



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

**POSAC Magazine Spring-Summer 2022**

**Next POSAC Public meeting Thursday 24 March 2022, 11am St Laurence Community Centre. SE6 2TS**

## Do you need help, support or advice?

Please contact Community Connections in the following ways:

Email: [communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk)

Visit their website: [www.communityconnectionslewisham.org/](http://www.communityconnectionslewisham.org/)

Call the helpline Monday - Friday, 9:30am-4pm on: **0330 058 3464**

## We're back! Positive Ageing Council Public Meeting

**WE ARE LEWISHAM**

**Date:** Thursday 24 March 2022

**Time:** 11am – 2pm

**Venue:** St Laurence Community Centre, 38 Bromley Road, Catford, SE6 2TS

**No need to book, just come along!**

We are so excited to invite you to attend the first Positive Ageing Council public meeting since the start of the pandemic and to see you in person at last. Here's what we will be talking about at the meeting:

### London Borough of Culture

At this meeting we will be hearing more about the **London Borough of Culture (LBoC)** and our famous round table discussions will focus around what we as older people want to see across the year of festivities and how we will be involved. You will be able to help us develop the Positive Ageing Council's programme of activities and events later in the year for LBoC to celebrate the creativity of older people.



### Coping with the Fuel Crisis

We know that many older people are concerned about the upcoming rises in energy prices so we have invited Giovanna Speciale, the Chief Executive officer of South East London Community Energy to give you advice and tips, listen to your concerns and take your questions

### Priorities gathering exercise – what should POSAC be focusing on?

We will be asking for your help to really focus on the things that matter to you going forward in the next couple of years. We will be doing an interactive priorities gathering exercise so you can let us know the ways we should focus our work to continue to give you a voice improving services in Lewisham.

**We can't wait to see you there!**



**Available in large print** For more information on the Positive Ageing Council go to [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac) or email [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)



## Message from the Chair of POSAC, Iris Till

Hello Everyone. Welcome to our Spring 2022 Magazine. As this goes to press we are planning our first face to face open meeting since March 2020.

For many it has been a road with many twists and turns and the occasional pot hole, that has affected our lives in so many ways. Keeping positive hasn't been easy, but with various initiatives starting such as Street and Community Group chat lines, we have weathered the "Covid-19 Storm". Hopefully the twists have started to straighten and we are gradually seeing the brighter skies at the end of the road. The gardens are becoming an array of yellow as the daffodils burst into bud, with hope all around us.

Me and my grandson enjoying an afternoon at the football after 22 months apart.



Looking forward with anticipation as Lewisham celebrate 2022 as the Borough of Culture. Our Spring Meeting will focus on how we can enjoy the year and become involved in participating. Let us hope the forthcoming activities will help cement a happier future for us all. Embracing the diversity and the many different aspects of the talent in the borough.

Barbara and John with other Steering Group members support have been very busy these past few months producing a very good questionnaire that will help POSAC to have a much clearer picture of our membership, age, diversity, and what you see as your needs. We always try to focus our open meetings on what you our members feed back to us when completing our questionnaire at the end of each group. I urge you all to complete the questionnaire it will be digital and also hard copy with a free postage envelopes.

As I've mentioned in previous magazines we all find our own ways of coping when faced with difficulties that sometimes are out of our control. I joined the Befriender's choir and was able to find new friendship, but for me I was introduced to a song written by Cynthia Dunn who sadly died in 2019 before I became a member. The words of this song "If You Can Breathe" are few and simple but the impact for me was inspiring through some very dark days. I never had the privilege of knowing her, but somehow her words helped me through.

"If you can Breathe, and You can Move  
Really Move.  
There is so Much More that you can do"

I hope these words give you some inspiration to move forward with hope.

I send my Best Wishes to you all and hope the months ahead bring you peace and Joy.

Stay Positive as we all work together to bring a more fairer and peaceful world for everyone.

**Iris.**

If you would like to hear the song that so inspired Iris, you can do so here: <https://bit.ly/3srZGOQ>



Cynthia Dunn

## The Positive Ageing Council Survey

Please help us shape the future of the Positive Ageing Council so we can continue to give a voice to older people in Lewisham.



Every few years the Positive Ageing Council reach out to all our members to better understand the things that matter to them, in order to help us develop our work plan and ensure we are tackling the issues that matter most to people.

This survey has been developed entirely by the members of the Positive Ageing Council steering group, a group made up of volunteers all aged 60 and over. They have worked very hard on this and have tested it to make sure that it is simple for anyone over 60 to complete either online, or in hard copy. The online version takes about 10 minutes to complete.

**You can access the online survey here:** <https://bit.ly/PACSurveyMag>

If you received a hard copy of this magazine - you should also have a hard copy of the survey with a free post envelope to send it back to us.

**The deadline for completing the survey is Friday 11 April 2022**, please don't delay filling it in!

**Everyone who completes the survey will be entered into a prize draw and 2 lucky people will win a voucher worth £50 each.**

This survey is for anyone aged 60 or over to complete, so even if you are not a signed up member, we still want to hear your voice, so please complete it and send it to any neighbours or friends who are in this age group. If you need any support to complete the survey please email Barbara Gray at [barbara.gray@urbandandelion.co.uk](mailto:barbara.gray@urbandandelion.co.uk) or call John Macy on **07771 995 138**

Any personal information will be strictly managed through Lewisham Councils GDPR policies and privacy notice.

Thank you so much for helping us to improve services for older people in Lewisham and help us continue to have a voice within Lewisham Council and beyond.

**Lewisham Council are working to plan some activities around the Queens Platinum Jubilee**, working with the Positive Ageing Council members to design their events and activities.

At the time of going to print these plans are still being worked out, but we will be sure to let you know more information when we get it!

### **Celebrate the Queens Platinum Jubilee in style with Jubilee Jive.**

Jubilee Jive an intergenerational project in partnership with Goldsmiths dance Academy, Bring Me Sunshine, Goldsmiths community centre and the positive ageing council will be bringing to the community four live performances on the 11th and 12th June involving , song, dance, theatre, fabulous costumes and live music celebrating the platinum jubilee. There will be a series of workshops and rehearsals leading into the performance weekend and a chance to exhibit memorabilia, give oral accounts of meeting her majesty the queen and help shape the shows. To register your interest and receive more details contact Lesley Allen on **07729 785 843**



[lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)

# Lewisham - London Borough of Culture 2022

## Do you want to be involved in Lewisham's celebration of London Borough of Culture?

As the volunteering partner for [Lewisham's Borough of Culture](#), Lewisham Local are excited to offer the opportunity for all Lewisham residents to take part in this extra-special year.



Volunteering has been shown to provide many benefits to both physical and mental wellbeing. No matter their background, age or experience, volunteers report they enjoyed the chance to be part of a community, to try something new, do something different and meaningful with their time, and they also felt more connected to other people.

No experience necessary, there is something for everyone to get involved, and there will be lots of different opportunities to choose from throughout the year-long celebration. If you want to volunteer, no matter how much time you have to commit [learn more](#) about each role to find the right one for you. Call us on 0208 488 9224 or email [hello@lewishamlocal.com](mailto:hello@lewishamlocal.com)

**WE ARE  
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## Borough of Culture funding - £2,000

Funding of up to £2,000 for projects happening between July and December 2022 to not-for-profit, constituted organisations hosting events in the borough. This is Round Two of Creative Change Funding.

Projects will shine a light on Lewisham's rich cultural diversity, bringing the borough to life with film screenings, performance, street art, creative writing and greening projects to transform neglected spaces. We want to see collaborations between community groups and artists.

Deadline for applications: 16 March 2022.

<https://www.wearelewisham.com/get-involved/looking-for-funding/>

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## Call out for volunteer performers – Sun and Sea with the Albany

The performance that stunned audiences at the 2019 Venice Biennale will make its UK debut next year at the Albany co-presented with LIFT and Serpentine. The main house of the Albany will be transformed into a crowded beach, complete with 10 tons of sand and 13 vocalists taking on the role of beachgoers enjoying the sunshine.



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As part of the production we are looking for local community members of any age (12yrs+), gender, ability, racial and ethnic background, and body type to volunteer, spend some time on the beach and join the performance that will happen between the 23rd June and 10th July.

Fuller details will be released widely soon but if you are interested in hearing more please email Matthew Schmolle on: [matthew.schmolle@thealbany.org.uk](mailto:matthew.schmolle@thealbany.org.uk) or call **07740 309 115** with your name and the best way to contact you.

## **In Living Memory: a new people's history of post-war Lewisham**

Friday, 26 February marks the start of [In Living Memory](#), a London Borough of Culture 2022 project initiated by Goldsmiths to enable local residents and community groups celebrate Lewisham's diversity and heritage.

A launch event, [In Living Memory \(Prologue\): Light Perpetual](#), will feature a video response to Francis Spufford's Booker-longlisted novel *Light Perpetual*. The novel was inspired by a real V2 attack in 1944 that destroyed a busy Woolworths store and the video will play across the inside of New Cross Learning, part of the building erected over the Woolworths bomb site.

Seven community-led projects selected last year from around 70 expressions of interest are being supported by Goldsmiths so residents can undertake primary research into their chosen topic, gather the memories of local people and share them through cultural activities across 2022.



Community project leads are receiving training, academic advice, access to the Goldsmiths campus and library, support from talented students and guidance to help them realise their creative ambitions.

Dr John Price, Senior Lecturer in the Department of History at Goldsmiths said: "The seven In Living Memory projects will uncover a range of exciting histories that are for, about, and by the people of Lewisham. People's History is an inclusive, democratic, and empowering enterprise, and we hope these projects will produce histories that are as diverse and inspirational as Lewisham itself."

In the run-up to the launch event, a new online portal will enable local residents to share memories and information relevant to the post-war Lewisham history projects based on the following questions:

- Can you or a family member share a memory of the great flood of 1968 or of Lewisham's rivers and waterways?
- What are your memories of the area in 1981 and did you take part in the Black People's Day of Action?
- Can you share a memory of Lewisham's lost gay pubs and spaces?
- Do you have any old photos of handmade garments made by Caribbean seamstresses you'd be willing to share?
- Do you remember the Buggy Army that marched to Westminster as part of the Save Lewisham Hospital campaign?
- How can we empower the next generation to build on the legacy of Lewisham's pioneering Black-led community self-build schemes?



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Find out more by visiting: <https://sites.gold.ac.uk/inlivingmemory/?s=in+living+memory>

Join us at the next Positive Ageing Council Meeting on the 24<sup>th</sup> of March at 11am, St Laurence Community Centre, to help us plan our programme of Borough of Culture events for older people

Hello All

We are CraftA, a friendly community participatory arts and crafts non-profit 'circling creativity in the community' and we need you!

We have been commissioned by We are Lewisham, Creative Change to produce a lovely creative blanket for Lewisham Borough of Culture 2022. We would like local older adults to participate to create a colourful quilt/ blanket representing diversity, friendship and why we love Lewisham as a Borough.

To take part please join our Facebook and keep looking out for posts on the project.

We will be launching this project soon. To take part all you will need to do is create a 20cm x 20cm knitted or crocheted square and decorate it as you choose. You can decorate your square as you like. Either knitted, or with any other added decoration or feature, such as collage, beading, sewing, drawing, sticking. Anything, really. We would like something that speaks to you about diversity.

Your decoration on the square can be words, abstract or a picture. Perhaps you would like to sew on a design or add a piece of textile from your country or that means something to you. It is just how you feel. You will be asked to pop your first name on the back of your piece and a short sentence of why you took part.

This is a no pressure activity so anyone of any ability can take part. Just jump in and have a go.

**WE ARE LEWISHAM**

Join our Facebook page

[www.facebook.com/groups/693408737708149/?ref=share](https://www.facebook.com/groups/693408737708149/?ref=share) and add yourself to our thread 'I am interested in making a blanket Square' at the top of our Facebook page.

Not on facebook? – You can email us on [craftatrustees@gmail.com](mailto:craftatrustees@gmail.com) or call Sylvia (quoting Lewisham Quilt) **07597 236 545**

Once we have your name we can help you with ideas and also let you know details of where to send your square.



### **Working to include older people in the London Borough of Culture 2022**

Making London Borough of Culture 2022 more inclusive for older people

There are lots of exciting ways for older people to get involved in LBoC 2022 but we have heard your concerns that communication with older people needs to improve.

**WE ARE LEWISHAM**

As we go to print the Positive Ageing Council are working with Lewisham Councils Arts and Culture team and Communications department to ensure that the messaging for London Borough of Culture does not exclude those who are not online.

We are also working to ensure that there are more opportunities for older people to take the lead in developing their own projects where they want to.

We will do our best to keep you informed about all the fantastic activities and opportunities throughout this year.

[www.wearelewisham.com](http://www.wearelewisham.com)  
[@wearelewisham](https://www.instagram.com/wearelewisham)

## Who is your Lewisham Legend?

Who has made a real difference to the borough? Nominate your Lewisham Legend by Friday 8 April 2022 to celebrate the work they have done for the community in Lewisham.

Lewisham is proud to stand up for equality, promoting the values that are important to our community. At the heart of this are people - our Lewisham Legends past and present who have had the courage to shake things up for a positive impact.

We want you to put forward your local legends and trailblazers to be celebrated through new public murals in Spring 2022. These could be anyone from musicians and sporting stars, to Lewisham activists and your local community heroes.

The deadline is Friday 8 April. After the closing date, a panel will decide on a selection of winners to be made into murals.

