



Positive Ageing Council

Improving services and facilities for older people in Lewisham

January to March 2016 Newsletter

Date for your diary

The next Positive Ageing Council public meeting is **Thursday 17 March 2016, 11am–1pm**, Civic Suite, Catford SE6 4RU

A big thank you to everyone who attended the Positive Ageing Council public meeting on Thursday 10 December 2015. We had a lovely morning getting in the Christmas spirit, with a lively quiz and fantastic Christmas carol performances from the young people of St Dunstan's Junior Chamber Choir, who did an amazing job with their beautiful voices and fantastic playing. We also welcomed the wonderful Catford Sound who not only led us in a sing-a-long but taught us an amazing 'round robin' song, 'Gaudeamus', which was great fun to try out and worked very well. We had a lovely lunch, shared stories, and socialised.

We were delighted to welcome Councillor Chris Best, Lewisham Council Cabinet Member for Health, Wellbeing and Older People. Thank you, Councillor Best, for your encouraging words and commitment to working with and helping older people in Lewisham. Finally we elected the full board of Positive Ageing Council Steering Group members. The Steering Group is here to help give you a voice and ensure that Lewisham Council is maintaining its commitment to give older people an important say in services and facilities provided in Lewisham.

Introducing your Steering Group members – thank you to all who are committed to helping the Positive Ageing Council give older people a stronger voice in Lewisham

Peggy Fitzsimmons – Chair
Christine Castro – Vice Chair

Stella Amogbokpa
Ira Fernando
Pat Wood
Kay Ibe
James Dobson
Beatrice Scott

Vera Shell
Tessa Pearce
Val Field
Yvonne Williams
Peter Amos
William Roles
John Kevan
Iris Till

Ernest Williams
Gloria Rouse
Bill Rouse
Janet Bartley
Anne Warnett
Councillor representation:
Councillor Stella Jeffrey
Councillor Chris Best

POSAC Steering Group roadshows 2016 – reaching out to you!

The Positive Ageing Council Steering Group is going 'out on the road' this year. We will still be meeting in the Town Hall, but less often while we are out and about in the borough. We appreciate that many older people are unable to attend our meetings, often because they are attending their own local groups and organisations, or that sometimes getting to a meeting can be difficult. However we want to give as many older people in Lewisham the chance to share their views and have a voice on issues that matter to them – so we are coming to you! We hope you will take us up on this unique and useful opportunity.

This year we will be visiting a number of smaller local clubs and organisations helping to support older people. We would very much like a chance to come along to a group, spend some time with your members, hear your thoughts and find out about the great things happening at clubs across the borough. We are hoping to be able to offer guidance and support and give you the opportunity to feed back to us and the Council about services, opportunities, issues and anything and everything you want. If you would like Steering Group members to visit your club, please contact the Positive Ageing Council Coordinator on: 020 8314 6314 or email: lucy.formolli@lewisham.gov.uk. We look forward to visiting you! Thank you. Peggy Fitzsimmons, Chair, Positive Ageing Council.

Tessa Pearce, Positive Ageing Council Steering Group member, writes of her feelings of being involved in 'lay visiting' at Lewisham care homes

'During the period of time I have been lay visiting in different homes, both small and large, I feel sometimes after I've just left I have achieved something by listening and trying to understand the residents, having a chat, making them laugh and doing some activities together. One lady said having me visit was "a breath of fresh air" to her. My view is that if you can help someone in even a small way in a day, it is worth it. I am thankful being an older person and having good health to be able to give a little something back to the community in a small way'. *For more information about being a lay visitor, please contact us.*

Newsletter entry written by Beatrice Scott, member of the Positive Ageing Council Steering Group – The joys of colouring

'It occurred to me that some readers might be interested in knowing a little more about some of the other activities members of the steering group undertake, perhaps at the same time, lighting some sparks of interest.

About 10 years ago I became very interested in colouring for adults, at a time when it was perceived as a very juvenile activity and it was frequently a subject for derision, particularly by comedians. However, in the fullness of time this skill has been hailed as creative, artistic, calming and therapeutic. So when Pensioners Forum, with whom I have worked for many years, offered the opportunity to people to learn new skills in a weekly session, I offered to lead a group providing help and guidance to those interested in learning about colouring. The cost of these sessions is £1 for two hours, this includes all materials and participants can take their finished work home. One lady came to me and said 'I put my picture on the wall in my kitchen and I was so surprised how much energy I received from the beautiful colours'. Another remarked that after her first session 'I went home with a smile on my face'. I was particularly moved to receive a Christmas card from another lady, who wrote, 'thank you for teaching me colouring', and wished me and my family well. What a return on the outlay, which mainly involves only time, patience and a little vision.

If your interest is stimulation, this is a very low cost activity and of course does not require any complicated equipment, available in a variety shops and supermarkets. For the cost of a few pounds the results are extremely rewarding and satisfying and you do not have to leave the comfort of your armchair. You also have a lasting memory to keep. There are no right or wrongs; it is simply a matter of choosing colours and choosing a design according to your feelings and mood. The more you practice the better the pictures you produce.

