



Positive Ageing Council

Improving services and facilities for older people in Lewisham

POSAC Magazine Winter 2022

In this issue

A Year in POSAC

Cost of Living Help

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Do you need help, support or advice?

Please contact Community Connections in the following ways:

Email: communityconnections@ageuklands.org.uk

Visit their website: www.communityconnectionslewisham.org/

Call the helpline: Monday - Friday, 9.30am-4pm on: 0330 058

Positive Ageing Council Public Meeting

Date: 8 December 2022

Time: 10.45am–1.30pm **NOTE EARLIER START TIME!**

Venue: Civic Suite, Catford SE6 4RU

What will be happening at the meeting:

✦ Christmas songs with children from St Dunstan's College

✦ Help with the cost of living and more

✦ In Living Memory project – share your memories of past times

✦ Christmas treats

We can't wait to see you there! No need to book, just come along!

Silver Sunday 2 October 2022

POSAC members enjoyed a fancy Afternoon Tea on real china and an afternoon of poetry, song and dance at Goldsmiths Community Centre.



Full report and more pictures inside



Lewisham

Available in large print For more information on the Positive Ageing Council go to www.lewisham.gov.uk/pac or email positiveageing@lewisham.gov.uk

Message from the Chair of POSAC, Iris Till

WELCOME EVERYONE TO OUR WINTER MAGAZINE 2022.

Also a big welcome to Laura who is our new Community Development Officer. Laura has worked in the Borough for many years. The Steering Group and I are looking forward to working with her.

Saying welcome means saying a fond farewell to Lucy Formolli, she has been my rock and support throughout my 5 years as chair. The Steering Group and I hold fond memories of the times we have shared together. We all wish her well for the future.

The sun is shining down from a beautiful blue sky and belies the fact that we are approaching November. In some ways it masks the struggles many of our residents across the ages are experiencing with the rapid rise in the cost of food and energy. Thankfully Lewisham has many voluntary organisations that put a comforting hand out to offer emotional and practical support. This reminds me of the years following the war when cups of sugar or a jug of milk were shared with your neighbours and friends. The spirit of kindness shown then is still around today.

Amongst the struggles Lewisham Council has done an excellent job of keeping alive a sense of fun and enjoyment for all as we celebrated being The Borough of Culture. The programme has given opportunities for groups and individuals to showcase their talents and skills. It has also given audiences a wide variety of choice from all kinds of music, poetry, painting and much more. The diversity of our community is very much to the fore and highlights the richness of each other's cultures.

In June, flags were flying, fireworks and beacons lit up the sky as we celebrated Queen Elizabeth II's Seventy Year Reign. I was fortunate to be involved with a very talented intergenerational group of people from the Diamond Club and the Goldsmith's Dance Academy called Jubilee Jive. It was great fun to be part of and our three performances were enjoyed by young and old.

Positive Ageing's showcase has always been our Silver Sunday Celebration. After two years away, we wanted to make a special comeback this year and we did. It took an immense amount of work to arrange an afternoon tea with entertainment and dancing at Goldsmiths Community Centre in Downham. We were fortunate in having the support of Andy from Age UK whose energy and positiveness was infectious. Thanks also to the many others whose hard work made the event possible including Lesley Allen, Liz Wood, Morgan and the outreach work of Trevor Pybus and Downham Nutrition Partnership, Laura and her manager Genevieve George. The cherry on the cake was our Young Mayor's team led by Katy Brown. They were supporting us throughout the event, from an early start sweeping the leaves away to prevent falls, to mucking in with moving furniture, serving tea and most importantly interacting with the guests. These young people have given me new hope for the future and I am proud to be part of this diverse borough.

I would like to take this opportunity to wish you all a happy Festive season and a healthy 2023. We are never too old to dream and have the courage to pursue them. I hope to see many of you at our Christmas meeting on 8 December. Meanwhile, keep well and be kind to yourself and others.

Iris Till
Chair



SILVER SUNDAY 2 OCTOBER 2022

Partnership in action

Partnership was the name of the game with our Silver Sunday event on the 2nd October. What an extravaganza as Goldsmiths Community Centre opened its doors for 80 plus guests to be welcomed for afternoon tea and entertainment. Silver Sunday is a National Day and we have for many years been proud to celebrate it. It was a joy to be able to celebrate it in person once again. John and myself worked with some incredible people to achieve our 2022 extra special celebration, where people could forget the cost of living crisis for an afternoon and enjoy themselves.

Our entertainment started with Morgan from the Young Mayor's Team playing favourite tunes from Sinatra and the Rat Pack era as people arrived. Our DJ Sarah Lang played tune requests and Lewisham-related numbers. Lesley Allen and the Diamond Club followed on, if you ever want a group to do an Abba number look no further, in their Lycra, their energy belies these golden oldies' age and confirms 'age is just a number'. This act couldn't have taken place without the creativity and encouragement of Liz Wood and Goldsmiths Dance Academy. Her younger dance group performed beautifully, and it was gratifying to see the smiles on people's faces. Doreen McKenzie read two of her poems which went down very well and caused some merriment as intended. We were privileged to have Janet Daby, M.P. for East Lewisham join us with her family for the entertainment.



'Give a Song' group were our final act. Starting out as a group of young unemployed musicians in the early stages of the pandemic, they initially performed outside peoples' homes to alleviate isolation and loneliness. These talented performers, led by Chloe on the Saxophone, ended the event with a bang, with many of the guests on the dance floor twisting away.

As I write this, I can't help but smile and remember a fun afternoon surrounded by an intergenerational group of happy people.

Iris Till



Be a POSAC volunteer!

Are you recently retired or know someone who is? Older but still young at heart and looking to use your boundless energy to help others in your community? We are looking for new Steering Group members and other volunteers to help grow and strengthen your Positive Ageing Council. We have big ambitions and need more 'hands on deck' to achieve them! We have a number of roles and opportunities - see the Volunteering and Active Citizenship section for more details.

Get in touch if you think you might be interested at positiveageing@lewisham.gov.uk

A year in the life of POSAC

People's Day 16 July 2022

With People's Day suspended since 2019 because of the intervention of Covid, everyone was excited and wanted to make this one special. Having previously had a small stall, the Chair Iris Till, myself, and our co-ordinator Lucy Formolli decided to have a free-standing gazebo. Genevieve George arranged for us to have a practice run in the car park of Lawrence House which proved invaluable: pop-up gazebos don't suddenly spring into shape. You need to know where to push and where to pull, in the right order!

On the big day, I arrived bright and early and was grateful for the help of two very willing Police Cadets in unloading the car and erecting the gazebo. Steering Group members Alona, Kay, Stella A, Stella J and Yvonne worked hard to set up a first-class looking stand. At 12 noon, the public poured in, and we set about signing up new members. Our stand was well-positioned to catch plenty of passing trade, with Lewisham Pensioners Forum and the Police Cadets nearby and within earshot of the music. After visits from VIPs including several councillors and Mayor Damien Egan, we succeeded in signing up over 50 new members – a stunning result!



Mayor Damien Egan visits the stall



A new member signs up to POSAC

Nicolet Nguyen of Nico Creates worked with us to produce a lovely video of the event. Soon it was 6pm, and while the music continued in the big Marquee, we started packing up our stand. The weather had been kind, sunny but not brutally hot.

It was a great team effort and without doubt the best ever People's Day.

John Macy, Vice-Chair.

Public Meeting 14 July 2022

For the first time since the Covid pandemic, we were able to hold our meeting in the Civic Suite at Catford. Councillor Paul Bell, Cabinet Member for Health and Adult Social Care spoke briefly and introduced Matthew Hopkins from Patient Community Health, Lewisham and Greenwich NHS Trust who explained how the new integrated care system will work. We then heard from John Macy, Vice Chair about the recent survey carried out by POSAC into the opinions and concerns of older residents of Lewisham, and the report by Dr. Rebecca Charlton of Goldsmiths University. Read more about this on the next page.

When Sarah Lang who usually leads us in a few musical exercises was unexpectedly held up, Emmerson Sutton age 15, a member of the Young Mayor's team who plays for QPR, with amazing confidence gave us ten minutes of seated exercises. Thank you Emmerson!

James Lee, Director of Communities, updated us on the changes to Free Swimming for Disabled People and Over 60s, and Kwahbenah Osei-Kuffuor from One Health Lewisham spoke about Social Prescribing. A useful discussion followed about health and home care, with POSAC members highlighting their own personal insights from experience.



POSAC SURVEY 2022

Our 2022 Survey was created using members' views and feedback from meetings, combined with data provided by the council. Many thanks to Steering Group member Barbara Gray, who was instrumental in designing the survey, and whose expertise helped us greatly in our discussions with Goldsmiths University. As well as the online survey, Steering Group members worked hard distributing paper copies at clubs including Hummingbird, the Diamond Club, Forest Hill Community Centre and Cuppa Tea in Deptford, together with a survey-filling session at the POSAC public meeting. Professor Rebecca Charlton of Goldsmiths University carried out the analysis and prepared a report. To download a copy of the full report and highlights, visit the [POSAC page](#) or click here <https://lewisham.gov.uk/mayorandcouncil/positive-ageing-council> and scroll down to the link to "Read the 2022 POSAC Survey".

Key findings and areas for action:

Findings

- Best things about Lewisham: Transport, Diversity, Community Feel
- Worst things about Lewisham: Rubbish and Fly-tipping, Traffic and Road Closures
- Respondents were involved in groups and other activities for entertainment
- Walking, housework and gardening were ways people stayed active
- Most people get around by taking the bus or walking
- Difficulties accessing transport were due to access, either difficulties getting on transport or distance to stops
- Most concerns on getting about related to places being easy to walk around
- One-fifth of respondents to the survey did not have access to the internet
- Older people (those over 80) are least likely to have access to the internet

Action points

- Age-friendly Lewisham priorities: transport, and community & health services
- Positive Ageing Council priorities: adult social care, transport, and outdoor spaces and buildings
- Lewisham environmental priorities: air quality, protecting green spaces, insulating homes, and encouraging everyone to live sustainably
- More needs to be done to raise awareness of government and Lewisham initiatives to support older people

The POSAC Steering Group met to consider POSAC's priorities for action in the next 6 - 12 months. We decided to focus initially on transport and getting around, and on adult social care. We will start by resuming our work with London Transport on bus driver training. On adult social care we will continue our signposting work through our meetings and newsletter.

