

second-hand, originally inscribed by one John Duckenfield. Winn was keen to make it his own: it is inscribed '[Ge]orge Wynn owneth this booke', the ownership also witnessed by one George Stinton. George Winn's son, the 2nd Baronet, was equally keen to assert ownership on inheriting the same book, signing it 'Edmund Winn: Liber hic meus testis est.' By 1 October 1695 the book had changed hands again, signed by Edmund's brother, George Winn (b.c.1645), then later still it was signed by Rowland Winn, 3rd Baronet. The 1695 date of George Winn's inscription is pertinent, coming the year after the death of his father, and other inscriptions indicate that this transfer may have been part of a wider dispersal of books. A group of nine books were all marked in 1696 by Edmund Winn of Acton (1678–1743), the second son of the 2nd Baronet, perhaps an inheritance from his father, although none bear his mark. Alongside these few books marked by various early members of the Winn family are several hundred other contemporary books of a similar type, bound in unremarkable English bindings and acquired in the 17th century, many on the second-hand market and with earlier Yorkshire owners. We have no reason not to assume that these share a common provenance.

Building a Library: The Acquisition of the Ludlam Family Books

This accretion of family books represents the first stirrings of a dynastic family library at Nostell. The growing belief that a landed family should have a library and that it represented their wealth, status and pedigree is apparent from the numerous early armorial bookplates commissioned in the period 1690–1710. These reflect a series of contemporary changes in taste and fashion in book collecting, library use and library design. With a few notable exceptions, most early 17th-century private libraries were 'closet' libraries, small collections of practical books kept in a locked chest or in a closet off a bedchamber, and as such wholly private spaces for study, devotion and contemplation. With the increase in printed output in the 16th and 17th centuries, books became more affordable and more widely accessible. Libraries began to outgrow the closet.

The Winn family in the 17th century were certainly not bibliophiles, but the changing cultural trends in book ownership

LOOKING BACK

What, where and why?

What have I gained from this workbook?

What am I going to change because of the things I have learned?

Can I do it all by myself or should I be asking someone else to help me? Who should I talk to?

Realistically, when can I achieve this by?

Actions

What are the first things I will do to achieve my goal?

-
-
-

Long term action plan

What will I do to make sure I stick to my plan?

-
-
-

scenery and delightful moral sentiments'.⁴⁷ Her 'favourite and most rational amusement' was reading, and she wished Sarah had been with her last winter when she read all of Pope's works. They could have commented on them together. She had read scraps of Pope when young but now greatly enjoyed the beauties of the verse and prose of this charming author.⁴⁸ In March 1812 she thanked Sarah for books she had sent with her last letter, noting that her comments would induce her to read them.⁴⁹ Anne Nichols, who married the cleric and antiquary John Pridden, did not share her sister's tastes, urging her in 1802 not to read any more of Joanna Baillie's tragedies or anything dismal but rather such books as would make her merry;⁵⁰ but Sarah's nephew, Samuel Bentley, loved to discuss books with her, sending her a copy of his *Excerpta Historica, or Illustrations of English History* in 1831.⁵¹

This shared love of books between John Nichols and his daughters proved crucial for the future of his library. When he died in 1826, Nichols bequeathed his 'private topographical library and Prints' to his son and divided his other books, prints and pictures between him and his sisters.⁵² There is no inventory of titles in his will, so it sheds little light on his library. Sotheby's sale of his books in 1828 included the property of 'another gentleman' and so until recently we could only guess which books might have belonged to Nichols; but, tucked away on a shelf above the door in the private library, I found a manuscript catalogue which Anne and Isabella Nichols had made after their father's death. The 1,464 titles were valued by Joseph Arnould, bookseller of Spring Gardens, using a code where capital letters spelling 'K I N D B R O T H E' signify

47. Private Collection, PC1/25/fos. 5–6, NAD4166, Anna Francesca Cradock to Sarah Nichols, 4 December 1800.

48. Private Collection, PC1/25/fo.7 NAD4167 Anna Francesca Cradock to Sarah Nichols, 1801.

49. Private Collection, PC1/25/fo.108 NAD4339, Anna Francesca Cradock to Sarah Nichols, 27 March 1812.

50. Private Collection, PC4/2/fo.119/1–2 NAD3855, Anne Pridden to Sarah Nichols, 12 September 1802.

51. Private Collection, PC1/Library NAD11068, Samuel Bentley to Sarah Nichols, c.1831.

52. London Metropolitan Archives, will of John Nichols, 27 April 1822, proved in the Consistory Court of London, 21 Dec 1826.

Our
2030
ambition

1 - Making Lambeth
Neighbourhoods Fit for the Future



By 2030, Lambeth will be a clean, vibrant and climate resilient borough where people can lead healthier, happier lives.

The on-going and lasting impacts of the climate emergency, the cost-of-living crisis and the covid-19 pandemic mean that we must radically change the way we think and act in Lambeth. From continued lobbying for environmental and fairer legislative changes and investment at national level, to adapting the way we travel, design buildings and public spaces, and make local, healthy and more sustainable choices, we all have a role to play in improving the health, wellbeing and environment of others in Lambeth now and for future generations.

The people of Lambeth are proud of their local area and have already taken steps to tackle climate change, but there is a desire and urgency within our communities for further decisive, collaborative action. Residents share that their health, carbon footprint and their streets matter to them, and they want to commit to improving our shared environment, ensuring that everyone knows how they can contribute, however small.

Climate resilience

We face a global climate emergency, and we know that inaction or insufficient responses will have consequences of an irreversible nature.

In January 2019, Lambeth became the first London Borough to declare a climate and ecological emergency and commit to becoming carbon neutral across our council buildings and operations by 2030. The Council reached out to residents through the Citizens' Assembly on the climate crisis and

learning from this was key to the development of Lambeth's first climate partnership, overseeing the implementation of the Lambeth **Climate Action Plan**. These are momentous actions that will help guide us to achieving our collective goal of a more sustainable and just future – ensuring that everything we do will make Lambeth a more sustainable, climate resilient borough for everyone.

Backed by our residents to act now, we are committing to tackling the climate and ecological emergency together. We will reduce greenhouse gas emissions from all sources we control or influence and build our resilience to the impacts of climate change through sustainable development and technologies. This will require a range of interventions and adaptations including improving flood prevention, more tree cover, sustainable urban drainage solutions and efficiency of water use. Based on the Citizens' Assembly recommendations we also know the need to retrofit at scale to significantly improve energy efficiency of our buildings and focus on decarbonising our transport network to lower emissions, and we will continue to lobby the government tirelessly for funding for a national retrofit programme.

Our hyperconnected inner London, highly urbanised location requires us to continue to be led by design that reduces traffic and enables people to walk, cycle and use public transport to experience the borough safely and accessibly. This means coming together and rethinking our transport systems to be inclusive, enabling healthier, more affordable and sustainable ways to get around the borough - including improving our existing network, electric car clubs, e-scooters



Lambeth 2030

Contents

Forewords	04
Introduction	06
State of the Borough	10
Our Previous Borough Plan	12
Our Shared Vision for Lambeth 2030	14
Our Ambitions for Lambeth 2030	18
The Lambeth Golden Thread – A Borough of Equity and Justice	20
Ambition 1 – Making Lambeth Neighbourhoods Fit for the Future	22
Ambition 2 – Making Lambeth One of the Safest Boroughs in London	28
Ambition 3 – Making Lambeth A Place We Can All Call Home	32
Our Lambeth 2030 Outcomes	38

The concept extended beyond universities and across the Atlantic: when John Sharp, Archbishop of York, proposed that the Society for the Propagation of the Gospel (SPG) should help establish a library in New York in 1713, he saw fit to stipulate 'that a Book of Benefactions and Subscriptions shall lye on the Table where it may be lawfull for others to subscribe books or money'.⁵

