

Championing what matters to you

Healthwatch Lambeth
Annual Report 2021-22



Contents

Message from our chair	3
About us	5
Our achievements	6
Our year in review	7
Listening to your experiences	8
Advice and information	13
Volunteers	16
CEO report	19
Finances and future priorities	22
Statutory statements	23

Message from our chair

2021-2022 has been another year of substantial change as the globe adapts to life with Covid-19. At Healthwatch Lambeth our focus is on enabling people's voices to be heard whilst keeping them, their carers and our staff safe. Unfortunately many of the people we want to hear from are not always confident about the online world or simply do not have access to it.

I am therefore hugely grateful for the continuing commitment of our staff and volunteers who have made the most of being able to be in more direct contact with people, along with the board of trustees, as we work together to fulfil our mandate to champion the voices of the people who are least listened to but most in need of good health and social care.

At Healthwatch Lambeth the starting point for improving care is listening to people affected by or in need of a particular service. This year we enabled people's voices to influence service changes that are making a real difference to care. Our engagement work helped local services learn more about how to inform, reach out to, and support underserved groups. Our information and signposting work fill a gap for people with questions and worries about their care. People who contact us tell us we've really helped, but we know we can do more and this is an area we want to more of this coming year.

Healthwatch Lambeth is small but can do much more than our team could deliver working alone because of our partnerships with others and because of our excellent and dedicated volunteers who are active and skilled in a range of areas especially interviewing and listening to people. This year it's been a pleasure to join with other Lambeth organisations to run online events about wellbeing. These were well received and we're aiming to build on their potential.

We are delighted as ever to host the Lambeth Learning Disability Assembly who continue to support one another and keep in touch despite all the hurdles of the pandemic. Their commitment to make sure the voices of people with learning disability are heard and taken notice of in services is brilliant and we love working with them.

Continues to next page

Message from our chair (continued)

This year we said farewell to our former mental health engagement officer, Caroline Waran who did excellent work on women's mental health that was commended by South East London Clinical Commissioning Group, and we welcomed Anna D'Agostino who has rapidly familiarised herself with Lambeth and the mental health scene. We also welcomed Henry Hunt onto the Board of trustees and are grateful for his leadership of our strategic review that we aim to launch in late Summer 2022.

Also, as I write this, we have said farewell to our Chief Executive, Catherine Pearson who, after 9 years of hugely dedicated service, including the setting up of Healthwatch Lambeth, felt that it was time for a change and, we hope, a rest. Catherine has been at the heart of making Healthwatch Lambeth what it is today – an excellent local partner, ready, able and trusted to make sure people's concerns and experiences about health and social care are listened to and acted on. It's a firm foundation on which we are committed to building. Her section contains more detail and I join with her in thanking all our colleagues across Lambeth for their support and dedication to the people of Lambeth.

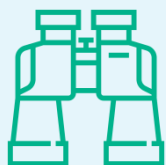


Sarah Corlett, Chair

About us

Your health and social care champion

Healthwatch Lambeth is your local health and social care champion. From Waterloo in the north to Streatham and West Norwood in the south and everywhere in between, we make sure Health and social care leaders and decision makers hear your voice and use your feedback to improve care. We can also help you to find reliable and trustworthy information and advice.



Our vision

A world where we all have health and care we need.



Our mission

To make sure people's experiences help make health and care better.



Our values

- Listening to people and making sure their voices are heard
- Including everyone in the conversation – especially those who don't always have their voice heard
- Analysing different people's experiences to learn how to improve care
- Acting on feedback and driving change
- Working with services, Government, and the voluntary sector, serving as the public's independent advocate.

Our achievements

Our work and the valued feedback from the public led to:

- Improved mental health support for young people as they move from child and adolescent mental health services to adult mental health services
- Improved emotional and psychological support for young people attending hospital.

And we:

- Supported the borough's efforts to increase uptake of annual health checks and the COVID-19 vaccine amongst people with learning disabilities, autism, and severe mental illness
- Promoted and supported maternity services at King's College Hospital NHS Foundation Trust to directly involve women and families in developing a new maternity strategy
- Started a new programme with health service colleagues at South East London CCG and Lambeth Together to make sure decisions taken by Primary Care Networks take full account of patients' perspectives and experiences.

Through our signposting service and information events we have:

- Helped people to get services such as advocacy and community mental health services
- Helped people resolve issues such as concern about Covid-19 vaccination and housing difficulties
- Improved people's knowledge and understanding of the different ways to improve their physical and mental wellbeing.

