



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

**Newsletter – Winter 2018/19 Edition**

**Date for your diary**  
The next Positive Ageing Council public meeting is **Thursday 6 December 2018, 11am**, Civic Suite Catford SE6 4RU.

**Your quarterly news, events and updates for older people in Lewisham**

**You are invited to our next public meeting!**

**Date:** Thursday 6 December 2018

**Time:** 11am-1.30pm

**Venue:** Civic Suite Catford, SE6 4RU

We are looking forward to hearing back from the older people organisations that were funded by POSAC last year – see how groups make a small amount for money make a huge amount of difference to older people in Lewisham.

At the time of writing this newsletter we are still making our Christmassy plans but we will as always have our festive feast, sing, dancing and enjoy a lovely festive morning together.

**We look forward to seeing you on the 6th of December.**

## Positive Ageing Council

Improving services and facilities for older people in Lewisham

**Festive food and drink**

Join the positive ageing council for some festive fun, share in Christmas activities, sing dance and be merry. Hear from organisations who have been funded by us and how they have put these funds to fantastic use across the borough.

**Thursday 6 December 2018**  
11am – 1pm  
Civic suite  
Lewisham Town Hall,  
Catford SE6 4RU  
**Find out more**  
Tel: 020 8314 6314  
Email: [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)  
[www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac)

### Positive Ageing Council Small Grant Closing on 18 November 2018

The Positive Ageing Council has a limited pot of funding available to help organisations working with older people in the borough. **Grants of up to £400 are available.**

The Deadline for applying is **Sunday 18 November 2018, 11pm.**

We are asking for applications for resources to help your group or club: from a new urn to board games, from essential equipment to craft materials. Please do apply - you never know until you try.

All information and application form is on our website [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac) or contact

Lucy: email: [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)

Tel: **020 8314 6314** for guidance and information

We are unable to fund trips, core costs or structural items



Lewisham

go to [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac) or email [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)

## What a fantastic day we had in celebration of Silver Sunday!

We were thrilled to share the 3<sup>rd</sup> annual Silver Sunday event with our lovely older residents in October.

We were so happy to be back at Deptford Lounge again this year. The wonderful Annette and her team were amazing in helping us all day, making sure that everything ran very smoothly, if you missed the event, here is what we did to celebrate this national day for older people.



Thank you so much to the JOY Choir for their performance. Beautiful singing rang out across Deptford from this joyful choir.



## We enjoyed fabulous workshops

The wonderful tutors from Adult Learning Lewisham delivered a marvellous, hands on, floral craft session.



Dreamy craft sessions were delivered all day by the tutors from Stanstead Lodge Seniors Club. All ages enjoyed this on the day!



The fantastic Wayne from training for Life gave us a 'Qi Gong' taster session...more about how to join these amazing classes that help with strength and balance later in this newsletter.

Our lovely friend Liam Barnes from the Lewisham digital inclusion team came along to teach us techy skills on our phones and tablets.

Brilliant Ping Pong fun – these sessions are at Deptford Lounge every Sunday!



## Digital Tea Dance

We had so much fun learning dance moves to classic Motown hits from fantastic DJ Doo Lang. We were joined by our favourite digital friend Liam Barnes to help us access our favourite songs through YouTube on our phones and on tablets, all while having a good old boogie...it was a great way to blow off the Sunday cobwebs at the start of the day.

Due to popular demand, DJ Doo Lang will be visiting our Christmas public meeting to teach us some more simple moves to dance to some classic Christmas hits.



A big thank you to all our stall holders who gave of their time to help inform our attendees.

Healthwatch, Falls Prevention, Adult Learning Lewisham and Lewisham Pensioners Forum.



We all laughed and sang while watching our movie matinee, Singing In The Rain! What joy to see this classic.

We even had choc ices!



## Local Democracy Review

Several local councillors, candidates for young mayor and young mayor advisors came along to chat to attendees over a cuppa. They wanted to hear how you feel about local democracy in Lewisham!

There are already lots of ways you can get involved in democracy and decision making in Lewisham. But it could be even better, and they need our help to do it.

They are carrying out a review looking at ways we can: **1 - Enhance our openness and transparency. 2 - Increase public involvement in Council decisions. 3 - Promote effective decision making.** The Democracy review are asking everyone in the borough to take some time to think about the best ways we can involve them in local decision making and to take part in a broad-ranging consultation. More information and access to the online consultation questionnaire can be found at [www.lewishamdemocracy.com](http://www.lewishamdemocracy.com). Thank you to everyone who came to talk to our attendees.



## What happened at the last positive ageing council public meeting?

The theme of our public meeting in September was Crime safety and security. Members of the Positive Ageing Council raised this issue as important to our members, especially with winter approaching and asked that our meeting focused on preventing crime and how to help people identify scams, and what to do if someone is a victim of a scam.

We were delighted to be joined by Selvin Reid, an officer from Lewisham Councils Crime Enforcement and Regulation Team, to talk us through everything the council is involved with regards keeping us safe and he give us some handy tips on staying safe in the home. We also welcomed back the delightful Diana Olutunmogun, the dedicated scams officer for Age UK Lewisham and Southwark.

The following pages of this newsletter will sum up what we learnt at the meeting.

## How to contact the Crime and regulation team:

Please note: in an emergency you should dial 999. These contact details should not be used for any communication that requires an emergency response.

[Crime Enforcement and Regulation Service](#)

**Tel: 020 8314 7237 Email: [CER@lewisham.gov.uk](mailto:CER@lewisham.gov.uk)**

**Address: 9 Holbeach Road, SE6 4TW Opening hours: 9am–5pm Monday to Friday**

## What are Selvin and his team responsible for?

Crime enforcement and Regulation looks after a number of services including CER Service.

- Trading Standards
- Statutory Nuisance
- Licencing
- Neighbourhood Watch Crime Prevention
- Victim Support Scams

Selvin spoke about the vast array of issues that he and the Crime enforcement and regulation team tackle on a weekly basis including: Licencing, Trading Standards, Anti-Social Behaviour Statutory Nuisance - such as noise, dealing with neighbour disputes - Neighbourhood Watch and scams. With regard Trading Standards Selvin spoke about rogue traders and some of the signs that they are operating in your area. Some of the tricks to help stop them are; taking a note of any suspicious work van registration numbers, keep hold of any leaflets you may have got through the door, talk to your neighbours and check they are happy with services they may have received – if you are worried call the Crime Enforcement Team and speak to the trading standards officer. There is lots more information in this newsletter about the hints and tips Selvin gave us to stay safe.

## Top tips for securing your home from operation Bumblebee:

- Close and Lock all doors and windows, even if you are only going out for a few minutes
- Keep your valuables out of site
- Fit a mortice lock to your front door – consider installing a burglar alarm
- Leave some lights on if it will be dark before you get home
- Do not leave Car Keys or ID documents near a door letterbox or window
- Always check who is at your door and don't open it if you feel anxious
- Mark or etch your property with your postcode house or flat number
- Register items with a serial number at [www.imobilise.com](http://www.imobilise.com)
- Cancel Milk and other deliveries if you will be away for days or weeks at a time
- Always Keep Sheds and Outbuildings Locked

## VICTIM SUPPORT

As an independent charity, we work towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. We help people feel safer and find the strength to move beyond crime. Our support is free, confidential and tailored to your needs.

If you've been affected by crime, we can give you the support you need to move forward. Our services are free, confidential and available to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened. Choose from a number of ways to contact us. Call the Free Support Line **0333 270 5493**



### Useful Information from Victim Support

**Personal safety – When you're out and about, it's important to take some sensible precautions to stay safe.**

- Make travel plans in advance and let your family or friends know when and where you're going.
- Stick to busy, well-lit areas and keep close to a group if you feel unsafe.
- Book a licensed cab in advance or hail a black cab (Hackney Carriage) from the street. Only black cabs can be hailed from the street so don't try to hail a minicab without booking it in advance – and never accept a lift from a stranger.
- Think about carrying a personal safety alarm with you when you're out.
- Stay alert and aware of your surroundings – don't wear your headphones when you're out alone.
- Don't keep all your valuables in one place. Try to keep them in different pockets or areas of your bag.
- If you feel worried or threatened on public transport, contact the guard or the British Transport Police.

### Safer Neighbourhoods Team (SNT)

Your Safer Neighbourhoods Team (SNT) is a group of Met police officers dedicated to serving your community. The team is made up of officers based in your area (or 'ward'), supported by additional officers from the wider area.

We work closely with local authorities, community leaders and residents to decide our policing priorities for the area. This helps us to find useful, long-term solutions to local problems, while maintaining our wider focus on reducing crime across London.

Every ward in Lewisham has a safer neighbourhood team. They often attend local assembly meetings and hold ward meetings about crime with local neighbourhood watch groups.

To contact your safer neighbourhood team contact Lewisham Crime and Enforcement regulation team and they will put you in contact **Tel: 020 8314 7237 Email:**

[CER@lewisham.gov.uk](mailto:CER@lewisham.gov.uk)

## **Keeping your home and feeling safe in your home – information from Victim Support**

It's important to feel safe in your own home. According to the police, homes with no security measures are five times more likely to be burgled than those with simple security measures in place.

If your home has been burgled, it can affect your finances but also impact your emotional wellbeing and sense of security. You can contact Victim Support for help and emotional support even if you haven't reported the crime.

### **Here are ten tips to protect your home from burglars:**

#### **Inside your house**

1. Lock your door when you're at home as well as when you go out. It might sound obvious but it can go a long way in preventing opportunist thieves stealing valuables from your home.
2. Keep your windows shut or consider fitting window restrictors if you like to leave the window open when you are asleep. Good window locks can make all the difference.
3. Hide all valuables, including car keys, out of sight and away from the letterbox.