Sharp also appreciated the importance of catalogues as mobile representations of the library, portable artefacts that could signify material realities an ocean away. He specified that a 'Catalogue of this Library signed by the Governour the Mayor of the City for the time being and one of the Clergy shall be lodged with the Keeper of His Grace the Archbishop of Canterburys Library at St Martins as also Catalogues of all the parochial Libraries'.⁶ Likewise, in 1715, members of the SPG sought donations of books to augment the library of Codrington College in Barbados. Dudley Woodbridge, judge-advocate of Barbados and an active member of the SPG, solicited gifts of books while in England; he returned to Barbados with 'a Catalogue of *Books*, contributed in *England* to the same Purpose, which he was ordered to carry over with him'. The members appreciated the value that circulating the list would have in soliciting further donations, as St. George Ashe's sermon reported that 'this Catalogue has been proposed to be printed, for the Encouragement of Benefactions, and Advancement of the said Library'.⁷

By the early 1720s, library catalogues circulated in England with this more explicit purpose. Notable among them was the catalogue of Sion College Library, prepared by William Reading, according to its 1721 printed subscription proposal, 'that the Learned may be fully inform'd at their own Studies what the Library affords upon any Subject, and that such as are disposed to be Benefactors to it,

5. 'Dr Sharp's Proposal', Oxford, Bodleian Libraries, Papers of the United Society for the Propagation of the Gospel, A.10.246.

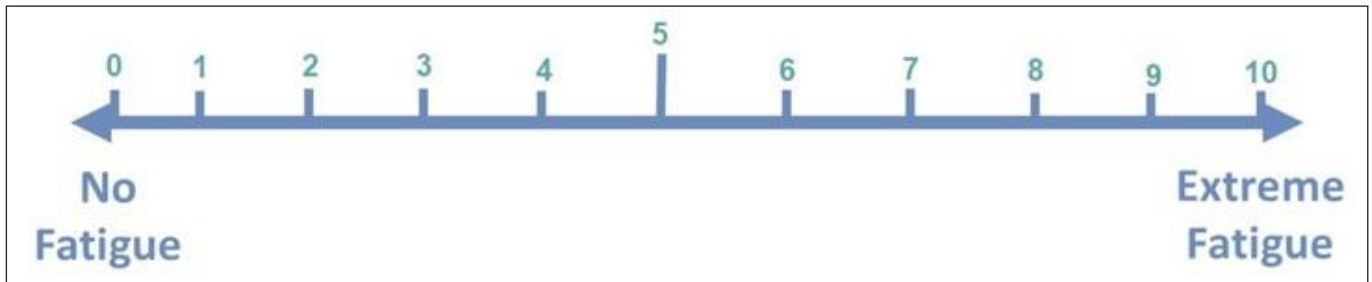
6. 'Dr Sharp's Proposal', Oxford, Bodleian Libraries.

7. St. George Ashe, *A Sermon Preached before the Incorporated Society for the Propagation of the Gospel...18th of February 1714* (London: Printed and Sold by J. Downing, 1715), p. 56. The proposed catalogue appears never to have been printed: see David McKitterick, 'Books for Barbados and the British Atlantic Colonies in the Early Eighteenth Century: "A Catalogue of Books to be Sold by Mr. Zouch"', *Proceedings of the American Antiquarian Society*, 118 (2009), pp. 448–49.

How to use the activity diary?

- ❖ Keep a note of the activities and rest periods that you have taken during each time period. Mark this in the column that says 'Activity'.
- ❖ Score your fatigue or worsening of symptoms at the end of each time period using the first scale below. Put this in the column that says 'Fatigue'.
- ❖ Score how hard you find the activity using the second scale, The Borg Scale below. Put this in the column that says 'Borg'

Fatigue Scale



Borg Scale

6	No exertion	
7		
8	Very light	
9		
10		Breathing a bit deeper, but still comfortable
11	Light	
12		Breathing harder, but still able to hold a conversation
13	Somewhat hard	
14		
15	Hard	Starting to breathe hard and uncomfortable
16		
17	Very Hard	
18		
19		Extremely hard
20	Maximal exertion	



The vision

Through listening and building on what we already know, we’ve created a vision for the future of Lambeth that’s rooted in what people want. This is a vision that belongs to everyone.

Achieving this future vision of Lambeth comes down to all of us. We are all connected, and we all have a stake in Lambeth to make it the best place to live, work and visit in the UK.

From our conversations we know people agree with a group of core priorities and ambitions for the future of Lambeth. They are ready to come together and bring this vision to life, and there is also strong support in the shift towards taking a longer-term view, so that we are ready for the unforeseen challenges of the future.

Our Commitments for Lambeth

To deliver this vision requires individual and collective commitment and action. This means the Council and Lambeth’s communities and organisations coming together and standing as one to transform the ways we work.

By listening to our communities, understanding their experiences, and aligning our priorities with theirs, we can build confidence between Lambeth’s institutions, businesses, community groups and organisations, and residents, and we can ensure that the changes we make, and the partnerships we form, are all contributing to improving the lives of those who live, work, learn and visit our borough.

Our Future, Our Lambeth

Our Vision Statement

Lambeth – a borough with social and climate justice at its heart. By harnessing the power and pride of our people and partnerships, we will proactively tackle inequalities so that children and young people can have the best start in life and so everyone can feel safe and thrive in a place of opportunity.

Our Commitments for Lambeth

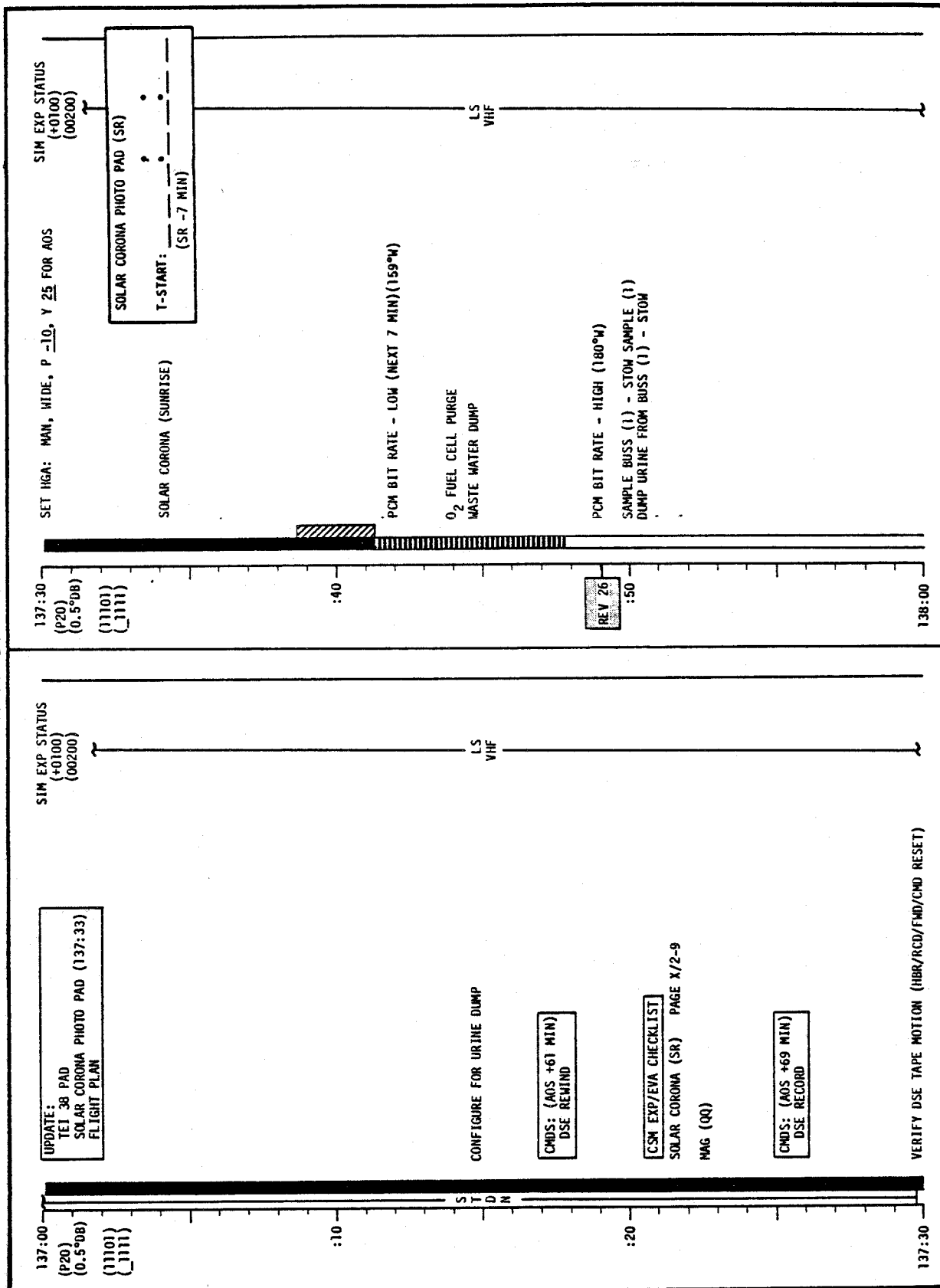
- 1. We get the basics right and deliver great public services that fit what people need
 - We will take a one borough approach to deliver our services consistently and well
- 2. People have a say and stake in the decisions that matter
 - We will be a listening and open borough that recognises and values our community voices
- 3. We work together in partnership, to harness what makes Lambeth special
 - We will collaborate with our people and partners to innovate and implement together
- 4. We are accessible, transparent and we stand up to challenges
 - We will focus on what our residents want and be honest about what we can and can’t do, whilst being courageous to take bold action