Table Talk update

Table Talk has had another busy year pointing mainly older people towards information and advice they may need or want. Sessions have taken place in a variety of settings - from Food Banks to Lunch Clubs, from festivals to exercise classes. The emphasis has been on providing a useful contacts sheet plus encouraging residents to apply for benefits such as Attendance Allowance and Pension Credit etc. As always, we have worked closely with other Community organisations in the Borough to ensure people are in contact with the appropriate help. Many thanks also to Independent Age for providing excellent free advice leaflets.

If you would like to know more about our work or want us to visit your group please contact Rachel Ellis on ellisrachel@hotmail.com or phone 07792 048792.

Healthwatch Survey

Have you attended outpatient hospital appointments at Lewisham Hospital or Queen Elizabeth Hospital in the last six months? An outpatient appointment is when you have an appointment at a hospital or clinic but do not need to stay overnight, it means you're being treated as an outpatient or a day patient. You may be having an appointment for treatment, diagnosis or a procedure. Please click here to fill out the survey:

<https://www.surveymonkey.co.uk/r/OutpatientLGT>

You can leave your feedback by filling out a paper survey or online survey. You can also call us on 020 3886 0196 and one of our friendly staff will be able to help you fill out the survey. Thank you for your time in helping improve local services!

healthwatch
Lewisham

Community Toilets

Have you ever had difficulty finding a toilet when out and about?

[Lewisham Community Toilets](#) have you covered, with a list of places in the Borough with facilities open for free public use! There are over 60 community toilets, from cafés and community centres to public libraries and train stations.

How do I find a Lewisham Community Toilet near me?

Simple! Look out for the window sticker signalling their involvement. If you want to be prepared or are not able to find one, simply check www.lewishamlocal.com/community-toilets to view our virtual map.



Why are Community Toilets so important?

Free, safe and accessible toilets are essential, as many depend on toilet use. For instance, older people, disabled people and those with certain medical conditions, or menstruating people. Not to mention those out and about with babies or small children in tow! This is why Lewisham Community Toilets focuses on recruiting accessible facilities with baby changing stations.

The Lewisham Community Toilets scheme is managed by [Lewisham Local](#). Visit their website or call 0208 488 9224 for more information.

BOOST

YOUR IMMUNITY THIS WINTER

FLU + COVID-19 BOOSTER VACCINES

Find out how to book at nhs.uk/wintervaccinations

Now more than ever – get your autumn vaccines!

Dee Byrne of Age UK London writes:

Both Flu and COVID-19 viruses will be circulating this winter. Age UK London, alongside NHS London want to ensure all over 50's Londoners have information and access to the free autumn vaccination programme. Age UK London is calling on all older Londoners to visit their GP or pharmacist and book as soon as possible to ensure they're protected from both viruses this winter. While over 400,000 Londoners have already taken up the COVID autumn booster, Age UK London is concerned about the large number of older people who are most at risk from both flu and COVID. Catching Flu and COVID-19 seriously increases the risk of being hospitalised, ending up in intensive care or even dying.

Dr Tehseen Khan, London GP and Senior Clinical Advisor to the NHS London Covid Vaccination Programme, said:

"More people are likely to get flu this year, as there are fewer restrictions, such as use of masks in public spaces and more socialisation. As such, it's more vital than ever that eligible Londoners take up the offer of their free COVID-19 and flu vaccinations as soon as they can to reduce the risk of becoming seriously unwell and possibly needing hospital treatment."

Asoke Dutta, an older Londoner said:

"I have taken up the opportunity to book both my flu and COVID-19 vaccines as I am clinically vulnerable. This keeps me safe, my family too, and anyone I come in contact with. I would urge everyone else to do the same as soon as possible."

Dr Tony Burch, retired GP and Age UK London Trustee said:

"It is crucial that we take winter seriously. Being vaccinated against both viruses will help protect everyone from a likely resurgence in both Covid and flu for the first time since before the pandemic....Any organisations working with older Londoners, particularly supporting the BAMER communities, should get in touch with Age UK London so we can help them to spread the word."

Telecare

Help is just a phone call away.

If you live alone, have a disability and feel vulnerable or at risk in your home you may want to consider the 24-hour emergency response service, Linkline.

How standard Linkline Alarm Unit works.

You need to have a telephone socket and a mains electricity socket on the same wall for the alarm unit to be installed. It comes with a personal alarm that you can carry anywhere in your home. You can wear it around your neck as a pendant, or on your wrist. If there is an emergency, you press the button on the personal alarm or alarm unit. Someone at the Linkline centre will answer your call and organise help. It costs £6.41 a week and there is a one-off charge of £35 to install the equipment, unless you have been assessed for care services. Your telephone line needs to remain active for the alarm to work. Charges for the call will be at the standard rate of a local call and will appear on your bill from your provider.

How to apply.

To apply for the service call 020 8314 3141 or visit www.lewisham.gov.uk/linkline

No landline? No problem!

Linkline are now able to offer an alternative for people who do not have a landline telephone. An everyday watch which is easy to use, discreet and lightweight. It connects a call directly to our control centre at the push of a button! The watch works straight out of the box. Just wear and go, there is no installation.

We receive your location and can alert family or emergency services to get help straight to you. If you are at home, one of our officers will visit if needed. At the moment we are trialling this product

for staff safety within the Enablement Care Team for officers working on their own out and about around the borough. We do have a limited number of watches in stock available for trial by people who do not have a land line. The monitoring charge is £6.41 per week and this is payable by all users as this is not offered as part of a care package or any free support from other services. The watch has a rechargeable battery, you will need to charge the watch every 24-48 hours with the connector provided. For more information on this exciting product please call Tony or Guy on 020 8314 3141.



Important news – the landline network is changing

The UK's telephone network is changing. Copper wires and analogue signals have served our nation for over a century. But, because it's been around for a long time, it's no longer as efficient as it could be. This is why the UK will be retiring the analogue phone network at the end of 2025. By this point everyone in the UK will have been upgraded to a digital phone line, providing us with a greener, faster, and more reliable service. This means landline voice calls will soon be transmitted digitally - in the same way your broadband works. If you are already a Linkline service user more information can be found on the Council's website.

Alternatively, you can call the office on 020 8314 3141 and request that information be sent to you in the post.

Information, Help and Support from Lewisham Council and local Charities

People across the country are facing rising goods and energy prices, inflation and other cost of living pressures. The Council is supporting households as well as signposting people to other support you could be eligible for. It is estimated that one in four households in Lewisham are now affected by food and fuel poverty.

The Council is supporting households as well as signposting people to other support you could be eligible for and has launched a new online webpage to provide information about support available to help with the cost of living.

In the next few pages there is general information, support and assistance focussing on specific support for older people to help with living costs, utility bills, money and benefit advice.

If you are online more information can be found on the council's webpage www.lewisham.gov.uk/support

Money & Benefits

Are you are claiming your benefit entitlements?

According to the Joseph Rowntree Foundation up to 1.9 million pensioners are living in poverty, with many failing to claim the benefits they're entitled to. If you're around or above retirement age, there are a number of benefits you might be able to claim.

On top of your State Pension, which is based on your National Insurance contributions, you might be entitled to extra money to help with your heating in winter, free transport passes and other benefits.

Here is a list of benefits you can potentially claim and how to find out if you're eligible, so you don't miss out on any support;

- Pension Credit
- One off Cost of Living Payment
- Help with council tax

Help with heating costs

- Winter Fuel Payment
- Cold Weather Payment
- Warm Homes Discount
- Disability Care Benefit

Money Helper is Free and is here to help, to cut through the jargon and complexity, explain what you need to do and how you can do it. Here to put you in control, with free, impartial help and backed by government.

If you want to check and get some advice, Contact Money Helper for Free Guidance call 0800 138 7777 or go online www.moneyhelper.org.uk

Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression which affect more vulnerable people. **Lewisham Healthy Homes offers a free advice service to help residents to stay warm and healthy during the colder months.** If you are concerned about keeping your home warm this winter, call **0808 169 1779** or **book an online consultation www.CACT.org.uk.**

Lewisham healthy homes



Do you struggle to pay your energy bills?

We can offer free help to anyone living in South London who is over 65, on a low income, or has long term health conditions or disability.

Our friendly team can make your home warmer, saving you money and improving your health.

They will:

- Offer energy efficiency advice
- Install energy saving devices
- Support home improvement grant applications
- Offer you impartial advice that will help you heat your home for less
- Connect you to other sources of help.



To book your free advice session, or for information, contact:

☎ **0808 169 1779**

💻 www.cact.org.uk/swtw



SUPPORTED BY
MAYOR OF LONDON

A WARM WELCOME

Launched in early November, the council is offering a 'Warm Welcome' in local libraries across the borough. We know some people are worried about energy and gas prices, and rising bills, so we want to offer these spaces for people to come in and use the facilities in a warm, welcoming environment.

To just sit and read a book, do some homework, or just sit and chat to a friend or a volunteer.

Try out our 'warm welcome'

- Blackheath Village Community library service
- Catford library
- Crofton Park community library service
- Library at Deptford lounge
- Downham library
- Forest Hill Community library service
- Grove Park community library service
- Lewisham library
- Manor House community library service
- New Cross community library service
- Sydenham community library service
- Torridon Road community library service



Click here to see local libraries and opening times: <https://lewisham.gov.uk/myservices/libraries>

The council has also been working with our wonderful Lewisham community groups who are coming together to offer spaces where people can pop in. Some may be providing hot drinks or food; others may be providing social activities.