#### **Outside your house**

4. Consider installing extra security such as CCTV or outside security lights to deter potential burglars.
5. Store ladders and tools that can be used to assist in home entry in a shed or garage that is secured with a strong lock.
6. Trim overgrown plants and shrubs so there aren't any hiding places for burglars.
7. Don't hide keys in obvious places, like outside the front door. Burglars will often look in the letterbox or under a plant pot as a matter of course.

#### **When you're away**

8. Make your house look lived-in - burglars won't be attracted by a full house. Consider using the Royal Mail's 'keep-safe' service - they keep your mail for up to two months while you're away.
9. You may be tempted to tell the world about your exciting holiday plans - but sharing too much information on social media could give a burglar information about when your house is empty. Think about who can see this information before you post it.
10. Consider joining a 'Neighborhood Watch' scheme. These are run by communities for communities so each one is different. To find out more about your local group visit the 'Neighborhood Watch' website.

**If you are a victim of crime please call Victim Support on: 08 08 16 89 111**

## Scams awareness – Diana Olutunmogun, Dedicated Scams Officer, Age UK Lewisham and Southwark

### What are scams?

- Scams are tricks that criminals use to con people out of money.
- Scammers are clever and ruthless, and their stories can be very convincing. **They often target vulnerable older people, but anyone can be a victim** of a scam.
- More than 5 million people a year in the UK are victims of scams.
- However, only 5% of scams are reported, so the actual number could be much higher.

### Who is at risk?

Older people can be at greater risk because scammers tend to target people who

- Live alone
- Are at home during the day
- Have savings or valuables
- Are more likely to talk to them
- The average age of a scam 'victim' is 75 years old



### Types of Scams

The main objective of a scammer is to trick someone out of money. They might try to do this by:

- promising a gift, prize or 'windfall' of some kind, if you part with a smaller amount of cash
- befriending you, then convincing you to part with cash to help them out of a tricky situation
- selling a product or service that you don't need, or that never materialises
- tricking their way into your home so that they can steal cash or valuables
- impersonating a trusted organisation – such as your bank, utility company, the police or a government department – to trick you into divulging personal information.

### How do they contact you?

- Phone (calls and texts)
- Post
- In person / on the doorstep
- Online (websites and emails) - Digital!

### How to spot a scam

- Being contacted out of the blue
- The deal sounds too good to be true
- You are asked for personal details
- You have to make a decision straight away
- Letters and emails full of grammatical or spelling mistakes
- They haven't told anyone else
- Dodgy contact details that don't look like where they have claimed to come from



## Who to contact if you have been scammed

- Action Fraud
- Citizen's Advice Bureau
- Age UK (Lewisham and Southwark)
- Crime Enforcement Regulation /
- Trading Standards
- Your bank
- TPS - the only official UK 'do not call' register for opting out of live telesales calls
- Royal Mail



There are an **Increasing number of scams** designed to cheat you out of your money. However, **you can avoid being scammed** if you know what to look for.

Reporting scams to Action Fraud is very important as they can monitor the types of frauds that are happening and take action more promptly if they know about current scams. Don't be afraid to report it.

## Reporting fraud and cyber crime by phone to Action Fraud

You can report fraud by speaking directly to specialist fraud advisers by phoning **0300 123 2040**. They will also be able to give you help and advice about fraud.

**They are able to take your call from:**

Monday to Friday between 8am to 9pm. Saturday and Sunday between 9am to 5pm

You can download the Little book of Big Scams from the internet – just google Little Book of Big Scams. Not online - call 0207 230 1228 for a copy.

## Remember these 10 golden rules to help you beat the scammers.

- 1 **Be suspicious of all 'Too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.**
- 2 **Do not agree to offers or deals immediately. Insist on time to obtain independent/legal advice before making a decision.**
- 3 **Do not hand over money or sign anything until you have checked the credentials of the company or individual.**
- 4 **Never send money to anyone you do not know or trust, whether in the UK or abroad, or use methods of payment that you are not comfortable with.**
- 5 **Never give banking or personal details to anyone you do not know or trust. This information is valuable so make sure you protect it.**
- 6 **Always log on to a website directly rather than clicking on links provided in an email.**
- 7 **Do not rely solely on glowing testimonials; find solid independent evidence of a company's success.**
- 8 **Always get independent/legal advice if an offer involves money, time or commitment.**
- 9 **If you spot a scam or have been scammed, report it and get help. Contact ActionFraud on 0300 123 2040 or online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) Contact the Police if the suspect is known or still in the area.**
- 10 **Do not be embarrassed to report a scam. Because the scammers are cunning and clever there is no shame in being deceived. By reporting you will make it more difficult for them to deceive others.**





## Common Online Scams:

### Phishing/Fake websites

Bank or other trusted organisations asks for account details/personal information

### Emails from abroad asking for money

Appears to be from a stranded friend or relative asking for help

### Emails with attachments

Open these and they could infect your computer with a virus

### Tax refund emails

HMRC telling you that you have a tax refund



## What to do about these online scams

- Do not open an email attachment unless it is safe (check the name of the sender, spelling/grammar)
- Do not click on links within emails which claim to be from you bank, utility company, or HMRC
- Do not reply to scam emails, even to say “no”
- Make sure you email account has a junk filter
- Install anti-virus software



## Remember scams are not unique to being online, so don't be put off, be more aware!

Please don't hesitate to contact Diana Olutunmogun on: **020 7358 4074** or email her at [Diana.Olutunmogun@ageuklands.org.uk](mailto:Diana.Olutunmogun@ageuklands.org.uk) she is happy to answer your questions and help you.

There is also a comprehensive booklet that you can download or receive through the post from

Age UK Lewisham and Southwark.  
[www.ageuk.org.uk/our-impact/programmes/scams-prevention-and-victim-support/](http://www.ageuk.org.uk/our-impact/programmes/scams-prevention-and-victim-support/)

To help stop scam phone calls register for free with the **The Telephone Preference Service**

**(TPS)** is a free service.

It is a legal requirement that all organisations (including charities, voluntary organisations and political parties) do not make calls to numbers registered on the TPS unless they have your consent to do so.

Some scams pose as the TPS and may contact you requesting you to renew your TPS registration at a cost.

Remember the

TPS is a free service and any call trying to charge you for it is a scam.

Contact the **TPS** on **0345 070 0707**



Don't open emails or attachments from **someone you don't know.**



Your bank will **never call** you and ask for your PIN number or for you to give your card to a courier.



With doorstep callers remember:  
**Lock, Stop, Chain, Check**



Avoid pension scams by getting **independent advice** before making decisions.



Don't believe letters claiming you have won a fortune. **If you haven't entered** a lottery or prize draw, you can't have won it.



**Don't be embarrassed** to hang up, say no, or ask someone to leave.



### Who to contact for further help:

Action Fraud – to report a scam – 0300 123 2040

Citizens Advice consumer service – 03454 04 05 06



**FED UP WITH SCAMS?**



**Become a Scam Marshal**

**“Best thing about the scheme is knowing that something is being done about it [scam mail].”**

George

### **National Neighbourhood Watch Association**

The Neighbourhood Watch is a way for people to get involved in preventing crime in their community. The Neighbourhood Watch Association provides details of how schemes work as well as crime prevention information. Contact Crime Enforcement Regulation Team at Lewisham Council on: **Tel: 020 8314 7237**  
**Email: [CER@lewisham.gov.uk](mailto:CER@lewisham.gov.uk)** to find your nearest Neighbourhood watch area or help with setting up a local neighbourhood watch.

### **Would you make a good SCAMS Marshal?**

A Scam Marshal (Previously Mail Marshal) is a victim of scams that has signed up to take a stand against scams and fight back. They do this by sending all their scam mail to our investigation team. Our investigation team then work on this mail and attempt to close down the criminal operations. They have proved very successful so far, the more scam mail we receive then the better our intelligence.

Scam Marshals usually feel empowered to talk to family, friends and people in their local community about the work they are doing to help put a stop to scams, this increases wellbeing, happiness & confidence at the same time, reducing loneliness. They receive a monthly newsletter telling them what's being done with the mail and news about the team, they receive a certificate in their first pack along with freepost envelopes for them to send their scam mail to us.

If you are interested in becoming a SCAMS marshal, or would like more general information about the scheme. Contact Selvin Reid from the Crime Enforcement Regulation Team at Lewisham Council on: **Tel: 020 8314 7237**

**Email: [CER@lewisham.gov.uk](mailto:CER@lewisham.gov.uk) or [Selvin.reid@lewisham.gov.uk](mailto:Selvin.reid@lewisham.gov.uk)**

**Practical help from Victim support**



Victim Support has a free Home Security Programme for all. They provide peep holes, door chains, window locks and letterbox covers to any residents who require them on request. The number that you can book this by calling **0208 776 7071** and ask to be directed to the correct service.

## Home improvement grants - Grants for people with disabilities

If you are disabled and experiencing major difficulties moving around your home, or someone you live with is, you might be eligible for up to £30,000 to adapt your home so you can continue to live independently. The grants are means tested, but if you already get means-tested benefits, or the adaptations are for a child, then you may not need to pay a contribution. Find out more at [www.lewisham.gov.uk/disabledfacilitiesgrant](http://www.lewisham.gov.uk/disabledfacilitiesgrant) or email [SCAIT@lewisham.gov.uk](mailto:SCAIT@lewisham.gov.uk)

## Grants for people on a low income

Are you having difficulties paying for repairs to your home? You may be eligible for a grant and an interest-free loan to help you make your home safe and warm if you:

- are a homeowner
- have lived in your home for the last three years
- are on a low income.

To find out more, go to [www.lewisham.gov.uk/homerepairs](http://www.lewisham.gov.uk/homerepairs)  
Tel: **020 8314 6239**

## No Thanks – Say “No” to Cold Callers

Some residents are visited by people offering to sell goods at their doorstep, or by those who claim work needs to be carried out. Othertimes criminals can pose as officials from companies such as the water boards, or tell a very plausible story, with their intention of tricking their way into someone’s home to steal belongings. Feel empowered to say “NO” to cold callers, look out for your neighbours and help reduce doorstep crime by displaying your No sticker in your window. You can get this sticker

from: **Tel: 020 8314 2288**  
**Email: [CER@lewisham.gov.uk](mailto:CER@lewisham.gov.uk)**

If someone unexpected does knock on your door, then do the following

**Lock:** your door from the inside – don’t unlock until you are sure who is on the other side.

**Stop:** lock your doors and look through the window or spy hole to see who it is first. Not sure, don’t answer!

**Chain:** if you decide to open the door, put the chain or bar on first.

**Check:** ask for and double check their identity card. Lock the door and call the company – Do NOT use the number on their card – instead find the company number in the phone book or from your bill. If a doorstep seller ignores your window sticker contact trading standards on **020 8314 2288** in an emergency always call 999



## Friends of the Elderly

### Our grants and allowances are helping older people stay warm and well

Martin\* is 77 and used to be a social worker, but he started to lose his eyesight and had to stop work. Martin lives with some health conditions that mean he needs an electric bed and hoist, making his bills very high. He told us: “Many times I have had to choose to turn the heater off and wrap up warm”.

In 2012, Martin applied for a Friends of the Elderly grant for a new oven via The Royal National Institute of Blind People (RNIB). As well as receiving the grant, he now gets an annual allowance from us, which he puts towards his electricity and gas bills. Martin’s health means he can no longer get out and about, so our support also helps him pay for home care workers to bring him hot meals. He told us: “Before I received support from Friends of the Elderly, I was having a hard time keeping on top of my bills. The grants I’ve received are a lifeline; I don’t have to worry about turning on the heating or having money for a hot meal, which is such a relief.” If you – or someone you know – are of state retirement age and in need of financial support, get in touch as our grants could help. Visit our website [www.fote.org.uk](http://www.fote.org.uk) to find out how to apply or call our friendly team on **0330 332 1110**.



## **Do you feel cold in your home? Do you find it too costly to be cosy?**

The ECO project can help reduce your heating bills so you could feel warmer for less. South East London Community Energy is working in partnership with Lewisham Council on a scheme to make our homes warmer and drier this winter. We have funding through the Energy Company Obligation Scheme and the Mayor's Office for measures such as new boilers, heating controls and insulation for vulnerable households in Lewisham.

### **What's the problem?**

Did you know that 1 in 10 households in Lewisham are classified as living in fuel poverty and struggle to pay their energy bills? The health effects of living in a cold home are well known and wide ranging: these effects are particularly felt by elderly people. Cold homes can cause high blood pressure which can lead to strokes and even heart attack and pneumonia. People with existing health conditions such as circulatory or respiratory problems (e.g. asthma), diabetes and arthritis are especially vulnerable to the cold. And the risks are even higher for people with certain disabilities, children and the elderly. Cold homes can also suffer from damp and mould issues which can make all of this worse. Living in a cold home is stressful and can lead to anxiety and even depression. Living in a cold house is undoubtedly bad for your health. The NHS spends millions of pounds caring for older people with heart attacks, stroke and respiratory problems caused by excessive cold which could have been avoided if home were properly heated.

**So what can we do to tackle this? There are a number of different steps that can be taken to keep your home warmer for less.**

1) **Shop around** You could save between £200 - £400 by switching energy suppliers. If you need help doing this you could visit one of our energy cafes. We will be holding a number of energy advice cafes in Lewisham throughout the winter. Call our office for details of when the cafes will be held on **020 8269 4882**. Alternatively, visit our website [www.selce.org.uk/energy-advice/energy-cafe](http://www.selce.org.uk/energy-advice/energy-cafe) to find out more.

### **2) See if you're eligible for any energy discounts**

If you're on a low income or receive pension credits then you could qualify for the warmer homes discount, which is £140 off your energy bill. The money is not paid to you - it's a one-off discount on your energy bill, between September and March.

### **3) Keep the warmth in**



If you live in a privately rented or owner occupied household you could be eligible for free or partially funded measures through a scheme called the ECO project. In addition, the Mayor's Office is offering up to £4000 per household to top up this funding. It can cover measures like loft and wall insulation

### **4) Keep the warmth in**

If you live in a privately rented or owner occupied household you could be eligible for free or partially funded measures through a scheme called the ECO project. In addition, the Mayor's Office is offering up to £4000 per household to top up this funding. It can cover measures like loft and wall insulation there's never been a better time to take action to make your home warmer, drier and healthier. To see if you're eligible for funding and book a home visit call Laura at South East London Community Energy on **020 8269 4882**.

## What is a home fire safety visit?

London Fire Brigade believe that successful firefighting starts with prevention. So they have introduced a service where we can visit you, a loved one, or someone you care for at home to provide personalised advice about fire safety. It's totally free, available 24/7, and they will even fit free smoke alarms during the visit if you need them.

## What to expect during a home fire safety visit?

You can arrange a home fire safety visit for yourself or for someone you care about. However, to explain the process, let's imagine that you would like us to visit you in your own home. You can call them free on **0800 028 4428** email [smokealarms@london-fire.gov.uk](mailto:smokealarms@london-fire.gov.uk) text/SMS **07860 021 319**

## On the day

We'll visit your home at the arranged time, and share our expertise. The visit is friendly and informal, and there's no need to tidy up or provide refreshments – we're here to keep you safe, not for the tea!

After a chat about fire prevention, we'll ask you to show us around your home so we can provide personalised advice on:

- Cooking and smoking
- Heaters and heating
- Candles and fireplaces
- Detection systems (smoke and heat alarms)
- Bedtime checks
- What to do if there is a fire



## Free smoke alarms

If you need them, we will also provide and fit free smoke alarms in any room where a fire might start. This can be done on the day.

## Firefighters tips for using heaters safely

- Make sure heaters are well maintained and in good working order.
- Check that your heater isn't on a recall list – there have been many fires in the past year connected to heaters that have been recalled.
- Never install, repair or service appliances yourself. Make sure anyone who does is registered with the Gas Safe Register (for gas appliances), the Heating Equipment Testing and Approval Scheme (HETAS) (for solid fuel appliances), or the Oil Firing Technical Association (OFTEC) (for oil appliances).
- Don't take risks with old heaters – if it's electrical and getting older, get it tested by a qualified electrician or buy a new one.
- Where appropriate, secure heaters against a wall to stop them falling over, or fit wall-mounted heaters.
- Keep heaters well away from clothes, curtains and furniture and never use them for drying clothes.
- Always sit at least one metre away from a heater as it could set light to your clothes or chair.
- Before attempting to move your heater, turn it off and allow it to cool first.

## A warming hand for Winter

Rising energy prices and pressures on household budgets mean it's going to be more of a challenge than ever to keep warm this winter. Living in a cold home isn't just miserable, cold temperatures indoors are associated with a wide range of health problems.

Help is on hand through Lewisham Council's Warm Homes Healthy People project. We can offer you a free home visit that includes:

- practical advice on how to stay warm
- a free warm pack includes a blanket, gloves and mug
- help to access the £140 warm homes discount
- assistance with debt on energy bills
- advice on switching tariffs
- draught-proofing and other energy saving measures
- connections to other sources of help.



You may also be eligible for funding for heating and insulation improvements, which in some cases can be as much as £7,000 making a dramatic difference to a previously cold home. If you're worried about staying warm this winter, and you're interested in having a free home visit, contact us to find out more.

We are particularly keen to prioritise anyone:

- over 65
- on a low income or means-tested benefits
- with a physical disability
- with a long-term health problem
- suffering from mental health issues



Thanks to support from the Greater London Authority residents in Bexley, Bromley, Greenwich and Southwark can now also benefit from this service. So if you don't live in Lewisham but you are in south east London you could still have a free home visit.

To find out more call **0808 169 1779** or complete our online form

<https://form.jotformeu.com/81712091490352>

Although the **Positive Ageing Council** are fully committed to supporting as many people as possible to get online - We appreciate how frustrating it can be for people who are not online, when dealing with some issues.

Remember we are here to help put you in touch with the right people, if you need extra help. Not online, If you want to find out more about learning basic digital skills, ask in your local library or call 07392 191 272 about basic digital skills training. And it's FREE!

## South East London Community Energy

As the weather cools, it doesn't mean your energy costs have to spiral upwards. SELCE can help you keep warm for less this winter. We can run an interactive Energy Doctor workshop for your group to provide top tips on saving money and energy, including switching supplier, making small behavioural changes and demystifying smart meters. Contact [giovanna@selce.org.uk](mailto:giovanna@selce.org.uk) **020 8269 4882** to book. We also provide detailed, one-to-one energy advice at our energy cafes in the Lewisham High Street library, from 10 – 4 on Fridays. You can find out more and book an appointment at

[www.selce.org.uk/energy-advice/energy-cafe/](http://www.selce.org.uk/energy-advice/energy-cafe/)

## Would you like to get involved with Lewisham's first ever Festival of Creative Ageing?

**Date: Tuesday 20 November**

**Time: 12pm – 3pm**

**Venue: The Albany, Douglas Way, Deptford, SE8 4AG**

In autumn 2019, Lewisham will become a hive of creative activity, with a festival celebrating the transformative power of the arts in our lives as we age.

Attend the Launch on 20 November to be part of shaping the festival, find out about grants and other ways to get involved, and take part in creative consultation.

**FREE but please book a ticket if you'd like to attend from 12pm – 1pm.**

You can drop in without a ticket from 1pm – 3pm.

Book and find out more here

[www.thealbany.org.uk/projects/foca-launch/](http://www.thealbany.org.uk/projects/foca-launch/)

or by calling the Albany on **020 8692 4446**.



## New film club in Downham for over 60s

Meet Me at... activity began 5 years ago, starting with the question

'What if isolated and lonely older people had the opportunity to go to an arts centre instead of a day centre?'

**Meet Me at the Albany** was created in response and has been running for 50 weeks a year ever since. It's a weekly club at the Albany in Deptford where participants are just as likely to be taking part in a circus workshop or writing poetry as singing in the weekly choir, which has performed publically at the Royal Festival Hall and the Queen's House in Greenwich.

Since 2013 the project has grown significantly. Our newest project starts this month - an informal film club with a difference **on Wednesday mornings at Downham Health and Leisure Centre**. Designed for anyone over 60, including those Living with Dementia, the sessions will include movie 'moments' and other activities based around films, including dancing and refreshments.

This is alongside our already popular Deptford based film club: **Meet Me at the Movies** where we have cinema screenings for and chosen by older people. For cultural destinations there is **Meet Me on the Move**: monthly trips across London, from the Houses of Parliament to the Horniman. We also work in partnership with **Lewisham Homes** running creative sessions for residents and with them we've created poetry, exhibitions, and performances.

With **Meet Me Round Yours** we are experimenting with ways of working with people who are no longer able to get out on a regular basis. We are connecting with individuals using specially designed individual projects. All of this happens with the support of invaluable **volunteers**, who connect with isolated older people and introduce them creative activities.

*"It's given me a new zest for life and a new determination that I can do things for myself if I try. I'm a different person, more able, more confident." Meet Me Member*

For more information on any of the clubs and activities or about volunteering with us please email [MeetMe@thealbany.org.uk](mailto:MeetMe@thealbany.org.uk) or call the Albany on **0208 692 0231 ext. 280** or Entelechy Arts on **0208 694 9007**.

## Food2You

### 'Delivering food, independence and dignity to local older people'

Food2You is an exciting new grocery delivery service run by Age UK Lewisham & Southwark. Flexible and fully accessible, it supports people aged 50+ in Southwark, Lewisham & Lambeth to live more healthy, independent and dignified lives.



Food2You now has two vans and is delivering to customers on a Tuesday, Wednesday and Thursday. Our aim is to continue growing, to support more people across the three boroughs who need our help.

The only way we can do this is with the amazing support of our volunteers. If you or anyone you know would like to get involved, please email [Food2You@ageuklands.org.uk](mailto:Food2You@ageuklands.org.uk). We have a number of exciting, varied roles available.

### Interview with Maria Ezeli, Food2You Shopper

'I am an accountant in a medical technology company. I work fulltime from home, which gives me a little more flexibility to do some voluntary work so long as I still cover my contracted hours. I have a 21-month old daughter.

I have always been interested in volunteering. Before my daughter was born I was a volunteer with a migrant and refugee charity in Streatham, but after she arrived I just couldn't keep up with what was involved, plus the travel, so I looked for something closer to home. Food2You is close-by to where I live, and it benefits a community I feel happy to support – older people without family nearby. So far, the role has been pretty simple and yet it makes a massive difference to the older people who cannot shop for themselves. Staff have been supportive with any unexpected problems, but it's mostly plain sailing. You do need patience with finding items you have never looked for yourself, but I am getting quite familiar with where different items are in Tesco. We've also made the process more streamlined from when I first started and everyone was milling around not sure what to do next.

If you're looking for a way to contribute, and supporting older people is close to your heart, I'd say go for it so long as you can manage it with your other commitments."

To join Maria and all our other amazing volunteers, email us at [Food2You@ageuklands.org.uk](mailto:Food2You@ageuklands.org.uk)

**Phone: 0207 358 4064**





## Christmas Cheer around the Borough

### No-one needs to be alone in Lewisham on Christmas Day

From Deptford to Perry Rise there are churches and cafes offering lunch and friendship on 25 December, some drop-in, some needing to be booked in advance.

Lewisham Pensioners Forum (**020 8690 7869**) have compiled this list, a piece of work undertaken in good faith and as accurate as we can make it at the time of printing (early November), so please don't hold us to blame if something's missing which should be there or if arrangements have changed since we went to press.

**And please, if you book into a lunch and arrange transport but then find you're spending the day with family or friends after all, LET THE ORGANISERS KNOW!**

There is otherwise the nightmare situation of the unfortunate driver—with other people on the list to pick up—having to get hold of the emergency services on Christmas Day (when they are extra busy) simply because you're not there to answer a door-bell.



In Partnership with  
the Positive Ageing



**Deptford Methodist Church, 1 Creek Road, SE8 3BT** A 10.30 service or just come along at 11.30 for welcome, tea and coffee. Then a 3-course lunch (tell them in advance of dietary requirements) followed by games & entertainment, ending at 3.30. Call Revd David Gillman on **020 8692 0048** to confirm numbers & discuss transport

**All Saints Community Centre, Monson Road, SE14 5EH** Christmas Mass in the Hall at 11am, then a traditional lunch starting at around 1pm, followed by tea with cakes and sandwiches and a visit from Father Christmas. There is no charge for anything. Phone Father John on **07703 567 214** as some transport may be available.

**St John's, St John's Vale (corner of Lewisham Way), SE8 4EA** Lunch 12.30 to 3pm. Advance booking preferred—call Peter on **020 8692 2857** or email [peter.stjohnsdeptford@gmail.com](mailto:peter.stjohnsdeptford@gmail.com) Limited transport may be available if required.

**Christchurch URC Bellingham Green, SE6 3HQ** Lunch, tea, fun and games from 11.30 to 5pm. Ring or text Tommo on **07712 677 174** or Jan on **07962 344 744** to book your place and enquire about transport. **Same again on Boxing Day!**

**Our Lady & St Philip Neri Catholic Church, 208 Sydenham Road, SE26 5SE** Traditional turkey and Christmas pudding, with an option of being picked up and dropped home. Free, but not a drop-in. Please phone VSL on **020 8291 1747** as soon as possible to make arrangements, or else call in at the Voluntary Services Lewisham office, in the Leamore Centre, 29-39 Clarendon Rise, SE13 5ES to fill in the form.

**Cummin' Up Restaurant & Take-away 389 Lewisham High Street, SE13 6NZ** Richard Simpson and his family—for the 10th wonderful year—will cook traditional British Christmas Day fare (including Brussels sprouts!), plus jerk chicken, rice and peas and mixed salad—1pm to 6pm.

**And on Boxing Day Wednesday 26 December. The Hill Station, Kitto Road, SE14 5TY** 12noon to 4pm. Anyone feeling the let-down after Christmas is welcome to come along and bring any leftovers they have to share, or just bring themselves! Hot drinks, biscuits, cake and company. All free

**More overleaf**

## Christmas lunches continued

**St Barnabas Church Hall, Perth Road (off Crescent Road). BR1 6PP** Tea and cakes from 3.00 to 5pm. Please contact Fr. Stuart Leck on **020 8698 0283**. Bus routes 162, 227 and 367 along the Bromley Road go nearby.

**And New Year's Eve Monday 31 Dec Christchurch URC Bellingham Green, SE6 3HQ** As above from 10.30 to 5pm. Ring or text Tommo on **07712 677 174** or Jan on **07962 344 744** to book your place and enquire about transport. Hoppa Bus 336 or a 15 minute walk from Bromley Rd

## Become a member of the Lewisham Pensioners Forum

**Our aim is to ensure that the views of over 50s are heard and that Lewisham's elderly are well informed and able to express those views.**

Members receive a bi-monthly newsletter to keep up-to-date on national and local issues, and intermediate e-mails. The monthly Forum outings (some by mini-bus to hard to reach venues, some just using our Freedom Passes for a companionable day out) are also run on a "members only" basis.

Forum meetings, Financial Fairs, etc. are open to all, but membership ensures that advance notice of these events is delivered to your door or in-box.

## Interested in Forum membership for yourself or for someone else?

Get in touch to ask about "Gift Membership" £10 through to March 2020—a possible answer to Christmas present problems.

To join the Forum yourself please send in the form below (for three months **FREE** membership through to March 2019).

To **Lewisham Pensioners Forum, The Old Town Hall, Catford Road, SE6 4RU** **020 8690 7869** email: [info@lpforum.org](mailto:info@lpforum.org)

## Need volunteers this holiday season? VAL can help you find them.

We get a lot of requests for volunteering around the holiday season so for organisations looking for volunteers, now is the time to get ready. If you have roles that need filling Voluntary Action Lewisham can support you with recruitment and you can even advertise them on our [website](#).

If you'd like us to help you find volunteers and advertise through our channels all you need to do is fill out this [online form](#) (please note that you'll need to log in to a Google account to access). If you have any questions or are having trouble with the form, please contact Aparna on [aparna@valewisham.org.uk](mailto:aparna@valewisham.org.uk) or call **020 3778 0664**.



Training4Life.me.uk Presents...



# Qi Gong

Exercise as nature intended

## Training4life presents Qi Gong

Monday's 11 am to 12 pm at the London Irish Community Centre. 2a Davenport Road SE6.

It's a slow paced, low impact exercise which is great for joints, body organs, balance, flexibility, fall prevention.

Cost is £5 and everyone is welcome to our friendly drop in class. There is a lunch club afterwards which is lovely.

**Contact Wavne: 07984 029 894** for more info.

*Qi Gong exercise is gentle combination of:*  
**Easy Flowing Movements | Breathing | Positive Intension/Joy**  
*& much more...*

## Mindfulness & Movement

Relax, socialise, and keep limber! Led by a trained instructor, these sessions will leave you feeling calm and connected. Tea and conversation, followed by meditation and gentle exercise. All welcome!

Mondays, **22 Oct—29 Nov**

10:30am-12:30pm

St. Lawrence's Community Centre

37 Bromley Road, Catford, SE6 2TS

Call **0208 698 3735** for more information

[www.ageingwellinlewisham.org](http://www.ageingwellinlewisham.org)



# Ageing Well in Lewisham

## Building Friends at Somerville



*stay healthy*

*Group activities*

*Refreshments*

*Make new friends*



Wednesdays between 12 -3pm

The Somerville, 260 Queens Road

SE14 5JN

For more info contact Katy

07506040564

[katherine.weston@syp.org.uk](mailto:katherine.weston@syp.org.uk)

## Deptford Mission – Come for a free trial visit at our Day Centre!

Our Day Centre is a vibrant and inclusive social contact centre based at the top of Deptford High Street, open to elderly and disabled who are independent with personal care and eating. Older volunteers also wanted for day centre and charity shop work.

## Day Centre places available immediately for those living in Deptford Challenge Trust area!

The Day Centre at Deptford Methodist Mission Disabled People's Contact was fortunate enough to receive a grant from the London Community Foundation Deptford Challenge Trust this year. This grant is to contribute towards our transportation costs for the year. As a result, we are looking for more people living in the Deptford Challenge Trust area (around Lewisham Shopping Centre, Evelyn Ward, New Cross and Deptford) to attend our service. There will be no waiting list for the first 10 living in the DCT area who apply! Please contact Erica on **020 8692 5599** or [erica@deptchurch.co.uk](mailto:erica@deptchurch.co.uk) [www.deptfordchallengetrust.org.uk/about-us/the-dct-area.aspx](http://www.deptfordchallengetrust.org.uk/about-us/the-dct-area.aspx)

## More about Deptford Mission DPC

The cost for all is £10 per day including 3 course meal cooked on premises and transport. Regular day trips through the year. We are able to support people who are independent with their personal care, eating, and medication. Please contact Erica on **020 8692 5599** or [erica@deptchurch.co.uk](mailto:erica@deptchurch.co.uk) if you are interested in attending, or know someone who is!

# LEWISHAM COMMUNITY TOILETS



## Lewisham Community Toilets

Thanks to the new Lewisham Community Toilet scheme there are more clean, safe and accessible toilets that are open to the public, at no cost, during normal office opening hours.

Members of Lewisham Community Toilet scheme include local businesses, cafés, community centres and libraries whose toilet facilities are available for you to use. Some offer wheelchair access and baby changing facilities.

For a full list of Community Toilets across Lewisham please visit the website [www.lewishamlocal.com/communitytoilets](http://www.lewishamlocal.com/communitytoilets) or contact Sam on email: [communitytoilets@lewishamlocal.com](mailto:communitytoilets@lewishamlocal.com) or call **0207 138 1772** for a location booklet.

**Would like to volunteer to help improve Lewisham Community Toilets?** This involves visiting toilets in the borough and providing feedback to Lewisham Local on their accessibility and standard. If you are interested, please contact Sam on **07392 862 177** or email [sam@lewishamlocal.com](mailto:sam@lewishamlocal.com)

## Sydenham Community Library

**Exercise class for Senior citizens** and people with poor mobility every Tues 11 am -12pm £1.80 per session with Tonia.

**Craft and Arts every Thursday** 1pm – 3pm (free) in Making jewellery, greeting cards, sketch & painting with Chris, Pauline and colleagues.

**Story writing group;** create your own stories, articles, poems, biographies for fun and constructive guidance from Sue. Every fortnight starting 16<sup>th</sup> October (free) Please call Sue on **020 8659 8663** as places are limited.

**Advocacy – helping you to resolve issues and problems,** monthly by appointment only, with Chrissie and Shelagh (for benefit enquires/help with form filling) **020 8778 1753**

**Christmas Party for Senior Citizens Tues 11<sup>th</sup> December** Please contact Chrissie on **020 8778 1753** to book a place as these are limited to 16-18 people. (free) 1pm – 2pm

## Lewisham S.A.I.L. Connections

Lewisham S.A.I.L. Connections can help you access free expert support to maximise your income and access grants to keep your home warm this winter. We can also link you to a range of other support such as the Community Falls Service and help finding social groups. Please contact Age UK Lewisham and Southwark on: **0207 358 4077.**



## Will help from Stanstead Lodge Seniors Centre

From time to time we have events that address end of life issues one of them being that many people do not have a valid will and this potentially causes a lot of trouble and expense for the family to sort out their affairs. Obviously standard advice is to seek guidance from a solicitor, but if your affairs and wishes are uncomplicated it is possible to draft a valid will yourself. To this end Stanstead Lodge Senior Club have a supply of pre-printed wills, for just £3 each, which you can complete yourself and if you catch us at the right time there will be people here to help validate your will by witnessing your signature as per the guidance in the document. I completed one of these prior to undergoing surgery recently, and trusting my beneficiaries I made a simple allocation and made my wishes known in a separate document addressed to them and the Executor.

## PICTURE THIS – My Family History in Pictures

Have you a box of family photographs, letters or objects that you would like to use to tell a story? Would you like to create a family history in pictures? 'Picture This' will help older people to structure and share their story at the same time as building a network of new friends, finding a place in their community.

Over 10 weeks participants will be part of a group, bringing in family photographs and documents they would like to work with and learning how to build and create a story.

Photographs and letters are a powerful trigger to memory but to share a story to others you need detail and structure to turn that material into a fascinating history. You decide the story you would like to tell and Age Exchange practitioners will help you to structure and present.

**Sessions will take place on Fridays between 2.00pm – 3.30pm from January 11 2018.** For more details please contact [malcolm.jones@age-exchange.org.uk](mailto:malcolm.jones@age-exchange.org.uk) or call **020 8318 9105**



## BRANCHING OUT AT TELEGRAPH HILL

This summer Branching Out has been busy with various interesting and enjoyable Taster sessions. They included Mindfulness; Movement /Physical theatre; Ballet ; Self-care; Chair Yoga; and Yoga with massage.

We started a crochet and knitting club on the last Thursday of each month between 1-2pm. Currently, we are making poppies for the centenary celebration of the end of WW1, but also working on our own projects.

In September we hosted a free Brain Health Workshop. This involved puzzles like face recognition and pattern matching. Those conducting this came from Harley Street in aid of Dementia research.

We finished the summer by enjoying a Harvest lunch on 11<sup>th</sup> October.

*Written by Dot Symes – Branching Out member*

**If you want to know more about Branching Out activities, please ring Sue on 0207 639 0214**

**0214**

**Over 50s FILM CLUB**

**FREE**

**Different Film Every Week**

**Every Friday**  
**1pm to 4pm**

**Taking Place at:**  
**TNG Youth & Community Centre**  
**111 Wells Park Road, Sydenham, SE26 6AD**

For more information call 0208 314 3553 or  
email [tng@youthfirst.org.uk](mailto:tng@youthfirst.org.uk)

**Refreshments on arrival**

**Youth First**

**TNG**

The poster features a background image of a cinema hall with rows of seats. The text is overlaid in various colors and fonts, including large blue circles for key details. Logos for Youth First and TNG are at the bottom.

### **St Laurence Church and Outburst Theatre**

We'd like to thank all the older people from Positive Ageing Council who took part in Reminiscence sessions with the young people here at St Laurence's researching the Catford - 1968 project. The children have gone on to create a Promenade Performance at St Laurence Church and Centre featuring some of the events of 1968 locally and nationally. We are creating a video of these Reminiscence sessions, along with the rehearsals and performances, and there will be a public screening of this film in mid-February - date to be announced. The production has been sponsored by the Lewisham Arts Festival Fund and the Heritage Lottery Fund.

### **Knit Crochet and Natter Class - Fridays 2.30-3.30pm**

We have a volunteer who will be on hand to give guidance and help, please bring your own knitting or crocheting. We do have a small amount of equipment available.

Please contact Kerry or Sarah for more information. **020 8699 9009** or email [epsp.info@ackroydcentre.org.uk](mailto:epsp.info@ackroydcentre.org.uk) EPSP Ackroyd Community Centre 14/20 Ackroyd Road Forest Hill SE23 1DL

### **GCDA commissioned by Lewisham Public Health, are offering free 2-day training on Physical Activity and Healthy Eating exclusively for community groups in the borough.**

- The training will cover essential information on how to deliver first line evidence based advice to increase physical activity levels and healthy eating behaviours with your clients
- Once trained, you will receive support from GCDA to help plan and deliver 3 healthy eating and physical activity sessions
- GCDA will deliver the first free Physical activity session to your group

**The next training dates will be:  
13<sup>th</sup> & 20<sup>th</sup> November 2018** Forest Hill Methodist Church & Centre, Normanton Street, SE23 2DS  
**Time: 10am-4pm both days**

With a follow up session on 4<sup>th</sup> December – 10am-1pm

To apply or for further information, please contact us on Tel: **020 8269 4886** Email: [fay@gcda.org.uk](mailto:fay@gcda.org.uk) Web: [www.gcda.coop](http://www.gcda.coop)

### **Stanstead Lodge Seniors Club Christmas Carvery & Party**

14 December 2018, Time: 12-6pm

Price : £16

Contact Tina on **020 8291 1164**

### **We are Glory Days Seniors.**

159 Perry Rise, Forest Hill, SE23 2QU.

Glory Days Seniors meet every 2nd and 4th Wednesday of the month from 11am to 1pm  
Come hear, see and do what is available for you to access and improve your life style in your glory days.

### **Activities at the Armada Community Project**

#### **Mondays HOW ARE YOU**

11.00 - 1.00pm

Informal drop in where people can come and have a coffee/tea talk about how your feeling, reduce isolation, talk about any concerns they may have look at self-help solutions

#### **Wednesdays**

Knit and Knatter 9.00 - 11.00am

**Deptford Divas** - Youth Club for the 50 plus, art and craft, sewing work on your own project or just chat

Thursdays 11.00 - 2.00pm

Crafty Art and Coffee making gifts for our Christmas Fete

Armada Community Project 21 McMillan Street SE8 3EZ

email [armadacommunityproject@yahoo.co.uk](mailto:armadacommunityproject@yahoo.co.uk)

Telephone **020 8691 3332**

### **Textiles Christmas Marketplace**

Saturday 8<sup>th</sup> December, 10.30am-3pm  
Adult Learning Lewisham, Brockley Rise  
Centre, 2 Brockley Rise SE23 1PR

The Textile & Floral Design department is showcasing tutor & learner work which will include upholstery, cushions, decorative textiles, garments and bags- and some makers will also be available to discuss bespoke items or commissions.

Enjoy this fantastic opportunity to browse and buy unique handcrafted gifts or furnishings for your home- and even be inspired to join a class in 2019!

There will be refreshments & a prize draw on the day to win a gorgeous fresh Xmas floral design!

### **Get creative this Christmas with adult learning Lewisham**

Whether you want to make a special gift for a loved one or do something fun for yourself in the new year, get into the festive spirit with Adult Learning Lewisham!

#### **Make A Christmas Door Wreath:**

Saturday 8<sup>th</sup> December, 10am – 1.30pm  
£47 (includes materials)  
Brockley Rise Centre, Crofton Park, SE23 1PR

#### **Learn how to create a stunning table centre piece or table runner design for the festive season:**

Thursday 6<sup>th</sup> December, 7 – 9pm  
£38.50 (includes materials)  
Adult Education Centre, 100 Granville Park, Lewisham, SE13 7DU

#### **Design and make a glass Christmas tree decoration:**

Thursday 13<sup>th</sup> December, 10am – 3pm  
£32 (includes materials)  
Adult Education Centre, 100 Granville Park, Lewisham, SE13 7DU

**Christmas and New Year classes with Adult Learning Lewisham contact them for information on 020 8314 3300**



### **IT Classes for the new year from Adult Learning Lewisham**

#### **Increase stamina, balance and flexibility with our Keep Fit With Gentle Exercise class:**

**14<sup>th</sup> January – 25<sup>th</sup> March** (Mondays), 11am – 12pm  
£63 (full price), £31.50 (concession)  
Brockley Rise Centre, Crofton Park, SE23 1PR

#### **Learn how to use a computer and get online:**

This course will teach you the basics of logging on, creating files and how to use the Microsoft office software packages, including the internet.

**11<sup>th</sup> January – 22<sup>nd</sup> March** (Fridays) 1-3pm  
£100 (full price), £50 (concession)  
Grove Park Adult Education Centre, 333-335 Baring Road, Grove Park, SE12 0DZ

#### **Be able do internet shopping, online banking and emails:**

Basic I.T. skills necessary.

**11<sup>th</sup> January – 22<sup>nd</sup> March** (Fridays), 1 – 3pm  
£130, Adult Education Centre, 100 Granville Park, Lewisham, SE13 7DU

#### **Learn how to use your digital device (smartphone, iPad, tablet):**

**11<sup>th</sup> January – 22<sup>nd</sup> March (Fridays)** 10am-12noon £100 (full price), £50 (reduced) Grove Park Adult Education Centre. 333-335 Baring Road, Grove Park, SE12 0DZ

**14<sup>th</sup> January – 25<sup>th</sup> March (Mondays)** 1-3pm  
£100 (full price), £50 (concession) Brockley Rise Centre, Crofton Park, SE23 1PR

## Activities from Fusion Leisure

Throughout the summer money has been spent on a new carpet, lighting and boiler at Lewisham Indoor Bowls Centre. We are offering, summer, winter and annual memberships as well as coaching. Users don't have to be a member to join, the centre can be used on a PAYG basis, and we can hire woods. To find out more contact the centre on **0208 778 1531**

**New 60+ Pilates class at Forest Hill Pool** starting on Wednesday 7<sup>th</sup> November 10.30-11.30. Classes are open to all member and non-members. We are also looking at creating a social morning at the centre. For anyone interested in leading this and helping us run it please can you contact [matthew.houghton@fusion-lifestyle.com](mailto:matthew.houghton@fusion-lifestyle.com)

Be Active membership at the centres free swim and gym for over 60's at all Lewisham Centres. 25% off other activities

## Dementia and you

The number of people with dementia from black, Asian and minority ethnic groups is expected to rise significantly. Does our research address the needs of BAME communities and is participation open to all?

### Come and find out...

What goes on behind the scenes at the Institute of Psychiatry, Psychology & Neuroscience? How could dementia research benefit you and your family? How can you get involved? Come and hear about what we do and share your views...

**When: 11am-3pm Monday 26th November 2018**

**Where: Cambridge House, 1 Addington Square,**

**Camberwell, London SE5 0HF**

Lunch provided

Please email Samantha Sharp at

[memory.research@kcl.ac.uk](mailto:memory.research@kcl.ac.uk) or

telephone **020 7848 5153** for more information or to register for a place.



# young at heart

We have some brand new sessions for older people, come along to try them out! You might also want to get on the Fit Bus for free!



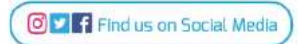
Activity	Description	Day and time
<b>Falls prevention</b>	The seated exercise class that helps you to prevent yourself from falling!	Tuesdays 1-2pm, £2 Downham Health & Leisure Centre
<b>Seated Zumba</b>	The popular dance class, Zumba but with seats at another venue!	Wednesdays 11-12pm £2 At Goldsmiths Community Centre
<b>Tea Dance</b>	Join us for a social dance class suitable for all abilities with a tea break in the middle!	Thursdays 12.30-2pm, £2 Downham Health & Leisure Centre
<b>55+ Active Social</b>	The activities change each week and include Boccia, short mat bowls, tennis, badminton, magnetic darts, and much more!	Thursdays 2-3.30pm, £3 Downham Health & Leisure Centre

Turn up & book with reception, no membership needed. Sporty clothes recommended, no equipment or previous experience needed. For more information email [HPADownham@1life.co.uk](mailto:HPADownham@1life.co.uk)  
To book to get on the fit bus email [fitbus@1life.co.uk](mailto:fitbus@1life.co.uk)

Downham Health & Leisure Centre

**020 8461 9200**

[1Life.co.uk/Downham](http://1Life.co.uk/Downham)



Managed by Downham Lifestyles Ltd in partnership with Lewisham Council. Operated by 1Life [www.lewisham.gov.uk](http://www.lewisham.gov.uk)

## DEMENTIA AWARENESS DAY

hosted by Leah Lodge Care Home

Understanding what people living with dementia are experiencing means we are able to improve and tailor the care and compassion that we deliver.

Come along to Leah Lodge Care Home and experience our...

### VIRTUAL DEMENTIA TOUR

THURSDAY 22ND NOVEMBER • 10AM-4PM

By altering your senses, the Virtual Dementia Tour is the only scientifically and medically proven method of giving a person with a healthy brain the experience of what dementia might be like. Meet our team and take a tour of our luxurious care home.

Join us for a Dementia Friends session, 2pm-3pm.

Please book your place early by calling **0208 318 2272**  
or email [geoff.pride@cinnamoncc.com](mailto:geoff.pride@cinnamoncc.com)

Leah Lodge Care Home Blessington Road, Blackheath, London, SE13 5EB



## Support for unpaid CARERS in Lewisham

To book activities or for support please contact Carers Lewisham: T: **020 8699 8686**  
E: [info@carerslewisham.org.uk](mailto:info@carerslewisham.org.uk)



## Volunteering opportunities

Volunteer to help Lewisham people.

We need Befrienders, Passenger Assistants, Drivers and more.

For information contact Sandra:

**0208 291 1747**

## News about Spare Tyre's flagship show

'The Garden' is designed for an audience of people living with dementias. Since its conception in 2015 Spare Tyre have reached hundreds of people by touring the show regularly to day centres and care homes. Taking you on a multi-sensory journey through the seasons, the show is non-verbal, using alternative methods of communication to engage the audience and improve wellbeing.

We rely on fundraising to tour 'The Garden', so we are delighted to announce we have been selected to take part in the Big Give Christmas Challenge. From 27 November – 4 December any donations to Spare Tyre will be doubled, this is a fantastic opportunity to raise funds, enabling us to continue this vital work and make an impact on new audiences.

Join our mailing list to find out more about our Christmas Challenge. You can find out more about 'The Garden' and our other inclusive and innovative theatre by visiting our website:

[www.sparetyre.org](http://www.sparetyre.org), calling us on: **020 8692 4446** (ext.273) or emailing: [info@sparetyre.org](mailto:info@sparetyre.org)

## The Diamond Club

Lots going on for everyone in Hartley Hall Culverley Rd, Catford, SE62LD offering several opportunities to improve health and wellbeing and connect with others.

### Weekly Seated Yoga for the over 60s,

Thursday, 2-3.30, £3 including refreshments.

### Utopians present a fundraising

**Christmas concert-** Thursday the 13<sup>th</sup> December, 7.30, cost £5

### TTT- Third Thursday of the month a safe,

supportive space offering massage, arts and craft, refreshments, physical exercise such as Zumba, yoga or Tai Chi. 5.30-8.30. Next ones 15<sup>th</sup> November and 20<sup>th</sup> December.

### Christmas fair with the Diamond Club,

Tuesday 4<sup>th</sup> December, 11-3.30, lots of Christmas gifts, raffles, Tombola's and cakes.

All events can be accessed via Culverly Rd, or Sangley rd on a good bus route and are Dementia friendly

**Pantomime is coming home to Catford** and is bigger and better than ever, as The Broadway Theatre, announces that **Aladdin** is set to fly into town on his magic carpet **Friday 12 Dec – Sunday 30 Dec 2018.**

**Join the fun this Christmas in the enchanting world of Peking where an exciting adventure will unfold.** Aladdin is a fun-filled pantomime adventure for the whole family. Tickets from £15. Book your tickets today at [www.broadwaytheatre.org.uk](http://www.broadwaytheatre.org.uk) or telephone the Box Office on **0208 690 0002**



**Ladywell Specialist  
Dementia Day Centre  
Winter Party will be  
held on Friday 23rd November  
2018, 5 – 8pm**  
All welcome. For more information  
contact:  
[esther.wiskerke@lewisham.gov.uk](mailto:esther.wiskerke@lewisham.gov.uk)



### Downham Health and Lifestyle Centre Fit bus timetable

Our fit bus can pick you up in the areas of Downham, Grove Park, Catford South and Whitefoot.

**Contact us to see where we can pick you up from to take you to the following activities:**

**Tuesdays 10.30-11.30am:** Walk from Goldsmiths Community Centre (FREE)

**Tuesdays 1-2pm:** Falls prevention Downham Health & Leisure Centre (£2)

**Wednesdays 11-12pm:** Seated Zumba at Goldsmiths Com Centre (£2)

**Wednesdays 1-1.45pm:** Walk 15 at Healthy Lifestyle Centre (£3.50)

**Thursdays 12.30-2pm:** Tea Dance at Downham Health & Leisure Centre (£2)

**Thursdays 2-3.30pm:** 55+ active social (different sports/ activities) (£3)

**Fridays 11-12pm:** 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. Register for a 12 week programme, there's no membership needed, only some small session costs to pay. Downham Health & Leisure Centre reception has the referral forms, call **020 8461 9200** or email

[Fitbus@1life.co.uk](mailto:Fitbus@1life.co.uk)

### Stanstead Road Lodge – Seniors Club

**260 Stanstead Road, Forest Hill, London, SE23  
1DD Tel: 020 8291 1164**

#### MONDAY

9.45-10.45	<b>Pilates</b>	£5
10.30- 12.00	<b>Art History</b> (Check dates)	£3
11.00-12.30	<b>Line Dancing</b>	£5
11.30-2.00	<b>Healthy Lunch Club</b>	£3
1.30-3.30	<b>French</b>	£2
2.00-3.00	<b>Easy steps to modern dance</b>	£2

#### TUESDAY

10.30-12.00	<b>Seniors Singers</b>	£3
1.00-2.00	<b>Tai Chi</b>	£6

#### WEDNESDAY

9.45-11.45	<b>U3A Art</b>	£3
12.15-1.15	<b>Zumba</b>	£5
2.00-3.00	<b>Keep Fit</b>	£5
2.00-3.30	<b>Quiz</b>	£4
2.00-3.00	<b>Book Club</b> (1 <sup>st</sup> Wed)	£2

#### THURSDAY

10.30-12.30	<b>Drama Group</b>	£3
1.00-4.00	<b>Feeling the Noise</b>	£2
1.00- 3.30	<b>Vista Reminiscence Group</b>	£2

#### FRIDAY

10.00-11.00	<b>Yoga</b>	£5
11.00-12.30	<b>Local History Study Group</b> (2 <sup>nd</sup> )	£2
11.00-1.00	<b>Forget Me Nots</b> (1 <sup>st</sup> & 3 <sup>rd</sup> )	£2
1.00-3.00	<b>IT Drop in</b>	£2

A reminiscence café for people living with Dementia. We meet 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month at one of the Seniors Halls,

260 Stanstead Road, Forest Hill, SE23 1DD.

We have warm ups, listen to music, reminiscence and many other activities and also have hot drinks and cake. A lovely and beneficial time to share. Carers are welcome to join us.

First and third Fridays of the month.

11-1pm. Please contact Tina on:

**020 8291 1164** Email: [info@seniorslewisham.co.uk](mailto:info@seniorslewisham.co.uk)

**Lewisham Pensioners Forum AGM** (with Christmas goods for sale and mince pies)  
the Civic Suite, Catford Road, SE6 4RU 10am to 1pm **Wednesday 28 November** (*non-members also welcome but will not be able to vote*)

**The brief formalities of the AGM start at 10.30, followed by a guest speaker Chris Walsh of Positive Ageing in London**

Cards for Good Causes will be here again with a stall of charity Christmas cards, wrapping paper, ribbon and little “stocking fillers”. PLUS the “Monday Project” stall with blankets and Christmas gifts made as fundraisers for the Forum.

AGM concludes at 12 noon with a prize draw from submitted Pensioners Day feedback and questionnaires. Then there are mince pies and time to shop for cards, buy tickets on the tombola and browse the stalls until 1pm, including useful publications on the Forum Table.

### **Hither Green Christmas Street Fair**

Saturday 1st December. 12-5pm  
Staplehurst Road, Hither Green,  
Lewisham, SE13 5ND



**SPONTANEOUS PRODUCTIONS in association with KIRKDALE BOOKSHOP presents: Cinderella in Sydenham - Booking Info**

TWO performance days only (see right for dates and times):

Show lasts approximately 30 minutes.

No need to book, just turn up early to guarantee the best seats. Please note the different venues

### **Christmas tree light up events in Sydenham**

#### **Saturday 1 December at Sydenham Community Library**

- 11.30am – 1.30pm Sydenham Assembly – Mayor Damien Egan Q&A at 12.30 – 1.30pm
- 2pm Cinderella
- 2.30pm Make a Christmas Lantern workshop
- 3.30pm Carol Singing
- 4pm Turning on Christmas Tree on library piazza by Mayor Damien Egan

#### **Saturday 8 December at The Sydenham Centre**

- 1,2,3, and 4pm Cinderella
- 4.30pm Our Lady and St Philip Neri School Brass Band, carol singing
- 5pm lighting of the Christmas Tree on Queensthorpe Square by Ellie Reeves MP

### **Rushey Green Assembly**

2 – 4 pm Saturday 24 November, Civic Suite, Catford

On the agenda: voting on projects to receive funding from Assembly Fund, and Local Democracy Review

#### **Rushey Green Xmas Tree light-up**

3.30 – 4.30 pm Sunday 25 November, The Broadway, Catford (Junction with Catford Road).

Look out for the cast of Aladdin dropping in for a festive visit! Carols and children hanging handmade decorations on the tree.

Don't forget to visit Catford Food Market before joining the fun at the Xmas tree – stock up on all those delicious festive goodies and gifts! Catford Food Market, 10 am – 4.00 pm Sunday 25 November and the last Sunday of the month.

No choral experience or ability to read music needed, just a willingness to come and have some musical fun.



**MOVING TO NEW DAY AND TIME FROM SEPTEMBER**

**New Autumn term:** Wednesday 19th September - Wednesday 17th October  
and Wednesday 7th November - Wednesday 5th December 10.00 - 11.30am,  
**the ten week term costs £75.00**

**Venue:** Age Exchange, 11 Blackheath Village, London SE3 9LA  
**Course leader:** Melanie Jones BA ARSM

Register by leaving your contact details at the info desk or for further info,  
email [hello@ageexchange.org.uk](mailto:hello@ageexchange.org.uk) or call 020 8318 9105

*"There are no wrong notes, only ones the composer didn't think of first!"*

**60 UP CLUB - Late November and December Schedule**

For more information or to join '60 Up': **020 3667 3704**,  
email: [info@60up.org.uk](mailto:info@60up.org.uk) website: [www.60up.org.uk](http://www.60up.org.uk)

60 Up C/O Honor Oak Community Centre, 50 Turnham Road, SE4 2JD



Thursday 22 <sup>nd</sup>	<b>Over 55s Thursday Club</b> Tea & Chat, Arts & Crafts	£1	Honor Oak Community Centre
Friday 23 <sup>rd</sup>	<b>Fab Friday</b> Zumba Gold	£4	The Green
Monday 26 <sup>th</sup> 11am to 11.45am 12pm to 1pm	<b>Exercise For Older Adults</b> Low impact dance Aerobics Seated Exercise <b>Classes resume on Mon 7<sup>th</sup> January</b>	£3/£4	The Green Man
Thursday 29 <sup>th</sup>	<b>Members mini bus trip to Polhill Garden Centre</b>	£5	
Friday 30 <sup>th</sup>	<b>No Friday Sessions</b> <b>Seated Yoga resumes on 11/01/19</b>		The Green Man
Monday 3 <sup>rd</sup> Dec. 11.00 to 11.45 12.00 to 1.00	<b>Exercise For Older Adults</b> Low impact dance aerobics Seated Exercise	£2.50/£3 £3.00/£4	The Green Man
Thursday 6 <sup>th</sup> Dec.	<b>Over 55s Thursday Club</b> Christmas Social Venue/Times TBC <b>Thursday Club resumes on 10<sup>th</sup> Jan.</b>	£1	Honor Oak Community Centre
Friday 7 <sup>th</sup> Dec.	<b>60 Up Christmas Lunch</b> <b>3 course meal. Booking essential</b>	£25	Clarendon Hotel Blackheath

**Back the Bakerloo  
Line extension to  
Lewisham**

Help connect Lewisham to the tube network by backing the campaign to bring the Bakerloo line to the borough. The mayor of London, Sadiq Khan, wants to extend the line through to Lewisham. If he gets government approval and secures funding, construction could start in 2023.

New Bakerloo lines stations at New Cross Gate and Lewisham would improve transports links in the borough. Trains would run every two to three minutes, journey times will be faster and travelling around London will be easier. To find out more and support the campaign, visit

[www.backthebakerloo.org.uk](http://www.backthebakerloo.org.uk)

**Age UK Lewisham and Southwark are moving to Bellingham.**

From December we will be sharing and office with Lewisham Disability Coalition at: 111 Randlesdown Road, Bellingham, SE6 3HB. To access our Information and Advice service please continue to contact the Advice Line on: **0800 231 5453**; for other Age UK Lewisham and Southwark services contact: **0207 358 4077**



## High Street Living in Later Life Focus Group

Representatives from Assael Architecture held a Focus Group with the Lewisham Positive Ageing Council in an empty retail unit at a local shopping centre, kindly facilitated by Lewisham Regeneration and Housing teams. These are just some of the issues our older people want us to consider when designing and building Later Living communities - Accessibility - Air Quality - Sound Insulation - Storage - Accommodating visiting friends and family - Resident curated Community Space - Affordability. Much more to come on this from [Assael Architecture](#) and our partners in coming months.

## Chair Yoga with Mary

**Wednesdays 12:00-1:00pm - Lewisham Irish Centre, 2A Davenport Rd SE6 2AZ**

**Thursdays 2:00-3:00pm - Diamond club, Hartley Hall, Culverly Rd Catford.**

£2 Drop in. For more info call 07404891872, or [www.maryschnorrenberg.com](http://www.maryschnorrenberg.com)

Chair Yoga with Mary is a mindful movement class that helps to build strength, balance, stability and flexibility in both body and mind. Class includes breath-work and visualisations. Beginners very welcome. Here's a short interview with Lydia Kintu, one of Mary's students:

**M: For what reasons did you start attending Chair Yoga classes?**

**L:** I started attending chair Yoga to keep fit.

**M: How long have u been practicing yoga with Mary?**

**L:** I have been practicing yoga with Mary for over a year.

**M: What/ if any changes in body or mind have you noticed the most?**

**L:** Yoga makes me feel relaxed. It helps any physical and mental tension and aches to disappear

**M: What's the highlight of the class for you?**

**L:** The concentration on the breath, massage, which no other exercise class I know can rival, and balancing.

**M: Would you recommend the class to any other Seniors considering starting some weekly yoga or exercise class?**

**L:** I have already recommended it to many, Some of whom have joined the class and value it. There is also encouragement in doing the class with others, making friends and caring for each other is a bonus.

### Mary also added...

What I would add is that Mary takes each individual at their level of ability and helps to stretch us each time. She puts great emphasis on the importance of working with your breath. This is one of the important secret I have learnt from her. **The power of working with your breath.** She keeps reminding us through out, work with your breath. I find that if you do at each breath you achieve improved depth to your manoeuvre. Contact Mary on the number above for more information.

## Stay safe from flu this winter

Flu season is here but you can get vaccinated to protect you from the illness. Even if you got a flu jab last year, you should get another one this year as the flu virus changes. You can get a free vaccination if you:

- will be aged 65 or over on 31 March 2019
- have a long-term health condition
- live in a residential or nursing home
- are a carer or frontline health or social worker

You can get your free flu jab at GP surgeries and some pharmacies. If you aren't eligible for the free vaccination, you can still get vaccinated at participating pharmacies and supermarkets. The vaccine usually costs around £10.

For more information, speak to your GP or visit [www.nhs.uk/flu vaccine](http://www.nhs.uk/flu vaccine)

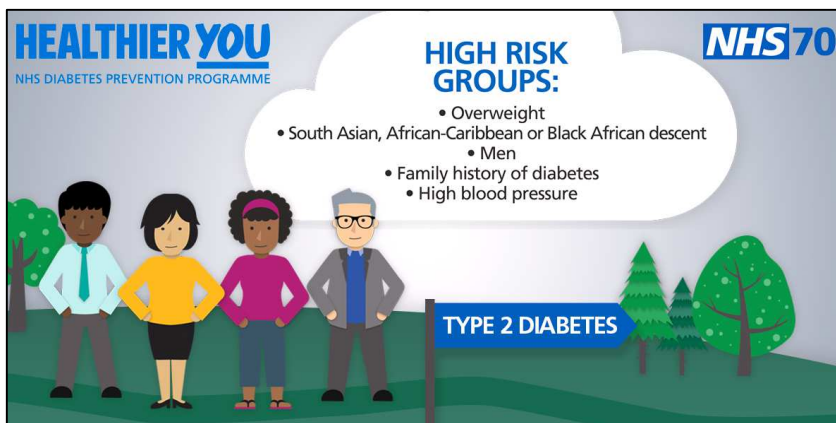
## Know your risk of Diabetes

Diabetes is a serious condition which can lead to major health problems, such as heart disease, blindness and even amputations.

You have a higher risk of developing type 2 diabetes if:

- you are over the age of 40 (or over 25 for people of south Asian, Chinese, African-Caribbean or black African origin, even if you were born in the UK)
- you have a close relative with the condition, such as a parent or sibling
- you are overweight or obese.

If you think you are at a higher risk, you should visit your GP for advice. Your GP can also refer you to the nine-month Healthier You: NHS diabetes prevention programme. This offers free support to help you reduce your risk. Visit [www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk) to find out about the programme and to check if you are at risk using an online tool.



## Diabetes: Our Journey

Thursday 15 November 2018 2-4pm

Come along to learn more about Type 2 diabetes and hear about the achievements of our peer support groups.

St Laurence  
Community Centre  
37 Bromley Rd  
London  
SE6 2TS

**healthwatch**  
Lewisham



**Lee Green Lives** - we have been able to respond to elderly people's request for an extra exercise class at our centre each week. The classes run on Tuesdays from 9.30-10.15 then from 10.30-11.15 am.

Catering for approx 40 people. The knitting class (Wednesdays 1.30 to 3.30pm at Lee Green Lives) created and completed a mural (right) to cover the project's front shutters on the centre. A cookery club is planned for early in the new-year, please contact the centre **020 7998 1004** if you want any further information



## Lewisham Health Lectures – Men’s Mental Health

Our health is something we all want to improve and know more about. That’s why Lewisham Library have teamed up with some excellent health professionals from across London to deliver high quality, informative lectures for FREE at their very own Lewisham Library so that local residents have an opportunity to learn even more about their health. We thought this was a great opportunity which we had to be a part of.

### 27th November 2018 – Mental Health: Challenges that men face

Pressure to “be the man” is harming the mental health of Lewisham’s men. Our recent Men Talk Health report found that men are more likely to isolate themselves than talk to family or mental health services. Engagement Officer, Marzena Zoladz, will share with the audience what we learnt and what we can all do to encourage change.

All of the Health Talks will take place at Lewisham Library Café Area at 7-8pm. For more information about the talks, please contact Eleanore Richardson, Community Engagement Team, on **020 8314 8430** or [eleanore.Richardson@lewisham.gov.uk](mailto:eleanore.Richardson@lewisham.gov.uk)



### We want to hear your views about the GP Extended Access Service

Have you ever used the GP Extended Access Service? Do you even know what it is? We would love to know!

GP appointments available in the London Borough of Lewisham. GPEA offers GP appointments seven days a week, 8am to 8pm which must be booked in advance through your GP practice, SELDOC and/ or NHS 111.

We have begun a project to understand people's experiences of the GPEA service. We would be extremely grateful if you could fill out our short survey. **By sharing your experiences we can learn whether the service is helping improve access to GP appointments.** It will take no longer than 5 minutes, we promise. To access our survey please visit this web page or contact Matthew from Healthwatch **Direct Line: 020 8690 5012**

**Mobile Phone: 07479 513 570 Email: [mathews@healthwatchlewisham.co.uk](mailto:mathews@healthwatchlewisham.co.uk)**

### Linkline 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 it 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 £5.81 a week and there is a one-off charge of £25 to install the equipment, unless you have been assessed for care services.

**How to apply.** To arrange a free home demonstration (with no obligation to buy) or apply for the service call **020 8314 3141** or visit [www.lewisham.gov.uk/linkline](http://www.lewisham.gov.uk/linkline)

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](http://www.lewisham.gov.uk/pac) or email [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)

**Deptford Working Histories** started 3 years ago in response to drastic environmental changes to our area. We value Deptford's diverse communities equally and welcome collaborations with them.

We are as concerned with the present and future of Deptford as much as its diverse past. So we participate actively with local working groups and borough consultations.

Our aim is to increase a sense of shared belonging across the communities by engaging residents in creative, educational, therapeutic or physical activities. These are based on specifically researched histories of Deptford relevant to local groups or organisations for their members.

### What We Do:

- Archival Research
- Guided Group Walks
- Creative Workshops
- Illustrated Group Talks
- Display & Exhibition
- Personal Histories
- Screenings
- Outside Group Trips

### On Going & Up Coming Events

- Our Working River
- Personal Written Histories
- Wings to Windrush:
- (RAF 100th with
- Windrush 70th anniversaries)

### Groups & Organisations we work with:

Community Arts, Tenants & Residents, Health & Wellbeing, Schools, Heritage and Archive, Universities

**We work with:** Families, Adults, Elderly, Children, Youth and Refugees

Deptford Working Histories engages across the boroughs beyond Deptford itself. The knowledge gained is showcased within the wider community at locally staged events.

Contact us **020 8692 8367** [deptfordworkinghistories@gmail.com](mailto:deptfordworkinghistories@gmail.com)

## Positive Ageing Council

Improving services and facilities for older people in Lewisham

Festive food and drink

Join the positive ageing council for some festive fun, share in Christmas activities, sing dance and be merry. Hear from organisations who have been funded by us and how they have put these funds to fantastic use across the borough.

**Thursday  
6 December 2018**

11am - 1pm  
Civic suite

Lewisham Town Hall,  
Catford SE6 4RU

Find out more  
Tel: 020 8314 6314

Email: [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)  
[www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac)



## Feast from the East

Ladywell Dementia Day Centre  
Winter Party

Friday 23<sup>rd</sup> November 2018

5 - 8 pm

AgeUK

How to avoid getting scammed - Diana Olutunmugun

Raffle

Oriental Buffet

Information stalls

Children's Elf programme

TradeWinds Choir

Live instrumental music

Festive drinks

and much more ...

Christmas market



Ladywell Centre  
148 Dressington Avenue  
SE4 1JF - free parking

With thanks to Len from [wheelsforwellbeing.org.uk](http://wheelsforwellbeing.org.uk):  
Father Christmas will be there for those who have been *wheely* good!