



Positive Ageing Council

Improving services and facilities for older people in Lewisham

October - December 2015 Newsletter

Date for your diary

The next Positive Ageing Council public meeting is **Thursday 10 December 2015, 11am–1pm**, Civic Suite, Catford SE6 4RU

A big thank you to everyone who attended the Positive Ageing Council public meeting on Thursday 1 October. The theme was supporting older carers and understanding the issues older carers may face. We welcomed Heather Hughes, Joint Commissioning Lead for Complex Care and Learning Disabilities, working under the NHS Lewisham Clinical Commissioning Group and Lewisham Council. Also in attendance was Sharon Skinner, Advice and Information Manager, from Carers Lewisham to let attendees know more about the services they offer and the support they provide. This newsletter will give you an overview of their presentations and the discussions our members had on matters raised.

Anyone can be a carer

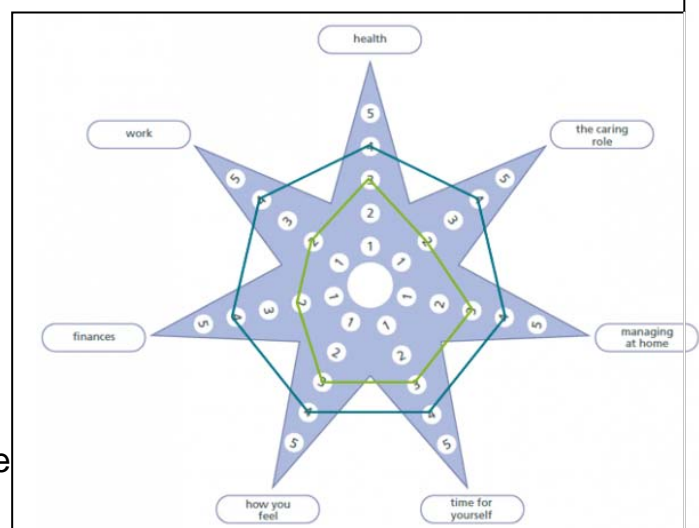
Husbands who care for wives, partners who care for their spouse or partner, families who care for disabled family members, neighbours, school children caring for parents, people caring for adult children. Lots of carers are people aged 65 and over. It's hard enough to be a carer when you are young and fit, and taking care of your own needs can be harder as you get older.

Where do you go for help? Lewisham Council is a good place to start. They have a very useful carers section on their website. If you don't have access to IT, there are people who can help you, especially at libraries. Here are some useful contacts for you at the Council: tel **020 8314 7777**, email: scait@lewisham.gov.uk
www.lewisham.gov.uk/carers

The Care Act 2014 says...

The Care Act ensures that your needs as a carer are taken into consideration. You have a right to an assessment in your own right as a carer, this is true whether or not the person you care for has a right to services. This is an important change that has happened through The Care Act which has now given you best practice policy as that right in law. Get in touch with the SCAIT team at the Council and ask for an assessment. There is a very useful carers questionnaire and SCAIT signposts you to where you can go next. Lewisham spend about £350,000–£400,000 per year with other organisations to help carers – the majority going to Carers Lewisham [contact details available].

The Council's social work team and Carers Lewisham are working together on the **Carers Star**. This looks at the needs of carers including the caring role, their health, managing at home, time for yourself, how you feel, finances and work. As lots of carers don't think of themselves as carers, we know you won't always want to come to the Council, so working with Carers Lewisham in the first instance can be more approachable for some people.



Carer's assessments

Everyone can qualify. If you are a carer, you have a right to an assessment. The Council will assess whether the care you are giving is necessary, is caring making your health worse, are you suffering from anxiety due to your caring role. We are looking at all those things through the assessment. How big a negative impact does it have on the carer? Many people don't feel they want help, but just want information, other people may be eligible for some services from personal budgets for respite care for yourself. All outcomes are different as everyone is different, you may be referred to Carers Lewisham, to help-lines, to your GP, to groups that Carers Lewisham provide, maybe a counselling service, there can be a number of different outcomes. It is a good way to assess how many little impacts can result in a big impact on you.

Benefits and allowances

If you provide 35 hours care you may be eligible for a carer's allowance of £62.10, but be mindful that this could have an impact on your other benefits.