See the Warm Welcomes listing on our back pages for a list of venues or [check each listing at Lewisham Local](#) for a map of locations and an overview of opening times and services provided.

Preparing for Winter

Staying warm in winter can help prevent some very serious health conditions. Lewisham Council's "Getting Ready for Winter" page has lots of helpful advice. Click on [Getting Ready for Winter](#) or search **Lewisham Getting Ready for Winter**.



Make sure you are getting all the benefits you are entitled to

The following organisations can review whether you are receiving all the support you are entitled to:

Turn 2 Us <https://www.turn2us.org.uk/>

EntitledTo <https://www.entitledto.co.uk/>

Advice & Information

**Get advice on heating and energy**

South East London Community Energy and Groundwork London work in partnership to support any Lewisham resident that is struggling to pay for electricity and gas. All advice is free and expert. Call **0808 169 1779** and you will be assigned to an advisor who will:

1 - Give you advice on the phone about getting the best deal, getting utility discounts, saving energy and money.

2 - Give you free energy saving measures such draught proofing, LED's, radiator reflector panels and water saving measures. These can be installed for you or we can deliver the measures to you to install yourself.



Citizens Advice Lewisham

Free Advice and Information Service

Offering the people of Lewisham, the advice and support they need on a range of issues including:

- Benefits
- Debt
- Housing
- Employment
- Consumer
- Immigration

If you need advice do not leave it, act quickly.

CAL provides a free, open and accessible service. **To speak to an adviser call 0800 231 5453 or go online for information & advice**

www.citizensadvicelewisham.org.uk/

Opening Hours

Monday	9:30am–12:30pm, 1:30–4pm
Tuesday	9:30am–12:30pm, 1:30–4pm
Wednesday	9:30am–12:30pm, 1:30–4pm
Thursday	9:30am–12:30pm, 1:30–4pm
Friday	9:30am–12:30pm, 1:30–4pm
Saturday	Closed
Sunday	Closed

Food Support

If you are having difficulty making ends meet and struggling with your food bills, there is a lot of local help available to ease the pressure. More information is in the following pages about Lewisham Community projects offering free or low-cost food.

Community Meals

Community meals

Monday

- Front Room Club: St Lukes, Northover, BR1 5JR Mon 10am to 2pm, Tues and Fri- 9:30am to 2:30pm. The Front Room Club is a cafe style drop in, providing a safe, welcoming and supportive place to grow. On Monday and Friday there is a lunch club where you can get a two course lunch for just £3.00
- Rehoboth Community Outreach: Ray Champion Room, 1-18 Allwood Close, SE26 4JP. Open Monday and Thursday from 11am-1pm. They can arrange deliveries for over 60s and families who would struggle to attend. Call 07487738908 for more information.

Tuesday

- Birds Nest: The Bird's Nest Pub in Deptford runs a free soup kitchen every Tuesday from 6pm for those who need it. 32 Deptford Church St, SE8 4RZ.
- Front Room Club: St Lukes, Northover, BR1 5JR Mon 10am to 2pm, Tues and Fri- 9:30am to 2:30pm. The Front Room Club is a cafe style drop in, providing a safe, welcoming and supportive place to grow. On Monday and Friday there is a lunch club where you can get a two course lunch for just £3

Wednesday

Kings Church The Feast: King's Church, Catford Hill, SE6 4PS. Every Wednesday 7-9pm. A free 3 course meal along with signposting and support. Particular focus is on rough sleepers and homeless people.

Thursday

- [Pie N Mash](#): The Field serve free hot meals outside Deptford Library on Thursdays at 3 pm, and can help people seek further support.
- Rehoboth Community Outreach: Ray Champion Room, 1-18 Allwood Close, SE26 4JP. Open Monday and Thursday from 11am-1pm. They can arrange deliveries for over 60s and families who would struggle to attend. Call 07487738908 for more information.
- Seventh Adventist Church 430 Lewisham High Street, SE13 6LJ. Open Thursdays from 5-6.30pm, giving away a hot meal and groceries.
- Silver Lunch Club: Ageing Well for over 50s, Wesley Halls, 2 Shrofffield Road, Downham, BR1 5PE, Thursday, 12.30-2.30pm, £5. Join for activities and a hot lunch. Regular activities include arts and crafts and gentle exercise.

Community Meals

Friday

- Front Room Club: St Lukes, Northover, BR1 5JR Mon 10am to 2pm, Tues and Fri- 9:30am to 2:30pm. The Front Room Club is a cafe style drop in, providing a safe, welcoming and supportive place to grow. On Monday and Friday there is a lunch club where you can get a two course lunch for just £3
- Ichthus Church Community Table: 1:30-3.30 pm at Ichthus Lee Green, 23 Lampmead Road, Lee, SE12 8QJ 07950 255 630 – A free main meal with dessert for anyone in the community. Signposting and support also available.

Saturday

- RCCG Faith Chapel Lunch Hour: RCCG Faith Chapel, 108 Brookehowse Rd, SE6 3TW. Open Saturdays 2-4pm on the 2nd and 4th Saturday of the month. They offer a hot meal to takeaway for Bellingham residents.
- Lewisham Islamic Centre: Saturdays 4-6pm LIC, 383 Lewisham High St. SE13 6NZ. Hot soup to takeaway, served outside.
- UCKG Soup Kitchen: UCKG Help Centre 1 Bromley Road Catford, SE6 2TS 020 8698 3612. Saturdays 11am-2pm, continuing with provision of home cooked soup, meals, and surplus food such as sandwiches, bread and milk to choose from and takeaway. Meat and vegetarian options.
- FoodCycle Lewisham: Providing a sit down vegetarian hot meal from 1.15-3pm on Saturdays at Lewisham Irish Community Centre, 2a Davenport Rd, Catford SE6 2AZ. Guests will need to register and leave a contact number for track and trace. Extra groceries to takeaway from Catford Fridge.

Food Banks

Many people who have never previously needed to, are finding themselves turning to foodbanks and other sources of help in the current Cost of Living crisis. There is no shame in asking for help if you are struggling, through no fault of your own. Anyone of any age or background can use a Foodbank (please note a few of the below specialise in helping particular vulnerable groups).

Monday - by appointment only

[Lewisham Foodbank](#): People must have an e-voucher which can be obtained from a professional, or by calling Community Connections Lewisham: 0330 058 3464 or the National Citizens Advice Freephone Helpline on 0808 208 2138. There are five centres:

Salvation Army Deptford, Mary Ann Gardens, SE8 3DP, Mondays 12pm – 2pm,
Salvation Army Lewisham, 4 Albion Way, SE13 6BT Tuesdays 10am – 12pm,
St John the Baptist Church (Downham) 353 Bromley Road, SE6 2RP, Wednesdays 12pm – 2pm,
Perry Rise Baptist Church, Perry Rise, SE23 2QL, Thursdays 12- 2pm,
Salvation Army Catford, 23 – 25 Brownhill Road, SE6 2HE, Fridays 10am–12pm.

Foodbanks continued

The Helping Hands Food Bank: This food bank supports refugees, asylum-seekers and vulnerable migrant families. To make a referral or request support call 07549031729.

World of Hope: Based in Greenwich but with some distribution in Lewisham, they are offering food distribution supporting African, refugee and migrant communities across South East London with culturally specific food. Email info@worldofhope.org.uk or call 07776 992 138.

Tuesday

Barley Loaves Distribution Service: The Ecclēsia (London City Mission) 1 Cornmill Lane, Lewisham SE13 7FY. Tuesdays between 7.30-8.30pm on alternate weeks: women one week, men another week.

Evelyn Community Store: Evelyn Community Centre, Kingfisher Square SE8 5TW. Tuesdays 2-5pm. Providing food to Store members and delivering food to vulnerable Store members (£3.50 per week to use the store for those on low incomes). Free surplus food given out on Fridays. To become a member visit the [People's Supermarket website](#).

Lewisham Donation Hub: Unit D, PLACE/Ladywell (SE13 6AY). Food, clothing, home essentials. They offer a range of fresh and frozen foods, and a more limited selection of non-perishables, toiletries, women's essentials and incontinence pads. The service operates from 11am-2.30pm on Tuesday, Wednesday and Thursday. Support is provided a maximum of once per week. No booking required, service is weather dependent.

Rastafari Movement UK Food and Wellbeing Project: Offering African and Caribbean cultural foods. Emergency delivery and doorstep befriending service for vulnerable households in Lewisham. Referrals can be made by emailing rmukwellbeing@gmail.com or calling 07769813799. Deliveries once a week Tuesday evenings. Users must register. A £2-4 contribution is required.

Wednesday

Chinbrook Action Residents Team Food Bank: WG Grace Community Centre Courtyard, 1 Lions Close, SE9 4HG. Wednesdays 10.30-11.30am. Hot tea and coffee is also available. Registration can take place on the day. Must live in the Chinbrook area.

Feed the Hill: Delivering food boxes to housebound people in SE4, SE8 & SE14. Boxes are delivered for free to those self-isolating or experiencing food poverty. Go to the [Bold Vision website to register](#) or call: 07748 713 212, by the end of Saturday for next week deliveries. There is also a small social supermarket on Wednesdays 10am-noon for people on low incomes who may benefit from spending less on their weekly shop (£2 per shop) no membership required, proof of address is required.

St Peter's Church Brockley Food Bank: 43 Wickham Rd, Brockley, SE4 1LT. A Social Supermarket for people in the SE4 area. Pay £3 membership weekly fee and choose enough groceries to last a week. [Request food via the website to get a shopping appointment](#).

Lewisham Donation Hub: See details above under Tuesday

Living Water Christian Centre Food Service: Honour Oak Community Centre, 50 Turnham Rd SE4 2JD. Open Wednesday evenings from 5.30-7.30pm. Check opening times by emailing Lwccfoodservice@gmail.com or calling 07783 441 973.