**GET INVOLVED**  
Look out for the Lewisham Legends Post Box!



Our bright blue Lewisham Legends post box will be popping up across the borough over the next few months. You can nominate your legends by posting their names into the box.

You may have seen the post box on Day One of Lewisham's year as the Mayor's London Borough of Culture, 2022. It's on the move...

**WE ARE LEWISHAM**

## Creative Challenge

We are Lewisham and we have a story to tell. For the March Creative Challenge, we are inviting YOU to tell your story of Lewisham.

**WE ARE LEWISHAM**

We're teaming up with London's writer development agency Spread The Word, to bring the Poetry Takeaway Van to locations across the borough. Visit the van at either Lewisham Market, Deptford Lounge or Beckenham Place Park to tell your story and have it transformed into a poem which will be shared and displayed across Lewisham. We'll also be inviting residents to write their own story to share on social media.

To find out where the Poetry Takeaway Van will be travelling to next, visit

[www.wearelewisham.com/creative-challenges/](http://www.wearelewisham.com/creative-challenges/)

For information on Spread The Word, visit <https://www.spreadtheword.org.uk/>



## Are you interested in dance and movement?

**Do you want to be involved in an exciting large-scale dance event?**

We are looking for participants with lived experience relating to the themes of migration and home to take part in a new large-scale

performance work to be performed in October 2022 that will serve as a centrepiece to **We Are Lewisham**. Artistically choreographed and directed by Alleyne Dance and created with an intergenerational cast drawn from the local community, the piece will explore the stories of Lewisham with a focus on narratives of change and activism and the positive impact of migration on our communities and our home.



**Workshops begin:** from April to October. **Performances:** 22 and 23 October.

For further information about how to get involved, please call **020 869 24446** or contact Mimi Findlay, Administrative Producer, the Albany – [mimi.findlay@thealbany.org.uk](mailto:mimi.findlay@thealbany.org.uk)

# London Borough of Culture – Upcoming Event Listing

## **10-19 March 05Fest**

Award-winning poet, playwright and performer Inua Ellams brings his own brand of poetry and spoken word to Lewisham.

The Albany, Douglas Way, SE8 4AG

FREE/£5/£8/£10 Book tickets at

[www.wearelewisham.com/event/05fest](http://www.wearelewisham.com/event/05fest)

## **21-26 March SON**

Duval Timothy and Rosie Lowe present an immersive listening experience installation at Lewisham Arthouse. 140 Lewisham Way, SE14 6PD Mon-Sat 10am-6pm

## **8 April Jackie Oates and John Spiers**

British folk at its best from this multi award-winning contemporary folk duo.

Blackheath Halls, 23 Lee Road, SE3 9RQ

8pm. £15

[boxoffice@blackheathhalls.com](mailto:boxoffice@blackheathhalls.com) or **020 8463 0100**

## **9-15 May We Will Be Happy Here**

What would it feel like to live in a world that is truly inclusive, designed by those who currently feel excluded? A sensory interactive installation and workshop experience presented by Spare Tyre in association with local learning disability groups. Various workshop locations across Lewisham

## **23 June – 10 July Sun and Sea**

The winner of the Golden Lion at the 2019 Venice Biennale makes its debut in Lewisham. The main house of the Albany will be transformed into a crowded beach, complete with 10 tons of sand and 13 vocalists taking on the role of beachgoers enjoying the sunshine.

The Albany, Douglas Way, London SE8 4AG

[www.wearelewisham.com/event/sun-and-sea-2](http://www.wearelewisham.com/event/sun-and-sea-2)

## **22-24 July Liberty Festival**

A free three-day festival of fantastic creative experiences and works by D/deaf and disabled artists will come to Lewisham in the summer of 2022, presented by the Mayor of London. FREE

## **17 March Mischief and Mayhem**

Ruby Hughes, soprano, and Sergio Bucheli, theorbo and lute, provide a stunning programme at St Peter's Church in Brockley.

St Peter's Church, Brockley SE4

8pm FREE. Book tickets at

[www.wearelewisham.com/whats-on](http://www.wearelewisham.com/whats-on)

## **1 April – 30 November Breathe:2022**

2022 is the 10 year anniversary of artist Dryden Goodwin's Breathe. Breathe: 2022 will be a striking multi-part new public artwork that updates the 2012 original and will appear across Lewisham on sites close to the South Circular Road.

## **30 April An Evening with John Illsley**

Formed in Deptford, Dire Straits are music royalty. Founder member John Illsley comes to Blackheath Halls to perform the band's classic hits as well as answering questions from the audience.

Blackheath Halls, 23 Lee Road, SE3 9RQ.

8pm. £30. Call **020 8463 0100** or

Email [boxoffice@blackheathhalls.com](mailto:boxoffice@blackheathhalls.com)

## **1 June – 1 December Sonic Phở**

An experience for the senses, bringing food and stories from Lewisham's Vietnamese community - the largest in London - together in one unique audio experience hosted at five top Vietnamese restaurants.

1 June – 1 December

## **16 July Lewisham People's Day**

After a gap of four years, South-East London's longest-running free festival People's Day, will return as part of We Are Lewisham. Featuring music, art, craft and of course, all of the community, everyone's invited to come along to People's Day in 2022!

Mountsfield Park, Catford. FREE

More events are being added all the time. To receive ongoing email updates click here:

[www.wearelewisham.com/sign-up-to-our-mailing-list/](http://www.wearelewisham.com/sign-up-to-our-mailing-list/)

or keep an eye on the What's On page: [www.wearelewisham.com/whats-on/](http://www.wearelewisham.com/whats-on/)

**Changes to energy prices – information and advice from Age UK.**

This winter, it's likely you've noticed your energy bills going up. But it's important to know why this is happening and what you can do to stay on top of increasing costs.

**Why are energy prices going up?**

Increased global demand has seen the prices of gas increase. This has led some energy suppliers to go bust.

As a result, Ofgem, the energy regulator, has increased the energy price cap from 1st April 2022. This means customers have a certain level of protection against the rising energy prices, as energy suppliers will only be able to charge default tariff customers so much per unit (kWh) of energy.

However, bills will go up substantially for lots of households this winter.

There are fewer tariffs on offer than usual, and switching might not save you any money. It's important to seek impartial advice before switching, for example from the **Citizens Advice Consumer Service**.

[www.citizensadvice.org.uk/consumer/get-more-help/if-you-need-more-help-about-a-consumer-issue](http://www.citizensadvice.org.uk/consumer/get-more-help/if-you-need-more-help-about-a-consumer-issue)

**What do I do if my energy supplier goes bust?**

When an energy supplier goes bust, Ofgem assigns a new supplier to take over your account. You don't need to worry, your gas and electricity supply will continue regardless of what happens to your supplier.

Your new supplier should provide you with information about what is happening with your account. But this process can take a few weeks.

It's worth keeping hold of or downloading copies of your latest energy bills and take photos of your latest meter readings for reference.

Any customers that were in debt with their previous supplier will still have to repay this and any customers who had been in credit with their supplier should receive a refund.

You should seek advice if you're looking to switch because your supplier has gone bust, as there are considerations if your account was in credit, or if you usually receive the Warm Home Discount.

**Can I get help paying my energy bills?**

If you're finding it hard to keep up with energy payments or you're worried you won't be able to afford the energy you need this and next winter, you might be entitled to financial support.

Many people are eligible for Warm Home Discount and the winter fuel payment.

These payments are usually made between October and December. To be eligible for the warm homes discount of up to £140, you need to receive pension credit.

**Prepare now for winter 2022/23 Not sure what you're entitled to?**

If you want help finding out if you are eligible for pension credits and other winter fuel discounts Age UK have a handy benefits calculator which can help you work out if you're missing out on money you should be getting - especially pension credit.

**Not online?** Ask friends or neighbour to help, or read on for support

**Access more support information and the calculator here:**

[www.ageuk.org.uk/information-advice/money-legal/debt-savings/energy/changes-to-energy-prices](http://www.ageuk.org.uk/information-advice/money-legal/debt-savings/energy/changes-to-energy-prices)

Download the **HELP WITH HEATING COSTS** factsheet from Age UK at:

[www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs1\\_help\\_with\\_heating\\_costs\\_fcs.pdf](http://www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs1_help_with_heating_costs_fcs.pdf)

Local Energy Advice and Support from South East London Community Energy - SELCE

**Coping with the Fuel Crisis**

The price of electricity and gas has increased rapidly this year. In this issue Dr Giovanna Speciale, CEO of South East London Community Energy, a local community group that supports South East London residents who struggle to afford the cost of electricity and gas gives her top tips for beating the fuel crisis. [www.selce.org.uk](http://www.selce.org.uk)



**Understand your tariff** - There are two types of deal for electricity or gas. Either

- A fixed tariff – you have agreed to pay a fixed price per unit of energy for a fixed period usually one or two years
- A standard variable tariff – the price varies but is capped by the regulator

If you signed up to a fixed tariff with a company that is still in operation your energy bills won't rise immediately but many are likely to see a significant increase when their deal ends

Just over half of people in the UK are on a standard variable tariff. If your energy company went bust and you were assigned to a new energy company then you will be put on a standard variable tariff.

**What's a Price Cap?**

Standard variable tariffs are capped by the energy industry regulator. The cap is limit on the maximum amount suppliers can charge for each unit of gas and electricity per kWh and for standing charge. There is no upper limit to what you pay for electricity or gas – the cap applies to what you are charged for each unit.

**By how much are price increasing?**

Your energy bill depends mostly on how much electricity you use and how you pay for your energy. If you pay by a key or a card, you are likely to pay more than if you pay by Direct Debit. But based on the electricity and gas usage of an **AVERAGE** household bills will increase as follows:

	Annual Current Bill	Increasing by	Annual bill from April
Direct Debit	£1,277.00	£689.58	£1,966.58
Cash, cheque or quarterly direct debit	£1,370.00	£739.80	£2,109.80
Prepayment	£1,309.00	£706.86	£2,015.86

**Your energy bills are made up of two different types of charge**

1 - A price for every unit (or kWh) of electricity or gas

2 - A daily price or standing charge that you will pay regardless of whether you use any electricity or gas (*prices broken down on right*),

	Current price	Increasing by	From April
Gas per unit (or kWh)	£0.04	£0.02	£0.06
Electricity per unit (or kWh)	£0.21	£0.11	£0.32
Gas standing charge	£0.26	£0.14	£0.40
Electricity standing charge	£0.25	£0.14	£0.39

**Local Energy Advice and Support from South East London Community Energy - SELCE****Top Tips for Coping with the Price Increase**

Giovanna writes: "The newspapers are full of suggestions like 'Switch your heating off and put on a jumper, do star jumps'. Take no notice of them. Don't switch your heating off! Cold homes cost lives: the cold will exacerbate existing heart or lung conditions particularly for people of a certain age. However, this doesn't mean there is nothing you can do to reduce your bills. Here are my suggestions in what I think is impact order"

**Get Advice!**

South East London Community Energy and Groundwork London work in partnership to support any Lewisham resident that is struggling to pay for electricity and gas. All our advice is free and expert. Call **0808 169 1779** and you will be assigned to an advisor who will:

- 1** - Give you advice on the phone about getting the best deal, getting utility discounts, saving energy and money.
- 2** - Give you free energy saving measures such draught proofing, LED's, radiator reflector panels and water saving measures. These can be installed for you or we can deliver the measures to you to install yourself.

**Get Discounts**

If you are on a lower income, you may be eligible for a "Warm Home Discount" – this is a discount of £140 deducted from your energy bill. For most suppliers the window for applications has now closed but it's always worth asking and preparing for next winter.

If you have an annual income of £19500 or less you could be eligible for half price water through Thames Water's WaterHelp scheme. Talk to Thames Water or advisors can support you to apply.

(Information on WaterHelp later in this magazine)

**Save Energy and Money**

By understanding how to set your heating controls or by being careful when using appliances that gobble up all your energy, or even by using curtains or carpets to hold the heat in, you can reduce your bills. Every home is different, our advisors can help you to understand how the use less and pay less

**Get Fully Funded Energy Efficiency Improvements**

During the winter months, if you have a poorly insulated home, you will spend more on heating your home. This is because your heating will need to stay on longer and your thermostat set higher for you to feel warm.

If find it hard to heat your home and worry about your energy bills, a Green Homes Grant Local Authority Delivery Scheme might be able to help. Delivered by Warmworks in partnership with South East London Community Energy, the scheme can pay for significant improvements for a warmer home. This is kinder to the environment and will help you to reduce your fuel bills.

You could qualify for fully funded home energy improvements if you live in an energy inefficient home, which is owned or privately rented, and you are on a low income. This scheme can fund insulation as well as renewable energy installations such as solar PV.

To find out more or to book an assessment call South East London Community Energy on **0204 506 6751**

[www.groundwork.org.uk/hubs/london/green-doctors-london](http://www.groundwork.org.uk/hubs/london/green-doctors-london)

  **SOUTH EAST LONDON  
COMMUNITY ENERGY**  
[www.selce.org.uk](http://www.selce.org.uk)

Local Energy Advice and Support from South East London Community Energy - SELCE

**Don't sign up for an Expensive Fixed Tariff**

Beware of energy firms pushing mega-expensive fixed tariff. If the fix that's no more than 40% more expensive than your current price-capped tariff, it's worth considering – especially if you value price certainty. Otherwise don't be tempted to switch

**Become an Energy Champion for Lewisham**

Lewisham Local and Selce have launched a campaign: Lewisham Warmer. Using funds donated by Lewisham residents, we are looking to recruit eight Energy Champions/community organisations.

