



Positive Ageing Council

Improving services and facilities for older people in Lewisham

Newsletter Summer 2018 Edition

Date for your diary
The next Positive Ageing Council public meeting is **Thursday 14 June 2018, 11am**, St Laurence Church Hall, Catford, SE6

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

IMPORTANT – DIFFERENT MEETING VENUE!

Due to an unforeseen issue with our regular venue, **our next public meeting will be held at: St Laurence Church, Main Hall, 37 Bromley Road, Catford, SE6 2TS.**

The new venue is a short walk from the Civic Suite.

You are invited to our next public meeting at St Laurence Church Hall...

Theme is Digital Lewisham

'How I learned to love my device and stop fearing I will break the internet!'

June 14 2018, 11am-1.30pm (1.30-2.30 join the 'stay and play' digital session)

The Positive Ageing Council is excited to bring you a meeting on being a Lewisham resident in a more 'digital / Online world' and how older people can really benefit.

We will be speaking to **Lewisham Council about its digital services** answering your questions and outlining how the council is responding to the needs and choices of its older residents.

We will be hearing from **Age UK about staying safe in a digital world** and help available to avoid scams.

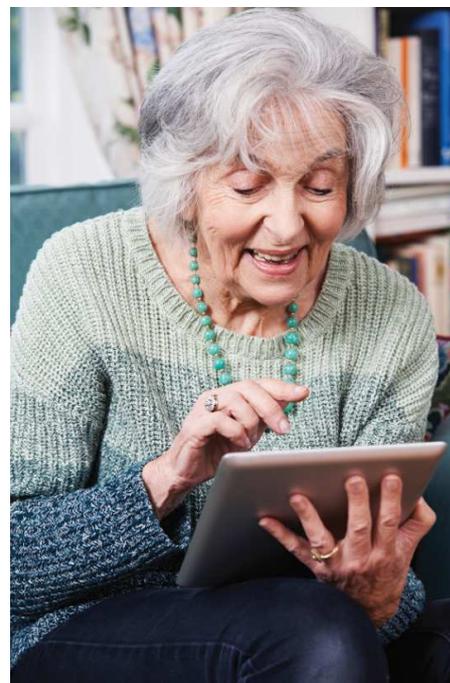
We will also be holding our first ever **interactive digital round table sessions**, where you can learn some simple things using your own **smart** phones and devices, or try out some of our devices. We hope that this will help take away some of the concerns many people have around using, or affording, the technology.

As part of this interactive session we will also give you a few tips around 'google-ing' information, staying in touch with family and friends, accessing council services more easily and showing you some of the 'must have' apps such as Toilet Finder, TFL Bus Times and BBC Weather.

If you are already confident using your smart phone or tablet – Please come along and help some of your peers feel more confident. Share your knowledge, help others with some of their questions and highlight the benefits you get from using the technology.

As this is going to be quite a 'hands on' meeting we are extending it. We expect the meeting to finish c1.30pm, but will also hold a **'stay and play'** session between 1.30 & 2.30pm for those who want to practice using a tablet or their smart phone or talk more to Age UK about scams. If you have your own SMART phone or Tablet then please feel free to bring it along, if not we hope to have plenty of tablets for everyone to have a go – **IF YOU WANT TO!**

We look forward to welcoming you on the 14th of June!



What happened at our public meeting in March 2018 – Waste and Recycling!

We were delighted to welcome members of the environment and community team to speak at our meeting on waste and recycling in Lewisham, take your questions and offer individual help and advice to members. Paddy, Wendy and Joy were fantastic speakers and did their best to answer as many questions as possible and offered help on an individual basis where needed. We would like to give a big thank you to the Environment Team for attending our meeting. Here is a brief look at the items discussed and further information we hope you will find helpful.



We started the meeting with a game of 'what can we actually recycle in Lewisham'. Members of the positive ageing council steering group saved up some of the items they were not sure about and brought them along, so we could find out how much we all knew about Lewisham's policies on plastic by asking our members to guess. We found out that items that were made of stronger plastic, like margarine containers or shampoo bottles could be recycled, but flimsy plastic items like sugar bags, fruit nets or bread bags couldn't be. The big NO was recycling anything containing something 'gloopy' such as toothpaste tubes and items that could not be cleaned before recycling easily... lots more on this issue coming up later on.



In 2016 Lewisham Council held an extensive consultation with residents around how the council could change and improve the waste and recycling services in Lewisham called '**Let's Talk Rubbish**'.

It was agreed that Lewisham would keep a weekly co-mingled recycling service, introduce a subscription garden waste service from June 2016 of £60 per annum, introduce a weekly food collection service and reduce refuse collections to fortnightly.

How are we doing since the changes?

Performance review in December 2017:

The recycling rate has improved and is now 26.94% compared to previous year of 17.57%

0.66% Landfill

Kg per household April 17 – Dec 17 = 489kg down from 693Kg

As we hoped things are beginning to improve - The only way is up for our recycling rate with the help of Lewisham residents. The council are helping to clarify with residents how they improve their own waste management, by attending meetings such as the Positive Ageing Council.

What properties are affected?

Currently in the first roll out of the changes, only Kerb-side properties are affected. The team are hoping to roll further changes out to homes with communal bins in the future.

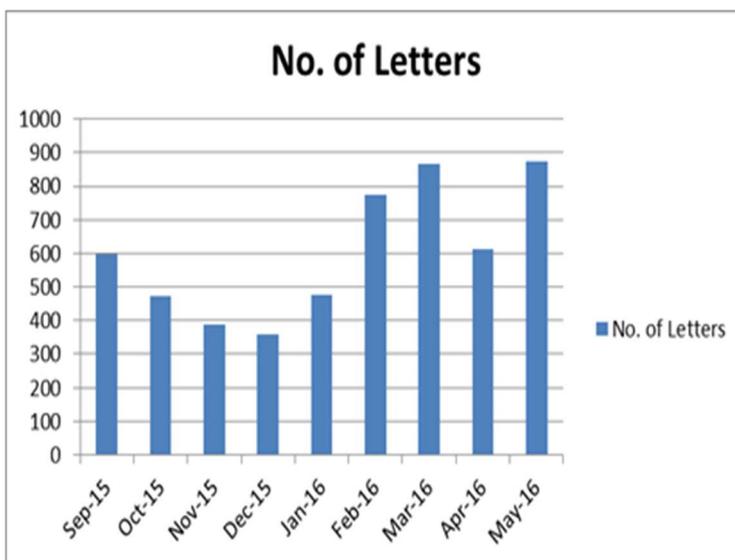
What happens to all the recycling?

The recycling bins are collected from kerbside properties, estates and bring sites from around the entire borough by recycling crews. After collecting the recycling, the crews take it to the materials recycling facility (MRF) in Crayford to tip the loads.

The loads are inspected for food and garden waste and any other contaminants that may affect the quality of the loads. Food and garden waste will reduce the quality of cardboard and paper by absorbing moisture. If the loads are too contaminated, they will be rejected and incinerated and the Council will have to pick up the additional costs. The Team emphasised that Lewisham Council do not make ANY money from refuse collection, the council pay's to have all its waste dealt with.

Bin Contamination

Contamination is a costly issue for Lewisham. The Environment team have a 3 stage process for contaminated bins: First letter - explaining the issue. Second letter - more formal. Third letter – Bin removal
The Environment Team are very keen to remind people that they really must put the right things in the right bins to avoid contamination and recycled items should be clean. Food waste must go in the food waste caddy provided.



What goes in to Lewisham's refuse bins?

37.96% of waste is food waste – that is the equivalent of 4KG per household. Positive Ageing Council members were very surprised to see that people aged 55 – 64 generated the most food waste – over 1.4 kilograms per person per week. But also felt it could be as they were the age group doing the most cooking. However it was interesting for members to see that individuals of their age can do more to help recycling rates in Lewisham.

