

Autumn/Winter 2026

Kingsland Lifeline Hub Activities

An inclusive, creative, and supportive learning environment where people can connect, learn, and feel part of a welcoming community.

Our Make & Meet Space and Community Garden bring people together through free courses, activities, and events – open to everyone in the PBHA community.

For Hackney residents, the Kingsland Lifeline Project provides affordable food support, social connection, homelessness-prevention advice, and targeted support around food insecurity, fuel poverty, digital inclusion, and debt and welfare advice. It offers practical pathways into wider learning, wellbeing, and community participation.

We also deliver CarbonWise, a pan-London energy awareness programme offering practical advice to help people reduce energy costs, understand their bills, and make confident, sustainable choices.

Together, these spaces and programmes support people to enhance their skills, build confidence, and explore their potential within an inclusive community.

Workshops



WELLBEING SESSIONS

Contact us to book on any of the sessions (dates below)

Workshops delivered by the local talking therapies service helping to deepen your understanding of mental health and explore practical tools that can help you feel better

These will cover:

- October: Managing stress
- November: Sleep
- January: Low Mood

Days/times: Thursdays 1.30-3.30pm

Dates: 9th October, 6th November, 22nd January



1-1 DIGITAL SKILLS COACHING

Contact us to get matched with a Digital Champion Volunteer!

Get tailored support with a digital champion to improve your digital skills.

Topics include emails, shopping online, online forms, file management, and more!

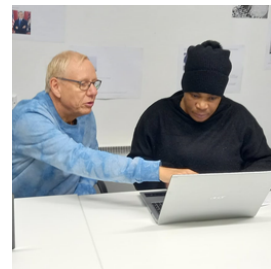
6-8 sessions lasting 1 hour each (Thursdays)

ONLINE SCAMS

Contact us for dates

Develop essential skills to spot online scams and how to report these

Dates to be confirmed



EMPLOYABILITY SESSION

Contact us about session on 15th October 2026

We'll be exploring

- What makes a good CV
- Cover letters
- Live job opportunities
- Review your CV

Date/Time: Thursday 15th October 1-3pm

BUDGETING

Contact us to book

Understand what a budget is, why to budget and how to budget.

1:1 follow up support is available

Days/Time: Thursday 23rd October 1-3pm

Find out more on our website, or by contacting
020 3815 4100 / learn@peterbedford.org.uk

Events

Join us for real stories, food, music, and information about support services

WORLD MENTAL HEALTH DAY

Wednesday 7th October, 12-3pm

Lived experiences heard: Real voices, real change.

BLACK HISTORY MONTH

Wednesday 28th October 12-3pm

"Honouring Our Communities" highlights people whose work often goes unseen—volunteers, teachers, carers, community leaders, and others whose daily contributions shape Black British life.

INFORMATION, ADVICE & GUIDANCE SESSIONS

With our expert advice and guidance, understanding and positive attitude, you will be able to:

- Identify realistic but ambitious goals and learning options that suit you
- Get support in making a decision about your future
- Build your confidence and motivation about your future
- Increase your chances of completing education and training, or maintaining work
- Improve your odds of getting a job



Get involved

ACTION GROUP MEETINGS

We have quarterly meetings for Kingsland Lifeline Hub members to join us to express yourselves, have your say, and take an active role in making decisions and shaping the service.

The next meeting is Wednesday 11th November at 12.30

Please get in touch with us if you'd like to join!



VOLUNTEERING OPPORTUNITIES

One of the most immediate rewards of volunteering is the boost to your mental health and sense of purpose.

Engaging in meaningful work can reduce stress, combat depression, and provide a feeling of accomplishment.

It allows you to develop new skills, whether you're tutoring students, organizing events, or Income Assistant and Marketing & Communications.

Alongside this we are keen to carve out more volunteering roles in keeping with your interest.

Find us at:

Kingsland Hub,
242 Kingsland Road,
London E8 4DG

Visit our website to find out more about us:

www.peterbedford.org.uk

Contact us: 020 3815 4100 / learn@peterbedford.org.uk