

THE PEPPER POT CENTRE

Helping older people age well.



Dear Reader,

Welcome to the Pepper Pot Centre Newsletter.

As we approach the end of 2024, we are excited to share highlights from our year and look ahead to the upcoming events and initiatives planned for our vibrant community this winter.

Thank you for being a part of our community. We look forward to seeing you soon.

Warm regards,

The Pepper Pot Centre Team

In this issue you will find:

2024 Highlights

Take a look back at some of the key moments and events that made this year special at the Pepper Pot Centre.

Services Updates

Explore the latest changes and improvements to our services to better meet our members' needs.

Lifetime Achievements Award

In this section, we recognize two Trustees for their steadfast dedication, invaluable support, and unwavering loyalty.

In Loving Memory

We honor our longstanding members and collaborators who have recently passed away, reflecting on the lasting impact they've had on our community.

Upcoming Events: Winter Festivities

Mark your calendars! Don't miss out on the exciting events we have planned for the season.

With Gratitude: Our Supporters

In this section, we extend our heartfelt thanks to the organizations whose generous support makes our work possible.

And much more!

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2024 Highlights : Key Events & Celebrations

An Important Achievement!

Last May, the PPC was thrilled to receive the "Volunteer Organization of the Year Award". A true reflection of the incredible efforts and dedication of our entire team.



Honoring the Windrush Legacy:

- In June, we had a memorable time gathered at Lord's Cricket Ground for Windrush Day, celebrating the rich history and contributions of the Windrush generation.
- We were also proud to join our chairman at Kensington and Chelsea Town Hall for the 76th Windrush Day flag-raising.

Other Important Moments:

- We marked Grenada's and Jamaica's Independence Days with joyful music and delicious food.
- The PPC Manager, Volunteers and Trustees attended the Sky Up Annual Partner Celebration 2024 at the Sky Headquarters.
- We hosted an important discussion on the 'Memorial to Victims of the Transatlantic Slave Trade,' led by the Greater London Authority (GLA). We were honored to have London's Deputy Mayor for Communities and Social Justice, Dr. Debbie Weekes-Bernard, and her team in attendance.



2024 Highlights: Community Fun!

From London to the coast:

Our annual trip to Eastbourne was all about enjoying the fresh air, beautiful views, delicious fish & chips, and quality time together by the sea.



Cultural outings:

As is tradition at our Centre, this year our members enjoyed a variety of cultural outings, from a private tour of the iconic Royal Albert Hall to fun-filled movie days at the cinema.



Intergenerational visit to Kew Gardens:

Members of the Pepper Pot Centre and friends from St Thomas' Primary School enjoyed a fabulous day exploring Kew Gardens, discovering a wide variety of plants and sharing stories across generations.



2024 Highlights: Community Fun!

Tea Party

The Pepper Pot Centre recently hosted a delightful Tea Party, bringing its members together for a memorable afternoon filled with joy. The room buzzed with warm conversations and laughter as attendees enjoyed a spread of delectable pastries and freshly prepared sandwiches, all complemented by the rhythm of cheerful music.



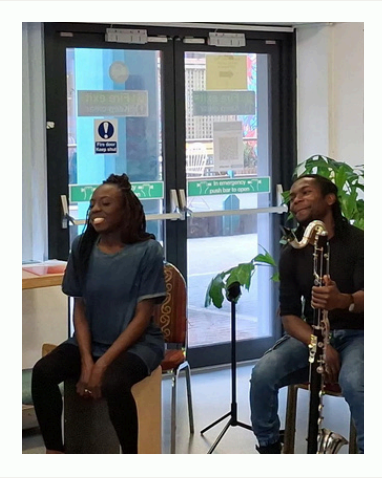
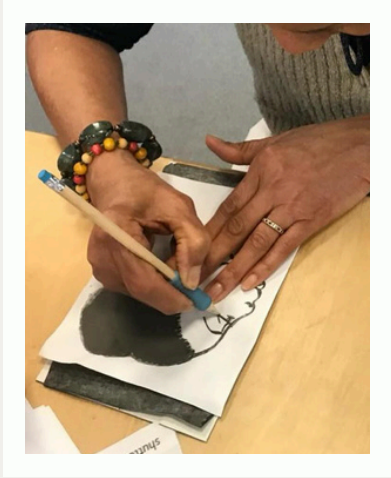
Birthdays Celebrations

We celebrated our members' birthdays with warm and joyful gatherings, featuring hot food, cakes, music, and plenty of fun!



2024 Highlights:

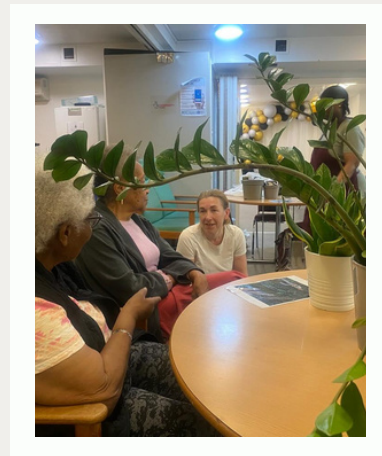
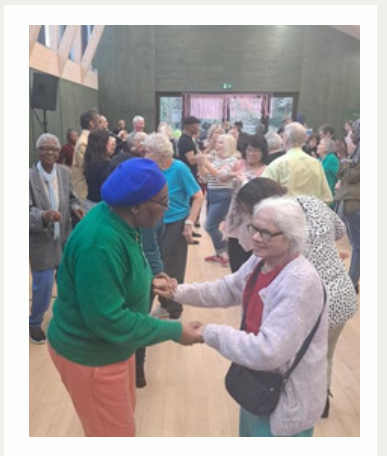
Movement, Art & Dementia Friendly Activities



This year has been filled with vibrant and uplifting activities at the Pepper Pot Centre, affectionately referred to as ‘A bit of this and that’ by our members, all dedicated to enhancing their physical and mental well-being. From “Dementia Friendly Music Making Sessions”, led by Resonate Arts and featuring talented musicians from Wigmore Hall, to delightful afternoons of tea, cake, and dancing with DanceWest, we have embraced the joy of movement and creativity.

Our members have also enjoyed designing keepsake puzzles, participating in arts and crafts classes, and exploring their creativity through indoor planting workshops. In addition, we cherished our traditional outings with the Jason Roberts Foundation, where members enjoyed mini-golf, dominoes, and made lasting memories together.

These activities, which continue to enrich our community, are just a glimpse of the many joyful experiences we’ve shared so far this year, fostering connections, creativity, well-being and there is more to come!



Our Services Updates

Hairdressing & Beauty Salon

We're excited to introduce our new "Hairdressing & Beauty Salon", offering members the chance to enjoy a fresh haircut and style, as well as a professional manicure. This service is designed to help our members feel confident and revitalized.



Massage Therapy Salon

We are proud to offer massage therapy, giving members the chance to relax and unwind during soothing sessions to improve overall wellbeing.

Choose a full-body massage for complete relaxation or a back massage to relieve tension in the upper and lower back.



Digital (IT) Hub

Our IT Hub offers modern computers and high-speed internet, with beginner-friendly lessons to help members build confidence in using technology.

In 2025, the Barclays Digital Wing, in partnership with the PPC, will provide resources like the Digital Heritage Project (Achieve Search), Drop-in Support (including NHS App help), and more.

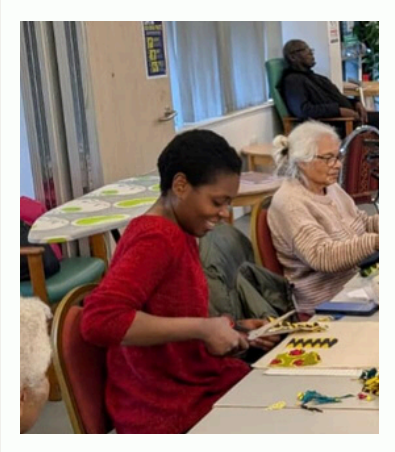


Sewing & Knitting

We are excited to offer a new Sewing & Knitting service, where members can refresh their skills in hand or machine sewing, embroidery, knitting, and crochet. They can enjoy working on individual or group projects, including clothing, hats, scarves, and more, while enhancing their creativity and craftsmanship.



Meet our New Staff



Andrea Dodd
Event Coordinator
Staff

Andrea joined the Pepper Pot Centre as our Event Coordinator in mid-August 2024, bringing a wealth of experience and expertise, honed through her work at social justice and community organisations. Her passion for community engagement shines through in her skillful coordination of events and activities at the Pepper Pot Centre where she organises enriching trips for members both locally and abroad, fostering unforgettable experiences. Her dedication to planning and delivering engaging programs is instrumental in enhancing community involvement and participation.



Donna Murray
Office Administrator
Staff

We're excited to announce that Donna Murray will be joining our team in December as our new Office Administrator, succeeding Ernest Lewis. Donna brings an impressive background with extensive experience in roles such as Programme Administrator, Project Coordinator, Marketing Executive, and Assistant Project Manager. Her diverse skill set spans marketing, project management, and supply chain, gained from her work with organisations like the RMT.

We're confident her skills and fresh perspectives will be a great asset to our team. Please join us in welcoming Donna to the PPC family!

Celebrating Ernest's Journey With Us

We want to begin this important section by celebrating our exceptional Administrator, Ernest Lewis, who joined the Pepper Pot Centre in 2015. Since then, he has brought dedication, professionalism, and warmth to our community. As he takes a well-earned step back to enjoy some rest and personal time, we want to express our deep gratitude for his remarkable contributions. More than just a colleague, Ernest has been a true friend to us all. While we'll miss seeing him every day, we're excited to stay connected and look forward to many visits and shared moments in the future. Thank you, Ernest, for everything—you'll always be a part of the Pepper Pot family!



Lifetime Achievements Awards

The Pepper Pot Centre is delighted to present our **Lifetime Achievement Awards** to honour two exceptional Trustees: Mr. Harold Roach and Mr. Ferdinand Maxwell. This special recognition celebrates their unwavering dedication, steadfast support, and loyal service since the very beginning of the Centre's journey.

Join us celebrating and learning more about their outstanding contributions:

Ferdinand Maxwell



Ferdinand has been a dedicated trustee of the Pepper Pot Centre for over 10 years, primarily overseeing the financial aspects of the board, and is also a long-time resident of Ladbroke Grove. A veteran of the British Army, Ferdinand brings invaluable experience and unwavering loyalty to our community. He enjoys playing dominoes with fellow members and is well-regarded for his warmth and commitment. This Christmas, we are proud to honor Ferdinand with a Lifetime Achievement Award in recognition of his outstanding service and dedication to the Centre.

Harold Roach



Harold Roach has been a trustee and steadfast supporter of the Pepper Pot Centre since its inception. He has witnessed and contributed to the Centre's growth over the years. As an integral part of the local community in Ladbroke Grove, Harold brings valuable experience to both the board and the Centre.

Through his connection with the Methodist Church, which played a foundational role in establishing the Pepper Pot Centre, Harold has been instrumental in raising funds for various projects over the years. His loyalty, deep knowledge of the community, and dedication make him a vital member of our team.

In Loving Memory

Nathan Gordon

Nathan Gordon, affectionately known as "Shortie," holds a special place in the hearts of those at the Pepper Pot Centre, where he spent over three decades. His friends remember him as an exceptional individual—diligent, kind, and always willing to help. Nathan's infectious joy and laughter brightened many moments, whether through a lively game of dominoes, hosting bingo afternoons, or dancing with his cherished friends. At 94, Nathan's legacy of love, happiness, and treasured memories continues to live on in our hearts.



Edwin Eskeith Rolle

We celebrate the memory of Edwin, who was a cherished member of the PPC for over 15 years. His kindness, generosity, and warm nature touched everyone he met. As a wonderful friend, father, and grandfather, his absence is profoundly felt, and his legacy will forever be valued. Reflecting on his impact, a dear friend shared, "Everyone loved Edwin; he was a truly good human being."

Lord Herman Ouseley

A passionate advocate for community empowerment, collaborated with Pansy Jeffrey and others to establish and sustain the Pepper Pot Centre in Ladbrooke Grove. His significant contributions have left a lasting impact, and he will be deeply missed by all who were touched by his dedication.



Patrick Jordan

A dedicated supporter of the Pepper Pot Centre, was instrumental in sharing its story. As the narrator of our video "A Very Caribbean Pot," he infused warmth and insight into our community's journey. His commitment and passion for the Centre's mission have left a lasting impact, and he will be fondly remembered for his contributions to preserving and celebrating our shared history.

Stephen Duckworth

Stephen Duckworth, former trustee, acting chair, and dedicated fundraiser, played a vital role in the growth of the Pepper Pot Centre. His leadership, generosity, and friendship made a lasting impact. Stephen's contributions will always be appreciated, and he will be missed by all who had the privilege of knowing him.



Our Weekly Program

MONDAY

1:30-12:30: Music & Movement, Chair-Based Exercises with Ashia Thompson (Free)

Join Ashia Thompson for a fun and energizing session of chair-based exercises, focusing on improving mobility, stability, and posture. Perfect for boosting flexibility and overall well-being.

14:00-16:00: Pepper Pot Film Club - Film Afternoon, Popcorn and Refreshments(Free)

Relax and enjoy a film afternoon with the Pepper Pot Film Club, complete with popcorn and refreshments for the perfect movie experience.

TUESDAY

11:00-14:00: Computer & IT Skills [Free]

Join Tutor Hildred for a drop-in digital lesson covering essential IT skills to help you navigate the digital world with confidence.

14:00-16:00: Bingo [£1.00 per session]

Come and join us for an afternoon of bingo! Prizes are awarded for each game. Fun and friendly competition for all!

WEDNESDAY

11:00-12:30: A BIT of THIS and THAT [£1.00 per session]

Join Tutor Sandra Stanbury for a fun mix of activities including group discussions, singing, dancing, quizzes, painting, puzzles, word searches, and current affairs. A little bit of everything to enjoy and keep active!

14:00-15:30: Sewing & Knitting [£2.00 per session]

Come along and refresh your sewing and knitting skills with Tutor Naomi Henry. Learn hand or machine sewing, embroidery, knitting, and crochet. Work on individual or group projects such as clothing, hats, scarves, and more!

THURSDAY

11:30-12:30: Chair Yoga [£1.00 per session]

Join Tutor Christine Lecert to improve flexibility, core strength, balance, and circulation with chair yoga exercises. A gentle way to stay active and healthy.

14:00-15:00: Bible Studies [Free]

Join Rev. Paul Wood for a session of prayer, spiritual reflection, and discussions on topics like love, wisdom, happiness, and hymns. A supportive space for all.

FRIDAY

11:30-12:30: Chair Exercise/Dance [Free]

Join Blair Academy for a fun session of simple movements designed to help prevent aches and pains through chair exercises and dance.

11:00-16:00: Massage Sessions

Relax with a massage from Empiress Massage & Contour. Choose from a full-body massage (1 hour for £20) or a back and neck massage (30 mins, £10) to relieve tension and improve well-being.

DAILY SERVICES & OTHER ACTIVITIES

Board Games [Free]

Enjoy a variety of board games such as dominoes, draughts, cards, and more! Play with friends and fellow members, and take part in friendly competitions with other clubs across London.



Caribbean Lunch [£5]

Treat yourself to a delicious two-course Caribbean lunch served from 12:30 to 13:30, along with a light breakfast and afternoon tea. Enjoy authentic Caribbean flavors for just £5.



Upcoming Events: What's Happening this Winter

DECEMBER 2024

- **20/12/24:** Day visit to Ascot Racecourse to enjoy the thrill of live races!

JANUARY 2024

- **Westminster Project** (date to be announced): Harrow Road Elderly African and Caribbean Health & Wellbeing Project for Westminster Resident Members.
- **21/01/25:** Join us for the Member Support Session led by **Barclays Digital Wing** from 11:00 AM to 1:00 PM. This is a fantastic opportunity to enhance your digital skills with the guidance of Barclays experts. Don't miss it!
- **22/01/25:** Outing to the Kiln Theatre to watch the play *The Lonely Londoner* at 1:30 PM. (£12 per person; only 12 spaces available).
- **24/01/25:** Trip to Wigmore Hall for a Dementia-Friendly Making Music Session.

Holiday Closure and Reopening Notice:

The Pepper Pot Centre will be closed for the Christmas holiday season starting on **December 23rd**. During this time, our services will be temporarily unavailable as we take a break to celebrate the festive season. We will reopen on **January 2nd, 2025**, and resume normal operations.

We thank you for your understanding and wish you a wonderful holiday season. We look forward to seeing you again in the New Year!

With Gratitude: Our Supporters

We would like to take this opportunity to express our deepest gratitude to the organizations whose generous support has been instrumental in making our work possible. Your contributions, whether through funding, resources, or partnerships, play a vital role in enabling us to continue delivering services and programs that benefit our community. Together, we are making a lasting difference, and we look forward to continuing this journey with you. Thank you for standing alongside us and for helping us create positive change.



A Message from our Operation Manager: Thank You for a Wonderful Year

“On behalf of the Pepper Pot Centre, I would like to extend my heartfelt thanks to all our members, staff, volunteers, trustees, and supporters for your hard work, dedication, and invaluable contributions throughout 2024. Your efforts have made a significant impact, and we are deeply grateful for your continued support.

As we approach the festive season, I would like to wish each and every one of you a Merry Christmas and a Happy New Year. May this season bring you joy, peace, and fulfillment. We look forward to working together in 2025 and achieving even greater success.

*Warm regards,
Michael Ochwa
Pepper Pot Centre Operation Manager”*

Volunteer with Us!

We're looking for volunteers to join our friendly team in various roles. Every area of The Pepper Pot Centre thrives with extra help and diverse skills. Interested? Download our [Application Form](#) or get in touch today to learn more!

Become a Member

Join the Pepper Pot Centre. If you're interested in becoming a member, we'd love to hear from you!

Contact us by phone, email, or visit the Centre to learn more. **Full contact details can be found on the first page of this Newsletter.**

Thank you for reading!
The Pepper Pot Centre Team