The person you care for, if they are 65 or over, may be eligible for an attendance allowance – this will vary depending on how much time and help is needed through the day and night.

If you are caring for someone and you are under 65 you can also apply for carers credit to top up your national insurance contributions, so when you get older yourself your pension will not be affected by needing to take time to care.

You can visit www.lewisham.gov.uk/carers to access the benefit calculator [www.entitledto.co.uk]. You can also talk to Carers Lewisham who can talk you through what impact that might have.

What happens if something goes wrong with me?

What if I get ill or have an emergency. If you contact the Council for a carers assessment, they will work with you and your cared for person to come up with a plan. They will keep it on your record or cared for persons record, so the Council can move forward and implement your plan if needed, and you are assured your cared for person is supported. We also encourage you to hold a carers emergency card, giving you a personal number ring to a 24-hour response service and they can contact people on your behalf.

Sometimes the Council can arrange for an emergency loan and the Lewisham credit union can also help with a low rate of interest. If you are a home owner and occupier you may be able to go for a home repair grant in an emergency – such as your stair lift isn't working for example.

Lewisham Council savings programme and its impact on carers

Within social care we are having to make savings from changes to care packages. They have a direct impact on people and you may have noticed a change already, for example, we have stopped the laundry service. We are also trying to work with providers of extra care housing, trying to work together better, so that fewer people need to go into care homes and people can keep their independence longer...

Lewisham Council savings programme and its impact on carers – continued

Colleagues, social workers and commissioners are trying to be creative, trying their best not to take things away from people, however it will feel like there are lots of changes. For example, with our day services, we are working hard to not pay for things twice, residential care and day care for the same people for instance. Some of what we are doing is being clearer on what we are paying for, and to stop paying for services that people are not coming to, for whatever reason. We were then able to merge some services. We made recommendations to open up the day centres to other private partners, to make better use of the buildings and maybe make savings in other areas – working as a whole council. If you are interested, the savings proposals are going through scrutiny at the moment and will be back to mayor and cabinet in December for implementation in January 2016. All the information on this is available for you to view on www.lewisham.gov.uk.

Thank you Heather for visiting the meeting and giving such comprehensive information.

Sharon Skinner, Advice and Information Manager, from the charity Carers Lewisham, gave information about the services Carers Lewisham offer

Carers Lewisham are funded by Lewisham Council and the Lewisham Clinical Commissioning Group (CCG) and work to support unpaid carers in the borough.

Many people don't recognise themselves as carers, for example parents supporting adult children, husbands looking after wives and so on. People say it's my loved one, I just help them get up and dressed, but in effect that is caring. There are probably a lot more carers here *[at the meeting]* than identify themselves as such.

Carers Lewisham offers advice and information on a range of services, making sure you can get your carer's assessment, looking at your needs to ensure you can care for your loved one well – but keeping yourself safe and healthy and ensuring you are getting the right services and allowances for your cared for person. Not just standard care packages anymore! It is all about personalisation through a conversation about what will work best for you, in your household. We advise on benefits – attendance allowance is assessed around need for support or care. In order to get it, you don't need to have anyone looking after you. We look at individual circumstances and advise.

We help you to think about the future, what will happen if your cared for person no longer has capacity to make decisions themselves, we help you put on paper what they would like to happen, which will give you peace of mind. If you are finding it difficult to access services, Carers Lewisham can advocate on your behalf.

Carers Lewisham do many fun things to help reduce a carers isolation

Carers Lewisham put on lots of activities at the centre, a drop-in coffee morning to have a chat with other carers, day trips, tea dances, lunches and many social events.

We hold relaxation days around keeping yourself well. This includes massage, Reiki, and activities to help you recharge your batteries. We have a counselling service for long term support, or just phone us to have a chat if you have had a hard day.

We do practical workshops such as first aid, lifting and handling, weight management, keeping the carer healthy, we have a male carers group, parent, older carers group, parents looking after adult children group and do after school-activities for young carers...

What else can Carers Lewisham provide?

They have specialist workers who support carers and their loved ones with mental health problems, a specialist dementia worker, and a worker supporting carers of people approaching end of life, offering emotional support and planning. If you are caring for someone who lives in another borough, the entitled support is the same but can vary slightly from borough to borough, so we can help you deal with other local authorities.