I sincerely hope you will be asking the Positive Ageing Council to exhibit your work at one of their open meetings, (*great idea – editor!*). Remember to start with simple design, move on to more complicated projects as you grow in confidence and ability. Perhaps it would be fair to warn you that colouring can be very addictive and household chores may get neglected – I should know! Happy colouring! *Has Beatrice inspired you to colour? Try out the colouring sheet at the back of this Newsletter – Editor}*



Deptford Mission -

Disabled People's

Contact

1 Creek Road

Deptford

London

SE8 3BT

020 8692 5599

dpc@1dpc.co.uk

Reg charity: 1123390

Deptford Mission – Disabled People's Contact.

DPC Day Centre: For elderly / elderly disabled people. Meeting on Tues, Weds and Thurs 11am – 3pm. Three-course lunch, activities, transport available. £10 per day.

Monday Club: An evening activities club for adults with learning difficulties.

Volunteering Program: Volunteer and student placements, mentoring and advice.

Charity Shop 'The Well': Sells good quality clothes, bric-a-brac, books, toys, CDs /DVDs.

Ageing Well Fun Club, based in All Saints Community Centre, New Cross, will be starting a new term of socialising and fun exercises in March 2016. We will also be providing a 40 week seated and standing exercise programme that will cater for all abilities and exercise bands. The exercises will include:

- 3 mile indoor health walks,
- Gentle cardio kickboxing,
- Gentle aerobics

For more information contact Muriel White, awfc@hotmail.co.uk or call 0207732 7251

Volunteering opportunities at the Lewisham Irish Centre

The Irish Community Centre is seeking volunteers for several of their projects, including Befrienders, Group Facilitators and someone to prepare half-time beverages for the over 50s walking football group.

So if you have a couple of hours to spare each week and would like to meet new people and help provide quality services as part of a friendly local organisation, email Emma-Jane volunteercoordinator@lewishamirish.plus.com or call on 0796 439 5192. Alternatively, pop into the centre at 2a Davenport Road, Catford SE6 2AZ for more info.

Members trying out some activities at the Ageing Well Fun Club



Meet me at the Albany

is an all-day arts club for the over 60s, quite unlike anything that has come before. Based at the Albany Arts Centre in Deptford, meet new friends and try a range of new activities and experiences. To find out more, call 020 86920231 ext. 280



Lewisham Safeguarding Adults Board (LSAB)

Lewisham Safeguarding Adults Board is an independent organisation set up to help and to 'safeguard' Lewisham adults with care and support needs. It is there to make sure that local safeguarding arrangements are in place; help to prevent abuse and neglect taking place; and, ensure agencies respond appropriately when concerns are raised. **Every adult has the right to live safely and free from abuse. Safeguarding is 'everybody's business'.** The board is made up of people representing social services, all aspects of health care, as well as the police, fire brigade and many other organisations. An important part of the board's role is ensuring that adults with care and support needs are protected (safeguarded) from abuse and neglect. One way of doing that is to let people know what abuse is and what you can do if you are worried that you or someone you know might be at risk.

What is abuse?

Abuse is when someone does or says things to you that make you feel upset or frightened. You may be too scared to tell anyone or stop them. You may be abused on purpose or someone may not realise that they are abusing you or upsetting you.

What are the different types of abuse?

There are many different types of abuse but the most common ones are: physical abuse, domestic violence, sexual abuse, financial abuse, psychological abuse and neglect or acts of omission.

Whose fault is it? It is not your fault!

it is not your fault if someone abuses you. What they are doing to you is wrong.

What do I do if I experience, witness, or suspect harm? If you believe someone is in immediate danger, call the police on 999. To help someone who you believe is being harmed please call the Lewisham Social Care Advice & Information Team (SCAIT), on 020 8314 7777.

I am an adult at risk, how do I keep safe?

You have the right to live free from abuse and neglect. If you are in immediate danger, call the police or SCAIT team. Alternatively, you can speak to your doctor, social worker, health worker, carer, family or friends who can raise a safeguarding concern on your behalf.

What happens then?

Trained staff will contact the person being abused. They will work together with the adult at risk carefully and sensitively to find out what they would like to happen, understand the different risks they are facing and agree how to deal with the situation. The adult at risk will be fully involved in the process wherever possible.

We hope this provides you with an understanding of adult safeguarding, what you should be aware of, and how to seek help. If you require any more information about adult safeguarding or wish to raise a concern about an adult at risk, **please contact the SCAIT team on 0208 314 7777.** If you require any more information about Lewisham Safeguarding Adults Board, please send the team an email to: LSAB@lewisham.gov.uk.

www.lewisham.gov.uk/safeguardingadults

Grove Centre weekday lunch service. The Grove Centre offers a welcome to all to come and have lunch and an opportunity to meet others every weekday. You are welcome to come along from 10.30am for a pre-meal cup of tea or coffee, read, and chat. Open to young and old the lunch is served at 12.30pm, costing £3.40. Various activities take place each week which you are welcome to stay and join after lunch. These include: Monday - Friendship Group, 1.30pm, House Hall; Tuesday - Singing Group, 10.00am, Main Hall; Tuesday - Art/Craft and Domino group, 1.30pm, Main Hall; Wednesday - Sit Down Keep Fit, 10.30am.