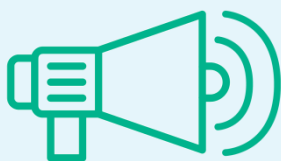
Through our opportunities to get involved we have:

- Improved the research and engagement skills of our volunteers.

Our year in review

Find out how we have engaged and supported people.

Hearing from you



More than 700 people

shared their experiences of health and social care services with us, helping to raise awareness of issues and improve care.

Over 160 people

came to us for clear advice and information about topics such as mental health and COVID-19.

Making a difference to care



We undertook three projects aimed at improving people's experience of health and social care services:

- Worked with Lambeth Together to improve the experience of people moving from child to adult mental health services
- Created a new local partnership to improve access to information about annual health checks for people with disabilities
- Supported the Adult Safeguarding Board to make improvements to the way that they consider the views of service users.

Health and care that works for you



Half of our pool of

23 volunteers

gave up 19 days and contributed approximately 133 hours to make care better for our community.

We also currently employ 4 full-time and 3 part-time staff who help us carry out this work.

Listening to your experiences

Services can't make improvements without hearing your views. That's why over the last year we have made listening to feedback from all areas of the community a priority. This allows us to understand the full picture, and feedback to services to help them improve.



Improving mental health support for young people

Thanks to feedback from young people about the challenges they face moving between children and adult mental health services, the Living Well Network Alliance of Lambeth Together recruited transition workers to ensure that support is better coordinated and that services are responsive to their needs.

Young people often find the move from child to adult mental health services difficult and some disengage from services completely. Not all young people struggling with their mental health will need specialist services at the time of transition, but they all need some support to prepare them for independence and adulthood.

We spoke to 19 young people with mental health conditions and learning disabilities along with their parents or carers about their support needs as they move to adult services. Young people reported a poor experience of health and social care including:

- Difficulties talking to someone within the system
- Uncoordinated support
- Lack of training to build their resilience.

We also found that some young people disengaged from services due to unclear referral processes. Young people told us that they needed:

- Proper planning and transition support
- Access to better information on services
- Help to build resilience.



My mum has severe mental health problem so I could not rely on her help when I became a care leaver. I remember having my social worker's support until I turned 18, then I was on my own.

Young person



There is an assumption that upon reaching 18 years old, young people's needs stop overnight. Because one day they are 17 and 364 days and the next day they are 18. Their needs are still changing, and those needs don't stop just because they turn 18.

Carer



What difference did this make

We presented what we found to the Living Well Network Alliance (LWNA) which is the collaborative group of statutory and voluntary mental health and care services in Lambeth. As a result, they recruited staff to coordinate support for young people moving from child to adult mental health services. We hope this will improve young people's experiences of moving across services. We will follow up to check that this is the case.

Improving uptake of Annual Health Checks and the COVID-19 vaccine

Feedback from people and carers with learning disabilities, autism and severe mental illness helped us improve the borough's knowledge of the barriers to uptake, and informed plans to ensure people from these groups can access the support they need.

This year we contributed to the borough's efforts to improve uptake of the Annual Health Checks (AHC) and COVID-19 vaccine among people with learning disabilities, autism and severe mental illness. The borough has adopted some of our recommended strategies for improving access, including providing education and information about the AHC and the COVID-19 vaccine alongside other health campaigns. We spoke to 13 people from these groups, along with their parent/carers about AHCs and the COVID-19 vaccine to explore their views and access experiences in depth. We also spoke to three health professionals.

We found that:

- There was variation in knowledge and understanding of the purpose of an AHC, what it entails and beliefs about entitlement
- Family members and carers played a key role in giving people opportunities to access care, including booking appointments
- People had different understanding of the risks associated with COVID-19
- Family members and carers played a key role in supporting people to access care, correcting misinformation about the COVID-19 vaccine and were the key motivating factor influencing decisions about uptake.

Health professionals told us that:

- Misinformation about the vaccine communicated on social media was a strong factor in people's decisions about whether to get vaccinated
- There were public concerns about the period that was left to test the vaccines before they were rolled out, and there were misunderstandings about the level of protection the vaccine provided.

What difference did this make

We presented our findings to representatives of Lambeth Council and NHS South East London CCG (Lambeth) and at the Learning Disability and Mental Health Vaccine Uptake Working Group. Our findings have informed and contributed to the borough's efforts to improve uptake among these groups. These included providing education and information about the AHC and the COVID-19 vaccine along with other health campaigns. We also encouraged the council to work more closely with grassroots community and voluntary organisations that reach people from these groups.

