

# Lampag

Lambeth Pensioners Action Group



**Together is an alliance of over fifty civil society organisations formed to campaign against the Far Right, their racism and their other attempts to create divisions in our society.** The alliance includes Palestine Solidarity Campaign and Stand Up to Racism, both of which have given us excellent talks recently.

**On Saturday March 28<sup>th</sup> Together will have a march and rally in Central London.** Your committee have decided that LAMPAG will support this. Even if members are not up to marching, we can take part in the rally, proudly displaying our beautiful banner.

Please put the date in your diary and make every effort to come to what the organisers aim to be one of Britain's largest ever displays of social solidarity.

More details, including arrangements for meeting up and travelling to the demo together will be provided nearer the time.

## Newsletter January 2026

### Next Meeting

Our next open meeting will be on **Monday January 19<sup>th</sup>** in Ground Floor Room 1 in Lambeth Town Hall, when we will have a speaker from

### Refugee Action

telling us about their work and what actions we can take to support it.

There will be the usual tea, coffee and biscuits. Kwabena has kindly taken over providing these.

Please bring prizes for a raffle.

**Ellen** continues to make progress but is unlikely to be mobile enough to make this meeting. She sends us all her best wishes for the coming year.

**If you feel able to chair the meeting, please volunteer.**

### LAMPAG'S Officers are:

Chair: Ellen Lebethe 020 7582 5063 [elebethe@talktalk.net](mailto:elebethe@talktalk.net) Secretaries: Hilary Rock-Gormley [hilaryrockgormley@yahoo.co.uk](mailto:hilaryrockgormley@yahoo.co.uk) and Stephen Carlill 020 7274 7008 [stephencarlill@gmail.com](mailto:stephencarlill@gmail.com) Treasurer: Jennie Hall 020 8671 8752 [jenniek@hotmail.com](mailto:jenniek@hotmail.com) Membership Secretary: Gloria Cameron

# **Breakfast at Noon**

Last month's open meeting included a wide-ranging discussion of domiciliary social care. Anne Lawrence is kindly arranging a local speaker on this subject for our February meeting.

A major problem with the current service is that it is provided through numerous private agencies which do not pay the carers for the time they spend travelling between clients. It is not uncommon for a carer to be required to travel half way across London between clients. The first visit of the day is usually to help the client wash and dress, and then give them breakfast. The long journeys mean that some clients are not getting breakfast until 11am or even later.

Paying carers for travel time has been talked about for as long as anyone can remember but nothing has been done. Almost without exception, the carers are immigrants who have not yet found more congenial work. As mentioned in the last newsletter, the Government is choking off the supply of new arrivals for care work. Better use will therefore need to be made of existing carers and steps taken to persuade them to stay on as carers. So, the present may be a good time to campaign for travel time to be paid.

# **Annual General Meeting**

The AGM will be included in our March meeting. This month and next are the time for members to consider what they can do to enable LAMPAG to carry on as an effective campaigning organisation.

Our existing Chair, Joint Secretaries, Treasurer and Membership Secretary are willing to stay on for another year but would be happy for someone else to take over some or all of their work. The one job with a formal title that we desperately need to have filled is Vice Chair. This has become more obvious than ever during the period that Ellen has not been able to chair our open meetings or committee meetings.

The full range of jobs available comprises:

Chairing meetings  
Minuting committee meetings  
Booking speakers

Writing newsletter articles  
Printing and posting the newsletter  
Looking after the teas etc  
Organising our participation in demos

Writing reports of open meetings  
Booking the meeting room  
Committee member discussing what we should be doing.  
Editing the newsletter  
Collecting membership fees  
Organising our street stall

and more besides. So, if you do feel there is a job you can take on, please tell one of the officers.