Ageing Well In Lewisham - LCC



For more information, or to join Ageing Well in Lewisham - LCC:

Ring Kerry on 07872 813 546

or ring David on 020 8698 3735

or email: kerryhagger@yahoo.co.uk

Visit: Ageingwell-lcc@moonfruit.com.

Ageing Well craft group

This well-established group is run by Kerry (Project Coordinator) and assisted by Sue, our very talented artistic volunteer and 'ideas' person. The members are helped individually by volunteers Olive and Estelle. Sue comes up with incredible ideas although she says it is always quite a challenge!

An amazing range of craft projects have been accomplished mostly using recycled materials or basic materials found around the house to create stunning ideas for crafts at very little cost. The results are individual and unique in design. Members have created keyrings, tie-dye bags, greeting cards, paintings, fridge magnets, drawings and brooches to name a few special things.

"I live alone, not unhappily. The Grove Centre provides lunch for me 3-4 days a week. On a Tuesday I play dominoes. Kerry helped me when I fell calling 999 and insisting an ambulance was sent promptly." (Alan)

"I like the club because we have a laugh, have a lovely lunch, cup of tea and a biscuit and we make some lovely things in our craft class, including keyrings, a little bag for my wheelchair and a name badge. I really enjoy the activities." (Linda)

"I like the group because I can meet people and have a chat. The minibus drivers are very good and very friendly. I enjoy the activities, especially card making. Sue is good to me and helps me. I keep everything I make in the class and put it all out to show my family. When it was my 95th birthday Sue did a quiz especially for me. Everyone gave me a big (handmade) card and presents." (Iris)

Ageing Well in Lewisham – LCC meets at the Grove Centre in Jews Walk, Sydenham on Tuesday afternoons (1–3pm). They run a number of friendly sociable 'befriending groups'. The main aim of the befriending groups are to have fun, reduce isolation and provide a social experience for older people whilst also assisting them to access other services in the borough.

The group welcomes new members able to make their own way, as well as people who live alone independently who have lost confidence in going out and require assistance, linking with accessible transport providers in the borough. People who live in the north of the borough are very welcome, despite the group's location in the south.

Ageing Well men's group

Alongside the Craft Group we run a **men's group**. They are keen Dominoes and 'Rummey' players, and welcome new members, whatever your experience with these games!

Some comments from our participants...

"This is a lovely group. Everyone is very helpful. A person is writing this for me because I can't write because of my stroke. I lost my husband and don't like leaving the house. But eventually I joined this group and gradually I'm very happy to come. I was welcomed to the group with open arms. My husband passed away two years ago." (Ada)

Hugs before home time



Branching Out

Branching Out is an open club for older people wanting company and conversation. It offers gentle exercise, food and drink, art and crafts and more. On Thursdays at Telegraph Hill Centre, New Cross Gate. There is something for everyone, and all are welcome! Contact Jane or Hatty on

020 7639 0214 or email:

telegraphhill@toucansurf.com to find out more.



Gary – enjoying spending time at ‘Branching Out’

Mid-winter warmer for seniors

Saturday 13 February 2016, 2–4pm

Brockley Social Club, 240 Brockley Road, SE4 2SU (corner of Foxberry Rd, opposite Esso garage).

All seniors are welcome to this afternoon of refreshments, music, entertainment and raffle prizes organised by Brockley Society.

Some of our seniors miss out because they don't know it's happening so please spread the word.

For more information or to offer help (cakes, transport, raffle prizes, food, or to help on the day) contact Cat on 07951 385 435.

What to do in a mental health crisis

If you or someone you know is in distress and needs urgent mental health help or advice contact the 24-hour mental health support line on **0800 731 2864**, run by South London and Maudsley NHS Foundation Trust.

Age UK Lewisham & Southwark

10 Catford Broadway, Catford SE6 4SP

Tel: 020 8690 9060 (reception);

020 8690 9050 (advice line, Monday-Friday 10am–1pm)

www.ageuk.org.uk/lewishamandsouthwark

We give information, advice and support to people over the age of 60 who live in the borough of Lewisham on a range of topics, such as welfare benefits, housing and consumer issues.

We have drop in sessions from 10am–12 noon on Tuesdays and Fridays at our office.

We also offer outreach sessions at Deptford Library 10am–12pm on the first and third Wednesday of the month. For people who are housebound, we can offer home visits. Please call to arrange this. Our service is free, impartial and up to date.

Lewisham Mindcare

Do you or someone you care for have a diagnosis of dementia?