Our 2030 Ambitions

The Golden Thread - A Borough of Equity and Justice

- 1. Making Lambeth Neighbourhoods Fit for the Future
- 2. Making Lambeth One of the Safest Boroughs in London
- 3. Making Lambeth A Place We Can All Call Home

CSM FLIGHT PLAN



MISSION	EDITION	DATE	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	3-175

LOI BURN TABLE

P OR Y RATES	ATT DEVIATION	SHUTDOWN TIME	RESIDUALS
10°/SEC TAKEOVER & COMPLETE	+10° TAKEOVER & COMPLETE	BT + 10 SEC	DO NOT TRIM

BALL VLV FAILURE - START ON GOOD BANK (LM AVAIL)
 Shut down good bank 10 sec before nominal C/O.
 EARLY C/O - RESTART IF NO LIMITS EXCEEDED, G&N IS GO AND VGO>50

CSM 4-1(b). - LOI mode IDPS abort. (LD: Dec 7 G.m.t.)

Launch day dependent
 Mission profile dependent

9/26/72 Final

Burntime	ΔVM	Mode	SPS limits	Procedure
0:00 - 0:28	0 - 183	I	TIGHT	DPS at 2 hr (RTCC)
0:28 - 0:53	183 - 348	I	TIGHT	DPS at 30 min (crew chart)
0:53 - 1:31	348 - 613	I	LOOSE	DPS at 30 min to depletion + APS at 2 1/2 hr (RTCC); loss of comm, DP; followed immediately by APS (crew chart)
1:31 - 2:03	613 - 833	II	LOOSE	DPS at 2 hr + DPS to depletion at perilune + APS at 2 hr after DPS depletion (RTCC)
2:03 - 2:54	833 - 1200	II	LOOSE	DPS at 2 hr + DPS at perilune (RTCC)
2:54 - 3:40	1200 - 1543	III	LOOSE	DPS at perilune (RTCC)
3:40 - 4:30	1543 - 1930	III	TIGHT	DPS at perilune (RTCC)
4:30 - Cutoff	1930 - 2980	III	TIGHT	DPS to depletion at perilune + APS at 2 hr after DPS depletion (RTCC)

IGN < 3 MIN 40 SEC LATE

SHUTDOWN TIMES

0 TO 1 MIN 20 SEC - 10 SEC
 1 MIN 20 SEC TO 2 MIN - 5 SEC
 2 MIN TO 3 MIN 40 SEC - 0 SEC

THE PU VALVE SHOULD BE USED TO MAINTAIN
 THE INDICATED UNBALANCE TO WITHIN +50 LB
 OF THE STABILIZED READING (TIG +25 SEC)
 UNTIL CROSSOVER. AFTER CROSSOVER THE VALVE
 SHOULD BE USED TO CONTROL THE GREEN BAND
 (0+100 LB). THE APPROXIMATE TIME OF CROSS-
 OVER IS 4 MIN 20 SEC INTO THE LOI BURN

APOLLO 17 FINAL (12/6)

10/23/72

5/TLC

3-82

host of illustrious names. In the Norwegian section was a very nice signed copy of Heyerdahl's *Kon-Tiki Ekspedisjonen*, Oslo 1948, for Kr. 7,500.

From BENNETT & KERR came 'Aelfric to Wyclif', the library of Anne Hudson, one time Professor of Medieval English at Oxford. This was an astonishing collection. The best idea that can be given of its depth is by enumerating the number of entries for some titles or subjects: Aquinas merging into Aristotle (21), Jan Hus (27), Middle English Texts (32), Studies in Church History (56), William of Ockham (19), John Wyclif (31). There will be those to whom this represents the pabulum of the gods. With 1,768 items, the table is groaning.

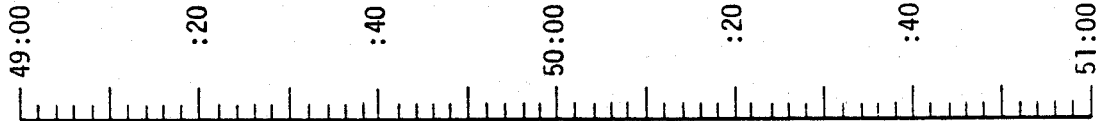
JONATHAN HILL'S catalogue 240 is masterly. In it may be found 'The First Japanese Book on the Camera, the Telegraph & the Steam Engine' (Kagoshima 1854, \$3,750); two books of hand-painted illustrations of kimono (1820 and 1810, \$4,000 and \$3,500), a Ming woodblock banknote c.1400 (\$12,500) and 'A Rare & Early Jesuit Imprint in Beijing; the First Printed Statement in China that the Earth is Round' (Beijing, c.1614, \$65,000). The notion that by merely reading the catalogue one can absorb its knowledge is one of its pleasures; the design by Jerry Kelly is another, better-founded.

- ❖ **Focus on what you can change:** It may feel like your illness controls your life. Long Covid has probably affected your body and your ability to do things the way you used to. This can make you feel like your illness controls your life. However, although you might struggle to control the effect of Long Covid on your body, you still have control over how you want to live your life. It might take some adjustments but it is in your control. For example, you might not be able to stop from feeling tired when going out. However, you can continue to go out by making sure you take regular breaks or do activities that do not need any physical activity.
- ❖ **Try to do things that make you happy:** People like different activities. It depends on their fitness levels and what they are interested in. Think of the things you enjoy doing and put them in your diary.
- ❖ **Put off your worry:** It may feel that worry controls your life, and that you can't stop yourself from worrying. We will often try to push our thoughts away, but this usually does not work, as our worries seem to always return. Try to put off your worry rather than pushing it away. This can help you feel more in control over your worry, instead of your worry being in control of you. Please look at page 44 to learn how to put off worry.
- ❖ **Problem-solving:** It is possible that a lot of stressful things have happened to you because of Covid-19. For example: dealing with your work, house, money, illness. Such things may have made you worry about the future. Learning good problem-solving skills can help you find solutions to your problems, lessen worry, and get some control back over your life. Please look at page 45 to learn skills on problem solving.
- ❖ **Try not to hold back thoughts and feelings:** You may feel snowed under with your emotions. Some of us may try to avoid our thoughts and feelings because we are afraid we will not be able to manage them. But if we do that, we worry more. Remember, that we all have emotions, and we have the right to feel them, whether other people believe it's right or not. Emotions are normal, and they will become less strong if we accept them and talk about them, instead of pushing them away.

