# Brockley Voice

NEWSLETTER 14

March 2026

## Another bumper 8-page issue!


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## The panto... was cancelled!

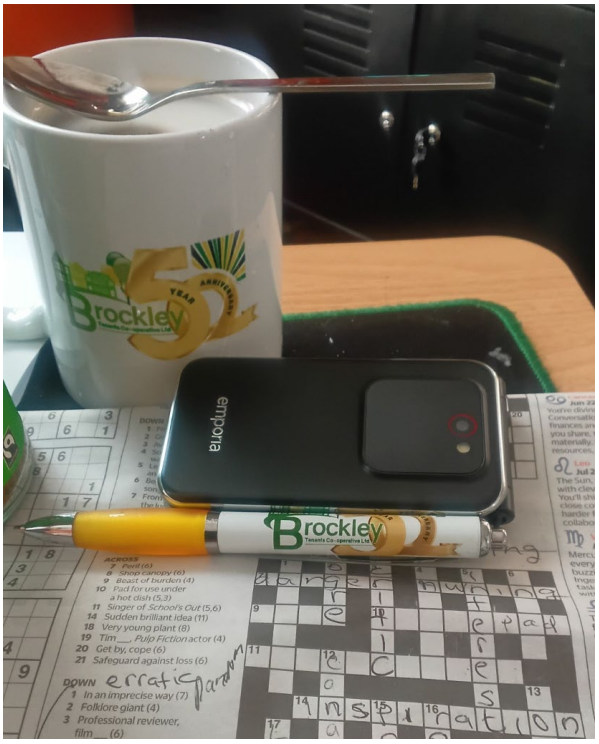
Unfortunately, the performance which we had bought tickets for was cancelled with very little notice. So everything had to be rebooked and there was no chance to take group photos.

Fortunately nearly everyone was able to get there, and enjoy an all singing, all dancing Christmas treat.





# BTC Merchandise




Doing the daily crossword in good company – photo by Ola Adejimola.

Send in your photos of BTC merchandise at home or away!

# Christmas raffle

At the December GM, BTC Voice raffled a total of 7 One4all shopping vouchers.

The lucky winners appreciated the extra funds for their last-minute festive shopping and the raffle will be back in time for next Christmas!






# Window sticker!

A window sticker in Endwell Rd – Celia McNicholas and Luna.

Stickers are still available from the office or email hello@brockley.coop if you need one to be delivered.

*Photo by Peter Brooker*

More photos please!

# ‘Social supermarket’ at St Peter’s

St Peter’s is the big church on Wickham Road. Every Wednesday morning there’s an event there called ‘Community Table’. It’s a chance to go along and meet local people for a chat and a cup of something. There’s also a ‘social supermarket’ where a big parcel of groceries including fresh fruit and veg is available, and it’s all for £4 a week.

In addition, there is a variety of people offering advice, including the local Brockley ward councillors and the Citizen’s Advice Bureau. (They’re not all there every week, you need to check…)

I’ve been going along as a volunteer for over two years now. I’m not a member of St Peter’s church or any other church, but it’s a warm and welcoming environment. Kids and





*Sarah sorting some tins at St Peter’s*

(well-behaved) dogs are welcome. Come and join us between 10 and 12, but order your food by 11!

On the ‘social supermarket’ side of things, bread, milk, eggs and baked beans are available every week. There is also a choice covering other tins, cereals, rice and pasta, etc. Often there are some ready-made meals, and there is always a good bag of fruit and veg.

To find out more, and to sign up, follow this link: Community Table — St Peter's Brockley If you are interested in becoming a volunteer send me a message via the office!

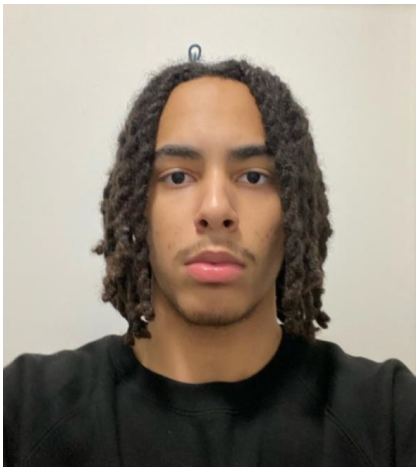
*Sarah Gasquoine*

# BTC's Got (young) Talent

Meet Hugh, grandson of Kate Muwanga (one of our founding members).

Hugh is a budding entrepreneur.

He recently wrote a prize-winning poem for school:



**"We Rise Still"**

*Hugh says:* 'This is a poem about the struggles endured by a group of individuals who have been historically disadvantaged until to this day, as well as continue to suffer discrimination and treatment as bottom of the pile through the colonial divide and conquer rule lens. Yet against all odds, They Rise Still.'

We are the songs that sailed on stolen ships,
Chains clinking to the beat of a pulse that would not quit.
We are the whispered prayers in cotton fields,
Roots planted deep where blood was spilled.

