



Positive Ageing Council

Improving services and facilities for older people in Lewisham

Newsletter - Autumn 2018 Edition

Date for your diary
The next Positive Ageing Council public meeting is **Thursday 13 September 2018, 11am**, Civic Suite Catford SE6 4RU.

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

Hi - This edition of our newsletter is a 'digital' special, with a review of what happened at our last meeting, information on online scams, places you can find help to go online and more. There is also information about our small fund and pages of news, stories, activities and events for older people.

You are invited to our next public meeting! Theme: Crime prevention, scams, security and safety.

Date: Thursday 13 September 2018,

Time: 11am-1.30pm

Venue: Civic Suite Catford, SE6 4RU

We are looking forward to working with the great team from Community Safety at this meeting. We will talk about many aspects of staying safe including personal safety, in the home and out and about, scams, neighbourhood watch victim support, and more. There will be time to ask your questions and as usual our round table time to you can work with your peers on finding positive solutions to some of the questions raised on the day. **We look forward to seeing you on the 13th of September.**

Positive Ageing Council - Older People Fun Day Event - Celebrating Silver Sunday

Sunday 7 October 2018, 11am – 4.30pm, Deptford Lounge Library, Giffin Street Deptford, SE8 4RJ

Last year we held a fantastically successful event for Silver Sunday. So much so - we are doing it again this year!

At the time of going to print we are still working out the details but we hope to include taster sessions of tai chi, art, crafts, robotics, using IT (tablets), floral craft and more much more.

We will provide lunch and will be showing a film matinee.

Be assured it will be a whole day of fun for all.

Come along for the whole day, or just drop in.

No need to book.

This event is in partnership with Deptford Lounge, Adult Learning Lewisham, Go On Lewisham, JOY (Just Older Youths), Seniors and Lewisham Young Mayor.



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

SUNDAY 7th OCTOBER 2018



Positive Ageing Council Small Grant opens September 2018

The Positive Ageing Council has a limited pot of funding available to help organisations working with older people in the borough.

Grants of up to £400 are available.

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

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



All information and application form is on our website www.lewisham.gov.uk/pac or contact

Lucy: email: lucy.formolli@lewisham.gov.uk

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

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



What happened at the last positive ageing council public meeting?

Here at the Positive Ageing Council we like to try new things and at our last meeting we combined information presentations with a giant techy tea party. We had over 80 attendees excited to try out new things and learn a little more. Hopefully taking away some of the anxiety from using the technology available.

We were delighted to invite Liam Barnes from Lewisham Councils digital inclusion team, Diana Olutunmogun, Scams officer from Age UK Lewisham and Southwark and the mobile technology company '3' who came along to deliver one of their mobile technology sessions to help some of our members try out some of the new technology. We had tablet computers available for people to try and '3' gave hints and tips to carry out some of the useful activities that can make the lives of older people more simple, such as sending and receiving messages, setting up contact, sending voice messages, accessing council services and more... The next few pages of this newsletter will give you a taste of what we learnt at the meeting.

Liam Barnes – Digital Inclusion – Lewisham Council

Thank you for having me back. When I was here previously I was talking to you about the online world and the benefits of going online. This time I'm going to be a bit more specific and focus on council services that are online. I'm also going to respond to questions I was asked when I was previously here as well as cover the legacy services available to residents that can't use the online services. And the driver that our pushing services online.

All Local authorities have had significant financial cuts as well as targets to get services online. It is by far the most efficient way to interact with Lewisham Council.

There are a number of services and they tend to fall in the following categories Apply, report, pay and book.

Apply for it	Report it	Pay it																																			
<p>You can apply for a range of services online quickly and conveniently.</p> <p>To make an application you may need to register. You will only need to register once and we advise you to do so as it will enable you to access services via an account and view your history with us.</p> <table border="0"> <tr> <td> Jobs with the council  Search, apply for and update applications for jobs. </td> <td> Jobs with schools  Search, apply for and update applications for jobs. </td> </tr> <tr> <td> Parking permits  Apply for a permit within a controlled parking zone. </td> <td> Parking permit renewals  Renew your parking permit within a controlled parking zone. </td> </tr> <tr> <td> Housing benefit  You can apply online for housing benefit and council tax reduction. </td> <td> Free school meals  You will need to be eligible for this service. </td> </tr> </table> <table border="1"> <tr> <td>Allotments</td> </tr> <tr> <td>Apply for an allotment</td> </tr> <tr> <td>Schools</td> </tr> <tr> <td>Apply for a school place ↗</td> </tr> <tr> <td>School transfers</td> </tr> </table>	Jobs with the council  Search, apply for and update applications for jobs.	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<p>Apply - Whether it's a parking permit, blue badge, an allotment or council tax reduction.</p>	<p>Report - fly tipping, graffiti, faulty street lighting, animal fouling, abandoned vehicles, etc.</p>	<p>Pay - Paying Council Tax, Rent, Pay to hire a hall, or parking fines etc.</p>																																			

What if I can't use online services?

We fully understand that there are people, often older (not exclusively) who will never be able or inclined to use online services

- Can a family member assist?
- Do you have a smartphone or tablet?
- Do you want to learn?

Our phone operatives will apply some scrutiny on callers. We have a duty to ensure that our limited services are going to the right people – which why is having a smartphone can be very good for people as a way in to digital services.

If anyone wants any assistance using Lewisham's online services, contact Liam on **020 8314 3783** and he will happily talk to you about setting up a one to one or group session to help you.

If you have thought about it and really can't find a way to use online services then this is the Legacy offer from Lewisham Council:

- Benefits claimants can still use telephone service for new claims **020 8690 8444**
- Council tax help line **020 8690 9666**
- postal service to provide evidence of change of circumstances Housing Benefits team
PO Box 58996 SE6 9JD
- Forms and evidence Mon-Fri 9 – 12.30 for all other departments

Places to get help - Digital Zones

Our Digital Zones support the resident in transition to Digital and act as a point of intervention and information. We are committed to empower people to self-serve digitally and will help you set up your Lewisham account on your own device

One of the purposes of the Digital Zone is to empower the resident and steer them to the online world.

Supporting the resident's move to the online world:

- We have a responsibility to ensure our support and legacy services only go to those in genuine need.
- Many of the residents we see at Digital Zones are perfectly capable of using online services and choose not to or think it takes specialist knowledge or skills.
- We show a great many people how to use their own Smartphone or tablet to interact with Lewisham.
- There are some that simply feel they have a right to face to face services

All libraries and many community centres provide free or low cost IT training

Catford Library

- Tuesdays 2-4
- Wednesdays 10-12.30
- Thursdays 2-4

Citizens Advice, Leamore Centre

29 39 Clarendon Rise
Se13 5es
020 8314 7858

We still offer and will continue to offer:

- Post
- Forms and evidence service
- Emergency housing
- Phone back service
- Deaf services

Torridon Road Library Mondays 10-12 (not bank holidays)

DIGITAL ZONES

Get help with digital skills and using online services

Get help here with:

- learning basic digital skills
- using online services
- filling in online forms.