In the following sections, you can find some helpful tips to manage your emotions. Feel free to read through them and pick the one's you like the most.

FLIGHT PLAN

MCC-H 2153 CST



STDN

REST PERIOD
(8 HOURS)

PTC

NOTES

DAP LOAD STATUS
(21101)(1111)

MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	49:00 - 51:00	3/TLC	3-48

FLIGHT PLANNING BRANCH

However, library catalogues in this period served just as much to advance the fundraising needs of their relatively fledgling institutions as they did to connect books and readers, especially critical since these institutions did not generally have funds available for the purchase of books and were completely reliant on donations. The deployment of early library catalogues for fundraising has been little studied. In this article, I shall try to explore how they came to serve this function in the early 18th century, focusing on the case of Harvard's 1723 catalogue.

Many objects circulating in the early 18th-century world of print, and particularly in libraries, were intended to recognise or encourage philanthropy. Manuscript benefaction registers existed at many Oxford and Cambridge college libraries in the 17th and 18th centuries, inspired by the example set by Thomas Bodley, who began to prepare a 'publike Register' more than two years before the opening of the Bodleian Library on 8 November 1602 to record three kinds of gifts: 'one in bookes alone, an other in mony, and a third in bothe'.³ The sumptuous bindings and elaborate illustrations of surviving registers suggest that their chief purpose was to encourage gifts from prospective patrons. A particularly elaborate example from The Queen's College, Oxford, bound at the workshop of the great Restoration bookbinder Samuel Mearne, was silver-embossed, with finely prepared calfskin used for its leaves.⁴

(N[ew] London [CT]: Printed by T. Green, 1743). The only other American college library catalogue printed before the American Revolution was Princeton's: *A Catalogue of Books in the Library of the College of New-Jersey* (Woodbridge [NJ]: Printed by James Parker, 1760). All three have been reprinted in modern facsimile editions with introductions: W. H. Bond and Hugh Amory, eds, *The Printed Catalogues of the Harvard College Library, 1723–1790* (Boston: Colonial Society of Massachusetts, 1996); James E. Mooney, ed., *Eighteenth-Century Catalogues of the Yale College Library* (New Haven: Yale University, 2001); Julian P. Boyd, ed., *A Catalogue of Books in the Library of the College of New Jersey* (Princeton: Princeton University Library, 1949).

3. G. W. Wheeler, ed., *Letters of Sir Thomas Bodley to Thomas James* (Oxford: Clarendon Press, 1926), pp. 32, 611.

4. Jonathan B. Bengtson, 'Benefaction Registers in Oxford Libraries', *Library History* 16 (2000), pp. 143–52; Bengtson, *Treasures of The Queen's College Library, Oxford* (Oxford: The Queen's College, 1999), p. 9; Charles Benson, 'Libraries in University Towns', in Giles Mandelbrote and K. A. Manley, eds, *The Cambridge History of Libraries in Britain and Ireland: vol. II, 1640–1850* (Cambridge: Cambridge University Press, 2006), pp. 113–14.

This will let you see what activities are contributing to your PESE, and it may help you to find out what things are triggering it (bringing it on).

If you can find triggers, and either cut them out completely, or reduce them to a manageable level, this should help to improve your symptoms and energy levels.

Build in rest periods

The level of activity/rest that you can manage without making your symptoms worse is known as your baseline activity. Finding this will take time, but it will let you gradually manage to do a little bit more of the activities you managed to do before you had Covid-19.

Please also see the sections on pacing.

Self-monitoring activity

The Workwell Foundation advises that if you have PESE, you should have a maximum heart rate of 15 beats per minute above your normal resting heart rate, when you are doing any activity.

This means that if your heart rate climbs to 15 beats higher than your resting heart rate, you should stop the activity to prevent PESE. A heart rate monitor may help you to keep an eye on this at home.

This is because above this rate your body naturally starts to use the method of creating energy without oxygen. This means that your energy will run out faster.

How to calculate resting heart rate:

- ❖ Rest for 10 minutes
- ❖ Feel your pulse at the thumb side your wrist with 2 fingers
- ❖ Count the number of beats for 30 seconds
- ❖ Multiply this by 2 to get the number of beats per minute

10/23/72

vii

LIST OF TABLES AND CHARTS

Linked Adobe Page No.

Table	Page
2-1 SUIT WEARING SCHEDULE	2-1 45
2-2 CREW BIOMED HARNESS WEARING SCHEDULE	2-2 46
2-3 SC COVERAGE BY STDN STATIONS USING 85 FT/210 FT DISH ANTENNA	2-3 47
2-4 APOLLO 17 TV SCHEDULE	2-6 50
2-5 FUEL CELL PURGE, URINE DUMP AND WASTE WATER DUMP SCHEDULE	2-7 51
2-6 BATTERY CHARGE SCHEDULE	2-8 52
2-7 LiOH CANISTER CHANGE SCHEDULE	2-9 53
2-8 CSM RCS UNCOUPLED CONFIGURATION PERIODS	2-10 54
2-9 CSM BURN/EVENT SCHEDULE	2-11 55
2-10 APOLLO 17 DSEA SCHEDULE	2-13 57
2-11 LM BURN/EVENT SCHEDULE	2-14 58
2-12 APOLLO 17 RETURN TO EARTH BLOCK DATA SCHEDULE	2-15 59
2-13 LANDMARK AND LANDING SITE DATA	2-17 61
2-14 CRYO MANAGEMENT SCHEDULE	2-18 62
2-15 LUNAR SOUNDER SCHEDULE	2-19 63
2-16 APOLLO 17 FILM BUDGET	2-21 65
2-17 MC, LA, AND PC OPERATIONS	2-25 69
CHART	
2-1 LUNAR SOUNDER EMI TEST	2-27 71
2-2 LUNAR SOUNDER HF MODE	2-28 72
2-3 LUNAR SOUNDER VHF MODE	2-29 73
2-4 LUNAR SOUNDER - RECEIVE ONLY (SEP ON)	2-30 74
2-5 LUNAR SOUNDER - RECEIVE ONLY (SEP OFF)	2-31 75



Forewords

Lambeth has long been the home of inspirational creativity and audacious innovation.

From William Blake to Olive Morris, artists and activists have pushed the boundaries of what is possible and changed our borough for the better. We are a place of energy and ambition, a destination for those who wish to make a difference. And we have long been a place of sanctuary, welcoming communities from around the globe who have come to make Lambeth their home.

We also recognise that we are not an equal borough. We have faced exceptionally challenging times - the devastating cuts to public services, austerity Britain, Brexit, the pandemic and the ongoing cost of living crisis. The impacts are not felt equally and have exacerbated the chronic stresses of poverty, racism and inequality that affect so many in our community.

We saw during the coronavirus pandemic the remarkable collective response of our borough - when the Council, businesses, voluntary and community organisations and residents came together as one and carried us through the toughest of times. Our partnership working and genuine collaboration is our core strength. And what is unique about Lambeth is our diversity which forms the bedrock of that collective power.

We are the home of Windrush. We are home to London's largest LGBTQ+ community. We are home to the largest Portuguese-speaking community in London and increasingly are welcoming more of the Latin American community who are making Lambeth their home. It is these foundations, being a place of sanctuary and possessing a deeply welcoming, collective, community spirit, an aspiring borough thirsty to achieve, which continues to see us through the challenges that are placed before us.

It is this open heart and pioneering spirit, along with our geographical connectivity, our vibrant and imaginative business community and passionate voluntary sector that places Lambeth in an unparalleled position in London.

But we cannot take our residents for granted. What came through in the hundreds of conversations, meetings, workshops and roundtables we have held in developing Our Future, Our Lambeth, is that whilst our communities are generous and tough, whilst they possess incomparable levels of humanity and resilience their strength is not boundless.