Three ways we have made a difference for the community

Throughout our work we gather information about health inequalities by speaking to people whose experiences aren't often heard.



Improving emotional support for young people attending hospital

Thanks to the feedback from members of our young people's reference group during a consultation about their experiences of attending hospital, colleagues at King's College Hospital and Child Health Services have been working on improving care for young people with emotional health needs.

King's College Hospital:

- Appointed a consultant psychologist to develop the psychology services for children and young people with general paediatric conditions who need additional emotional support
- Developed training to help doctors manage young people who are very psychiatrically unwell, along with a programme to support people with mental health concerns better
- Is reviewing the resources available outside Child Mental Health Services (CAMHS) so that GPs, child health leads and paediatricians have better information about appropriate local support to meet children's needs.

"All this was started by what we heard from children and young people during the consultation."

Lucy Pickard Sullivan (Consultant paediatrician – King's College Hospital)

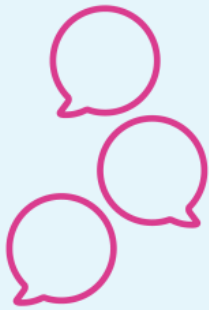


Supporting maternity services to involve women and families in a new maternity strategy

Services need to understand the benefits of involving local people to help improve care for everyone.

Here at Healthwatch Lambeth we actively promote, encourage and support service providers and commissioners to directly involve the public in shaping how services are designed, monitored, and improved.

Continues to next page



Supporting maternity services to involve women and families in a new maternity strategy

Building on women's stories of their maternity care during COVID-19, we worked closely with King's College Hospital to directly involve women in the first stage of developing their maternity services vision and strategy.

We helped to design a consultation survey and supported the hospital to share it with local community groups and more widely with a diverse group of women who had experience of using King's Maternity services.

A total of 170 women participated in the consultation and King's College Hospital are now using the results to shape the strategy and other maternity projects.



Improving care over time: Supporting public engagement in primary care services

Change takes time. We often work behind the scenes with health and care services to consistently raise issues and push for changes.

We heard patient's feedback on their experiences of accessing GP services and our volunteers and staff reviewed the accessibility of information on GP websites. This highlighted the need for stronger community communications about service availability and appointment booking.

Our insight has also led to a new opportunity for Healthwatch Lambeth to work closely with partners at the South East London CCG.

In 2022 we will be embarking on start a programme to support Lambeth Primary Care Networks (PCNs) to develop public participation and patient engagement plans, testing new ways to bring the patient experience into decision making processes.

Advice and information

If you feel lost and don't know where to turn, Healthwatch Lambeth is here for you. In times of worry or stress, we can provide confidential support and free information to help you understand your options and get the help you need. Whether it's finding an NHS dentist, how to make a complaint or choosing a good care home for a loved one – you can count on us.

This year we helped people by:

- Providing information about complaints services and processes
- Providing up to date information on COVID-19 vaccination and booster programme in the borough
- Linking people to reliable information they could trust
- Helping people to access local advocacy services, community mental health services including Lambeth Talking Therapies and services for older people such as the befriending services offered by Age UK Lambeth
- Holding a series of information events focusing on improving wellbeing including World Health Day, Mental Health Awareness, tips to keep in good health, safeguarding information.



Access to COVID-19 vaccination records

During the peak of the pandemic, we received several calls from Lambeth residents concerned about their access to the vaccine or mistakes in their vaccination records. We received a call from Hussein who was upset at having to postpone travel arrangements to visit relatives because of inaccurate information recorded about his vaccination status.



He had been trying to rectify this by contacting his GP and the vaccination centre with little success. He contacted us via our information and signposting service. We managed to contact the lead officer for the Lambeth Vaccination Programme, who quickly contacted the vaccination centre and coordinated with the GP to correct the patient's record. The patient was able to travel and called us to say thank you.

"I have been anxious as even my GP could not help. You have sorted it out for me, and I am now able to see my family for the first time during the pandemic. I am truly grateful to Healthwatch Lambeth."

Health and housing in Lambeth

We sometimes receive calls from people who tell us how they are affected by housing issues. We received a call from Adrian, a father of two young children, who was upset by the council's delay in repairing a leak in his flat which caused damp. He believed this had contributed to his children's asthma.