Let's look at some benefits of using the internet, especially to save money and improve wellbeing

Gas and electricity providers etc:

- Fuel poverty is an increasing problem in the UK, many people who can't afford to keep their homes warm in the winter would benefit from a tariff switch
- Households are routinely put on providers highest tariffs without knowledge
- Websites like U-switch can help people find and switch energy provider easily

Online savings:

Holidays - Typically 10-20% cheaper

Train tickets - Typically 33% cheaper

Car Insurance - Typically 25-40% off

Flights - Some flights are only bookable online and can cost 20 times the price of online

Online Shopping:

- Better Prices
- Convenience
- Availability
- Variety
- Comparison of Prices
- Fewer Expenses
- Compulsive Shopping
- Discreet Purchases



Lewisham Libraries also have a fantastic online service for 1000s of titles

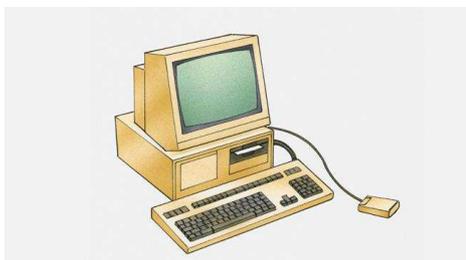
- eBooks
- eMagazines
- Audio Books
- Reference
- Free Wi-Fi
- Ancestry



Time hop – that was then, this is now!

Then - 1996

New Computer cost £2000 approx.
Quite a specialist machine
Slow 28.8Kbps to 33.6Kbps speeds
Internet connection up to 28p a minute
Completely wired in



Now - 2018

- Tablets cost as little as £50
- Easy and intuitive to use
- Fast connection speeds
- Home Internet is as little as £10 per month
- Portable and able to use Free Wi-Fi in many locations



Things have moved on and we are happy to help you wherever we can call Liam on: **020 8314 3783**

We were delighted to welcome Diana from Age UK who is their dedicated scams officer to tell us a bit more about getting support with scams

What are Scams?

Scams are frauds and tricks that criminals use to con people out of money. Scammers approach people in a number of ways including:

- At home
- By phone
- By post
- Online



They often target vulnerable older people, but ANYONE can be a victim of a scam.

More than 5 million people a year in the UK are victims of scams.

Some general facts:

- 7 out of 10 (68%) of people targeted by scams, do not tell anyone about it, including friends, family, the organisation being impersonated, or any relevant authority.
- Almost 72% of people have been targeted by scammers in the last 2 years.

The purpose of Diana's visit at the June POSAC meeting, was to specifically talk to attendees about online scams and here are some of the general points she made about these.

Common Online Scams:

Phising/Fake websites

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

Emails from abroad asking for money

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

Emails with attachments

Open these and they could infect your computer with a virus

Tax refund emails

HMRC telling you that you have a tax refund

What to do about these online scams

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

Who you should contact

- Action Fraud- National reporting centre for fraud and internet crime
- Citizens Advice Consumer service
- Get Safe Online-Government backed website for advice/tips on internet security
- Age UK-For "Internet Security" and "Avoiding Scams" booklets. We also offer computer and internet training for older people

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

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

We were so excited to work with our fantastic partners at the mobile company '3' to help our attendees have a try of some new technology and have a go at the basics. We would especially like to thank Alan Parker for bringing along his team and fantastic presentation to help us and also to thank Liam Barnes for making the introductions. We hope this will be a strong partnership going forward. Here's more about the 3 and the discovery session we held at the last meeting:



Discovery.

Explore. Learn. Enjoy.



t: @ThreeDiscovery
e:discovery@three.co.uk.
T: 0800 1300 333.

We at 3 had a thought

What if we created somewhere for people to come and ask us anything about digital technology.
Absolutely anything

Making Connections

Then we went one step further. What if we opened our doors to the community; to local schools, clubs and organisations or as we prefer to call it, 'Making Connections'

Explore. Learn. Enjoy.

Discovery is an interactive, fun and engaging experience to help people make the most of their digital technology, enabling digital independence, and making lives easier and more fulfilled.

With this in mind we happily came along to work with members of the Positive Ageing Council who wanted to take their first steps into

using mobile or tablet technology and put together a specially tailored discovery sessions perfect for their needs. These are the things we focused on at this session:

- Getting on to WiFi services
- Making calls and accessing voicemail
- Adding contacts and creating favourites
- Messaging and Voice assistance
- Accessing the internet

Our closest discovery centre is in Islington, but if you are a community group and want to arrange a session for our member please contact us and we will be happy to tailor a session to your needs.

0800 1300 333. e:discovery@three.co.uk

Read on to find information about places that can help in Lewisham



Over the next few pages we will sign post you to some of the opportunities available to the community if you are interested in getting online



Catbytes - Our Story

CatBytes is a CIC ([Community Interest Company](#)) based in Lewisham. We were formed in January 2016. At this time we were volunteers involved in a range of digital projects, such as website building for community groups, and teaching internet skills. It was decided that there would be benefits in turning this range of activities into a company which can function as a service to the local community. Hey Presto! CatBytes.

CatBytes is focussed on being a benefit to the local community, specifically the community of Lewisham. We teach internet skills, build websites, host websites, troubleshoot network problems and host clubs at our office in Ewart Community Hall. We work with community organisations, churches, Lewisham council, housing associations small businesses. Local knowledge and networking is as important to us as digital expertise.

Digital Exclusion

CatBytes' aim is to fight digital exclusion. Digital exclusion arises not only from the inability to access digital technology, but also an unwillingness to, due to fear of the internet and digital technology in general.

We focus on three groups who suffer from digital exclusion:

The elderly

45% of Elderly people report that they do not use the internet out of fear of breaking something. Through our [Techy Tea Clubs](#) we encourage elderly people to engage with the internet in an easy going, sociable environment. We run two Techy Tea clubs:

Techy Tea on Monday

Every Monday. 1-3pm. free tea, coffee and biscuits.
Cost £1

Address: St Mauritius House, 65 Lewisham Park,
Lewisham, London, SE13 1QX

Techy Tea on Tuesday

Every Tuesday. 1-3pm. free tea, coffee and biscuits.
Cost £1

Address: Ewart Community Hall, 44 Wastdale Road,
Forest Hill, London SE23 1HN

Here is some more information about the Techy Tea clubs on our website:

www.catbytes.community/sections/catbytes-clubs/techy-tea-clubs/



Microbusinesses and community groups

There is a skills gap in internet knowledge within microbusinesses and small community organisations. We understand the difficulties some organisations have with IT related problems, and bridge the gap through our understanding approach to website building, hosting and trouble shooting, which is delivered at low cost. Recently we have worked with Lewisham Homes to help train tenants to build websites for their Tenants and Residents Associations using WordPress. We have also worked with the 2000 Community Action Centre in Deptford to sort out some problems with their ICT suite, and with the Honor Oak Community Centre and Ackroyd centre to improve issues they had with their email and websites.