Thursday

Lewisham Donation Hub: See details above under Tuesday

Sydenham Community Supermarket: Kelvin Grove Children's Centre, Kirkdale, Sydenham, SE26 6BB. Open Thursdays 9.30am-4pm to members offering low cost, healthy groceries for £3.50 a week. The shop is run by residents, for residents. [Complete an online form to be considered for membership](#).

Foodbanks continued

Whitefoot and Downham Food Project: Hope Church 480 Whitefoot Lane Downham, BR1 5SF. Thursdays 7-8.30pm for those living in the Whitefoot and Downham area. You can just turn up. No delivery or pre-packed bags.

Friday

Come Out of Hiding: My Office Club Lewisham, Tower House, 67, 71 Lewisham High St, London SE13 5JX. Residents are welcome to drop in on a weekly basis to pick up food and toiletry parcels on Fridays (4-8pm) and Sundays (5-9pm).

Downham Gleaning Pantry: Brook Lane Community Church, 27-29 Brook Lane, Bromley BR1 4PX. Open Friday 9am-1pm. Membership fee of £3.50 a week to choose from a variety of food. To book email downhammutualaid@hotmail.com

Grove Park Emergency Food Bank Project: The Word of Life Church, Rehoboth Building, 72A Mayeswood Road, SE12 9RP (Community Resource Centre in the Lower Floor). Open Fridays 12-2pm. For people of Grove Park and the surrounding area in financial crisis or hardship. Bring one form of ID and one proof of address. Call 07930 958 097 or email info@wordoflife-lcc.org for more information.

Lewington Food Project: Lewington Community Centre, 9 Eugenia Road, SE16 2RU. Fridays 1-3pm. A food bank for local residents. Operating on a first come first served basis. Call 07940 393 291 for more information.

Pepys Social Supermarket: 2000 Community Action Centre, 199-201 Grove Street, Deptford, SE8 3PG. Open Fridays between 12-3pm for member who live around Pepys, Evelyn or Deptford. £3.50 a week for the shop. [Application form to join can be picked up at the supermarket or completed online.](#)

Saturday

Catford Fridge Station: Lewisham Irish Community Centre, 2a Davenport Rd, SE6 2AZ. Saturdays between 2-3pm, Catford Fridge gives out single bags of surplus food. First come first served.

The Life Giving Project: Pepys Resource Centre, Deptford Strand. London SE8 3BA. Open Saturdays between 11.30am-1pm. For anyone in need in the local area.

Sunday

Victory Care Food Bank: 157 - 159, Lewisham High Street, Lewisham, London, SE13 6AA, Sundays 12.30-3pm after the church service. Just turn up for surplus bags of groceries.

Right To Food Rally raises awareness of hunger in the borough

Right To Food London with support of POSAC held a rally on 1st of October to raise awareness of hunger in Lewisham, and the need for London to become a Right To Food city. Starting in Downham, Janet Daby, MP for Lewisham East and founder of Whitefoot and Downham Community Food Plus Project spoke, urging the government to take action to support struggling families this winter. Over 50 people joined the rally, including local councillors, faith leaders, food bank volunteers, POSAC members and passers-by. The rally closed with speakers at Lewisham Clock Tower in support of the cause.

Lewisham is currently developing a Food Justice Action Plan to address food insecurity. 1 in 4 Lewisham residents are estimated to be food insecure and over 40 local faith groups, food banks and community groups are providing essential support for local residents.

Event organiser, Anne Williams, says "As a local food bank volunteer, we are seeing the devastating reality for people forced to rely on food aid to get by. There is no longer a choice between heating and eating, families are struggling to afford either. We are calling for regional and national changes to ensure people have access to sufficient food by London becoming a Right To Food City, and the government enshrining the Right To Food in law".

Physical - Mental Health and wellbeing

PLEASE NOTE. At the time of collecting information and going to print, we are in uncertain times and things are still changing quickly. You must abide with current government guidelines regarding national or local lockdown rules. Please do not put yourself at risk in any way. If you would like to take part in anything mentioned in this newsletter please contact the organisation before attempting to join an activity in case of change and consult with your health professional.

Keep fit while you sit!

Thursdays 12-1pm, Stanstead Lodge, 260 Stanstead Road, Forest Hill, SE23 1DD £5 per session.

Chair Exercise group, all welcome, no age limit.

Disabled Access: Three steps and wheelchair ramp to access the building. Disabled toilet.

Transport: 185 & 171 stops within 100m, free parking nearby.

Welcome to just turn up or call 020 8291 1164 or tutor Lesley on 0795 6278 874

Email: info@stansteadlodge.org

Lewisham Carers Hub

The Lewisham Carers Hub empowers unpaid carers, looking after a family member, neighbour or close friend, who due to a disability or physical/ mental health condition could not manage without their support.

We offer practical help with applying for a Carers Assessment, Welfare Benefits or Emergency grants, and emotional support and counselling to help carers actively manage the challenges they face.

Our health and wellbeing activities, coffee mornings and workshops provide an opportunity to meet other carers and have a break from caring.

Looking after your wellbeing is important and we can support you with Wellbeing Walks, day trips, creative arts and IT drop-in sessions, plus a whole range of other activities.

Call our Advice Line 0203 886 0970 (Monday to Friday 9am-5pm) for an appointment or email us at info@carerslewisham.org.uk

Follow us on Facebook (@carerslewisham1) or on Twitter (@lewishamcarers).



Bereavement group

Mondays from 10am-12pm, in-person Bereavement Group sessions by Carers Lewisham in partnership with St Christopher's Hospice, at Carers Hub, Waldram Place, Forest Hill SE23 2LB.

The sessions aim to provide a safe space for people who are struggling with their own bereavement and grief. Small groups with bereavement-trained facilitators. Open to carers and non-carers, disabled access. No need to book but for further information contact Paul at paul@carerslewisham.org.uk

Readers Hints – coping with a power cut

If you have a gas hob and can safely use it, consider buying a stove-top kettle in case of any planned electricity cuts, so you can have hot drinks, hot water bottle etc. - much safer than using a pan!

Thanks to POSAC member Su Kirby for this suggestion.

Lewisham Healthy Walks - Free

A friendly community walking programme aimed at increasing physical activity across Lewisham. All walks led by trained volunteers. All welcome, including any age, most walkers are over 55.

We rank our walks from beginner to advanced (this information can be found in our walking guide). Our easy walks will have numerous bench stops, will be shorter in length and take place across flatter terrain. That said, our leaders are trained to assess each walker's level and will always provide more stops if needed.

Our Crystal Palace walk is currently accessible to self-driven mobility scooters – please check with the walk leaders in advance, to ensure the route taken is suitable that week.

You can find a list of all our walks, and our walking guide on our website. [Lewisham Healthy Walks \(mailchi.mp\)](http://LewishamHealthyWalks@mailchi.mp) or call 020 3959 0030.

Hillview Community Service

Carers Me-Time Saturday 19 November, 1:30 - 4pm
Carers Recognition Service. Sunday, 20 November, 11am to 1pm.
Hosted by Hillview Community Service, 39 Kitto Road, New Cross, London SE14 5TW
All Carers, their families, neighbours and friends are Welcome

St Margaret's Lee

Darby and Joan Club

Friendly club for older people Tuesday afternoons from 12:45pm to 14:00pm in the Crypt of St Margaret's Church, SE13 5DN on the corner of Brandram Road and Lee Terrace - go down the steps or wheelchair ramp on the side of the church.

More information from office@stmargaretslee.org.uk

News from Bring Me Sunshine

Bring Me Sunshine hosted four lively holiday at home community events during the school holidays which often see organisations close, two at Goldsmiths Community Centre, and two at St Andrews funded by Lewisham's NCIL fund as well as a Black history celebration and "will you take me to the dance Mary" celebrating Irish culture in the Irish community centre as part of funding granted from the Borough of Culture.

TTT Mental Health and Wellbeing sessions

Hartley Hall community centre, Culverly Rd, (access also via Sangley Rd) continues to offer on the Third Thursday of the month its mental health and wellbeing sessions called TTT, with massage and a range of physical activities and speakers, light refreshments are offered.
Open to all over 18 years.

Looking forward to further events and collaborations in 2023 with our partner organisation under Lewisham Churches Cares, Ageing Well.

To find out what Bring me Sunshine are planning in 2023, contact Lesley Allen bringmesunshinese6@gmail.com or on: 077297 85843

Type 2 Diabetes – Know your RISK

We are supporting everyone across South East London to find out their risk of developing Type 2 diabetes and to take action to reduce it. It is

estimated that almost 1 million people with type 2 diabetes don't know they have it because they haven't been diagnosed.

Do you, or someone in your family have any of the risk factors below?

Type 2 risk factors

- If you're over 40 and white, or over 25 and African-Caribbean, Black African, Arab, Chinese or South Asian
- Family history of diabetes
- Being overweight
- High blood pressure
- History of a heart attack or stroke
- History of schizophrenia, bipolar illness or depression, or a baby weighing over 10 pounds.

If you or a family member are at risk of Type 2 Diabetes, you can join a free programme called Healthier You, thousands from SE London have already started it. Check your risk today at: <https://preventingdiabetes.co.uk/Know-your-risk-dtc>

Finding out your risk of type 2 diabetes could be a life-saving thing to do, and it can be simple and quick. Diabetes UK, University of Leicester and University Hospitals of Leicester NHS Trust, have developed an online tool to help you work out your risk.

All you need is: 1. Your height 2. Your weight 3. Your waist measurement.

