



### Basketball for All...

Do you like to play basketball or looking to try new sport? The LWFCI Sport Club would like you to come and join a new social Basketball team in Bromley for boys and girls aged between 11 - 16 years. All sessions are led by qualified coaches, who are first aid qualified and DBS checked.

Indoor sessions cost £1.00 and are held every Monday from 6PM -7PM at Bromley URC, 20 Widmore Road, Bromley, BR1 1RY.

To join the basketball team, please call 0203 583 3005 or 0795 074 6544. You can also visit their website [www.Lwfci.org.uk](http://www.Lwfci.org.uk) or email us at [info@lwfci.org.uk](mailto:info@lwfci.org.uk)

### ...a Call for Netball...

Raiders Netball Club meet on Thursday evenings during term time at Bonus Pastor College Sports Hall, Donderry Road, BR1 5QE.

You can try before you buy - call 07950 253067 or email [raidernetballclub@gmail.com](mailto:raidernetballclub@gmail.com) for more details. You can also find them on Twitter, Facebook and Instagram.

### ...and Some Football

Sports Fun for All have sessions on:  
Wednesday nights (18:30-20:30),  
7 - 14 year olds  
Saturday Mornings and Sunday Mornings (10:00-12:00)  
3 - 14 year olds  
Bromley & Downham Youth Club, 41 Valeswood Road, BR1 4RD (Indoors)

All sessions are for boys & girls at £5 per session. All coaching staff are FA qualified, emergency first aid trained, DBS checked and safeguarding of children trained.

All of the sessions are age appropriate and your child will be in a group that is correct for their age, size and ability level. Please wear trainers, shin pads and bring plenty of water.

They also have an Easter Holiday football course on:  
Monday 8th April - Friday 12th April 2019  
Monday 15th April - Friday 19th April 2019  
£15 per day or £65 for the week, 10am - 3pm

For more information contact them on 07432 121 741, email [info@sportsfun4all.com](mailto:info@sportsfun4all.com), or visit <https://sportsfun4all.com/sessions/>

Want to meet new people & try new & delicious food? **FREE!**

**FREE Recipe Book!**

**'Easy Quick & Tasty' Lewisham cookery clubs**

Everyone is welcome!

Are you looking for new ways to feed yourself and family on a budget?

Come along to one of our **FREE** 6-week cookery clubs running throughout Lewisham. Please get in touch for more information

✉ [fay@gcda.org.uk](mailto:fay@gcda.org.uk)  
 🌐 [www.beinspiredlewisham.org/](http://www.beinspiredlewisham.org/)  
 ☎ 020 8269 4886  
 📌 [/lewishamcookeryclubs](https://www.facebook.com/lewishamcookeryclubs)

### Beckenham Place Park flower show 2019

Following the highly successful flower show at Beckenham Place Park last year, this vibrant event is returning on **Sunday 30 June 12 noon-7pm** Beckenham Hill Road, BR3 1SY

A community event with food, drink, live music, dog show and art show, plus workshops and activities for all the family.

**Enter the show**  
The show is open to all ages and stages, and also welcomes entries from community and collaborative gardens. With 25 exciting categories to choose from, there's something to appeal to everyone. It does not matter if you haven't grown plants before, here's your chance to give it a go. Don't have access to an outdoor space? Try using a pot or a seed tray, or opt for one of the craft categories instead.

**Get started**  
Now is the time to start planning and planting, so you are ready to show off your handy work in June. Take your pick from the list of categories (overleaf) and get going. Online entries open from Friday 24 May at [www.lewisham.gov.uk/flowershow](http://www.lewisham.gov.uk/flowershow). Each entry costs £1 (one entry per category per person).