Continued...

Catbytes story continued...

People with a disability

22% of disabled adults had never used the internet in 2017. Our techy tea volunteers are able to help people with visual impairments to use services like talkback.

Recent work

CatBytes has just finished building an ICT suite in our office in Ewart Hall near Forest Hill. We have done this on an incredibly low budget, thanks to the hard work put in by our volunteers, generous donations of hardware by local organisations, and our in-house understanding of how community organisations can obtain software more cheaply than commercial ones. The ICT suite has 9 laptops, which each have internet and printer access, and Microsoft Office installed on them. The suite will be open to the public for job searching and CV writing, filling in government application forms for essential services, improving your general IT skills, and general internet browsing for people who are also ready to offer their services as volunteers at our Techy Tea clubs. The suite will be open from 1-5pm every Tuesday.

We have also been talking to other organisations who are interested in referring people to us to use the ICT suite, including Carers Lewisham, Family Action, Community Connections, the Go-On digital project, Southwark Youth Offending Team, and Hyde housing. The suite will be used by CatBytes for teaching, and is available for hire by other organisations.

We hope you enjoyed learning more about the work Catbytes are doing to help your community get more digitally included. If you would like more information about a techy tea party or some of the other services they offer please contact them on:

damian@catbytes.community or call **0800 643 6548** www.catbytes.community

Digital drop-in

No need to book, just drop in

The Green Man, Bromley Road, **0800 0285 700**

Free Digital Drop in sessions with Stanstead Lodge Seniors club – formerly known as ‘Seniors’

Our free for all comers digital inclusion session run every Friday from 1-3pm

We also have a whist drive from 1:00 p.m. to 3:30 p.m.

Most of the members come for lunch in our community café and join the digital drop in or play cards afterwards, and as its Friday afternoon there is often the opportunity to buy our wonderful cakes for half price.

The digital drop in is free, the whist is just £2 a session with a £2 discount for members.

Join us at Stanstead Lodge, 260 Stanstead Road, Forest Hill, SE23 1DD.



STANSTEAD LODGE
Senior Club Ltd

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:

NXG Trust

- 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** Emailliam@nxgtrust.org.uk

The digital age: new approaches to supporting people in later life get online a report by the 'Centre For Ageing Better'



There are now more people online in later life than ever before. Over the last several years, the proportion of older people using the internet has risen considerably faster than for the general population.

Despite recent rapid increases, there are still 4.8 million people over the age of 55 who are not online, making up 91% of the population who are not online (5.3 million people). (ONS, 2018)

People in later life stand to benefit hugely from being online – to improve health and wellbeing, save money and keep in touch with family and friends. However, there remains a core of people in later life who are not online and have no intention of getting online. When asked what would prompt them to go online, 74% of people over the age of 65 responded 'nothing' (Ofcom, 2018).

In 2017 Ageing Better funded Good Things Foundation to conduct research to understand what enables and prevents people in later life from getting online – focusing specifically on people in later life who have never used the internet, those who used to but have now stopped or those who have limited usage.

The Positive Ageing Council will continue to work with the Centre For Ageing Better to develop the ideas that have come out of the report and continue to work to improve the outcomes of our older residents over the coming years.

Don't have internet at home?

There are lots of places you can access free internet across Lewisham:

- **Crofton Park Library**, 020 8694 9373
375 Brockley Road, Lewisham, SE4 2AG
 - **Catford Library**, **020 8314 9113**
Laurence House, 1 Catford Road, SE6 4RU
 - **Torridon Road Library**, **020 8378 5358**
Torridon Road, Catford, SE6 1RQ
 - **The Green Man**, **0800 0285 700**
355 Bromley Road, SE6 2RP
 - **Pepys Resource Centre**, **020 8691 3146**
Old Library, Deptford Wharf, SE8 3BA
 - **Deptford Lounge**, **020 8314 7288**
9 Griffin Street, Deptford, SE8 4RH
 - **Lewisham Library**, **020 8314 8430**
119 – 201 Lewisham High Street, SE13 6LG
 - **Manor House Library**, **020 8314 7794**
34 Old Road, SE13 5SY
 - **Sydenham Library**, **020 8778 1753**
Sydenham Road, SE26 5SE
- All the libraries in the borough offer free internet access. You can walk in and book a place.

Elder Peoples Support Project

Ackroyd Community Centre
Ackroyd Road, Forest Hill SE23 1DL
Telephone: 020 8291 3479 call first
Computer session Fridays 12.30pm

Grow your confidence getting connected

Many of the venues (left) also offer support to help you make the most of being online:

Learn my way, IT support sessions

By appointment only, ring to book

Crofton Park Library – **020 8694 9373**

Wednesday afternoons, 12pm – 2pm

Deptford Lounge – **020 8314 7288**

Tuesday & Thursday mornings, 09.30am – 11.30am

Saturday afternoons, 2.30pm – 4.30pm

Lewisham Library – **020 8314 8430**

Monday & Tuesday afternoons, 4.30pm – 6.30pm

Wednesday & Thursday mornings, 09.30am – 11.30am

Friday & Saturday mornings, 2.30pm – 4.30pm

One-to-one IT support, 1 hour sessions

By appointment only, ring to book

Sydenham Library – **020 8778 1753**

Monday afternoons, 2.00pm – 3.00pm

Thursdays, 10.00am, 11.00am, 12.00pm, 1.00pm

Digital; Drop in with Lewisham Pensioners Forum in partnership with 'Catbytes'

Every Monday in St Mauritius House, Lewisham Park, SE13 6QX (the distinctive stripy building about 150 yards up from the main road)

Lewisham Pensioners Forum link up with volunteers from Catbytes to provide a "digital drop-in" from 1pm to 3pm where you can get one to one help with any bit of technical kit you're having problems with or want to make the most of. Just bring along your smart-phone, tablet or lap-top and a "buddy" will watch how you're managing and give support and guidance where needed: personalised help to build your confidence and muscle-memory.



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



Digital support from your Bank

Most banks now offer a service to customers to help them become more digitally confident. This is a small example only of what's on offer. Please check with your bank and see how they can help you.

'Barclays digital Eagles' (example of what's on offer to banking customers)

If you're looking to get more from the internet, Digital Eagles are there to give practical and helpful advice.

- Learn with our online courses
- Find practical guides to help you do more online
- Book sessions in branches with our Digital Eagles

Most branches have a digital eagle there to help you in branch, but also talk to you about the services they can provide to help you be online. This is free and oftentimes you don't need to be a customer.

Digital Eagles hold Tea and Teach sessions across the UK. They're free, friendly, and a great way to build your confidence with computers and the internet. Each session will give you practical and helpful advice on all your online issues. They're held across the UK – within branches, libraries or local community centres.

DigiSafe in Cyber Space Tea and Teach

DigiSafe in Cyber Space is a brand new addition to the Tea and Teach programme and includes everything you need to master the digital world, whilst giving you tips and guidance on how you can keep yourself and your devices safe. The sessions include fun and interactive activities, with hints on social media privacy settings, advice on pop-ups, and tips on recognising fraudulent emails.

