



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

**Newsletter – Spring Edition**

**Date for your diary**  
The next Positive Ageing Council public meeting is **Thursday 15 March 2018, 11am**, Civic Suite, Catford SE6 4RU.

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

A huge thank you to everyone who attended our Christmas Positive Ageing Council (POSAC) meeting in December.

Come along to our next meeting to discuss how we can better manage food waste in Lewisham, the changes to our waste collection and what we can recycle.

What a thank you party we had for our outgoing Chair Peggy Fitzsimmons at our meeting in December. We were proud to welcome Sir Steve Bullock, Mayor of Lewisham; MP Heidi Alexander; Kevin Sheehan, Executive Director for Customer Services; Aileen Buckton, Executive Director for Community Services and Lewisham Council via video link! We also welcomed many local ward councillors, all of whom had worked with Peggy for many years. Most importantly it was a chance for older residents of Lewisham to say thank you to Peggy for her years of work!



Peggy with MP Heidi Alexander, Cllrs Chris Best, steering group members Stella and Christine and our new Chair, Iris Till. Picture taken by Cllr James Walsh.



Sir Steve presenting Peggy with her plaque for her decades of service. Her husband Bill is on the left.



Peggy with Zak Moshie and Harry Chapple, members of the Young Mayors Team, and the delicious thank you cake – we all got a slice!



Lewisham

**Available in large print**

For more information on the Positive Ageing Council call 020 8314 6314, 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)

## **An introduction from our new Chair, Iris Till**

Thank you for electing me as your Chairperson for the coming two years.

I have lived in Forest Hill since 1964 having been born and brought up in South West London. Lewisham is very important to me and I have always taken an active role in the community since the mid-sixties.

I realise I have a hard task to follow on from Peggy's sterling leadership. Positive Ageing was initially set up to be led by and a voice for older people. Peggy and her steering group have always had this strong philosophy and values at the heart of everything they have achieved. Positive Ageing is Peggy's baby and like all good parents she has held it in her arms and helped it develop into the positive position it is in today. Fortunately or sometimes unfortunately babies grow and become teenagers. I wasn't a particularly difficult teenager, and I'll try my best not to be a truculent one in later life, although anyone who knows me knows I'm a passionate football supporter and I can compete with any teenager when I'm shouting and screaming my team on.

Joking aside. I am committed to making sure the good foundation and important values set by Peggy and her steering group members will always remain at the heart of the work we do.

I am excited about being given this opportunity to work together with a very committed steering group, our coordinator Lucy and also to link with other groups across the borough. There are new things on the horizon as Lewisham work towards becoming an age-friendly borough, and Positive Ageing are leading the way with this.

Over the coming weeks and months, more information and participation with Lewisham residents will give people more of an understanding for what we are hoping to achieve. This will give the residents an opportunity to give their views and opinions on what they would like to happen to make Lewisham a more inclusive place to live for everyone, whatever your age or disability.

From the work being done on the steering group and the members who are working towards an age-friendly Lewisham, everyone wants to see more intergenerational events/groups and have a better understanding of each other. Although our role is primarily working with the over 55's we need to embrace our young people as they are our future. We need to hear about the good things they do, and not just read about the few who make the headlines in the tabloids or our local newspapers.

Thank you all once again and I look forward to the coming year.

**Iris Till,**  
**Chair of the Positive Ageing Council. 2018–2020**



**We are very saddened to announce the passing of our dear friend and steering group member Tessa Pearce.**

Tessa has been with Positive Ageing Council from the very beginning and was a constant friend and advisor to our long-time Chair Peggy Fitzsimmons.

If you didn't know Tessa personally, you would certainly have known who she was if you had come to our public meetings. She always signed people into our meetings with a kind word and a cheeky smile. She always held the council to account by asking the tough questions in meetings and speaking out where she saw injustice or things that needed changing.



Tessa will be missed by her family and friends, and by those who spent time with her through the Positive Ageing Council, but she will remain always in our hearts. When we pursue issues important to older people, we will always ask ourselves the question – what would Tessa think?

**Election of the Positive Ageing Council steering group**

Our December meeting saw our biennial election of Chair, Vice Chair and steering group members. We would like to thank James Lee, Head of Cultural and Community Development for presiding over the election process this year.