It is incumbent upon us all to make the bold decisions now, because the choices we make today will define the Lambeth we create for the next generation. It is those challenges, both the ones we are grappling with presently and the ones just around the corner, that Our Future, Our Lambeth seeks to address.

We have a wonderful opportunity to transform and reshape our neighbourhoods and equip our communities to overcome future obstacles and enable us all to thrive. So, the Lambeth that we see in 2030 is one that is healthier, safer and sustainable, and is active in tearing down deep-rooted inequalities.

Our Future, Our Lambeth is the beginning of us taking that bold action, being brave in the face of an uncertain future, and, together, creating a more just and equitable Lambeth for us all.



Councillor Claire Holland
Leader of Lambeth Council

I am truly honoured and proud to share our vision for Lambeth by 2030.

This is the product of a series of fruitful conversations about the borough – what makes Lambeth unique, what we want it to look and feel like by 2030, and what matters most to all of us who live, work, and visit the borough. That means that whilst the Council has held the pen on the Borough Plan, it really does belong to us all – residents, institutions, businesses, the voluntary and community sector – everyone who has a stake in Lambeth.

As Chief Executive of Lambeth Council, I am absolutely committed to improving the lives of every Lambeth resident – and I am determined not to leave anyone behind. Lambeth faces distinct challenges, both now and in the future – and we know the impacts of these challenges are felt differently across our diverse neighbourhoods and communities.

Collectively, we have to rise to these challenges and be courageous to overcome them – not being afraid to do things differently to deliver greater impact for ourselves, our friends, families and neighbours.

Lambeth 2030 is a vision for the best borough we can be by 2030. That is a borough with social and climate justice at its heart. A borough that is safer, fit for the future, and which everyone can have the opportunity to call home.

We know we face major challenges when it comes to making these ambitions a reality, not least the entrenched inequities that persist across Lambeth, despite good progress made to change this. That is why we are tying all our ambitions together with a determination to be a borough of equity and justice – one that is fairer for our Black, Asian and Multi-Ethnic residents, our LGBTQ+ residents, our disabled residents, for women and girls, our faith communities and those with lower socio-economic status. We will be relentless in our pursuit of more equitable outcomes in all that we do together for Lambeth.

Lambeth 2030 is a plan for everyone – it will bind us to work together, through cross-sector collaborations and brave conversations, to realise our 3 bold ambitions. We have special ingredients in Lambeth – including world leading organisations, a vibrant voluntary and community sector and passionate residents – which by working in partnership, can make a real difference.

I want to thank you – our residents and partners – for your involvement in shaping Lambeth 2030. I am continually struck by the pride people have for their local community and for Lambeth and share your passion and drive to be one of the best boroughs in London. Lambeth 2030 is the first step towards our future.

Let's do this together.



Bayo Dosunmu
Chief Executive – Lambeth Council

LM FLIGHT PLAN

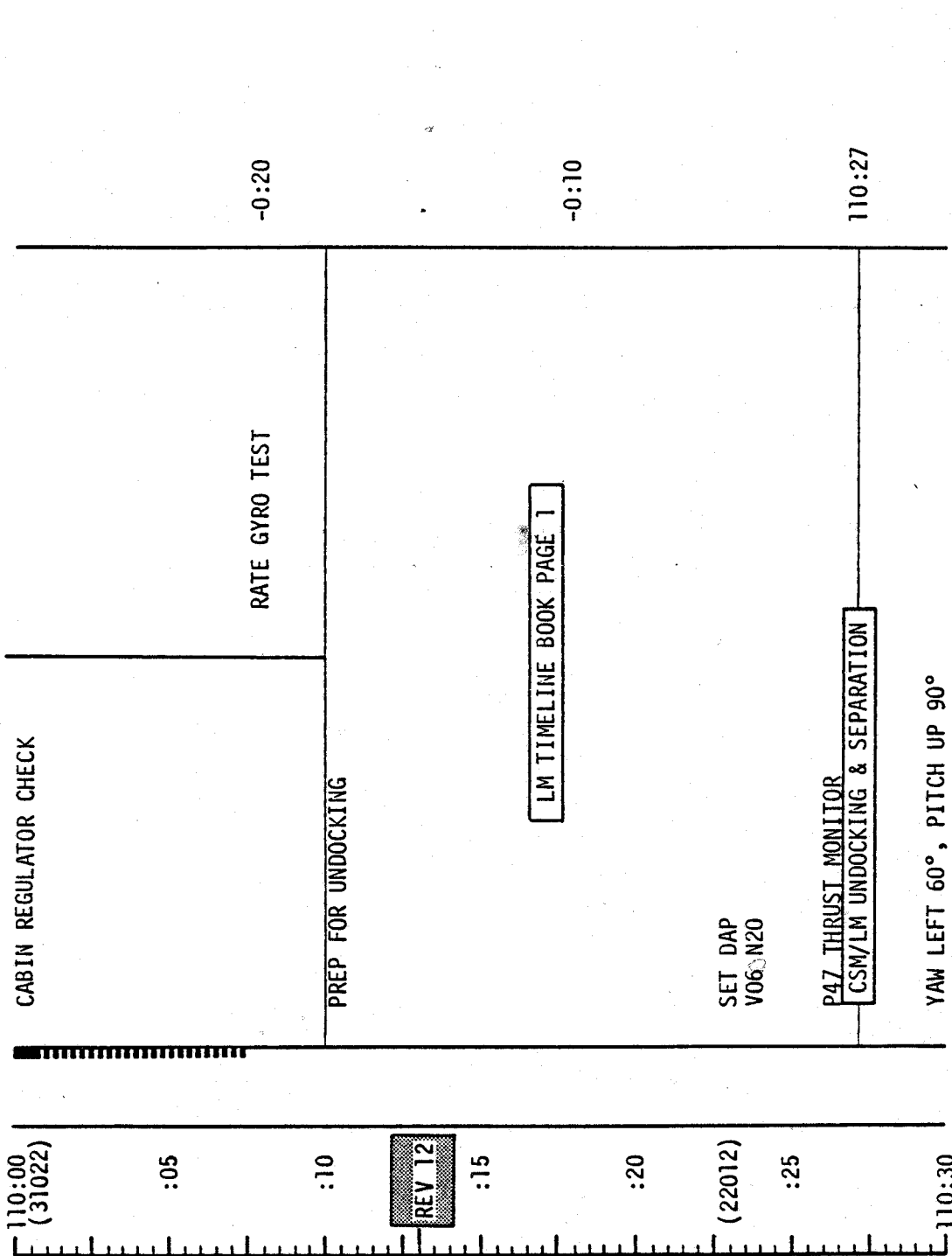
MCC-H

1053 CST

CDR

LMP

NOTES



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	110:00 - 110:30	6/11-12	3-112

FLIGHT PLANNING BRANCH

ABA fairs and events. We offer heartfelt condolences to Sandy, John's widow, and family.



WILLIAM PATRICK 'RICK' WATSON has sent news of his impending retirement after more than fifty years in the book trade (in part with Quaritch, but mostly by himself). A distinguished dealer in rare scientific books, his learned and elegant catalogues were always 'keepers' and have become essential reference tools in their own right. His remaining books have been consigned to Christie's.



The so-called **SPETCHLEY BINDINGS** – a magnificent pair of English embroidered bindings of crimson velvet, gold and sequins – have been added to the National Art Library, allocated to the V&A as part of the Acceptance in Lieu Scheme. Curator Catherine Yvard, writing for the V&A blog, explained: 'This set of two volumes, consisting of a *Holy Bible* (dated 1632, though actually 1633) and a *Book of Common Prayer* (1634) was probably commissioned for the Chapel Royal at Whitehall, which was for the use of the King and his family; they are said to have been gifted by Charles I to Sir Robert Berkeley of Spetchley (1584–1656). They remained with the Berkeley family of Spetchley Park (Worcestershire) until 2022.' With fabulous embroidery including the royal arms and cipher, they are from the workshop of Edmund Harrison (1590–1667), the King's Embroiderer whose career spanned the reigns of James I, Charles I and Charles II. The Spetchley *Book of Common Prayer* is now on display at the V&A's British Galleries (gallery 56 and online). Similar embroidered bindings were given to royal courtiers and a slightly earlier example, also a *Book of Common Prayer* bound in Harrison's embroidery, is preserved at the National Trust's Ham House in Surrey.