Whoever you bank with, ask in your nearest branch how they can support you!

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!

Food2You – ‘Delivering food, independence and dignity to local older people’ What is Food2You?

Food2You is an exciting new shopping delivery service, supporting older people to live more healthy, independent and dignified lives.

Food2You is aimed at older people in Southwark, Lewisham and Lambeth who are experiencing or at risk of malnutrition. It will be flexible and fully accessible to people aged 50+.

It is organised by Age UK Lewisham and Southwark.



How does it work?

The shopping delivery service is a simple process:

- Older people will complete a blank shopping list which is collected by one of our volunteers (No computer, inter-net or telephone skills are needed)
- A blank shopping list will be left with the older person for next time
- Shopping will be completed and delivered by volunteers, using preferred supermarkets, on a nominated day
- Shopping will be delivered, unpacked and put away by volunteers, as required
- The customer will pay for shopping and the £5 delivery charge by cash or cheque, giving a sense of dignity to users, and providing older people with a real voice in shaping the service
- The project will be as flexible and ad-hoc as possible – shopping can be de-livered weekly, fortnightly, monthly, short-term, ad hoc, or as a 6-week service following discharge from hospital

Do you deliver to me?

Food2You operates across Southwark, Lewisham and Lambeth. As we are still growing the service, we can't yet deliver to the entire three boroughs, although that is the ultimate aim. Currently we're focusing on the north, and can accept referrals for customers in the following locations in **Lewisham**: SE8, SE14, SE4, SE13 & SE3. We are hoping more locations will become available soon.

How do I get involved?

Volunteers are at the heart of the Food2You project, and with a range of different roles, there is something to suit everybody. You will be fully trained for the role of your choosing, ensuring you are confident and happy in your tasks:

- Shopper
- Driver
- Delivery Volunteer
- Administrator

Volunteering with Food2You will give you the opportunity to build skills on your CV, gain fantastic experience at a charity and make a tangible difference to the lives of older people in your local community.



Get in touch

Is this service useful to you? Do you know someone who could use the Food2You service? Would you like to volunteer to support local older people? Please get in touch with the Food2You team

Customers can be referred to us through organisations, family, friends, carers or they can self-refer.

The form just needs to be filled in and either emailed or posted to us.

Email: Food2You@ageuklands.org.uk **Phone:** 0207 358 4064

Positive Ageing Council Steering Group member Jennifer, writes of her experience with The Cinnamon Trust

It is widely acknowledged that pets can have a positive benefit on the well-being of elderly owners. For many older people living on their own, their pets are their reason for living. The special relationship between the owner and pet adds incalculably to the quality of life, but that can all be neutralised by intense anxiety about what happens to the pet when the owner falls ill or has to go into residential care, or perhaps can no longer walk a much loved dog.

The Trust exists to help older people keep their pets with them at home where possible, and it helps overcome these difficulties by having a network of community service volunteers who provide practical help when any aspect of day to day care becomes a problem.

I walked Millie every Saturday afternoon for about two years for Joan her housebound owner. Millie was her constant companion and the two of them loved each other dearly. Joan also benefited from the company of the dog-walkers' visits several times a week. They also offer a fostering service when owners have to go into hospital for a short spell, with volunteers taking a cat or a dog into their own homes.

In the event that a person has to go into residential care where animals are not accepted, or dies, the Trust provides long term care.

So, if you know of any elderly person who might be in need of support to help keep their beloved pet then tell them about the Cinnamon Trust, or contact them if you would like to volunteer.

General Enquiries **01736 757 900**, Monday - Friday 9am - 5pm
email: admin@cinnamon.org.uk or visit their website for more information: www.cinnamon.org.uk

The Cinnamon Trust are based at:
10 Market Square, Hayle, Cornwall, TR27 4HE



Here is a picture of Millie



60 Up resumes on 10th September 2018.

Mondays - The Green Man, 355 Bromley Road, SE6 2RP

10.45am to 11.45am: **Low impact dance aerobics** Cost £2.50/£3

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

Thursdays - at Honor Oak Community Centre, 50 Turnham Road, SE4 2JD

10.30am to 12noon: Free IT classes for beginners & improvers)

11.30am to 1.30pm: **Over 55s Thursday Club.** Cost £1 (prices may vary for special events)

Fridays: The Green Man

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

Monthly Day trips to places of interest

For further details, please phone Christina on

020 3667 3704, or email info@60up.org.uk



Vintage Tea Time
2-4pm
Thursday
25th October

moonshot centre
Angus Street
Fordham Park SE14 6LU

An opportunity for elders to socialise,
participate in creative activities and have fun!

By Referral
Contact 020 8691 6099
engagement@iriedancetheatre.org

A warming hand for Winter

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

Help is on hand through Lewisham Council's Warm Homes Healthy People project.

We can offer you a free home visit that includes:

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

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

We are particularly keen to prioritise anyone:

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

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

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

www.form.jotformeu.com/81712091490352

No one needs to be alone in Lewisham on Christmas Day

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

Are you an organisation helping older people this Christmas?

The Lewisham Pensioners Forum are pulling together information of community organisations, churches, charities and restaurants who are offering food and/or companionship on Christmas Day, Boxing Day or New Year's Day and would like to help promote your activities across Lewisham. Please note, this does not include commercial enterprises available to the general public.

If you know of an organisation helping reduce loneliness and isolation this Christmas day, please contact the Lewisham Pensioners Forum on **020 8690 7869** or email Tamsin on lpforum@btconnect.com by **17 October 2018** and they will do their best to include it in their publicity.

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

Voluntary Action Lewisham (VAL) Heritage Project

“Lewisham is the kind of place where people band together to get things done...” - Rev'd Canon Charles Pickstone (VAL trustee)

Voluntary Action Lewisham (VAL) has just produced a booklet celebrating 50 years of community-led action in Lewisham.

The heritage project involved a team of volunteers gathering fascinating stories dating from the 1960s to present day. These stories include the rich history of VAL and other local organisations and activists. The project involved opportunities to visit archives and attend heritage talks. VAL volunteers interviewed some amazing people, which have greatly helped make Lewisham the place it is today. Rev'd Canon Charles Pickstone in an interview with volunteer Nathalie Van Dun explains:

“After 1968, the world was changing. Community activism was becoming a big exciting place to be. It was the same sense of optimism and sense that things could be transformed if enough people got together and broke down barriers.”



The church's involvement in community issues date from 1976, as seen from the archives. For Rev'd Charles, the spirit of the community, the church and VAL have been inextricably linked, by placing the community at the heart of its work.

Central to VAL's story has been the support for community action led by individuals, groups and organisations. This heritage project started in 2017 and coincided with a momentous year for VAL as it moved from its Catford home of 50 years to manage the Mulberry Centre in New Cross. The Mulberry Centre is being developed into a hub for social action, where people can get engaged and develop strong partnerships to improve the community. With this new base, VAL aims to continue to work in partnership with the sector to strengthen the voice and influence of voluntary action and activism in the borough for another 50 years and beyond.