Firstly we gave a huge thank you to steering group members who have decided to step down this time. They have given exceptional service to the older people of Lewisham and will be missed. Stepping down this year were:

Ira Fernando, John Kevan, Anne Warnett, Janet Basely, Val Field and Tessa Pearce (*Tessa had made the decision to stand down prior to her sad passing in January*).

**Standing for election to the steering group were:**

Christine Castro, Stella Amogbokpa, Pat Wood, Kay Ibe, James Dobson, Vera Shell, Yvonne Williams, Peter Amos, William Roles, Iris Till, Gloria Rouse, Bill Rouse, John Macy, Jennifer Pinder, Cllr Stella Jeffrey (Councillor representative) Cllr Chris Best (Councillor representative)

Iris Till was elected as Chair of the of POSAC and John Macy elected as Vice Chair.

We hope you will join us in wishing the steering group the best of luck for the next few years and thank them for their service to the older people of Lewisham.

## Feedback from local groups supporting older people in Lewisham

At the meeting in December, we were delighted to welcome so many groups who have benefitted in the last year from the Positive Ageing Council small fund. They all gave a three minute presentation to attendees on how they spent the funding. We were so impressed by the creativity of the groups and how much benefit the funding gave to their members.

Our fund is very small. We give up to £500 to groups who are often in great need of things to help improve the outcomes for their members, but are often seen as too small in the eyes of some larger funders. Our fund helps clubs get the little things they need that can make a huge amount of difference, from wheelchairs, to exercise tutors, photography projects, to craft materials.

Last year the fund helped the following groups to get some key items they needed:

Evergreen Seniors, Parkinson's UK – Lewisham branch, Sydenham Garden, Stanstead Lodge Seniors Cen, Lewisham Talking Newspaper for the Visually Impaired, Special Eyes Group, Lewisham Sports Consortium Seniors Group, Calabash African Caribbean Elders, Sydenham Community Library, Lewisham Asian Elders, Sydenham Arts, Just Older Youths (JOY), Diamond Club, The Men's Brunch group at Somerville.

Thank you to the amazing Lewisham Usherettes who gave our Christmas meeting so much sparkle and helped our members get involved in the Love it Lewisham project, Lewisham's bid to become the London Borough of Culture. Here are some pictures of the event.



## Lewisham community toilet scheme

At our meeting in December 2017 we welcomed back Sam Hawksley from Lewisham Local who has been working with the Positive Ageing Council on developing the community toilet scheme.

In March 2017 Lewisham Local, an organisation which works with businesses to reward volunteers by giving them local discounts, presented the idea to POSAC and asked for members' involvement in helping design a toilet scheme that would be fit for use and easy to access by all.



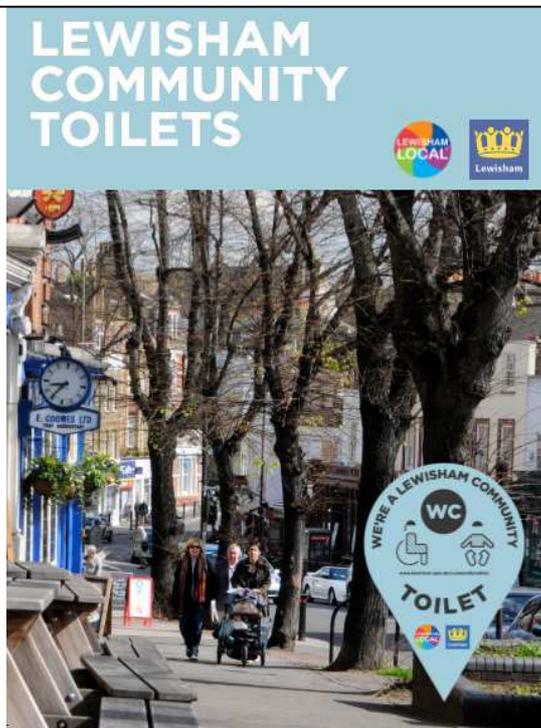
POSAC members were asked to contribute towards the discussion to help frame the project from the start and make sure that older people had an input at the beginning of the process. Sam fed back that there are now cleaner, safer and more accessible toilets that are open to the public, at no cost, during normal office opening hours.

Members of Lewisham community toilet scheme include local businesses, cafés, community centres and libraries whose toilet facilities are available for you to use. Most offer wheelchair access and baby changing facilities. 53 facilities are now community toilets with more coming on board all the time as there are still some gaps in some areas.