We referred Adrian to Lambeth's housing team and raised the issue of the health hazards to the children. We also linked him with Children's Services and his local councillor at the time.

The council has now repaired the leak and Adrian contacted us to express his appreciation.

Raising awareness about ways to improve wellbeing

Healthwatch plays an important role in helping people get the information they need.

This year Healthwatch Lambeth worked with statutory and voluntary and community partners across the borough to host and deliver a series of events focusing on improving wellbeing.

These included events to celebrate:



- **World Health Day** - which included 12 mini workshops on different topics such as gardening, yoga and mindfulness, singing, mental health and managing stress and information about local mental health services.
- **Mental Health Awareness Week** was an opportunity for participants to join practical activities to improve their wellbeing and cope with the pandemic. We had sessions on mental health support for young people, boxercise, group coaching, journaling, and meditation and interactive performance from a group of Black men on how they cope with Covid.
- **Tips to keep in good health** - aimed to raise awareness and mobilise efforts to support mental health and wellbeing in the community. Our event in October 2021 offered a variety of tips that participants could use as self-care as well as share with anyone who could benefit from. These included writing a fantasy story to distract the mind, to a 'food and mood' and physical activity videos. Professionals from the local 'Lambeth Talking Therapies' invited people to contact their service if they needed help to tackle anxiety, depression.



"I learnt some great tips as I am new to gardening. I liked that they talked about the opportunities to garden if living in a flat."

Gardening workshop – World Health Day

"Enjoyable. Good to see others and feel part of the group. The movement and singing good for body."

Singing workshop – World Health Day

"Always a help to check in with how you are dealing with stresses and see what support there may be."

Mental health and managing stress workshop – World Health Day

"Lovely atmosphere and varied content."

Top tips to Keep in Good Health event

"I liked being in a group and hearing from other people."

Top tips to Keep in Good Health event



Volunteers

We're supported by a team of amazing volunteers who are the heart of Healthwatch Lambeth. Thanks to their efforts in the community, we're able to understand what is working and what needs improving in NHS and social care.

This year our volunteers:

- Helped people have their say from home, carrying out surveys and interviews over the telephone and transcribing interviews
- Supported with engagement project planning and the design of evidence gathering tools
- Carried out website reviews of all GP practices in Lambeth to assess the information they provide and their accessibility
- Supported with our strategic review and review of funding opportunities
- Represented Healthwatch Lambeth at online and face to face meetings and forums
- Created digital content for our website and social media and designed flyers for events and projects
- Helped us with our administration
- Took part in training to improve their research skills.



Nazma – Digital Communications Volunteer

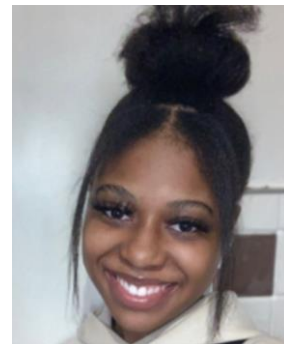
“I wanted to volunteer for an organisation which had the local community at the heart of what they do, hence why I applied to be a social media and Digital Communications Volunteer. I wanted to learn more about local healthcare issues alongside gaining new skills in utilising social media.

“Since I began, I've collaborated with the former Chief Executive and the Engagement Team on promoting new projects, creating promotional material on Canva, scheduling content, responding to requests and reaching out to external organisations to further partner relationships.

“I wish to continue volunteering so I can learn even more digital skills and positively contribute to communicate essential healthcare related information to local residents.”

Sian - Research Volunteer

“I signed up to volunteer and started volunteering at Healthwatch Lambeth in January 2022 because I was excited about the prospect of volunteering as I wanted to obtain first-hand experience working with an organisation that benefits the community in which I reside. I wanted to learn more about the goals and needs of healthcare service consumers, as well as experience the process of resolving any problems that could emerge.



“So far, I have been working closely with staff on the Beckett House project which is a project where Beckett House GP practice desire assistance in finding out what their patients think about using the services at this GP practise and how to enhance the overall healthcare offered.

“This experience will hopefully lead my career path once I graduate from university and see how I can enhance healthcare services for not just the community I live in but communities all over England.”

Continues to next page



Do you feel inspired?

We are always on the lookout for new volunteers, so please get in touch today.



healthwatchlambeth.org.uk/volunteer



020 7274 8522



info@healthwatchlambeth.org.uk

Heather – Board Member Trustee

“I was keen to start volunteering as a Trustee for Healthwatch Lambeth as I wanted to address health inequalities, in Lambeth where I lived. I worked in the charity sector for over ten years for small and large organisations and I hoped that my experience would be useful. I was very aware of the challenges, especially smaller charities face with the needs of the local community being extensive versus the challenging financial funding landscape.