According to a dealer, Howard Mather, the well-known bibliophile Anthony Hobson used to get his butler to paste his distinctive bookplate on his books and pamphlets, 'which makes it funnier when an occasional one is found upside-down on the rear endpaper'. No doubt members of **THE BOOKPLATE SOCIETY**, which celebrated its 50th anniversary on 30 September 2022, will know of many other such anecdotes, concerning the small, personalised marvels of design and print. Perhaps such anecdotes will find their way into one of their future publications, all of which are richly researched, attractive and affordable.

NOTES ON CONTRIBUTORS

NICOLAS BARKER was editor of *The Book Collector* between 1965 and 2015.

STEPHEN CLARKE is an honorary research fellow of the University of Liverpool. He is the Chairman of Dr Johnson's House Trust and of the Beckford Society. He has edited *The Selected Letters of Horace Walpole* for Everyman, (2017); his latest book, which *The Book Collector* published, is *Lefty Lewis and the Waldegraves: Collecting, Obsession, Friendship*.

VICTORIA DAILEY is deputy editor of *The Book Collector*.

JAY DILLON builds private libraries.

JAMES FLEMING is editor of *The Book Collector*.

MIRJAM FOOT is a former Director of Collections and Preservation at the British Library and Emeritus Professor of Library and Archive Studies at University College, London. She has published extensively on the history of bookbinding.

BASIE BALES GITLIN is Director of Development for Yale University Library and Yale Collections, Librarian of the Elizabethan Club, and Co-Chair of Yale's Adrian Van Sinderen Book Collecting Prize.

NEIL GUTHRIE is a lawyer in Toronto. He is the author of *The Material Culture of the Jacobites* (2014), *Guthrie's Guide to Better Legal Writing* (2017, 2021) and many articles.

ANGUS O'NEILL is an antiquarian bookseller based in London.

JULIAN POOLEY is Public Services and Engagement Manager at Surrey History Centre, Woking and Honorary Visiting Fellow of the Centre for English Local History at the University of Leicester.

ED POTTEN is a Research Associate in the Centre for Medieval Studies, University of York, and Principal Consultant on the AHRC/DFG-funded project, 'Werck der Bücher' – Transitions, Experimentations and Collaboration in Reprographic Technologies, 1440–1470. He also runs Pinakes Rare Books.

CHARLES SEBAG-MONTEFIORE is the Treasurer of the Friends of the National Libraries, a Trustee of the National Gallery Trust and of other charities, and joint author of *The British as Art Collectors* (Scala, 2012).



Quality housing for local people

Good quality, affordable housing is the basis of stability and security for individuals and families. It can provide the foundation of good health, wellbeing and independence, and support people to participate in the local economy and benefit from growth. Yet Lambeth, like the rest of the UK, is in the grip of a serious housing crisis – in terms of availability, affordability, and safety. This is compounded by national policy which stifles both delivery and the financial context within which housing operates.

Whilst we have seen the delivery of the first new council homes in a generation, we recognise that the pace of growth has not matched demand and that is why the Council is committed to accelerating the delivery of affordable housing with our partners. We know at the same time as delivering more homes for social rent, that there is more to do around standards and conditions of existing homes, and our relationship with residents. To ensure that Lambeth is a place we can all call home, we are committed to refreshing and resetting our approach – with residents at the centre.



Our vision is to ensure everyone has access to a safe and secure home, which is affordable and sustainable. We have committed to increasing the delivery of affordable housing, ensuring that growth delivers investment in our communities. We will go further in our commitments on sustainability, to achieve our net-zero ambition and protect our collective future.

Driving this forward will be a new **Lambeth Housing Strategy**, setting out how we can accelerate the delivery of affordable housing in Lambeth, providing suitable housing options for all stages of life so that it is easier for people who grow up in Lambeth to continue living here. As a major landlord in the borough, the Council will set out an ambitious improvement plan for its stock including transforming its housing management and repairs service, so that Lambeth residents have the quality they deserve – and a voice to ensure services work for them. And we will ensure that housing is at the heart of our approach to supporting healthy and safe communities – working in partnership to tackle homelessness, deliver better standards for private renters, and supporting residents into work.



A borough of sanctuary

Lambeth has a proud history as a place of sanctuary, hope and opportunity, welcoming refugees from across the world. This will not end, and we have renewed our commitment to never turn our back on those seeking our help by gaining official **Borough of Sanctuary** status – becoming only the second London Borough to achieve this.

We want Lambeth to feel like home for everyone – and we will continue to be a borough that values refugees, migrants and all those seeking sanctuary, supporting them through loss and trauma and working with them to rebuild their lives – safe from violence and persecution.



Lambeth’s vision is clear – we want to improve equity of access to support for all sanctuary-seekers and raise the voices of people with lived-experience. We will be led by five core values: Inclusivity, Openness, Participation, Inspiration and Integrity. To drive this forward, we have created the Lambeth Sanctuary Forum, a multi-agency group working with the voluntary and community sector, structured to deliver the priorities of our sanctuary-seekers, with humanity and compassion.



THIS PAGE INTENTIONALLY BLANK

APOLLO 17

FINAL (12/6)

10/23/72

6-56

and authoritative figure at the rostrum, urbane and elegant in a dark suit with a fresh buttonhole.