So grab the scales and a tape measure and you're ready. To calculate your risk score for developing type 2 diabetes click on the 'Know your risk' link above. The Know Your Risk tool is not a diagnostic tool. It is designed for people without a current diagnosis of diabetes and is intended to highlight a person's risk of developing type 2 diabetes in the next 10 years. The results are not medical advice. If you are at risk or concerned about diabetes, we advise visiting a healthcare professional for further information. You can also calculate your risk score on the [Xyla](#) website, they are an NHS approved diabetes prevention programme provider. Sign up and take advantage of our free National Diabetes Prevention Project (NDPP) Healthier You, or find a programme or activity that can help prevent T2 diabetes, at: <https://preventingdiabetes.co.uk/Know-your-risk-dtc>



Elder Peoples Support Project at the Ackroyd Community Centre,

Ackroyd Road, Honor Oak Park SE23 1DL

Phone: 020 8699 9009 Email: epsp.info@ackroydcentre.org.uk

Weekly Timetable – correct as at November 2022

Monday	Tai Chi 1pm-2pm Cost: Members £3/Non-members £5
Tuesday	Exercise (Chair Assisted) 12.30pm – 1.30pm Cost: Members £3/Non-members £5
Wednesday	Yoga 9.30am-10.30am Cost: Members £3/Non-members £5 EPSP Social: From 11.30am – 1pm Tea, coffee and chat Entry £1 Shared Reading Group with the Reader Organisation 2pm – 3.30pm Cost: £1
Thursday	Art Class 10.00am – 12.00pm Cost: Members £5/Non-members £7 Line Dancing 1pm – 2pm Cost: Members £3/Non-members £5
Friday	Yoga 9.30am – 10.30am Cost: Members £3/Non-members £5

We also run trips and fundraising/seasonal events, please ask for our latest monthly schedule.

Please note: times and schedules may be changed at short notice.

For further information please contact EPSP on Tel. 020 8699 9009 at the Ackroyd Community Centre, Ackroyd Road, SE23 1DL

E-mail: epsp.info@ackroydcentre.org.uk

Diabetes Support Group - 360 Lifestyle Support Network CIC - Free

Ground Floor, Waldron Health Centre, Amersham Vale, SE14 6LD

Tuesdays (Various times) Call 07956 380 978 or email 360lsn@gmail.com for times.

The group aims to break down cultural barriers and empower people to make wise choices about their health and wellbeing, by taking positive steps to make simple lifestyle changes. Disabled access.

Buses 53, 177, 225, 453 and X services stop nearby. Free car parking on streets nearby. Just turn up or call ahead. They can call people for reassurance if not confident to encourage a first visit.

Activities to improve your wellbeing

Better – Leisure Provision

The Better run leisure centres have launched a brand new 60+ programme, as well as being able to attend any activity within the centres we now have a timetable of additional activities for our 60+ users called Club Lewisham.

Club Lewisham is an exciting new scheme that has been introduced for the older members of our community to help them to stay active and meet new people.

The programme is available for all Lewisham residents who are aged 60+ and is run at each of our four centres:

- [Glass Mill Leisure Centre](#)
- [Wavelengths Leisure Centre](#)
- [Bellingham Leisure and Lifestyle Centre](#)
- [Forest Hill Pools](#)

Sessions offer both activity and social sessions designed to keep you fit and active whilst providing a great opportunity to socialise and with new and old friends.

HOW DO I JOIN CLUB LEWISHAM?

There are two ways to participate in our friendly sessions. For those who feel as though regular attendance will be more beneficial, our monthly membership is recommended. As well as having unlimited access to gym, public swim sessions and fitness classes across Lewisham, this membership will also allow to participate in any of our Club Lewisham activities, at no additional cost to you.

To join, simply:

- Join online
- Choose your preferred centre (although access is given to all Lewisham centres with this membership)
- Select the **Better Health Partnership Senior** membership option.
- Follow the steps to complete the sign up process.

There is also a pay as you go option for those who would prefer to be able to book into activities on a more ad hoc basis.

All activities (for both members and casual users) will need to be pre-booked using our website, or on the Better UK app.

Our friendly concierge team at the centres will also be able to help with bookings and answer any further questions that you may have.

WHAT ACTIVITIES ARE AVAILABLE?

Across Lewisham, our centres have a variety of activities for you to try at days and times to suit you. See below for individual centre programmes:

BELLINGHAM LEISURE AND LIFESTYLE CENTRE

Mondays

60+ Social – 12pm-1pm

Chat with new friends and old every Monday. Why not start a new week with a cuppa and good company.

Wednesday

Pilates – 10.45am-11.45am

Gently train your physique and improve core strength in a calming, low-intensity atmosphere. Pilates exercises focus on concentration and muscle control, transitioning smoothly between one another to build a revived and resilient you.

FOREST HILL POOLS

Monday

Pilates Basic - 12noon – 12.50pm

Gently train your physique and improve core strength in a calming, low-intensity atmosphere. [Pilates](#) exercises focus on concentration and muscle control, transitioning smoothly between one another to build a revived and resilient you.

intensive swimming lessons, or improving your technique with our Swim Doctor senior swim classes.

to get back to fitness after a break, people referred by their GP and more.

0208 037 2527 Monday - Friday, 9am - 5pm.

Tuesday & Thursday

60+ Swim Doctor 9.05am - 9.50am

Can't swim or just not as strong a swimmer as you'd like to be? Join the club! Many adults across the UK are learning to swim and enjoying a whole new world in the water.

Swim Doctor is Better's adult swimming programme for all your swimming needs. With our range of adult swimming classes for all swimming levels, we'll get you to where you want to be – whether that's learning to swim for the first time, training for an event by taking intensive swimming lessons, or improving your technique with our Swim Doctor senior swim classes.

Tuesday & Thursday

Aqua Aerobics 10am - 10.50am

Invigorating swimming pool workout that allows you to exercise without excess pressure on the joints, classes can be adapted for older adults.

Thursday

60+ Social 11.15am – 1.15pm

Enjoy chatting and socialising with your fellow Club Lewisham friends over a cuppa.

Friday

Body Conditioning – Basics 9.30am- 10.20am

Looking for a whole-body workout that'll leave you feeling fantastic? Body Conditioning will give you a full body work out improving cardio and strength. This class is part of our Basics classes which are designed for seniors, beginners, juniors or those wanting to get back to fitness after a break, people referred by their GP and more.

GLASS MILL LEISURE CENTRE

Monday to Friday

60+ Swim – 9am – 9.50am

Daily swim session solely for Over 60's, users are welcome to use the pool at any time. But between 9am and 9.50am the pool will solely be for Over 60's.

Monday

Pilates - 10.15am -11.15am

Gently train your physique and improve core strength in a calming, low-intensity atmosphere. Pilates exercises focus on concentration and muscle control, transitioning smoothly between one another to build a revived and resilient you.

Wednesday

Aqua Aerobics – 12pm – 12.50pm

Invigorating swimming pool workout that allows you to exercise without excess pressure on the joints, classes can be adapted for older adults.

Thursday

Yoga – 10am – 11am

Traditional class that combines posture and relaxation of the mind designed to strengthen the body.

WAVELENGTHS LEISURE CENTRE

Monday

Aqua Aerobics – 10am – 10.50am

Invigorating swimming pool workout that allows you to exercise without excess pressure on the joints, classes can be adapted for older adults.

Tuesday

60+ Ask the Instructor - Gym – 10am - 12noon

Looking to make changes to your gym programme or just want help or support, by visiting the gym during this time one of our friendly team will be about to assist you

Wednesday

60+ Social – 12pm-1pm

Socialise and relax with a cuppa and good company.

Thursday

60+ Swim – 9am – 9.50am

Whilst the 60+ community are welcome to use the pool during any public session, Club Lewisham also allows exclusive access to a 60+ daily swim session for those who prefer to swim and feel more at ease surrounded by people of similar ages.

Thursday

Zumba 2pm – 2.50pm

An aerobic fitness programme featuring movements inspired by various styles... *(continued next page)*

and performed primarily to Latin American dance music.

Friday

Pilates 11am – 12noon

Gently train your physique and improve core strength in a calming, low-intensity atmosphere. Pilates exercises focus on concentration and muscle control, transitioning smoothly between one another to build a revived and resilient you.

For further enquires about Club Lewisham please call 0208 037 2527 Monday - Friday, 9am - 5pm. We have partnered up with Age UK and Lewisham Local to be a part of the warm space initiative. Both Forest Hill Pool and Glass Mill will be part of this.

CocoCollective Ital Garden - Free

Wednesdays 12.00 – 2.00 pm 71 Firhill RD,
SE6 3SE (entrance via the black gate next to 71)



Community gardening for mental health and wellbeing, with a range of activities for all abilities from digging to seed collection. Many activities can be done sitting down. On-site catering available.

Open to all 18+, accessible for disabled people including seated activities. Trains: Bellingham Station 7 mins walk, 10 mins walk from Catford Bus Garage.

To join and for more details:

Call 07801 794884,
email cococollective.org@gmail.com
or visit <https://coco-collective-community-hub.business.site/>

Wellbeing and dementia-friendly gardening at RHS Lewisham Hospital Healing Garden

Over the last two years the RHS has received many enquiries from NHS staff seeking help to develop workplace gardens for staff to escape to, reduce stress levels and process trauma. This year, UHL became the location of the very first RHS Hospital Healing Garden.

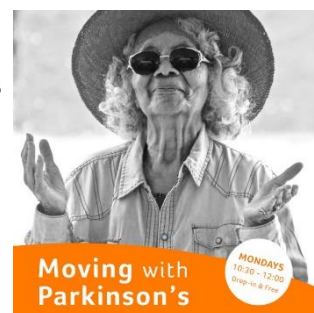
The garden, co-created with UHL staff and designer Adam Frost, now hosts a programme of activities for volunteers, hospital staff, patients and community groups to connect with nature and improve their wellbeing. Froglife, who run dementia-friendly wildlife gardening workshops also offer sessions every Tuesday, from 11am-1pm. Those who have dementia and their carers are welcome to work alongside staff and volunteers to tend to the garden, as well as create new spaces/features for wildlife.

Further details from: Alice Cornwell (alicecornwell@rhs.org.uk) or Amy Stocking (amy.stocking@froglife.org).

Moving with Parkinson's – FREE Mondays 10.30 am – 12.00 pm

The Sydenham Centre, 44A Sydenham Road, SE26 5QF.