Coming to terms with a diagnosis of dementia can be a difficult time and can raise questions about the support that's available and how to plan for the future. Lewisham MindCare, part of Bromley and Lewisham Mind, can offer information, advice and support to you or your carer. In addition, we also run a regular dementia training programme which is free and open to anyone within Lewisham to attend, including local businesses.

If you would like to discuss your situation or are interested in the training, please contact an advisor on

020 3228 5960

or email the team at

info@mindcare.org.uk

MindCare
Dementia Support

DO YOU WEAR HEARING AIDS?

We're Hear 2 Help Come and visit us

Hear – 2 – Help Sydenham Library

Sydenham Road,
Sydenham,
SE26 5SE

**Last and second Monday
of every month
10am–12.30pm**

Hear – 2 – Help Deptford Lounge

9 Giffin Street,
Deptford,
SE8 4RJ

**Last Thursday of every
month
12.30–2.30pm**

Hear – 2 – Help AGE UK

10 Catford Broadway,
Catford,
SE6 4SP

**First Monday of every
Month
10am–12 noon
inside the charity shop**

Hear – 2 – Help Crofton Park library

375 Brockley Rd,
Crofton Park,
SE4 2AG

**Every Thursday
4–5pm**

battery collection point only

Hear – 2 – Help Telegraph Hill Centre

Kitto Road,
New Cross,
SE14 5TY

**First Thursday of every
month
10–11.30am**

**ACTION ON
HEARING
LOSS**

Please bring your brown
battery book to avoid
disappointment and verify
you are a patient of
Lewisham and Greenwich
NHS Trust

Come to one of our free walk-in hearing aid clinics for:

- New batteries
- Re-tubing for open fits and earmoulds
- Minor repairs
- Advice on how to use and clean your hearing aids
- Information on hearing loss and all the services that can help you

No appointment needed

Chantel Bovell, Community Support Officer
Telephone 07436 837453
chantel.bovell@hearingloss.org.uk
www.actiononhearingloss.org.uk

Help out at some techy tea parties in 2016!

Do you know how to use a mobile phone or tablet?
Can you use Google, email, Skype and Facebook? You
could pass your digital skills onto others!

My Complete Focus and Community Connections will be
planning more pop-up techy tea parties this year. We'll
be heading out to social groups and community spaces
and we need some 'techy helpers' to support people to
learn new skills.

Just coping, or thriving?

Mind Community Support

Service offers practical support
and advice to older people who
may feel lonely, down or
anxious. Home visits can be
arranged where necessary. We
meet with the person regularly
for up to 3 months to work out
steps that will re-connect them
with community activities,
resolve practical issues that are
worrying the person, and refer on
to services where they
need counselling or social care.
Call 020 3228 0760 to find out
more, or ask your GP to refer.

Bromley & Lewisham |  **mind**
for better mental health

Fusion Table Tennis Club

We are a well-established table tennis club with over 100 members ranging in age from seven to 75. We are trying to attract new adults and senior citizens from around the local area. We want to help people get active and involved in a sport, as well as the obvious health benefits, for the older player, we want to encourage people to get up, get active and have fun! It's incredibly important to keep fit, both in mind and body, and socialise with others. Table tennis is a sport which can be enjoyed whatever your age or ability and it's the reason our club welcomes all.

Call Des on 07725 608 855,

des@fusionttc.co.uk

www.fusionttc.co.uk



EqualiTeam Lewisham (ETL)

ETL is funded by Lewisham Council and is working to achieve harmony and equality of opportunity for our senior black African and Caribbean residents of Lewisham. We value you and aim to ensure that the needs of our communities are respectfully taken into account and embedded in any planning or decision making process. Get in touch and let us know what issues are impacting on race equality in your local area and how you would like to see it improved or volunteer with us. ETL would love to hear from you!

T: 020 8691 6099

E: info@equaliteamlewisham.com

W: www.equaliteamlewisham.com

Volunteer Treasurer Position available

Ageing Well in Lewisham – LCC is an important local organisation, working to support older residents in the borough, offering befriending groups and social activities for older people (more information earlier in this newsletter). The management committee are currently looking for an experienced treasurer to sit on their board. If you have experience acting as a treasurer for an organisation, or a background in managing finances for a business or organisation, you may have the skills and background to volunteer your time. If you are interested in volunteering as committee treasurer, call Grace at Ageing Well in Lewisham on 020 8698 3735 or email: grace.blyth3@gmail.com.

Seated exercise at Sydenham Library

Get fit and make friends at Sydenham Library, join their seated exercise class, every Tuesday at 11am. Sydenham Rd, SE26 5SE.

TNG intergenerational film group,

You are invited to join this free film group taking place every Friday from 1.30 pm. Watch films old and new in a friendly environment, new members welcome! We will also be putting on larger intergenerational film events throughout the year on the following dates:
Friday 1 April 2016, 1.30pm
Friday 29 July 2016, 1.30pm
Friday 26 August 2016, 1.30pm
Friday 28 October 2016, 1.30pm
TNG Youth Centre, 111 Wells Park Road, Sydenham, SE26 6AD.