Should be recycled at home (but wasn't)	33.66%
Should be recycled at Recycling & Reuse Centre banks	4.74%
Food	37.96%
Garden Waste	11.64%
Hazardous	0.84%
Non-combustibles	2.43%
Actual Residual	8.73%
Total	100.00%



Get in touch!

Available in large print

More news overleaf...

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

Food waste collections

Weekly food waste collections (large caddy)

External 23 litre food bin & 7 litre internal caddy

Initial free supply of liners – *you can buy these cheaply at pound shops, supermarkets and online retailers*

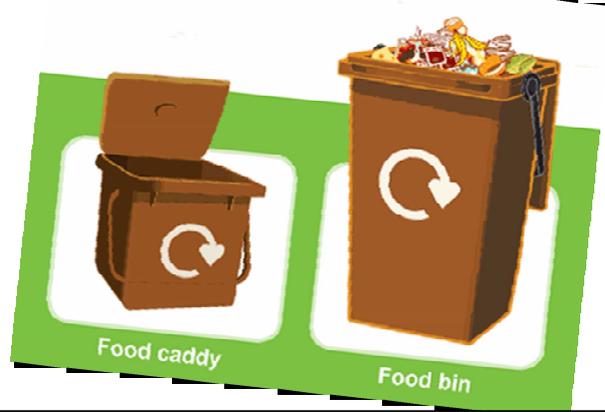
All food waste can go into the caddy:

- Meat and fish - raw and cooked including bones
- Fruit and vegetables - raw and cooked
- All dairy products such as eggs and cheese
- Bread, cakes and pastries
- Rice, pasta and beans
- Uneaten food from your plates and dishes
- Tea bags and coffee grounds
- Nut shells

No food packaging

Food collected going to in-vessel composting

Refuse (black bin) will be collected fortnightly



Question Time

The Environment team stayed for an hour to answer questions from the floor and also speak to people individually about personal issues. Many questions asked were about specific issues with a particular property or road and the team collected contact details for residents who had additional problems. Below are some of the more general questions asked at the meeting and on our questions cards.

Q - I have lots of cut flowers in my home but no garden, so I don't have a garden waste collection - how do I dispose of my cut flowers?

A – At the moment the food and garden waste go into the same van, so for now cut flowers can be put into the food waste caddy.

Q – What do I do with cat litter?

A – We ask that all cat litter go into the black bin as refuse for incineration. Even though some cat litter is bio degradable, our team are not able to know on site if this is the case or not, so for now we are classing litter as refuse, not food waste.

Q - What can you do to stop your neighbour using your bin when politely asking them to stop has not worked?

A – Policing bins is a very difficult issue. If it is a matter of passers by putting something in, as happens to bins near take away food outlets, you could contact us to raise the issue. If it is a neighbour it may be an enforcement issue so please contact us.

Q – How do we contact you, many residents are not online? There should be a dedicated phone number.

A – Phone the switchboard at Lewisham Council call centre **0208 314 7171** and ask to be put through the Environment Team to leave a message. You will get a call back from the service within 2 days. If you are online the best way to contact us is via the environment email address: envirocasework@lewisham.gov.uk

The team are working to get 2 new phone lines added in the near future and when these go active we will let you know via the Positive Ageing Council.

Continued...

Q - What action do you take when residents insist on always leaving their bins on pavements?

A – Some homes do not have front gardens so not everyone can put their bin back on their property, however those that do should be putting them back. If you have an ongoing issue on a particular road or property, contact us and we can send them a letter or someone from the team. It is against the highways act to obstruct a pavement, so we can take enforcement action if needed.

Q –How do we recycle lightbulbs and batteries?

A – Old-style incandescent light bulbs are not recyclable and must be disposed of in your refuse bin. New-style energy-efficient light bulbs are recyclable, but must be disposed of at participating light bulb recycling locations.

Energy efficient light bulbs can be disposed of by taking them to the reuse and recycling center at Landmann Way in New Cross. They can also be taken to Recolight light bulb recycling points within the borough.

Batteries can be put in a separate plastic bag and put on top of your bin. The refuse collectors will take these back to the Wearside depot. Many supermarkets have battery recycling points.

Q – How can I dispose of large items, the recycling centre is all the way in the north of the borough and has steps?

A – Firstly you can ask for assistance at the centre. Secondly Lewisham has a paid for collection service for larger items and white goods. We can collect up to three household items such as carpets, chairs, beds or sofas for £15.

Fridge and freezer collections are £30 each (we cannot collect American-style fridges or freezers).

Please place items out the night before your collection day. A £15 recharge will apply if we need to revisit a property.

Lewisham Provides a Free mattress collection service.

Q – Why are Lewisham’s recycling rates lower than neighbouring boroughs?

A – Other boroughs have had the food waste service and fortnightly collections for longer. As you saw from the presentation our rates have improved a great deal since it was introduced in Lewisham.

Member Suggestion – “someone used the slogan be aware of what goes where! We could adopt the slogan – ask secondary school children to devise a computer sorting game”

Q - I am disabled and can't get my bin outside without great difficulty. What can you do to help me?

A – Lewisham has an Assisted Collection Service. The assisted collection serves those that are unable bring their bins to the boundary of their properties through frailty, disability or illness. Residents need to notify us by filling out a form and sending it to us. Once we have received this, we'll inform the operations team who'll then add the address to the drivers round sheet. Residents just need to leave the bins where they are on their property and crews will take, empty and return them to the same spot. The service will only be provided if there is nobody in your household who is able to place or retrieve a wheelie bin from the boundary of your property. Checks may be carried out to ensure that we only provide this service to residents that need it.

You can download a form online or we can send one to you. Just fill it in and return it to the following address:

Refuse and Recycling Operations, Wearside Service Depot, Wearside Road, Lewisham, SE13 7EZ.

Please ensure that bins are easily accessible for the operatives to collect and please put your door number on your bins, as this helps our crews return the right bins to the right house.

Q – Where can I take clothes and textiles that I used to recycle?

A – Clothing no longer can be recycled in our green bins. Please try and use charity shops as much as practical, we are always encouraging people to reuse as much as possible. Otherwise there are clothing recycling bins in the borough.

What can you recycle?

Many residents take pride in recycling, however, bins become contaminated when food or the wrong items are put into the recycling bin. This guide will help you put the right things in, however, if you're still in doubt, leave it out.

- Cartons (Tetra Paks and other food and drink cartons)
- Paper/cardboard
- Plastic bottles and packaging
- Cans, tins and aerosols
- Glass bottles and jars



These **cannot** go into the recycling bin

- ✗ food waste
- ✗ garden waste
- ✗ black sacks
- ✗ textiles (no longer accepted)
- ✗ nappies
- ✗ electrical waste
- ✗ wood
- ✗ DIY materials
- ✗ polystyrene
- ✗ takeaway containers

Age Friendly Lewisham

We were delighted to be asked by the Lewisham Pensioners Forum to present an item on our Age Friendly Lewisham Work. Thank you so much to the Chair, committee and Forum members for extending us such a warm welcome.

We hope you like our presentation.

Details of that presentation are here so that you can all see the work going on to help Lewisham becoming a more 'Age Friendly' borough



Age Friendly Communities

Helping Lewisham become an Age Friendly Borough

The World Health Organisation are working to create a network of Global Age Friendly Cities. Many cities across the United Kingdom are working to become age friendly, as are some London Boroughs, including Lewisham through the Positive Ageing Council and other organisations.



World Health Organization

What is an Age Friendly City or Borough?

An age-friendly city encourages active ageing by optimizing:

- opportunities for health, participation and security in order to enhance quality of life as people age.

In practical terms, an age-friendly city:

- adapts its structures and services to be accessible to and inclusive of older people, with varying needs and capacities.

In an age-friendly city - policies, services, settings and structures support and enable people to age actively by:

- recognizing the wide range of capacities and resources among older people
- anticipating and responding flexibly to ageing-related needs and preferences
- respecting their decisions and lifestyle choices
- protecting those who are most vulnerable
- promoting their inclusion in and contribution to all areas of community life.