Find VAL here: First Floor, The Mulberry Centre, 15 Amersham Vale, New Cross, London SE14 6LE. For more information about VAL and the work they do to support the voluntary sector, call the office **020 3778 0663**, email info@valewisham.org.uk www.valewisham.org.uk



Trinity Laban and the September Series

Join us at Laban Building this autumn for Trinity Laban's September Series for older adults – offering 4 days of inspiring, accessible and energising music and dance workshops for all abilities. With a different focus each day, build your own course by choosing from a vibrant mix of workshops led by exceptional music and dance artists. Come along to have fun, meet people and try something new!

THU 6 SEPT – Hip-hop: Music & Dance
FRI 7 SEPT – South African: Music and Dance
MON 10 SEPT – Contemporary Dance
TUES 11 SEPT – Creative Music Making

TRINITY LABAN CONSERVATOIRE OF MUSIC & DANCE



To find out more and to book, contact 02083053883 / inspired@trinitylaban.ac.uk or visit www.trinitylaban.ac.uk/septemberseries

Wall To Wall Media, are a television company that makes many leading social history programmes including the BBC One series Who Do You Think You Are?, Blitz: the Bombs that Changed Britain (BBC Two) and Ruth Ellis (BBC Four). We are currently working on a new three-part BBC Two series that will explore the history of criminal justice; we will focus on three significant criminal cases in order to understand the wider impact they had on British society and laws

DO YOU REMEMBER MAXWELL/MICHELLE?



Wall to Wall would like to hear from you if you knew Maxwell/Michelle.

Do you remember the case?

Do you remember Maxwell/Michelle from those days?

If so, please get in touch with Sandy on **020 7241 9319**, or sandrine.tabalo@walltowall.co.uk

All conversations and contacts will be treated with confidence and is not a commitment to take part in the documentary.

Wall to Wall Media is making a documentary about the murder of Maxwell Confait in Catford in 1972.

Maxwell was found dead in his bedroom in a house on Doggett Road on April 22nd 1972.

He was 26-years old, of dual heritage and gay. He often cross-dressed and was also known as Michelle. Maxwell was often seen drinking in The Black Bull and The Castle pubs in Lewisham.



wall to wall

 A WARNER BROS. TELEVISION
PRODUCTION UK COMPANY

Deptford Divas

A youth club for adults come along and work on an art craft sewing drawing knitting card making and mosaic projects and many more - or just have a chat

Every Wednesday, 11.00am—2.00pm

Tea and coffee available

Membership 50p

Armada Community Project,
21 McMillan Street, Deptford, SE8 3EZ

020 8691 3332

armadacommunityproject@yahoo.co.uk

Facebook: ArmadaCommuntiyProjectDeptford

Lewisham Speaking Up Advocacy Project

Do you want to help people to speak up for their Rights and have their voices listened to?

Lewisham Speaking Up advocates for adults with a Learning Disability or Difficulty.

Personal, family or work experience would be helpful but is not essential; full training provided.

Our volunteer advocate role is ideal for an older person with life experience to draw-on and, on average, half a day/week to give.

For further details go to:

www.lsup.org.uk/volunteering

or call Colin Finch

on **0208 692 1862**



All over 60's WELCOME to build their physical & mental strength, stability & flexibility with:

Seated Yoga at the Diamond Club

Thursdays 2-3.30

From 20th September

Qualified Trainer, no experience necessary

Cost £3 per session, includes tea

Hartley Hall, Culverley Road, SE6 2LD (access also via Sangley Road) *We regret there is no parking at Hartley Hall.* Enquiries: Lesley Allen **07729 785 843** or lesleyaallen@btopenworld.com

Dementia Friendly ★

Adult Learning Lewisham offers a wide range of courses to help you stay physically active or develop your creativity. ALL also run courses tailored specifically for retirees and older people such as Active Retirement and Get Fit With music. Enrolling on one of courses will benefit you through maintaining social connections, making new friendships and keeping the mind busy.

What's on offer?

Physical Exercise

Tai Chi
Yoga for beginners
Yoga for absolute beginners
Fitness – get with the music



Creative courses

Upholstery, hand knitting, hat making
Floristry
Drawing, painting, illustration
Printmaking and etching
Glasswork, pottery, jewellery making



Active Retirement

Worked all your life? This 10 week course introduces you to a wide range of different activities including class based activities and day trips to exhibitions and museums. Starts 26th September, 12.30-3pm, Brockley Rise Centre

How to enrol

Visit the website

www.lewisham.gov.uk/myservices/education/adult

Call us on **020 8314 3300**

Pop into one of our three centres

Grove Park Adult Education Centre,
333 335 Baring Road, SE12 0DZ

Brockley Rise Centre, Brockley Rise,
Crofton Park, London, SE23 1PR

Granville Park Centre, Granville Park,
Lewisham, London SE23 4DU

Entelechy Arts and Meet me at the Albany – summer news

We were thrilled to be part of [\(B\)old Festival](#) over two days this summer. (B)old was a new festival profiling artists aged 65 years and over at London's Southbank Centre.

Over the weekend, we put on a 21st Century tea party like no other, with many of our participants and artists attending. It was hosted by Ida Barr and included a fashion show, the Meet Me At Choir and The Jive Five jazz band.

[BED](#) was performed by Entelechy Elders Drama Group with great responses from passers-by, and Christopher Green hosted an open forum to investigate the care sector with his work in progress

[The Home](#).

The Home is an experiential, durational piece of theatre made by writer and performer Christopher Green in collaboration with Entelechy Arts and The Albany drawing on their several years of shared work with older people.

This immersive piece is a collaboration with a host of artists, mainly elders. The research and development process will identify the logistical challenges of this piece, engage in dialogue with residents, workers, owners of care homes, politicians, academics and other interested parties. The production will premiere in the Borough of Lewisham in spring 2019 across two weekends with a further weekend in another UK city.

The project will be commissioned by [Future Arts Centres](#) National Partnership of Arts Centres.



Join our [mailing list](#) to hear news of the project as it develops. *We are happy to hear from you.* Call us: **020 8694 9007** Email us: [info @ entelechyarts.org](mailto:info@entelechyarts.org)

Volunteering Opportunities! At Deptford Mission

Come volunteer with us!

We are friendly local Day Centre for the Elderly - here are our volunteering opportunities

- Help reduce isolation with our befriending, passenger assistant, and kitchen helper roles. (Tue / Wed / Thu)
- Charity Shop 'The Well'
- Help raise funds for our day centre by sorting through donations of clothes, Bric-a-Brac, books, toys, CDs /DVDs and more! Till operators needed. (Open Mon-Sat)
- Monday Club
- Be a befriender at our evening activities club for adults with learning difficulties. (Mon 6-9pm during School Term time)

There are so many benefits to Volunteering

- Support your local community
- Connect with others
- Get work experience
- Practice your English
- Worthwhile use of time / skills
- Free lunch and travel



Register with us at www.do-it.org.uk or call or email us direct **020 8692 5599**, dpc@1dpc.co.uk. We also have opportunities for corporate volunteering, student work experience and National school projects such as NDCS and DoE.