Hazel Grove Seniors

A social group in Sydenham doing crafts, bingo and exercise. Meeting Tuesdays, Wednesdays, Thursdays 1.30–3.30pm, Ray Champion Meeting Room, 1–18 Alwood Close, Sydenham SE26 4JP. For information call Rosa on 07704 347 896.

Pepys Community Forum Deptford 'gardening and home life': Engage with local residents to connect our community gardening with home life to better promote overall well-being and a healthier lifestyle. Grow fresh food in a highly dense urban environment. Making the most of small spaces like containers, balconies, window boxes and walls, and growing food at a low cost. Call Malcolm Cadman on: 0208 694 3503 or email: malcolmpepysforum@gmail.com.



'Come and make it!' project

Seniors are keen to let you know about their FREE Monday night woodwork group in partnership with the Young Lewisham Project. We are excited to let you know we can now offer it as a weekly group! The group is aimed especially at retired people who would like to give back their expertise and skills to the next generation.

Fancy helping to make useful products from wood, metal, plastic and having a chat?

Do you want to:

- Make useful upcycled/recycled products?
- Learn new practical skills?
- Pass your skills on to youngsters?
- Get together with others in a friendly atmosphere?

If you do, then come along for free on Mondays.

Young Lewisham Project
124 Kilmorie Road, SE23 2SR
Mondays 5–7pm.
Free refreshments provided.



For further information contact Tony Rich on email: tonyrich@gmail.com or mobile: 07905 164 705



Lewisham Polish Centre

Amongst future events and activities, we are running table tennis competitions, darts competitions and an exhibition. We are organising a photography exhibition which will take place on 6 March 2016 from 4pm in our centre to celebrate International Women's Day. We would like to invite everybody that may be interested. We will have different communities attending. During the exhibition event there will be 2 singers who will sing live. Everyone is welcome to join us.

8 Waldram Park Road, London SE23 2PN.

PHOTOGRAPHY EXHIBITION

BY: IZABELA BANASZKIEWICZ



SUN 6TH MARCH 2016 - 4PM
 Lewisham Polish Centre
 8 Waldram Park Road, London SE23 2PN

U3A South East London is currently recruiting new members

As a member you can meet new friends and start a whole new learning and social life in your retirement. We help each other by sharing our skills and interests. We have some 80 subject groups led by volunteers. To find out more go to www.u3asites.org.uk/london-se or by post from our membership secretary Anne Richards, 30 Little Heath, London SE7 8HU

Do you have a club or activity you would like to promote? Please call or email POSAC for help.

Get in touch!

Available in large print

More news overleaf...

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

Thinking of stopping smoking?

The Lewisham Stop Smoking service has helped over 15,000 people quit smoking. For free support and advice call **0800 0820 388**, or visit www.smokefreelewisham.co.uk. A professional stop smoking adviser will contact you to discuss what help you might need.

You are four times more likely to quit with support from the Stop Smoking service than going it alone – it is never too late to quit.

Where to go for health care – Health Help Now!

At POSAC, we realise many of our members are not online – however If you have access to the internet at home or on a smart phone, to help you understand where you should go for treatment, especially when you need health care in a hurry or late at night or weekends, visit www.healthhelpnow-nhs.net or download the Health Help Now app from your smartphone app store.

You can check your symptoms and find the best place for treatment – showing which nearby services are open. Importantly, it will help you know when to go to A&E, and when not to.



Look after your health and have fun at Hillview Community Service

Health and wellbeing monthly sessions from January 2016 – Including men's health, women's health, diabetes specialist, free health and blood pressure checks and so much more.

Sessions are held every second Thursday of the month, from January 2016 to July 2016. Please feel free to drop in from 11am to 1.30pm. Free tea, biscuits, water and light snacks.

Hillview Community Services' Centre, (V.P. Rodney Suite), Lower Church Hall, Church of God of Prophecy (House of Bread), 39 Kitto Road, New Cross, London, SE14 5TW. Tel: 020 7732 4970, or e-mail: hvcs2000@aol.com

Have you had an NHS Health Check yet?

If you are aged 40-74 you may be entitled to an NHS Health Check at your local GP or some pharmacies in the borough. It's FREE, simple and could save your life! A recent study of NHS Health Checks estimates that 2,500 heart attacks and strokes have been prevented over a five-year period. At the 30 minute check you will find out your risk of developing certain diseases, which can often be prevented.

Call 0808 1410 118 for more information or ask your local pharmacy or GP surgery.

www.lewisham.gov.uk/healthchecks .