Each organisation will receive £300 and in return must nominate a volunteer or staff member to be an Energy Champion for their community. Their job will be to identify people in their community who are struggling most because of the energy crisis.

They will be trained to give light touch support and to refer them to an energy advisor if needed. If you or your organisation would like to nominate be a champion please get in touch with Giovanna on [giovanna@selce.org.uk](mailto:giovanna@selce.org.uk) or call **0204 506 6752**.

**Green Doctors are here to help you.**

We are now offering free pre-booked phone consultations.

**0300 365 3005**, email:

[GreenDoctorsLDN@groundwork.org.uk](mailto:GreenDoctorsLDN@groundwork.org.uk)

Website: [www.groundwork.org.uk/hubs/london/green-doctors-london](http://www.groundwork.org.uk/hubs/london/green-doctors-london)



**Get Angry and get active**

In my view (*Giovanna*) relying on the competitive markets to supply something as essential as electricity and gas disadvantages those who are most vulnerable: people on lower incomes end up paying more and suffering most when prices rise.

If you would like to get involved in organising for different solutions signing the 'Energy for All petition is a good place to start

<https://bit.ly/E4Apetition>

**Lewisham healthy homes**



**Do you struggle to pay your energy bills?**

We can offer free help to anyone living in South London who is over 65, on a low income, or has long term health conditions or disability.

Our friendly team can make your home warmer, saving you money and improving your health. They will:

- Offer energy efficiency advice
- Install energy saving devices
- Support home improvement grant applications
- Offer you impartial advice that will help you heat your home for less
- Connect you to other sources of help.

To book your free advice session, or for information, contact:

0808 169 1779

[www.cact.org.uk/swt](http://www.cact.org.uk/swt)



Thinking Works

SOUTH EAST LONDON COMMUNITY ENERGY

SUPPORTED BY MAYOR OF LONDON



# Information and advice

## Independent Age - Pension Credit



# Independent Age

Pension Credit is a vital lifeline to many. It is a financial top-up to some of the pensioners who need it most, and helps ensure that older people do not have to choose between eating or heating their home.

Pension Credit provides extra weekly income to people who have reached State Pension age and live on a low income. People who claim may also be entitled to other benefits such as the warm homes discount. Pension Credit can top up your low income if you've reached State Pension age. Lots of people who qualify for it aren't claiming it, so it's worth checking if you can get it.

Visit Independent Age money information pages to find out more. [www.independentage.org/get-advice/money/benefits/pension-credit](http://www.independentage.org/get-advice/money/benefits/pension-credit) or call the help line and find out.

Since 2019 Independent Age have been campaigning for the Government to ensure that everyone who is entitled to Pension Credit receives it. Find out more about our Credit where it's due campaign & how you can help. [www.independentage.org/campaigns/PensionCredit](http://www.independentage.org/campaigns/PensionCredit)

For all matters of advice from financial to health and care, housing to technology call the Independent age Helpline

# Helpline 0800 319 6789

## TABLE TALK

I am very excited that the Table is well and truly out visiting clubs, events, surgeries, in order to point older people to information and advice they may need or want.

We are happy to make a short presentation or just pop-in for a chat. We offer the service to a group or will speak to individuals at the events or by phone. Already in 2022 we have popped in to the Ageing Well groups at SLPPG and the Silver lunch Club at Wesley Halls, also we have run a couple of sessions at Stanstead Lodge.

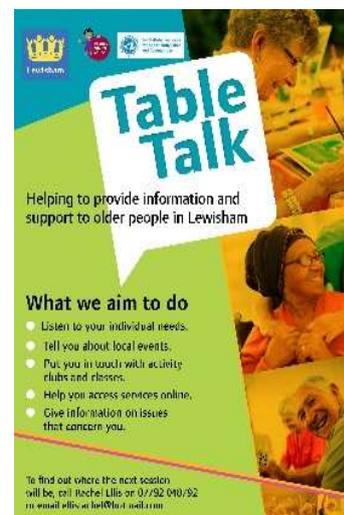
We have provided leaflets on a range of issues such as transport, energy, benefits, lists of lunch and exercise clubs, choosing a Care home and more.

### **In addition we are excited to begin working with our Table Talk Ambassadors.**

Eventually we want every group/club/WhatsApp friends to have someone to pass on information and also send us enquiries to go to the experts. We now have 3 Ambassadors working to inform their groups and we hope to have another 3 by the time this notice goes out. We have some organisations/individuals already signed up but would like to hear from others who might be interested.

Ambassadors only work within their own groups or clubs and decide themselves how to use the information and how much time to give. Many thanks to Community Connections Lewisham, the Positive Ageing Council and Alex Camies of the SLPPG with whom we work very closely to ensure the information we provide is as accurate as possible.

**If you would like to know more about our work, want us to visit your group in the next few months or want to find out more about the Ambassadors scheme please contact Rachel Ellis on [ellisrachel@hotmail.com](mailto:ellisrachel@hotmail.com) or phone 07792048792.**



## What's WaterHelp?

If you live in a low-income household, we may be able to discount your bill through WaterHelp. WaterHelp was known as WaterSure Plus until March 2020. It still has the same criteria and benefits – only the name has changed. If you're already on the scheme, you don't need to do anything. Your bills and letters will change to show the new name over the course of the year. If you qualify, we currently offer a 50% discount on your whole bill. This amount may change in the future.



We consider households earning below £16,385, or below £19,747 in London boroughs, to be on a low income. In order to qualify, we'll need to check your details and verify your income. You can find out more about how we look at your income on the back of the application form.

## What's WaterSure?

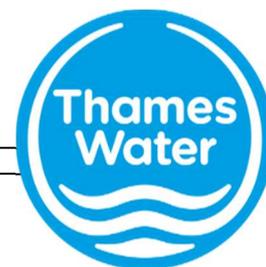
If you're on a water meter but finding it hard to save water because you have a large family or water-dependent medical condition, we may be able to cap your bills through WaterSure. We always use the average price based on what other customers pay. For this year (2021/22), for example, we'd cap your bills at £419. If you already use less, you'll keep paying less. To qualify for the scheme, someone in your household:

- Must receive a means-tested benefit such as Housing Benefit, Pension Credit Income Support, Universal Credit or Income support **AND**
- Must have a medical condition that requires extra water such as Abdominal stoma, Crohn's disease Incontinence, Ulcerative colitis, Desquamation (flaky skin disease), Eczema, psoriasis or varicose ulceration (weeping skin disease), Renal conditions requiring home dialysis (except where the NHS makes a contribution or any other medical conditions that require extra water

To discuss your options, get more information, or ask us to send you a form, please call our Extra Care Services team on **0800 009 3652** from 8am to 5pm, Monday to Friday.

For more information on how to apply visit:

[www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp](http://www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp)



## Why sign up for Thames Water priority services?

At Thames Water, we aim to provide a reliable service for every individual in our region, 365 days a year. But if something does go wrong, our priority services teams are on hand to help. By signing up for our free priority services, you can benefit from extra help in water-related emergencies. Our goal is to provide extra peace of mind if you're of pensionable age; living with a chronic medical condition or restricted mobility; experiencing a change in personal circumstances; or raising a family with young children under the age of five.



No matter your needs, you'll have access to a dedicated telephone helpline, which you can call at any time of day. In the unlikely event your water stops flowing for a long period of time, we'll give you a call to discuss what's happened, what we're doing to fix it, and any additional support you might need, including an alternative supply of water.

You can also rely on us for proactive support. When we're planning maintenance to our pipes, we'll give you plenty of notice so that you can make alternative arrangements. We'll make sure to communicate in the format that best suits your needs and, if you want extra reassurance, help you set up a doorstep password so that you know it's us if we ever pop by to speak to you. We'll keep any details you share with us safe and confidential. To sign up today, visit **0800 0093652** visit [www.thameswater.co.uk/help/extra-care/priority-services](http://www.thameswater.co.uk/help/extra-care/priority-services) or email [ecs@thameswater.co.uk](mailto:ecs@thameswater.co.uk) To request registration forms, email [priortyforms@thameswater.co.uk](mailto:priortyforms@thameswater.co.uk)

### **The Community Table – Lee Green**

A community meal project providing a free hot main meal and dessert for anyone in need or who would appreciate some company.

We offer support and signposting to other services

Every Friday 1.30-2.30pm. Food served at 1.45pm.

Ichthus Lee Green, 23 Lampmead Rd, Lee, SE12 8QJ

No booking required.

Free parking in the church front and rear car parks.

Buses 122, 178, 261, 321 & 621 stop at the end of the road. 202 bus stops round the corner.

Free admission, disabled access Accessible ramp and W/C

For more information contact

[joel.todd@ichthus.org.uk](mailto:joel.todd@ichthus.org.uk) **07950 255 630**

### **Advice and support service for the Irish Community**

Information, advice, advocacy and representation on welfare benefits and housing to the Irish Community including:

- assessments
- completing welfare and grant application forms
- prepare appeals
- legal representation at tribunal hearings.
- information and support on Irish Passports

Respond to loneliness and isolation by supporting service users to use LICC and other local activities

**Day and time:** Monday, Wednesday, Friday onsite

**Address:** Lewisham Irish Community Centre  
Transport / Buses: 47, 75, 185, 199, 136, 208

For more information contact call 020 8695 6264 main line, **0795 6509 033** Kathleen Sheridan or **0749 4029 668** Francesca Cook or email [manager@lewishamirish.org.uk](mailto:manager@lewishamirish.org.uk)

### **LGBTQ\* mental health drop-in & Advice – free from Metro Charity**

We run a weekly social group for residents who identify as LGBTQ\* and are experiencing issues with their mental health or wellbeing. We also provide advice to LGBTQ\* Lewisham residents around a range of practical issues, including: welfare benefits, housing, accessing health services.

Face to face and online – for any Lewisham residents aged 18 and over. Disabled access in main office. **The drop-in runs every Thursday between 12.30-2.30pm.**

**Address:** Equitable House, 7 General Gordon Square, Woolwich Arsenal, SE18 6FH

Enquiries about advice work can be made any day of the week.

Transport: Our office is next to Woolwich Arsenal DLR and train station. No car parking is available.

For more information contact Cat, on **0208 305 5000** or email [Catriona.scott@metrocharity.org.uk](mailto:Catriona.scott@metrocharity.org.uk)

Website: [www.metrocharity.org.uk/mental-health/mental-health-drop-in](http://www.metrocharity.org.uk/mental-health/mental-health-drop-in)

New members need to complete an initial assessment with Cat before coming to the group.

**PRIDE IS  
FOR ALL  
AGES**

### **Opening Doors London**

We have a service for LGBT+ people over 50

### **Telephone Befriending.**

Please spread the word and refer yourself or anyone you think might benefit from this service.

[befriending@openingdoorslondon.org.uk](mailto:befriending@openingdoorslondon.org.uk)

**020 7239 0400.**



## **Linkline Telecare - Help is just a phone call away.**

If you live alone, have a disability and feel vulnerable or at risk in your home you may want to consider the 24-hour emergency response service Linkline.

### **How standard Linkline Alarm Unit works.**

You need to have a telephone socket and a mains electricity socket on the same wall for the alarm unit to be installed. It comes with a personal alarm that you can carry anywhere in your home. You can wear it around your neck as a pendant, or on your wrist. If there is an emergency, you press the button on the personal alarm or alarm unit. Someone at the Linkline centre will answer your call and organise help.

It costs £6.25 a week and there is a one-off charge of £25 to install the equipment, unless you have been assessed for care services. Your telephone line needs to remain active for the alarm to work. Charges for the call will be at the standard rate of a local call and will appear on your bill from your provider.

**How to apply.** To apply for the service call **020 8314 3141** or visit [www.lewisham.gov.uk/linkline](http://www.lewisham.gov.uk/linkline)

### **Linkline are now able to offer an alternative for people who do not have a landline telephone.**

An everyday watch which is easy to use, discreet and lightweight. It connects a call directly to our control centre at the push of a button! The watch works straight out of the box. Just wear and go, there is no installation. We receive your location and can alert family or emergency services to get help straight to you. If you are at home, one of our officers will visit if needed.

At the moment we are trialling this product for staff safety within the Enablement Care Team for officers working on their own out and about around the borough. We do have a limited number of watches in stock available for trial by people who do not have a land line.

The monitoring charge is £6.25 per week and this is payable by all users as this is not offered as part of a care package or any free support from other services. The watch has a rechargeable battery, you will need to charge the watch every 24-48 hours with the connector provided.

**For more information on this exciting product please call Tony or Guy on **020 8314 3141**.**



### **It is also important for you to know: The UK's telephone network is changing**

Copper wires and analogue signals have served our nation for over a century. They've kept hospitals, schools and emergency services connected, they've powered card machines on our high streets and delivered some of most important phone conversations we've ever had with our family and friends.

But, because it's been around for a long time, it's no longer as efficient as it could be. Replacement parts are hard to come by and, it fails more often than we'd like, meaning it doesn't provide the world-class service that we need it to. This is why we'll be retiring the analogue phone network at the end of 2025.

By this point everyone in the UK will have been upgraded to a digital phone line, providing us with a greener, faster, and more reliable service. This means landline voice calls will soon be transmitted digitally - in the same way your broadband works.

If you are already a Linkline service user more information can be found on the Council's website.