We always have your carer's assessment separately from the person you care for, so you are able to speak freely. We also suggest that you are around when your loved one is being assessed, as often cared for people are reluctant to give a true reflection on the situation.

All our services are free, but for some activities we do ask for a small donation.

Please call us and we can talk through your situation.



Carers Lewisham contact information

Telephone number: 020 8699 8686

Email: info@carerslewisham.org.uk

Web: www.carerslewisham.org.uk

What our members said in response to the presentations

Members raised questions to Heather on health tourism and how the Council were claiming back some of this money to help with the savings. Heather explained that this was being done but on a wider scale covering Lewisham Hospital, Guys, Kings and so on.

Until coming to this meeting I would never have classed myself as a carer - I didn't realise I was a carer, but I am. I think many people here and older people will probably feel the same as you love the person you are taking care of so it doesn't feel like it should be a role - it is good to know there is help out there

15 years ago Lewisham carers were very helpful to me when I was looking after my wife. Later I volunteered with Carers Lewisham and in the men's group, can't speak too highly of them. On applications for anything – if you are making applications – get some help from Lewisham carers or you might get fobbed off, thank you Lewisham Carers for all your help – it is best to get it right first time.

Carers Lewisham helped me work out the questions I needed to ask in advance of my assessment meeting. On-site assessment is also very important as the cared for person might think they are more capable than they are.

A question was raised about who funds Pensioners Day? It was clarified in the room that Lewisham Pensioners Forum is funded through Lewisham Council's main grant programme but Pensioners Day is paid for through membership fees and ticket sales.