Thanks to feedback from the Positive Ageing Council members, the community toilet scheme now has a booklet listing the toilets, as well as an online map. We will make these booklets available at our public meetings and in community settings.

You can spot community toilets easily, as they have a sticker on their door or window (as above), businesses are very happy to be a part of the scheme and you will be made to feel welcome when using their facilities.

[www.lewishamlocal.com/communitytoilets](http://www.lewishamlocal.com/communitytoilets)



## Voluntary mystery shopper role – community toilet scheme

Lewisham Local would like to recruit voluntary mystery shoppers to test that the standards of each toilet are maintained to an acceptable level. This involves assessing:

- there are no issues with access to the toilets and members of staff are aware of the scheme
- the cleanliness of the toilet
- adequate facilities are provided.

The role is a voluntary position and can be treated as a one-off or on an on-going basis. Reasonable travel expenses on public transport will be paid.

This is your chance to help ensure the scheme is working for all who need it and you will play a valuable role in ensuring the scheme is a success.

If you would like to help by being a mystery shopper contact [communitytoilets@lewishamlocal.com](mailto:communitytoilets@lewishamlocal.com) or call 07392 862 177.

## Lewisham celebrates LGBT History Month in style this February – join in!

We celebrate LGBT History Month because, 'Those who've had to go and fight for their basic human rights, and won them against insurmountable odds, deserve celebration and reaffirmation, that we will continue to defend and extend those rights everywhere and to everyone'.

*Councillor James Walsh, Rushey Green, Lewisham*



**The lovely folk at LGBT Lewisham, kicked off their LGBT History Month celebrations at their monthly forum meeting with a visit and reading from Ian Elmslie, author of A Marvellous Party.**

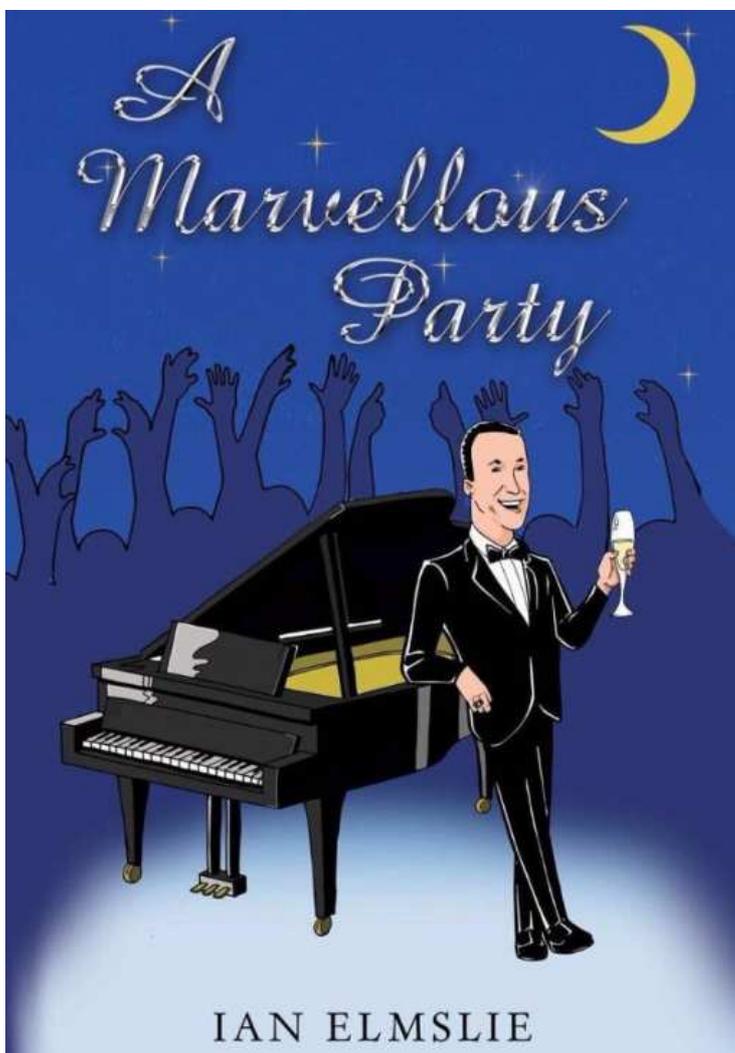
The book was initially published on July 27 2017 to celebrate the 50th anniversary of the partial decriminalisation of homosexuality. It is a ticklish memoir of close encounters with LGBT icons and personal heroes, peppered with remembrances of milestones in our history.

