



Newsletter

September 2021

pienmash.org.uk

AN INVITATION FOR YOU!

We started as a squatted social cafe in Deptford High Street back in 2019. We've now been a mutual aid group operating out of The Field for over 18 months.

On Saturday 2 October anyone who has been involved in our community is invited to come to "**Pie N Mash Into the Future**" - a day for starting to plan what's next for our project. The day will start with food and end with music!

12 - 5pm, Saturday 2 October

Venue: **New Cross Gate Trust, Besson Street Community Garden, Besson Street, New Cross, SE14 5AE.** (This is the street just behind The Field)



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>



Do you drive? Or are you up for using a cargo bike? We miss out on lots of food donations because no one can collect. Contact us if you can help!



GET INVOLVED

Everyone at Pie N Mash is a volunteer. 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

Feeding 300 folks a week is expensive! You can give us cash or donate via our website.





WANT TO GET ONLINE?

New Cross Gate Trust has excellent online IT training that is customised to meet your learning needs. Ask for Amy at 0207 639 7605 for more information or email

strategypartnershipsmanager@nxgtrus
t.org.uk. Training happens at 170
Community Project based at 49a
Hatfield Close, SE14 5DW.

WANT TO LEARN ENGLISH?

Take FREE ESOL classes at Besson Street Community Garden, Besson Street, New Cross, SE14 5AE. (This is the street just behind The Field)

All levels are available - come for an assessment at these times - you don't need an appointment:

Tuesday 3pm - 4pm

Wednesday 5pm - 6pm.

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.



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.