



Positive Ageing Council

Improving services and facilities for older people in Lewisham

Newsletter – Summer 2019 Edition

Date for your diary

The next Positive Ageing Council public meeting is **Thursday 13 June 2019, 11am**, Civic Suite Catford SE6 4RU.

Quarterly news, events, activities and updates for older people in Lewisham.

You are invited to our next public meeting!

Date: Thursday 13 June 2019

Time: 11am-1.30pm

Venue: Civic Suite, Catford, SE6 4RU

The theme of the Positive Ageing Council public meeting is: 'Fire and Water'

We welcome the Watch Manager of Lewisham Fire Station and colleagues from Thames Water to tell us about the help available to you.

As always, you can ask your questions to our panel.

We will also be bringing you a special musical performance!

We look forward to seeing you on the 13th of June.

We have a brand new email address. If you ever want to drop us an email about an issue you would like us to consider for our newsletter, please contact us on: positive.ageing@lewisham.gov.uk

What a Beauty!

At public meetings we always ask for your feedback and where we can, take on board your suggestions.

Thanks so much to our environmentally conscious attendees who raised concerns about our use of non-recyclable cups.

While we find a good supplier for compostable cups, we thought we would help by providing our meeting attendees with their very own Positive Ageing re-useable cup!

These will be available on your arrival at the public meeting on the 13th of June and until stocks run out.



What happened at the last Positive Ageing Council public meeting!

Attendees were delighted to hear a talk from Glynn Jones - Service Manager Health and Social Care who works for both Lewisham Council and Lewisham and Greenwich NHS Trust. He oversees the discharges from University Hospital Lewisham (UHL) and gave us an excellent run through of what to expect and what is on offer when you are being discharged from hospital. We also had an interesting and thought provoking talk from Aida Shoush, Welfare Officer from St Christopher's Hospice, helping us to understand the transition into end of life care, not easy – but important to think about. Helping us remain cheery we had 3 wonderful performances from the 'Cake Appreciation Society' Barber Shop Singers! They were lovely gentlemen in very snazzy waistcoats, it was so joyful and they had the whole room singing along to classics from the past.

Please read on to find out more about the interesting things we learnt and see some of the photos from the event and much more. Enjoy!



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

Available in large print

Each NHS Hospital in England hospital has their own discharge policy this item predominantly refers to University Hospital Lewisham (UHL) our local hospital.

You are admitted to hospital because you need acute care, it can be a difficult time for you as you may be confused, stressed, worried about your treatment and what will happen after your discharge. There is a mechanism we go through at UHL to make sure that we are notified of you by your key workers and ward managers. You should be fully involved in the decision making. Your treatment and discharge is all about you. We will ask you what you think you will need following admission. We have social workers based at the hospital who will come and talk to you, once you have been medically optimised. Everyone is asked if they want to speak to social services.

Things to think about for after a planned stay in hospital, or after emergency admittance

Transport – You will need to think about how you will get home after discharge if you don't have anyone to pick you up. We can help you with that by referring you to agencies.

Transport

Medication - You will receive 2 weeks of medication on discharge...sometimes your hospital treatment may mean that your normal medication has changed. It's easy to get confused about changes to meds. Lewisham has an award winning service in available called LIMOS – these are pharmacists that will come out to your home if you are having difficulties with your medication. LIMOS Pharmacists will come out to anywhere in Lewisham. Any health or social care professional can refer you to LIMOS. Your GP should help you as well.

Medication

Medical equipment - If you are prescribed specialist equipment, you will be given it. There is criteria for medical equipment and you have to qualify and be prescribed it, you can't just ask for it if you don't meet the criteria.

Medical Equipment

Food - You may have an empty fridge, if you don't have relatives or friends who can help you we will put you in touch with organisations that can help you with food access and organisations that can supply emergency food to you.

Food

Discharge summary – You must always have a discharge summary when you are discharged. This is a copy of the letter that will go to your GP. This summary makes sure you have got what you need in terms of treatment so your primary carers, district nurses and so on make sure you have what you need. This is very important. Always ask for it...it is usually with your medication, but double check. You may also get a sick certificate for work at this time.

Discharge Summary and sick certificates

Home suitability visit - It may be necessary for one of your therapists to come out and view your property to confirm it is suitable for your post hospital needs. You won't always get a visit, obviously only if your condition requires it. Your condition may be temporary and will improve, or may be something more long term and we might need to help with putting up hand rails etc. That will be done by the therapists and this is all free. Longer term there is our Community Occupational Therapy Service who will look at access to buildings, specialist equipment etc. if you require it. This visit will come fairly soon after discharge, but not always straight away.

Home Environment

Pets - If you have left your pet at home hopefully someone will care for it while you are in hospital. Dearly Loved pets are important in recovery, but can possibly hinder it, so you may need your pet temporarily housed with a relative, neighbour or a pet home.

Pets

Future care and treatment

If you leave hospital, and not need additional care we are always happy as we want to promote your independence, However, even if you go home without formal care package, you are still entitled to referrals to district nurses, social worker etc. We make those referrals to our partners on your behalf. If you are admitted, we have social workers in each ward and they will be assigned to your case. You can always ask them for help and we will give you a package of care if you need it.

'Discharge to Assess'.

As you can imagine the demand for acute beds is huge, therefore if your case is appropriate, we will Discharge to Assess. This means that sometimes we won't assess your ongoing need in the ward but assess your need in your home. The discharge to assess team will come and help you, completely free of charge, for the first 3-5 days and then we will refer you on to the necessary teams from there. This scheme has been very successful, we are probably able to discharge around 4-5 patients per day and have supported over 500 people under the Discharge to Assess scheme in the last year, promoting peoples independence - but ensuring needs are met.

Whether assessed in the ward or at home, we will then decide if you need 'enablement' or 'rehab'. Enablement is where you will need some extra support, help, or a little TLC, such as a referral to Food 2 You, or community connections. Rehab is offered by the therapy teams who will come and treat you - i.e. if you have a shoulder operation and can't move it, the therapist will help you over time. **This is all free.** If you have a care package, these are constantly assessed and if you need a bit more care we can easily increase it.

Bed based rehab. You might need to be formally admitted to a temporary rehab unit, where you might need a little bit more care overnight, but don't need to be in hospital. This is multi-disciplined team and the rehab unit also has a Consultant assigned to it. Hopefully this will be short term and we can transfer your back to your own home. You can stay up to 42 days in the rehab unit. Unfortunately the demand for these beds is great. If you have reached your recovery goal before 42 days, we may discharge you earlier. It is free for 40 days, after that we are entitled to charge under the Care Act. This is a great service and has excellent reviews from residents.

If you are at home and your GP thinks you don't need hospital, but might need respite or treatment for 24 hours we can admit to bed based rehab from your home. The GP will make you that referral for you. Usually that's for 2-3 weeks at most.

Ongoing care package.

If you come out of hospital and you need an ongoing package of care, we will assess you under the Care Act. Unfortunately the way the Care Act is written, we need to have 2 criteria to take this forward. This means that if you only need someone to give you your medication, you will not qualify you for an ongoing formal care package, but if you have more needs we can take this forward. In order to fully understand your level of need we will have to know a lot more about you, what your support is already and what you can and can't do without extra help.

You will be financially assessed at this point.

This can be concerning for you and we understand that. We will help you with this. We won't just give you a bill. Oftentimes we will identify people that are actually missing out on entitled benefits such as attendance allowance etc. **If you do not declare your financial situation, we can invoice you for the full amount.** Your care package will be partially contributed to, it is very rare you will have enough income or saving to be charged the full amount. **If you have savings of over £23,000 we will probably charge you.** Hardly anyone in England gets fully funded care. Most times care costs are contributed to by yourself, the bench mark for getting fully funded care is extremely high.

Extra care.

We have 4 extra care units in Lewisham, these are for people who can't live independently in their own homes, but is a way to ensure people don't go into care or nursing homes if they don't need to.

These have the care within the unit. The staff provide the care, supplemented to meet your needs if necessary. However again, these units are considerably over subscribed. This is because you have your own tenancy - so it is effectively your home. You have a right to go back there and we will always try and return you to your own home as a priority.

Admission to residential and nursing home.

You can't just request to go in to a nursing or care home yourself - unless you have the money to pay for a private home yourself. You will be assessed under the Care Act to decide if you need to go into a nursing home or residential home – it will go to a panel on healthcare professionals to make sure everything is correct. If you don't need to go we won't make you go.

We will honour your want to go home, wherever we can do that, dependent on the ability of having the mental capacity to make such a decision. We cannot and would never want to deprive you of your liberty!

Sapphire Ward. We have a community ward at UHL called sapphire, if we can't find a nursing or care home placement for you we can admit you to Sapphire. Usually we work with you and your family. The nursing or care home doesn't have to be in Lewisham...but it does have to be on an approved list of care providers. All the time you are in Sapphire ward it's free, as it's based in UHL.

Who are our partners? As we have mentioned we will often refer you to our partners for extra help or support. These are the partners we work with.

Some of Our Partners in the Community



Community Connections

Tel: **020 8314 3244**

E: CommunityConnections@ageuklands.org.uk

CommunityConnections@ageuklands.org.uk

Food 2 You – Age UK

Tel: **0207 701 74771**

E: Food2You@ageuklands.org.uk

Twitter: [@Food2You_](https://twitter.com/Food2You_)

Advice Lewisham

Freephone:

0800 231 5453

www.advicelewisham.org.uk

Lewisham & Greenwich NHS Trust – Patient Advisory Liaison Service (PALS)

The Trust's patient advice and liaison service offers confidential advice and support to help you with any concerns you may have about your care.