# Physical - Mental Health -wellbeing

PLEASE NOTE. At the time of collecting information and going to print we are in uncertain times and things are still changing quickly. You must abide with current government guidelines regarding national or local lockdown rules. Please do not put yourself at risk in any way. If you would like to take part in anything mentioned in this newsletter please contact the organisation before attempting to join an activity in case of change and consult with your health professional.

## Are you unhappy about an experience you've had at hospital, at your GP surgery or when using any NHS service?



If you think the NHS care you've received isn't as good as you believe it should be, an independent health advocate can help you to make a complaint. Complaining can lead to improvements in services for all patients and service users.

If you live in the London borough of Lewisham, call us on **0203 886 0196**, or email [advocacy@healthwatchlewisham.co.uk](mailto:advocacy@healthwatchlewisham.co.uk)

Please note, the NHS complaints process does not deal with compensation claims and can take a long time. If you have a problem that needs urgent attention, contact a GP surgery's practice manager or an NHS Trust's Patient Advice and Liaison team. The Lewisham Independent Health Complaints Advocacy Service is funded by Lewisham Council and is run by Healthwatch Lewisham. Find out more at: [www.healthwatchlewisham.co.uk/complaints-advocacy](http://www.healthwatchlewisham.co.uk/complaints-advocacy)

## Community Connections Lewisham Bringing Lewisham to you!

CCL is a free 'social prescribing' service run by Age UK Lewisham, available to all adults living in Lewisham. Our core aim is to reduce social isolation, particularly among older residents, by helping them discover and access services and activities in their local community.

WATCH our brand new video '**Breaking Social Isolation**', available on our website home page: [www.communityconnectionslewisham.org](http://www.communityconnectionslewisham.org)

Perhaps you've been feeling lonely and would like to find a local lunch club or exercise class, or have a weekly chat with a befriender? Or do you need practical support with things like IT skills and internet access, shopping delivery, or help with completing a transport application?

Whatever your goals and needs are, please call our helpline on **0330 058 3464** (open Monday-Friday 9.30am-4pm) and we will always try our hardest to connect you with the groups and services that are right for you.

**NHS**

Don't dismiss the early signs of a heart attack

A squeezing across the chest. A feeling of unease. It's never too early to call 999 and describe your symptoms.

Call 999 Help us help you

EVACUATION LIFT CONTROL

PRESS TO

**NHS**

"Help me if you can, I'm feeling down"

**The NHS is here to help**

Mental health matters Help us help you

Feelings of anxiety and depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you. Let us help you get your feet back on the ground. Go To [www.nhs.co.uk/help](http://www.nhs.co.uk/help)



# Do you need transport to get to your vaccination?

Free transport is available for Lewisham residents to get to your local COVID-19 vaccination centre.

Just phone, text or WhatsApp **07857 558388**



## Got questions about the vaccine?

If you have any questions about the COVID-19 vaccination, you can arrange a free, confidential conversation with a local pharmacist to discuss this.

### To arrange a call either:

Request a vaccine call back

Call **07828 499044**  
WhatsApp **07376 810219**

**COVID-19**  
Let's get protected



## Free transport to vaccination centres

Did you know that free transport is now available for Lewisham residents who would otherwise have difficulty getting to their local COVID-19 vaccination centre? If you - or anyone you know - would benefit from this service, which is being provided by Voluntary Services Lewisham, please phone, text or WhatsApp **Lewisham and Greenwich NHS Trust** **07857 558 388**.

## Quit smoking

Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately. **It's never too late to quit. Let's do this!**



## What is Minor Eye Care Services (MECS)

If you live in the borough of Lewisham you can now access a new service called MECS that provides assessment for many common eye conditions through your local optician.

This service was established by your local NHS Clinical Commissioning Group for patients of all ages who are registered with a GP within Lewisham, to access an accredited local optometrist if they experience a medial eye condition.



## Medical eye conditions that can be treated by MECS

- Sudden or recent reduction in vision in one or both eyes
- Red eye(s) or eye lids
- Pain and/or discomfort in the eyes, around the eye area of temples
- Recent onset or sudden increase in flashes and/or floaters in one or both eyes (appearing like a fly, black specks or a cobweb moving across your vision)
- Mild Trauma, for example a scratch to the outer surface of the eye(s) or eye lid(s)
- Suspected foreign body in the eye
- Recent onset of double vision
- Significant recent discharge from or watering of the eye

If you are unsure whether your symptoms qualify please contact one of the approved opticians who can offer help and advice

You can contact any of the approved opticians yourself to make an appointment and ask to be seen under MECS. Alternatively, if you make an appointment to see your GP, they may refer you to the optometrist for treatment.

## What happens when I see the optometrist?

The optometrist will discuss your eye history, any symptoms you may be experiencing and any related medical history. You will receive an eye assessment relevant to your symptoms – please take a list of all current medications and your current glasses with you to the appointment.

- Given appropriate treatment by the optometrist, which may include a follow up appointment
- Referred to your GP for appropriate treatment if your eye condition is related to your general health
- Referred directly to hospital eye service if your eye condition is more serious

Following your appointment the optometrist will notify your GP about the outcome of your consultation in order to ensure your medical records are updated.

**REMEMBER: You may not be able to drive immediately after the eye examination**

For more information visit: <https://www.mecs-sel.co.uk>

## Eye Conditions not treated under MECS.

If you have any of the following conditions you must go directly to your nearest A&E department

- Sudden loss of vision in one or both eyes
- Considerable eye pain
- Significant trauma, such as a penetrating injury or lacerations to the eye(s) or lid(s)
- Chemical injury or burns
- Problems arising from recent eye surgery

Primary Eye Care  
BEXLEY, BROMLEY AND GREENWICH



## APP OF THE ISSUE 1: Download the free NHS Quit Smoking app

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support



If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

Download the free NHS Quit Smoking app on the App store or Google Play

## Type 2 Diabetes – Know your RISK

We are supporting everyone across South East London to find out their risk of developing Type 2 diabetes and take action to reduce it. It is estimated that almost 1 million people with type 2 diabetes don't know they have it because they haven't been diagnosed. If you, or someone in your family have any of the risk factor below?



### Type 2 risk factors

- If you're over 40 and white, or over 25 and African-Caribbean, Black African, Arab, Chinese or South Asian
- Family history of diabetes
- If you're overweight
- High blood pressure
- History of a heart attack or stroke
- History of schizophrenia, bipolar illness or depression, or a baby weighing over 10 pounds

If you or a family member are at risk of Type 2 you can join a free programme called Healthier You, thousands from SEL have already started it. Check your risk today at :

[https://rebrand.ly/NDDP\\_know\\_your\\_risk](https://rebrand.ly/NDDP_know_your_risk)

### Check if you or a family member are at risk now

Finding out your risk of type 2 diabetes could be a life-saving thing to do but it can be simple and quick. Diabetes UK, in partnership with University of Leicester and the University Hospitals of Leicester NHS Trust, has developed an online tool to help you work out your risk.

All you need is: **1. Your height, 2. Your weight, 3. Your waist measurement.** So grab the scales and a tape measure and you're ready. To calculate your risk score for developing type 2 diabetes click on the 'Check your risk' link above.

The Know Your Risk tool is not a diagnostic tool. It is designed for people without a current diagnosis of diabetes and is intended to highlight a person's risk of developing type 2 diabetes in the next 10 years. The results are not medical advice. If you are at risk or concerned about diabetes, we advise visiting a healthcare professional for further information.

**You can also calculate your risk score on the Xyla website, they are an NHS approved diabetes prevention programme provider.**

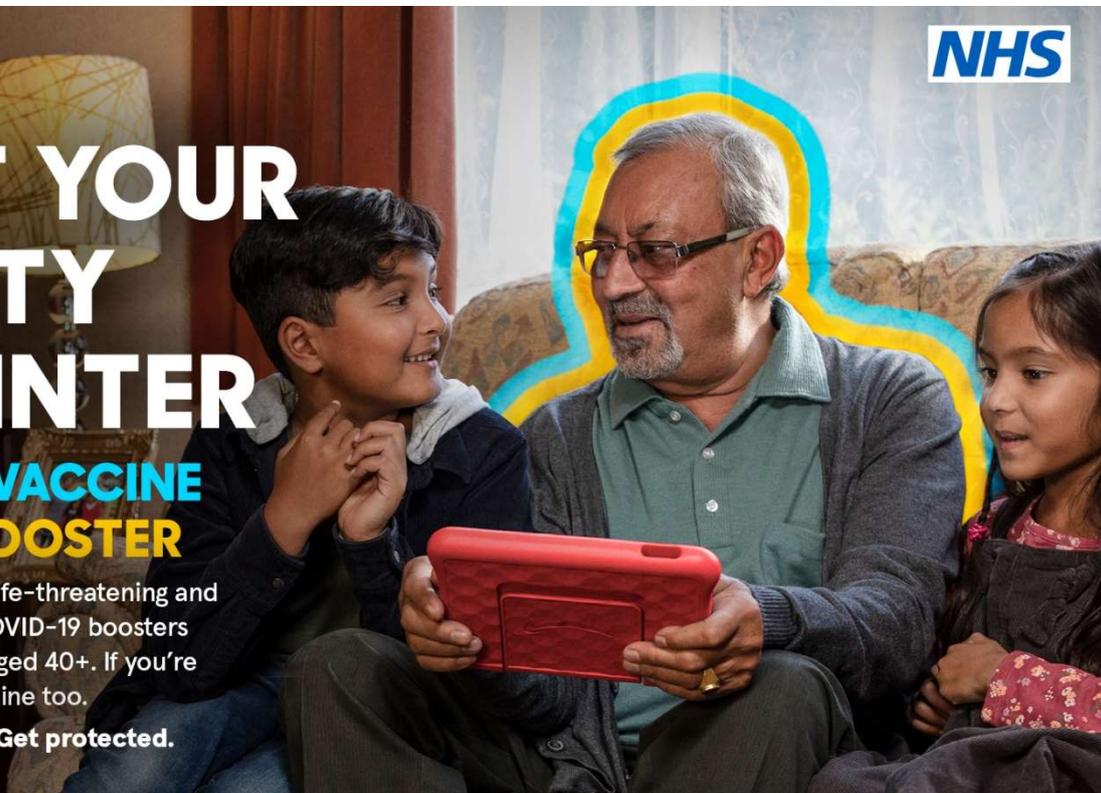
Sign up and take advantage of our free National Diabetes Prevention Project (NDPP) Healthier You or find a programme or activity that can help prevent T2 diabetes, at: <https://preventing-diabetes.co.uk/Know-your-risk-dtc>

# BOOST YOUR IMMUNITY THIS WINTER

## WITH THE FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can both be life-threatening and spread more easily in winter. COVID-19 boosters are now available to everyone aged 40+. If you're 50+ you can have a free flu vaccine too.

**Get vaccinated. Get boosted. Get protected.**  
[nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)



### Lift someone out of loneliness

Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too.

Fancy a cuppa? Fancy a walk? Sometimes reaching out to each other with as little as three words can make a big difference.

As part of the **Better Health: Every Mind Matters** campaign, the Department for Digital, Culture, Media and Sport are encouraging people to '**Lift Someone Out of Loneliness**' by taking a simple action to help someone who may be feeling lonely. If we do this regularly, we can all help to lift each other up. **Find out more here:**

[www.nhs.uk/every-mind-matters/lifes-challenges/loneliness](https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness)

### Support for loneliness

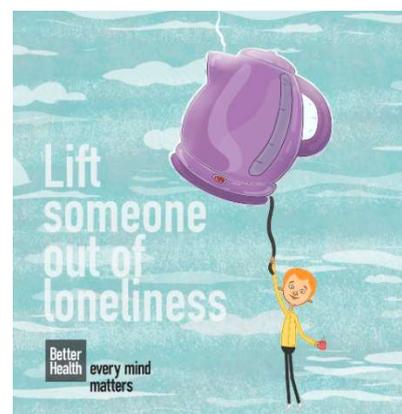
If you cannot reach out to friends or family, if you want to talk to someone in confidence, or if you know someone who may need some support, organisations such as Silverline are here to help.

### Silverline

A free 24-hour confidential telephone helpline offering information, friendship and advice to people over 55: call Silverline on **0800 4 70 80 90**

If you're experiencing stress, feelings of anxiety or low mood, the NHS mental health hub has advice, a self-assessment quiz, audio guides and practical tools to help. [www.nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters)

There is also plenty of advice on their urgent support page. [www.nhs.uk/every-mind-matters/urgent-support](https://www.nhs.uk/every-mind-matters/urgent-support)



#### 1. Keep in touch with those around you

Talk to friends and family. Sometimes a friendly chat can make a big difference, whether someone is around the corner or further away.

#### 2. Join a group

Find a group with a shared interest. Being part of an offline or online group or club is a great way to make connections and meet people. Think about activities that you would like to try out and look for groups centred around these.

#### 3. Do things you enjoy

Filling your time doing more things you like can stop you from focusing on feelings of loneliness and is good for your wellbeing.

Spending time outdoors in green space, doing exercise and listening to podcasts and radio shows are just some of the ways to boost your mood and occupy your mind.

#### 4. Share your feelings – but do not compare

Being able to talk about how you feel with others can help with loneliness, and hearing a familiar voice or seeing a friendly face makes us feel less isolated.

#### 5. Help someone else feel connected

Reach out to others – think about people you know who might be feeling lonely and make an effort to connect with them.

# Activities to improve your wellbeing

## Wheels for Wellbeing

Wheels for Wellbeing is a charity supporting disabled people to enjoy the benefits of cycling. That includes people of all ages and abilities, including those with hidden disabilities and ageing related impairments.