Get moving with our specially designed project for people living with Parkinson's - an exploratory space for people living with Parkinson's to participate in gentle exercise in a safe, fun and creative environment. Our classes are grounded in creativity, making it a more interactive experience. People of all abilities can participate, whether your symptoms are mild or more severe. Classes include tea, biscuits and chat after each session, so you can make new friends in the process! Carers welcome.



Winter Term: 14th Nov 2022 – 6th Feb 2023 (no session on 26th December and 2nd January)

To sign up for your place, email jenny.esanto@sydenhamarts.co.uk, or text us on 07517194272.



Bringing Lewisham to you!

CCL is a free 'social prescribing' service run by Age UK Lewisham, available to all adults living in Lewisham. Our core aim is to reduce social isolation, particularly among older residents, by helping them discover and access services and activities in their local community.

WATCH our video '**Breaking Social Isolation**', available on our website home page:

www.communityconnectionslewisham.org

Perhaps you've been feeling lonely and would like to find a local lunch club or exercise class, or have a weekly chat with a befriender? Or do you need practical support with things like IT skills and internet access, shopping delivery, or help with completing a transport application?

Whatever your goals and needs are, please call

our helpline on **0330 058 3464** (open Monday-Friday 9.30am-4pm) and we will always try our hardest to connect you with the groups and services that are right for you.

YODA

(Young Onset Dementia Activists)

YODA are people under 65 with a diagnosis of dementia, as well as the friends or family members who care for them. The service was designed by the people using it. There are 25 members who participate in everything from bowling to Bollywood dancing, animation and circus skills! The youngest YODA is 52.

The YODAS come from range of different cultures and backgrounds, from teachers to interior designers! The main aim is to reduce loneliness and giving YODAs a sense of engagement, self-esteem, purpose and joy. It's a life line. YODA is part of Bromley Lewisham and Greenwich Mind and we cover all three boroughs.

If you would like more information, please call the service manager Saira Addison on 07764 967 929 or visit

[YODA film shines a light on young onset dementia - Bromley, Lewisham & Greenwich Mind \(blgmind.org.uk\)](http://www.blgmind.org.uk)

BLG Mind contact details:

01689 811222

email@blgmind.org.uk

JUST OLDER YOUTH WEEKLY ACTIVITIES - 2022

Day	Activity	Time	Fee	Venue *
Monday	Seated Exercise	10.30 – 11.30	£2.00	Barnes Wallis Centre
Monday	Tai Chi	10.30 – 12.00	£2.50	All Saints Centre
Tuesday	Body Balance	10.30 – 11.30	£2.00	Barnes Wallis Centre
Tuesday	Singing	1.30 – 3.00	£2.50	Barnes Wallis Centre
Wednesday	Let's Dance	10.30 – 12.30	£2.50	Barnes Wallis Centre
Wednesday	Heathy Walks	11.00	FREE	Call 020 8692 9186
Thursday	Craft	2.00 – 4.00	£2.50	Barnes Wallis Centre
Friday	Tai Chi	10.30 – 12.30	£2.50	All Saints Centre



For further details speak to Maureen on 020 8692 9186 or Jane on 07709 905088 or just turn up to a class and try the first one for free!

* Barnes Wallis Community Centre 74 Wild Goose Drive, New Cross SE14 5LL

*All Saints Community Centre, Monson Road, New Cross SE14 5DJ

Volunteering and Active Citizenship

Call-out for POSAC volunteers

Are you recently retired or know someone who is? Older but still young at heart and looking to use your boundless energy to help others in your community? We are looking for new Steering Group members and other volunteers to help grow and strengthen your Positive Ageing Council. We have big ambitions and need more 'hands on deck' to achieve them! We have a number of roles and opportunities including:

Steering Group Secretary – take notes of meetings, type up and mail out to the Steering group after agreeing notes with the Chair.

Events manager – take the lead on organising events like Silver Sunday, in collaboration with other SG members and council officers.

Newsletter production – do you have copy writing skills or can you use a computer or laptop to do design and layout? We'd love to hear from you.

Lots of other roles available – get in touch if you think you might be interested.

Contact: positiveageing@lewisham.gov.uk

Dementia Befrienders

Dementia Befriender Volunteers Wanted For New Dementia Befriending Service

- Voluntary – reasonable expenses paid
- Up to 4 hours per week
- Based in Lewisham borough
- After training you will need to commit to at least 6 months befriending
- Enhanced level Disclosure and Barring Service check will be required

We are seeking volunteers who are passionate about combating loneliness and social isolation for adults diagnosed with dementia, as well as providing much needed respite for their family caregivers.

Befriending will take place either at the client's home or involve escorting the client to a community group/ community-based activity depending on the client's preference and mobility levels. For example, doing arts & crafts, reading, chatting etc. with your client at home once a week or attending a weekly music group with your client, ensuring they get safely to and from the group.

We welcome applications from everyone; particularly people from culturally diverse communities, who may speak languages other than English.

For more information and an informal discussion about any queries you may have before applying for the role, this can be arranged via a phone call or Zoom session with our Befriending Coordinator, Jasmin by emailing befriending@dementiahub.org.uk

No Closing Date

More information on the Lewisham Dementia Support Hub:

<https://blgmind.org.uk/lewisham-dementia/lewisham-dementia-support-hub/>

Skin Cancer Focus Group



If you've ever been referred to or treated by the skin cancer service at Lewisham and Greenwich NHS Trust, we'd love to hear from you!

We're looking for patients past and present, who were referred by their GP on the two-week wait pathway, to share your experiences of the service and make suggestions to improve it.

As a Trust, we are committed to continuously improving our services, and patient voices are at the heart of this.

Details: 11 January 2023 for patients who had a confirmed cancer diagnosis

13 January 2023 for patients who did not have a confirmed cancer diagnosis

Time: 9am–11am

Venue: Education Centre, Queen Elizabeth Hospital

If you would like to get involved, please email

lq.patientexperienceLGT@nhs.net

**Would like to
volunteer, but
not sure what to do?**



FREE Volunteering Brokerage sessions run by Lewisham Local help to match aspiring volunteers with roles that are right for them.

The sessions are perfect for anyone looking to volunteer their time, whether they are new to volunteering or seasoned volunteers, everyone is welcome to attend so that we can make it easier for people to access local volunteering opportunities.

Accessible locations. A chair is provided for attendees.

Sessions are held at different locations around the borough - see calendar of drop-ins here: <https://www.lewishamlocal.com/volunteering-brokerage/>

Call 07726 328 037 for more information or just turn up at a session.

healthwatch
Lewisham

Home Care User Group – help improve services

Do you live in Lewisham and use Home Care services? The User Group is a partnership between Lewisham Council and Healthwatch Lewisham. By giving us your feedback on Home Care services, you can help us better understand your perspective and improve the services offered.

You can take part by attending a group, feeding back to us by phone or taking part in a paper survey. For more details, contact info@healthwatchlewisham.co.uk or call 020 3886 0196

Christmas lunch and fun for older adults £5

Tuesday 13 December
11.00am - 3.00 pm,
St Andrews Church Hall,
Sandhurst Rd SE6

Lunch, entertainment, festive treats and most importantly fun.

Booking required as places are limited.

Email:

lesleyaallen@btopenworld.com

or text 07729 785843.

Upcoming Events – some of these are happening SOON!



Free Arts and Crafts

For the over 60's living in Bellingham and the close surrounding area

Tuesdays 10.30 am-12 pm
starting 1st November 2022



at

Bellingham Leisure and Lifestyle Centre
5 Randlesdown Rd, SE6 3BT
(Upstairs in the meeting room)

To book a place or for more information email
aroberts@bcp.uk.net
Or call 0208 461 2213

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Good Food Lewisham Project at Lewisham Local

I'm Helen – Food Partnership Coordinator at Lewisham Local. I'm focusing on food poverty and food growing. Recent highlights include: helping the council write a Food Justice Action Plan, supporting food banks and social supermarkets and funding foraging activities to mark World Food Day.

We are putting together a list of community gardens/orchards, a list of Christmas activities and mapping 'warm spaces' on a map on our website where people can drop in to a coffee morning or activity.

We have events at our offices at PLACE/Ladywell next to Lewisham Fire Station on Wednesdays (Tea & Chat 2pm-4pm) and Thursdays (Coffee Club 10.30am-12.30pm, Choir 12.30pm-1.30pm). I send a monthly email newsletter. Our next quarterly network meeting will be in January 2023. helen@lewishamlocal.com or call 07726425577.

London Borough of Culture 2022 GRAND FINALE!

LIT! will be the closing event for Lewisham's year as London Borough of Culture 2022, taking place in the award winning Beckenham Place Park.

From 15th December 2022 to 8th January 2023, fantastic, festive events for all ages will bring light to the park at the darkest point of the year.



The park will be lit up from Tuesday 20th to Thursday 22nd December offering a magical experience and highlighting its unique and hidden beauty at night. It will be a free and un-ticketed event open to everyone with accessible facilities and visitor numbers expected to reach up to 10,000 across 4 days. Visitors will be able to make an evening of it with a programme of music, DJs, winter crafts and festive food and drink at the Homestead, plus a cozy bar at Beckenham Place Park Mansion.

The Revel Puck Circus, fusing acrobatics, parkour, break dance, incredible feats and contemporary performance, will be in the park 15 December 2022 – 8 January 2023 offering performances in a heated and atmospheric big top. In recognition that the festive period can be challenging for many families, over 500 £1 tickets are being distributed through partnerships with social housing providers, food banks and schools in Downham and Bellingham. A popular and affordable family fun fair will also run during the period.

Visit wearelewisham.com/lit for more information!