1 Creek Road, Deptford, SE8 3BT www.disabledpeoplescontact.org.uk

1968 – Catford - Community Heritage Theatre Project

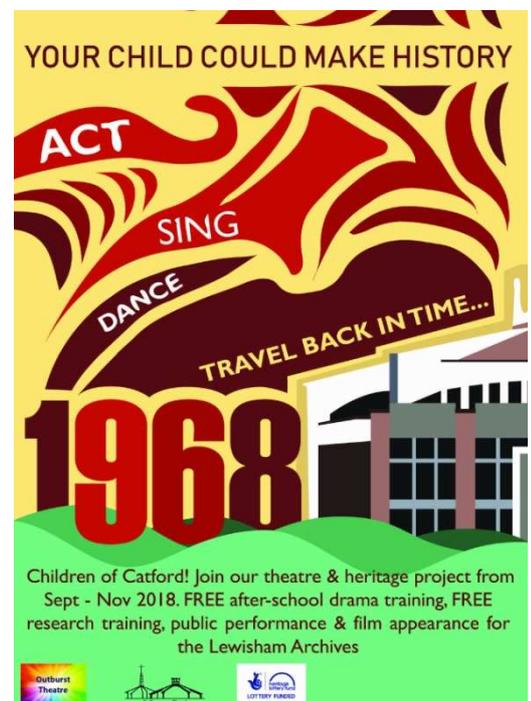
September to November, 2018. Funded by Heritage Lottery Fund

SHARE YOUR STORIES

We are training 50 primary school children in how to research local history and how to interview senior residents who can recall their experiences in the year of 1968 in Catford and Lewisham. 1968 is the year that St Laurence' church was rebuilt, with a leading-edge architectural design, the year of The Catford Floods and many pivotal social and political changes.

MAKE HISTORY

This project is being recorded via film, photography and written research. The film, documenting all stages from research to theatre performance, will be submitted to the Lewisham Archive, where we hope it will serve as a great resource for local researchers for many generations to come.



We are seeking involvement from community groups, local heritage organisations and reminiscence groups to join us on our Reminiscence Day, 22nd September to meet the children at St Laurence Church, 37 Bromley Rd, SE6.

To register, please email outbursttheatre@gmail.com Call or text **07950 765 073 / 07984 443 593**

We hope you can join us for this unique opportunity to bring many cultural aspects of Catford and Lewisham together to revisit the past and to make new history.

More info here: <http://outbursttheatre.com/1968-catford/>

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 / Support - 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 13 September.

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

Recommended by a Positive ageing Council member.

Windrush: Songs in a Strange Land

A free exhibition at the British Library.

Revisit 1948 and explore how the Windrush story is much more than the dawn of British multiculturalism it has come to represent. It is 70 years since the *Empire Windrush* carried hundreds of migrants to London, hear the Caribbean voices behind the 1940s headlines. Why did people come? What did they leave behind? And how did they shape Britain?

Venue: Entrance Hall, The British Library
96 Euston Road, London, NW1 2DB

Open for visitors until 21st October 2018

Open House at Beckenham Place Park

Beckenham Place Park will be taking part in London Open House on Sunday 23 September between 11:30am and 5pm. Areas of the Georgian Mansion in the park that are usually closed to the public will be open (eg the attic) and there will be tours of the areas that are undergoing restoration thanks to a Heritage Lottery Fund grant. These include the Homesteads (listed buildings) and the lake. There will also be food stalls and entertainment on offer and the visitor centre will be open. It is a fantastic opportunity to visit Lewisham's largest open space and find out more about the improvements that are taking place there.



This event is free and many parts of the Mansion and park are accessible. The 54 bus stops outside the park, and Beckenham Hill and Beckenham Junction stations are a short walk away. Parking is limited, but there are a couple of disabled parking bays right outside the Mansion.

More details about the event will be available on the Open House website from 21 August www.openhouselondon.org.uk and on the Lewisham Council events pages nearer the time.

**Black History Month October 2018 Event
Deptford Working Histories**



Deptford Working Histories will be marking the 100th anniversary of the RAF and the 70th anniversary of Windrush with **"Wings to Windrush"**

Illustrated expert history talk on Royal Air Force flight crew of

African descent during World War II. Discover the stories behind their recruitment, their service and their post-war leadership roles in Black liberation struggles in Britain, the Caribbean and Africa.

Venue date and time TBC on publicity release or via deptfordworkinghistories@gmail.com



You are invited to a free Community Meal with FoodCycle Lewisham

FoodCycle Lewisham offers a free, healthy meal every Saturday at Lewisham Irish Community Centre.

If you feel lonely at the weekend and would like to share a homemade, vegetarian three-course lunch in good company, why not join us one Saturday? Our meal is ran by a friendly team of volunteers and cooked using surplus food. We provide tea, coffee and a warm welcome.

Where: Lewisham Irish Community Centre 2a Davenport Road, Catford SE6 2AZ

When: Saturdays, 1.15-3pm.



FoodCycle Lewisham is a project managed by Rushey Green Time Bank, a local charity supporting people to share time and skills to build a happier, healthier Lewisham.

www.rgtb.org.uk **07544 996 722**



TIME BANK

GCDA is delighted to announce the next round of free Lewisham Cookery Clubs - 'Easy Quick and Tasty'!

By preparing quick, affordable, healthy and delicious meals at our 5-week community cookery clubs you can learn that small changes to the way meals are prepared can make a big difference to your health and wellbeing.

Everyone is welcome, from complete beginners to experienced cooks and participants receive a FREE cookery book on completion of the course



Where: Christ Church Bellingham, 15 Bellingham Green, SE6 3HQ

When: 5 weeks starting Thursdays, 13th September from 10.30am–1.00pm

Or

Where: St John's Church, Lewisham Way & St John's Vale, SE8 4EA

When: 5 weeks starting Fridays, 14th September from 10.30am–1.00pm

To book, contact Edina on **0208 269 4885** or email edina@gcda.org.uk

The Catford Community holds a community fun day and lunch (11am - 3.30pm) most Tuesdays for the 65+ age group at their premises - the Catford and Bromley Synagogue - in Crantock Road, Catford, SE6 2QS.

The cost is £5 for a 3 course lunch and entry.

For further details call Joe **07850 797 477**

Understanding deafblindness

Despite common misconceptions, deafblindness actually means a combined sight and hearing impairment to the point where someone's communication, mobility or ability to access information are impacted. Deafblindness comes on a huge spectrum ranging from someone struggling to see and hear the TV right through to them not being able to see or hear anything at all. However, many people with deafblindness are able to hear and/or see something.

It is especially important for people with low vision to recognise the signs of hearing impairments and to understand that support is available should they need it. Dual sensory loss is a completely different condition to a sight loss plus a hearing loss.