We run inclusive cycling sessions from three bases in south London. Our qualified instructors, supported by fantastic volunteers, help participants try our cycles or get comfortable on the one that suits them, and offer ongoing support.

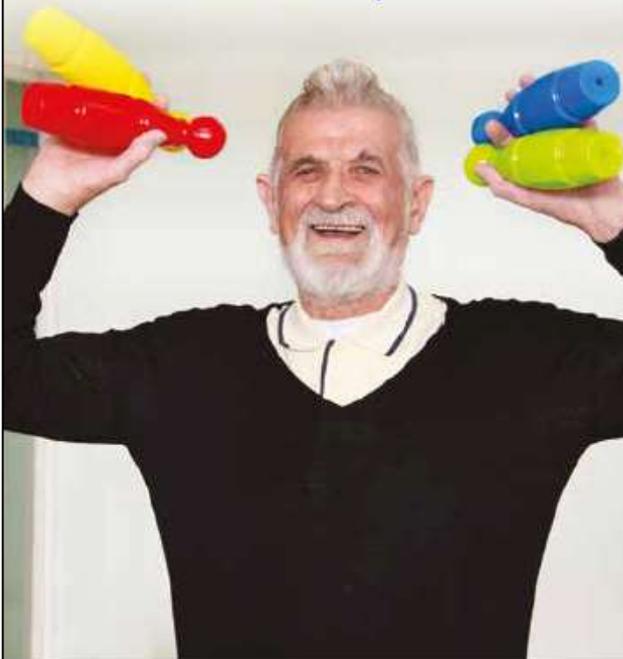
Cycling can be easier than walking, a way to keep independent, fit and healthy, a mobility aid, and a useful form of everyday transport. Come and join us to find out for yourself! We're at Ladywell Day Centre on Dressington Avenue every Friday for short rides around Ladywell Fields.



**NHS**  
Lewisham and Greenwich  
NHS Trust

## Stable and Steady classes

Our Stable and Steady classes help you to improve your strength and balance and reduce your risk of falling



### How can Stable and Steady classes benefit you?

Joining a Stable and Steady class can help you:

- Stay independent and carry on doing the things you enjoy
- Improve your confidence and reduce fear of falling
- Keep active and stay healthy.

### Who are the classes for?

The classes are for anyone aged 65 and over who has fallen or is concerned that they have become more unsteady. They are open to people who live in the London Borough of Lewisham or have a Lewisham GP.

### Locations:

- The Ladywell Centre, SE4 1JF
- The Lewisham Irish Centre, SE6 2AZ
- Leander Court, SE8 4DH
- Grove Park Community Centre (Ringway Centre), SE12
- Honor Oak Community Centre, SE4 SE4 2JD
- The Sydenham Centre, SE26 5QX
- All Saints Hatcham Community Centre, New Cross, SE14 5DJ

For further information please call the Falls Helpline on **0203 049 4493** (Monday - Friday, 9am -4pm)

**Caring Together Service – Age Exchange**  
Age Exchange in Blackheath supports people living with long-term conditions like dementia and their carers, by providing group activities throughout the week. We provide creative activities, advice, support and somewhere to relax and have fun.

**We also offer a Telephone Befriending Service.**

If you are interested in joining a group or receiving telephone befriending, please contact us on **0208 318 9105** or fill out a referral form [tiny.cc/caringtogether](http://tiny.cc/caringtogether)

<https://app.upshot.org.uk/signup/bcbd18d8/>

- **Inspired Caring:** Monday, 12 noon -2pm
- **Day Care Service:** Tuesday, 11-1pm
- **Artful Caring:** Wednesday, 1.30-3.30pm
- **Kaleidoscope Café & Café Connect**  
Fortnightly Thursday, 11am-1pm  
(under 65s with young onset dementia)
- **Creative Caring** Thursday, 1.30-3.30pm
- **Chair-based movement** Friday, 2-4pm

**All groups are in Blackheath and cost £5 (free for carers)**

Bakehouse Theatre, Age Exchange, 11 Blackheath Village, London SE3 9LA

[www.age-exchange.org.uk](http://www.age-exchange.org.uk)



**Caring Together Service**

Improving the lives of those living with dementia and their carers using reminiscence and the arts

**Mourning the passing of Ken Wakeman, Former caretaker at Barnes Wallace Community Centre.**

The Joy (Just Older Youths) committee have received the sad news recently that Ken sadly died of a heart attack. Over many years he was a big supporter of the JOY organisation and helped us with many of our fundraising events. He will be very missed.

**Sing by Heart** - A group for those with dementia and their carers.

**4<sup>th</sup> Thursday the month 1pm-2pm, Catford Salvation Army, 23-25 Brownhill Road**

Uses a mixture of popular songs like Moon River and hymns such as Amazing Grace, which span the decades. The sessions encourage communication, recollection of memories, and happy thoughts for those taking part. It is also hoped carers will find the sessions beneficial by providing time for them to relax, make friends, and share experiences. To join Please email or ring in advance. Wheelchair access, disabled toilets available.

For more information contact **0746 965 6132**

[Catford@salvationarmy.org.uk](mailto:Catford@salvationarmy.org.uk)

[www.salvationarmy.org.uk/catford-salvation-army](http://www.salvationarmy.org.uk/catford-salvation-army)

## Healthy Walks\_

From April GCD A will no longer manage the Lewisham Healthy Walks scheme. The programme has been decommissioned by Public Health and will be managed by Enable. We aim for the transition to be as smooth as possible and the walks will continue as now.

After 20+ years, the current walks co-ordinator, Jenny Budd has decided that it is time to leave and for the walks programme to have a fresh pair of hands at the helm. She says that it has been amazing to have such a wonderful job for so long and that she has really appreciated getting to know so many committed volunteer leaders, organisations and such friendly walkers.

Enable are recruiting a **Lewisham Walks project manager**

<https://enablelc.org/about-us/work-with-us/hw022>

Enable contact details: [www.enablelc.org](http://www.enablelc.org) [lewishamwalks@enablelc.org](mailto:lewishamwalks@enablelc.org) Nick Atkins, Head of health and wellbeing: **0777 087 2808**

## Aerobics and Pilates in Catford

Low Impact Aerobic and Pilates, Both accessible standing and seated – any age.

The majority of the group are 60+

Price: £3 per hour Monday, £3 per hour Wednesday

Participants must provide their own equipment  
Disabled Access and Option to do activity sitting down

Before starting, any disability etc. should be brought to the tutor's attention

**Day and Time:** 11am - 12 noon Low Impact Aerobics, 12 noon - 1pm Pilates On both days – Monday and Wednesday

**Address:** Classes at St. Laurence's Church, Catford SE6 2TS

For more information about days and times contact:

**07792048792**, Mrs Rachel

Ellis Email:

[ellisrachel@hotmail.com](mailto:ellisrachel@hotmail.com)

## Catch Your Breath - a singing group for those recovering from Covid-19

**Next course:** 7th, 14th, 21<sup>st</sup> 28<sup>th</sup> April, and 5<sup>th</sup> May.

- A five-week online singing group
- You don't need to be musical or be able to sing to benefit from these sessions
- Relaxed, informal sessions lasting 30 minutes and lots of fun
- Exploring breathlessness through the singing of simple songs
- Using vocal exercises to manage symptoms
- Building stamina and confidence
- Participants need to be able to access zoom and be comfortable using it
- £5 a session. If participants are unable to pay for the service, they can access it for free

**Tamsin Dives** AGSM, Dip MTh, HCPC registered  
Tamsin is a Music Therapist who has worked at St Christopher's Hospice for many years. She has run groups there using music in a variety of ways, to help patients manage symptoms, explore breathing issues, feel relaxed and more in control. She has extensive experience in the field of dementia. She has run a large community choir and was a professional singer.

### Joining

There will be a new block of sessions starting soon on Thursday afternoons from the 7<sup>th</sup> of April. Please contact Tamsin to register your interest

People need to check with their doctors that they are well enough to attend. There's a separate referral form.

To join or for more information please contact Tamsin:

[haydives@gmail.com](mailto:haydives@gmail.com) or **07957 431491**

**MAB  
ADI  
LIKO**



## Free On-line EMOTIONAL SUPPORT GROUP for Caribbean Migrant Women

Struggling to settle in a new land?  
Looking for mentoring to grow economically and socially?  
Need help to improve your self-worth and confidence?

**We are an independent Black led organisation and will not share your data with Immigration, Local Authority or any 3<sup>rd</sup> party**

A space for emotional and practical support to work through feelings of anxiety, frustration, fear, anger, family issues and setting aspirational goals. You will also benefit from information on healthy eating, exercising, employment, volunteering, training and starting your own business.

**12 weeks starting 24<sup>th</sup> February 2022  
Wednesdays 12 noon to 2pm via Zoom**

**For more information, email: [admin@mabadiliko.org](mailto:admin@mabadiliko.org)**

To register go to:

<https://www.surveymonkey.co.uk/r/MabadilikoESG>



Or scan the QR code

## Online Green Group - Sydenham Garden

A warm and encouraging environment to share and learn new ways of relating to the green spaces around us. Meet new people from the comfort of your own home and learn creative skills, with materials supplied by post.

Meeting online like this could be a great first step towards getting outside more, becoming more comfortable with socialising, or even just igniting an artistic or horticultural interest!

18+ For people who might face barriers (for mental or physical health reasons) to attending in-person groups.

**Price: Free** (Zoom link will be shared once placement offered.)

**Day and Time:** Tuesdays, 10.30am – 12 noon from mid-February.

This is a 4-month placement (not a drop-in group) and we ask participants to try to come every week.

For more information contact Rachael Tyndall, Outreach & Development Worker, Sydenham Garden. Call

**07529 222 557**

[rachael@sydenhamgarden.org.uk](mailto:rachael@sydenhamgarden.org.uk) or visit [www.sydenhamgarden.org.uk](http://www.sydenhamgarden.org.uk)

All new referrals will be invited for a one-to-one friendly online introduction chat before they are offered a placement in the group.

## Singing for Parkinsons

Fridays | 10am – 11.30am | The Plumstead Centre, Greenwich

Trinity Laban Conservatoire of Music and Dance are offering those living with Parkinson's the opportunity to join a free social singing group from March 2022. Led by trained Singing for Parkinson's practitioner.

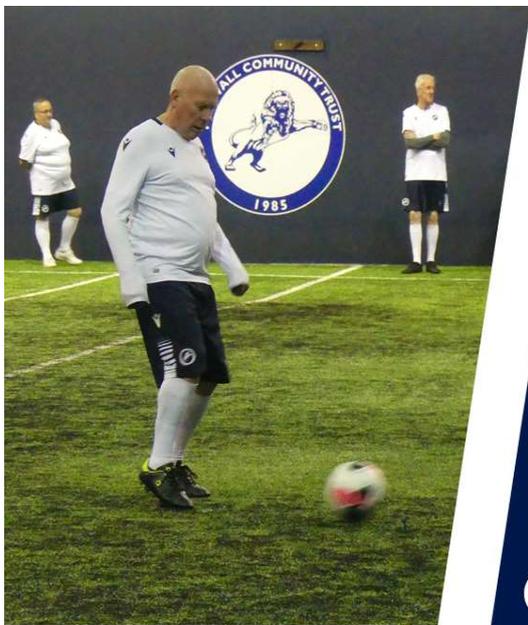
This group is designed to improve the voice and help manage some of the symptoms of Parkinson's whilst taking part in a fun and social activity.

A typical session will begin with a vocal and physical warm up to practice breathing techniques before learning and singing some well-known songs. Tea and coffee will be provided and an Occupational Therapist will attend every session to answer any questions you may have.

These sessions are free of charge and open to anyone living with Parkinson's - no previous singing experience necessary. **The sessions will run at The Plumstead Centre in Greenwich from March - November on Fridays, 10am-11.30am.** Please contact Flora Faith-Kelly at [L&PEnquiries@trinitylaban.ac.uk](mailto:L&PEnquiries@trinitylaban.ac.uk) or on **0208 305 4390** with any questions or concerns.

Nicola Wydenbach, Trinity Laban student Catarina Carvalho and Alum Myra Brownbridge,





# Millwall Walking Football

*It's never too late to play football, so come down and join in the fun!*

**Every Friday**

**Male and Female  
Time: 12pm - 1pm**

**(Refreshments 1-1:30pm)**



**Lewisham Lions Centre  
(3G Astro Pitch)  
Bolina Rd, London,  
SE16 3LD**

**For further information  
please contact Richard White  
from Millwall Community Trust on**

✉ [rwhite@millwallcommunity.org.uk](mailto:rwhite@millwallcommunity.org.uk)

☎ **0207 740 0503 / 07958 026 876**



🐦 @Millwall\_MCT

📘 MillwallCommunityTrust

📺 @Millwall\_MCT

## Therapy 4 Healing (T4H)

We work with many groups, organisations, companies and individuals to deliver our health and wellbeing services to them across London and the South East. Types of groups include housing residents; parent carers; women's groups; young people; special needs children; men's carers groups, parents in school and seniors, whether on a 1-2-1 basis or group sessions. These are also great for team building and away days.



## Health and Well Being



- Relaxation, Meditation and Guided Imagery & Visualisation sessions
- Complementary therapies e.g. massage, reflexology, express manicures/hand massage
- Chair massage sessions - great for head, neck, back, shoulders
- Movement classes
- Nutrition and healthy eating
- Healthy Living for Over 55's - regular activities
- Face painting, Arts & Crafts

## BLACK & AFRO CARIBBEAN WALKING GROUP

Kings & Queens are you ready to start stepping ... WALKING it's what we do!