New Cross Gate Trust (NXG)

'Sew you need to get out more'

NXG, Besson Street Community Garden, Besson Street, New Cross SE14 5QE

The project aims to promote healthy living amongst isolated people with particular emphasis on improving mental well-being, encouraging isolated people to get out of the house and into the community. Learning, developing and sharing skills around sewing and textile techniques in a friendly environment to help combat social exclusion and improve self-esteem and mental well-being. Call Jill Mountford on 0207 639 7605 or email jill.mountford@nxgtrust.org.uk

'Jump the Line'

multi-cultural tea dance

Friday 4 March 3-6pm
Dance Studio 1, Moonshot Centre,
Angus Street, New Cross SE14 6LU

Join us for an afternoon of tea, rum cake, Soul, Motown, r 'n' b, Ska and Calypso. Tickets £1.00, all welcome!

JOY (Just Older Youths) 'CHOP n CHAT' friendly, fun cookery workshop. Only £2.00 a head to cover ingredients. Monday 12 noon–3.30pm at St James' Hall, New Cross SE14 6AD (opposite Iceland). The project aims to provide weekly group workshops in preparing healthy and economical meals. The workshops will be led by an experienced tutor who will teach people how to cook tasty and nutritious food. There will be introductions to new recipes as well as drawing on participants' existing knowledge and skills. Call Jane Keane on: 0207 732 7458 or email:janekeane1@gmail.com.

Fun exercise and dance classes for older people

Date: every Wednesday

Time:

Location: The Healthy Lifestyle Centre, Abbotshall Road, Catford SE6 1SQ.

Johanne is a popular local dance and fitness instructor who has taught classes in and around Hither Green, Catford and Lewisham for a number of years.

This new year sees Johanne start a fabulously fun dance class for Older residents called "Zumba Gold Class." The class is carefully designed for seniors and anyone who would like to exercise at their own pace.

Cost: £5 or free if referred by a GP. A participant could also decide to refer himself/herself by contacting Lorraine on 020 8698 6637, who will arrange for a meeting.

This class is open to all. Anyone who desires to get back in shape, to exercise for the first time is welcome. We really want to help, motivate and encourage the community to be active! So come along and tell your friends, spread the word around Hither Green, Blackheath, Catford, and Lewisham.

Lewisham health and social care website

Following up from information you gave us at the Positive Ageing Council public meeting around carers and caring. We wanted to let you know that Lewisham Council have a new health and social care website, with lots of useful information, advice and links for our community. Check out our pages, they contain lots of information, tips and links to services.

Some of the key features of this website include:

- A health and social care directory
- A deferred payments calculator
- Information on how to access adult social care
- A search tool to source GPs, nurses and dentists
- A search tool to find pharmacists
- A search tool to find local care services
- A search tool to find out what's on locally
- Information on paying for care and money advice
- Information on health and wellbeing
- Information on work, education and leisure
- Information on community safety
- Information for carers

Check out the link to the website here:

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

If you are a provider or local business and wish to include your services on our health and social care directory, follow this link to create an account:

www.lewisham.gov.uk/myservices/socialcare/Pages/hsc-directory.

If you put on local events in Lewisham and wish to advertise them on our website, follow this link: www.lewisham.gov.uk/inmyarea/events

While the Positive Ageing Council appreciate that many members are not online, we hope that this resource can be of use to many of you and particularly to organisations helping to support older people in the borough.

Adult Social Care Advice & Information Team

Tel: 020 8314 7777 email: SCAIT@lewisham.gov.uk

Opening hours: Monday–Friday 9am–5pm.

Active Lifestyles for All

Open to all residents aged 14 and over living in Catford South, Whitefoot, Downham, Grove Park and Rushey Green wards. It aims to help residents lead a more active lifestyle.

One-to-one support: Active Lifestyles for All offers you the chance to work with an activity adviser to develop a 13-week plan of activity at a time convenient to you.

Activities for all: Activities include pilates, yoga, exercise to music, zumba gold, seated/walking aerobics, hoola-hoops, Taekwondo, Nordic walking, archery, football, walking football, cricket, community cycling, athletics, jogging, accompanied swimming and more.

Getting in touch: You can either contact your local GP or pharmacy to arrange a meeting with one of our advisers, or contact Carrie or Peter direct on 020 8698 6637, or email them at hello@abbotshallhc.org. Drop in to find out more: Abbotshall Road Healthy Lifestyle Centre, Abbotshall Road, Catford SE6 1SQ.

Zumba Gold chair class for adults with learning difficulties and physical disabilities.

Date: Every Thursday **Time:** 1–2pm

Location: The Irish Community Centre, 2A Davenport Rd, Catford, SE6 2AZ

Contact: Kathleen, 020 8695 6264

Cost: The class is £5.00 and is free for the carer/parent/relative, which is a way to encourage the carer to take part in the lesson too! The class is open to all and there is a free buffet. Participants are invited to stay and socialise after the class.

Johanne is the class instructor, but the programme is run by the [Plus Charity](#), this group runs different community activities during the week such as gardening, iPad training & cupcake workshops.

These are really wonderful classes and are a real support for the parents or relatives of young adults or adults who need support.

The Diamond Club hosted a New Year lunch for 75 older people including housebound members of the community. One of the participants wrote this poem.