Realising that you may have a dual sensory impairment can leave you with questions and concerns. At Deafblind UK, we support people with any level of combined sight and hearing loss to carry on as normal. Many of our services are free of charge and include practical advice and information; emotional support for you and your family; help with digital technology; use of our accessible holiday caravans; social groups and companionship.

If you have any questions about combined sight and hearing loss or to find out what we can do for you, call our team of experts on **0800 132 320**, text **07950 008870** or email info@deafblind.org.uk.



A deafblind lady being greeted by her support worker

Asian Elders and Carers group

The Asian elders and carers group is a registered charity. They meet every Friday at calabash centre, George lane, Lewisham SE13 6HH for socialising and lunch club.

Recently, the group had an outdoor visit to a Sikh temple at Gravesend. *Thanks to the support of Rushey Green Assembly to take up such activities for wellbeing of elders.*

More information on our activities can be had on Friday afternoon from members at calabash centre – Drop in and meet us!

Coffee, cake and company

A coffee afternoon in which you can join in with activities such as card games, dominoes, bingo, board games, quizzes; or just enjoy a cup of coffee, a slice of cake and a chat.

Every Monday 1.30 p.m.

at Lee Green Community Centre - 3 Lee Gate Centre, Burnt Ash Road, It's opposite Sainsbury's, then opposite Iceland

Time tickers walking groups

Are you a Hare or a Tortoise? Lee Fair Share Time Tickers Walking Groups are for people who enjoy the camaraderie of walking.

Monday afternoon tortoise stroll around Leegate Meets 3.30 p.m.

Lee Green Community Centre (after Coffee, Cake and Company –details above)

The Monday afternoon stroll is for people who have mobility problems, who don't have the ability to walk far, who have lost confidence. It fun supportive group who will encourage your every step. All welcome!

Thursday afternoon walking group

Meets 2p.m Lee Green Community Centre

The Thursday afternoon walk is for people who want to walk at a brisker pace and a longer distance – All welcome.

Time Tickers Walking Groups are organised by Lee Fair Share, a local Time Bank which offers a way for people to share skills with others in their community and be rewarded with time credits. For more details please contact Lorraine **07875 082 571** leefairshare@hotmail.com



Support 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. Booking is required. Free.

- 18th September, 1-3pm at Waldron Health Centre, Stanley St. SE8 4BG.
- 8th November, 10am-12pm at Carers Lewisham

IT Training: IT classes will run from Thursday 6th September until Thursday 11th October 2018 (6 weeks). You can choose to attend one of the following:

- **Location 1:** Ewart Road Community Club House 44 Wastdale Road, Forest Hill, SE23 1HN. Time: 10:30am-12:00pm.
- **Location 2:** Lee Green Lives Community Centre, 3, Leegate, London SE12 8SS. Time: 2:00-3:30pm.

There is a push, in the recently announced cross-government Action Plan for Carers, to explore enhancing the digital support for carers, where possible. The plan sets out the cross-government programme of work to support carers over the next 2 years. It is structured around the following themes:

- services and systems that work for carers
- employment and financial wellbeing
- supporting young carers
- recognising and supporting carers in the wider community and society
- building research and evidence to improve outcomes for carers

You can view the carers action plan here: www.gov.uk/government/publications/carers-action-plan-2018-to-2020

If you are online you can get help with a number of products that can make life a little easier for carers. There is lots of information about useful products on the following website: www.carersuk.org/professionals/carersuk-products

Pantomime is coming home to Catford and is bigger and better than ever, as The Broadway Theatre, announces that *Aladdin* is set to fly into town on his magic carpet

Friday 12 Dec – Sunday 30 Dec 2018.

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**



Twice a year the **Ladywell Specialist Dementia Day Centre** opens its doors for their clients, relatives, friends and general public with live music, games, raffle and a quirky theme for the night.

Friday 13th July was no exception. The cocktails went down well with the BBQ, an a cappella choir performed, there were various information and craft stalls, a theatre show, a Fairy entertaining the children. A new record number of people attended. The next **Winter Party will be held on Friday 23rd November 2018, 5 – 8pm** with the Chief Executive Ian Thomas in attendance. All welcome. For more information contact: esther.wiskerke@lewisham.gov.uk



Seniors has changed its name to '**Stanstead Lodge Seniors Club**' but is still the same 'Senior's' 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 with their upcoming Open day and AGM Here are the details:

STANSTEAD LODGE AGM/OPEN DAY

Wednesday 12 September 2018

10.30-4pm

Winner of the Poetry competition will be announced



STANSTEAD LODGE
Senior Club Ltd

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

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

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

Branching Out Telegraph Hill Centre – News

Artists from New Cross older peoples group 'Branching Out' have just held their first public art exhibition and surprised even themselves with the standard of works on display. Family and members of the public commented not only on the variety of works but the high quality of skills shown.

Held over 10 days in collaboration with Goldsmiths University in its public gallery in New Cross Road, a buzzing atmosphere was strongly felt during preparations for this summer art exhibition. Thirty-one artworks were mounted and framed - from paintings of flowers, landscapes and even portraits of other members. Together they made a bold statement which the group hopes will be repeated annually with Goldsmiths.

The exhibition's launch event was filled with laughter and animated discussions about the artworks. We saw family members, friends and local passers-by admiring the talented work that of Branching Out's Members had chosen to present. Thanks to our art tutor Kay, we also transformed her beautiful paintings into postcards, which have been sold successfully; a few still are available in the Centre's office. This Summer Exhibition reminded all of the power art plays in connecting people and brings people who might not meet otherwise together. We hope this to be only the beginning and that the Summer Exhibition of Branching Out becomes a yearly festival for everyone to look forward to.

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



THE UNIVERSITY OF THE THIRD AGE

U3A SE London - We'd really like to meet you....

If you've given up full-time work, join us to find interesting new ways to enjoy your free time. We have over 80 groups meeting around this area. Some offer a real mental challenge while others are relatively light-hearted but you'll be sure to learn something new as well as making friends. To find out how to join go to www.u3asites.org.uk/london-se or phone the membership secretary on **020 8480 5060** or email her at u3aselsec@gmail.com

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



VOLUNTARY SERVICES LEWISHAM

Dulwich and District U3A

offers monthly meetings and over seventy varied Interest Groups.

We are having an Interest Group Fair on September 13th at St Barnabas Village Hall, Dulwich Village, from 12 -2 pm.

You will be able to meet conveners and see displays which illustrate all our activities. It is run by members and its purpose is to make new local friends. Enjoy monthly meeting talks and engage with like-minded people, enjoying any hobby or learning opportunity that others want to share with you. Currently we have over 80 interest Groups ranging from Archaeology to Zumba which meet in Dulwich and the surrounding area.



Lewisham Pensioners Forum – upcoming events and activities

LPF “Pensioners Day” the Broadway Theatre – Wednesday 3rd Oct. – packed lunch, inspiring speeches, sparkling entertainment. Tickets on sale from 3rd Sept. at the Monday Project and other outlets throughout the borough. Look out for the flyers or phone **020 8690 7860** for details.