THE DOWNHAM ASSEMBLY MEETING  
WILL BE ON:

**WEDNESDAY 27th  
MARCH 2019  
19:00 - 21:00**

**AT THE DOWNHAM HEALTH AND  
LEISURE CENTRE - THE LITTLE GYM**  
7-9 MOORSIDE ROAD  
DOWNHAM  
BR1 5EP

Come and join us at the Downham Assembly. You can:

- Take part in a taster session for mindfulness and movement.
- Hear updates on improvements to the Baring Hotel, Beckenham Place Park and Downham Health & Leisure Centre.
- Listen to Entelechy Arts discussing their new Arts project for people with Dementia at Downham Health & Leisure Centre.
- Hear about Lewisham Community Transport's brand new bus community bus service for shoppers.
- See Safe Havens initiative for primary and secondary school children on high streets across Lewisham.

*And much more....*

Refreshments will be served during the meeting.

Buses 124, 136, 181 & 284 stop near the venue.

The next meeting is to be held in ????

**➔ More local news inside**

## Safe Havens for the young



Lewisham based charity, For Jimmy, have been creating Safe Havens with primary and secondary school children on high streets across Lewisham.

Set up in honour of 16-year-old Jimmy Mizen, who was killed in an unprovoked attack in 2008, the charity runs a programme in primary and secondary schools that helps young people connect their sense of community and safety.

Safe Havens are shops and local businesses that children can turn to in times of need and are identifiable by a sticker on the window. If a child feels threatened or in danger, they can enter a Safe Haven and the shopkeeper will agree to lock the door and call a parent, guardian or the police. This fosters a sense of mutual care and responsibility between children and adults in the community.

A shop or business agrees to become a Safe Haven after being asked by the children For Jimmy work with if they would like to be involved. The charity encourages the children to ask them in their own way, and find this leads to a natural relationship forming between the children and the shopkeepers.

Alongside helping to keep young people safe, the scheme is a great way for local businesses to engage with schools and develop positive relationships on their high streets. If you own a shop or business and would like to find out more information about the scheme, visit [forjimmy.org](http://forjimmy.org) or email [hello@forjimmy.org](mailto:hello@forjimmy.org)

## Mindfulness & Movement on Mondays



Relax, socialise, and keep limber by joining Mindfulness and Movement sessions led by a trained instructor, leaving you feeling calm and connected. Tea and conversation is provided, followed by meditation and gentle exercise. A light, healthy lunch served at the end - for only £4 a session.

Events are held on Mondays, between 10:30 am - 13:00 pm at Lewisham Unity, 41 Bromley Road, Catford SE6 2TS  
(There is limited parking, so please contact them if you need a parking space)

### Other Ageing Well Events:

#### Tuesdays:

10:00 The Befrienders,  
13:00 Arts and Games  
(both at the Grove Centre, Sydenham)

#### Wednesdays:

10:00 Bingo & Body  
(Grove Centre, Sydenham)

#### Thursdays:

11:00 Silver Lunch Club  
(Goldsmith's Community Centre, Catford)

#### Fridays

11:00 Seated yoga at the Green Man (£4)

Any time the bus goes to Downham Health & Leisure Centre we can also take you there for gym/swim.

Call 0208 698 3735 for more information on any of the events above, or email them at [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)

### Walk this way....

Explore the local parks and greenspaces on a walk every Saturday meeting at 2pm in café of Downham Leisure Centre. Call 020 8269 4890 for information. [www.beinspiredlewisham.org/Lewisham-Healthy-Walk](http://www.beinspiredlewisham.org/Lewisham-Healthy-Walk)

### Other Events and Activities at Downham Health & Leisure Centre:

*Downham Celebrates* is taking place on 8th June with lots of free activities for the whole family. The planning-committee is looking for new people to join them. Planning meetings are held in the Downham Health & Leisure Centre on Thursdays. The next meeting is 21 March 3:30 pm  
Please contact Lesley at 07946534458 or email: [lesley@furniss.co.uk](mailto:lesley@furniss.co.uk) for more information

*Footgolf and Bubble football* will be available for free for all Downham residents during the Easter Holidays. Contact [HPADownham@1life.co.uk](mailto:HPADownham@1life.co.uk) for more information

*The 1life Fit Bus* continues to look for older Downham residents to bring to exercise sessions for free, email [fitbus@1life.co.uk](mailto:fitbus@1life.co.uk)

## Bus Shop

Lewisham Community Transport Scheme brand new Shopping Bus Service from 1<sup>st</sup> February 2019.