The recent 6 week session is just coming to a close, but Contact Joan on **07949 438 712** for further information about the group and any upcoming opportunities!

**Usual meeting time:** 8am sharp! Depending on which park we go to walks last 40-90 minutes.

**Usual Meeting point:** Canadian Avenue car park, Catford, London, SE6 4SR

Let's get ready to step, step, a stepping Kings & Queens!

**YOUR HEALTH is YOUR WEALTH!  
ONE LOVE!**

Launched by THERAPY 4 HEALING



Indoor exercise sessions open to those with learning and physical disabilities

## FREE INCLUSIVE 'EXERCISE MEETS THEATRE' SESSIONS

GAIN CONFIDENCE/CREATIVITY & FUN WITH DARREN HOLNESS & NINE LYRAE THEATRE

STARTING TUESDAY 15TH FEBRUARY 2022  
TUESDAYS 12-1PM EVERY WEEK  
(STEP FREE ACCESS IN HALL)

BOOK YOUR SPACE ON MYCENAEOUTREACH@GMAIL.COM  
TO BE HELD AT MYCENAE HOUSE, 90 MYCENAE ROAD,  
BLACKHEATH, SE3 7SE TEL: 0208 858 1749  
WWW.MYCENAEHOUSE.CO.UK



### Sydenham Garden Sow and Grow Project for people with Dementia

Sow & Grow is a project that aims to support people with early stages of dementia to live well.



**Sydenham Garden**  
A growing community

Sow and Grow are enjoying the ever-tuneful bird song in the garden. We will be welcoming the upcoming spring and looking forward to the wonderful colours to come. We have been busy sowing seeds and planning our yearly crops which we will later harvest and feast on. We will also be hard at work creating Art in the garden and potting up plants to sell.

If you are interested in learning more about our Sow & Grow project at Sydenham Garden, follow the link to watch a fabulous short film made with one of our groups. **Come to our plant sale on 18 June 2022.**

<https://www.sydenhamgarden.org.uk/project/sow-grow/>  
Sydenham Garden is part of Lewisham Dementia Support Hub <https://blgmind.org.uk/lewisham-dementia/lewisham-dementia-support-hub/>



### Corbett Community Library - More than just a Library!

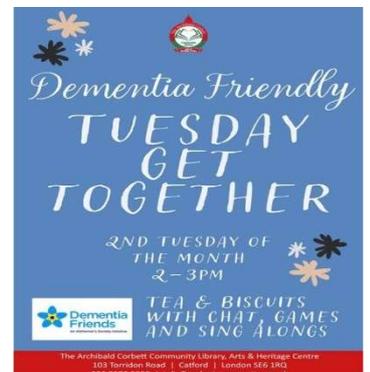
Here at **Corbett Community Library** we have plenty of regular activities up and running including Corbett Library Book Club and Torridon Writers group and we also have lots of exciting one-off events taking place.

#### Tuesday Get Together

We are pleased to announce that our dementia Friendly sessions, now called 'Tuesday Get Together' are restarting on Tuesday 8th March 2-3pm! Run by the lovely Diane there will be the usual tea, coffee, games, chats and a much loved singalong!

The sessions will be monthly to start with on the 2<sup>nd</sup> Tuesday of each month, moving to fortnightly in the summer.

We looked forward to welcoming anyone who wants to join this session including people suffering from Dementia and their carer's.



# Volunteering and Active Citizenship

## Can you support voluntary transport in Lewisham?

“There are many reasons to volunteer. Loads of people do it because it looks good on their CV, but I do it to help people less fortunate than me.”

Would you like to support those in need? Facilitating transport is among the most fulfilling ways of volunteering in your community. You can support local food banks as part of our minibus services, use your vehicle to transport vulnerable residents to vital appointments and groups, or even support all of the above as a minibus driver.

Please contact [transport@vslonline.org.uk](mailto:transport@vslonline.org.uk) for more information.

## Creekside Education Trust – Chair of the Board of Trustees

We are recruiting a new Chair of Trustees to lead the board in the next stage of the charity’s journey. We are looking for someone with a passion for community-centred environmental education and the skills and personality to help steer our small and impactful organisation.

**Find out more and volunteer**

[www.lewishamlocal.com/volunteer-opportunities](http://www.lewishamlocal.com/volunteer-opportunities)

## Spread the Word – Trustees

Spread the Word, London’s writer development agency based in The Albany in Deptford, seeks a new Chair of trustees and new trustees to join our board. We are keen to receive applications from people based in Lewisham with community engagement and/or experience of managing or advocating for community-based youth work.

**Find out more and volunteer**

[www.lewishamlocal.com/volunteer-opportunities](http://www.lewishamlocal.com/volunteer-opportunities)

## Food Bank Centre Team Leader

As a food bank centre team leader, you will play a crucial role in ensuring the smooth running of the food bank centre, supporting volunteers, coordinating activities and being the main point of contact for and queries for the duration of the session.

[www.lewishamlocal.com/volunteer-opportunities](http://www.lewishamlocal.com/volunteer-opportunities)

## The Diamond Club – Volunteer Lateral Flow Tester

Assist older adults take lateral flow tests weekly on a Tuesday 9.45am-12.30pm in Hartley Hall, Culverly Road, Catford SE61DX for approximately 6 weeks. The adults will be attending the Diamond Club a weekly lively social group for 50 older members who take part in a wide range of activities including seated zumba, massage, craft and entertainment. Contact [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com) to volunteer

## could you be a phone befriender?

Befriending has been a really great experience, I learnt so much from my befriendeds, it was a mutually beneficial relationship and I have been changed by it. I highly recommend getting involved to make a positive impact on your own and other people’s mental health.”

Thanks for the team for making it such a good experience all round!

Contact [befriending@vslonline.org.uk](mailto:befriending@vslonline.org.uk) for more information.

## Age UK Lewisham & Southwark Food 2 You

We currently have multiple Volunteer Roles that would be perfect for someone recently retired and looking to give back. These roles include:

Volunteer Shopper, Volunteer Delivery Worker, Volunteer Driver

[www.lewishamlocal.com/volunteer-opportunities](http://www.lewishamlocal.com/volunteer-opportunities)

## Would you like to find out more about volunteering for St Christopher’s?

Then come along to our Introduction to Volunteering session on Saturday 9<sup>th</sup> April 10am - 1pm We call this event Give the Gift of Time as this is a chance to find out how you can support us in the wonderful work we do around palliative care. Hear more about the hospice and the services we provide and see how you can get involved! Please visit our website for more information nearer the time. [www.stchristophers.org.uk](http://www.stchristophers.org.uk)

## **Buddies for All – Volunteer Buddy**

Buddies for All is a social and leisure scheme for people with physical, sensory and hidden disabilities.

We are different because Buddies for All match volunteer buddies with disabled people so they are able to overcome loneliness, social isolation and participate in their favourite social and leisure activities. Our buddies support disabled people on the telephone, via video or face-to-face. Our primary goal is to help disabled people enjoy social activities such as going for a walk, meeting for a coffee or attending their favourite culture or sporting event.

Buddies for All would like you the volunteer to offer support to a client for at least one hour per week, which could increase subject to discussions between yourself, Buddies for All and the client.

All volunteer buddies must have an existing DBS check or be willing to undertake a DBS check prior to volunteering with Buddies for All. Applications from across the community are encouraged.

Volunteers are expected to travel across the borough and travel expenses will be reimbursed. Your recruitment is also subject completing an application form and attending an informal online interview. For more information email [david@buddiesforall.org.uk](mailto:david@buddiesforall.org.uk) or call **0779 1129 856**

## **Sing A Book – Community Theatre Workshop Support Volunteer**

Two volunteers needed in April to support the facilitators with the day to day running of the 2 week performing arts Boot Camp for children aged 7-16 and over 55's, leading to three live shows to a paying audience that will take place on 23rd and 24th April.

### **Tasks include:**

- Taking small groups or individuals to learn their lines, polish up a song or develop their character role
- Daily registrations of participants
- Supervise break times
- Creating promotional material
- Post Social media contents of the project

Email [info@singabook.com](mailto:info@singabook.com) to apply

## **The Refugee Café – Volunteer Sales Assistant**

Just retired from a career in Retail – this could be the perfect volunteering opportunity and a chance to meet lots of new people helping a fantastic organisation

- Manning the stalls at Markets and pop-ups
  - Provide customers with essential product information
  - Overseeing the processing debit card transactions as well as collection of cash payments for product purchase
  - Assist with the sale process by maintaining a fully stocked stall/store
  - Ensuring high level of customer satisfaction through excellent sale service
  - Oversee the tagging of products to ensure correct prices are reflected
  - Responsible for the overall cleanliness, upkeep and maintenance of the store
- [www.lewishamlocal.com/volunteer-opportunities](http://www.lewishamlocal.com/volunteer-opportunities)

## **Food Bank Centre volunteer**

As a Food bank centre volunteer, you will play a vital role in giving direct support to people who use food banks, meeting and greeting people coming into the food bank, making them feel comfortable and providing further signposting support where appropriate. You will also help process food donations, sort items, ensure they are in date, minimise wastage and pack food ready for distribution to beneficiaries.

**Find out more and volunteer:**  
[www.lewishamlocal.com/volunteer-opportunities](http://www.lewishamlocal.com/volunteer-opportunities)

# Upcoming Events – some of these are happening SOON!



friends of age exchange



**Women and the Secrets of Success**  
Virtual lecture series  
23, 30 March and 6 April

## Women in success

After the outstanding success of the 2021 'Bounce Forward!' lecture series by Averil Leimon, Director of The White Water Group, Averil has agreed to follow up with another lecture series this year.

In March, the month of International Women's Day, Averil will reveal the secrets over the course of her 3 talks Know your strengths 23 March, Negotiate your life 30 March, Make an impact 6 April.

Book now to join the lecture series for just £39 [here](#):

### UPCOMING EVENTS

#### Plant swap/sale

Date: **Saturday 26th March**  
Time: **12:00pm - 2:00pm**



#### Plant Swap/Sale Irie Dance Theatre

Saturday 26th March. 12–2pm  
The Moonshot Centre, Fordham Park SE14 6LU

Always wanted to start a small garden? How about a balcony space that could do with some brightening up? IRIE! is hosting its very own 'plant swap and sale'. Whether it's your first time at planting and growing your own; from flowers, herbs, fruits, or vegetables. You are welcome to this wonderful opportunity to socialise, and enhance your environment.

#### IRIE Moonshot Lions Dominoes Club

**Day:** Wednesdays  
**Time:** 6:30pm – 9pm  
Until 30th March  
Join Moonshot Dominoes weekly sessions. The classes are open to all. For all ages and abilities.



Moonshot Fordham Park SE14 6LU

#### JOY CUPPA CLUB (FREE)

The next Cuppa Club will be held on Friday 18<sup>th</sup> March. We meet from 2pm. - 4pm. at Besson Street Garden. Do come and join us for tea/ coffee, cake and a chat. We will be having a special Spring Cuppa Club on Friday 22<sup>nd</sup> April.



#### Sing-A-Long Sound of Music

TELEGRAPH HILL CENTRE and JOY – As part of the Telegraph Hill Festival "Sing-A-Long Sound of Music" on Thursday 7th April. Dressing up is encouraged! Contact Jane at JOY for more information on **07709 905 088**



#### JOY Craft events

We will be having 14 sessions of 'upcycling clothes'. The classes will run from Thursday 21 April - 28th July. 2-4p.m. and will be held at Barnes Wallis Centre. Fee £2.50. **07709 905 088**



60 Up is happy to announce our first day trip for the year, indeed since 2019. On Tuesday 17th May, we will be heading off to Eastbourne for some much-needed sea breeze. For further details about this trip or current activities, please leave a message on **020 3667 3704** Mob **07852 533 649** email [info@60up.org.uk](mailto:info@60up.org.uk)



Registered Community Interest Company  
Company No. 8737985

## JOY Tea Dance – Monday 16<sup>th</sup> May



Put on your glad rags and join us for a TEA DANCE with dancing, live music and refreshments to be held at Haberdashers Hall 18 West Smithfield London EC1A 9HQ. (A 63 Bus will take to the venue). Tickets will be on sale nearer the time at £5 each. Call Maureen on **020 8692 9186** or Jane on **07709 905 088**

## Age Exchange Blackheath and Trinity Laban music conservatoire

We are pleased to welcome back Trinity Laban students who will be performing in the Bakehouse on the last Friday of each month during term time. Their talent continues to amaze and uplift so please come along to enjoy their varied repertoire. Entrance to the concert is £5, a donation to Age Exchange. The next concert will be on Friday 25 March. Email [aefriends.theatre@gmail.com](mailto:aefriends.theatre@gmail.com) 020 8318 9105 or drop into Age Exchange in Blackheath Village



## Age UK London – Out and About Campaign

If you haven't already please do sign the petition for the TfL Toilet Map to be more available offline. We're also keen to gather more support for our call for changes so that more older Londoners can benefit from TfL's travel mentoring service. Lastly. If you want to be the first to hear updates about the Out and About campaign please sign-up to the campaign Champions group.

<https://www.ageuk.org.uk/london/projects-campaigns/out-and-about/>

## JOY OF SHEDS



(Unit 7, Copeland Park, Peckham. Enter through the arch on Rye Lane opposite Blenheim Road).

We have changed the time to the afternoon on Wednesdays. It now runs from 12-4pm. Also, we are going to open this project to women from 2<sup>nd</sup> March.

If you fancy coming along to join us, please do. Bring your own project or just come along and see what we are up to. There is always something going on that you can join in with. We look forward to seeing you. For more information call Maureen on **020 8692 9186**

## A Life-Changing Musical Resource For Seniors - Information for organisations working with older people

The DecPlay piano course is a unique new opportunity for those who have always wanted to learn the piano and would be of real interest to the Lewisham organisations. For a generation who are too often forgotten, DecPlay is a one-of-a-kind musical resource which offers an unprecedented opportunity to those aged 55 and over. With numerous health, wellbeing and even social benefits, this programme is the first of its kind for the senior generation and allows anyone to play the piano, without needing to read music!

91-year-old Jean was able to pick up the piano easily, even after having had a stroke, and Gloria, who stopped playing following the death of her partner, was inspired by the DecPlay.com piano programme to start again. These, and many other incredible stories from users, as well as photos and videos of DecPlay in action here <https://decplay.com/>

We can offer an interview with Declan, the creator of DecPlay, or one of the senior users if preferred. Finally, we have a pre-prepared feature available, should that be of interest.

Please feel free to contact me on **07815 326 015** or director Kate Hawthorne on **07903 655 331**.

# Activities to help you have fun and meet new people

## Quaggy over 60's Lunch Club

Address: Quaggy Café, 1 COPPERWOOD PLACE, LONDON, SE10 8GF

A friendly weekly lunch club for the over 60's offering a two course home cooked meal plus tea and coffee. Lots of laughs and chats for £5. There is disabled access and you can also sit down to do activities.

**Day and Time:** Thursdays 12 noon - 2pm

**Transport:** Buses 180 and 199 stop directly outside

For more information contact Angela on **020 8465 9785** or email [angela@quaggychildrenscentre.org.uk](mailto:angela@quaggychildrenscentre.org.uk)

Website: <https://quaggydevelopmenttrust.org>

**Joining:** Call to book first time



Elder People's Support Project  
Ackroyd Community Centre  
Ackroyd Road  
Forest Hill  
London SE23 1DL  
Tel: 020 8699 9009  
Email: [epsp.info@ackroydcentre.org.uk](mailto:epsp.info@ackroydcentre.org.uk)  
[www.ackroydcentre.org.uk](http://www.ackroydcentre.org.uk)

Are you over 55 and live in the  
Borough of Lewisham?

Do you want to get out and meet new people?

Come and see what activities we offer, including:

Tai Chi, Yoga, Exercise (chair assisted), Art,  
Line Dancing, Wellbeing Therapies (monthly)  
Wednesday social club, Reading Group

We have seasonal events and coach trips  
in the Spring/Summer (subject to change)

Please call **020 8699 9009** or  
email [epsp.info@ackroydcentre.org.uk](mailto:epsp.info@ackroydcentre.org.uk)  
for further details.



Local buses: **171, 122, 172, P4, P12**  
Train station: Honor Oak Park

## The Hummingbird Senior Citizens Club

The Hummingbird Senior Citizens Club is a club for men and women who would like a couple of hours meeting with others for a chat and a cuppa in a fun-filled atmosphere.

We have a Caribbean focus, and all are welcome!

**St Laurence Church, Catford, 2 days per week.**

**Mondays from 11.30am – 3.30pm and on Fridays from 12.30pm – 4.30 pm.**

Monday is our games day. So why not come and join in a game of dominoes, Chess, Frustration or whatever game you'd like. On Fridays, come along and enjoy a cuppa, a chat, and participate in our various activities, including chair-based exercise, talks on subjects of interest, singing, arts and crafts, dominoes, intergenerational and reminiscent activities. Of course, we also enjoy trips to places of interest when the weather is warmer. To find out more, call Claire or Trevor on

**07897 947 212** or email [humbirdpl@gmail.com](mailto:humbirdpl@gmail.com)

## ChART Coffee Morning – free

Social group with activities decided by members. We have music, arts and crafts, dancing, exercise and quizzes coming up. Join in or feel free to just sit and have a chat. Open to all adults but mainly attended by over 50s

**Day and Time:** Every Thursday 11am – 12.30pm

**Address:** WG Grace Centre, 1 Lions Close, SE9 4HG

For information contact: **020 8851 0174**  
[victoria@chartbiglocal.org.uk](mailto:victoria@chartbiglocal.org.uk) No booking!

## Irie Dance Theatre

### African Dance

Tuesdays 7:30 - 9pm  
all ages and abilities,  
£8



**Quadrille dance, Wednesdays, 7.30-9pm, £5**

**Drumology, Saturday 11am-12.30pm, £5**

All classes need booking in advance for now via  
Eventbrite: <https://www.eventbrite.co.uk/o/irie-dance-theatre-19917590959> **0208 691 6099**



## Tuesday

Movement Dance 11-12pm / £3

## Thursday

ART CLASS 10am-12pm / £2

LUNCH club 12pm-1pm / £2

PILATES or TAI CHI 1pm-2pm / £3

Monthly activities 12.30-1.30pm

Knitting & Crochet / 1st Thursday

Book Club 3rd Thursday



At the  
Telegraph Hill  
Centre  
Kitto Road  
SE14 5TY

Branching Out is a joint project between St Catherine's Church and the Telegraph Hill Centre whose aim is to facilitate a space for people over 55 to take classes, meet & make new friends.

Project coordinator Jessica  
jessica@thcentre.com  
Get in touch for more info

Telegraph Hill  
Centre

Branching  
Out  
making friends • food • activities • help  
from volunteers at the Telegraph Hill Centre



## The Front Room Club – Free

St Luke's Downham

The Front Room Club is drop in community cafe that provides a safe, welcoming and supportive place to get to meet people, access support and advice through our money and housing advice worker, develop social and practical skills, and talk about mental health challenges. We also play bingo, quizzes, run chair-based exercise, and have a pain clinic through **Therapy4Healing**. People can also bring their own cards/games/book or use the space to work, etc.

Sewing classes also take place on Tuesdays – please contact Sandra to join **Mondays and Fridays** – two course lunch £3 Tuesday – 50p beans on toast or cheese on toast

Open to anyone regardless of age or circumstances. Only anti-social behaviour is a bar to attendance. People requiring personal care do need to come with a carer Area is entirely step free and we have an accessible toilet.

**Days:** Mondays, Tuesday & Friday 10-2pm

**Address:** St Luke's Church, corner of Northover and Shroffold Road, BR1 5JR  
**Transport:** 124 and 284 buses stop just across the road from the church.

Grove Park Train is a 15 minute walk  
Parking is very limited

For more information contact **0777 4516 204** - Rev Nick Walsh or **0793 0399 907** - Sandra Stephenson (Project Worker)  
[revnickwalsh@gmail.com](mailto:revnickwalsh@gmail.com) Just turn up for regular activities, for sewing contact Sandra.



**SOUTH LEWISHAM GROUP PRACTICE**  
PATIENT PARTICIPATION GROUP (PPG)

"Golden Agers"

**Coffee Morning**

This FREE informal coffee morning is a great way to meet new people, have a chat, find out about activities happening locally, and learn how to stay healthy. Aimed at keeping you active and curious!

NB: Check at main reception desk to be shown where we meet

**1st Friday of each month**

**10.30am—12pm**



At South Lewisham Group Practice

50 Conisborough Crescent, Catford SE6 2SP

Call Ageing Well for more information on Tel: 0208 698 3735  
or email: [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)

Ageing Well in Lewisham—LCC is a registered charity no. 1126357

## Glory Days Community Group

159 Perry Rise London SE23 2QU

Tel: **07932 849 432** or **07862 033 372**

Group meets every 2nd and 4th Wednesday of the month. To promote Healthy Living Through exercise, music, meeting new friends and allotment projects growing your own vegetables/ Also Advice and information.

## The Arts Society Blackheath the local branch of the Arts Society.

It meets monthly at 2.30pm in St Mary's Church Hall Cresswell Park to hear a one hour talk from a distinguished speaker on a wide range of artistic subjects.

There are also visits to exhibitions and places of interest, walks, opportunities for volunteering and more. We give much needed support for arts education in local schools.

Members also receive the quarterly national magazine and have access to all the parent society's services. For more information see the website: [www.theartsocietyblackheath.org.uk](http://www.theartsocietyblackheath.org.uk)

For all enquiries, or to join TASB, please contact the Arts Society Blackheath Chairman, Jonathan Causer, at [tasblackheathchair@gmail.com](mailto:tasblackheathchair@gmail.com)

## Digital Discovery - free

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

Weekly class. Basic computer packages for example Word, how to send emails, searches on the internet, book a holiday. Beginners welcomed. Face to face all ages

Thursday 10.30am-12.30pm

Phone for details: **0207 639 2301**

**Email:**

[info@honoroakcommunitycentre.org](mailto:info@honoroakcommunitycentre.org)

or visit

[www.honoroakcommunitycentre.com](http://www.honoroakcommunitycentre.com)

**Joining:** Please telephone or email before coming to the class, due to numbers.

## Stanstead Lodge Senior Club Activity Schedule

260 Stanstead Road, SE23 1DD, Tel: **020 8291 1164** Email: [info@stansteadlodge.org](mailto:info@stansteadlodge.org)

**Mondays:** Art History, Line Dancing, Games, Knitting and chat, French Group (GCSE level)

**Tuesday:** Choir, Garden Group, Tai Chi

**Wednesday:** Art Chair, Yoga, Zumba Class, Quiz, Music Group

**Thursday:** Craft Class, Vista Reminiscence, Zumba Gold

**Friday:** Yoga, Techy Tea – IT Drop-In Free, Zumba Gold £5 (Booking needed)

\*All the above activities are compliant with current Covid 19's Government guidelines. Risks assessments have been carried out, markings for safe distance put on the floors in the halls and visors can be provided (£4 each)

# Bored?

Join us at The Mycena House Reach Out Wellbeing Cafe  
Thursdays 1-3pm



ACTIVITIES AT THE REACH OUT WELLBEING CAFE 2022



For more information visit

[www.mycenaerachout.co.uk](http://www.mycenaerachout.co.uk)

Tel **020 8 858 1749**,

Mycena House, 90,  
Mycena Road, Blackheath,  
SE3 7SE

10TH FEBRUARY - CLAY WORKSHOPS WITH FIONA VEACOCK (FULLY BOOKED), HEARING LOSS ADVICE, GET HELP WITH YOUR GADGET, FREE KNITTING ADVICE

17TH FEBRUARY - BINGO WITH PRIZES, GET HELP WITH YOUR GADGET, FREE KNITTING ADVICE

24TH FEBRUARY - CLAY WORKSHOPS WITH FIONA VEACOCK (FULLY BOOKED), GET HELP WITH YOUR GADGET, FREE KNITTING ADVICE

3RD MARCH - CROSSROADS CARE SEATED EXERCISE, GET HELP WITH YOUR GADGET, FREE KNITTING ADVICE

10TH MARCH - CLAY WORKSHOPS WITH FIONA VEACOCK (FULLY BOOKED), GET HELP WITH YOUR GADGET, FREE KNITTING ADVICE, HEARING LOSS ADVICE

17TH MARCH - BINGO WITH PRIZES, GET HELP WITH YOUR GADGET, FREE KNITTING ADVICE

24TH MARCH - CLAY WORKSHOPS WITH FIONA VEACOCK (FULLY BOOKED), GET HELP WITH YOUR GADGET, FREE KNITTING ADVICE

**Joy Weekly Classes 2022.** Call Maureen on **020 8692 9186** or Jane on **07709 905 088** or just turn up to a class and try the first one for free! Please bring a friend or a relative along to our classes. We would welcome new members to keep JOY alive!

DAY		ACTIVITY	TIME	FEE	VENUE
Monday		SEATED EXERCISE	10.30-11.30	£2.00	Barnes Wallis Centre
Monday		TAI CHI	10.30-12.00	£2.50	All Saints Centre
Tuesday		BODY BALANCE	10.30-11.30	£2.00	Barnes Wallis Centre
Tuesday		SINGING	1.30-3.00	£2.50	Barnes Wallis Centre
Wednesday from 6 Apr		LET'S DANCE	10.30-12.30	£2.50	Barnes Wallis Centre
Wednesday		JOY of SHEDS	12.00-4.00	£2.50	Bussey Building, Unit 7, 133 Rye Lane
Wednesday		HEALTHY WALKS	11.00	FREE	info - 020 8692 9186
Friday		TAI CHI	10.30-12.30	£2.50	All Saints Centre

### Bringing sunshine to older residents

Bring Me sunshine continues to do what it says on the tin and brings cheer and a smile to older people around Catford through fun filled events. Despite Covid restrictions regular online concerts, information and sharing and of course a game of bingo took place in January for 27 people a week via zoom and on the 3<sup>rd</sup> February

a coach took 35 people to an old-time music hall concert to the Queens theatre Hornchurch which was lovely. A fabulous love themed Bring Me Sunshine event took place on the 22 February with entertainment, strawberries dipped in chocolate and a glass of bubbly.



The year ahead is promising with lots of opportunities to connect, on April 23<sup>rd</sup> St Laurence's church hall will be host to an Easter themed celebration, do book your place, we would love to welcome any older person for hospitality and entertainment.

May 6<sup>th</sup> and 7<sup>th</sup> presents Jack and the Beanstalk Pantomime at Burnt Ash Methodist church hall.

June 11<sup>th</sup> and 12<sup>th</sup> at Goldsmiths community centre a wonderful cabaret show performed by young and old to celebrate the queen's jubilee will take place entitled Jubilee Jive.

For more information contact Lesley Allen on **07729 785 843** [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)

### APP OF THE ISSUE 2: Ring-go / Pay by phone

Many car parks in Lewisham have gone cashless and it can be quite distressing when you get to a car park and don't already have the apps set up. Download the apps, put in your card details and your number plate and get ready to park with ease. They are really useful – you get an alert to tell you when your parking time is nearly up and can even extend it if you want to, saving you that race back to the car. The apps are official and secure.



## Lewisham Pensioners Forum

### Our upcoming events for your diary



**AGM online** – once again LPF AGM will be held online to be held at 10: 30 am on **Wednesday 16th March** by Zoom – Zoom Meeting ID 851 3312 6198, Non-members are welcome but will not be able to participate in the voting.

### Monday Project Activities at St Mauritius House

Every other Monday Utilities Bill Energy Advice Surgeries (please contact us to book to see an advisor) Seminars on Decent Living focussing your experiences of living at home during the pandemic, Presentation from Elly Hopkins, Care and Repair England – to be held 14th March 2022 from 1pm – 3pm, face to face. Please contact us to book your place. Light refreshment will be provided.

"This is a workshop focussing your experiences of living at home during the pandemic, on some of the housing issues experienced by older people, and the availability of housing support services in Lewisham. You will hear about the work of Care & Repair England and how they are working to ensure that all older people are able to live in decent homes of their own choosing for as long as they wish. A representative from Lewisham Home Improvement Agency will also be at the workshop to provide information on the housing services they deliver and answer any of your housing related questions!

### Lewisham Town Centre Development Consultation

We want to hear you view on the Lewisham Town Centre Development. **LPF is hosting two consultation meeting to be held Monday 7th March from 10:30am – 1:30pm & 14th March 2022 From 10:30am – 12:30pm.** If you wish to take part, please contact us on **0208 690 7869** or email us on [projects@lpfourm.org](mailto:projects@lpfourm.org) to book your place. Please book as soon as possible as spaces are limited.

We want to hear from older people on their views of the town centre; what is good about it, what needs to change and what the opportunities are.

We are looking for participants to take part in an engagement session that will be facilitated by Lewisham Pensioner Forum, (LPF) and Circle Collective. This will be an opportunity for you to share your views and ideas and you will receive a voucher for your time, which you can spend anywhere and a light snack. Feedback from the session will be used as part of wider thinking around the town centre.

## Start supporting your favourite causes with the Lewisham Community Lottery

Set up to support community projects in the local area, the Lewisham Community Lottery operates on the principle of raising money for the community within the community. A ticket costs only £1 a week and can be purchased either as a one-off or as a regular donation. As a ticket holder you have a chance to win up to £25,000 every week, whilst your chosen charity of choice receives 50p of every ticket purchased. There are over 60 Lewisham good causes to choose from, and if you don't find your favourite group, why not encourage them to join to start fundraising today? Tickets can only be purchased online on

[www.lewishamcommunitylottery.co.uk](http://www.lewishamcommunitylottery.co.uk) but the process is easy! Simply press the 'play' button, select the good cause you would like to support and follow the instructions to pay by card. Try it out yourself, have a friend help you out or, alternatively, call the Lottery support number **020 8183 0151**.

## Lewisham Dementia Support Hub

The Lewisham Dementia Support Hub is a partnership of Lewisham Mindcare, Carers Lewisham & Sydenham Garden. We support those living with a dementia diagnosis in the borough, as well as their carers. Thankfully, our services have now mostly returned to normal. Our new carers support timetable is being well received and carers are availing of our free coffee mornings, mindfulness and stress management sessions, in-person peer support meet ups (e.g at Horniman Museum), as well as many more on offer. Do get in touch if you would like to join any of our carer sessions.

We aim to restart our groups for clients living with dementia over the coming months. Whether you are seeking support for yourself or on behalf of somebody else, **do reach out and make contact with us on**

[lewisham@dementiahub.org.uk](mailto:lewisham@dementiahub.org.uk) or call **020 3228 5960**

## Learn something new and meet new people on a course at Adult Learning Lewisham

Adult Learning Lewisham (ALL) offers a wide range of courses to help you stay physically active or develop your creativity. With enrolment for summer term courses now available there are plenty of courses to choose from.

### What's on offer?

#### Physical Exercise

- Tai Chi
- Pilates
- Get fit with music
- Qigong meditation
- Yoga for beginners and absolute beginners

#### Creative courses including;

- Clothes making, upholstery, hand knitting, patchwork and quilting
- Floristry
- Drawing, painting, pottery, photography
- Printmaking and etching
- Guitar, singing, keyboard
- Cake decorating and cookery
- Glasswork, jewellery making

#### Digital skills

- How to use a computer

Online courses are also available in a wide variety of subjects (including drawing and painting, Pilates, yoga and more) for those who prefer to learn from the comfort of home.

### How to enrol

- **Enrol online at:**
- <https://www.lewisham.gov.uk/myservices/education/adult/find-a-course>
- By phone on **020 8314 6959** or **020 8314 7775** Monday to Friday, 10am–3pm.
- In person at a centre.



## Pandemic Poetry By Brenda Hotham

During lockdown I regularly walked around the roads by my house through a small linear park to a pond. On February 20th 2021 I found a single purple crocus growing in the park. There were no others at this stage and I felt compelled and inspired to write a poem about it. Several other poems followed including one about Springtime.

### A Single Purple Crocus

A single purple crocus  
Growing just for us  
From the grassy ground  
But few people around  
To see its beauty  
And tranquillity  
It provides from the virus.

A sign of rebirth  
From God's earth  
Hope for the future  
In life's adventure  
Seeing friends  
As lockdown ends  
Getting back to some  
normality

**Meet Me at the Albany is back!** Our programme of social and creative activities for over 60s is welcoming small numbers of members back to the Albany on a Tuesday alongside interactive and creative group phone calls to join remotely! If you are interested in joining us, or know someone who might be lonely or isolated and benefit from taking part please get in touch, contact Sophie on: **07981 164 938** or email

[Sophie.Merriman@thealbany.org.uk](mailto:Sophie.Merriman@thealbany.org.uk)

**Meet Me on the Radio** – Tune in the first Tuesday of the month at 5pm on Resonance FM!

### How to Listen:

- Via the website, follow the link and click the top right hand corner to LISTEN:  
[www.resonancefm.com](http://www.resonancefm.com)
- Or tune in to 104.4 FM on your radio (If you are in central London)
- Or find Resonance FM on DAB (if you are in greater London)
- Miss a show? You can catch up by visiting the Albany website:  
[www.thealbany.org.uk/shows/meet-me-on-the-radio](http://www.thealbany.org.uk/shows/meet-me-on-the-radio)



**Let us know your Deptford Island Disc!** Send us your favourite song that reminds you of Deptford, Lewisham and London and tell us why it's special to you! Call, text or leave a voicenote on: **07981 164 938**

## Ageing Well in Lewisham

For 23 years, the Ageing Well in Lewisham project has worked to help older people maintain independence and reduce isolation through programmes that encourage community connection and physical and mental well-being.



**Come try a taster session of any of our brilliant social/ activity groups!**

Groups 1-3 take place at The Grove Centre, Jews Walk, Sydenham, SE26 6PL

**1 The Befrienders--** A lively, creative choir led by a tutor from Trinity Laban. No experience necessary. £5/ session. TUESDAYS, 10-11:45 am.

**2 Crafts Plus--** Our trained art tutor introduces new projects each week, or you can play a friendly game of dominoes or Scrabble. £4/ session TUESDAYS, 1-3 pm

**3 Body & Bingo--** Gentle exercise sweetened with a game of bingo. Our instructor has experience delivering to all mobilities and gets great results! £4/ session WEDNESDAYS, 10-11:45 am,

**4 Silver Lunch Club—**Enjoy a hot, freshly cooked meal, friendly chat and activities. £5/ session. THURSDAYS, 12:30-2:30 pm, Wesley Halls, Shroffold Road, BR1 5PE

**5 Golden Agers Coffee Morning—** Enjoy a warm cuppa, meet new people, and hear guest speakers on topics important to older people. FREE

**6 FIRST FRIDAY OF EVERY MONTH,** 10:30 am-12 pm, South Lewisham Group Practice, Conisborough Crescent, SE6 2SS

If you would like to hear more about us or have a friendly chat before you attend, get in touch on

**0208 698 3735** or [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)

## Keeping safe online - Beware of scammers

### WhatsApp scam

WhatsApp users have been warned about a new scam text that has seen victims lose thousands of pounds.



The scammers pose as the victims' loved ones and claim to have a new phone number, before then suggesting that they are in need of emergency cash. The fake family member or friend then asks the victim to send some money to a bank account.

People are being urged by the police to speak to their relatives about the scam and warn them to be wary about who they message and share money with.

Superintendent Gerard Pollock of the ScamwiseNI Partnership said: "In each case, a person purporting to be a family member, often a daughter or son, asks for money.

"Typically, the 'child' is short of money or late paying bills, and asks the recipient to transfer money into an account. "This is backed by a story that he or she has recently changed their phone or phone number. "It's a despicable act, which takes advantage of a person's willingness to help out loved ones who are perhaps away from home."

### Fake delivery texts link to cloned Post Office website

Scammers are targeting the Post Office in a new fake text scam that's one of the most convincing we've seen.



The texts state that a parcel delivery has failed and ask recipients to click the link to 'book a new date' or 'reschedule a delivery' via two sites that have nothing to do with the Post Office. **This is a sophisticated scam that you need to be aware of.**

This is often sent when you are actually waiting for a parcel, so it can easily be confused for something official. Do not click on the link – if you accidentally do, then make sure you don't put in any personal details or make any payments – anyone who is legitimately trying to deliver something will not ask you to pay for something this way. Stay safe

# Donation Information Station *(I couldn't resist that alliteration –Ed.)*

The Mayoresses of Lewisham are pleased to invite you to an International Women's Day event, spotlighting domestic, health and employment services for women and girls in Lewisham. Join us for an afternoon of conversation with incredible women's organisations operating in Lewisham.

**We will also be taking donations of unopened personal care products to give to local women's organisations.**

Special thanks to our partners who will be joining us on the day: Athena (Lewisham Branch of Refuge), Marsha Phoenix Memorial Trust, WE Women, Beleve, IWKRO, Bank of Things and Lewisham Children and Families Centre.

**When?** 1pm–3pm, **Saturday 12 March 2022**

**Where?** London Borough of Culture unit (opposite H&M), Lewisham Shopping Centre

**Cost?** Free and open to all.

## Lewisham Donation Hub

We are a voluntary project set up in response to the Covid-19 pandemic. We collect and organise donations of all kinds, which we then share with anyone facing hardship.

We provide support from 10am-3pm on Tuesday, Wednesday and Thursday each week (weather permitting). For those looking to donate, our dedicated donation window is Sunday from 1-4pm.

If you are needing help in these difficult times, please come down to see us (no booking required). Our volunteers from across the world will be very happy to assist you...

Unit D, Place Ladywell 261 Lewisham High Street SE13 6AY [www.lewishamdonationhub.org](http://www.lewishamdonationhub.org)



**The Bank of Things is a new project initiated by the Lewisham Young Mayor and Young Advisors.**

Working in partnership with Lewisham Local it is aimed at Young People

aged 11 to 25 living in Lewisham.

Former Young Mayors have used their budgets to develop the Bank of Things to address the issue of poverty and lack of resources for young people in the borough. We now supply everyday necessities to any young person facing hardship living in Lewisham.

From the 21<sup>st</sup> February Young people will be able to access the Bank of Things Mondays and Wednesday 4-7pm. Donate items to The Bank of Things! We are looking for donations of new and unopened products including deodorant,

facewash, shampoo, conditioner, pads and tampons, toothpaste and moisturiser. As well as education materials and equipment and revision guides. These can be dropped off any time using

the donation bins available in Unit 19 at Lewisham Shopping Centre.

If you would like to arrange a collection or organise a donation drive in your local area please contact [hannah@lewishamlocal.com](mailto:hannah@lewishamlocal.com) to arrange collection.

**Lewisham foodbank**

**THIS WEEK WE NEED**

\*ITEMS DON'T NEED TO BE BRANDED - IMAGES ARE GUIDES ONLY\*

500g bags only

tablets/capsules only please

*Thank you!*

Lewisham Foodbank Donation Hub – Hope Centre Malham Road, Forest Hill SE23 1AN. We are open 9am-3pm Monday-Friday to accept donations. Other donation points are listed on our website

[www.lewisham.foodbank.org.uk](http://www.lewisham.foodbank.org.uk). If you need items collecting call **07938 071854** email [volunteers@lewisham.foodbank.org.uk](mailto:volunteers@lewisham.foodbank.org.uk)

# Positive Ageing Council

Improving services and facilities for older people in Lewisham

Light lunch  
refreshments  
provided

Hooray – We're back  
in person!

Positive Ageing Council  
Public Meeting

Thursday 24 March 2022  
11am-2pm

St Laurence Church  
Community Centre  
37 Bromley Road,  
SE6 2TS



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



If you need any support or advice please contact:

**Community Connections Lewisham**

**0330 058 3464** Mon-Friday 9.30am-4pm

[communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk)