You can pass on a compliment or make a complaint by contacting PALS: **Lewisham Hospital and Lewisham Community Services: 020 8333 3355** email: pals.lewisham@nhs.net

We were very happy to meet representatives from St Christopher's Hospice to tell us more about transitioning into end of life care as part of our help after hospital theme. Here is some of the information they gave us as part of their talk.

St Christopher's Hospice exists to promote and provide skilled and compassionate **palliative care** of the highest quality. At **St Christopher's Hospice** our vision is of a world in which all dying people and those close to them have access to the **care** and support they need, when and wherever they need it. If you are referred to hospice care in Lewisham – it is likely that it will be with St Christopher's

Hospice care in one of our centres. The centre in Lewisham is in Sydenham

St Christopher's inpatient unit in Sydenham, provides skilled and compassionate specialist care to patients with any life limiting illness. We have 38 beds arranged over three wards. People come in to the inpatient unit for a variety of reasons. You may need help to control difficult symptoms such as pain or breathlessness, with emotional and family support, or end of life care.

The wards are staffed by specialist nurses, who work as part of a multi-professional team. If you wish, you can take part in groups and therapies in the Anniversary Centre. If you cannot leave your bed, staff will visit you. There are a number of different sorts of activities that you can take part in alone or with others: music therapy, complementary therapies, digital art, painting, pottery and more. You are welcome to borrow books from a trolley that comes round the wards.

How long can you expect to remain an inpatient?

This varies from patient to patient. St Christopher's is not a long stay unit. If you come to us as an inpatient, we will review your care regularly. Sometimes patients still need nursing care, but not the high level of specialist care that the hospice provides. If this happens, we will, in consultation with you and your carers, arrange for you to be transferred to a care home, or return to your own home with appropriate support.

What is Hospice Care

Hospice care aims to improve the quality of life and wellbeing of adults and children with a life-limiting or terminal condition. It helps people live as fully and as well as they can to the end of their lives, however long that may be. Hospice care looks after someone's physical, emotional, social and spiritual needs. This means that hospices provide a wide range of services.

You don't have to stay at a hospice to access their care - in fact many people receive support from a hospice whilst they are living at home or in a care home.

This approach to care also supports family members and others close to the person who is receiving hospice care. This support is offered during a person's illness and into bereavement.

Most people with a life limiting illness want to stay living in their own homes

and the community palliative care services are here to help you do that. Staff work alongside GPs and district nurses offering symptom control advice and helping patients and families to adjust to their situation. Services are aimed at supporting you and your close friends and family throughout your illness with whatever is important to you.

Once you have been referred, one of our nurses will see you to assess your needs. If you are not able to manage the journey to our Sydenham sites, your nurse will see you at home.

You will be assigned a clinical nurse specialist who will work closely with your GP and coordinate the different services involved in your care. This may include: doctors, social workers, welfare officers, physiotherapists, occupational therapists, spiritual care lead, dieticians, speech therapists, psychiatrists, community support volunteers, bereavement support volunteers.

Home Visits Continued....

Ongoing home visits will be arranged as appropriate.

Subsequent visits often take place in the St Christopher's clinic suite which is part of the Anniversary Centre at the

hospice in Sydenham where you can enjoy the relaxed and friendly atmosphere and see first-hand the wide range of individual and group activities and therapies on offer.

You can also access other services in the Sydenham Anniversary Centre such as music, art and complementary therapies and social and group activities. You can have help with bathing or join in the rehabilitation gym to help maintain strength and balance.

St Christopher's
More than just a hospice

Our speakers gave us some information on the benefits you may be entitled to if you are entering end of life care.

You may be entitled to Attendance Allowance (AA) if over 66 years old when first claimed. This is up to £85.50 extra a week, or Personal Independence Payment (PIP) under 66 when first claimed [or Disability Living Allowance (DLA) if claimed before 2013. This is up to £145.35 extra a week.

You might also be eligible for Carer's Allowance, Free prescriptions, Extra means tested benefits, Local authority welfare fund, Blue Badge, Disabled Person's Freedom Pass, London Taxicard

Details of the benefits available at different stages of illness are a little bit too complicated for us to write about fully in our newsletter. You can access all the information on the St Christopher's website www.stchristophers.org.uk/financial-help-when-you-are-sick or call them **020 8768 4500** for some advice or some information leaflets.

How to consider your choices and preferences for the future

Serious illness and ageing bring challenges that many of us prefer to avoid thinking about. At the same time many of us fear loss of control about decisions relating to our health care. Thinking ahead and writing down what matters to you can be a daunting process and it can be hard to talk to family or friends about it. However if no one else knows what is important to you, your preferences and choices may not be taken into consideration. Writing your preferences down will ensure that anyone who provides care for you, carers or health professionals can tailor it to your wishes, values and beliefs.

What is advance care planning (ACP)?

ACP is the process of deciding what plans you want to make for your future care, often in discussion with a healthcare professional. This may take place when a person's condition begins to deteriorate but can happen whenever a person is thinking about what care they might need in the future.

Why is it a good idea to write down what you think?

Writing down your preferences and choices can help you to influence what happens to you if a time comes when you are no longer able to care for yourself. It gives you the opportunity to think about what you would and would not like to happen to you. It will also help healthcare professionals know what is important to you when planning your care should you ever not be in a position to tell them yourself.

Can I change my mind once I have written down my wishes? Recording your preferences in this way creates an 'advance statement' which is not legally binding. You should review it regularly with your family or health care team and you can change your mind at any time.

What about treatment I don't want?

An Advance Directive to Refuse Treatment (ADRT) is a legally binding document. If there are any treatments or procedures that you do not want you will need to discuss this with your doctor. It is important that an ADRT is put in writing, signed and witnessed and that it includes a statement that the decision stands 'even if life is at risk'.

Power of Attorney

Lasting Power of Attorney POW (AKA enduring POW) comes in 2 forms Financial and Health and Welfare.

The patient gives right to an appointed attorney/s to act on their behalf and make decisions about their health or finances if the patient is no longer able to do this themselves. It can be changed at any time.

POW has to be made while the patient has the capacity to do so and then registered. Once registered it can be used if capacity is lost.

You can do it without using solicitor but it can take 10-12 weeks to be registered.

However even if you have given someone your Power of Attorney, there will be a 'best interests decision' made by a number of involved people including health care professionals.

POW Doesn't not give the nominated person the power to make a Will and it ends with the death of the patient. After death all rights are with executor of the Will or set by the laws of intestacy - if you don't have a Will the estate is usually bequeathed to the usually closest adult relative.

People are being advised more and more to ensure they have set up a Power Of Attorney, as none of us, of any age know if and when we might need one – the same is also advised for our Wills.

There is more information about setting up a Power of Attorney on the Lewisham Council website www.lewisham.gov.uk/my services/socialcare/adult/making-important-decisions-for-someone-else

and if you want more advice you can always contact Age UK Lewisham and Southwark

020 7701 9700, the Lewisham Advice Line **0800 231 5453** and seek advice from your healthcare professionals

As with welfare and all the subjects we cover in our newsletter, it is always advised that you do your own research and find out all the information you can - before you make any decisions. We are providing a review of our meeting only.

We would like to give huge thanks to everyone who came along to meeting in March, we hope to see you on June 13th to talk about 'Fire and Water'!



The fantastic 'Cake Appreciation Society Barbershop Singers'

Plenty of singing and spirited discussion at our last Positive Ageing Public Meeting – don't miss out, come along in June!



Some of our lovely members enjoying the meeting

Festival of Creative Ageing

For three weeks in September and October 2019, Lewisham will become a hive of creative activity for the borough's first ever Festival of Creative Ageing.

Celebrating the transformative power of the arts in our lives as we age, the festival will showcase and support the talents of older people in Lewisham and the life-enhancing benefits of creativity.

The festival will run from 13 September to 6 October 2019 across the borough of Lewisham in theatres, public spaces, community venues, care homes and many more unexpected places.

The full programme will be announced on Wednesday 12 June 2019 and will include live performances, film screenings, exhibitions, discussions, pop-up events, workshops and a large scale outdoors choral performance.

You will also be able to apply to badge your own event as part of the festival programme from June 2019, which will mean your event is listed on the festival website and you can access free marketing materials.

Visit the Albany website for updates on the festival and to find out more using this link:

www.thealbany.org.uk/people/uncategorized/festival-of-creative-ageing

CALLING ALL MOVERS, SHAKERS AND MOVIE MAKERS...

The Positive Ageing Council are delighted to be a main partner in the Lewisham Festival of Creative ageing this autumn. We have an exciting programme of activities and we are inviting you to be involved.

Project 1 – Join the Positive Ageing Council Festival Dance Troupe - The Positive Ageing Groovers!

We would like to invite you to join our Positive Ageing Council dance troupe learn simple dances to perform across the borough, in unusual locations, during the festival.

Throughout August and September we will be holding FREE dance workshops, run by members of the fabulous 'Actionettes' dance group who will teach you the **VERY SIMPLE** dance moves. You can do these standing, seated, or using mobility aids...there are no barriers to being involved – these dances are developed in partnership with the Lewisham Falls Prevention Service.

For those of you who attended our Christmas public meeting in December, you may have joined us in dance already and want to do more.

We promise you fun, friendship, laughs, some fantastic music from the 50's 60's and 70's and refreshments will be provided while you learn, move and shake.