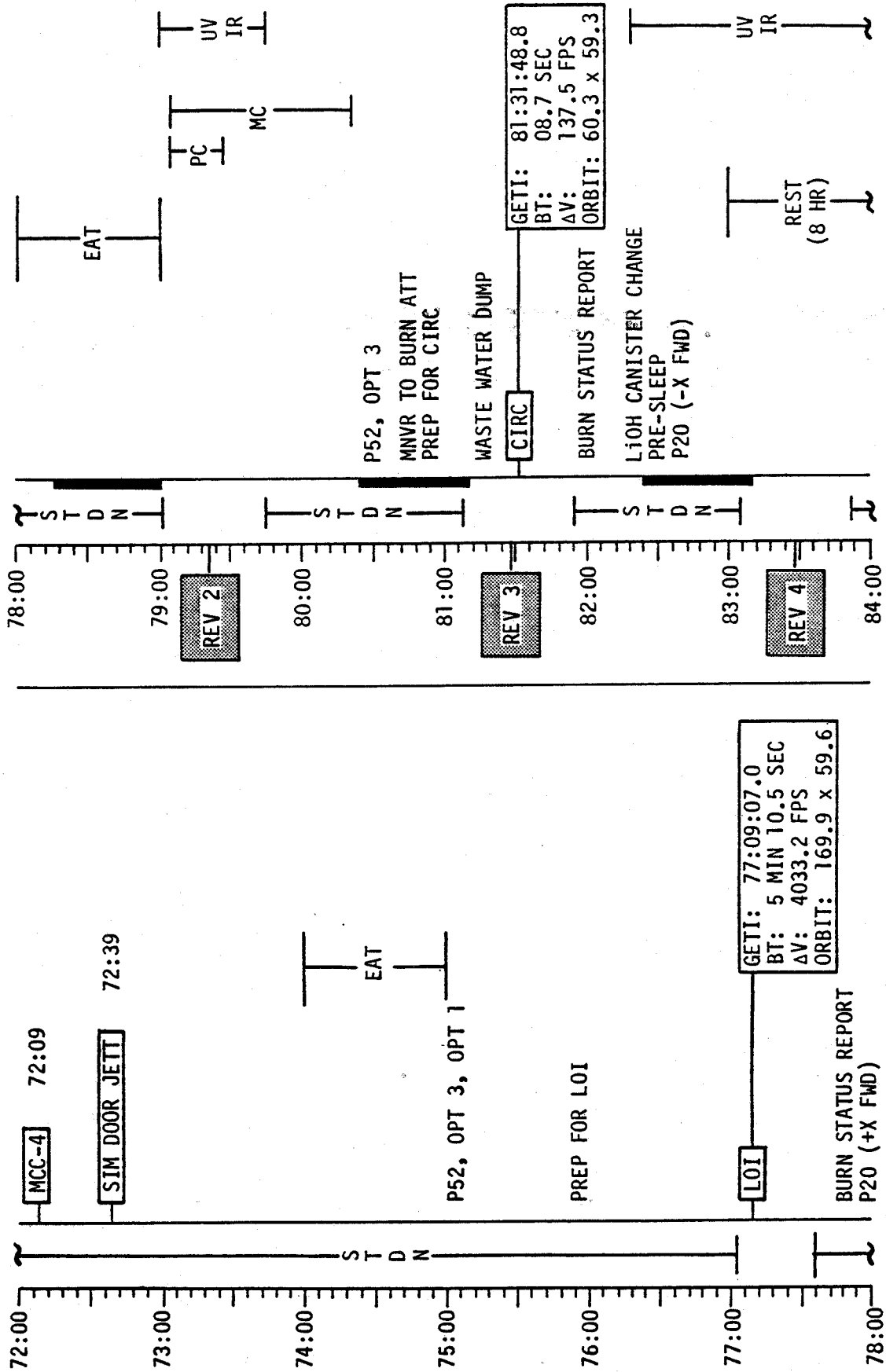
In 1920 G. D. H. married Gertrude Adelaide Vaughan (1890–1938) and their only son, Anthony, was born at Rhyl in the following year. They lived at 1, Bedford Square until the British Museum commandeered part of the back garden to build the new Duveen gallery, when the family moved to Chelsea Park Gardens. Anthony was educated at Eton and New College, Oxford, graduating in modern languages. He served in the Scots Guards from 1941–46, having taken part in the Italian Campaign, then ending up in Intelligence. He never lost his upright military bearing. Before embarking on his career as auctioneer and scholar, he travelled in Italy, Greece, Turkey, Spain and Portugal, adding Italian and Spanish to his already fluent French and good German.

When G. D. H. died in 1949, Anthony, who had joined the auction house in 1947, became head of the Book Department and a Director of Sotheby's. He held these functions until 1971. His scholarship during these years is evident from the well-researched catalogues, many written by himself. He masterminded a number of important sales, such as those of the Dyson-Perrins Collection of medieval manuscripts (1958–60), the books and bindings belonging to Major J. R. Abbey (1965–78), and perhaps the most famous of all, the residue of the enormous collection of books and manuscripts of Sir Thomas Phillipps, lasting from 1965 to 1977. He recruited a team of experts, among whom were Andreas Mayor and Christopher de Hamel, who, in a charming personal recollection of his former boss, emphasised Anthony's erudition, astonishingly retentive memory and 'relentless industry'². Disenchanted with changes in the company, he resigned in 1977.

In 1959 he had married Tanya Vinogradov (1929–1988), daughter of the historian Igor Vinogradov. They had a son and two daughters and Tanya accompanied Anthony on his extensive travels to libraries and collections of rare books and bindings, taking many of the photographs that came to illustrate her husband's lectures and publications.

2. *The Book Collector*, vol. 60, no. 3, Autumn 2011, p. 372.

FLIGHT PLAN



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	CSM ONLY ALT	23 OCT 1972	72:00 - 84:00	4/1-4	6-43

Managing Breathing Difficulties

WHY DO I FEEL BREATHLESS?

It is common for people who have had Covid-19 to feel breathless. Some of your breathing difficulties may not have got better yet. You may be taking quicker, shorter and shallower breaths. You may notice that your shoulders are raised as you tense up and try and take in more air. Breathlessness can also be made worse by anxiety.

If you feel anxious and worried about being breathless this can make your muscles tense and cause your heart to beat faster. This can then make you breathe faster and make your breathlessness and anxiety worse. That is why it is important to stay in control of your breathing.

Some of the reasons why you still feel breathless are:

- ❖ You may be producing too much mucus (fluid that coats and protects the inside of your airways).
- ❖ You may have a chesty cough.
- ❖ You may be less fit than you used to be because you're not moving about and exercising as much.
- ❖ Covid-19 may have caused some damage to your lungs.
- ❖ Your blood is pooling in the lower part of your body making you feel short of breath when you stand up.
- ❖ You have residual inflammation in your lungs and/or blood vessels.
- ❖ You may be anxious.

If your breathlessness gets worse suddenly, for no apparent reason, you should speak to your GP or call 111

Let's take a moment and have a think about what normal breathing should look like.

Normal breathing should be something you do without even thinking about it, it should be easy to do and you should breathe in through your nose. When we breathe in this way the air is filtered to remove any bacteria and dust. It's warmed up so it's the right temperature for your lungs and it becomes wet in your nose. Normal breathing should be quiet. Your breath out should be slightly longer than your breath in.

The diaphragm is the main muscle that controls your breathing. When we breathe in, the diaphragm pulls your ribcage down, sucking air into your lungs. When you breathe out, the diaphragm relaxes and you let go of the air. Breathing out should require no effort whatsoever. When you don't breathe like this you use up more energy and can get tired easily.

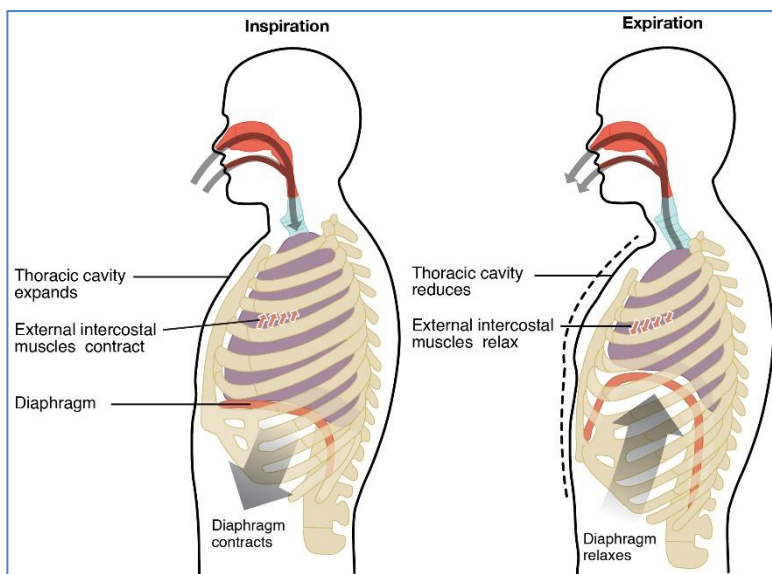


Image Credit: [OpenStax College](#)



What's Next?

After finishing this workbook, you may be thinking – what now? This is a normal feeling, but remember, this is just one step on your self management journey.

This workbook has given you a lot of information and advice to help you understand your Long Covid, and to live well with Long Covid. By now you will now know that Long Covid recovery isn't about the quick fix, but how to manage your symptoms. There will be times when you feel your symptoms are getting worse, and times where you feel you are improving – this is all a part of the journey. You can continue to be flexible in your approach to self management of your symptoms.

If you are still struggling with managing your symptoms, or those symptoms change, please consult your GP or Healthcare Professional.