What are the main areas / themes that WHO focus on?

Transportation

Outdoor spaces and buildings

Community support and health services

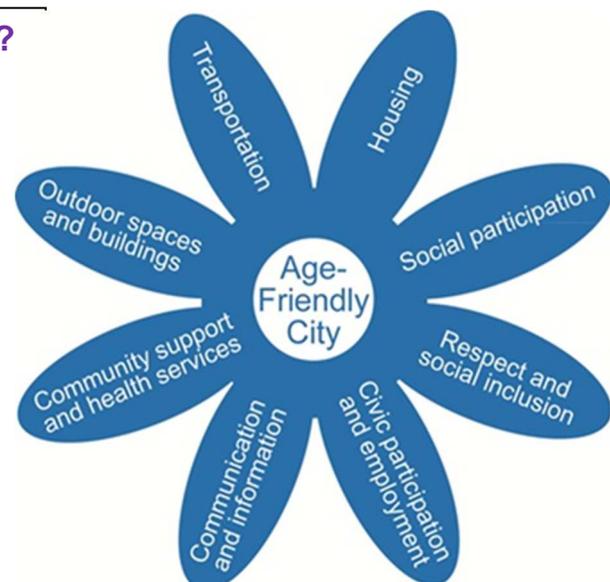
Communication and information

Civic participation and employment

Respect and social inclusion

Social participation

The themes in bold are themes that the positive ageing council have held public meetings on in recent years. We will be holding meetings on all themes in the near future



What was our motivation to join the network?

- The Positive Ageing Council and local organisations such as the Lewisham Pensioners Forum and Lewisham Local have worked to embrace the WHO age Friendly values and opportunities for older people in Lewisham for many years.
- We have many opportunities in place that reflect these values, such as free swimming, falls service, social care directory and opportunities to engage in activities and public forums for older people, to speak to their council and challenge for a fairer deal for older people and people of all ages.
- Our members have told us over the years, that their needs and issues are the same as those of older people all over the globe.

They Said - *'Cross lights are made for Olympic runners.'*
Older person, Halifax, Nova Scotia, Alaska

You Said - *'Electronic countdowns on crossings should be on every crossing point of a major road where there are cars coming from multiple locations'*
Positive Ageing Council Member - Lewisham

What have we done so far to help Lewisham become an Age Friendly borough?

Broad Consultation

We held a broad-strokes consultation available online and on paper hard copy, to find out how age friendly residents think Lewisham is now around the 8 WHO themes. Below is a chart of the overall score residents gave Lewisham around general age friendliness. Nearly 39% of respondents either agree or strongly agree that Lewisham is Age Friendly.

Overall score of age-friendliness

Question responses: 207 (96.73%)

When thinking about the eight themes covered by this survey, to what extent do you either agree or disagree that overall Lewisham is an age-friendly borough?

Table .1

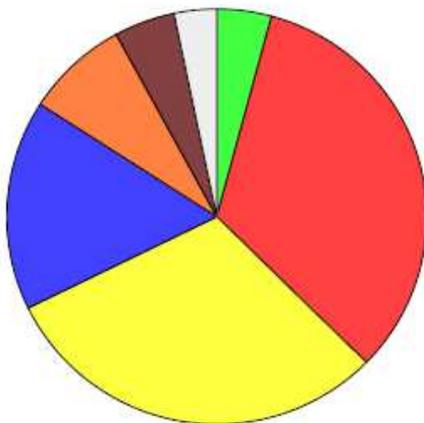


Table .2

	% Total	% Answer	Count
Strongly agree	4.21%	4.35%	9
Agree	33.18%	34.30%	71
Neither agree nor disagree	30.37%	31.40%	65
Disagree	16.36%	16.91%	35
Strongly disagree	7.94%	8.21%	17
I don't know	4.67%	4.83%	10
[No Response]	3.27%	--	7
Total	100.00%	100.00%	214

We took an audit of Lewisham's Age Friendly Actions to Present

These actions included the things we have available for older people in Lewisham, through the council or through other local organisations. We have been working very hard to promote these activities and more to a wider audience and ensuring people know what is available for them through a number of channels such as, Lewisham Life magazine, Twitter, The POSAC Newsletter, The Pensioners Forum Newsletter. Public meetings, smaller focus groups, attending events and feeding into consultations.



We developed a partnership with Greenwich University

- We applied for and received a small grant from the Avril Osborn Foundation
- Trained a small group of older volunteers to become participant researchers (facilitators) of focus groups with Greenwich University
- Developed focus groups to discover more detailed answers to the questions raised in our broad baseline consultation
- Carried out a number of focus groups within the community on the first 2 themes of an Age Friendly Community
- Continuing to develop these focus groups to cover all 8 themes, meeting with a number of different groups, of many ages.



THE LONDON PLAN

THE SPATIAL DEVELOPMENT STRATEGY FOR GREATER LONDON
DRAFT FOR PUBLIC CONSULTATION
DECEMBER 2017



Positive Ageing @PACLevi... · 08 Feb ✓
We have suggested a 'maximum walking distance radius' to a toilet for public use to be included in the 'Public Toilets' Section of the #LondonPlan



We have participated in pan London events

We were invited to attend events with Age UK London and Positive Ageing in London (PAiL) to ensure that Lewisham residents are heard on important issues that affect all Londoners

Most recently we fed directly into the Older Persons response to the consultation on the London Plan, that will be adopted by all London boroughs for the next 20+ years, which includes planning directives around public toilets, dementia friendly communities and so on

Supporting Dementia Friendly Communities

We have been working with the Lewisham Dementia Action Alliance and the Alzheimer's Society, to help create a more Dementia Friendly communities, visiting several Local Ward Assemblies to help empower communities and businesses to be more dementia friendly by taking 3 simple actions that can make a big difference. We also worked with Catford Bus garage to train drivers and new driver instructors on being dementia friendly.



Next steps...

- We will be developing a Governance Group to help steer the Age Friendly project over the next 3 years
- We will be working with council departments, including Regeneration, to develop a 3 year action plan, covering all 8 WHO themes
- We will continue to hold focus groups and public meeting to hear the voice of older people and people with disabilities in Lewisham
- We will develop partnerships with more local organisations, working together to make Lewisham more Age Friendly
- We will expand our programme of intergenerational activities to ensure that and Age Friendly Lewisham works for ALL ages, not just older people.

Thank you

**POSAC is going large this Lewisham People's Day. Saturday 7 July, 12noon – 5.30pm
Mountsfield park. Big Top, Yellow Area (closest entrance to the accessible parking area)**

We are always firm favourites at Lewisham People's day but this year the Positive Ageing Council are excited to be a part of the Peoples day Big Top extravaganza!

The Local Assemblies team and the Positive Ageing Council are teaming up to host a number of on stage events and activities in the Big Top throughout the day.

We are very excited to be inviting you to our extra special **'Disco' Bingo / Name that Tune event, happening between 2-3pm in the Big Top.**

Delivered by the fabulous Hatty and Deb of 'We Do Good Disco', hits from the 40s to the 70s will feature and there will be prizes galore.

This is so much fun and a great activity for people of all ages.

We will have a base in the big top all day - so if you feel like taking a break from the festival fun, you will have somewhere to rest and keep out of the sun / rain. We will also have a stall in the main area so people can sign up to be on our mailing list.

Lewisham People's day is for everyone - we look forward to seeing you there.



This year People's Day will be on Saturday 7 July

12 noon–8pm, Mountsfield Park, Catford

It's a free, family-friendly, celebration of music, art, craft and community. There will be several stages with entertainment brought to you by over 1,000 performers. Browse the stalls of over 150 exhibitors including council and local organisation displays, a sports, health and fitness area, children's activities and fun fair rides.

Visit the craft market to see local work from talented individuals. If you're a foodie, expect a wide selection international food and bars.

Everyone is welcome and we have accessibility measures in place, including:

- wheelchair trackway
- accessible toilets
- British sign language interpreters.