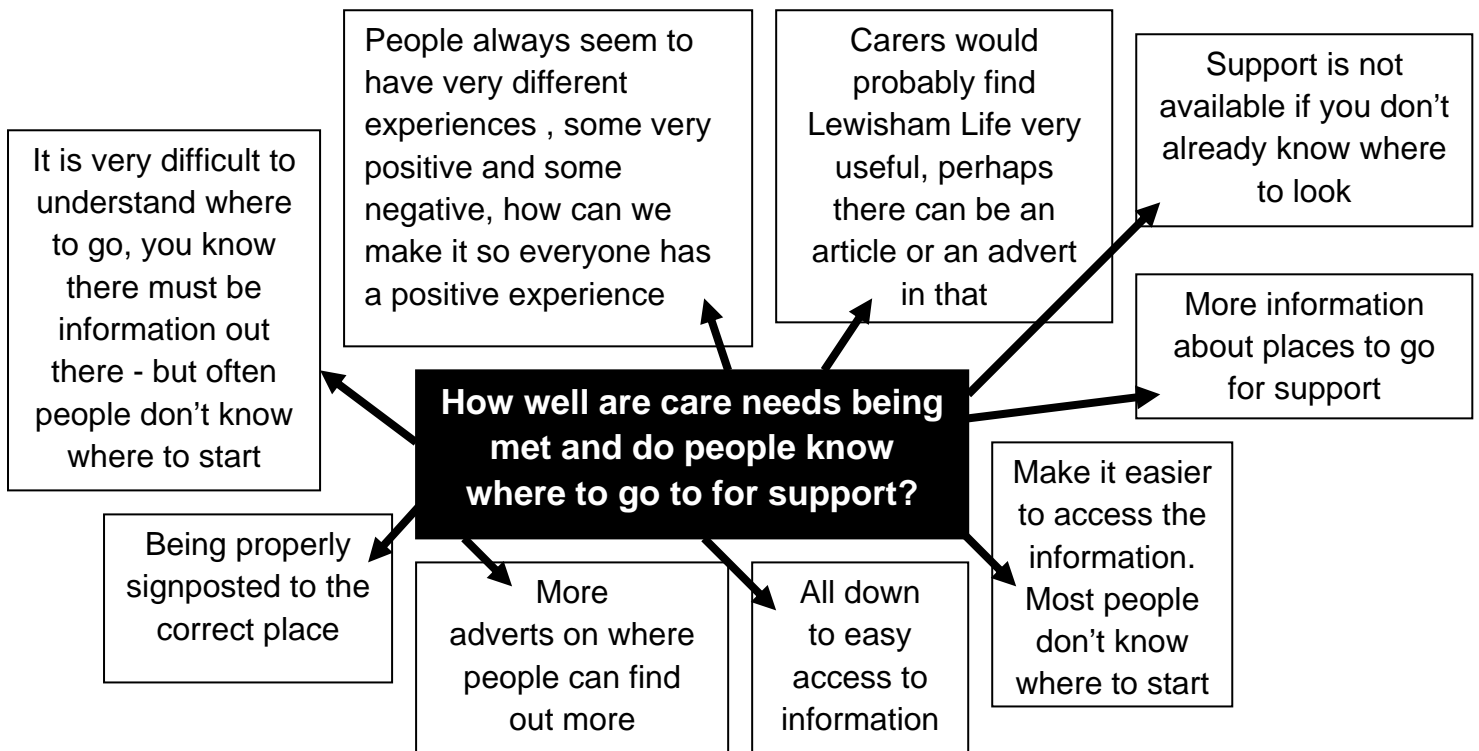
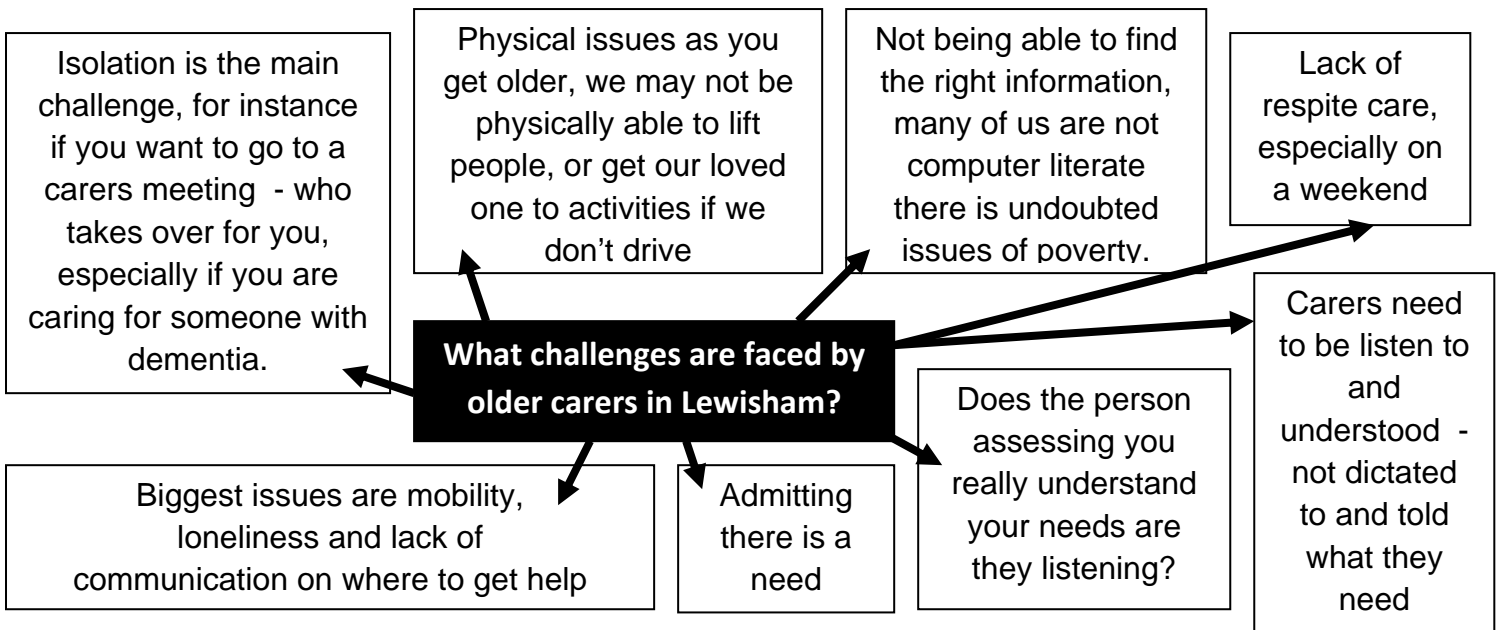
Get in touch!

Available in large print

More news overleaf...

For more information on the Positive Ageing Council call 020 8314 6314, go to www.lewisham.gov.uk/pac or email lucy.formolli@lewisham.gov.uk

Round table exercise – you discuss together as a group and answer questions that can help us influence Council teams and services on your behalf



Do you need care yourself?