Christmas markets



Saturday 19 November 11am - 3.30pm
Croftmas, Beecroft Garden Primary School,
Crofton Park

Saturday 19 November 1.30pm - 5.30pm
Brockley Open Studios
St Peter's Brockley, Wickham Road, SE4 1LT

Sunday 20 November 10.30am- 4.45pm
Blackheath Christmas Fair (£2.50 - free for under
16s)
Blackheath Halls, 23 Lee Road, SE3 9RQ

Monday 21 November 4pm – 7pm
Christmas/Craft Fair
Jubilee Hall, St Dunstan's Jubilee Ground, Canadian
Avenue, Catford SE6 4SW

Saturday 26 November 12pm – 6pm
Sydenham Christmas Market
Ignition Brewery, 44a Sydenham Road, SE26 5QX

Sunday 27 November 3pm – 7pm
The Hill Trader Christmas Market
The Hill Station Cafe, Kitto Rd, New Cross, SE14
5TY

Friday 2 December 12pm – 8pm
Cockpit Winter Open Studios (ticketed)
Cockpit Arts Deptford, SE8 3DZ

Saturday 3 December (times tbc)
FUSS Christmas Fair
Staplehurst Road, Hither Green

Saturday 3, Sunday 4 December (times tbc)
Nunhead Arts & Crafts
Ninth Life, Catford

Saturday 3, Sunday 4 December 11am – 5pm
Havelock Walk Winter Open Studios
Havelock Walk, Forest Hill

Saturday 3 December 11am – 4pm
Abbotshall HLC Christmas Market
(and Christmas trees 10.00 – 2.00)
Abbotshall Healthy Life Centre, Abbotshall Rd SE6
1SQ

Saturday 3, Sunday 4 December 12pm – 6pm
Cockpit Winter Open Studios (ticketed)
Cockpit Arts Deptford, SE8 3DZ

Sunday 11 December 10am– 6pm
Sisterhood Arts
Catford Mews

Join us at Meet Me at the Albany Meet Me at the Albany is an arts and social club for over 65's and we run artist-led sessions in person and on the phone every week. If you or someone you know is feeling isolated, would benefit from making new connections and has an interest in any creative activities (from choir to crafting, film to movement, no experience required!) get in touch with Sophie and Jasmine:
Email info@entelechyarts.org.uk
or call **07981 164 938**.



Fancy listening to a radio show with a cuppa? Check out all episodes of Meet Me on the Radio by following the link on the Albany website:

<https://www.thealbany.org.uk/shows/meet-me-on-the-radio/>

PLUS check out what's on at the Albany here: <https://www.thealbany.org.uk/shows-and-events/> and at Entelechy Arts: <https://entelechyarts.org/>

Grand Cultural Christmas Market 2022

Saturday 10 December 10 am – 5 pm
Lewisham Shopping Centre, Molesworth Street, SE13 7HB Find us in the WeAreLewisham Pop-up Shop (opposite TX Maxx). Over 20 fantastic vendors showcasing their Afrocentric products! Come and shop for bespoke fashion and accessories, books, hair and skin products, pepper sauces, head wraps, candlemakers, Shea butter and Shungite, rum cake... and so much more!

For more information,
please contact Joan on 07949 438 712

Lewisham LGBTQ Social Club

Meeting point: Outside Lewisham Library, venue we then walk to a destination agreed by the group.

A new informal Lewisham LGBT Social Club, aimed at those looking to meet for a coffee / brunch.

18 – 55, The LGBTQ community and allies ☺

Price: Free but donations welcome for running of club

Disabled Access: There will be a degree of walking – from meeting point to coffee shop, café or restaurant

Date and Time: 3rd Friday of each month, Fridays 11am – 1pm

Email: lewishambrunchclub@gmail.com for next date.

Website: <https://forms.gle/fy3q8WzGLzHhebZ46> - Joining: Book via MS Form
<https://forms.gle/fy3q8WzGLzHhebZ46>

We can phone people before their first visit to help overcome lack of confidence

IRIE!'s Autumn Programme

Address: Moonshot Centre, Angus Street, New Cross, London SE14 6LU

Description: For all ages and abilities

Women's Only Classes - You will experience a fusion of Contemporary, Hip Hop, House, Salsa, African, Caribbean, Animal Flow and Holistic Therapies. Join Adriana as you connect your mind, body and soul through dance and learn how to heal while having fun with movement - £5.00 - Tuesday

African Dance With Nii Boye – Learn Traditional West African dances, the drum language and engage with others in a fun and safe space - £8.00 - Thursday

Drumology – Join Ras Happa as you learn drum rhythms of the Caribbean, connect your mind, body and soul - £8.00 - Saturday

Dancehall & Soca fitness – Dancehalls & Soca fitness brings the party every Wednesday evening. During this high intensity dance-fitness class, expect to sweat! - £8.00 - Wednesday

Plant Hoop – Join us on this six week hula hoop dance adventure this September, increase your self-confidence. To book <http://www.planethoop.co.uk> - Thursday

Yoga with Laura – Have your Tuesday evening full of laughter and get fit. Book a Zumba class with Laura at 7pm or a Yoga class on Wednesday at 7pm via www.pranatula.com - £5.00 - Tuesday

Disabled Access: Yes, lift access available the building

Email: Connnor.taylor@iriedancetheatre.org or visit <https://www.iriedancetheatre.org/community>

Booking: <https://www.eventbrite.co.uk/o/irie-dance-theatre-19917590959>

We can phone people before their first visit to help overcome lack of confidence, if wished.

Lewisham Pensioners Forum - Activities at St Mauritius House

St Mauritius House,
65-67 Lewisham Park,
London
SE13 6QX

Contact Info: Tracey Jarrett on 020 8690 7869

Age Range: Age 50-80 / retired people

Every Monday 10.30am – 3pm

Nearest bus stop is the Lewisham Park bus stop near Lewisham Hospital A&E Department. St Mauritius House is about 100 yards along Lewisham Park, on the left, a red and yellow brick building.

Morning Activities

- 10:30am – 1pm £1, Tea, coffee and biscuits also available
- Knit & Natter, plus crotchet and wool craft
- Tessellated Art & Colouring for Adults
- Jig-saw Puzzles & Games: brush up those old skills – Scrabble, dominoes, backgammon or learn new ones like Mah-jong
- Friendship Quilt making

Ukulele

“Learn the Ukulele” Bring your own ukulele or use one of ours. Progress from complete beginner to playing simple tunes within a few weeks. Or bring any instrument that has been gathering dust. This is a fun session and singers always welcome.

Healthy Walk – free – 12:00 noon

Part of Lewisham’s Healthy Walk programme, led by trained walk leaders. A gentle, level 10 to 30 minute walk in the local area. Walk for as long as you like before returning to St Mauritius House for refreshments and a chat. The walk is open to all, no charge.

Afternoon Activities 1-3pm - £1

- Energy advice (one to one) session (please book beforehand or turn and get contact number)
- Need help with budgeting? - Pop into the Monday Project for a round table chat about budget planning, 2nd Monday of the month: 1 p.m. to 2 p.m.
- Continuation of morning arts, crafts and games
- Digital Drop-in: want guidance using your Smartphone, tablet, digital camera or other bit of techy kit? Come along to our “help table” and CatBytes buddies will try to assist.
- Come and make a difference and help to shape policy development that impacts on older people’s livelihood by participating in – group and individual consultation with a range of statutory organisations; voluntary sector and private organisations, including research institutions and educational establishments on regular basis.
- Opportunity to join with others to attend social outings including our special Christmas meal outing which is extremely popular

The Arts Society Blackheath

4th Thursday of month (ex. August and December) 2.30pm St Mary’s Hall Cresswell Park SE3 9RD

A friendly voluntary organisation working to promote and preserve the arts in and around Blackheath. Members enjoy interesting talks and visits such as in 2022 Literary Blackheath, Chinese Imperial Costume, visit to Henry Moore’s studio, plus a quarterly magazine.

Join at any time, or visit a taster session for £8, no need to book.

For more information visit <https://theartsocietyblackheath.org.uk/> or email Chairman, Jonathan

Causer: tasblackheathchair@gmail.com

SYDENHAM WINTER WELCOME

Tea, Toast and Talents at Sydenham Arts

All sessions are FREE, and run from 12.30-3pm, at Ignition Brewery Tap Room, 44A Sydenham Road, SE26 5QF.

Throughout winter, join us for a warming cuppa and a fun session with a local artist. Each week, a new artist will bring along their skills, and help you to create something special, learn a new skill, and have a good old chat with others.

Sessions run throughout the winter months. Here's what's in store:

21st Nov - Printing Workshop

28th Nov - Knit Clinic

5th Dec - Upcycle Old Greetings Cards

12th Dec - Collaging a la Kurt Schwitters

19th Dec - Origami

9th & 16th Jan - Make a Concertina Artwork

23rd Jan - Basic Embroidery

30th Jan -- Drawing & Painting

Calling all crafters!

For We Are Lewisham's December Creative Challenge, we are creating a celebratory craft sculpture featuring contributions from all corners of the borough. Led by local craft experts Cockpit, home to some of the most exciting makers in the world, we are running workshops to join in and learn new skills as well as inviting people to send in an example of craft they already love to do. The sculpture will be unveiled at the end of the year.

Watch this space for inspiration and instructions

[www.wearelewisham.com/
get-involved/creative-challenges/](http://www.wearelewisham.com/get-involved/creative-challenges/)

This activity is part of
Lewisham's Year as Borough of Culture

**WE ARE
LEWISHAM**



Branching Out

making friends • food • activities • trips

Every Thursday at the Telegraph Hill Centre

Thursday

ART CLASS 10am-12pm / £2
DIGITAL CAFE from 11am / free
LUNCH club 12-1pm / £2
TAI CHI 12.45-1.45pm / £3

Tuesday

DANCE 11-11.50am / £3

Wednesday

PILATES 10-11am / £3

Monthly activities

Knitting & Crochet / 1st Thursday (free)
Book Club / 3rd Thursday (free)
Happy Feet Clinic / Last Thursday

Branching Out is a joint project whose aim is to facilitate a space for people over 55 to take classes, meet & make new friends.