If you're a blue badge holder, disabled parking is accessible from the Stainton Road entrance. If you have questions about getting around, contact Kellie Blake on **0208 314 7321** or kellie.blake@lewisham.gov.uk. Find out more about the day: www.lewisham.gov.uk/peoplesday



Dementia Awareness Week. 21 – 27 May 2018

Accessibility Awareness Event at Catford Bus Garage For Dementia Awareness week

Thursday 24 May between 10am – 4pm

(drop in any time during the day)

Whereas these events generally focus on wheelchair users, we also cover other disabilities, and on this occasion the emphasis will be on dementia and other invisible disabilities.

Prior to the event, we will be holding workshops for key garage staff during early May with a session to be trained as a Dementia Friend.

This means that Garage Manager Bunmi Sutton and Garage Mentor Yvette Singh (pictured) - from Catford Garage will then both officially be Dementia Friends.

The purpose of the day is to continue building up the bus community so that customers and staff have an opportunity to speak with each other and better understand each other.

Anyone is welcome to drop in and have a chat. Catford Garage Bromley Road, SE6 2XA



Carers Lewisham

Here at Carers Lewisham we are going to be offering the Spare Tyre workshop for the dementia carers.

When: Friday 25th May 10.30-12.30

Where: Carers Lewisham, Waldram Place, Forest Hill, London, SE23 2LB **020 8699 8686**
info@carerslewisham.org.uk

Ladywell Dementia Daycentre:

This year we would like to offer our contribution to the Dementia Awareness Weeks as follows:

Monday 21 May 2018 – 10:30 am at

Ladywell Dementia Day Centre: Tea & Tour

Tuesday 22 May 2018 – 10:30 am at

Ladywell Dementia Day Centre: Tea & Tour

Diamond Club Dementia Awareness Session

As part of Dementia awareness week Join the Diamond club a group of older people on Tuesday the 22 May to include a dementia awareness session and light lunch with some representatives from other community organisations.

Take part in Zumba and enjoy the raffle.

10am until 2pm Hartley Hall Culverley Rd, access also via Sangly rd.

Diamond Club Dementia Awareness Quiz Night

Quiz night hosted by the Diamond Club and Holy Cross union of Catholic mothers group to raise funds and Awareness for the Alzheimer's society on Thursday 7 June at 7pm. Cost £8 to include light Buffett.

Dementia friendly, fully accessible.

Hartley Hall, Culverley Rd, Catford, SE62LD

To book your place contact Lesley Allen

07729 785 843

Do you have diabetes and want support within your community?

We have set up a diabetes peer support group in each local neighbourhood, in the London Borough of Lewisham. Come along and talk with others who may be experiencing the same issues as you. Our groups look to provide support and offer advice around exercise, nutrition, motivation and mental wellbeing. For general information, please contact Fay Russell-Clark on **020 8690 5012** or email fayrc@healthwatchlewisham.co.uk. Upcoming meetings: Wednesday 23rd May 2018 – 1.30pm – 3.30pm Lewisham Library, 28th June 2018 – 5.30pm – 7.30pm Deptford Lounge

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**.



Scam prevention and Support from Age UK

Age UK Lewisham and Southwark has a new project around scams prevention and support. If you would like someone to come talk to your group about scams awareness / prevention, or if you have people that you think might be vulnerable to or victims of scams, please do contact Diana on **020 7701 9700**

Diana.Olutunmogun@ageuklands.org.uk.

She is happy to come talk to group or do one-to-one support.

Diana will be attending the next Positive Ageing Council meeting on Thursday 14th of June. Age UK outline five simple steps which can be applied to a range of common scams affecting older people, including: postal scams (e.g. lotteries and prize draws), pensions and investment fraud, phone scams and cold calls, and email and online dating scams.

STOP – Never do anything you don't want to or make any decisions on the spot

CHECK – Always check their credentials

ASK – Always ask someone you trust for a second opinion

MINE – Do not give away personal information

SHARE – Share your experience with others to lower their risk of being scammed

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!**

Get peace of mind at home with an emergency alarm system

Linkline is a phone-based alarm system that helps you live more independently. It is available to you if feel at risk in your own home because of your age, a disability, isolation, being ill or vulnerable. It costs £5.81 per week, with a £25 one-off installation charge.

How it works

- A telecare unit is installed in your home. This is an alarm system that plugs into your phone.
- You provide a set of house keys.
- You receive a personal alarm that you can wear around your neck or wrist. It is connected to the unit that works in your home or garden.
- In an emergency, you call for help by pressing the button on the personal alarm or on the unit – automatically alerting the Linkline response team.
- A member of staff will talk to you and can visit you at home if needed.

Sign up for the service

Find out more or sign up for the service via www.lewisham.gov.uk/linkline or call **020 8314 3141**



Help at Home – Age UK Lewisham and Southwark Supporting Independent Living

About the Help At Home service

Age UK Lewisham & Southwark provides services designed to promote independence, and make later life fulfilling and enjoyable.

Help at Home offers you a wide range of flexible but regular support including:

- Housework, laundry, and meal preparation
- Shopping in the local area
- Paying bills and local errands
- Planning and escorting to appointments or going on outings
- Companionship and conversation

Our staff are DBS checked, and trained in offering a service responsive to clients with variable needs and circumstances that may change.

We emphasise achieving a good 'fit' between the worker and client, building trust and ready communication. The service is supported by office staff with excellent communication skills and a strong focus on looking after our clients, dealing with problems and seeking ways to meet individual needs

Who can use the service?

Anyone over the age of 50 living in Lewisham or Southwark wishing to have regular help at home, or in their local area.

How much is the service?

£16 per hour.

How can I explain what I want?

Our first visit is free. At this visit a worker will meet with you to explain how we work and discuss the help you would like to have from us. The worker will check the condition of your home if housework is requested, and give you an estimate of the time your job might take each week.

If you are happy to go ahead we will draw up a Help at Home Plan with you, and ask you to sign a service agreement.

If you would like to make an appointment or need further information, please contact us on **020 7358 4077**

helpathome@ageuklands.org.uk



Make new friends over a free cup of tea and a bit of cake with Contact the Elderly

Contact the Elderly is the only national charity dedicated to helping older people make new social connections. If you fancy meeting some new local people, come along to one of our free Sunday afternoon tea parties.

We provide each older guest with a volunteer driver, to ensure anyone interested can come along, regardless of financial or mobility situations.

Our volunteers collect their assigned older guest from their home each month, accompany them to the tea party, and then drive them home.

If you're interested in coming along to a tea party, you can Freephone Contact the Elderly on **0800 716 543**



Nifty knitter makes over 70 hats for premature babies in Lewisham

While the rest of the world was going gaga over the newest addition to the royal family, 61-year-old Ellie Paterson was busy knitting over 70 hats for premature babies in Lewisham.

Ellie, a resident of Lewisham Homes' Lanain Court sheltered scheme in Lee, hand-crafted the lovely multi-coloured hats to donate to families at University Lewisham Hospital's Neonatal Intensive Care Unit (NICU) which looks after premature and unwell new born babies.

Ellie has lived at Lanain Court for just over a year, and has been knitting for most of her life. After seeing how nifty she was with her knitting needles, Valda Trowers, the senior independent living officer at the scheme, set up a weekly Knitting Club in the communal lounge.

Valda's grandson was cared for at Lewisham Hospital's NICU, so she knows how valuable small items of clothing are for keeping premature babies warm. She suggested Ellie started knitting hats for other premature babies, and Ellie now makes up to four baby hats a day. She has just started making tiny cardigans too.

After receiving the first batch of hats in April, the NICU wrote to Ellie saying: "Thank you so much for the lovely knitting that you have made for the NICU babies. The hats will be treasured by the families, as we give them to the babies to wear on their way home from the hospital."

Ellie says: "I love knitting for the babies as it gives me something to do and keeps my hands busy. I was very pleased to get the thank you letter from NICU, it gives me a really nice feeling to know I am making a difference in my community."

