

**166:00**  
(11111)  
(1111)

**UPDATE:**  
LUNAR SOUNDER PAD (166:40)  
FLIGHT PLAN

**SIM EXP STATUS**  
(\*0100)  
(00300)

**LS RCV ONLY (SEP-ON)**

**ORBITAL SCIENCE VISUAL**

**LANDING SITE (CM5)**

**ORBITAL SCIENCE VISUAL**

**D-CALDERA (CM5)**

**RCDR - ON**

**166:30**  
(11101)  
(1111)

**V48 (11101) (1111)**

**LS RCV ONLY (SEP-ON)**

**LS OPERATE - OPERATE (T START)**

**LS OPERATE - STBY (T STOP)  
WAIT 1 MIN  
RCDR - OFF**

**LS HF (MARIUS HILLS)**

**LS RCV ONLY (SEP-ON)**

**167:00**

**LUNAR SOUNDER PAD**  
T-START: (45°W TO 60°W)  
T-STOP: (45°W TO 60°W)



# Lambeth 2030 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.



SUSTAINABLE



OPPORTUNITY



HEALTHY



COMMUNITY



SAFER





# 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.

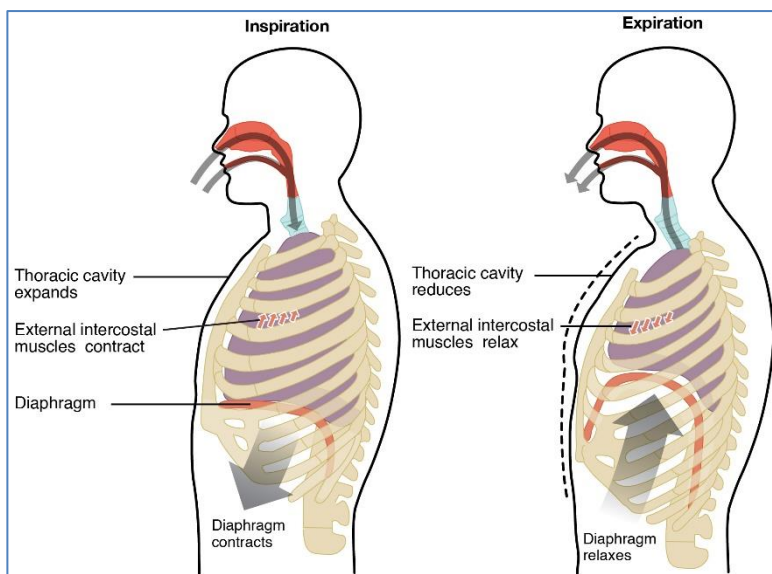
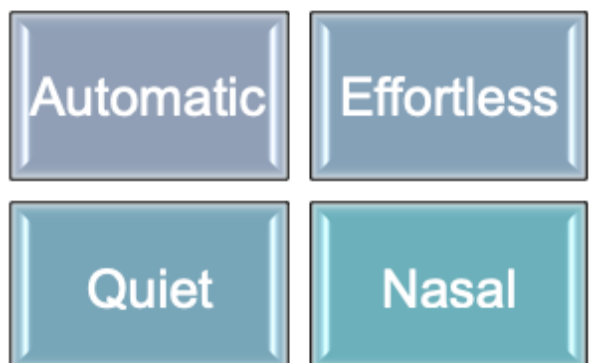


Image Credit: [OpenStax College](#)



# LM FLIGHT PLAN

MCC-H

1253 CST

CDR

LMP

NOTES

136:00 :10 :20 136:30 :40 :50 137:00

POST SLEEP (CONT)

STDN X

EAT PERIOD

GDS 210' AOS

UPDATE TO LM  
LIFT-OFF TIMES FOR  
KEVS 26-32

MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	136:00 - 137:00	7/25	3-172

FLIGHT PLANNING BRANCH

## Hearing

- ❖ Listening to music
- ❖ Listening to the sound of nature, such as waves or bird sounds
- ❖ Listening to an audio-book or a guided imagery exercise
- ❖ Listen your favourite TV show or movie

## Smell

- ❖ Smell scented candles
- ❖ Favourite perfume, body mist, body cream
- ❖ Cook a meal that smells delicious
- ❖ Go to a place where you might enjoy the smell (park, flower shop, perfume shop, bakery, restaurant)

## Taste

- ❖ Cook or buy your favourite meal and eat it slowly
- ❖ Make a cup of coffee/tea/smoothie
- ❖ Chewing gum with your favourite flavour
- ❖ Eat some fruit

## Touch

- ❖ Cuddle your pet
- ❖ Hug someone who you care about
- ❖ Cuddle under a blanket
- ❖ Touch/wear any fabric that seems soothing to you (something smooth, velvety, fluffy)
- ❖ Hot/cold showers
- ❖ Hot water bottle

Think about what you find relaxing and try to do those activities when feeling stressed. It can be helpful to use techniques that have worked before by making you feel safe and relaxed.

Feel free to ask friends and family for their own ideas but remember that what works for one person does not work for others.

The Society grew out of the Ex Libris Society, founded in 1891. Ex Libris ran for eighteen years with a well-illustrated journal, something its descendant follows today. Out of it sprang The Bookplate Exchange Club, which survived for eighty years until 1972 when the late Brian North Lee, the doyen of bookplate studies, and its last secretary, Peter Summers FSA, founded The Bookplate Society. Fifty years on the Society actively promotes, explores and explains these miniature signs of ownership, focusing as much on designers as on owners. The humble bookplate, often not even mentioned in book auctions and catalogues, is now becoming noted and any collector interested in their books' personal history, will find much of interest in The Bookplate Society publications, as it delves into allied interests of heraldry, printing, engraving and graphic arts. The bookplate is often a work of art, so it is not surprising that when the British Museum/Library split, the Bookplate collection donated by Franks and others should reside with prints and drawings.

A similar anniversariant is **THE OXFORD GUILD OF PRINTERS**, which last year celebrated its fortieth birthday. Since 2013 it has circulated to its entire membership (which now stands at 140) an autumnal package, eagerly awaited, of letterpress ephemera produced by its members during the year. In this delightful bouquet may be found in every font under the sun a running commentary on politics, social affairs, the health of the book trade and the prowess (as it has latterly been) of the England cricket team. Alas, in the latest newsletter from Liz Adams, the Editor, comes the news that the OGP is entering a state of dormancy owing not to the lack of money (hooray!) but to the absence of volunteers for the positions of Chair and Secretary. Hands up anyone?