The majority of tables said they didn't want to answer this or would be reluctant to say if asked – this fact highlights that one of the most important issues facing carers can be admitting they need help to begin with, or recognising themselves as a carer

Next steps

Our members clearly highlighted the need for better communication of the services available, the services shown in the presentations, but how do people know where to start. They felt that although many of them were not currently in a caring role, they may be one day and the lack of knowledge around where to start when looking for support needs to be addressed by the Council. The Positive Ageing Council will work with the relevant service teams, the Council's communications team and Lewisham Life, to increase borough wide awareness for carers and highlight the need for better advertising and marketing of services.

The Dementia Action Alliance

In Lewisham there are about 2,100 people living with dementia and this is likely to increase in the years to come. Over two thirds of these are living in the community and are frequent customers in our local businesses and services. People living with dementia often lose confidence in themselves and worry about how they will cope with everyday life. Families and carers can equally feel overwhelmed, lonely and worried about their loved ones.

The Lewisham Dementia Action Alliance (DAA), founded in December 2014, was formally launched in May 2015. The Dementia action alliance is a way to help Lewisham to become a more dementia friendly community.

We work with people living with dementia and their carers to identify what a dementia friendly community in their views looks like. This feedback informs our work in making Lewisham more dementia friendly.

Our work includes raising awareness for dementia across the borough, including our children and young people, professionals and organisations.

In the future we are expecting to work closer with our local shops, supermarkets and banks to make their business more dementia friendly.

DAA

Lewisham
Dementia Action Alliance

By doing so we are hoping that we will enable people living with dementia and their carers to live well within their community. Our aim is that people feel understood, supported and are enabled to continue to live well and fulfilled lives.

If you or your organisation would like to learn more about dementia, the Lewisham Dementia Action Alliance or how to join, **please contact:** Karin Barthel, Joint Commissioning Manager Dementia & MHOA, **Karin.barthel@nhs.net**, tel: **0208 314 3877**.

Lively Minds is a group for the over 55s. Forest Hill Library, SE23 3HZ, Monday 7 December, 10am–12 noon. Join in with Christmas carols.

Hazel Grove Seniors
Ray Champion Meeting
Room,
1–18 Alwood Close,
Sydenham SE26 4JP

A social group in Sydenham
meeting Tuesdays,
Wednesdays and
Thursdays to do crafts,
bingo and exercise.

For more info call Rosa on
07704 347 896.

Learn something new at Adult Learning Lewisham

If you would like to learn a new skill, meet new people or just learn for the sheer pleasure of it, Adult Learning Lewisham has a variety of courses on offer to suit all lifestyles and interests.

Courses range from art to pottery, to languages, print making, and baking. Many classes are designed especially for the older learner; such as ICT for older learners, keep fit with gentle exercise and make the most of your retirement.

If you would like to find out more about our course offer information is available at

www.lewisham.gov.uk/adultlearning, or you can call our enquiries line 020 8314 3300.

Seniors Elder People's Resource Centre

There is so much going on at



The Purple Alliance

Purple what? I hear you ask. On 23 September at Seniors Open Day, the Mayor of Lewisham together with three ward councillors inaugurated the Purple Alliance, the collaboration of EPSP at the Ackroyd, Eco Communities, Community Connections and Age Exchange to promote and develop activities for older people. EPSP also launched it 7 October at the Ackroyd.



Lesley Powell receiving a lifetime membership award to thank him for all his hard work and increased contribution to Seniors.

Here we go again

If last year's was anything to go by, our Christmas dinner at Seniors on Friday 18 December 2015 will be another huge success. A hundred people from among our members, the Purple Alliance and Positive Ageing Council will be tucking into the traditional fare plus trimmings, and good cheer, and copious libations will abound. Vegetarians will be carefully catered for – some guests from last year's meal will need to celebrate frugally... Prices, tickets and details will be available soon.

Christmas concert

Seniors popular choir together with the Vista Reminiscence Group singers will join together on Tuesday 8th December 2015 at 2pm for a joint concert. They'll be singing stuff you know and you'll be expected to join in.

We plough the fields and scatter

Well not quite, but we do our creaky best. At Seniors, we've put on our autumn harvest display. This is how it looks to grow your own vegetables!