“Being a trustee on the Board has meant that I have been able to develop skills in finance, human resources and policy areas to name a few. It has also provided the opportunity for me to get to know more about Lambeth and many of the crucial health challenges residents face. I have been very grateful to have had the opportunity to work with trustees who have a wealth of experience in many different areas including law, accounting, commissioning, governance, communications, and public health. I hope in my trustee role I have been able to be a ‘sounding board’ as well as a ‘solution seeker’.

“I continue to be impressed by Healthwatch Lambeth’s staff and board, who are deeply committed to improve health inequalities for the people of Lambeth.”



CEO report

Black Thrive and Healthwatch Lambeth

At the Healthwatch Lambeth AGM in March 2021, Natalie Creary, Director of Black Thrive, summarised the work of the Black Thrive team during the previous year. This included the work which Natalie, the Healthwatch Lambeth Trustees and myself completed to ensure that the Black Thrive Partnership was transferred to Black Thrive Global, a new Community Interest Company (CIC).

We achieved this important milestone following six years of successful strategic partnership development and community engagement. During that time, Healthwatch Lambeth was privileged to be an active partner and host to the facilitation team and early working groups.

I would like to thank the Black Thrive facilitation team; partners and funders, especially National Lottery Community Fund and Guy's and St Thomas' Charity, for their commitment to addressing and challenging the glaring inequalities experienced by Black people affected by and living with poor mental health.

Special thanks are also due to our pro-bono legal team, Arnold & Porter, for steering us to a successful conclusion as Black Thrive Lambeth becomes a black led organisation.

Health and Social Care Providers

The impact of the pandemic on all of Lambeth's health and care providers meant that we decided not to Enter and View services in 2021.

However, with support from service managers we were able to speak with women who gave birth at King's College Hospital and with residents of Turret's House, a Certitude managed facility for people leaving South London and Maudsley Hospital.

You can read more about these projects in this report, but I would like to thank the management teams who helped us to hear first-hand from people about their experiences.

Continues to next page

CEO report (continued)

Lambeth Together Delivery Alliances

During 2021-22 we continued to support the development of Lambeth Together as the partnership for local care services and actively participated in the three Lambeth Delivery Alliances.

We worked with the Living Well Network Alliance to support public participation in the South London & Maudsley NHS Foundation Trust strategy refresh. This led to a trust-wide commitment to both putting patients and communities at the heart of services, and also to designing new ways to assess the impact of services on people with lived experience of mental health services.

We continued to work with the Children & Young People Alliance to ensure the voice of our local children is heard and understood within local Special Educational Needs and Disability services and in the transformation of services for looked after children as they leave care.

We made a commitment to focus on the new Neighbourhood and Wellbeing Delivery Alliance programme by working to build a strong relationship with Primary Care Networks (PCNs). Specifically, we have collaborated with:

- Hills, Brooks & Dales PCN – Tulse Hill, Herne Hill area. Healthwatch Lambeth worked with the newly appointed Health Coach for patients with diabetes living on low incomes to evaluate how well the coaching pathways was supporting them to optimise self-management of their long-term condition
- North Lambeth PCN – Waterloo area. Working with the newly appointed Care Coordinator and GPs at Waterloo Health Centre to co-design new interventions to provide patient centred care for people with multiple long-term conditions.

Both projects will report in 2022. I would like to thank all our Lambeth Together colleagues for their positive support for our work in 2021/22. We very much look forward to continuing to collaborate on our shared goals.

South East London Healthwatch and the Integrated Care System

First, thanks to the leadership team at the southeast London merged Clinical Commissioning Group (CCG) for their support for all six South East London Healthwatch over the past two years.

Continues to next page

CEO report (continued)

South East London Healthwatch and the Integrated Care System

Additional funding for a new post, the South East London Healthwatch Director enabled the six boroughs to co-ordinate Healthwatch programmes effectively, deliver joint programmes such as the GP Access programme and ensure that the voices of our local communities were heard by commissioners.

Working together has been a positive experience and we are pleased that this funding has been confirmed for a further two years during which time the South East London Integrated Care System will be established.

Thanks to all the Healthwatch teams in South East London and special thanks to Healthwatch Greenwich for hosting our Director, Folake Segun, and the South East London programme.