Ian has also read extracts from the book to an LGBT youth group, at the launch party of Gays The Word (hailed as the best reading in the manager's memory) and at the Royal Festival Hall as part of the Polari literary salon.

The response has been overwhelming, with the first edition close to selling out and positive reviews, such as:

'Ian nails the most important mantra of LGBT history here: "Unless we share our stories, our history is lost" and this wonderful funny, engaging and downright salacious memoir follows our author Ian on his one man journey from family home to the heart of the gay cabaret scene, and the characters he met on the way, and boy are they characters' Eric Page, GScene

[www.ignitebooks.co.uk/products-page/ian-elmslies-books/](http://www.ignitebooks.co.uk/products-page/ian-elmslies-books/)



### OPENING DOORS LONDON



**MEET UP WITH OTHER LESBIAN, GAY, BISEXUAL AND TRANS\* PEOPLE WHO ARE OVER 50**

For more information visit:  
[www.openingdoorslondon.org.uk](http://www.openingdoorslondon.org.uk)  
or call us on 020 7239 0400

Opening Doors London is a charity (1167919) and a company limited by guarantee (10123607). Registered office: Tavis House, 1-6 Tavistock Square, London WC1H 9NA. Opening Doors London is a subsidiary charity of Age UK Camden.

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LOTTERY FUNDED

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## **LGBT History Month events in February 2018**

**9 February:** LGBTQ parents in SE London first meeting in Greenwich Park for coffee and a chat, 11am. Details available on the Meet-Up app.

### **New Cross learning films and Paradise Press event**

**14 February:** film screening of Carol

**20 February:** film screening My Beautiful Laundrette

**24 February:** Paradise Press poetry and prose readings 6.45pm.

**Tom Dingley's Outcome photography exhibition at New Cross Learning all month.** Library is open Tuesdays 10am–5pm, Wednesdays 10am–7pm, Thursdays 10am–7pm, Saturday 10am–5pm.

**10 February:** Greenwich / Woolwich LGBTQ group tour of Meantime Brewery. 4.30–6.30pm. Find out more on the app Meet-up.

**15 February:** Discussion on homophobic hate crime and bullying centred on young people at Second Wave in Deptford. 6.30–9.30pm. Email Phil for details [phil@secondwave.org.uk](mailto:phil@secondwave.org.uk).

**15 February:** Opening Doors London regular monthly pub club at the Rose and Crown in Greenwi. 7.30pm.

**23 February:** Goldsmiths University Intergenerational LGBT panel discussion. Forum are sending some representation for true panel around being LBGTQ in the local area.

**23 February:** Greenwich lesbians meet-up 7.30pm location TBA - details via Meet-up app.

**23 February:** Shabby She women's meet-up in Penge at Bridge House Tavern. 7.30pm.

**23 February:** Pink Walrus at Signal Pub Forest Hill. DJs and drag. 8pm–2am. Approx. £5 entry.

**24 February:** Electric Watermelon at Fox and Firkin Pub Lewisham High Street – new monthly night. 8pm–2am. £5. For more information visit <http://bit.ly/electricwatermelon1>.

**25 February:** Catford Film screening of God's Own Country. Free. Catford Constitutional Club.

**26 February:** LGBT Mental Health seminars. Seminar room, Ground Floor, Henry Wellcome building De Crespigny Park, Institute of Psychiatry, Psychology and Neuroscience King's College London, SE5 8AZ. Free. 1pm. Find more details and tickets via Eventbrite.

**27 February:** Lewisham LGBT forum screening of Under Your Nose. Lady Phyll from UK Black Pride, director of the documentary/film and people involved with the BAME LGBT Centre in Peckham available for Q&As.. Civic Suite, Catford. 7pm. Free. Tickets will be available via Eventbrite soon.

**28 February:** Lewisham LGBT labour fundraising event. New Cross Learning.

**Every Friday:** Transgender and gender non-conforming swim group. Glassmill Leisure Centre from 8.30–10pm for swimming. Approx. £3.65.