Through our Grow, Cook and Eat project, members have come together to grow produce throughout the year for the Phoenix Café (Where? What? Find out below), or to sell to members to take home. Thank you funders and members who have made donations to help us keep going.

Resurgence

The phoenix arising from the flames! No, we cook better than that. Refreshment is a better word. **Phoenix Café at Seniors** will have been offering fresh pumpkin soup at the moment. Today I glugged delicious minestrone soup with fresh bread and butter. Yum, yum! Choose from an extensive, inexpensive menu amid lots of lovely people in an exhilarating

Hire here

A huge banner advertising Seniors magnificent building and its impressive halls and rooms for hire is to be displayed imminently. Book your special occasion: party, conference, wedding, celebration, meeting, rehearsal and so on with Tina at reception at Stanstead Lodge, 260 Stanstead Road, SE23 1DD or phone 020 8291 1164 email info@seniorslewisham.co.uk

AGM 2015

We warmly invite you to attend the AGM, on Wednesday 2 December 2015, 1.30pm at Seniors – address above. There are six trustee vacancies. Anyone can apply to be a trustee.

Healthwatch Bromley and Lewisham Self Care Event

Healthwatch Bromley and Lewisham are organising a self care campaign and an event on **19 November 2015** from 1.30–4pm at Community House, South Street, Kent BR1 1RH (10 min drive from Catford). The event is open to all, especially people who would benefit from advice on self care for both minor and long term conditions. The aim of the event is to promote self care and enable partners and the public to find out what is being done in the boroughs of Bromley and Lewisham to enable residents to look after their health.

More information can be found on our website: www.healthwatchlewisham.co.uk/self-care-event-get-involved 0208 315 1925

We are organising the event in response to the National Self Care week commencing on 16 November www.selfcareforum.org

'Come and make it!' Project

Fancy doing a bit of DIY and having a chat? Do you want to:

- make useful wooden products?
- learn new practical skills?
- pass your skills onto youngsters?
- get together with others in a friendly atmosphere?

If you do then come along on Monday 30 November to the Young Lewisham Project at 124 Kilmorie Road, SE23 2SR at 5pm.

The project will run initially as a pilot on a monthly basis for six months on Mondays from 5–7pm.

Free refreshments provided.

For further information contact Tony Rich on email: tonyrich@gmail.com

or_mob: 07905 164 705.



Warm Homes, Healthy People

This council project aims to provide targeted advice and practical support to households who are vulnerable to the cold.

Working with partners Lewisham and Greenwich NHS Trust and Groundwork London, eligible residents will receive a home visit from a Green Doctor – an experienced energy advisor.

The support includes:

- home visit from an energy advisor
- stay warm pack - includes fleece blanket, thermal gloves, water saving devices and a room thermometer
- 1-2-1 advice session on how to lower fuel costs
- advice on how to keep warm and well
- draught-proofing
- access to discounts on energy bills
- access to a befriending service (Voluntary Services Lewisham)
- access to Community Connections support (Age UK)

To be eligible for free support you should:

- ✓ live in the borough of Lewisham
- ✓ be considered vulnerable to the cold weather (e.g. health condition, elderly, frail, disability, low income, young children etc.)

If you would like an information leaflet to be sent to you, or for more information contact us using the details below:

W: www.lewisham.gov.uk/warmhomes

T: 020 8314 6339

E: warmhomes.lewisham@groundwork.org.uk

Do you have a club or activity you would like to promote? Please call or email POSAC for help.

The Elder Peoples' Support Project (EPSP) - activities for people over 55

The EPSP is based at the Ackroyd Community Centre and runs activities on a daily basis from Monday–Friday.

The project promotes health, wellbeing and social interaction, and includes arts, culture and information workshops. We also organise social day trips on a regular basis.

Our activities are open to anyone aged 55 years and over, to EPSP members and non-members.

To find out more about our activities give us a call, or drop into the Ackroyd Centre and we will be happy to help.

Contact us: 020 8699 9009, email: epsp.info@ackroydcentre.org.uk, 14–20 Ackroyd Road, Crofton Park, SE23 1DL

The Elder Peoples' Support Project (EPSP) – sessions for over 55s

Mondays Tai Chi, 1.45–2.45pm (based at Kings College Sports Ground)

Tuesdays Seated exercise, 12 noon–12.45pm
Drama Group (Supertroupers), 1–2pm

Wednesdays Social club with a variety of activities including bingo, quizzes, arts and crafts, entertainment and guest speakers.