Valda says: "The Knitting Club has helped to reduce our residents' isolation and give them a sense of purpose.

Ellie is a very talented knitter, and it's fantastic to see our older generation giving back to help babies who make their arrival into the world earlier than expected."

After the success of Ellie's hats, Valda is now hoping to support other older residents living in Lewisham Homes' sheltered schemes to knit and crochet a range of hats and blankets to donate to the NICU and homeless projects in the borough.



We are the Bowel Cancer Support Group – can you help us?

My name is Linda Killick and I am the secretary of the Lewisham Bowel Cancer Support Group (BCSG). We are a patient run group open to anyone affected by bowel cancer who lives or works in Lewisham or who attends/attended Lewisham Hospital for bowel cancer treatment. We have twenty members who meet regularly and there are several others who keep in touch via text or email.

We enjoy hearing talks from anyone on general health, social and local issues. We also like to take part in surveys and opinion gathering activities. If you think your organisation could help us with the provision of a speaker or you would like us to discuss and report back on an issue then please contact me; email: lkillick@hotmail.co.uk text: **07722 847 123**

We meet at 10.30 on the second Tuesday of each month (except August) in the Owen Centre at Lewisham Hospital. Our members are generally older generation, about equal numbers of men and women. If we can help you in any way at one of your own events then please let me know. We have members whose cancer was discovered after voluntary screening, people living an active life with a stoma, people coping with the after effects of chemo etc.

Thank you for reading this Linda

Cha cha, Samba and Guitar - Our commitment to dance & music for ages 60+

Wednesday 4 July

2.30pm - 4.30pm

Upstairs at the Sydenham Centre

FREE Booking essential

Refreshments available

Suitable for ages 60+

020 8778 6463 bookings@sydenhamarts.co.uk



Local professional dancer Amanda Botterill has been dancing since she was 3 years old, trained at the London Studio Centre, worked in theatre, TV & film and will teach some simple routines, incorporating cha cha, samba and an easy jive - easy to pick up and feel like they are dancing the afternoon away.

Bringing us an impressive solo performance, guitarist Alexander Hart has just graduated from The Royal College of Music, London with a 1st. Self-taught on electric guitar and piano. Recitals at London's Britten theatre, Amaryllis Fleming Concert Hall, as well as in Poland, Germany, Croatia, Spain, Lithuania, Kosovo and Austria. Alex is also in demand as a chamber musician, performing with the London Mandolin Quartet and solo appearances with the London Mandolin Ensemble, in addition to recital programmes with singers.

Alex recently took part in the world premiere of Theresienstadt Ghetto at the Bloomsbury theatre and was a guest performer with Explore Ensemble. Finally, Alex is travelling to study with world renowned guitarist Łukasz Kuropaczewski in Poland.

So much is happening at the Hither Green Festival 10 year anniversary celebrations this May. Here are a few of the events you may enjoy.

SATURDAY 19 MAY - ARCHIBALD CORBETT FILM SCREENING

4.30pm at St Swithun's Church Hall, St Swithun's Road SE13 6RW

A documentary by local film maker Ben Honeybone about the man who created the Corbett Estate

SUNDAY 20 MAY- Evensong

A Celebration of Pentecost feat. The wonderful Hither Green Choir, directed by Phillip Bell.

7.30-9pm at St. Swithuns' Church, 191 Hither Green Lane SE13 6QE

THURSDAY 24 MAY - WORLD WAR ONE ENDS - 6-8pm

Corbett Library, Torrison Rd, London SE6 1RQ

In this Centenary year, of the end of World War, Alan Foster looks back, reflects and pays respect to those who lived and died through those times. How did Hither Green people play their part? How was Hither Green affected? Come and find out, in one short evening, some of our story.

FRIDAY 25 MAY- THE MEMORY LANE PROJECT

11am-12.30pm

Corbett Library, Torrison Rd, London SE6 1RQ

Take a trip down memory lane to the 1960s. Bring photos, fashion items, medals or just memories to share over tea, cake and laughter.

SUNDAY 27 MAY - Slow Sunday Concert

with Klaus Bru and artists

6-8.30pm

Hither Green Baptist Church, Theodore Road, Hither Green SE13 6HT

Join us for a selection of contemplative, relaxing and spiritual, although not religious music from local musicians including the acclaimed Klaus Bru.



Saturday 12 to Sunday 27 MAY

ourhithergreen.com @HG_Festival HitherGreenFestival

STANFORD
ESTATES

proudly sponsored by

Hillman
Celebrating 100 Years
1918-2018

Become a Wild Helper at Wild Cat Wilderness

Every other Friday from 18 May 2018
at Wild Cat Wilderness, 10.30am–1.30pm
Entrance via the allotments next to
53 Riverview Park Rd, SE6 4PL



Wild Helpers grow, create, learn and volunteer outdoors at Wild Cat Wilderness, a project managed by **Rushey Green Time Bank**. We are a community green space just outside of Catford.

Wild helpers:

- **Create with natural arts and crafts**
- **Learn about gardening**
- **Help the wildlife, trees and nature through conversation work**
- **Volunteer time for a good cause**



Bring a packed lunch and a mobile phone to ring for entry. We have a toilet and shelter. Please note that the 120m path to the Wilderness can be uneven and unfortunately isn't currently wheelchair accessible. Please make sure you wear outdoor clothing. Book via www.wildcatwilderness.org or call **07544 996 722**

Group Befriending

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

Where? Pepys Resource Centre,
Deptford Strand, SE8 3BA

When? Wednesdays

Time? 1pm – 3pm



Contact: Sandra McGregor

Tel: **020 8291 1747**

Email:

befriending@vslonline.org.uk

Charity Number: 266585



BREAKSPEARS MEWS COMMUNITY GARDEN - Senior Gardening Club

Started again on **Thursday the 12th of April 2018** 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 and 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 us on **07790 642 781** or email

breakspearsmews@brockleysociety.org.uk

Breakspears Mews Community Garden. An oasis of peace, quiet and togetherness

These sessions have already started at the time of going to print – however if you are interested it is still ok to go along for the last few sessions or contact the organisers for the dates of the next session.



Activities for unpaid CARERS in Lewisham

To book for any of the activities below please contact Carers Lewisham: **T: 020 8699 8686**
E: info@carerslewisham.org.uk



First aid training

Gain basic first aid knowledge and learn the best way to deal with emergency situations.
Dates for your diary:

- 16th May, 2-4pm at Rushey Green GP, Hawstead Rd. SE6 4JH.
- 26th June, 5.30-7.30pm at Compass Centre, 34 Watsons Street, SE8 4AU.
- 18th September, 1-3pm at Waldron Health Centre, Stanley St. SE8 4BG.
- 8th November, 10am-12pm at Carers Lewisham

Mindfulness for carers

Mindfulness workshops to provoke positive behaviour change, take control of stress management, and improve mental well-being. *March to July 2018 on the 3rd Wednesday of the month, 12-2pm, Goldsmith Community Centre.*

Wellbeing workshops

Workshops to increase your confidence and boost your motivation.
Venue: Carers Lewisham, Forest Hill, SE23 2LB.

- *Mindfulness Self Compassion workshop with Life Coach Ales Newte Hardie on the 17th May 12-2pm.* Learn how to stop self-criticism and treat yourself with kindness. This workshop will help you develop better self-confidence, resilience, increased connection with others, and healthy behaviours.
- *Create your vision using arts and crafts with Life Coach Nazli Yucelogiu 24th May 12-2pm.* Discuss your goals, hopes & dreams, and create a vision board to help you realise your potential.

Health information for older people

Shingles develops when the dormant chickenpox virus becomes re-activated in the body and can cause severe pain for older adults. It is not 'caught' from other people with chickenpox or shingles. Most people in the UK have caught chickenpox at some point in their lives, usually as children, although some people may not develop symptoms and so are unaware that they've even had it. The risk and severity of shingles also increase as you get older and your immunity wanes. The shingles vaccine has shown to be highly effective at preventing shingles and long term chronic pain which is a common for older adults. GP surgeries can arrange an appointment for people to receive the vaccine.

Grove Park Community Group

info@gpcg.org.uk **020 8857 7980**

All these events take place at the Ringway Centre, 268 Baring Road, Grove Park, SE12 0DS:

Take a Break Café, every Friday 12noon-3pm – soup and fresh bread, coffee, tea and cake – and live music.

Big Lunch Picnic, Sunday 3 June, 1pm-5pm - bring your own food and drink to share with your friends, family and neighbours at a picnic in the community garden. We provide the space, tables, chairs and the tea is free.

Summer Fayre, Saturday 7 July, 12noon-4pm – activities, entertainment, food, music and stalls.

Join Trinity Laban and its partners for a day of engaging arts activity, created especially for people aged 60 and over as part of London Creativity and Wellbeing Week. 'Jam' with exceptional Trinity Laban music and dance artists and visit our arts marketplace to get a taste of other older people's arts activities on offer in Lewisham.

Date: Friday 8th June 2018

Time: 11.30 – 17.45

Venue: Laban Building, Creekside, SE8 3DZ

TRINITY LABAN CONSERVATOIRE OF MUSIC & DANCE

As part of Creativity and Wellbeing Week 2018, Trinity Laban will be presenting an afternoon of music and dance 'Inspired Jams' for people aged 60yrs and over. 'Jams' are short practical workshops led by exceptional Trinity Laban artists who will guide you through basic art form skills, then support you to be creative and use these skills in improvisation at the end of each session.

11.30h – 12.00h – Welcome, mingling and film screening

12.00h – 13.30h – Creative Music Making Jam

13.30h – 14.00h – Tea, coffee and Market Place

14.00h – 15.30h – Contemporary Dance Jam

15.30h – 16.15h – Tea, coffee and Market Place

16.15h – 17.45h – Voices in Motion Music & Movement Jam



Please note: For the Creative Music Making Jam, percussion and a limited number of keyboard instruments will be available. Those who play an instrument should bring their own instrument with them. Players and singers of all abilities are welcome.

Inspired Jams are free and no previous experience is required to take part. To register your interest and book a place please email inspired@trinitylaban.ac.uk or call **020 8305 9398**.

Arts Market Place

During the breaks, visit our arts marketplace in Laban Bar. Enjoy tea, coffee, snacks and conversation with partners from Older Adults Arts Network (OPAN), who will share the unique arts offer available in Lewisham for older people. Whether you are interested in participating, performing or socialising, OPAN partners will have the information and advice for you.

OPAN partners include: Age Exchange, Entelechy Arts, Horniman Museum and Gardens and Trinity Laban Conservatoire of Music and Dance.

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 Fri 12 Dec – Sun 30 Dec 2018.

The Broadway Theatre has enjoyed a prodigious festive heritage with panto favourites including John Altman, Keith Chegwin, Lenny Henry, Paul Shane, Shane Ritchie and Lulu to name but a few, gracing the stage. With a star cast still to be announced the theatre looks forward to following this tradition.

Join the fun this Christmas in the enchanting world of Peking where an exciting adventure will unfold. Meet brave Aladdin, the rebellious Princess, the larger than life Window Twankey and be part of Wishee-Washee's gang: will these friends foil the Evil Abananzar's Plan? You'll have to come along and find out! Expect loads of audience participation, dazzling costumes, spectacular sets, live music and magical special effects that will guarantee to make your pantomime wishes come true!

Presented by Selladoor Family, Aladdin is a fun-filled pantomime adventure for the whole family. Tickets from £15. Book your tickets today at www.broadwaytheatre.org.uk or telephone the Box Office on **0208 690 0002**

Summer Activities with the Diamond Club



Diamond Club are hosting a series of events for older people in Hartley Hall, Culverley Rd, Catford, SE62LD, Access also via Sangly Rd. These include:

Thursday Seated Yoga for the over 60s, 2-3.30, Subsidised cost £1.50

Summer Fayre on Tuesday the 5th June, 10-4pm with plants, cakes, fancy goods, Vintage clothing, Raffles and Tombola's and fun for all. All welcome just come along.

Quiz night on 7th June, to raise funds and awareness for the Alzheimer's society. 7pm, cost £8 including refreshments.

"Holiday at Home on Tour" are taking the successful holiday type experience for older people who find it difficult to get away to different venues in the community.

Brownhill Baptist church, Brownhill Rd, on the 25th, 26th and 27th July 12-4pm

St Andrews Church Hall, Sandhurst Rd, 15th, 16th, and 17th August 11-3pm

Hartley Hall, Culverley Rd, Catford, 15th, 16th and 17th August 11-3pm

Activities will include, Films, quizzes, Quadrille dancing, Yoga, Zumba, Sing a longs, Storytelling, reminiscence, raffles, fish and chips, picnic lunches, Photo opportunities and afternoon tea with entertainment.

For more information and to register your place, please contact Lesley Allen on **07729 785 843** or lesleyaallen@bopenworld.com

Lay visitors to care homes

Have you ever visited anyone who lives in a care home? Whether you have or not, you might be interested in becoming a lay visitor, accompanying a Lewisham officer on a visit to a local residential or nursing home.

After some initial training, this voluntary work would give you the opportunity to meet some of the more elderly and vulnerable residents of the borough and also the people who care for them. You will be asked to form an impression of the home's environment, observe staff in their work of caring for the residents and, most importantly, talk to the residents themselves and find out their opinions of the service provided for them by the home.

Each visit will last approximately half a day. After each visit, you will be asked to write a short report on your experience and observations made during your visit, which will then be forwarded to the council officer who accompanied you.

If you are interested in finding out more about what could be a stimulating, new experience, please contact David Wotherspoon on **020 8314 9527 or email**

david.wotherspoon@lewisham.gov.uk

Adult Learning Lewisham Open Day

Thursday 5 July from 1-7pm
Granville Park Centre, 100
Granville Park, Lewisham,
SE13 7DU



If you are thinking about taking a course and need some inspiration we have over 700 part-time courses to choose from.

See our great facilities, talk to subject specialists, take part in free drop-in activities and enrol for courses starting in September 2018.

Our new programme of courses for September will be available on our website on Monday 25 June where you can now enrol on most of our courses online. Alternatively you can visit one of our main centres to enrol in person.

For more information call **020 8314 3300** or visit: www.lewisham.gov.uk/adultlearning

@Age_Exchange

/age-exchange

ageexchange



Living in Harmony



Part of Age Exchange's "Acting Up At Our Age" series of creative workshops, "Living In Harmony" is a ten week course looking at fun, accessible ways into part singing.

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



Living in Harmony – With Age Exchange

Starting: April 27 – Friday 13 July

Time: 1.30 - 3pm

Venue: Age Exchange
11 Blackheath Village, SE3 9LA

To register call:
020 8318 9105

Or Email:
hello@age-exchange.org.uk

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

IRIE! dance theatre

IRIE! DANCE THEATRE PRESENTS...

Active You

Beginners African and Caribbean Dance Classes

FREE Dance Classes

Every Wednesday 11:30 am - 12:30 pm
6th June - 19th September

Open to elders of the community, these classes are aimed to get you into the groove with a gentle introduction to physical activity.

moonsh@t centre
Angus Street, Fordham Park, New Cross SE14 6LU

Get in touch today if you're interested or want to find out more...

info@iriedancetheatre.org
020 8691 6099



moonsh@t centre



Lewisham Pensioners Forum
Seated Exercise
Thursday Afternoons 2.30 to 3.30

St Mauritius House, Lewisham Park, SE13 6QX opposite Lewisham Hospital

Low level exercise at a pace suited to your individual needs in the lovely surroundings of the Residents' Lounge in St. Mauritius House. Come and be talked through gentle movements to increase your health and mobility with Elena. £1 tea and coffee provided
Project supported by Hyde Housing

Lewisham Pensioners Forum Events
Wednesday 30 May - Lewisham Pensioners Forum Meeting



Wednesday 25 July - LPF Pre-retirement Planning Event
All Welcome –
phone **020 8690 7869** for details

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**
- **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 Road and Archibald Café

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

Windrush Legal Clinics

Remaining available dates and times for the Brixton Windrush legal clinics, are now as follows:

Wed 16 May 5pm-8pm & Sat 19 May, 10am-1pm
Wed 23 May 5pm-8pm & Sat 26 May, 10am-1pm
Wed 30 May 5pm-8pm

Lewisham residents are welcome to attend. Each appointment is 20 minutes long and must be booked by ringing **020 3757 8500**. If they are not available please email them at info@bcaheritage.org.uk

Branching Out, the group for older adults and more vulnerable people held at the Telegraph Hill Centre each week, has been very busy with events and activities.

The group's art class is busy preparing works for an exhibition to be held soon in collaboration with Goldsmiths University. From Friday 6 July until 16 July, the university's New Cross Road gallery will be filled with watercolours and drawings done by the class. At the same time, members of Branching Out will feature in a specially-commissioned story-telling video which will run throughout the show. This is a wonderful community collaboration and one not to be missed.

Recent activities at Branching Out have included a concert by members of the Royal Albert Hall band. Free souvenir songbooks got the audience into full voice and enjoying a great afternoon. Also, over the past weeks the group has started a series of weekly tasters in new areas including crochet, chair yoga and mindfulness. Free for anyone to attend, these tasters will run to the end of the month, held each Monday from 12 noon until 2pm with a free lunch included.

If you would like to come along to Branching Out or know anyone who would, please contact **020 7639 0214** manager@thcentre.com.

Sydenham Fun-Palace-Making event and Assembly

Wednesday 13th June time and venue tbc

What do you want to do or learn? What can you offer to share or teach? Fun Palaces are inclusive and for all ages. They're about ordinary people MAKING a fun palace by sharing our hidden artistic and scientific skills. And about having fun doing or learning something you want to do.

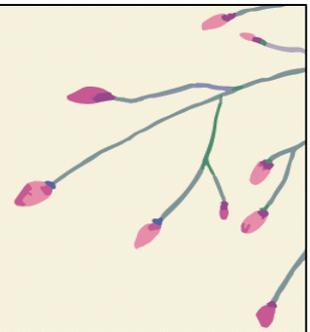
hey're about ordinary people MAKING a fun palace by sharing our hidden artistic and scientific skills. And about having fun doing or learning something you want to do.

If you live in or around Sydenham and you're any age, especially if you're over 55 we want YOU to get involved!

Please visit <http://funpalaces.co.uk/about/> or call Laura on **020 8314 3830** or email laura.luckhurst@lewisham.gov.uk for more details.



Beckenham Place Park flower show 2018



Beckenham Place Park is holding its first ever flower show on Saturday 23 June 2018, 12-6pm.

The show is an opportunity for people to enter and show produce they have grown, from flowers to beetroot to craft flowers. There are 37 different categories, including one for church flower arrangements, and it only costs 50p to enter each category. It is a community event open to all, from people who have never entered a flower show before to experienced exhibitors. This could be your opportunity to win a rosette or even a prize! Entries should be registered online before the event.

More information about the categories and how to enter can be found at

www.lewisham.gov.uk/flowershow

The event itself will be a fun afternoon with a marquee of exhibits to look at, a dog show (at 3pm, register on the day), a flower-themed art exhibition (from 12-5pm), and a series of workshops such as making wire flower sculptures or having a go at drawing a still life of a vase of flowers. There will be some stalls, and food and drink and live music too. In addition, the straw bale garden that volunteers are cultivating in the park will be open for people to explore. It will be a fun afternoon for all!

The flower show is free to attend and will be located behind and in the Mansion in the park. Beckenham Place Park is easily accessible from Beckenham Hill Station or Beckenham Junction station. The 54 bus stops right outside. The park's location is BR3 1SY.

The Elder Peoples Support Project is proud to present



ArtFest 2018

An exhibition of works by the talented EPSP Art Class



Saturday June 2nd 2018 , 12-4pm

@ The Ackroyd Community Centre, Ackroyd Road SE23

Art Exhibition and bespoke Craft Fair accompanied by Home made Cakes & preserves, music, refreshments and more!

FREE ADMISSION

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 digital literacy and IT skills.

Our courses include:

- Computers for Beginners
- Digital Literacy skills
- Introduction to the Internet & Email
- Microsoft Office skills (level 1)
- Staying Safe Online
- Accessing online services
-

Please contact Liam for details: Tel **07458 994 705** Email liam@nxgtrust.org.uk

Lee Senior Citizen's Social Club

provide opportunities for individuals aged 55 and over to socialise, be part of a network, gain information and advice that may improve the quality of life. Our activities include the provision of meals on alternate Tuesdays and easy paced exercises classes on Wednesdays from 10.00 to 11.00 am, both at subsidised costs.

Venue: The Church Hall, 370 Lee High Rd, SE12 8RS

Time Tuesdays 11am to 3pm

For more details and membership application forms, please drop in, call **07535 359 883** or email seniors@ntcglee.org.uk

Lewisham Local History Society

A screening of "Archibald Cameron Corbett: The Man and The Houses"

7.45 Friday 29 June

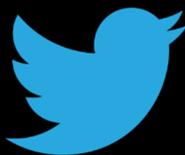
The Methodist Church Hall, Albion Way, SE13 6BT

With Peter

Ranken of the Corbett Society and Ben Honeybone, director and producer



Follow us on Twitter for up to date news about things happening across Lewisham, London and the UK
@PACLewisham



60 Up Club

As we look forward to warmer and brighter days. 60 Up is offering a mixture of days out to enjoy.

Wednesday 28th March: **Cambridge City Centre**

Wednesday 16th May: **Eastbourne**

Wednesday 6th June: **Kew Gardens**

Wednesday 20th June: **Ramsgate**

Thursday 5th July: **Rye & Camber (East Sussex)**

Friday 13th July: **50+ Show London Olympia (TBC)**

Wednesday 1st August: **Southend on Sea**

Wednesday 19th September: **Kensington Palace**



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

Seniors has changed its name to 'Stanstead Lodge Seniors Club'

but is still the same Seniors we know and love.

Here is some information on their upcoming events

Contact us on: **020 291 1164**

It's all go at Stanstead Lodge Senior Club.

Performance by our Drama Group and a Summer Fair.

Here are the details:



STANSTEAD LODGE
Senior Club Ltd

Stanstead Lodge Senior Club Drama Group are taking part in the Catford Fringe Festival with a one hour show on Sunday 10 June at 1 pm. Tickets £7 and £5 (concessions).

Stanstead Lodge Senior Club Summer Fair takes place on Saturday 16 June from 11 am till 4 pm. Entry £1 with a chance to win a raffle prize. Lots of fun for all the family in our lovely garden.

Glory Days Senior Club

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

Time 11am - 1pm

159 Perry Rise Forest Hill SE23 2QU

07932 849 432 for further details (Miriam) or Caroline on **07944 504 483**

This is an opportunity for you to improve your lifestyle. Come and meet new senior citizen friends and learn skills and experiences that will enhance you in your GLORY DAYS

Forget Me Not

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

Lark in the Park 12 – 4 pm, 30th June 2018 in Mayow Park SE26 4SS

Lark in the Park is our community festival and annual celebration of all things Perry Vale! An inclusive fun day with local people, community groups and services together. In honour of Mayow Park's 140th Anniversary, we will have a Victorian theme, including fancy dress and Victorian games.

Stanstead Road Lodge – Seniors Club

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

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
1.30-3.30	Ukulele	£2

wellbeing Fit bus



Would you like to... get out more?

Meet new friends?

Do a bit of exercise?

Or do you know someone who is.. isolated?

Would like to do more exercise?

Would like companions?