**LAMPAG is affiliated to the National Pensioners Convention**

# A Cold Month Ahead

The long-range forecast from the Met Office is mostly cold dry weather, with the possibility of some wet but slightly warmer intervals. Lambeth has a network of Warm Spaces and details are on the Council's website:  
<https://www.lambeth.gov.uk/warm-spaces>

**If you do not have access to the internet, there is always your local library as a good place to start.** The staff are always welcoming and able to provide information about other Warm Spaces. They can also tell you about activities in libraries; most have clubs and craft activities of various kinds. If you just want to meet up with a friend for a chat, you can meet in the library provided you are not so loud that you detract from the calm atmosphere. There is even more on offer in libraries for those of us who venture out in the evenings:  
<https://tinyurl.com/ye2y4vdt>

**Minet Library will be closed from 12<sup>th</sup> January for Building Works due to be completed on 24<sup>th</sup> January.** If you want to visit in the week after the 24<sup>th</sup>, it might be as well to phone the library to check that they are open. Building work often takes longer than programmed. The number is 020 7926 6073. The Lambeth libraries nearest to Minet are Brixton and the delightful Carnegie Library in Herne Hill Road.

**Age UK Lambeth** has a big programme of activities on weekdays called My Social, with most being on the same day and time every week or month, so they are a great opportunity to meet new friends. There is a small charge for some activities. Details are at <https://mysocial.london/digitalcalendar/>

The Book Club, which meets on the second Tuesday of each month from 1pm to 3pm is always very welcoming to anyone coming along to a session to see if it is for them. Members read a book in advance of the meeting or listen to an audio book of it. The books are chosen by the members and available in Lambeth Libraries. February's book is *It Should Have Been You* by Andrea Mara. The Club meets in the Vida Walsh Centre, 2b Saltoun Road SW2 1EP.

**Clear Community Web** continue to host Digital Drop-ins where we can get one-to-one help with using our laptops, tablet computers and smart phones. They are known for being very competent, friendly and being patient with us older people.

On Tuesdays from 2pm to 4pm they are in The Old Laundry on Stockwell Park Estate, where LAMPAG used to meet while the Town Hall was being refurbished. The address is Eastcote Street SW9 9BY

On Mondays at the same times they are in West Norwood Library, 1-5 Norwood High Street, SE27 9JX

On Fridays from 10am to noon they are in Upper Norwood Library, 39 Westow Hill, SE19 1TQ

LAMPAG IS on the web at

# Membership Report

After a few delays, we have now completed the renewal of memberships for the year which commenced in April 2025. We have a total of 60 members. Of these, 34 receive newsletters by post and 26 receive their newsletters as email attachments.

A further ten people had been receiving newsletters by post though they have not been members for a while. By stopping sending them newsletters, we are saving £123 a year.

Age UK Lambeth are very helpful over the newsletters going by post. They allow us to use their photocopier and charge only 3p an A4 side. They also allow us to use their franking machine. Besides being less tedious than sticking stamps on envelopes, this saves us 3p on the postage for each newsletter.

Sending newsletters as email attachments does not cost anything. However, even with Age UK's help, sending newsletters by post is expensive. Assuming an average of seven sides to be copied, each newsletter currently costs £1.12 to send, that is, 21p for copying plus 7p for the envelope and address label, and plus 84p postage. Royal Mail increase the postage in April each year and the increases in recent years have varied between 2p and 10p. **So, if anyone receiving emails by post is content to have them by email in future, please let Gloria Cameron or one of the other officers know.**

## Updates

As a follow-up to the NHS article in last month's newsletter, here is a link to Keep Our NHS Public's leaflet *NHS in Crisis: Why Migrants Are Not To Blame*  
<https://tinyurl.com/bdz7yjvm> A paper copy is included with each newsletter sent by post.

Members may recall Councillor Issa Issa, the youngish Deputy Cabinet Member who came to our meeting on housing in April. He seemed very competent and determined to make the most of Lambeth's limited housing stock. It is therefore disappointing that he will not be a candidate for re-election in the Borough Council election due to take place in May.

The local branch of the Palestine Solidarity Campaign are energetically continuing their efforts to inform the public via street stalls about what is happening in Gaza, the West Bank, East Jerusalem and the Golan, in all of which Palestinians continue to be attacked.

Also, the branch has been picketing Marks & Spencer and Tesco, to encourage shoppers to boycott Israeli produce. Please check the origin whenever you can of avocados, dates and small potatoes.

And Finally:

**Best wishes from your committee for a happy and healthy  
New Year**