This service is aimed at people who find it difficult to use public transport for their shopping needs due to mobility and/or health issues. It is aimed at promoting improved health and well-being for passengers, maintaining independence by enabling access to shopping centres and well as a social experience on the minibus, encouraging more frequent community access for people in danger of becoming isolated and lonely. We are offering it as reliable alternative to taxi card and dial-a-ride. This is a dedicated door-to-door service with a guaranteed return journey home with fully accessible vehicles and fully trained volunteer drivers and passenger assistants.

We can accept self-referrals or referrals on behalf of others with consent. Registration forms are available on request and need to be completed before passengers can travel.

Any queries please contact Matt Gummer directly at [matt@lewishamctscheme.org.uk](mailto:matt@lewishamctscheme.org.uk)

### ....Walk that way

Play walking football with the Downham Men's Group every Thursday between 19:00 - 20:00. Contact 07821 292317 / 01689 658877 for info. [jonathan@blueribbonfoundation.org.uk](mailto:jonathan@blueribbonfoundation.org.uk)



## Out of the papoose and onto the masseuse

If you have (or are expecting) a baby and would like to learn how to massage them, join a free baby massage course with Jelly Babies. For more information on course content, dates and venue, visit: [www.iaimbabymassage.co.uk/jellybabies](http://www.iaimbabymassage.co.uk/jellybabies)

## Girl Power!

Downham Girls Empowerment Holiday Scheme has been organised in partnership with Youth First, Girls United Football Association and Beleve UK (part funded by Downham Local Assembly). It is running from Monday 8th to Friday 12th April, 11am-4pm, for girls aged 8-12years.

This girls only empowerment session is aimed to increase their confidence, help them positively communicate and have fun. There are also football and sport sessions including skills, techniques and tournaments.

Contact Aminata Swaray on 0208 314 9744 / 07580 777 874 or [Aminata.swaray@youthfirst.org.uk](mailto:Aminata.swaray@youthfirst.org.uk) to register your young person. Priority will be given to Downham residents on a first come first served basis. All young people must register. £10 refundable deposit required.



### Walk Down to Downham

The Friends of the Woodland Walk invite newcomers to join their work day on Sunday 31st March. Meet at the gate to the woodland in Oakshade Road at 3pm. Gloves, tools and refreshments are provided but please wear old clothes and sturdy shoes. Phone 0208 698 6805 for further information.

### Councillor André Bourne

020 8314 7053  
@ cllr\_andre.bourne  
@lewisham.gov.uk  
@AndreMBourne



#### SURGERY DETAILS:

Second Saturday of the month at the REAP Centre, 5 Oakridge Rd, Downham, BR1 5QW, 1.30pm-3pm.

### Councillor Coral Howard

0208 314 3600  
@ cllr\_coral.howard  
@lewisham.gov.uk  
@AndreMBourne

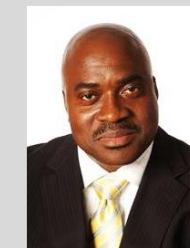


#### SURGERY DETAILS:

Last Saturday of the month, Downham Library, 7-9 Moorside Road, Downham BR1 5EP, 11am-12noon

### Councillor Olurotimi Ogunbadewa

020 8314 7892  
@ cllr\_olurotimi.ogunbadewa  
@lewisham.gov.uk  
@AndreMBourne



#### SURGERY DETAILS:

First Saturday of the month at The Green Man, 355 Bromley Road, SE6 2RP, 11am-12pm.

## Your Local Councillors for Downham

Do you have a community update you would like to include in the next Downham Newsletter?  
Contact your Local Assemblies Co-ordinator at [ali.williams@lewisham.gov.uk](mailto:ali.williams@lewisham.gov.uk)