We are not just history —
We are legacy,
Breathing life into every street, every rhythm,
Every dance, every dream we dare to live in.

We are the soul in the struggle,
The fire in the fight,
We were never meant to survive —
Yet here we stand, in the light.

From Africa's mother soil to Carolina's cries,
From Selma's steps to the stars in our skies,
We are more than the pain — we are the power,
The voice, the vision, the unbreakable flower.

We are the hymns of Harriet,
The pen of Baldwin,
The courage of Malcolm,
The dream of Martin.

But don't get it twisted —
We are not only our icons.
We are aunties braiding futures on porches,
Uncles who hustle with history in their voices.
We are children with crowns not yet recognised,
Walking classrooms where greatness lies.

We are the movement and the moment.
We are the march and the mic.
We are the rhythm of resistance,
And the architects of light.

We've built kingdoms and cultures,
Raised nations and names,
And even when they tried to erase us —
We still came.

Came singing. Came soaring.
Came tired. Came torn.
But we came.

And now —
We rise.

In boardrooms and barbershops,
In courtrooms and corner blocks.
We rise.

In classrooms and catwalks,
On ball courts and ballot walks.
We rise.

Not just to survive — but to thrive,
To tell our truth, and stay alive.
To hold joy like a weapon,
To heal what was broken,
To speak love — even when unspoken.

So when they ask us who we are —
Tell them:

We are the dream and the doers.
The past and the future.
The pain and the power.
The night and the noon.
The storm and the bloom.

We are Black.
We are beautiful.
We are bold.
We are brilliant.

And no matter what —
**We rise still**.

*Hugh Muwanga*

# Pets' Corner – Aisling Visionary



Aisling in Gaelic means Dream or Vision but could be a nightmare!

Aisling came to my life when I was recovering from a heart surgery and subsequent mental health issues due to medications.

Aisling was my first dog that I can call my own though she lived with my ex-wife. She was granted visitation rights from BTC and neighbours.

Aisling afforded me the ability to get out into green spaces and to be responsible for another sentient being and not to focus on my negative thoughts. She also guided me to my career as a dog walker.

I cannot express the love I had for her in words, but she will forever be my saviour.

*Peter Brooker*

# Allotment news

Now that the weather is warming up, there's a plan to meet at the allotment most Sundays between 10 and 12.

If you want to come along, send Xim Phu a text on 07986 355859 and she will add you to the WhatsApp group.



*Broad beans looking good*



*Peter Brooker preparing a bed*

*Photos by Xim Phu*

# Recipe – Black-eyed peas with Spinach and Dill

Who doesn't love black-eyed peas (the legume but the band as well)? They are high in protein, fibre, iron, potassium and they soak up flavours very well. I usually cook them from scratch and freeze them in portions, ready to add to a variety of dishes. Canned beans are fine as well.

My friend Sunita showed me this quick and easy curry version to prepare and cook in under 30 minutes when using pre-cooked black-eyed peas.

**Ingredients (2 portions)**

3 tablespoons neutral cooking oil

½ teaspoon cumin seeds

¼ teaspoon mustard seeds

1 teaspoon crushed garlic

1 finely chopped chilli pepper

1 teaspoon curry powder

1 tablespoon tomato puree

250g spinach – chopped or frozen

1 batch of chopped dill (or flat-leaved parsley)

250g cooked black-eyed peas or 1 tin

½ mug of water

Red chilli flakes and salt to taste

½ lemon – juice and zest



**Method**

Heat the oil and add the cumin and mustard seeds. When they begin to pop, stir in the crushed garlic, the finely chopped chilli, curry powder and tomato puree.

Fry for about 30 seconds on medium-low heat and begin to add spinach in batches, folding it in with the spices.

Add the chopped dill and increase heat to medium. Continue to fry until the spinach is wilting/ defrosting.

Add the cooked black-eyed peas plus water, salt and chilli flakes to taste. Bring to the boil. Lower to simmer, add a tight fitting lid and let it cook for roughly 10 minutes.

Once done, top with lemon juice and zest and garnish with dill.

Serve with paratha or naan bread – can also be served with rice.

*Guten Appetit!*

*Birgit Rapp*

# Dates for your diary

**Tuesday April 7th**

Co-op General Meeting – in person only

7pm at the co-op office

**Saturday April 11th**

Voice Coffee Afternoon at Costa in the Lewisham Centre

Come along any time between 2 and 3.30

**Tuesday April 14th**

Brockley Voice meeting

7pm on Zoom

Email hello@brockley.coop to join the mailing list

**Brockley Voice**



**Saturday August 15th**

Seaside trip to Clacton-on-Sea

Save the date!

# Calling all members!

We want the newsletter to showcase more of BTC's talent. Please use this space to share stories, poetry, artwork, etc. Recipes and contributions to Pets' Corner also welcome.

Send all contributions to hello@brockley.coop.