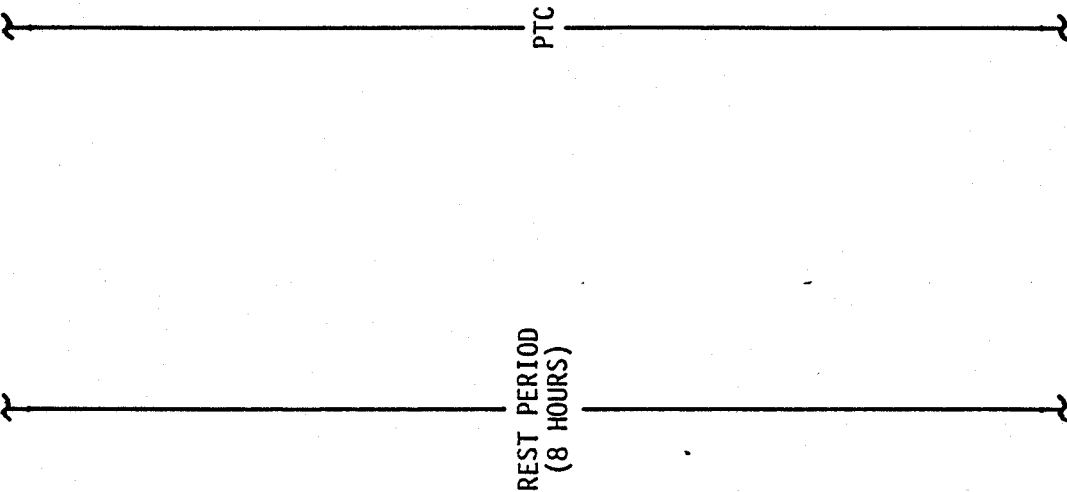
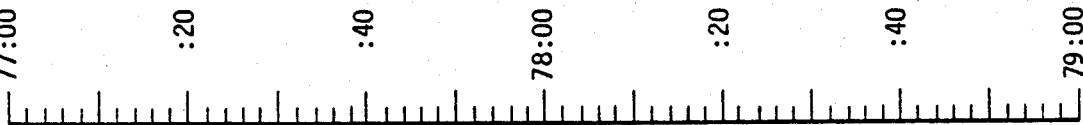
In future, please think about this workbook as your 'GO TO' for help and advice. Use it as a reminder of all the great work you have done and any improvements you may have made.

Use the following pages to guide how to think about what you have learned.

FLIGHT PLAN

MCC-H 0153 CST

NOTES



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	77:00 - 79:00	4/TLC	3-70

FLIGHT PLANNING BRANCH

Our
2030
ambition

2 - Making Lambeth One of The Safest Boroughs in London



By 2030, Lambeth will be one of the safest boroughs in London, where everyone feels safe and secure – in all places.

Everyone has the right to be safe from harm, violence, and crime. Making our neighbourhoods safer for everyone is a primary concern for communities across the borough, and our ambition is to make Lambeth one of the safest boroughs in London by 2030.

In Lambeth, we know the reality of being and feeling unsafe can affect us all but that it is felt differently across the borough. Many of our young people suffer from the devastating consequences of crime and violence that impacts them, their families, and their local communities. Across the country women and girls experience feeling unsafe and restricted in public and in private spaces and suffer unacceptable abuse, losing their lives to male violence. We know those in our LGBTQ+ communities have felt threatened and unsafe in their local neighbourhoods and that sometimes our residents don't feel as safe as they would like on our streets and estates. We also know that domestic abuse and sexual violence can affect anyone, regardless of their age, background or gender identity, through different forms including emotional, psychological and controlling behaviour.

As well as people experiencing this now, Lambeth's communities also carry the pain and trauma of historic instances of violence and crime. This must end. Our ambition is challenging, but we are determined to deliver the change that is necessary to achieve this goal.

This does not only mean reducing crime, but also reducing the fear of crime by working collectively across Lambeth to keep all our residents safe and secure – in homes and schools, colleges, on streets and public spaces, as well as on public transport. Importantly, this includes safeguarding our residents with vulnerabilities including children and young

people and those with special educational needs and/or disabilities to get the support they need. As we enter a digital first society, we must focus on making sure we can all be safe from online harm and exploitation. Levels of road casualties in the borough are also deeply concerning, and we need to work together to tackle the threat posed by motor vehicles to people walking and cycling in Lambeth.

To do this, we will focus on tackling the root causes of crime and violence – structural inequality and discrimination – as well as the disproportionate outcomes. We will continue to remain responsive and adaptive to the needs of all our communities, and we will work harder to understand what matters to our residents across the borough so that our collective interventions can be more proactive and focussed. We will also create a safer public realm by ensuring that, through the Safer Business Partnership, licensed premises and other business in the borough are equipped to support our ambition to make Lambeth one of the safest boroughs in London.

As a borough, we must strive to ensure that we identify the needs of the family early and provide interventions which reduce risk so children and young people can grow up safely in their families and communities and get the right help at the right time. Our children deserve to grow up in families where they are protected from the impact of domestic abuse, and we must ensure all children's practitioners across the borough have the skills and training to identify abuse and intervene to reduce risks for children and we will do this in collaboration with our partners across the borough to ensure families get the right help at the right time so they can thrive and succeed.

Let's look at the example of 'Anne':

'Before having Long Covid I used to enjoy walking every week with my friend. This helped both my physical and mental health. Now I can't do this I feel very down, as it is just too tiring for me.'

Try to think about or write down what values are behind why Anne loves walking with her friend:

Examples of what values could be part of this activity are: connection, adventure, communication, friendship.

Now with a values approach let's see what Anne does now:

'It was not until I thought about it, being out in the open air somewhere new and having that connection with my friend was what mattered to me. We now meet somewhere for a picnic, snack or coffee; we've gone to so many new spots and still enjoy the time together like before.'

Another helpful way to start identifying your values is by reflecting on times when you felt really good about yourself and really confident that you were making good choices. You could ask yourself the following questions:

1. When was I the happiest?

- ❖ What was I doing during this time?
- ❖ Who was I with?
- ❖ Where was I?

2. When was a time that I felt proud?

- ❖ Why was I proud?
- ❖ Did anyone else share my pride?
- ❖ What other factors contributed to me feeling proud?

3. When was a time that you felt most fulfilled and satisfied?

- ❖ What need or desire was fulfilled?
- ❖ How and why did the experience give your life meaning?
- ❖ What other factors contributed to your feelings of fulfilment?

4. Why is each experience important and memorable?

- ❖ What do you think some of the values are underpinning these experiences?

Our Partnership Commitment

Lambeth 2030 sets out a borough commitment to work in partnership, harnessing what makes Lambeth special.

Achieving our shared vision and ambitions for the future can only be done together. This is a call to action for a collective approach to creating a borough fit for the future.

Lambeth will be a borough of partnership - where institutions, businesses, residents, community groups and organisations and strategic partnerships work together to solve the biggest challenges facing the borough.

Importantly, we want Lambeth partnerships to be inclusive and representative. This is reflected in the establishment of two new strategic partnerships: the **Lambeth 2030 Partnership**, which will oversee the delivery of our ambitious borough plan; and the **Lambeth United Equity and Inclusion Partnership**, leading our work to become a borough of equity and justice. Both partnerships will work with existing forums and collaborations, to make Lambeth the best borough it can be.

Some of the borough's key organisations, partnerships and forums working together for a better Lambeth:

- Lambeth Council
- Health and Wellbeing Board
- Safer Lambeth Partnership
- Lambeth Together
- South East London Integrated Care Board
- Black Thrive Partnership
- Lambeth BIDS
- Lambeth Forum Network
- Lambeth Community Hubs Network
- Lambeth Sanctuary Forum
- Kings College London
- London South Bank University
- Metropolitan Police
- Climate Partnership Group
- Air Quality Forum

Lambeth is lucky enough to have hundreds more groups and organisations, from grassroots to those with a global profile, working to make a difference for Lambeth. We continue to be led by pioneering individuals, driven by their love for the borough. Lambeth 2030 is not a future for some of us – but a future for all of us.

Let's do this together.

This is Our Future; This is Our Lambeth.