Lunch club, 1–2pm

Thursdays Art class, 10.30am–12.30pm

Line dancing, 1–2pm

Complementary therapies, 1–4pm (the last Thursday of every month)

Fridays Yoga, 9.30–11am

Computer class 12.30–2pm

Tea and Tales 2.30–4pm (social reading group)

60 Up C.I.C exercise class.

Mondays 12 noon to 1pm. The Green Man, 355 Bromley Road, SE6 2RP.

Led by a highly qualified and experienced tutor, classes are specifically designed for older adults (aged 55 or over) with a focus on exercises to help with balance, mobility, flexibility and improving your strength and stamina. Cost: £3 members/£4 non-members.

For further details or to find out about other activities, please contact Christina on 020 3667 3704 or email info@60up.org.uk.

Bellingham Golden Oldies

Whether you live in Bellingham or close by, the Bellingham Golden Oldies, BeGo for short, would love to see you!

They meet every Wednesday from 1.30–3pm at Bellingham Leisure Centre. BeGo do all sorts of activities, including having presentations from speakers, intergenerational work with Sedgehill School, and opportunities to try out ceramics and much more!

Pop along or contact Anne for more information: [0208 461 2213](tel:02084612213).

Funding opportunity

Lewisham Council are launching the 2015 Small and Faith Grant Fund through crowdfunding. If you want to find out more about crowdfunding and how to run a successful project please contact community.enterprise@lewisham.gov.uk or call 0208 314 7858 for more information.

A LEMP/BASCA ORAL HISTORY PROJECT Lewisham Ethnic Minority Partnership (LEMP) promotes awareness of African, Asian, Caribbean and other cultures. Back-home Assembly African-Caribbean Association (BASCA) delivers on aspects of the culture and heritage of the Caribbean. LEMP and BASCA wish to develop a series of storyboards and are seeking donations of small, durable items of cultural or historical significance as well as financial assistance.

For further information contact 020 8697 1587, email: lempempower@btinternet.com

Visit our website: www.lewishamethnicminoritypartnership.org.uk



Health & Wellbeing Sessions at Seniors

21st October
18th November
16th December
12pm-3pm

1-1 Healthy lifestyle consultations

Complementary Therapies

1-1 Diet & medication consultations

260 Stanstead Rd SE22 1DD
T: 0208 291 1164
E: info@seniorslewisham.co.uk

Community Connections SENIORS Lewisham and Greenwich NHS Trust

Intergenerational work - the Young Mayor's team and the Positive Ageing Council

Thank you very much for the support you have given the young advisers this year. They really value the work we do together.

The young mayor election this year took place on Wednesday 14 October. There was a fantastic turnout of 56% which is a 6% increase from last year. **The results are as follows:**

Young Mayor of Lewisham 2015/16

Emmanuel Olaniyan

Deputy Young Mayor of Lewisham 2015/16

Hanna Dimtsu

UK Youth Parliament Representative

Saffron Worrell

Deputy UK Youth Parliament Representative

Melissa Rebke

All the candidates worked hard and were enthusiastic and committed, obviously some were disappointed, but they have all been invited to join the young advisers group who meet on Mondays 5–7pm at the Civic Suite in Catford, to work with the Young Mayor and Deputy and continue their involvement.

There is an official hand over and signing in of the New Young Mayor and Deputy at full council on Wednesday 25 November.

We are looking forward to continuing our work with POSAC, especially at the Christmas meeting on 10 December where we will spend time with the Positive Ageing Council members.

Dalmain Athletic Walking Football Club for over 55s

We are running two sessions every Thursday from 5 November through to 17 December at Lewisham Irish Centre, Davenport Road Catford SE6 2AZ.

Both sessions are indoor so suitable footwear and clothing.

Ageing Well in Lewisham

Ageing Well in Lewisham have some excellent social opportunities for older people. They also have links with community transport for those with mobility issues. Transport costs must be met by the individual.

Contact Kerry Hagger on 07872 813 546 for more information.