The Monday Project (St Mauritius House, Lewisham Park, SE13 6QX, 10.30 to 3pm) just got better.

On second Mondays
(10th Sept., 8th Oct.
and 12th Nov.)



1pm to 2pm, workshops on personal budgeting – cut your worries by living within your means.

All welcome to the LPF AGM – Wednesday 28th November. Transport issues and other campaign themes.

Local Ward Assembly meetings start again from September and local funding is also available from all assemblies.

If you have never been look out for the flyer through your door advertising the assembly meeting.

SYDENHAM FUN PALACE THIS OCTOBER!

The **first-ever** Sydenham Fun Palace is springing up on October 6th and 7th and we need **you** to take part to make it a success.

Fun Palaces are a chance to make new friends while sharing an artistic or scientific hobby, interest or skill that others would like to try.

Older people could play a special part by sharing skills and hobbies that risk being lost. There are no formalities – feel free come along and share the fun!

There will be FOUR Fun palace venues in Sydenham: The New Generation Youth Centre, The Grove Centre, The Sydenham Centre and Sydenham Library. For more information visit <http://funpalaces.co.uk> Click “Find a Fun Palace” and search Sydenham.

Not online? Call Laura Luckhurst: **020 8314 3830**.

St George’s Lunch Club

Our monthly Lunch Club at St George’s will meet on the following dates: 11 September, 2 October and 6 November at 13:00. There is a small cost (about £2) and places can be booked by calling the parish office on **020 86130 295** about a week before so we can cater for the right number of people. There’s always good company, excellent food and often a raffle. We also raise money for charity. We’d love to see you there!

Want to be entertained? Always ask if you are entitled to an over 60s discount!

Cinemas usually offer concessionary rates for older viewers while some do specific discounted screenings.

Odeon: Odeon’s Silver Cinema screenings start at just £3 for over-55s. Tea, coffee and biscuits are thrown in before the film.

Picture House: This smaller chain, which has cinemas across London and in major cities, offers membership packages. For £45 a year, retired members get four tickets for screenings in Picture House’s regional cinemas plus £2 off further tickets at any cinema. Added perks are priority booking and 10% off food and drink. The Retired Member Plus package costs £85, offering the same perks but with eight free tickets. Prices rise to £50 and £95 respectively for the London-based cinemas.

Vue: Vue offers Senior Screenings at selected cinemas for a discounted price. You need to be over 60 and although there is no free popcorn, you do get a cuppa and a biscuit.

Theatres very often offer discounted rates for senior citizens so it’s always worth asking before you book tickets

No Cinema in Lewisham? Yes we do!

The Curzon Cinema at Goldsmiths university is open to the public and do concession for people aged 60+ We also have a number of fantastic community cinemas or pop ups, such as Deptford Cinema, Catford Film and Forest Hill Film Club and many more. Ask locally for more information about nearest community ‘cinema’.



Lewisham Independent Advisory Group

Are you interested in helping improve mental health services for Black and Minority Ethnic (BME) Communities? We are helping set up the Lewisham Independent Advisory Group.

The main aim of the group is to improve access, experiences, and outcomes for people from BME communities who use services provided by South London and Maudsley NHS Foundation Trust (SLaM).

We would like to encourage people to get involved who have strong links within the local BME communities and are able to represent the voice of these communities and share information. The group is independent and will choose their priorities and direction.

If you are interested in becoming part of the Lewisham Independent Advisory Group, please contact Marzena Zoladz on marzena@healthwatchlewisham.co.uk or **020 8690 5012**.

Type 2 Diabetes Walk

Fancy coming on a friendly walk with others who have Type 2 diabetes?

Join us on the first and third Wednesday of each month **(from 1.30pm)** meeting at Riverside Reception in Lewisham Hospital. We usually walk for 20-30 minutes around Ladywell Fields. - All abilities are welcome.



We are also looking for walk leaders to volunteer either once or twice each month. We will provide training.

Please contact Anne McBride at diabetespsf2@gmail.com or call the Healthwatch Lewisham office on **020 8690 5012** for more information.

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

Daily coffee mornings and/or lunch for older people at The Grove Centre

This takes place every day Tea and coffee from 10.30am–12.30pm and lunch from 12.30pm

Address: The Grove Centre Church, 2 Jews Walk, SE26 6PL

Cost: Tea or coffee is 30p Lunch is £3.30 (call to book before 11am)

To book call us on Tel: 020 8778 8601

Could you be a Lewisham Time to Change Champion?

The London Borough of Lewisham has become an official Time to Change Hub this year.

Time to Change (TTC) hubs are local partnerships to transform how we engage with the topic of mental ill health using simple conversations and:

time to change
lewisham

let's end mental health discrimination

- Putting people with personal experience of mental health problems at the heart of their work
- Embedding anti-stigma and discrimination work locally, whether that be socially, in workplaces, local schools, or other community settings
- Proactively campaigning to improve people's attitudes and behaviours towards mental health.

Time to Change Hubs are run by Champions, and being a Champion is about helping to combat the stigma of mental ill health in the context of whatever it is you do now.

To be a Champion you must be 18+ and have experience of mental ill health either personally, as a carer, or as someone who has been affected by mental ill health. You can learn more about what it means to become a TTC Champion by looking at the Time to Change website: www.time-to-change.org.uk/champions

If you are interested in becoming a champion please contact Michael Munson

michael.munson@blmind.org.uk or Catherine Mbema **0208 314 3927** or on her email:

Catherine.mbema@lewisham.gov.uk or sign up directly on the Time to Change website: www.time-to-change.org.uk/get-involved/time-change-champions/become-champion/register-become-champion

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.

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

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 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

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.

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

young at heart

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



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

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

Downham Health
& Leisure Centre
020 8461 9200



1Life.co.uk/Downham



You are warmly invited to LPF's Pensioners Day



**Promoting
Well-being
and Combating
Inequalities**

5 petal logo courtesy of CPL Mind - www.cplmind.org.uk

Wednesday 3rd October
1pm to 4pm (doors open 12noon)
The Broadway Theatre, Catford, SE6 4RU
Everyone welcome

Guest Speakers include **Professor Jill Manthorpe**, and **Marion Watson** on St Mary's "Therapeutic Garden"
Grand Raffle—Picnic Lunch—"Information Bag"
all topped off with excellent entertainment

Tickets in advance at £4.50 on sale from 4th September (tickets on the door—£5)
Phone us on 020 8690 7869 for more information on ticket outlets

Registered Charity No. 3158175

www.lpforum.org



The Broadway Theatre



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

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

Crime prevention, scams,
security and safety.

We will talk about many aspects of staying safe including personal safety - in the home and out and about - scams, neighbourhood watch, victim support, and more.

Date: Thursday 13 September 2018,

Time: 11am-1.30pm

Venue: Civic Suite Catford, SE6 4RU

Find out More

email: lucy.formolli@lewisham.gov.uk

Tel: 020 8314 6314

Web: www.lewisham.gov.uk/pac