Despite his first purchase having been the greatest penance that was ever heaped upon a student, Green's four-volume *History of England*, **CLARENCE WOLF** has gone on to become one of America's most renowned booksellers. Last year he published in a privately printed edition *Fifty Years a Bookseller: or, The Wolf at Your Door*. Although it is principally concerned with American people and events, its appeal will be universal for the book trade is nothing if not international. The contents are extraordinarily congenial and much as you'd expect from the title. It has three faults. One is the absence of an index, with consequences that need no explanation. The second, which is related to the first, is that the book appears to be an assembly of characters and incidents that the reader knows for sure will be connected and in some way form a coherent story if only he or she could but locate the connections. One can only use so many bookmarks

of Nicholas de Lyra, now in the Thomas Fisher Library, Toronto University.<sup>2</sup> In 2012, Peter Kidd identified a further important fragment. Los Angeles Public Library holds one quire of eight leaves, with sewing thread still intact, one partial quire of six leaves, and twelve individual leaves, some of them consecutive, others isolated, from a 13th-century miscellany associated with the Priory. The fragments survive with a portion of their original binding, and the front and rear pastedowns.<sup>3</sup>

It is difficult to say anything with certainty about the creation, housing and use of monastic books at Nostell, as so little contextual evidence survives, either locally or nationally. Only ten book lists from Augustinian foundations in England are known, and with the exception of Llanthony Secunda Priory in Gloucester, where some 140 books are recorded, only ten Augustinian houses have more than ten volumes surviving from their libraries.<sup>4</sup> The Priory of Merton, for example, was one of the largest in England and its *Registrum* lists more than 230 titles, yet today only twenty-nine volumes survive, while Leicester Abbey owned more than 1,000 volumes, of which fewer than twenty are known.<sup>5</sup>

The Augustinian rule was not prescriptive in its approach to the conduct of religious life, leading to variation in approaches to the chapter of the rule concerned with reading and writing. In England

2. Desiderius Erasmus, *De ratione studii ac legendi* (Col: Argentorati: apud Iohannem Heruagium, 1524), *Purgatio aduersus epistolam non sobriam Martini Luteri* (Parisiis: apud Ioannem Roigny, 1534), *De puritate ecclesiae Christianae* (Parisiis: ex officina Christiani Wecheli, 1536), and *De sarcienda ecclesiae concordia* (Parisiis: excudebat Christianus Wechelus, 1533). University of Wales Trinity Saint David, Roderic Bowen Library and Archives; Founders Library, ODS 02691, inscribed: 'Pertinet ad dominum Sancti Oswaldi de Nostell'. *Biblia latina* (Nuremberg: Anton Koberger, [1486–]87 – ISTC ib00614000), Toronto University Library, RB 9689, inscribed: 'Restat Monasterio sancti Oswaldi de Nostell'. Both are recorded in N. R. Ker, *Medieval Libraries of Great Britain: A List of Surviving Books. Supplement to the Second Edition*, edited by Andrew G. Watson (London: Royal Historical Society, 1987), p. 51.

3. Los Angeles Public Library. The manuscript is currently uncatalogued, so does not have a shelf mark. The author is extremely grateful to Peter Kidd for generously sharing his research notes on the Los Angeles Miscellany, see: <https://mssprovenance.blogspot.com/2012/12/an-unknown-ms-from-nostell-priory.html>

4. T. Webber and A. G. Watson, eds, *The libraries of the Augustinian Canons*, Corpus of British medieval library catalogues, vol. 6, pp. xxii–xxiii.

5. *The libraries of the Augustinian Canons*, p. xxvii.



Fig. 7: The ownership inscriptions of Joseph Ludlam (c.1626–1678) and Stephen Ludlam (1658–1722) and an example of the price inscription found on all Ludlam books (©National Trust Images/Robert Thrift).



of a college library in the American colonies. Unlike the Harvard *Catalogus* of 1723, which Thomas Hollis criticised for being ordered only by initial letter, Yale's catalogue was fully alphabetised and also categorised 'under proper Heads' – that is, by subject as well as by author.

Whether or not the Yale catalogue was actively used to solicit donations is unclear – considering the abundance of positive evidence for other printed pieces, perhaps it was not – but it was certainly designed more for users than for donors, representing an important departure from the approach of the Harvard *Catalogus*. Thomas Clap's preface is not grandiloquent and aimed at those unfamiliar with the college; it is remarkably brief – hardly two pages long – and addressed 'To the Students of Yale-College'.<sup>42</sup> Yale's catalogue is physically unimpressive and highly functional. It reflects a transitional moment for libraries, for philanthropy and indeed for the American colonies. By 1743, Yale's library might not have been ideally stocked, but it served a college more amply resourced than it had ever been and a colony with better access to local learning than it had ever had. Yale no longer needed to make obsequious cries of poverty abroad: with the publication of the 1743 catalogue, the college ceased to advertise its weaknesses and began to assert its strengths.

Portable, relatively inexpensive, produced in quantity, the library catalogue as a form of printed matter uniquely enabled transatlantic philanthropy in the early 18th century. College leaders and their agents abroad worked together to build a strategic network of influential supporters for the cause of colonial education. The first Harvard library catalogue in particular was created as a tool for salesmanship, meant in the short term to increase the library's holdings and only in the longer term to advance the learning that might result. The underlying irony of library-building in this period is that by underscoring the poverty of colonial education, catalogues and the agents who deployed them succeeded in vastly enriching it.

42. *A Catalogue of the Library of Yale-College in New-Haven*, [A2r].



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**





impacting lifelong health – this needs to change now. Whilst we have an array of programmes underway to clean up Lambeth’s air, the work we do with our partners and local communities will need to go further and act more quickly in order to achieve our objectives.

Healthy active lives

Good health and wellbeing are fundamental to us leading full and rewarding lives and it is our ambition that Lambeth is a place where people are able and supported to have this.

However, we know across Lambeth the benefits of good physical, mental and social wellbeing are not being felt by everyone. Healthy life expectancy unfairly differs in different areas of the borough, with the poorest communities and those from Black, Asian and Multi-Ethnic backgrounds having the worst outcomes across a wide range of health measures.

Through our **Lambeth Together Care Partnership**, bringing together the NHS, local authority, the voluntary sector and others, we are focussed on improving health and wellbeing in Lambeth and reducing inequalities for people in Lambeth through an integrated health and care system. We must continue to work collectively and draw on our shared intelligence about the borough, listen to local people to understand the needs of their communities and build our understanding of what really works to tackle health inequalities. Lambeth is working together in partnership, with action already underway, connecting us together and enabling us to address these challenges and better understand the impact of wider determinants of health such as housing, the economy, employment and the environment on local inequalities, with a clear focus on prevention. It is through this continued cross-organisational working and civic involvement that we can put health and wellbeing at