**Thank you Lewisham LGBT Forum for the information!**

At the time of going to print some of the LGBT History month events were still being finalised. Most events are accessible through the website Eventbrite or the phone app, Meet Up. If you do not have access to these, you can contact Diana on:

**07784 993 985**

## **How you can contact the Lewisham LGBT Forum**

You can find out more about the Lewisham LGBT Forum on their website: [www.lewishamlgbtforum.wordpress.com/](http://www.lewishamlgbtforum.wordpress.com/)

**Email:**

[LewishamLGBTForum@gmail.com](mailto:LewishamLGBTForum@gmail.com) **Twitter**  
[@LGBTLewisham](https://twitter.com/LGBTLewisham)

If you are interested in learning more about what's on in the LGBT+ community, please Diana on **07784 993 985**

**Did you know?** Libraries also have access to e-audio books and electronic versions of LGBT magazines via their website for people with library cards. They also have new stock for to celebrate LGBT History Month.



## Community news, information and events

### Have you thought of branching out?

We meet every Thursday at the Telegraph Hill Centre. When I joined some years ago it was just a lunch club to enjoy each other's company. Now we have two very popular classes with great tutors: Art from 10am–12 noon (all levels welcome) and Tai Chi from 1–2pm, which has hooked several total beginners. I started a Book Club once a month, when we bring along books to recommend and exchange. We also have celebration meals together and outings, this month we went to Polhill. There is a small charge for art materials and for lunch, but you can have a taster session free. Do come and join us – you may have yet more ideas for Branching Out! Helen Bond.

### Branching Out

Telegraph Hill Centre, Kitto Road, New Cross SE14 5TY [anncatkins@aol.com](mailto:anncatkins@aol.com)  
020 7639 0214 [www.thcentre.com](http://www.thcentre.com)

## TRINITY LABAN CONSERVATOIRE OF MUSIC & DANCE

### Liquid Crystal

Trinity Laban present an intergenerational music and dance collaboration at the Tate Exchange, Friday 16 February, 12noon–4pm

Join Trinity Laban students and Voices in Motion, an older adults group from Trinity Laban's Inspired not Tired programme, as they present the results of a week-long collaboration and experimentation as part of Trinity Laban Conservatoire of Music and Dance's annual Colab Festival. Visitors to the space are invited to drop in to participate or observe workshops in group improvisation to create an installation of sound and movement.

Tate Exchange, Floor 5, Tate Modern, Bankside, London SE1 9TG

**ADMISSION FREE, NO TICKET REQUIRED**

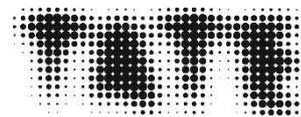
Contact: 020 8305 3883 | [e.green@trinitylaban.ac.uk](mailto:e.green@trinitylaban.ac.uk)

### Spring Forth! Lunchtime Concert at Trinity Laban TUE 27 MAR 1pm

Join The Befrienders and Trinity Laban students as they collaborate to present a fun, feel-good lunchtime concert to welcome the arrival of spring. Featuring original songs and arrangements written collaboratively by the group and popular favourites around the theme of 'Love' that audience members are invited to join in with. The Befrienders is run in partnership with Ageing Well in Lewisham and is one of four groups in Trinity Laban's *Inspired not Tired* programme of music and dance activity for older adults. **Music Faculty, Trinity Laban Conservatoire of Music & Dance, Peacock Room, King Charles Court, Old Royal Naval College, Greenwich SE10 9JF**

Admission free, no ticket needed.

Contact: 020 8305 3883 | [e.green@trinitylaban.ac.uk](mailto:e.green@trinitylaban.ac.uk)



## More from Trinity Laban

Come along and join Trinity Laban in their world-class studios and develop your passion for moving! Their 50+ adult class focuses on contemporary dance movement and is designed to deepen your knowledge of the dancing body and explore new ways of moving and expressing yourself. Classes ensure a fun and supportive environment. Wednesdays at 6.45–8.15pm. For more information please call **020 8305 9400** or [www.trinitylaban.ac.uk/take-part/for-adults](http://www.trinitylaban.ac.uk/take-part/for-adults)



## Age UK London – your priorities

It's that time of the year again when Age UK London sends out their annual Your Priorities questionnaire to get feedback from older Londoners on campaigning priorities. This brief questionnaire has been constructed in order that Age UK London, may get a better idea of the issues that affect older Londoners. They want to make sure that campaign priorities are really based on older people's views.



The questionnaire can be accessed from the Age UK London website [www.ageuk.org.uk/london](http://www.ageuk.org.uk/london) or paper copies can be requested through the following contact details:

Ben Donovan – Research & Policy Officer  
Age UK London, 6<sup>th</sup> Floor, Tavis House, 1–6  
Tavistock Square, London, WC1H 9NA.