Our Fit Bus will be driving to 'hubs' in Downham, Whitefoot, Grove Park and Catford South to collect people to take them to the following exercise sessions: Tea Dance, Zumba, Gym, swim, multi sport, falls prevention, walks.

Register for a 12 week programme, no membership needed, only session costs to pay. Downham Health & Leisure Centre reception has the referral forms or email Fitbus@1life.co.uk

Downham Health
& Leisure Centre
020 8461 9200

1Life.co.uk/Downham



WEDNESDAY

9.45-11.45	U3A 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

10.30-12.30	Drama Group	£3
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

We would like to say a huge thank you to the contributors to our newsletter. This is a helpful resource for older people in Lewisham and is only enhanced by your inclusions. If you see this newsletter and feel you may have a story, event or news of interest to older people, please do get in touch as we would love to include it in the next edition and editions to come.

Get Growing: Inter-generational Gardening Club

Dates: Every Tuesday 15 May - 3 June, 4pm - 5.30pm

Join us for Get Growing, a weekly club for anyone aged 4 – 104, to get involved in nature and gardening activities happening in the Albany garden. Learn how to grow your own food from seed to ready-to-eat fruit and vegetables.

No experience necessary. All equipment provided. In wet weather sessions will be held in our poly tunnel.

Ticketed: FREE, but ticketed please email or call to book. email: gardening@thealbany.org.uk or Text/Call: **07716 398 822** or visit the website to book your place:

https://www.thealbany.org.uk/event_detail/2279/Clubs/Get-Growing



Home Library Service.

We offer a high quality home library delivery service to those people who by reason of disability, illness, age or being a 'carer' cannot get into the library to select their own books. There is no age limit on this service and it is completely free. Those who use the home library service include older housebound people and registered members of the RNIB. We offer a free monthly service delivering: books in normal or large print, talking books in CD or tape format, music CDs, free newspapers, some films on DVD.

Tel: 020 8314 6254 / 020 8314 8642 **email:** libraries@lewisham.gov.uk enquiries about the service can be made at any library.

Do you have a complaint about an NHS service?

If you feel you have not had the treatment you expected from the NHS and want to complain, the law says you have the right to have the support of an advocate. **Healthwatch Lewisham** provides the Lewisham Independent Health Complaints Advocacy Service. Our service is free, independent of the NHS and confidential. If you need support to make a complaint please contact our Advocacy Service on **020 8690 5012** or visit our website www.healthwatchlewisham.co.uk/complaints-advocacy

Healthwatch Volunteering roles

Do you enjoy talking to people, listening to their stories and have a few hours to spare every month?

We're looking for volunteers to help us hear people's experiences of local health and care services at our hubs. This includes talking to residents at GP Practices, Hospitals, Libraries and Shopping Centres etc. Please contact Fay Russell-Clark on **020 8690 5012** or fayrc@healthwatchlewisham.co.uk.

Beanstalk Reading Charity

At Beanstalk we believe that life is better when everyone can read well and express themselves with confidence. That's why we recruit, train and support volunteers to work in local schools with children who have fallen behind with their reading ability and confidence. Beanstalk reading helpers volunteer with children on a one-to-one basis, giving them consistent support to improve their reading ability increase their overall self-confidence and help give them the vital literacy skills they need to succeed in school and life. 80% of our volunteers say volunteering with Beanstalk makes them physically and mentally active. For more information and to get involved, go to www.beanstalkcharity.org.uk or call **020 729 4087**.



Fusion Leisure 60+ Group

60+ mornings happening at Glass Mill and The Bridge, with the 60+ group at Glass Mill recently hosting an Easter party. We are always looking to recruit new members to this.

The 60+ morning runs every Wednesday from 10am to 2pm, with the social element running from 12noon to 1pm.

During this time we offer three aerobics classes, plus the option for users to swim or gym. We are also looking at introducing swimming lessons as part of this session.

At The Bridge the sessions run on a Wednesday and Thursday, during this time we offer drop in swimming lessons and badminton sessions.

for more information please contact Matthew Houghton At Fusion Leisure on **07827 277 856** Matthew.Houghton@fusion-lifestyle.com

Walking Netball - Do you know your goal defence from your wing attack?

England Netball and Fusion leisure are interested in starting up some fantastic walking netball sessions in Lewisham, however before they do they are very interested in gauging the interest in the local community especially from older people who benefit so much from 'walking sports' such as walking netball, walking basketball and walking football.



England Netball are also offering Free Training to people who would like to be trained as activators or hosts, to deliver sessions in the borough. This training is free and takes 6 hours

If you have fond memories of your netball playing days and would be interested in getting involved in walking netball, either as a player at a session, or trained up to be activators to host and run sessions please contact Matthew Houghton At Fusion Leisure on **07827 277 856** Matthew.Houghton@fusion-lifestyle.com



Walking Football

Walking Football, a slower-paced version of the beautiful game aimed at the more mature participant, the game is becoming increasingly popular across London.

In Downham we hold a session on Thursday between 7pm to 8pm at the Downham Health & Leisure Centre 7-9 Moorside Road, Downham; BR1 5EP. Although it has been very cold we still a core group of men turning up to play.

It's designed to help people keep an active lifestyle despite their age, as well as getting those back into football who had to stop due to injuries or other reasons.

As the name suggests, Walking Football is non-contact and anyone that sprints, runs or jogs while the ball is in play will generally be penalised with a free-kick awarded to the other team. Our games are normally played with enjoyment and in good humour but always with a combative edge – we all still long to score. And are looking to arrange friendlies with other teams.

https://www.youtube.com/watch?v=00_I1s44bAY&feature=youtu.be

Contact Trevor Pybus Email: trevor.pybus@ageuklands.org.uk Mobile: **07821 292 317**



The **NHS Health Check** is a health check-up for adults in Lewisham aged 40-74.

It's designed to [spot early signs](#) of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

How do I get an NHS Health Check?

If you're in the 40-74 age group without a pre-existing condition, you can have a health check every five years

You can get your free health check from one of the NHS Health Check pharmacies or your GP surgery. There's more information and a list of all the pharmacies on the Lewisham Council website: www.lewisham.gov.uk/healthchecks. Or just call into your GP practice and ask for details.

Why should I get checked?

As we get older, the risk of developing conditions such as high blood pressure, heart disease or diabetes increases. At your NHS Health Check you can find out your risk and given advice on how to stay healthy.

What lifestyle changes can I make?

Once you've had your NHS Health Check, your healthcare professional will [discuss your results](#) with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health.



South East London Macular Support Group

No one need face macular degeneration alone

Our group meets on the third Tuesday of each month (except August) 1.30 – 330pm

We meet at St Mark's United reformed and Methodist Church, 22 Greenwich South Street, London SE10 8TY

The meetings are open to anyone affected by central vision loss. Carers are welcome too.

Please call Valerie on 020 8461 1017

Our friendly groups are run by dedicated volunteers, most of whom have macular disease themselves or know someone who has a macular condition. Groups offer support and help in understanding macular disease and coming to terms with sight loss. They often share information about treatments, other services and staying independent.



Patient Partnership Group (PPG) at South Lewisham Group Practice

50 Conisborough Crescent, Catford, SE6 2SP

Tel: **020 3049 2580**

www.southlewishamgrouppractice.co.uk

Health & Wellbeing groups & organisations are invited to have a free table in our waiting area during opening hours to promote their specialist services or project, provide free information, advice or use as an outreach venue.

Also advertised on:

www.lewisham.gov.uk/what's on & www.lovecatford.co.uk

To book or for more details:-

Alexandra Camies, PPG Chair. Email:

southlewishamppg@gmail.com or Dawn Lait,

Practice Manager on **020 3049 2580** email:

dawnlait@nhs.net

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



Next meeting

Find out about the Council's digital services and how they are responding to older people's needs. Hear from Age UK about staying safe in a digital world. Learn about digital technology – how to use it and how much it costs.

Thursday 14 June 2018, 11am
St Laurence Church, Main Hall,
37 Bromley Road, Catford SE6 2TS

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac

