

# Newsletter

Late October 2021

[pienmash.org.uk](http://pienmash.org.uk)



## PIE N MASH DEPTFORD

Our weekly food stall is back in Deptford Square! We relocated to the market yard for a few weeks after the police and Lewisham Council surprised us with a disruptive 'crime prevention' action last month. We understand there will be more police presence in Deptford in the coming weeks, but for now we plan to carry on in our usual spot outside Deptford Lounge, every Thursday 14:30 – 16:45. See you there!

## PIE N MASH TO THE FUTURE

On Saturday 2 October 15 of us met up to look back on our achievements as a group and to start planning the future. We ended the day by agreeing the outcomes we would like to work towards:

- We have a well-developed, democratic infrastructure
- We are all learning from each other
- Everyone can participate
- We are networked with other projects

Our next steps are to take action in these directions. Check the calendar on our website for General Meetings where a lot of this planning will happen - all are welcome!



## GET INVOLVED

Everyone at Pie N Mash is a local member of the community and shares their time freely. The more people involved the lighter the load.

We are especially looking for people to **pack food parcels** and do other tasks at The Field

- Tuesday 12.30pm to 3pm
- Wednesday noon to 6pm
- Thursday noon to 4pm
- Friday noon to 2pm

and to **deliver food parcels**

Wednesdays from 4.30 and  
Thursdays from midday

and to run our food and outreach stalls in Peckham on Tuesday afternoons and Deptford Thursday afternoons.

If you can only do evenings and weekends, maybe you can pick up donations or do admin!

To join us, fill in the application form on our website, or contact us.

## DONATE

We always welcome financial support - we'll take cash or you can donate via our website at this link:





## BLACK HISTORY MONTH

In October our local libraries are featuring an exciting selection of books featuring black heroes, inventors and scientists; windrush tales; and fiction and picture books by black authors and illustrators with characters that represent the incredible melting pot of cultures we have in Lewisham. **Deptford Library is open on Tuesday, Wednesday, Thursday, Friday and Saturday from 10am-5pm.**



## JOIN OUR VEG CO-OP

Every Wednesday at The Field, we pack big bags full of fresh fruit & veg and YOU can have one! We ask for a donation of £2 - £5 for the bags and all money goes toward keeping our mutual aid project going. If you have asked for a bag, you can pick up on either Wednesdays 5-6.30pm or Thursdays 12-4pm. You can get a bag as a one-off or every week - whatever you choose. Sign up here: <https://tinyurl.com/pnmveg>



## POLICE INTERVENTION TRAINING

Following the murder of Sarah Everard by Metropolitan Police officer Wayne Couzens, Sisters Uncut are organising police intervention training This includes: how to intervene when you see a stop and search, basic know your rights, and how to support those most targeted by racist and sexist police. Online training for South East Londoners is 27 October and you can register here: <https://tinyurl.com/sucopwatch>

## Other support

### HOT MEALS IN CATFORD

**FoodCycle Lewisham** are doing free lunch every Saturday in Catford and all are welcome.

**Location:** Lewisham Irish Community Centre, 2A Davenport Road SE6 2AZ

**When:** Saturdays 1.15pm

**Accessibility:** Wheelchair accessible. Disabled Toilet.

### NEED ADVICE?

If you want free advice on benefits, housing, debt, immigration and more, and you live in Lewisham, ring **Advice Lewisham** on **0800 231 5453**

**9.30am - 12.30pm & 1.30pm - 4pm**  
**Monday to Friday.**

### NEED FINANCIAL HELP?

The Turn2Us website has tools to help you check your benefits and find grants that might help you. Go to: [www.turn2us.org.uk](http://www.turn2us.org.uk)

## ABOUT US

Pie N Mash is a friendly and optimistic community of over 300 people in south east London. As a mutual aid group, we work together to make sure we all have what we need to thrive.

## ABOUT MUTUAL AID

But our project isn't just about food. It's also about growing the connections between people in our community. It's about getting to know each other and making friends in our local area. It's about understanding what makes our neighbours happy and what worries them. It's about coming together to solve problems and celebrate achievements. It's about helping people when they ask and being able to ask when we need help too.



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