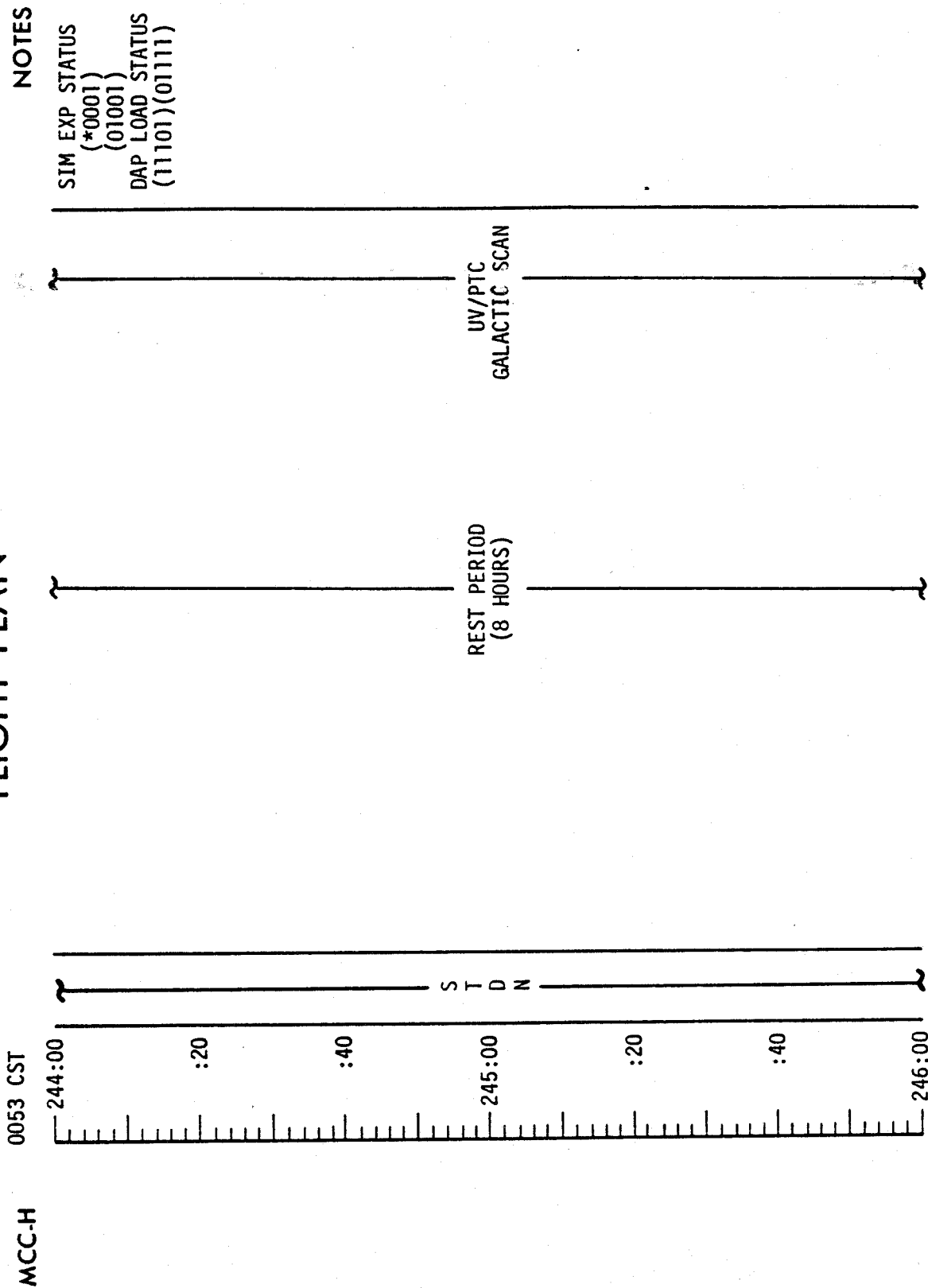
the forefront of Lambeth’s partnerships and strategies; as highlighted in the **Health and Wellbeing Strategy**, so it is a place where all people can experience good health and wellbeing and where healthy life expectancy is improved for those groups within the population whose outcomes are the poorest.

Central to our collective approach is ensuring that every Lambeth resident has the best start in life. Through our local partnerships, we will develop safe and secure places for young people and children to socialise and develop their personal skills, through supporting positive emotional health and wellbeing including helping our most disadvantaged young people with access to sports facilities and training programmes.

Alongside our vision that all young people have the best start is that we enable our residents of all ages to live fulfilling and rewarding lives. Our residents must have access to high-quality health and leisure services and by working with our health partners, businesses and by recognising the value of community groups in supporting better health, we will focus on the prevention of long-term conditions and support those at risk of physical and/or mental health issues to access the right early help and resources. This requires a whole systems approach and a focus to support our most vulnerable by developing inclusive and innovative programmes and sports partnerships across health, leisure and a range of activities. As part of this, we will create environments that promote active travel, physical activity and healthy choices. From increasing spaces for people to connect around their health, as well as their areas and communities to improving the availability and consumption of healthy and affordable food in Lambeth, there are remarkable solutions happening across the borough to help people flourish.



# FLIGHT PLAN

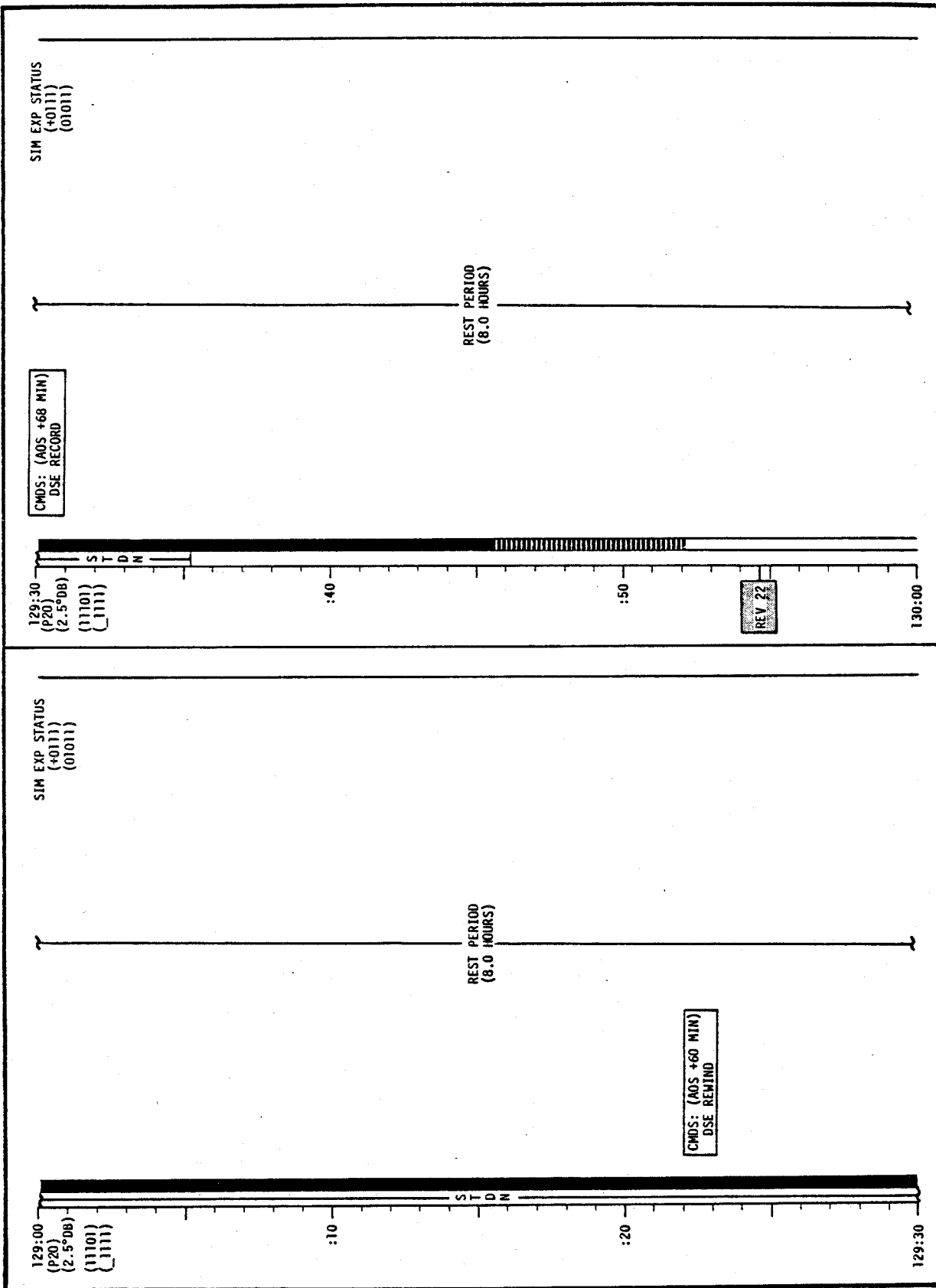


MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	244:00 - 246:00	11/TEC	3-357

FLIGHT PLANNING BRANCH



# CSM FLIGHT PLAN



MISSION	EDITION	DATE	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	3-159

## Start low and go slow

This chart on your right shows the Borg Scale which helps to measure how short of breath you are.

You should aim to be in the 'green', between 11 and 13, when undertaking activity.

## You must start at a safe level for you

Other people may find that they can manage to walk for 5 minutes. For example:

- ❖ Walking 5 minutes twice a day on Day 1
- ❖ Increase this very cautiously when you feel comfortable to do so (have been consistently in the 'green')

Some people will find that marching on the spot for 1 minute may be enough to start with. For example:

- ❖ Marching on the spot for 1 minute several times on Day 1
- ❖ Increase this very cautiously when you feel comfortable to do so (have been consistently in the 'green')

There may be some people who need to be more careful when making exercise harder. For example, you may need to increase your workout time every 3 - 4 days, instead of every day. It is important that you do what is safe for you and if you don't know, speak to a healthcare professional able to help you.

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	

## Remember:

- ❖ Building up activity levels is not straightforward.
- ❖ Keep going back to what feels right for you and use the Borg scale to help.
- ❖ It can vary from day-to-day.
- ❖ Listen to your body and adjust accordingly.

when theatres could present whatever they chose – but they were still subject to censorship.)

The secondary theatres were:

- Théâtre du Vaudeville, reserved for short plays in couplets or with popular tunes
- Théâtre des Variétés, for short, ribald rustic plays of low-life and the peasantry
- Théâtre de la Porte Saint-Martin, for melodrama, light operas, ballets and spectacles
- Théâtre de la Gaîté, for pantomimes of all sorts (but not ballet), harlequinades and farces.

A third category was also authorised, the *Petits théâtres*, also called *Forains*, for performing animals, acrobats, puppet shows and the like, which in Paris came to include the Théâtre des Funambules, the Petit Lazari, the Théâtre Acrobate de Madame Saqui, the Cirque Olympique and the peripatetic tents and booths set up in the capital and throughout the countryside.

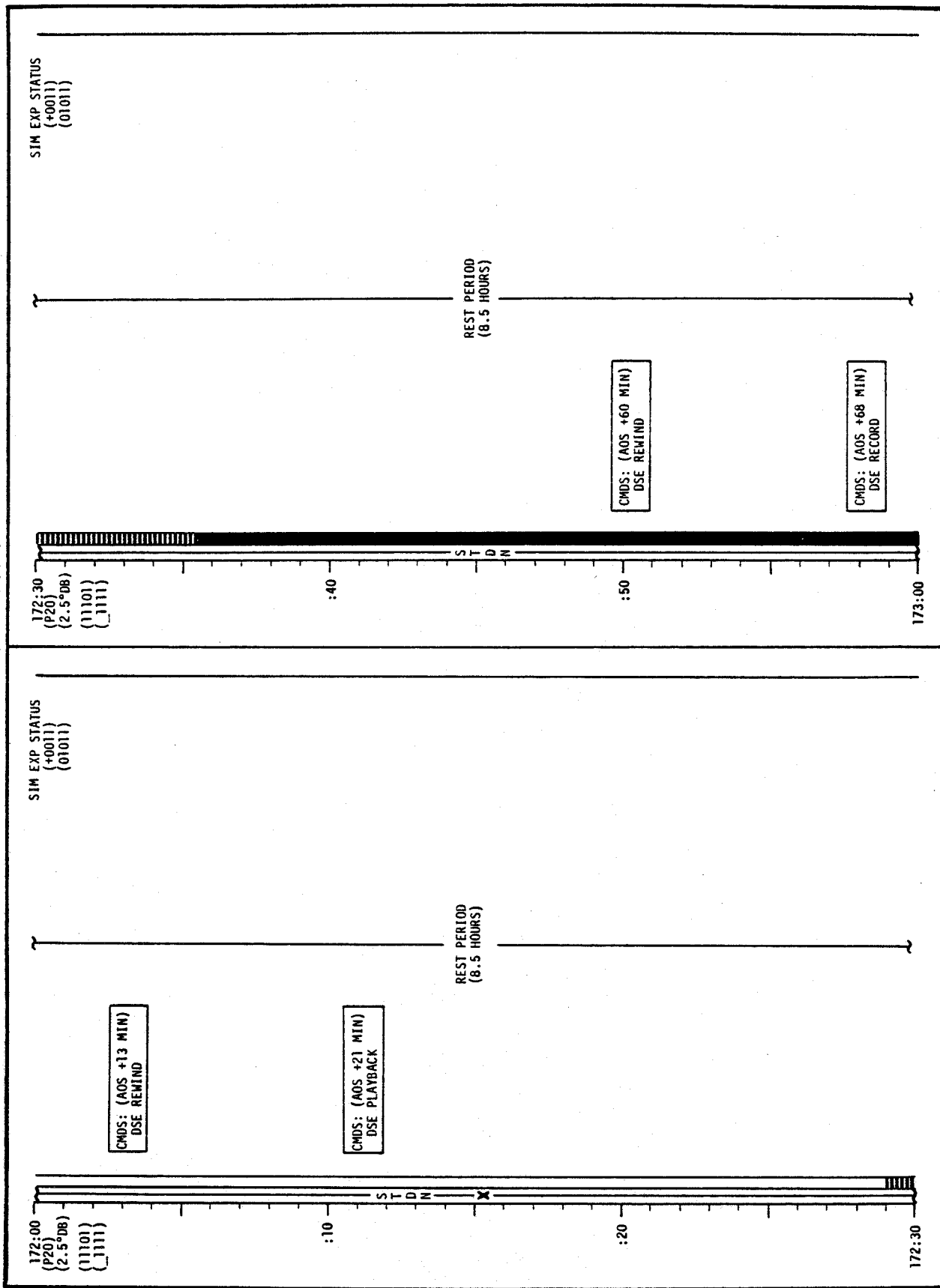
Censorship became a large part of the government's regulation of the theatre and was used to suppress any ideas that might encourage anti-government or dissident views, especially in the theatres that catered to the working class, whose activities were frequently under surveillance by the police. A Gagliani guide to Paris mentions the 'degeneracy' of the 'public taste'.<sup>10</sup> In fact, the theatre was among the most highly censored artforms of the time, (caricature was similarly controlled), with theatre censorship lasting until 1906.<sup>11</sup> Even the colour of the paper for posters was regulated (white paper was reserved for the government while specific colours were assigned to the various theatres). Additionally, all posters were required to be uniform in size, and a new law enacted in 1852 mandated that all theatre posters had to be submitted to the *Commission d'examen des ouvrages dramatiques* before being sent to the police for final authorisation.<sup>12</sup>

10. Galignani's *New Paris Guide* (1839), p. 455.

11. e.g., Odile Krakovitch (curator at the Archives Nationales de France) discovered that in 1852, French censors examined 682 plays, of which 59 were forbidden, 323 underwent modifications and 54 were awaiting consideration, leaving only 246 (36%) authorised plays. See Frederic William John Hemmings, *Theatre and State in France, 1760–1905* (1994), p. 220.

12. Brander Matthews *The Theatres of Paris* (New York, 1880), p. 13.

# CSM FLIGHT PLAN







William Windham's bookplate.  
Courtesy of The Lewis Walpole Library, Yale University.

Once values have been identified, think about how you can try do activities with these and your symptoms in mind.

## FOCUS ON VALUES *rather than goals*

You will also find below a link to videos relating to values and taking life into a meaningful direction.

The Choice Point: A Map for a Meaningful Life by Dr. Russ Harris:

<https://www.youtube.com/watch?v=OV15x8LvwAQ>

Values vs Goals by Dr. Russ Harris

<https://www.youtube.com/watch?v=T-IRbuy4XtA>

# Dizziness

The word 'dizziness' means different things to different people; some use it to describe feeling lightheaded or off balance, while others use it to describe a feeling that their surroundings are spinning.

This can often make people to feel anxious or stressed. Stress can make you breathe quicker and more shallow, which can make you feel dizzy. If you are affected in this way, your symptoms may feel worse and you may need some help to manage this.

For more information on stress and anxiety please see previous section of this workbook.

It can be common after Covid-19 to have dizziness. This dizziness is often brought on by certain head positions or movements. Our balance system needs time to get used to movement again.

Sometimes people get into the habit of avoiding positions and situations that may bring on their dizziness. This can really slow down their recovery and may cause other problems. If your dizziness comes on with a specific movement such as turning your head side-ways, you might start to avoid turning your head, and start using only your eyes to look at something instead.

To help with this, slowly start to make the movements that are causing your dizziness. Make sure you do this when you are somewhere that feels safe and comfortable for you. An example of this is described in the box below.

## **Dizziness exercise:**

Walk somewhere that you feel safe, like your hallway. Look slowly from side to side, turning your head as you walk. Then repeat looking up and down. Make sure it is also your head that moves, not just your eyes.

To make this harder – try it in a busier but safe place, such as a supermarket aisle when holding onto the trolley. Then build up to being able to do this outside.

Please note these exercises are supposed to work your balance system in different ways. Some of these exercises may make you feel slightly dizzy. Please do not worry if this happens as long as this is manageable for you. This should get better the more/longer you practice.

**It is important to speak to a healthcare professional about your dizziness, as it could also be caused by other things such as:**

- ❖ Ear condition
- ❖ Dehydration
- ❖ Some types of medication
- ❖ Low blood sugar levels
- ❖ Anxiety or stress
- ❖ Postural hypotension (a sudden drop in blood pressure upon standing)
- ❖ Iron deficiency (lack of iron)
- ❖ POTS (see previous section of this workbook, page 55)

If you have any hearing loss, constant tinnitus (ringing or other noises in one or both ears), worsening of your symptoms, or a new unusual pattern to them, contact your GP.



# Our Lambeth 2030 Outcomes

Our ambitions are bold – it is going to take everyone in the borough to play their part in delivering for Lambeth, ensuring that we are all accountable and committed to a better future for everyone.

**Our Lambeth Outcomes have been shaped to unite us in that effort.**

**A Borough of Equity and Justice**

- By 2030, Lambeth will have lower levels of deprivation, with fewer children growing up in poverty.
- By 2030, Lambeth will tackle the structural inequalities adversely impacting Black, Asian and Multi-Ethnic residents by being a borough of anti-racism.
- By 2030, Lambeth will be a borough of progress, working with LGBTQ+ communities and disabled residents to tackle the biggest challenges they face.

**Our 2030 Ambition: Making Lambeth Neighbourhoods Fit for the Future**

- By 2030, Lambeth will be a Net Zero Borough.
- By 2030, Lambeth residents will experience good health and wellbeing, with an improved healthy life expectancy for those with the poorest outcomes.
- By 2030, Lambeth will be a sustainable and healthy borough, with more accessible and active travel options for everyone.

**Our 2030 Ambition: Making Lambeth One of the Safest Boroughs in London**

- By 2030, Lambeth will be a safer borough for everyone, with a significant reduction in serious violence against young people.
- By 2030, Lambeth will be safer for women and girls, and all residents experiencing gender-based violence will be able to access support.
- By 2030, Lambeth will be a borough of prevention, tackling the root causes of violence to protect our communities.

**Our 2030 Ambition: Making Lambeth A Place We Can All Call Home**

- By 2030, Lambeth will be a borough of opportunity, with local people benefitting from jobs in our future growth industries.
- By 2030, Lambeth will increase the supply of genuinely affordable housing and the quality of existing homes for residents who need them.
- By 2030, Lambeth will be a borough of sanctuary and an Age and Child Friendly borough, the best place to grow up and age well.





If you can't think of a way to deal with your worry or you are worrying about something that is not a problem just now, you can do the following:

- Write the worry on paper and try asking yourself questions like 'Is it possible that my worry may not become true?', 'What else could happen? (a positive one maybe?)', 'How could I cope if the worry did become true?', 'What would I say to a friend going through the same thing?'. You can also talk about these questions with your love one's.
- You can use meditation techniques on page 52 to help you with letting go and accepting your thoughts.

## PROBLEM SOLVING

Before starting, it is important to think if you are able to solve your worry. Ask yourself the following questions:

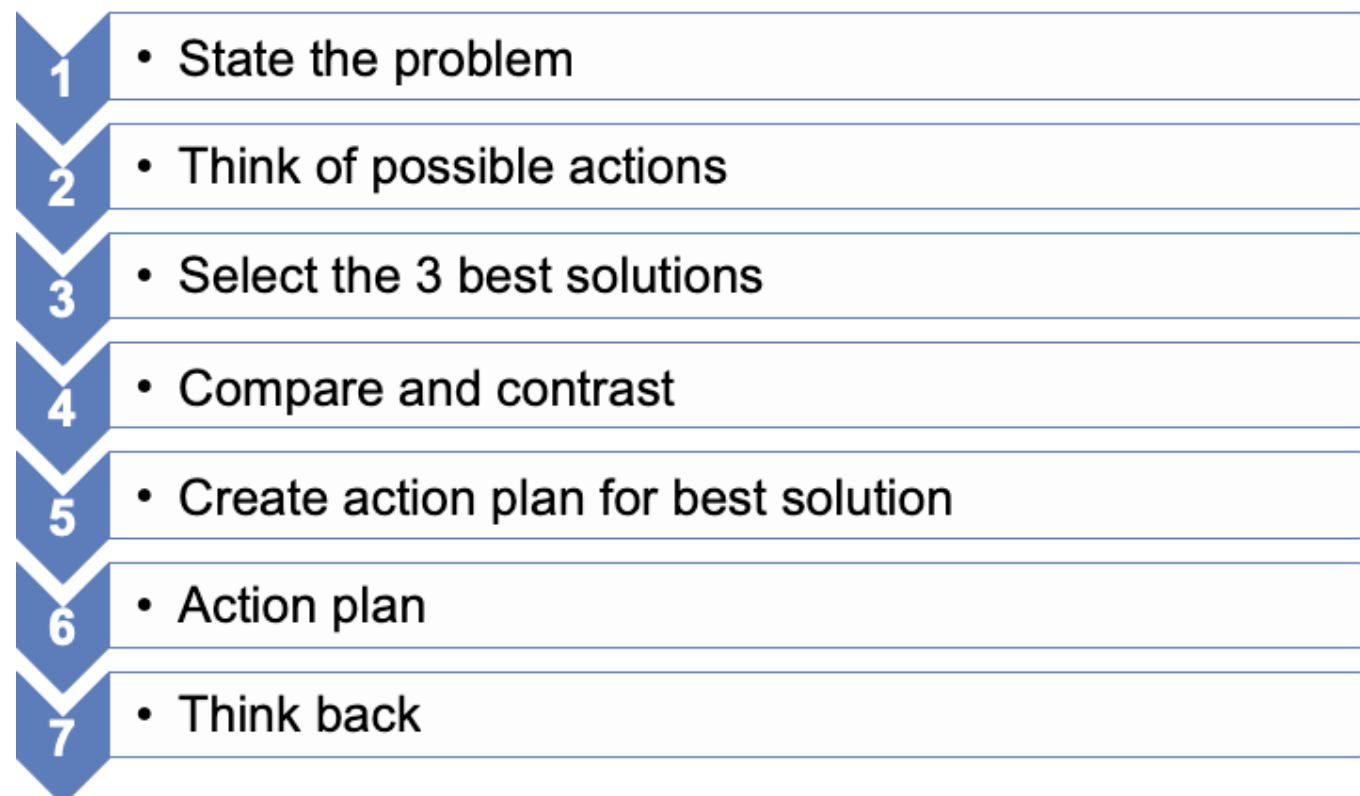
- ❖ Is this an actual problem?
- ❖ Is this problem happening right now?
- ❖ Do I have any control over this problem?

If your answers are **yes**, then problem-solving can be a helpful.

Here are some examples of problems to solve and the ones you will struggle to solve:

<b>SOLVABLE WORRIES – things I can change</b>	<b>UNSOLVABLE WORRIES – things I can't do anything about</b>
I am unable to drive to my appointment.	What if my illness gets worse?
I had a fight with my husband/wife/partner.	What if I can't return to work in a years' time?
I can't afford to pay my rent this month.	What if my landlord increases my rent?

How do I do it? Let's look at each step in more detail. An example will be used throughout this exercise.



You may also find the sleep diary below useful to track your sleep and see how good it has been.

#### DAILY SLEEP DIARY

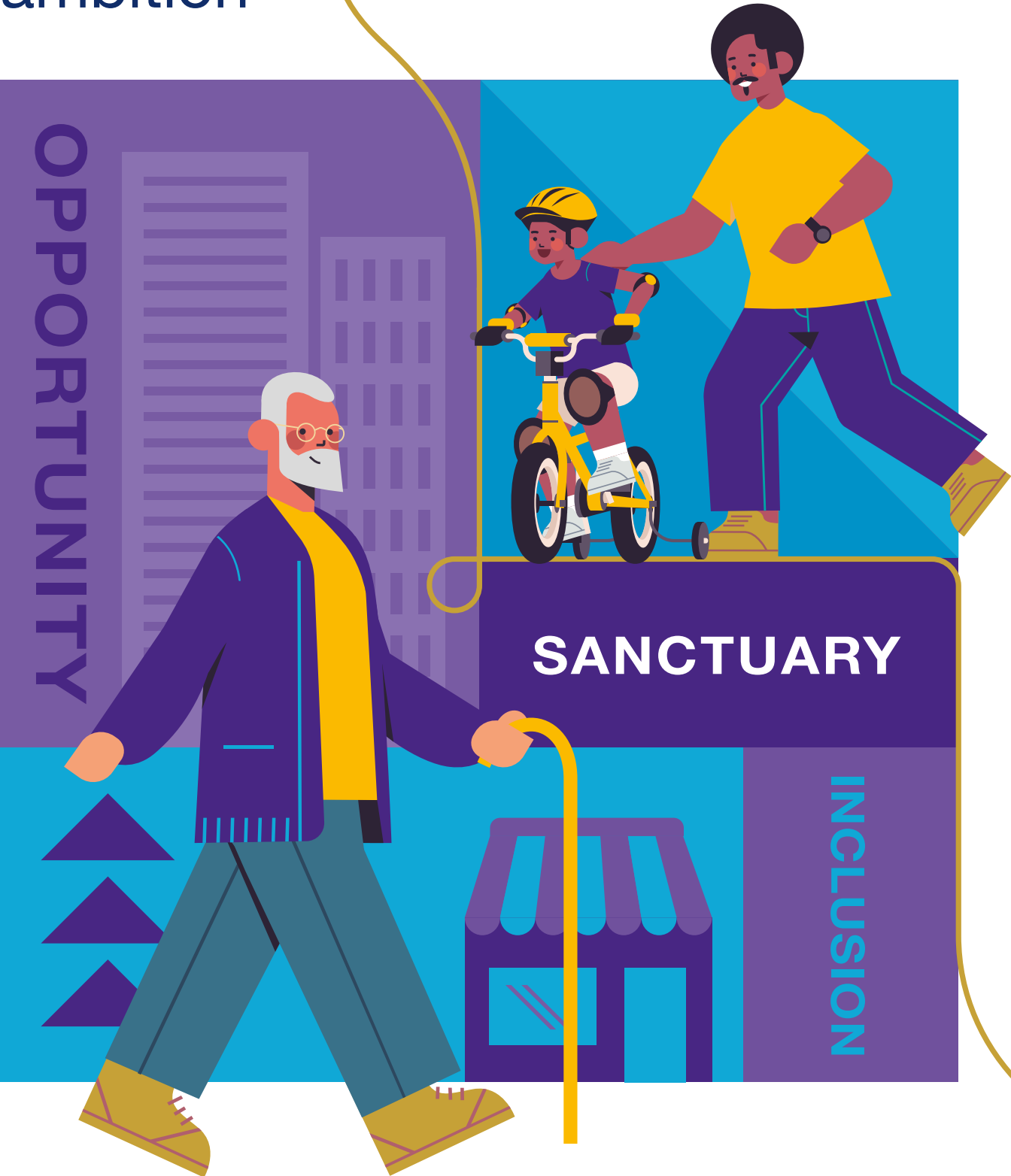
**Complete the diary each morning (Day 1 will be your first morning). Don't worry too much about giving exact answers, an estimate will do.**

Questions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
1. At what time did you go to bed last night?								
2. After settling down how long did it take you to fall asleep?								
3. After falling asleep, about how many times did you wake up during the night?								
4. After falling asleep how long were you awake during the night in total?								
5. At what time did you finally wake up?								
6. At what time did you get up?								
7. How long did you spend in bed last night (from first getting to finally getting up)?								
8. How would you rate the quality of your sleep last night?								
1      2      3      4      5 V.Poor                      V.Good								



Our  
2030  
ambition

3 - Making Lambeth A Place  
We Can All Call Home



By 2030, Lambeth will be a lifelong borough, with the best conditions to grow up and age well, where everyone can contribute to an inclusive economy, and have a place to call home.

Lambeth – forever radical, always welcoming and constantly creative. This is the reputation we have built together throughout our history and is the foundation of our ambition to make Lambeth the best place for children and young people to develop and for older people to enjoy their later years. It is also the spirit that will enable us to ensure that for life in between, everyone is able to access the many opportunities that exist in Lambeth, as well as fundamental basic rights – good quality education, employment, housing, and access to healthcare.

Across the borough, we have distinct places with their own unique identities, communities, and assets. We are home to world class institutions and cultural clusters, with historic venues and green spaces adding to the Lambeth offer. We have thriving businesses and great potential for future growth, and a vibrant community sector with local expertise. Yet we know there is more to do to ensure that everyone can benefit from the strengths Lambeth has to offer in order to build and sustain the best life possible.

**Making Lambeth the best place to grow up**

We are committed to making Lambeth the best place to grow up and Lambeth being the place where families want to send their children to school. This recognises that the best start in life is crucial to support lifelong prosperity, allowing each individual to

thrive. To deliver this, we are committed to becoming an accredited UNICEF Child Friendly borough – a place where children’s rights and voices are at the heart of everything we do and have worked with over 1,500 children and young people and community groups across the borough to listen to their priorities and concerns.