Tel: **020 7091 2592**

E: [bdonovan@ageuklondon.org.uk](mailto:bdonovan@ageuklondon.org.uk)

<https://www.surveymonkey.com/r/SLJNR7H>

## Deptford Working Histories

We are a volunteer run project which was started just over a year ago by a small group of long-term Deptford residents, the majority of whom are themselves over retirement age.

We are looking for volunteers to help us deliver community events about a range of Deptford histories particularly around its working river and wharves.

We want local, retired or semi-retired people who are skilled and experienced in computer and graphics skills (Mac and PC) or administration and secretarial skills able to give a few hours on a regular basis in Deptford. Contact us on **020 8692 8367** we are based at **Evelyn Community Centre, 1 Kingfisher Square, Deptford SE8 5TW.**

Although the **Positive Ageing Council** are fully committed to supporting as many people as possible to get online, we appreciate how frustrating it can be for people who are not online, when dealing with some issues. Remember we are here to help put you in touch with the right people if you need extra help.

Not online? If you want to find out more about learning basic digital skills, ask in your local library or call 07392 191 272 about basic digital skills training. And it's free!



Get 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](http://www.lewisham.gov.uk/pac) or email [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)

## News from Deptford Mission Day Centre

The Disabled People's Contact Day Centre at Deptford Mission has been successful in their bid with the New Cross Assembly in raising £2,000 to fund a 1-year music project called reducing isolation through musical celebration.

The project enables us to provide interactive and accessible musical instrument sessions with joy of sound, DJ disco, guitar sing-a-long and visits from Music in Hospitals.

The day centre aims to reduce isolation for the elderly and disabled. We provide transport, a three-course lunch and afternoon activities.

Speak to Erica Ross for enquiries (020 8692 5599). [www.disabledpeoplescontact.org.uk](http://www.disabledpeoplescontact.org.uk)



Members of the Deptford Mission Day Centre enjoying one of the many outings they attend with the group each year.

## Voluntary services Lewisham – group befriending

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

Pepys Resource Centre,  
Deptford Strand, SE8 3BA

Wednesdays  
1.30–3.30pm

Sandra McGregor  
on 020 8291 1747

Email: [befriending@vslonline.org.uk](mailto:befriending@vslonline.org.uk)



THE UNIVERSITY OF THE THIRD AGE

**U3A** – Are you looking for something different and inexpensive to do now you've given up full-time work?

Come and join us on 16 March to meet members of U3A South East London and hear a talk on the artist Edward Lear. It's just £1.50 including coffee or tea and a biscuit. You'll meet lots of friendly and like-minded people and find out how to join us. We have dozens of different groups and activities with something for everyone, whatever your interests.

Lewisham Methodist Church, Albion Way,  
Lewisham, 10.30am.

For more information, see our website:  
[www.u3asites.org.uk/london-se/home](http://www.u3asites.org.uk/london-se/home)

## Lewisham S.A.I.L. Connections

Lewisham S.A.I.L. Connections can help you access free expert support to maximise your income and access grants to keep your home warm this winter. We can also link you to a range of other support such as the Community Falls Service and help finding social groups.

Please contact Age UK Lewisham and Southwark on: 020 7358 4077.



## Activities at the Lewisham Irish Community Centre

### **Mondays:**

Lewisham Irish Community Centre hold a Monday drop-in. Light lunch of tea, sandwiches and fruit is provided every from 12noon–3pm.

Opportunity to participate in Zumba Gold from 12.20–1.15pm.

Bingo from 2–2.45pm. All are welcome. £1 donation towards costs.

Qi Gong classes provided by Wayne Harris Training for Life.

Monday from 11am–12noon. £5 per session.

### **Wednesdays:**

Every Wednesday – men only walking football, 10.30–11.30am. Free. Lewisham Irish Community Centre from 12noon–12.50pm. We have chair-seated yoga for the over 55's £2 donation towards costs.

### **Fridays:**

Every Friday Lewisham Irish Pensioners project provide a broad range of activities from bingo, exercise to dance, tea dances, day trips, holidays. All are welcome.

For further information on all activities please contact Kathleen Sheridan on **020 8695 6264**  
Lewisham Irish Community Centre, 2a Davenport Road, Catford SE6 2AZ.