All our dance workshops will be taking place at the fabulous **Stanstead Lodge Seniors Club, 260 Stanstead Lodge, Forest Hill, SE23 1DD**

The blocks of dance workshops will run on Mondays or Wednesdays the following dates and times:

Workshop 1a - Monday 12th August, 1pm – 3pm
Workshop 2a - Monday 19th August, 1pm – 3pm
Workshop 3a - Monday 2nd September, 1pm – 3pm
Workshop 4a - Monday 9th September, 1pm – 3pm
Workshop 1b - Wednesday 14th August, 1pm – 3pm
Workshop 2b - Wednesday 21st August, 1pm – 3pm
Workshop 3b - Wednesday 4th September, 1pm – 3pm
Workshop 4b - Wednesday 11th September, 1pm – 3pm



As well as popping up across the borough, the dance troupe will also perform at Stanstead Lodge Seniors Club annual open day on the 2nd and 3rd of October, and at the closing of the festival as part of the Silver Sunday festivities at Trinity Laban on Sunday the 6th of October. You are welcome to come along and join the fun, even if you don't want to perform during the festival. This event is open to all, we just ask that you let us know which block of sessions you would like to attend. If you are really keen, you can always do both blocks.

To book your space please email admin@stansteadlodge.org or call **020 8291 1164** and speak to Tina!
Or email positive.ageing@lewisham.gov.uk

Positive Ageing Council Festival of Creative Ageing Project 2

Festival Of Creative Ageing – Join the R.O.A.R. Team ‘Roving Older Adult Reporters’ Help us create a documentary of the Positive Ageing Council activities throughout the festival.

We are hoping to recruit you to our **R.O.A.R. Team**, a group of **Roving Older Adult Reporters**, who will document the POSAC Festival of Creative Ageing events and activities, using smartphones and tablets and help us create a documentary film of the experiences of the older people engaging in our festival activities – you need a basic understanding of how to use a smart phone or tablet apps and email, but we will teach you everything you need to know at our workshops throughout August and September.

These will be fun, friendly, simple, interactive sessions and you don't need experience of film making on your phones or tablets to take part, **but you must have an interest in learning to use the technology and a little patience.**

We will also provide refreshments during the workshops

Tablets will be provided for practice, or bring your own phone or tablet along. We aim to buddy our film makers with a member of the Lewisham Young Mayors Team for added support and guidance.



The workshops will be delivered by our friends at '3 Mobile Discovery' and we will also be working with local award winning filmmaker Michael Van Der Put, to help us produce the finished documentary. We will screen the documentary later in the year and it will be available to view on YouTube when completed. We are finalizing the workshop details in the next month.

Please register your interest NOW by emailing positive.ageing@lewisham.gov.uk for more information.

The Lewisham Wellbeing Map(LWM): showing the Great Things in Our Borough.

You may have seen me demonstrate this free digital/printable map at the PAC Christmas Party or the LPF Health Fair. It shows the public, and their health and care workers, hundreds of places good for their health and wellbeing. We'll be having our next get-togethers for those building the map, or who want to, over tea, cake, and coffee from **3.30-5.30pm on Thursday 30 May and on Thursday 27 June.**

We're meeting in the Community Meeting Room on the first floor (accessible by lift) of the Bellingham Leisure Centre, 5 Randlesdown Rd, London, SE6 3BT. There is easy drop-off/low-price car park right outside or come by regular train to very nearby Bellingham Station or one of many buses along Bromley Road.

So come along to meet up with others like you, whose local know-how when out-and-about or investigative skills from home can build a map of the great things in our borough. If you'd like to join us at the get-together, or otherwise help, just turn up on the day. You can also e-mail me at

LewishamWellbeingMap@gmail.com or ring on **0744 362 6954.**

Upcoming Events

Lewisham Homes and Make Mee Studio have joined forces to bring local residents a series of free conversational and creative sewing workshops where creativity is used to reignite connections between attendees and their possessions.

The focus will be on using craft to highlight the importance of our relationship with clothing. Looking at personal attachment, memory, mindfulness and how creativity can be an antidote to the growing environmental problem of throw away fashion. Attendees will learn new sewing and creative skills during the weekly sessions, culminating in a final exhibition to showcase their work. The exhibition showcases the creative energy harnessed during the workshops, displayed through re-imagined and re-worked items of clothing that hold old memories whilst also creating new ones. There will be a sewing workshop and discussions on the sustainable fashion alongside recording and pictures taken during the workshops.

**The workshops will run
Every Tuesday from 14 May – 16 July
from 10.30am – 12.30pm**

146 Crofton Park Road, SE4 1AU

The final exhibition will take place on Saturday 21 September in the Old Town Hall, Catford, SE6 4RU.

If you are interested in finding out more then please contact the Lewisham Homes Community Relations Team on **0800 028 2028** or email

getinvolved@lewishamhomes.org.uk



Lewisham
Homes



Deptford Working Histories Presents "Steps To Windrush" - 500 years of Lewisham's black history

Following last year's popular "Wings to Windrush" illustrated talk (celebrating black RAF crew in ww2) Deptford Working Histories is preparing to mark Windrush Day June 2019 in their latest series of free heritage events.

3 short walks through 500 years of Lewisham's black history from the beginnings of the slave trade to the arrival of "The Empire Windrush" Follow in the footsteps of local black sailors, writers and revolutionaries & discover stories of civil rights and repatriation in your borough over the last 300 years

Walk details are still to be confirmed and will be released soon, but there are limited places so booking soon is essential.

Please email reservations with names, ages & post code to the following email

deptfordworkinghistories@gmail.com

or call **020 8692 8367**

Steps to Windrush will be funded by Lewisham Council

Deptford Working Histories Presents "STEPS TO WINDRUSH"

3 Free short walks through 500 years of
Lewisham's Black history
JUNE 2019



Find out about
the stories
of Black
families in
18th century
Lewisham



*Corinthian a Black man in
board & sword of march.*

*Wagon Lee a Black boy
belonging to Major, first of
and Captain April 20th 1710.*



**Walk in the footsteps of black sailors,
writers and revolutionaries**



LIMITED PLACES - RESERVATIONS WITH NAMES,
AGES & POST CODE - ESSENTIAL TO BOOK ASAP
EMAIL deptfordworkinghistories@gmail.com

**Diamond Club Celebrate the Lewisham Festival of Creative Ageing
Tai Chi and seated dance classes for the over 60s – 8 free 1 hour sessions**

**9th May, 16th May, 23rd May, 30th May, 6th June, 5th September and 26th September
1-2pm**

Each session will deliver a 15 min tai-chi warm-up followed by a different dance genre including, Charleston, Tap, Salsa, Irish and Ballroom, all of which can be done seated.

To book a place please contact Lesley Allen on **07729 785 843** or email

lesleyaallen@btopenworld.com



Venue: Hartley Hall, Culverley Road, Catford SE6 2LD (Entrance also via Sangley Road)

All sessions are dementia friendly and tea and homemade cakes are available.

We will be showcasing our work at The Creative Ageing Festival exhibition day on Saturday 5th October 2019 11am-4pm Hartley Hall

Our activities are part of Lewisham's first Festival of Creative Ageing - Funded by a Cultural Impact Award as part of The Mayor's London Borough of Culture

**Come along to The Diamond Clubs annual Plant and Bring and Buy Sale
Tuesday 4th June 10-2**

Hartley Hall, Culverley Rd, Catford, SE62LD. Entrance also through Sangley Rd,

Enjoy our stalls including cakes, Fancy goods, vintage clothing, Massage and manicures and a wonderful plant sale.

Gentle Chair Yoga

Wednesdays 2.45-3.45pm, £3 per session
Abbotshall Healthy Lifestyle Centre,
Abbotshall Road, Catford, SE6 1SQ

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



For All Carers in Lewisham

Love Catford
Wish you were here!

LOVE CATFORD SE6

**BRING ME SUNSHINE
CRUISE SHIP
EXPERIENCE AT HOME**

August 7th, 8th, 9th
Visiting Spain,
Greece & America
11am to 3pm

DEMENTIA FRIENDLY

ACTIVITIES FOR OVER-65s
ST ANDREW'S CHURCH,
SANDHURST RD, SE6 1XD

August 14th, 15th, 16th
Visiting India,
Egypt & Scandinavia
11am to 3pm

Cruise Ship Experience at Home

For more information about the exciting Cruise Ship experience at home, or to book a place please contact Lesley Allen on **07729 785 843** or email lesleyaallen@btopenworld.com

Peoples Day Will Return in summer 2020

People's Day is taking a year off in 2019. It will return in summer 2020 for its 35th year. In the future it will take place every two years due to government funding cuts. You can still expect to enjoy hundreds of international, national and local performances, as well as craft, business and community stalls, and a great selection of food and drink. If you want to keep in the know about future festivals, then sign up for emails at www.lewisham.gov.uk/peoplesday.

Inspiring Dementia Awareness session and discussion

Thursday 23 May 2019, 1pm
Corbett Community Library,
Torridon Road
Catford SE6



Corbett Community
@CorbettLibrary



Broadway Blazers - You're never too old to be a star!

The Broadway Theatre Catford are running **BROADWAY BLAZERS** for people aged 55 and over.

Every Wednesday, from 1pm til 3pm

Two hours of drama, dance and singing based on the very best Broadway and West End musicals, including shows such as *Phantom of the Opera*, *42nd Street*, *Les Miserables* and *Wicked*.

The two hour workshops will be run by the fabulous Judy Gordon and will culminate in a live stage show at Christmas in the Broadway Theatre's beautiful Studio Theatre.

£6 per session – Wednesdays, 1pm–3pm

Just turn up at the Theatre's main doors and join in an afternoon of fun.

www.broadwaytheatre.org.uk/broadway-blazers

For more information contact the theatre on **020 8690 0002** or email sam@broadwaytheatre.org.uk

Quaggy Carnival

Saturday the 29th June 2019
1pm to 5pm, London SE13 7QZ

Calling all stage performers and entertainers.....

Can you sing or dance or play a musical instrument? Are you a comedian a ventriloquist or any other type of family friendly stage performer / entertainer?

Would you like the opportunity to adorn our stage and share your talent? If so, would you like a stage set at our Carnival on Saturday the 29th of June between 1pm and 5pm?

We also have tables to hire at the Quaggy Carnival where you can sell your arts and crafts or other items or simply come along to promote what you do – would you like to hire any?

If you have answered yes to any of the above and would like to discuss further please give Angela a call on **020 8465 9785** or email angela@quaggydevelopmenttrust.org.uk



Walk Leader Training

This FREE Walking for Health training is for volunteers, health champions and anyone interested in leading community walks.

You will learn how to plan and lead safe and enjoyable health walks in Lewisham.

Then, you will be able to join our team of volunteers and help with one of our 'Walking for Health' groups or set up a walk for your own community organisation.

Being a walk leader is great fun: you will meet new people and get fit at the same time!

The next course is being held over two mornings:

Wednesdays 15th and 22nd May,
9.30am – 1.30pm

At Manor House Library, 34 Old Rd, Lee SE13 5SY

Please contact us to find out more and to book your place.

Jenny Budd Healthywalks@gcda.org.uk
020 8269 4890



Beckenham Place Park flower show 2019

The Beckenham Place Park Flower show is taking place on Sunday 30 June, 12-7pm.

Now is the time to plan what to grow or make to enter into the show. The 25 categories range from a vase of sweet peas to a bunch of craft flowers to 'five broad beans' and everything in between.

The full list can be found at www.lewisham.gov.uk/flowershow or if you are not online, phone **020 8314 7017** to be sent a list.

If you are not planning on entering an exhibit, do come along anyway. It will be a lovely day out with community stalls, a floral-themed art exhibition, food and drink, live music, arts and crafts workshops, and a dog show. The Lewisham Pensioner's Forum friendship quilt will be on display too, as part of its tour around the borough. Come along and look at the wonderful patchwork, some of which is floral themed!



It will be a good opportunity to see all of the restoration work that has taken place in the park in the last year too, including the Homesteads and old stable block, which are grade 2 listed buildings and now look wonderful, complete with the original weather vane glinting on top of the restored clock tower.

Nearest station: Beckenham Hill (5-10 minute walk to the Mansion) and the 54 bus stops outside the park.

Group Befriending

Join us for a cup of tea and a chat, take part in a range of activities: Quizzes, singing, crafts, games, walks.

1. Pepys Resource Centre, Deptford Strand, SE8 3BA
Wednesdays 1-3pm
2. Salvation Army, 4 Albion Way, SE13 6BT
Thursdays 11.30am – 1.30pm

Contact: Sandra McGregor, **Tel:** 020 8291 1747,
Email: befriending@vslonline.org.uk

ASIAN Elders and Carers group

The Asian Elders and Carers group meets every Friday between 10.30 am to 1.30pm at Calabash centre, George lane, Lewisham.

We welcome memberships to socialise and participate in our Lunch club, get some veggie recipes and exchange information on Culture and festivities.

For more information please contact at the centre on Friday or at mohan.mokashi54@gmail.com

LEARN TO BOWL IN MAY

At Francis Drake Bowls Club on Hilly Fields

2-4pm on following Thursdays in May: 9th, 16th, 23rd and 30th (some Wednesday evening and Sunday morning slots also available)

£5 for 4 sessions
+ discounted membership offer

For further information and or to book your place please see www.francisdrakebowlsclub.org



FREE Computer Skills Courses in

New Cross New Cross Gate Trust offers free computer skills training to Lewisham residents. Our 'Digital Life Skills' programme offers high quality tuition to the local community in developing essential in using a computer and the Internet.

Our courses include:

Computers for Beginners
Using the Internet & email
Shopping & banking online
Staying Safe Online
Accessing online services
Microsoft Office skills (level 1)
Please contact Liam for more details: Tel **07458 994 705** Email liam@nxgtrust.org.uk



Arts & Crafts

Only £1.50 per session.
Learn new techniques, have fun
and meet new friends.



Thursdays 10am-12pm

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

For more information call
07544996722 - info@rgtb.org.uk

Rushey Green Time Bank a Registered Charity
No 1101616 A company limited by guarantee,
registered in England and Wales Company
registration number 4681564

Beckenham Place Park Outdoor Yoga

As part of London National Park City Festival, **two free outdoor yoga sessions for over 60s** will be taking place in Beckenham Place Park (BR3 1SY) **on Tuesday 23 July, 9:30am and 10:30am.**

These have been funded by the Mayor of London and Lewisham Council.

The idea is that taking part in a yoga class outdoors will enhance the physical and mental health benefits of practicing yoga.

The classes are particularly suitable for people who are new to yoga and/or new to Beckenham Place Park. Spaces are limited and can be booked via Eventbrite. If you book and are then unable to attend, we would appreciate you contacting us to let us know as the classes are likely to be popular and have waiting lists.

To book the yoga, visit www.eventbrite.co.uk/e/over-60s-yoga-with-a-view-outdoors-tickets-61096015828 call **020 8314 7017**



Stanstead Lodge Seniors Club Summer Fair

Sunday 4 August from 2 pm to 5 pm at Stanstead Lodge, 260 Stanstead Road, SE23 1DD. For more details, contact Stanstead Lodge Senior Club at info@stansteadlodge.org **020 8291 1164.**

IRIE! invites YOU to...



**MOONSHOT
COMMUNITY
FUN DAY**

SATURDAY 13 JULY 2019

12:00-6:00pm

**MOONSHOT CENTRE
FORDHAM PARK
SE14 6LU**

Vintage Tea Tent at the Moonshot Community Fun Day

Saturday 13th July 2pm-4pm

Come along to our Vintage Tea Tent on our Moonshot Community Fun Day in Fordham Park. Our vintage teas include African drumming and afternoon refreshments. Places are free, but please book a place at info@iriedancetheatre.org

or call **020 8691 6099**

You can also hire a stall to sell your arts or crafts from just £30 per pitch!

All welcome to Lewisham Pensioners Forum discussion meetings:

Wednesday 22nd May 10.30am to 1pm in the Civic Suite, Catford, SE6 4RU

Wednesday 24th July 10am (registration) to 4pm (no need to stay for the whole event – details to be published later)

The focus of the events will be on sharing issues that are of concern in your communities, barriers and key challenges to accessing services and what is missing in service provision.



Memories in Movement – IRIE!

IRIE! is delighted to have been awarded funding for our Memories in Movement programme of workshops with elders from Milliners Court and Vista Reminiscence.

Sheba Montserrat, workshop leader and choreographer and Mohamed Zozo Shuaibu, master drummer, will lead a series of movement sessions with elders from Vista Reminiscence and Milliners Court inviting them to share movements remembered from their working lives.

This will be shared in a final participatory event at Moonshot Centre as part of the Festival of Creative Ageing and to celebrate Black History Month.



Photo credit Paul Stafford

Moonshot Heritage

Thank you to everyone who made it to the IRIE! heritage conversations about the rich and radical story of the Moonshot Centre. We were invited to hear from many of the elders who made such a difference to the lives of young people in New Cross.

IRIE! is now applying for funding to enable this important local heritage to be remembered and shared with the wider community. If you're interested in getting involved in this project, please contact info@riedancetheatre.org

Moonshot Lions Domino Club

IRIE! Elders Moonshot Lions Domino Club meets **every Wednesday from 6:00pm-9:00pm** at the Moonshot Centre, Angus Street, New Cross to play dominoes and organise social and educational activities for elders and the local community. Pop in and say hello, meet others and join in a game!



Moonshot Community Centre Dance Studios and Meeting Room Hires available from only £9.00 per hour at...

Community Centre, Fordham Park, New Cross. We particularly welcome groups of older people who want to hire the space. Contact: 02086916099 email: facilities@riedancetheatre.org

moonshot

Ewart Road Community Fayre - Celebration of Well Being and Mental Health

1st June 2019
10am to 5pm

Join us for food demonstrations, exercise sessions, arts and crafts, information and advice, music, dance and much more.

Golden Age Coffee Morning

Here is a golden opportunity for "golden agers" to meet new people, find out about activities happening locally, and learn how to stay healthy. Co-led by South Lewisham Group Practice and Ageing Well in Lewisham, the group will meet monthly for coffee/tea and conversation. All welcome. FREE.

Monthly on 3rd Tuesdays, 10:30am–12:00pm: 21 May, 18 June, 16 July, 17 Sept, 15 Oct, 19 Nov, 17 Dec

South Lewisham Health Centre, 50 Conisborough Crescent, Catford SE6 2SP

Mindfulness & Movement

Relax, socialise, and keep limber! Led by trained instructors, these sessions will leave you feeling calm and connected. Tea and conversation, followed by meditation and gentle exercise. Light, healthy lunch served at the end. Only £4 per session. All welcome!

Mondays, 10:30am–1:00pm

Lewisham Unity, 41 Bromley Road (corner Penerley), Catford SE6 2TS

For more information about either of these sessions, please contact Ann Howell at Ageing Well in Lewisham: **0208 698 3735** or info@ageingwellinlewisham.org

60 Up Schedule 2019 Spring/Summer Term

Physical activity classes for Older Adults @ The Green Man,
(Phoenix Community Housing), 355 Bromley Road, SE6 2RP

Mondays: 12 noon to 1.00pm: **Seated Exercise.** Cost £3.00/£4.00

Fridays: 11am to 12pm: **Seated Yoga.** Cost £4.00/£5.00



Registered Community Interest Company
Company No. 8707685

In partnership with Honor Oak Community Association (HOCA) at

Honor Oak Community Centre, 50 Turnham Road, SE4 2JD

Tuesdays: 11.30am to 1.30pm: **Over 55s Group.** Cost £2 (prices may vary for special events and trips). Activities include health talks, bingo, arts & crafts, nutritional workshops, day trips, exercise sessions, tea & chat, internet access and celebratory events.

Thursdays: 10.30am to 12.30pm: **Digital discovery** (free IT classes for beginners & improvers)

Thursdays: 12.30am to 1.30pm: **Low Impact Dance Aerobics.** Cost £3

Monthly Coach trips to places of interest from May (please contact for details)



Advance notice: 60 Up Annual General Meeting and Social

Tuesday 16th July 12pm to 2.30pm at Honor Oak Community Centre

For further details, please phone Christina on **020 3667 3704**, mob. **07852 533 649** or email info@60up.org.uk

JOY – Just Older Youths

Activities for Older Adults who are young at heart! JOY are a lovely friendly group we would love you to come along and try one of our weekly activities below - We look forward to welcoming you!

		WEEKLY ACTIVITIES - 2019			
DAY	ACTIVITY	TIME	FEE	VENUE	
Monday	SEATED EXERCISE	10.00-11.00	£2.00	Barnes Wallis Centre	
Monday	TAI CHI	10.30-12.00	£2.50	All Saints Centre	
Tuesday	GENTLE CIRCUITS	10.00-11.00	£2.00	All Saints Centre	
Tuesday	SINGING	1.30-3.00	£2.50	Barnes Wallis Centre	
3 rd Tuesday monthly	FILM CLUB	7.00 pm	FREE	Hill Station Café, Kitto Road	
Wednesday	MEN'S SHED	9.30-1.30	FREE	Somerville	
Wednesday	HEALTHY WALKS	10.30-12.00	FREE	Meet at venue	
Wednesday	LET'S DANCE	10.30-12.30	£2.50	Barnes Wallis Centre	
Friday	TAI CHI	10.30-12.30	£2.50	All Saints Centre	
3 rd Friday monthly	CUPPA CLUB	2.00-4.00	FREE	Besson Street Gardens	

Annual Membership : £10

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

Free Phone or Tablet App of the Issue

The BBC have a new radio and podcast app called BBC sounds – it's brilliant and really easy to use. You can listen live to all BBC radio stations or listen back to shows you may have missed and subscribe to a vast array of podcasts on any subject you can think of and even listen to shows you may have enjoyed in the past – radio is back in a big way and on your phone and tablet. Download for free on google play (android) or App Store (apple)

DO YOU NEED ADVICE ON THE EU SETTLEMENT SCHEME?

Lewisham Refugee and Migrant Network are running a drop-in legal advice surgery for vulnerable persons

WEDNESDAY MAY 15TH
10:00-13:00

DEPTFORD LOUNGE
9 Giffin Street
Deptford
SE8 4RJ



Tel: 020 8694 0323
Website: www.lrmn.org.uk
Email: info@lrmn.org.uk
Charity Number: 1058651

Need help or advice on EU settlement scheme or other issues call LRMN on **020 8694 0323** email: Info@lrmn.org.uk

Table Talk Project Update

Table Talk is a pilot project set up by a group of residents which aims to support older people in the borough by pointing them towards information and activities in which they may be interested.

We have already been out to a number of venues and have been pleased to be help with finding information on everything from where to get help with benefits to accessing exercise classes and lunch clubs. We have also learned a lot from working with the wonderful organisations and people in Lewisham.

We are going to be out and about in the Borough for the rest of the year in at least 10 different venues.

To find out more - look out for the leaflets or contact Rachel Ellis by email ellisrachel@hotmail.com or by phone or text **07792 048 792.**

GYPSY, ROMA AND TRAVELLER COMMUNITIES

HOMELESS/ROUGH SLEEPERS

PEOPLE WITH DISABILITIES

PEOPLE WITH SERIOUS HEALTH CONDITIONS

VICTIMS OF MODERN SLAVERY AND OR TRAFFICKING

VICTIMS OF DOMESTIC ABUSE

OVER THE AGE OF 65

YOUNG CARE LEAVERS

Stanstead Road Lodge – Seniors Club
260 Stanstead Road, Forest Hill, London, SE23 1DD

Tel: **020 8291 1164** Email: info@seniors.co.uk

There is so much to do every day at Seniors – Check out the list of daily activities below

MONDAY

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

TUESDAY

10.30-12.00	Seniors Singers	£3
1.00-2.00	Tai Chi	£6
2.30-3.30	Chair Yoga	£2

WEDNESDAY

9.45-11.45	USA Art	£3
12.15-1.15	Zumba	£5
2.00-3.00	Keep Fit	£5
2.00-3.30	Quiz	£4
2.00-3.00	Book Club (1 st Wed)	£2

THURSDAY

10.00-12.00	Craft Class	£2
1.00-4.00	Feeling the Noise	£2
1.00- 3.30	Vista Reminiscence Group	£2

FRIDAY

10.00-11.00	Yoga	£5
11.00-12.30	Local History Study Group (2 nd)	£2
11.00-1.00	Forget Me Nots (1 st & 3 rd)	£2
1.00-3.00	IT Drop in	£2
1.00-3.30	Whist Drive	£2



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!



Wild Cat Wilderness presents
Wild Helpers



Grow, create, learn and volunteer indoors for all ages and abilities with Wild Cat Wilderness, our community green space. Gardening, food growing and nature-based arts and crafts

Please book online at www.wildcatwilderness.org or call 07544996722. Last entry 10.30am.

Fridays 10am—12.30pm
Rushey Green Time Bank at PLACE/ Ladywell, 261 Lewisham High St, SE13 6NJ



This is an initiative of Rushey Green Time Bank, Registered Charity No 1101616 A company limited by guarantee, registered in England and Wales Company registration number 4681564



BECOME PART OF A NEW FILM CLUB!

The Club is informal and we'll share short movie 'moments' with other activities based around films, shown including dancing and refreshments.

Eat popcorn, sing, dance - get involved!

Every Wednesday, 10.30am - 1pm:
7 November 2018 to 20 March 2019.

Downham Health & Leisure Centre:
7-9 Moorside Rd, Bromley BR1 5EP

FREE



For more information about attending:
Call: 020 8692 0231
Email: meetme@thealbany.org.uk

For information about volunteering:
Contact Sarah Jarman on 020 8694 9007.



The Albany, Charity no. 112521

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**.

BREAKSPEARS MEWS COMMUNITY GARDEN - Senior Gardening Club

Our popular senior gardening club starts again on **Thursday the 2nd of May 2019** and will run for 8 weeks **Every Thursday - from 10am to 12.30pm. Come to some sessions or all.**

Everyone is welcome, no gardening experience required and no need to book!

Please wear appropriate footwear, as it might be muddy and slippery. Bring some protection for your hands, if you can. We will provide gardening tools, seeds, tea, coffee & biscuits

In case of heavy rain the session will be cancelled

Access: Breakspears Mews, Ashby Road, SE4 1UW or rear of St Peter's Court, 29-31 Wickham Road, SE4 1NE
contact: breakspearsmews@brockleysociety.org.uk or Elisabetta **07790 642 781**






Sydenham Arts are excited to announce with the support of Sydenham Assembly funds our bi-monthly programme for our Plus 60's generation #Sixty. All taking place Upstairs at the Sydenham Centre (SE26 5QX).

All the events are FREE although donations are welcome. All with tea, coffee and cake !

Wednesday 17 July 2pm

Singer, composer, conductor and write, Katie Rose

Come and enjoy an uplifting, afternoon of fun friendly singing in a relaxed atmosphere led by Katie Rose. Scientifically proven to boost health and happiness, singing together can nourish as sense of greater connection with others in our community. All voices welcome - no previous singing/musical experience required - everything will be taught by ear.

Wednesday 18 September 2pm -

Performance by Seniors Forest Hill

Wednesday 13 November 2pm - Music recital by enSEmble26

Carers Welcome to all events

www.sydenhamarts.co.uk/whats-on

Enquiries admin@sydenhamarts.co.uk

Telephone **020 8778 6463**



Branching out Update

As part of the Telegraph Hill Festival, the art group at Branching Out have created a wonderful mural for the walls of the Telegraph Hill Centre. The colourful giant map shows from Queens Road and The Somerville to Honor Oak and there are small stuck-on drawings of features the artists feel reflect their community. Please call into the Centre to have a look. Other members contributed panels to the Lewisham History quilt which was also on display at the Festival. Deptford Travelling Cinema also did a special screening of High Society for the group as part of events, a film chosen by a member vote.

The Branching Out tai chi class grows every week and often has to extend from the Narthex into the church. Two free digital workshops were held in February with more to come later this year - keep an eye out for dates - and there were creative writing workshops in March.

Our next big social occasion will be a picnic in June combined with an official opening of the Boules court. Later this year we hope to again hold an art exhibition in conjunction with Goldsmiths University at its gallery in New Cross Road

For more information about Branching Out call **020 7639 0214** enquiries@thcentre.com.

Poetry Group An afternoon poetry group at the Baring Hall Hotel, at Baring Road, Grove Park SE12 0DU which is a public house , opposite Grove Park Station.

It is on the FIRST Tuesday of each month. It runs from 4 pm til 6 pm in the Saloon Bar Buses within one minutes walk: 124,126, 136, 181, 261, 273 284; There is a disabled toilet **It is a free event and no membership required.**

People can turn up to read, either poems they have written and wish to share or poems written by anyone and that they have enjoyed and wish to share with others. We discuss poetry we have heard that day.

Phone or text: **07716 726 008** for information

Food2You has been operating for almost a whole year!

We are so proud to have made hundreds of deliveries of vital groceries to dozens of older people across Lewisham, Southwark and Lambeth in that time. We couldn't have achieved this without the amazing hard work of all our volunteers, such as Amos, one of our amazing volunteer drivers!

Amos – Volunteer Driver

Amos has been a volunteer driver with Food2You for about 6 months. Amos had previous experience as a professional driver but had not been working for several years. He decided to find a volunteer role to regain some confidence, and applied to a couple of voluntary organisations in south east London, including Food2You.

Amos has been driving the delivery van one day per week. He now knows the route off by heart, and doesn't need to refer to the SatNav. Two delivery volunteers go with him on the route, and are responsible to take the shopping in to the customers and take payment, whilst Amos stays in the van on the look-out for parking inspectors. As such, he has not met many of the customers, except on the odd occasion when an extra pair of hands has been needed to carry a large load of shopping into the customer's home. But being with the delivery volunteers, he hears about the customers and their particular problems and preferences.

Amos has recently started driving in a paid role with the Stones End Day Centre. We're very pleased and proud of him for all he has achieved!

Thank you to Amos and all our amazing Food2You volunteers!

Get in Touch!

To find out more about how Food2You could work for you, or how to become one of our amazing volunteers, get in touch!

Email: Food2You@ageuklands.org.uk **Tel:** 0207 701 74771 **Twitter:** @Food2You_



DEPTFORD MISSION

Disabled People's Contact

1 Creek Road, Deptford, SE8 3BT

020 8692 5599, dpc@1dpc.co.uk

www.disabledpeoplescontact.org.uk

Reg Charity No. 1123390



Support our Charity We are a well-known community resource helping reduce isolation for up to 25 elderly Greenwich and Lewisham residents per day.

Please donate or volunteer to help us continue.

Donations Wanted! Best charity shop in Deptford! **We can pick up donations in our minibus by appointment**

Volunteers and Students Needed Opportunities in all areas. Kitchen, Charity Shop, Day Centre.



We at POSAC are excited to help enable older residents to get online - if they want to. However we are also mindful of giving you advice on staying safe online and how to be on the look-out for scams. Please see the information including hints tips and advice lines.

Stats Overview

- 37% of all crime has a cyber element.
- Office for National Statistics
- UK citizens are 20 times more likely to be defrauded at their computers than held up in the street.
- National Cyber Security Centre
- Over-65s are three times more likely to lose money to fraudsters than to be burgled.
- Centre for Counter Fraud Studies

Fraudster Techniques

- **Spoofing:** Making an email/text/call look like it's coming from someone else.
- **Phishing:** Fraudulent emails
- **Smishing:** Fraudulent text messages
- **Vishing:** Fraudulent phone calls.
Fraudsters will keep the line open, play dialling tones and are able to record keypad tones. (never enter your pin)
- **Data Leakage:** Fraudsters exploit potential victims transferring personal info to the outside world. e.g. by social media.
- **Your details:** Fraudsters may already know your basic information; address, bank details and mothers maiden name!

7 Tips to avoid Cyber crime

1. Have a strong password
2. Have an (up to date) anti virus
3. Update software - patches
4. Back up your data regularly
5. Don't click on links / open attachments (unless verified) in emails or texts
6. Set privacy settings on social media
7. Avoid public WI-FI for personal activities

Resources & Advice

www.met.police.uk/fraud

Email: cyberprotect@met.police.uk

<https://takefive-stopfraud.org.uk>

"National campaign that offers straight-forward and impartial advice to help everyone protect themselves from preventable financial fraud"

<https://www.getsafeonline.org>

"UK's leading source of unbiased, factual and easy-to-understand information on online safety"

2 Factor Authentication

Two factor authentication (2FA) is an additional layer of protection beyond your password. E.g. a 4 digit number which is sent via text to your mobile phone.

www.turnon2fa.com

Creating Passwords

1. Three random words
fish boat tulip
2. Add some numbers
19fishboattulip95
3. Capitalise some letters
19fisHboaTtulIP95
4. Add special characters
19fisHboaTtulIP95!!

Useful Contacts

Action Fraud
0300 123 2040

National Cyber Crime Unit (24/7)
0370 496 7622

UK Finance
0207 706 3333

Fraud Type Summaries

Online Shopping

Victims are convinced in to paying money for items that don't exist or are counterfeit when shopping online.

Advance Fee

Victims are encouraged to pay an advance fee with promise of a larger amount back in return. E.g. a scam email from "HMRC" requesting an admin fee for taxes owed.

Investment Fraud

Victims are pressured in to making "investments" that don't actual exist or have no chance of the financial return suggested.

Door to Door / Bogus traders

Fraudulent builders convince victims to pay for work that doesn't need doing or charge amounts far exceeding the cost of work.

Payment Fraud

(aka Mandate fraud) When transactions between genuine seller and consumer are intercepted or spoofed and payment details are altered to an account controlled by the fraudster.

Romance Fraud

Online dating fraud, fraudster gains the affections of the victim and use this to convince them to send money often as a "loan" due to unforeseen circumstances.

Computer Software Fraud

Fraudsters pretend to be computer engineers offering to "fix" victims computer over the internet. Download software to compromise their online banking / personal data or charge extortionate amounts.

- 1) HANGUP
- 2) TAKE 5
- 3) VERIFY

Courier Fraud

Victims are called by fraudsters pretending to be police, HMRC or from the victims bank and convince them to give their card details over the phone. Or in some cases, transfer money to a "safe account," buy gift vouchers or to go and withdraw money as part of an "investigation."

The fraudsters arrange for a courier to pick up the victims card or cash to take it away for "evidence".

Reporting Fraud

Fraud and Cyber crime is reported nationally to Action fraud.

Via phone 0300 123 2040

Or online <https://actionfraud.police.uk/>

Hints & Tips

1. Out of the Blue? No thank you!
2. Stay on websites and follow their terms and conditions.
3. Seek help/second opinions and search for reviews of sellers/ traders.
4. If something appears to good to be true, then it probably is.
5. Never use direct bank transfers with people you haven't met.
6. Check changes to payment details or addresses via a trusted contact method.

**Have you been affected by cancer?
Need support but want to give back at the same time?
Join a time bank!**



Rushey Green Time Bank has collaborated with Macmillan Cancer Support to support more people living with or affected by cancer in Lewisham. A time bank deals with an alternative currency – time, not money. For every hour you spend helping someone, you are entitled to an hour's help in return, making it easier to get and receive support. As cancer can be an extremely isolating experience, a time bank is a fantastic resource for people affected by cancer.

By becoming a member of our time bank, which is free, you can:

- Request help through our DIY & Gardening Club
- Help others by offering your time and skills as and when you can
- Access activities and events through our monthly activity programme
- Connect to others in your local community as well as Macmillan support at regular Friday drop-ins



The next drop in is May 31st 10am-12pm, Rushey Green Group Practice, Hawstead Rd, Catford, SE6 4JH. For more information or to apply call **07544 996 722** or email info@rgtb.org.uk.



NEW men's walk in Greenwich Park starting from Saturday 4th May 2019 (GDCA)

We have a variety of routes, all on good paths, some have some steep slopes. All have fantastic views! We'll walk for about an hour and have a coffee at the end. All men welcome.

We meet at 10am on Saturdays outside the Greenwich Park Office, Blackheath Gate, Charlton Way, Greenwich, SE10 8QY

If possible, please register beforehand by visiting: www.walkingforhealth.org.uk and search for Lewisham Healthy Walks. Or just turn up on the day.

For more info contact: Pascal on **07905 763 248** or email pj1972@gmail.com email Iain on imacdownall@aol.com

Glory Days Senior Club

Glory Days Senior Club meets all year round on every 2nd and 4th Wednesday of the month.

11am - 1pm

New Testament Church of God (REHOBOTH)

159 Perry Rise, Forest Hill, SE23 2QU

Call **07932 849 432** for further details and speak to Miriam or Gladwyn.

This is an opportunity for you to improve your lifestyle.

Come and meet new senior citizen friends and learn new skills and experiences that will enhance you in your GLORY DAYS.

Age UK Lewisham and Southwark are moving to Bellingham.

We will be sharing an 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**

Get digital this summer! Adult Learning Lewisham

Get online this summer and make the most of learning new digital skills to keep in touch with friends, family, shop, bank and do much more, all from the comfort of your home. This summer Adult Learning Lewisham is offering a variety of courses for making the most of digital technology.



ICT - Communicating using social media – starting on the 11th of May for 10 weeks, 1-3 pm at Granville Park. **020 8314 3300**

Want to keep in touch with friends and family across the world without leaving your home? Learn to use mainstream social media such as Facebook and Twitter to safely share pictures, stories and memories while ensuring you can use these powerful tools to get the results you want.

www.lewisham.gov.uk/cel/courses/ict018sgr---ict---communicating-using-social-media

ICT for independent living – summer – starting on the 1st of May for 11 weeks from 10am to 12 at Grove Park. **020 8314 7775**

Learn to use a digital device of your choice this summer to access powerful tools such as the internet, email, social media and everything else needed to ensure full digital confidence.

www.lewisham.gov.uk/cel/courses/psd0012gp---ict-for-independent-living---summer

Beginners Microsoft Excel spreadsheet (summer) – starting on the 30th of April from 10am - 12 for 10 weeks at Brockley Rise. **020 8314 6677**

Learn to use powerful Microsoft Excel spreadsheet software to organise your business, your budget or your personal life. Learn to use your data to create graphs, work with multiple spreadsheets and implement functions to help you to achieve your goals, whatever they are.

www.lewisham.gov.uk/cel/courses/ict020sbr---beginners-microsoft-excel-spreadsheet--summer

How to use a computer (summer) – Starting on the 2nd of May, 1-3pm for 10 weeks at Brockley Rise. **020 8314 6677**

Get the most out of your computer this summer with is comprehensive course on all things computing. Learn how to set up, log on and create files on your computer as well as how to use vital applications such as the internet, email and word processing software.

www.lewisham.gov.uk/cel/courses/ict1085br---how-to-use-a-computer--summer

Internet shopping, banking & email (summer) – Starting on the 3rd of May for 10 weeks from 1-3 at Granville Park. **020 8314 3300**

Shop, bank and communicate all without leaving the comfort of your home. This informative course teaches the fundamentals of safe online banking, internet shopping and how to effectively communicate with friends and family across the world.

www.lewisham.gov.uk/cel/courses/ict019sgr--internet-shopping--banking---email--summer

The Environmental Services Team at Lewisham Homes are running a series of gardening workshops on Bell Green Estate, Honor Oak Estate and Hillcrest Estate.

You can help to enhance your local community, whilst meeting new people, learning skills and getting your hands dirty planting new flowers. During the Hillcrest workshop residents will learn about different bird songs they can hear and there will be discussions and learning on environmental awareness.

These are open to all.

Bell Green: Tuesday 14 May and Wednesday 15 May: 10.30am – 11.30am

Honor Oak: Tuesday 14 May and Wednesday 15 May: 1.30pm – 2.30pm

Spending time in the great outdoors is good not only for your physical health, but also your mental health. It can: Improve your mood, Help you feel less stressed, Help you make new friends, Improve your confidence. Find more information about them here www.lewishamhomes.org.uk/gardening-workshops-and-nature-walks/ or call **020 3889 0640**

STAY ACTIVE, PREVENT FALLS

'Stable and Steady Classes' at Leander Court

Lewisham Community Falls Service was commissioned in 2017 with the aim of reducing falls and harm from falls in those aged 65 and over who live in Lewisham. In addition to Physiotherapy and Occupational Therapy home visits the Service runs 9 'Stable and Steady' exercise classes throughout the borough. One of these classes is held at Leander Court which is part of the Peabody Trust. **Mary Hulls, Scheme Manager at Leander Court talks about her these classes have supported her tenants and the local community.**

"Working in partnership with Lewisham and Greenwich NHS Trust, Lewisham Community Falls Service identified Leander Court on Vanguard estate in Lewisham to run their Stable and Steady Classes to prevent and manage falls for people over 65. Spaces were offered to the tenants at Leander Court Sheltered Scheme.

The classes have been running since April 2018. The classes give tenants the opportunity to stay active and complete exercise and movements to improve strength and balance to help prevent falls.

Tenants also enjoy meeting others and many new friendships have been made.

The partnership work between housing and health has been excellent from the initial contact and close relationships have been forged. The classes continue to run weekly with many people referred from the local community as well as new tenants from the scheme attending"

Here are some of the comments of some tenants who attend who speak highly of the benefits:

Seaford says "he enjoys going to the class as keeps him active at 93.

Adriana says.... "saves me going to hospital for physio, I enjoy the classes"

Fred says.... "they help me stay active and helps my walking"

The classes last for 25 weeks and are NHS funded. As well as Leander Court, classes are running in Ladywell, Honor Oak Park, Grove Park, Downham, Blackheath, Lee and Sydenham. They are open to anyone aged 65 and over who lives in Lewisham and/or has a Lewisham GP who has fallen, is concerned about falling or who wants to improve their strength and balance (subject to health clearance). You need to be able to get on and off a normal height chair without assistance, walk 20m with or without a walking aid and be able to safely participate in a class. Most exercises are completed in standing. If you are interested in attending the classes please contact the Falls Helpline on **0208 613 9206** (Monday to Friday 9- 4pm) to discuss in more detail.



Lewisham Community Falls Service

Are you worried about falling?

Stable and Steady exercise classes are running in this area!

Improve your strength and balance with our NHS funded 25-week Stable and Steady exercise programme.

If you are over 65 and live in Lewisham or have a Lewisham GP call us to discuss becoming 'Stable and Steady'.



If you are concerned or would like some advice please call the **Lewisham Falls Helpline** on **020 8613 9206** and speak to our expert team. Open Monday to Friday, 9am-4pm.

"Stay active, prevent falls"



www.lewishamandgreenwich.nhs.uk

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 positive.ageing@lewisham.gov.uk

Stanstead Lodge

Seniors Club – Forget Me Not Dementia Café

A reminiscence café for people living with Dementia. We meet 1st and 3rd 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



Could you foster a child or young person

Lewisham Council is looking for people who have space in their home and the heart to foster a vulnerable child or young person. Fostering is about providing a caring and safe home for children and young people who, for various reasons, cannot live with their own families.

There is no such thing as a typical foster carer. Applications are welcomed from all sections of the community, regardless of ethnicity, faith, age, sexuality, disability, background, marital status or employment status.

For more information, call 0800 015 0129 (freephone), email

fosteringrecruitment@lewisham.gov.uk or visit www.lewisham.gov.uk/foster

Do you want to improve your home?

We want everyone to live in a safe and stable home that is in great condition. Whether you are a tenant, landlord or homeowner – we offer grants and loans to help improve your property. Rebecca Jones, who lives in Lewisham, has had major work done in her kitchen. She says: *'I'm very happy with the service. The housing assistance team were very helpful and the builders were flexible and sensitive to our needs. They would only start work when my son, George, left for college, and stop when he returned. The improvements in our home are making a huge difference to our lives.'*

To apply for a grant or loan, contact us at housingassistance@lewisham.gov.uk or call

020 8314 6622. You can also find more information at:

www.lewisham.gov.uk/my services/housing/grants-loans.

Improving Your Health with Social Prescribing

Social prescribing helps you find ways to improve your health and wellbeing. It does this by connecting you to events in your local area. This could be anything from art classes and social activities for adults who are isolated, to getting benefits and legal advice. Social prescribing allows you to access activities that meet your wider emotional, physical and social needs. Find out about what's available in the borough at www.lewisham.gov.uk/sp

Use the right service



Self care



Pharmacy



NHS 111



GP advice



A&E or 999

Funding for Home Improvement Measures Via South East London Community Energy

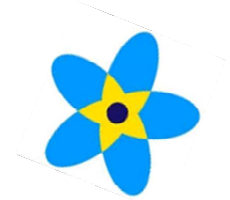
Some of you may have met SELCE's CEO Giovanna who attended PAC's December meeting to discuss smart meters. One of SELCE's current projects is working with Lewisham council to access funding for home improvement measures (new boilers, loft and wall insulation) for households (homeowners, leaseholders or privately renting tenants) with below average income and either very high energy costs or a vulnerability. This includes people: 70+, who have attended hospital due to a fall or with certain health conditions, such as limited mobility, severe sensory impairment, respiratory issues, cardiovascular issues or cancer.

We conduct workshops in the community. Contact Helen on helen@selce.org.uk, **07990 019 003** or **020 8269 4882** if you would like to arrange a talk for your group.

New Dementia Support Service launched in Lewisham

In February 2019 the new Lewisham Dementia Support Hub was launched. The service is an integrated pathway delivered by Lewisham Mindcare, Carers Lewisham and Sydenham Garden and includes:

- Individual person-centred support planning
- Carer-specific support including individual support and workshops
- Groups using Cognitive Stimulation Therapy (CST) based activities and horticulture
- Support for the Dementia Action Alliance and the development of dementia-friendly communities in Lewisham



This is a very exciting change for dementia support in the borough and we hope the new service will help more people in Lewisham to live well with dementia.

For more information visit www.lewishamdementiasupporthub.org.uk

Dementia Action Week 2019

Dementia Action Week runs from 20th-26th May this year. There are a number of events and actions taking place throughout the borough including a Dementia Friends session with local councillors and the launch of a new advice leaflet written by people living with dementia that will be handed out by SLAM Memory Service. For further details of events and actions taking place near you visit the Alzheimer's Society website at www.alzheimers.org.uk/get-involved/dementia-action-week If you have any concerns about your memory, discuss them with your GP as soon as possible. If you are living with a diagnosis of dementia and would like more information about support and services available to you contact Lewisham Dementia Support Hub on **020 3228 5960** or by email at lewisham@dementiahub.org.uk

Share your experiences of health and social care services

Healthwatch Lewisham's role is to ensure that the voice of patients, users and the public is at the heart of NHS and social care services. As your local champion for health and social care, we have an online 'Trip Advisor' style Feedback Centre to help the people of Lewisham share their experience of health and social care services easier than ever before.

The Feedback Centre provides an opportunity for anyone to comment about local services. People can easily and anonymously rate the care that they receive in a simple way. There is also the opportunity to rate local services, using a 5 star system. All you need to do is visit our website, www.healthwatchlewisham.co.uk.

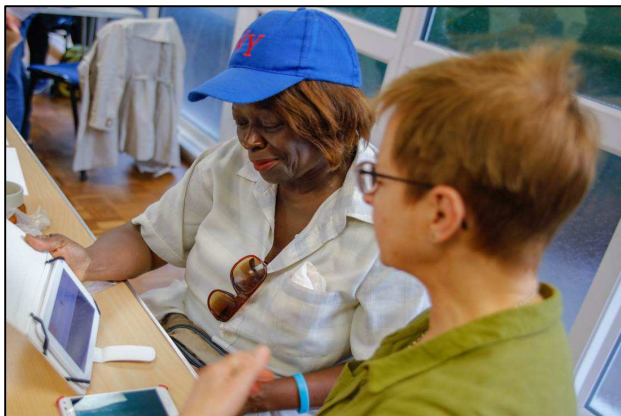
If you want to share an experience but do not have access or use a computer or smartphone, you can always call us on

020 8690 5012.

Healthwatch Lewisham believes that by helping people to easily express their views, we can improve health and social care. Analysis of the data will help us to understand what the public feel about local services and represent your views in our role as patient champion - helping to make your services shaped the way you want.

Departure Lounge - Preparing for your future

As part of a research project, The Academy of Medical Sciences is creating a pop-up space in Lewisham shopping centre to help explore your feelings on death and dying. The aptly named Departure Lounge will be an interactive environment where you can discuss your experiences and make sense of what we will all face one day. It will look at our ageing population, how the health service could help to provide a 'good' death, and ways to prepare for the future.



Lewisham Irish Centre Digital support – starts Wednesday May 8th

A fun, easy going way to learn computer and internet skills such as:

- Emailing
- Googling
- Whatsapp
- Accessing council resources online

Tea, coffee and biscuits are provided

When and where:

Every Wednesday 1.15-3pm
Lewisham Irish Community Centre
2A Davenport Rd, Catford, SE6 2AZ

Free of charge



SHOPPING BUS SERVICE

DEDICATED MINIBUS TRANSPORT

FROM YOUR FRONT DOOR TO THE SHOPPING CENTRE

AND GUARANTEED JOURNEY HOME

Shopping Bus Service - starting February 2019. Lewisham Community Transport

This service is aimed at people who find it difficult to use public transport for their shopping needs due to mobility and/or health issues. It is aimed at promoting improved health and well-being for passengers, maintaining independence by enabling access to shopping centres and well as a social experience on the minibus, encouraging more frequent community access for people in danger of becoming isolated and lonely.

We are offering it as reliable alternative to taxi card and dial-a-ride.

This is a dedicated door-to-door service with a guaranteed return journey home with fully accessible vehicles and fully trained volunteer drivers and passenger assistants.

We can accept self-referrals or referrals on behalf of others with consent.

Registration forms are available on request and need to be completed before passengers can travel.

Any queries please contact Matt Gummer directly at **020 8318 5900** matt@lewishamctscheme.org.uk

DESTINATIONS

BELL GREEN

LEWISHAM

BROMLEY



Do you like hearing people's stories? Do you enjoy talking to others? Do you have a couple of hours you can give every month?

Then why not become one of our Healthwatch hub volunteers?

We are looking for volunteers to help us gather people's views and experiences of Lewisham health and social care services. In your role you would be visiting local community hotspots and talking to residents for a couple of hours. You can commit to a hub every week, fortnight, month, whatever works for you. At Healthwatch Lewisham we shape our volunteer roles around the individual and make sure the role fits your needs.

Every week Healthwatch Lewisham visits local community hotspots so that we can talk to residents. We go to GP practices, hospitals, libraries, shopping centres to name just a few.

By hearing their views, we can help improve local services by sharing stories of what works well and what could be done better.

Training is provided for all volunteers

If you are interested in this role, please contact us on **020 8690 5012** or email **Sydney Jatter**, sydneyj@healthwatchlewisham.co.uk

60+ TEA DANCE at the GLASS MILL LEISURE CENTRE

Come along and join in with our Tea Dance sessions at Glass Mill Leisure Centre. You will learn basic movement steps, a short piece of choreography or an introduction to the Waltz, Foxtrot, Quickstep or Cha Cha. With an opportunity to meet new people and make new friends come down and join us with refreshments like tea, coffee and cake.

Why Tea Dance?

Dancing is a great way to stay in shape, receive a fantastic workout and look after your overall wellbeing. All of our classes are set in fun and sociable environments where you can make new friends and interact with a hub of like-minded people. Our fun Tea Dance classes will also keep you active and lead you to a healthier lifestyle.

What Should I Wear?

The aim of these classes is to get you moving! This is why we recommend you wear comfortable footwear (such as trainers) and breathable clothing or sportswear. We also highly advise that you bring plenty of water to keep you hydrated during your session.

When are they held?

Our Tea Dance Classes will be held on the last Wednesday of every Month

How do I book?

Members are able to pre book our Tea Dance's 30 days in advance / Non Members receive 29 days in advance.

What is the cost?

Non-Member - £5.05 / Direct Debit Members – FREE

To book contact reception on 0303 303 0111 or alternatively book via our website

Glass Mill Leisure Centre, Loampit Vale, Lewisham, SE13 7FT



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@sypp.org.uk



Afternoon Tea

Fun and interactive activities for older residents

Arts & Craft, Cards, Dominoes, Knitting

Over 55's—All Welcome

Come and let us know what future activities you want to do!

Time: 1pm—3pm

Date: Thursday 23rd May 2019

Location: The Barn, Green Man Community Hub SE6 2RP


0800 028 5700 | www.phoenixch.org.uk | @phoenixtogether



 <p>FACE</p>	 <p>ARMS</p>	 <p>SPEECH</p>	 <p>TIME</p>
<p>Has their face fallen on one side? Can they smile?</p>	<p>Can they raise both arms and keep them there?</p>	<p>Is their speech slurred?</p>	<p>Time to call 999 if you see any single one of these signs.</p>
<p>Watch out for signs of Stroke and act F.A.S.T.</p>			

How dehydrated are you?

A quick way to test how well you're hydrated is to check the colour of your urine.



After last year's heat wave be prepared if we have another long run of HOT weather and make sure you stay cool and hydrated.

The NHS choices website page on [Water and drinks](#) says: Your body needs water or other fluids to work properly and to avoid dehydration. That's why it's important to drink enough fluids. In climates such as the UK's, we should drink about 1.2 litres (six to eight glasses) of fluid every day to stop us getting dehydrated. In hotter climates (or in the UK when HOT), the body needs more than this. We also get some fluid from the food we eat.

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 to find out about the programme

LinkLine - 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.



Adult Learning Lewisham. 10 week Seated Yoga Course

This course is designed for those learners with restricted mobility for whom seated and basic yoga standing exercises are suitable, those recovering from knee or hip replacement surgery or those who require a slower paced supported class. You will learn the principles of yoga with the support of a chair, which would allow you to move closer to the classical form of the pose. Each learner will be assessed for their level of mobility and flexibility in the first few weeks of the course. The tutor will then design a programme of exercises that aim to gently develop and increase learners' stamina, balance and flexibility whilst having fun. There is no class on 13th June due to exams.

There is a class on 30th May during half term.

On: Thursdays 2pm to 3.15pm, 10 weeks.

Starts: 02 May 2019 - but you can ask for late enrolment. Ends: 11 July 2019

Where: Brockley Rise Centre, Brockley Rise, Crofton Park, SE23 1PR

Cost: £31 (concession rate)

Over 60s group The Salvation Army, Brownhill Road, Catford

Every Thursday, 10:30am-2pm

10:30am-11:45 Coffee, Games, Fellowship

12pm-1pm Lunch (Costs £2)

1pm-2pm Christian Fellowship

For information call Major Eden on: **0208 461 2811**

Third Thursday Time (TTT)

A **space** for those wanting to find **support** and a **safe** place to be...

Every Third Thursday of the month from **5:30-8:30pm** at Hartley Hall come drop in for an evening of activities which include:

- **Movement including Tai-Chai, Dance, Zumba and Yoga**
- **Variety of Board Games**
- **Creative crafts including art and writing**
- **Quiet times for meditation, spirituality and rest**
- **Massages and relaxation**
- **Café for drinks, snacks and a chat with new friends**



Mental well-being is as important as physical well-being

TTT will create a safe place for all and appreciate the dignity and value of every person.

We are: **Supportive, Non-judgmental, Friendly, Compassionate and Creative**

We will listen to you with confidentiality and aim to aid connection to each other and the wider community. We are supported by Mental health project, Bishop's Conference, the Co-op Sangley Rd, Many of our volunteers have experience of mental health issues personally and are happy to welcome over 16s in the community to provide a sympathetic, friendly, confidential ear.

Email: thirdthursdaytime@gmail.com

Positive Ageing Council

Improving services and facilities for older people in Lewisham

Drinks
and
refreshments
available

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



You are invited to
our next public meeting

The theme is:

'Fire and Water'

We welcome the Watch Manager of Lewisham Fire Station and colleagues from Thames Water to tell us about the help available to you.

Thursday 13 June 2019, 11am–1.30pm

Civic Suite, Catford, SE6 4RU

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac



Lewisham