Grove Centre Lunch, 2 Jews Walk, Sydenham SE26 6PL

Tuesdays: Arts Befriending Group (singing) 10am–12 noon £4

Wednesdays: Seated or standing exercise 10am–12 noon £4

Crafts and Men's domino group 1–3 pm £4

Fridays: Informal art group 10am–12 noon £4

College Park Players perform **Mist Over The Mistletoe** by Dan Sutherland. This seasonal themed comedy follows the trials of a small family dealing with their relatives arriving on their doorstep during the festive period. **Performances are at Burnt Ash Methodist Church Hall** Thursday 3 December and Friday 4 December at 7.45pm. There is a matinee on Saturday 5 December at 2.30pm. Tickets are £7 (£6 concessions) and **can be ordered in advance** by contacting Linda on **020 8857 6963** or RynLnd@aol.com.

Active Lifestyles for All

Funded by The National Lottery through Sport England, 'Active Lifestyles for All' is a programme open to all residents aged 14 and over living in Catford South, Whitefoot, Downham, Grove Park and Rushey Green wards. It aims to support inactive residents to lead a more active lifestyle through participating in 30 minutes of sport related activity per week.

One to one support: based at the Healthy Lifestyle Centre at Abbotshall Road in Catford, 'Active Lifestyles for All' offers you the chance to work with an activity adviser to develop a 13-week plan of activity to suit you from a range of sports and activities and at a time in the day convenient to you.

Activities for All: Activities available at the Healthy Lifestyle Centre include pilates, yoga, exercise to music, Zumba gold, seated and walking aerobics, hoola hoops, Taekwondo, Nordic walking, archery, football, walking football, cricket, community cycling, athletics, jogging, **accompanied** swimming and more.

Get involved: So, why not make the break and join with others to find out how being active can prevent you from developing diabetes type 2, heart disease or suffering high blood pressure or a stroke whilst at the same time enjoying yourself in a friendly and supportive environment and living a healthy lifestyle for years to come. You will also have the chance to meet new friends and relax in the community café.

Once you complete your 13-week plan you may want to continue coming to the centre and help others to enjoy leading active lifestyles as well or you may decide to develop a specific sporting interest by joining a local sports club.

Getting in touch: You can either contact your local GP or pharmacy to arrange a meeting with one of our advisers, or contact Carrie or Peter direct on 020 8698 6637 or email them on hello@abbotshallhlc.org or drop in, find out more Abbotshall Road Healthy Lifestyle Centre, Abbotshall Road, Catford SE6 1SQ.

Lewisham Asian Elders and Carers lunch club

Fridays, 10.30am–2pm, £8 annual membership

Location: Calabash Centre, George Lane SE13 6HH

Lewisham Asian Elders and Carers group is a weekly social club for older people with an interest in South Asian culture. Join us for a tasty vegetarian meal, good company and a range of wellbeing and cultural events. Contact Sabrina Jantuah on 07704 256 394.

Fitness class and coffee morning for over 50s Elim Church, 75 Rushey Green SE6 4AF

Fitness: 1st Thursday of the month 11am–12 noon

Coffee Morning: 2nd Thursday of the month 10am–1pm

Free to attend! Contact:

Shola Fiberesima e-mail:

theplaceofexcellence@gmail.com

Tel: 020 8695 8500 / 07883010296

Lewisham home library service

We offer a free monthly service delivering books in normal or large print, talking books in CD or tape format, music CDs, free newspapers and some films on DVD.

This service is available to residents of Lewisham and their carers who through age, disability, or illness are not able to visit a library. You will be visited by a specially assigned home library staff member.

If you are interested or would like further information, please contact us by calling 0208 314 6254 or by email

libraries@lewisham.gov.uk

Christmas Day lunches – no one needs to be alone on Christmas day.

There are a number of Christmas day lunches happening around the borough for people who may be on their own. For a full list contact Lewisham Pensioners Forum on 020 8690 7869.

Positive Ageing Council

Improving services and facilities for older people in Lewisham



Festive
food and
drink



Spend
time with
young people from
the Young Mayor's team,
sharing stories, singing
songs and lots
of Christmas
cheer.

**Thursday
10 December 2015**

11am – 1pm

Civic suite rooms 1 and 2

Lewisham Town Hall,
Catford SE6 4RU

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac



Lewisham