We are 336

It is widely recognised that the voluntary and community sector across the country played a very important role in providing support and services to people affected by the pandemic and more widely during lockdown.

In Lambeth, we were fortunate to have the continued support of the services delivered by colleagues working from 'we are 336', all of whom continued to engage with disabled people, people living with poor mental health, carers and people in need of advocacy and advice. I would like to thank all who helped Healthwatch Lambeth to deliver public participation online and who participated in our information giving webinars.

A very special thank you to Adrian Harris and the team for keeping our building open and safe for the staff and our users.

Special thanks to Lambeth Learning Disability Assembly (LLDA) for making sure that the Assembly representatives and members were able to continue their work to ensure that the needs of adults with learning disabilities and their carers were heard during the pandemic lockdowns.

Catherine Pearson

Chief Executive, 2013 – 2022

Finance and future priorities

To help us carry out our work we receive funding from our local authority under the Health and Social Care Act 2012.

Income		Expenditure	
Funding received from local authority	£349,543	Staff costs	£240,377
LLDA	£46,570	Operational costs	£79,367
		Support and administration	£27,187
Total income	£396,113	Total expenditure	£346,931

Top priorities for 2022–23

1. Cross-cutting: Primary Care Network and patient engagement, Multiple Long-Term Conditions, and Diabetes pathways
2. Older People: Hospital Discharge, Neighbourhood Nursing, and Continuing Health Care
3. Mental Health: Enter & View visits and Mental Health projects at King’s College Hospital, Mental Health events
4. Children and Young People: Young People’s engagement and mental health
5. Learning Disability: Lambeth Learning Disability Assembly.

Next steps

1. Launch Healthwatch Lambeth Strategy
2. Achieve re-accreditation in Investing in Volunteers
3. Hold Enter and View visits in NHS providers.

Statutory statements

About us

Healthwatch Lambeth, 'we are 336', 336 Brixton Road, London SW9 7AA.

- Charity Commission registration 1153444
- Companies House registration 08430436

Healthwatch Lambeth uses the Healthwatch Trademark when undertaking our statutory activities as covered by the licence agreement.



The way we work

Involvement of volunteers and lay people in our governance and decision-making.

Our Healthwatch board consists of seven members who work on a voluntary basis to provide direction, oversight, and scrutiny to our activities. Our board ensures that decisions about priority areas of work reflect the concerns and interests of our diverse local community. Through 2021/22 the board met four times and made decisions on matters such as funding priorities and governance.

We ensure wider public involvement in deciding our work priorities. We review the feedback from Lambeth residents received through our information and signposting service and through our 'Have your say' section of the website where people leave their views about services. We use the insights to inform our engagement priorities. Our children and young people workstream also consider the views of members of the young people's reference group.

Methods and systems used across the year's work to obtain people's views and experience.

We use a wide range of approaches to ensure that as many people as possible can provide us with insight about their experience of health and care services. During 2021/22 we have been available by phone, by email, provided a webform on our website, provided a feedback centre/rate and review system, attended virtual meetings of community groups and forums, provided our own virtual activities, and engaged with the public through social media.

We are committed to taking additional steps to ensure we obtain the views of people from diverse backgrounds who are often not heard by health and care decision makers. This year we have done this by talking to people with Learning Disability, people with Severe Mental Illness, and people with Autism about their views on the COVID 19 vaccine.

Responses to recommendations and requests

This year, due to the COVID-19 pandemic, we did not make use of our Enter and View powers. Consequently, no recommendations or other actions resulted from this area of activity.

There were no issues or recommendations escalated by our Healthwatch to Healthwatch England Committee and so no resulting special reviews or investigations.

Health and Wellbeing Board

Healthwatch Lambeth is represented on the Lambeth Health and Wellbeing Board by Sarah Corlett, chair of our Board of Trustees. The Chief Executive is also a non-voting member of the Health and Wellbeing Board. During 2021/22 our representative has effectively carried out this role by inputting intelligence from our engagement projects in decisions made by the Board.



healthwatch Lambeth

Healthwatch Lambeth
336 Brixton Road
London
SW9 7AA
www.healthwatchlambeth.org.uk

t: 020 7274 8522
e: info@healthwatchlambeth.org.uk

 @HWLambeth

 [Facebook.com/HWLambeth](https://www.facebook.com/HWLambeth)

 [hwlambeth](https://www.instagram.com/hwlambeth)