“The Diamond Club brought New Year in with Saturday’s great dinner, with food and drink to make one blink, for me it was a winner

The church musicians played us in, sweet music to my ears, so I drank a glass or two of wine, and bade my friends good cheers

The chef and staff prepared a meal—delicious food what joy, for me it tasted better than my dinner at the Savoy

We sang the carols loud and clear, the singing filled the hall, and then we prayed for peace on earth, Fr Regus blessed us all

A duo sang us lively songs, we sang, the wine took hold, with fancy hats and lots of laughs, the smiling faces told

We finished with the raffle, or the prizes should I say, and Fr Doug then wished us well and sent us on our way

So raise your glasses Diamond Club, to all the girls and boys, we’re young at heart so let us part, Sing out Rejoice, Rejoice”.

Diamond Club member, Denis Costelloe

The Diamond Club that meets at Hartley Hall, Culverley Road has been running, with the support of a Catford South Assembly grant, a zumba gold exercise class every Tuesday for the last year. Over 35 local residents, aged 70–92, plus Holy Cross’ Parish Priest, strut their stuff and exercise to the sounds of Latin and Caribbean music. The class has been extremely popular led by the effervescent Joanne who always has a smile and a hug for everyone. The grant has now expired but the Diamonds continue to show their love of the class by self-funding it.

This year look out for funding opportunities from your local assembly to help older people in Lewisham remain a happy and active part of their local community.



Feedback from Healthwatch Bromley and Lewisham (HWBL) self-care event

Many Positive Ageing Council members attended the self-care event held by Healthwatch in November last year. The event was a great success and most participants found it interesting and informative. The purpose of this event was:

- To raise awareness of the Self-Care Week and importance of self-care
- To encourage stakeholders to take part in the campaign and to encourage self-care to their service users
- To promote HWBL achievements in supporting patients in self-care, so far including:
 - ✓ Organising Self-Care Week;
 - ✓ Encouraging stakeholders including voluntary organisations to take part in the project and displaying information materials to patients and service users;
 - ✓ Raising awareness through pharmacy projects;
 - ✓ Raising mental health awareness through delivering mental health drama workshops to local schools;
 - ✓ Delivering workshops in partnership with the Health Promotion team in Lewisham stressing the importance of self-care and use of pharmacy
 - ✓ To enable partners to stress the importance of self-care and present their achievements.

The event included talks from *Keep warm, Keep well, Pharmacy First, How to maintain your mental wellbeing, Connecting, Being active, Staying well this winter, Self management of long term conditions* and more. The Positive Ageing Council will continue to let you know about events and information you may find interesting or useful as a member, or an organisation.

Who are Healthwatch

Healthwatch Bromley and Lewisham (HWBL) is the local independent champion for both health and social care services for children, young people and adults. HWBL works to help improve services for people who live in or access services in the two boroughs. We have a legal duty to monitor services, obtain the views of people about their experiences of care and make recommendations about how services could be improved, to persons responsible for commissioning, providing, managing or scrutinising local care services. The HWBL network is open to everyone in Bromley and Lewisham including residents, voluntary groups, community groups and people working in Bromley and Lewisham.

Our approach is to encourage broad public involvement and to inform, influence and help shape future commissioning and provision.



Contact Healthwatch Bromley and Lewisham

Call: 0208 315 1916 **Email:** info@healthwatchlewisham.co.uk
 or
admin@healthwatchbromley.co.uk
Ask us a question or tell us about your experiences of local health or social care services.

Lewisham Local History Society

Tolls, trains and canals

A presentation on how transport links grew up alongside the urban development that replaced market gardens in the northern part of the borough.

Friday 26 February, 7.45pm
Methodist Church Hall, Albion Way,
SE13 6BT

All Welcome

Lewisham Pensioners Forum Membership Day



Wednesday 30 March, 10am–4pm
The Saville Centre, 436 Lewisham High Street,
SE14 5NW.

Drop in any time for a great social event with tea, cake and a chance to sit down for a chat (and pay your £10 membership for 2016–2017 while you are about it).

New enquiries very welcome.

Walking Football

Thursdays 11.45am–1pm (mixed session)

Thursdays 2.30–3.30pm (ladies only session)

Both sessions are indoors, at
Lewisham Irish Community Centre,
2a Davenport Rd, Catford SE6 2AZ.

Please dress appropriately for activity and bring some water. All sessions are run by qualified FA coaches.

To book your place please contact
Dave McLaren, 07879 404 802

60+ active social sessions at Downham Health & Leisure Centre

From 21 January until 14 April there will be 13 weeks of free sessions for people aged 60 and over. Sessions are every Thursday, 1.30–3.30pm.

Sessions will be facilitated by our friendly coach. The sessions will be a mixture of badminton, table tennis, gym, swimming, boccia and bowls, with breaks for a chat and a tea!

The next Positive Ageing Council public meeting – Thursday 17 March 2016

Our next public meeting is dedicated to hearing from you!

What are your main issues, priorities and needs? We are deciding our work plan for the year ahead and beyond and want to ensure that you have your say and let us know what we should be working on in the coming months.

So please join us on:

Thursday 17 March 2016

11am–1pm

Civic Suite, Catford, SE6 4RU



No need to book, just come along.

Everyone is welcome!

Free light lunch and refreshments are provided.

‘Jump for Joy’

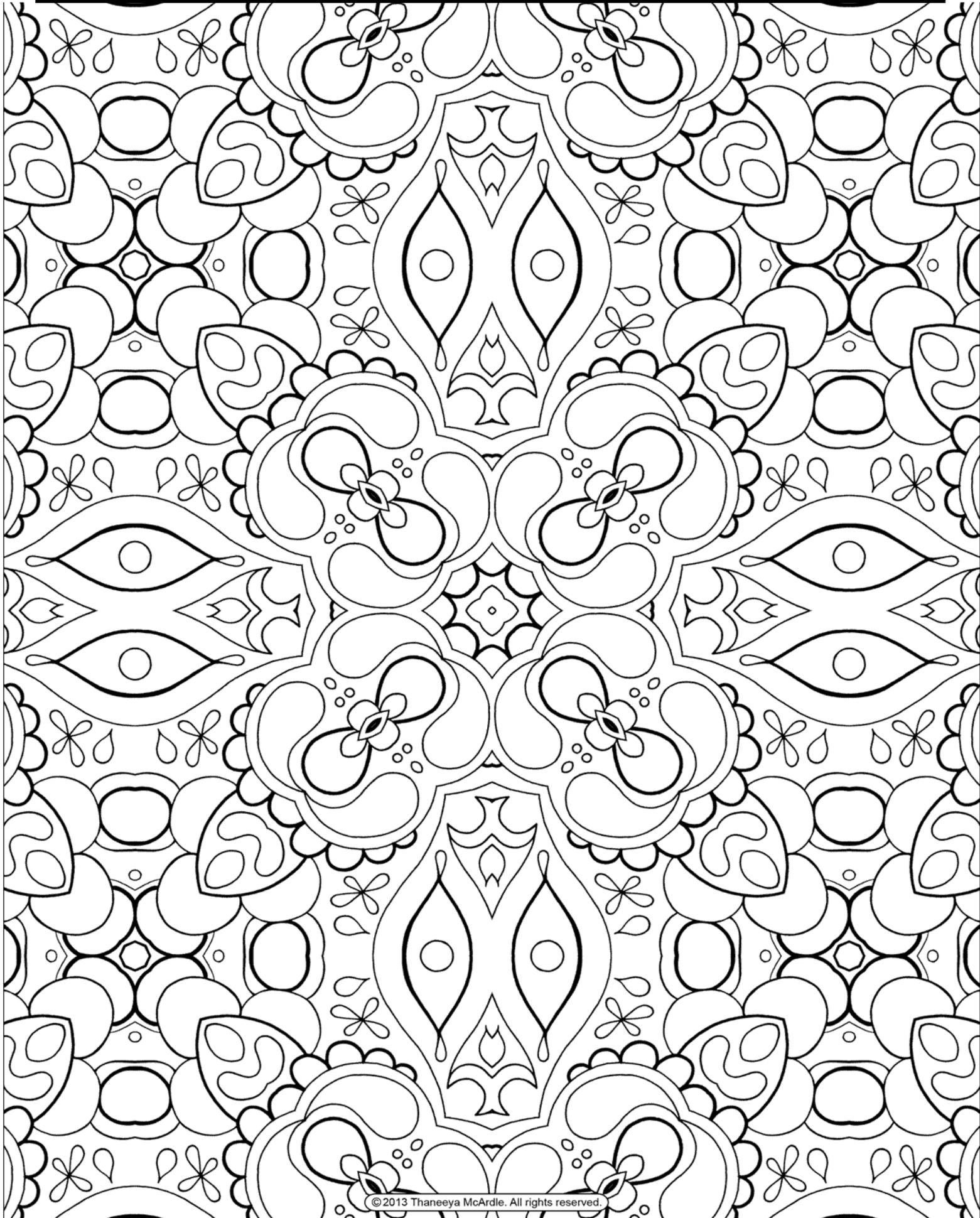
A fundraising benefit for
**Just Older Youth – for
older adults who are
young at heart!**



An evening of live music with guest musicians.

Friday 26 February, doors open 7pm,
At the **Hill Station Café**, Kitto Road,
Telegraph Hill, New Cross, SE14 5TY
Patrick’s Jerk Chicken, bar available.
Admission: £5

Give colouring a try!



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

Positive Ageing Council

Improving services and facilities for older people in Lewisham

Drinks
and
refreshments
available

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

Next meeting

Tell us what you think our priorities should be in the year ahead.

Thursday 17 March 2016
11am–1pm

Civic Suite, Lewisham Town Hall,
Catford SE6 4RU

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac

