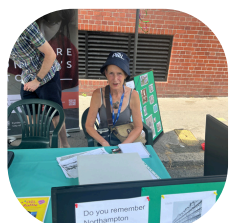
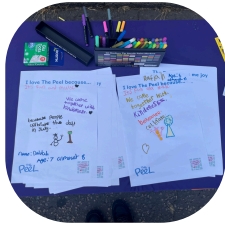
SAT 29

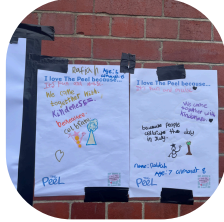
(Please refer to our pages
for full details of all activities)

YC

Summer Play Scheme
continues from Mon 3rd
to Fri 14th August

Street Party photos







Adult Social Club



July highlights

July was another busy and enjoyable month for Adult Social Club. We enjoyed a trip to IKEA, while we also held our final D19 one-to-one IT support session for the summer.

Members took part in a fascinating series of art workshops at the new Quentin Blake Centre for Illustration, gaining fresh ideas and creative inspiration.

We celebrated our July birthdays together and welcomed a new book for our Book Club, providing everyone with an exciting new read. A group of members also visited the beautiful Barbican Conservatory, exploring its hidden tropical oasis in the heart of the city.

Hooray for Hollywood delighted audiences with a nostalgic celebration of timeless songs from the golden age of the silver screen, performed by Connaught Opera.

Our creative sessions continued at the Zaha Hadid Foundation, where participants explored the theme of black, and created striking prints using foam and lino. We also enjoyed an engaging acting workshop with Tamzin Griffin. Our Art with Siôn session focused on the theme of joy, celebrating Community Centre Week. The word joy was printed out in large letters and members drew or created items that can bring everyone joy.

We enjoyed a delicious mini roast followed by a lively quiz. We celebrated together at our street party brought back after 2 years, with dancing and our Tombola tables. The weather was fantastic and we had so much fun.

July finished in style with prize bingo and refreshing cocktails, and plenty of fun and laughter.

Monday

Seated Zumba 12-1pm, £3

Fit Club 1:30pm

Tuesday

Chairbase 60+ 11am, £3

Book Club 11am (back in Sept)

Bingo 1.30pm

Members surplus food hub 12pm

Wednesday

Tai Chi Kung 10:15-11.15am, £3

Line Dancing 1-2pm (back in Sept)

Thursday

Social Gathering 11am-2pm

Fun Line Dancing 10:30am (back in Sept)

Dance Fit 11am, £3

Quiz 11.30am

Upcoming Events

Monday 3rd August

Zaha Hadid Foundation Art Workshop at The Peel, 10.30am – 12.30pm. This month's workshop explores the work of street artist *Invader* whose pixelated artwork can be seen in Clerkenwell – if you know where to look. Using mosaic, you will create your own piece of street art. All materials provided and suitable for all levels with guidance provided. Light refreshments will be served. Book your space with Sam@thepeel.org.uk

Tuesday 4th August

Living Library – If you have a story to tell...20 years working as a teacher, tales of wartime London, or whatever it might be, join Dave for some relaxed sessions helping you to create a 5-10 minute story of your own life.

A little reminiscence and memory activity as we create our real life stories to tell. Starts 11am.

Wednesday 5th August

Holy Pop! is an exhibition at Somerset House celebrating modern shrines, the objects, and collections through which we honour heroes, celebrities, and cult icons. Set across three rooms, *Holy Pop!* guides you through different ways we express admiration and solidarity. This is a free exhibition, however visitors are asked to pay what they can. Leaving The Peel at 11:30am.

Thursday 6th August

New Minibus trip to Walthamstow Wetlands. Walthamstow Wetlands is a fully operational 160 hectare Thames Water reservoir site, which is the...

Adult Social Club

...main source of water supply for 3.5 million people.

Walthamstow Wetlands is also an internationally important nature reserve, providing home and shelter to a wide range of wildlife, from rare waterfowl to majestic birds of prey. The cost is £5. Leaving The Peel at 10:30am. Booking closes 6th August.

Monday 10th August

Is it your birthday in August? Celebrate with us from 1:30 – 3pm. Bring a friend and enjoy games, music, and delicious cake as we make this day special for everyone born in August.

Thursday 13th August

Minibus Trip to Capel Manor, with over 40 colourful gardens across a 30-acre estate, and plenty to see and do. During your visit to the gardens, you can meet Capel Manor's collection of exotic and domestic animals. Over 75 species of animals call the zoo home, including lionhead rabbits, barn owls, ring-tailed lemurs, and meerkats. Cost £8.50. Leaving The Peel at 10am.

Friday 14th August

Rescheduled – film screening *Fiddler on the Roof* 10:30am.

Monday 17th August

Join us this month for an exciting art session with Siôn as we explore the creative world of mosaic-making.

Whether you're a beginner or just looking to try something new, you'll be well cared for and guided through the process. Don't miss out—drop in at 10am until 12pm. The workshop costs just £5

Join Dave at 1pm for a wellbeing workshop focused on plants and your local community. We start by placing baby spider plants in a little water to root. After about a week, we transfer them to pots with soil, paying close attention and watering them regularly.

Wednesday 19th August

House of Dreamers at Excel is an immersive journey into your own dreams. As you explore, your 'DreamBand' unlocks magical touchpoints along the way, revealing personalised, interactive moments designed to make your experience even more meaningful, memorable, and truly unique. Begin your journey towards making your greatest dreams come true... and remember, everything starts with a dream. Booking closes 10th August, leaving The Peel at 10am.

Cost £15

Thursday 20th August

Join actor Tamzin Griffin at 1pm for "A taste of the many ways an actor prepares to play a part." A fun afternoon filled with script reading, improvisations, and character creation.

Friday 21st August

Train to Hampton Court Palace – Explore 60 acres of beautiful gardens that run down to the River Thames and its unique attractions such as the National Plants collection, and several floral species.

Booking closes 14th August. **Freedom passes are free on train**, entry into palace is £29. Leaving The Peel 9.30am.

Monday 24th – 28th August

The SC will be closed. Back on Tuesday 1st September.

Adult Social Club



Some activities are free, others cost £3/£5 per session depending on the activity. Trips, visits and outings are priced individually depending on cost and may require a deposit.

**Please contact Kimberley for more info: 07835 820561 / kimberley@thepeel.org.uk
Sam 07730593419/ sam@thepeel.org.uk**



THE Peel



Living Library

Tue 4th Aug 11am

If you have a story to tell... 20 years working as a teacher, tales of wartime London, or whatever it might be, join Dave for some relaxed sessions helping you to create a 5 – 10 minute story of your own life.

A little reminiscence and memory activity as we create our real life stories to tell.



Then, in the autumn, we open a "Living Library" where we invite local school children over to listen to you as a "Living Book" and the children can move around the room listening to all sorts of real life experience stories.



The Peel, 3 Corners Centre, Northampton Road, EC1R 0HU



THE
Peel



Planting an Idea

**A plant growing and giving away activity
based on the Five Ways to Wellbeing.**

Join Dave at 1pm on Monday August 17th to root
some baby spider plants.

Then in a few weeks we plant them out into small
pots and keep an eye on them, water and nurture
them.

Once established, we put a Peel sticker on the pot,
go for a local walk and give them to local businesses
to connect the community.

The Peel, 3 Corners Centre, Northampton Road, EC1R 0HU



Minds Matter Islington

For many of us, August means the summer holidays. Whether you're spending time with children, taking annual leave, or simply enjoying longer days, it's a great opportunity to pause and think about your wellbeing.

We're sharing a **50 Ways to Take a Break** poster to inspire you, and we'd love you to turn it into a summer challenge. Why not see how many activities you can tick off before September? You could even get friends or family involved and compare how many you've completed.

Ways to take a break for your wellbeing don't have to be expensive or time-consuming. They can include simple things like listening to birdsong, trying a new recipe, dancing around the kitchen, taking a mindful walk, colouring, reading a book, or simply sitting quietly for a few minutes. Sometimes it's these small moments that help us recharge the most.

Many of the activities also link to the **Five Ways to Wellbeing**: connecting with others, being active, taking notice, learning something new, and giving. Building these into everyday life can help boost our mood and support our mental wellbeing.

There isn't a prize for completing all 50—although you're welcome to try! The real reward is taking time to look after yourself and discovering which activities leave you feeling happier, calmer, or more energised. So this August, why not make wellbeing into a game? Pick one activity today, see where it takes you, and enjoy ticking off as many as you can over the summer.



If you are interested in working with Minds Matter Islington, we offer workshops or presentations relating to mental wellbeing 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 dave@thepeel.org.uk for more information and to have a conversation about working together.

Minds Matter Islington

50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Watch the stars



Write a Letter



Fly a Kite



Let out a sigh



REST your legs up on a wall



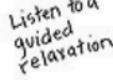
Light a candle



Learn Something NEW



Listen to a guided relaxation



Read a Book



Sit in NATURE



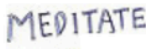
2x Move twice as slowly



Take Deep Belly Breaths



MEDITATE



Call a Friend



Meander around Town



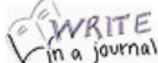
Buy some Flowers



Find a relaxing scent



WRITE in a journal



Notice your Body



Walk Outside



Go for a run



Take a bike ride



Pet a furry creature



Create your own coffee break



View some ART



Eat a meal in SILENCE



Turn off all electronics



Go to a park



Go to a Farmer's Market



Forgive Someone



read or watch something FUNNY



COLOR with Crayons



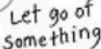
Make some MUSIC



Climb a Tree



Let go of something



Engage in small acts of KINDNESS



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



Put on some music and DANCE



Give Thanks





CLERKENWELL
COMMUNITY
PHOTOGRAPHY
COMPETITION 2026

MY CLERKENWELL CAPTURED

£850 in prizes 5 age groups Enter by August 9th
clerkenwellphotography.com

Get snapping!

**Last few days to enter this year's Clerkenwell
Community Photography Competition.**

Scan the QR code for more details!



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

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