

Healthy Cooking on a Budget

Join us, each week, for a fun 2-hour cookery session where you will learn how to cook healthy meals on a budget.

You will learn how to select the right ingredients, and how to properly prepare and cook a healthy dish.

By the end of each session, you will have gained the skills and knowledge needed to prepare a delicious, nutritious, and affordable meal. AND take whatever you've cooked back home to share it with your family and friends.

This group will take place every Wednesday starting on June 19th from 10:30am - 12:30pm

Based on a first come first served basis as limited numbers available!

To register, scan QR code.



Community Gardening

Come and enjoy eight-weeks of gardening activities in our local front garden space!

Over the 8 weeks you will cover the following:

- Up-cycling to create planters and garden accessories.
- learning about soil and composting for the garden.
- creating a mini herb garden and a hanging basket.
- preparing and planting raised beds in the community garden.

You will gain skills that can be used at home to develop and maintain your own gardens or pots, as well as building friendships and connections with people from the local community.

This group will take place every Saturday starting June 8th, from 10:30am - 12:30pm.

Based on a first come first served basis as limited numbers available!!

To register, scan QR code.



COVO Connecting Voices charity based in Peckham, is running a community project **COMMUNITY CONNECT**

Community Connect is a project designed to provide a safe, inclusive, and engaging space for members of our local community. The goal is to foster connectedness, reduce social isolation, and enhance physical and mental health. The project targets young families, the elderly, and young people, offering weekly encounters with a variety of activities tailored to their interests and needs. These activities include gardening, cooking, parents and toddler groups, fitness sessions, a film club, and spoken word workshops for young people.

By cultivating a sense of camaraderie and solidarity, **Community Connect** aims to significantly enhance the overall well-being of its participants. These activities not only offer opportunities for social interaction and physical exercise but also equip participants with practical skills and knowledge that can alleviate everyday pressures.

The project will run until March 2025, with 2-hour sessions for each activity. All held at the COVO Connecting Voices premises, located at 12B Asylum Road, SE15 2RL, Peckham 020 7635 0007

Parents & Toddlers

In collaboration with Squarehead

Come join, play, share and smile with your babies and toddlers (Age 1-5)

This playgroup, Happy Thursdays, will provide you with a safe and happy environment for your child to learn, play and develop language, communication, motor skills and relationship-building skills.

The playgroup benefits both children and caregivers in the community and can help to develop connections, build friendships, socialise with other people in the same position. Helps tackle isolation and remind parents they're not alone.

This group will take place every Thursday
Starting on June 13th
from 10am - 12pm

Based on a first come first served basis as limited numbers available!!

To register scan the QR code



Film Club

Join us for FREE screenings in our beautiful space from June 2024.

Our monthly film club shows a variety of films for all ages. Come along for a free film screening. There will be refreshments after the movie.

A suggestions box will also be available to make recommendations and vote for the upcoming programme.

If you want to receive info on the next screening, please register your interest on the form!

**All activities are free and will take place at COVO
Connecting Voices
12B Asylum Road
SE15 2RL Peckham**



To register scan the QR code



Spoken Word Workshop

in collaboration with Alchemy

Join multi-disciplinary spoken word artist, writer and performer Rofeda Amira Bougaga

A series of workshops to support you in developing your writing and performance skills, either as a writer, poet, spoken word artist, or songwriter, with an emphasis on how words can have the power to change you and the world around you.

Rofeda utilises creativity as a platform to create social change regarding issues such as young people's mental health, women's safety and many other neglected issues within society. She has been involved in the performing arts industry for several years and has written and performed her own one woman show 'The Body Remembers' which has become a campaign for women's safety in the borough of Lewisham.

This group will take place every Thursday
starting on June 13th
from 4:30pm - 6:30pm

To register, scan QR code.