We will take a rights-based approach underpinned by equity and inclusion, making sure that all children and young people, regardless of their background, culture, ability or anything else, feel welcome in Lambeth, have the right opportunities to grow, learn, explore and have fun, and are protected from discrimination and harm. This includes addressing the needs of all children and young people with special educational needs and/or disabilities. By continuing to invest in local specialist provision, we aim to offer a mixed economy of inclusive mainstream schools, specialist resource bases, special schools and specialist colleges within Lambeth. This will support us to ensure that, as far as possible, all our children and young people can be educated within their local community. We will also continue work with all partners working together in the Lambeth local area to make sure our schools and neighbourhoods are fully inclusive and supportive for children with SEND and their families. Alongside this is our continued drive to further improve educational settings, options and standards so that all children and young people benefit from high quality and inclusive access to education.

## NOTES

+0:20

## FLIGHT PLANNING BRANCH



# FLIGHT PLAN

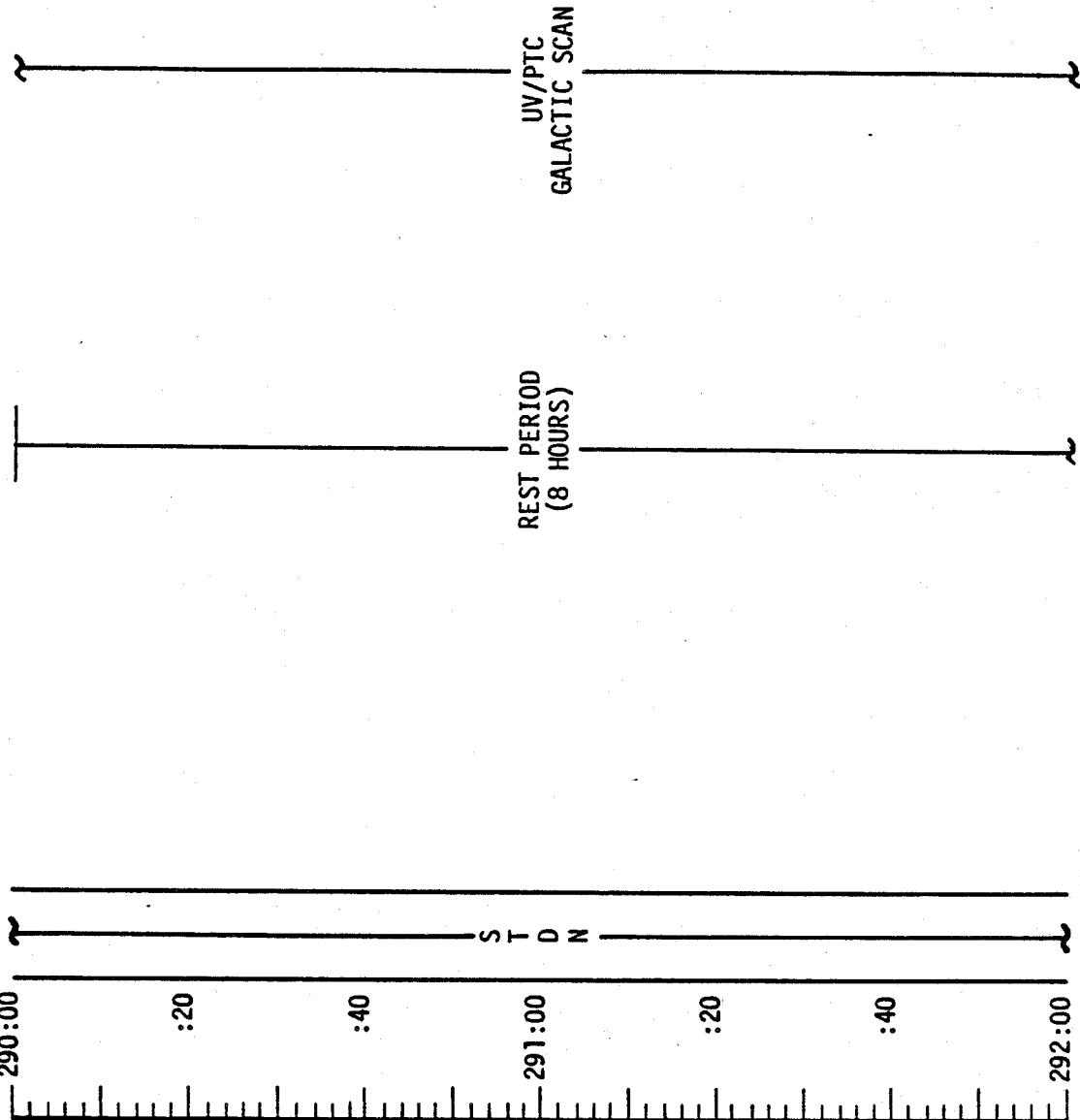
MCC-H

2253 CST

## NOTES

SIM EXP STATUS  
(\*0001)  
(00001)

DAP LOAD STATUS  
(11101)(01111)



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	290:00 - 292:00	13/TEC	3-398

FLIGHT PLANNING BRANCH

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

whom K has some harsh words despite working for him for several years. After speaking about a runner bringing in to Rota a copy of *The Road to Oxiana* in dust wrapper, for which he was asking £25, K writes about Setitia Butler, who is living proof of the old adage that ‘style is character’. Ms Butler, who was later to be the wife of another bookseller, Anthony Simmonds, was distinguished on a few fronts: she was a serious friend of the author, the niece of Robert Byron and one of the last people to see Lord Lucan. The afternoon of the day he murdered his nanny with a section of lead piping, having mistaken her in the dark for his wife, he came to see Setitia, who was then working at Heywood Hill, to settle his account. (This in itself is extraordinary though K passes over it.) Many years later, while working at Peter Ellis, K falls into conversation with an expoliceman who had been the first to arrive at the Lucans’ house. Here I quote the author: ‘I would like to have asked him whether Lady Lucan was still flushed from having made love with Lord Lucan *after* the murder.’ (K’s italics.) K may be right; it may have indeed happened like that, before she rushed into the nearby pub screaming “Murder! Murder!”

He can be waspish: Anthony Rota was ‘a poor judge of character’; Larkin is a ‘paragon of seedy exactitude’ whose ‘oeuvre exudes impotence’; Brodsky was a ‘pompous windbag’. On the other hand, he is hard on himself as well, continually. He is one of those people who likes to say everything, even where prudence suggests otherwise. The result is an absolute page-turner. His style is so immediate that whether one likes the people in the anecdote or not, one just has to know what happens. His footnotes are a delight – for instance, that books in green covers are the hardest to sell. His short final chapter concerns a trip to his barber (who is supplied with signed copies of new titles to store away as an investment). K fears his shop will go because of Covid and rising costs. In this way he ends on the same note as he began, on the remorseless decline in the opportunities for intelligent commercial discourse. It is sad to end a spirited book in such a negative way.