Telegraph Hill
Centre
Kitto Road SE14 5TY

Get in touch with Jessica (Project Coordinator)
at jessica@thcentre.com
or drop in/ call the office 0207 6390214

Open Door coffee morning - Free

Wednesdays 10.30am to 12pm, Forest Hill Community Church, Here for Good, 17 Sydenham Road SE26 5EX

An informal drop in for adults offering tea, coffee, cake and chat, art space and board games. All welcome including people of any faith or none, or with mild learning disabilities. Disabled access.

Bus routes 75, 450, 202, 194. Parking in Silverdale Road.

Just turn up or call 020 8776 5050 or email josayer@foresthill.cc

Lewisham Pensioners Forum Events

LPF AGM Civic Suite Catford

24 November, 12.00 pm – 4.00 pm

LPF Festive Lunch 12 December

12.30pm The Clarendon Blackheath

Village Hotel. Tickets from St Mauritius

House 10.30am – 3.00 pm or contact the office 0208 690 7869

LPF Health Event

Wednesday 26th January 2023 Civic Suite

STANSTEAD LODGE SENIOR CLUB ACTIVITY PROGRAMME AUTUMN 2022

260 Stanstead Road, SE23 1DD
Telephone: 020 8291 1164
Email: info@stansteadlodge.org

Monday

10am-12am **Art History** (Zoom)
11am-12.00am **Line Dancing** £5
12am-2pm **Games and chats** £1
2pm-4pm **French Group** (GCSE level)

Tuesday

10:30-12 **Choir** £1
11am-3pm **Garden Group** Free
2am-3pm **Tai Chi** £8

Wednesday

10am-12pm **Art Group** (waiting list) £1
10.30am-11.30am **Chair Yoga** £1
12.30pm-1.30pm **Zumba Class** Price £5
2pm-3pm **Quiz** £2
3:30pm-5pm **SL Music and Ukelele** group £2

Thursday

10am-12pm **Craft Class** (Waiting List) £2
12pm-1pm **Keep Fit** £5
1pm-3.30pm **Vista Reminiscence** £2

Friday

10am-11am **Yoga** £5
10am-12pm **Catbytes** – Free
1.45pm-2.30pm **Zumba Gold** (Book in advance)
1pm-4pm **SLSC- Computer help/Filming Club**

Kings Church London Warm Hub - Free

Tue – Thur 10 – 3 pm Kings Church, The Green,
Downham Way, BR1 5LS

A warm hub open for the local community to come and find a warm place to relax and enjoy light refreshments and company.

18+ (or children accompanied by adult). Disabled access. 5 min walk from Grove park station: 181, 136, 124, 284 all run outside. No booking, just turn up.

For more details email: info@kingschurchlondon.org
or visit www.kingschurchlondon.org

THE LODGE CAFÉ 260 Stanstead Road, SE23 1DD



The Café is open from 9 – 3 pm
Serving hot and cold drinks and lovely food cooked from scratch at the premises and also delicious cakes. Open for everyone and part of Local Lewisham Businesses. 10% discounts to Lewisham Local card holders on all the food.

MEMBERS CONTRIBUTION

Yvonne Williams, POSAC Steering Group Member, sent us her painting and thoughts on the festive season:

No one should go hungry and be left out in the cold on their own. POSAC's main aim has always been for the wellbeing of the elderly, so with our extremely informative magazine, public meetings and links with other organisations within the borough and beyond we can help to make this achievable.



As Borough of Culture, in dialogue with our elderly we learn what this means to them in many different ways. As the UK's first Borough of Sanctuary, we also value expressing and showing our common humanity and concern for others.

Support for Phoenix Residents

All Phoenix Residents are entitled to free financial wellbeing support, mental health support, energy advice and digital support. To book a one-to-one appointment, please call: 0800 0285 700

Mental Health and Wellbeing Support

Phoenix Housing have teamed up with Health Assured to provide Phoenix residents with free 24/7 access to private 1-1 counselling, legal and financial advice.

To access the service, call 0800 917 6470 and quote the reference number HA 129596.

Join 'Threads in Common' at the Green Man

The group welcome all who enjoy embroidery, knitting, crocheting, and related sewing passions. A great way to meet new people over a cuppa and produce something to be proud of.

WHERE: The Green Man, Bromley Road, SE6 2RP

WHEN: Every Thursday 10:30am - 12:30pm

WG Grace Seniors Club

The WG Grace Senior Citizens Tuesday Club was established by a small group of residents in 1982. The club meet every Tuesday for a coffee, chat, crafts, and a few rounds of bingo.

Bingo starts at 1:30pm- 4pm (Bingo is £1 including refreshments).

WHERE: WG Grace Community Centre, 1 Lions Close, Grove Park, SE9 4HG

WHEN: Every Tuesday 10:30am- 4pm

Keeping safe online - Beware of scammers

Government rebate scam

Don't reply to any emails or texts telling you to apply for the Government energy rebate! Read on to see why...



A common scam at the moment takes advantage of our concern about energy bills. This one involves fake messages or emails claiming to be from energy regulator Ofgem, asking people to apply for the government's £400 energy rebate. **Actually, this is being automatically applied to bills starting from October 2022, so people don't need to "apply" for it or do anything.**

SCAM 'Energy saving device'

Fraudsters recently marketed a device called Voltex, previously marketed under the name Motex. These were for sale on websites, Amazon and eBay, but none of these passed the Which? Basic safety test. Worse still, they were at risk of causing fire or electric shocks. **There was absolutely no evidence that they would save money.**

What you can do: Beware of any extreme claims made by companies marketing 'energy saving devices' and look for a CE/UKCA mark to ensure it meets safety standards before using it. If you paid for a useless/dangerous device using a debit or credit card, you may be able to claim a refund using chargeback or Section 75 of the Consumer Credit Act.



Warm Welcomes Community Spaces

NAME	AREA	ADDRESS	OPENING TIMES	TYPE
Grove Centre Church	Sydenham		Monday and Wednesday – 09.30am – 2.30pm	Coffee Morning
Sydenham Centre	Sydenham	Upstairs, 44A Sydenham Road, SE26 5QF	Mondays – 12.30pm- 2.30pm	Coffee
Ignition	Sydenham	Community Taproom, 44A Sydenham Road	Tuesdays – 11.00am - 4.00pm	Coffee Morning
Here for Good	Sydenham	17 Sydenham Road	Wednesdays – 10.30am – 12.00pm	Open Door Coffee Morning
Holy Trinity Church	Sydenham	66 Lennard Road, SE20 7LX	Saturdays – 10.30am- 12.00pm	Coffee Morning
St Peter's Church	Brockley	Wickham Road, SE4 1LT	October 28th and every fourth Friday 12.00pm – 2.00pm	Pop-Up Cafe, pay what you can, all are welcome
Kings Church Downham	Downham	The Green, Downham Way, BR1 5LS	Tuesdays-Thursdays – 10.00am -3.00pm, starting in November	A warm hub for people to relax and feel welcome
The Salvation Army Catford	Catford	23-25 Brownhill Road, SE6 2HE	November 2nd-February 27th, Mondays and Wednesdays – 10.00am-3.00pm	Welcome Space - A space to stay warm and so much more!
Glass Mill Leisure Centre	Lewisham	41 Loampit Vale, SE13 7FT	Teas and biscuits Mondays, Wednesdays, Fridays – 10.00am- 12.00pm, in the cafe	Over 60s are welcome to come in and use the building and cafe anytime the centre is open.
Forest Hill Pools	Forest Hill	Dartmouth Road, SE23 3HZ	Teas and biscuits Tuesdays and Thursdays – 1.00am- 3.00pm, in the cafe	Over 60s are welcome to come in and use the building and cafe anytime the centre is open.
New Cross Learning	New Cross	283-285 New Cross Road, SE14 6AS	Tuesdays, Wednesdays, Thursdays and Saturdays – 10.00am- 5.00pm	Warm bank - warmth, support and refreshments!

NAME	AREA	ADDRESS	OPENING TIMES	TYPE
Lewisham Irish Centre	Catford	2A Davenport Road, SE6 2AZ	Mondays – 10.30am – 1.00pm Drop-in Wednesdays - 10:30am-12:00pm	Hot drinks, toast/pastries from 10.30 am Seated Pilates – 11.00am-11.30am Free IT classes for over-50's – 11.30am-1.00pm Men's group, free warm drinks and board games.
Sydenham Arts Winter Welcome	Sydenham	44A Sydenham Road, SE26 5QX	Mondays	Various art activities November through January. Visit https://sydenhamarts.co.uk/w-hats-on/
Brownhill Rd Baptist Church	Catford	292 Brownhill Road, SE6 1AU	Every other Friday – 11.00am - 2.00pm until February 24th 2023	A place to relax and stay warm - a friendly atmosphere with refreshments and activities.
St Mildred's Church	Lee	St Mildreds Road, SE12 0RA	Wednesdays – 11.00am - 3.00pm	Tea, coffee and biscuits
Grove Park Library	Grove Park	Somertrees Ave, SE12 0BX	Library opening times (see Lewisham website or visit library)	Welcome to warm buildings – free use of computers, an ear to listen to your concerns. Free digital inclusion sessions and help with CV or job searches.
Crofton Park Library	Crofton Park	375 Brockley Road, SE4 2AG	Library opening times (see Lewisham website or visit library)	Welcome to warm buildings – free use of computers, an ear to listen to your concerns. Free digital inclusion sessions and help with CV or job searches.

**PRIDE IS
FOR ALL
AGES**

Opening Doors London

We have a service for LGBT+ people over 50

Telephone Befriending.

Please spread the word and refer yourself or anyone you think might benefit from this service.

befriending@openingdoorslondon.org.uk

020 7239 0400.



Positive Ageing Council

Improving services and facilities for older people in Lewisham

Light lunch
refreshments
provided

Positive Ageing Council Public Meeting

Thursday 8 December 2022
10.45 am-1.30 pm

Civic Suite, Catford

- Help give older people a voice
- Share your views and ideas
- Meet new people
- Join in with free social activities

If you need any support or advice please contact:

Community Connections Lewisham

0330 058 3464 Monday-Friday 9.30am-4pm
communityconnections@ageuklands.org.uk