## Henry Wessells

### FIFTY FORGOTTEN BOOKS

By R. B. Russell

(Sheffield: And Other Stories, 2022. 255 pp., many illus, £12.99/\$19.95)

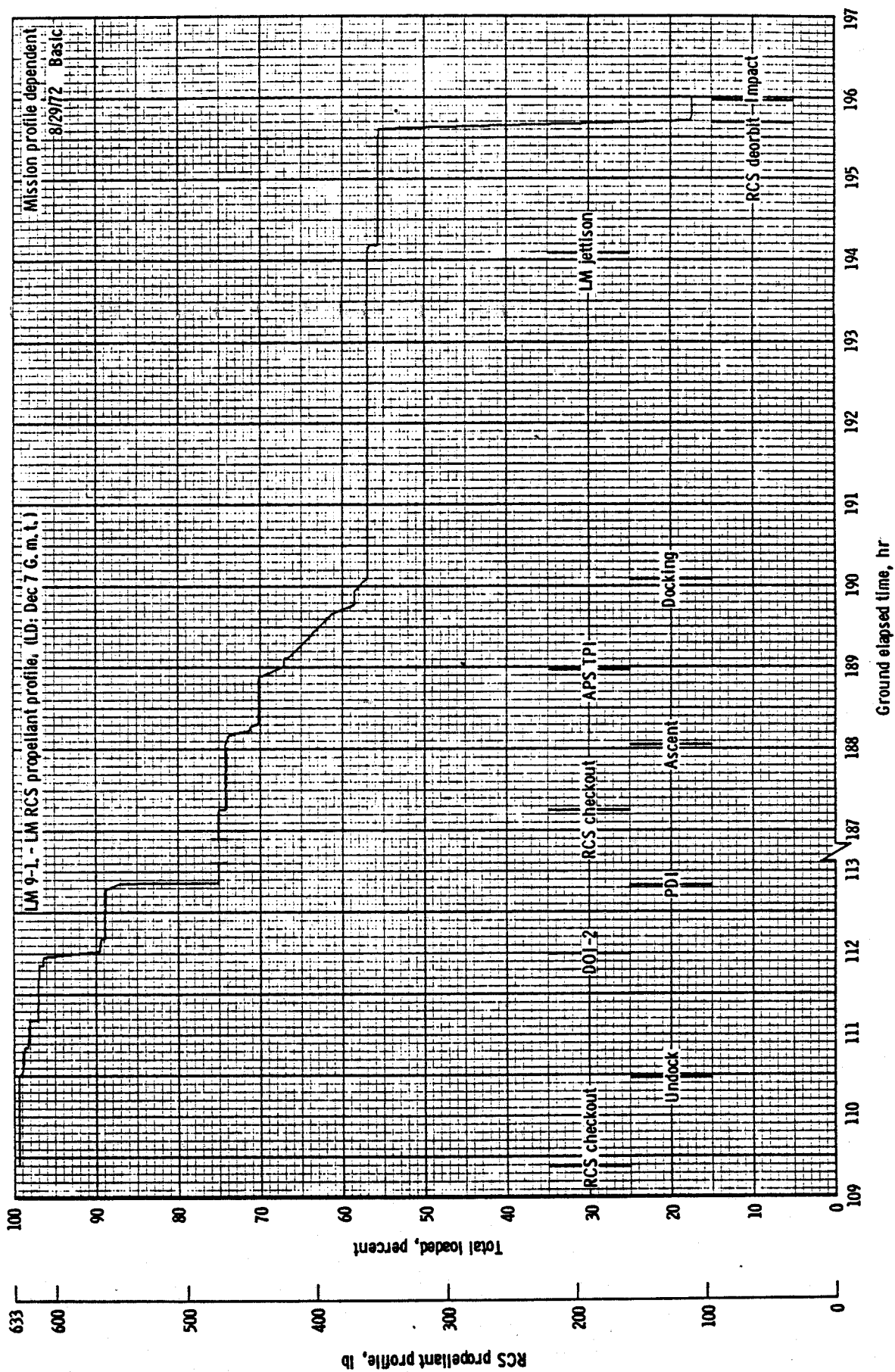
For some of us, the most interesting lists of books are descriptive or suggestive, not prescriptive or combative (certain lists are bullies looking for a fight). Ray Russell’s list of *Fifty Forgotten Books* is the sort of genial com-

# Lambeth 2030

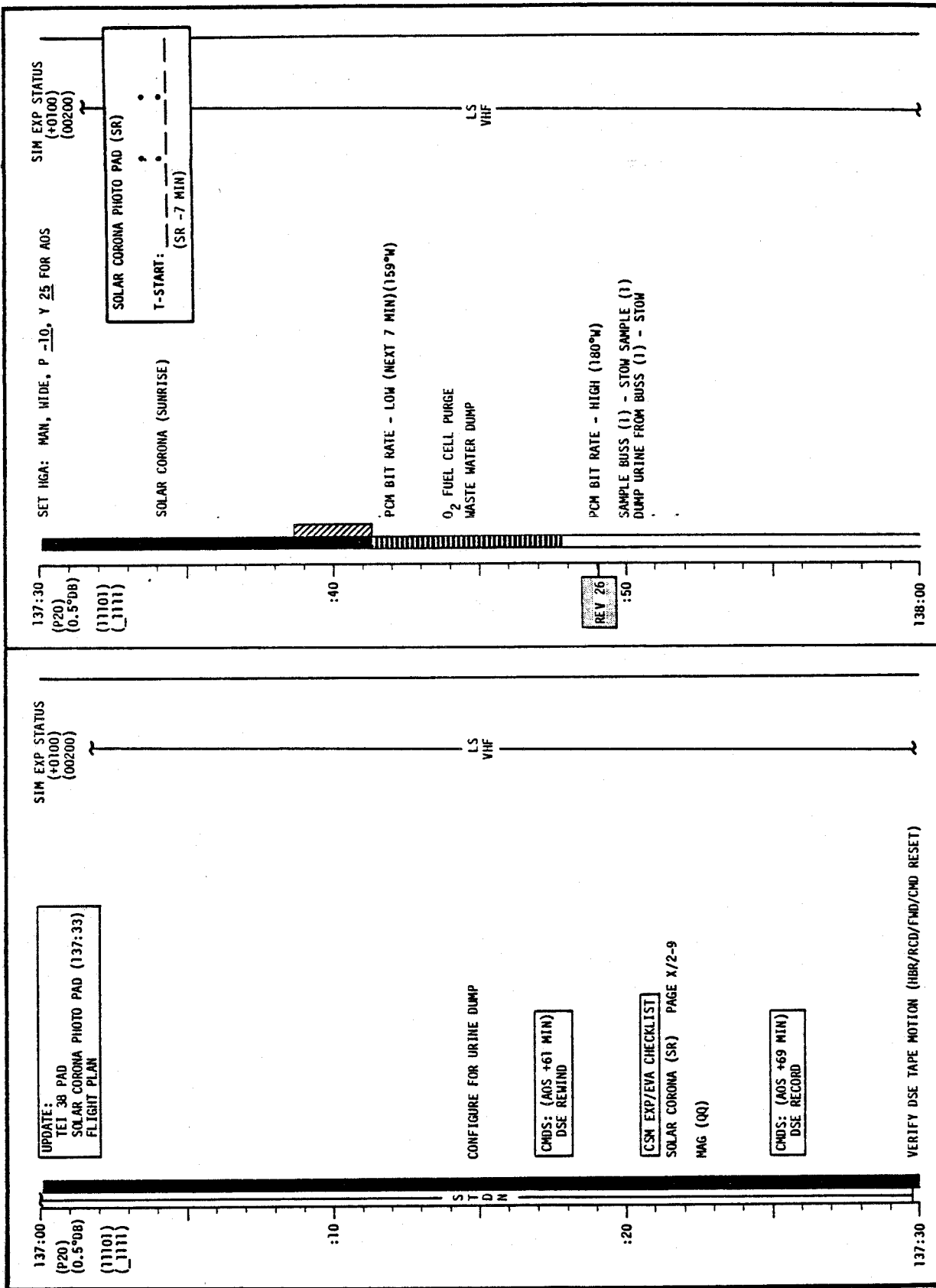
OUR FUTURE, OUR LAMBETH



10/23/72



# CSM FLIGHT PLAN



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