### **St George's lunch club – everybody welcome!**

St George's lunch club meets once a month on Tuesdays. Our next dates are 6 February, 6 March, 10 April, 8 May, 5 June and 10 July. Lunch costs £1.50 and there are also raffle tickets to buy and sometimes we have a speaker.

#### **St George's Lunch Club happens at:**

St George's Church,  
Vancouver Road, Forest Hill SE23 2AG  
For more information or to book your place call **Luiza on: 020 8613 0295**

### **Evergreen Seniors - coffee mornings**

The last Friday of every month, this friendly group meets between 10.30 am and 1pm for a laugh, chat, a piece of cake, tea or coffee, exercise, dominoes, board games, and to enjoy listening to guest speakers. Come on down, all are welcome!

The coffee morning is held at the Tabernacle, Algernon Rd, SE13 7AT.  
For information contact **020 8691 1000**

### **Combating social isolation in Lewisham central – Linking Lives Lewisham Central befriending scheme**

**Who we are?** Linking Lives Lewisham Central is a befriending service mainly aimed at those over 60 who find themselves requiring some extra friendship and support due to loneliness and/or isolation. The service was set up using the model of a Berkshire charity which has been operating since 1998 called Link Visiting Scheme.

**What we do?** We match volunteers with older people who would like to see a friendly volunteer visitor on a regular basis for around one hour a week.

**Who can refer?** Our referrals come via different health and social care organisations such as Community Connections, GP's and family members. Currently we are accepting referrals for people living in the Lewisham central ward.

#### **Do you or someone you know need a visitor?**

If you know of someone who would benefit from having a regular visitor, or if you would like a visitor yourself, please contact Community Connections via [communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk) or call **020 8314 3244**.

Saturday the 3rd of March 2018

Time : 11am - 1.00pm

# Indian Block Printing Workshop

Bring along a T shirt and get an original Indian Block Print, printed on with over 50 wooden patterns to choose from .



**Location:**  
Deptford Lounge  
9 Giffin Street  
London SE8 4RJ

This event is Free !  
Children should be accompanied by an adult.

## Elder Peoples Support Project

The Elder Peoples Support Project runs weekly.

Tai Chi class on Mondays at Kings College Sports Pavilion at Stillness Road SE23, 1.30–2.30pm, . £3 for members, £4 for non-members.

The class is taught by the very experienced Shakila.

Why not come along and try something new

Beginners welcome.

**For more information Contact us**

Telephone: **020 8699 9009**

email: [epsps.info@ackroydcentre.org.uk](mailto:epsps.info@ackroydcentre.org.uk)

or simply drop into the Ackroyd Community Centre.



## Blackheath Flower Club

You are very welcome to join us at the Blackheath Flower Club.

We meet the third Friday of each month at 1.45pm for 2pm start at Mycenae House, Mycenae Rd., SE3 7SE. We aim to finish before 4pm.

We have a guest demonstrator who arranges 5/6 designs, which can be won in a raffle. £5.

There is a cafe in Mycenae House too. Visitors welcome.

**Our upcoming club dates are:**

Friday 16 February 2018

Friday 16 March 2018

Friday 20 April 2018

## Tea and Cake Mondays

for people living with dementia and their carers

at the  
Archibald Corbett Community Library,  
Arts and Heritage Centre

**Tea and cake Mondays**  
for people living with dementia and their carers

Every Monday, 11.15am–12:45pm

Archibald Corbett Community Library, Arts and Heritage Centre Torricon Road, Catford SE6 1RQ

Come along to our weekly group and enjoy a friendly chat over a cup of tea or coffee or you can join in our activities as well.

This is a lovely activity helping people living with Dementia to remain an active part of their communities.



## Voluntary Action Lewisham (VAL) has moved to New Cross!

In December VAL moved to New Cross. Our new address is First Floor, The Mulberry Centre, 15 Amersham Vale, New Cross SE14 6LE. The space includes a training room where we can deliver a more comprehensive training offer to members and local organisations, including hot-desking. Space to hire will be available from February 2018. If you are interested or have any questions look at our website: [www.valewisham.org.uk](http://www.valewisham.org.uk) email [sophie@valewisham.org.uk](mailto:sophie@valewisham.org.uk) or call **020 3778 0663**



## Want to volunteer? Come to VAL!

Following the closure of Volunteer Centre Lewisham, Voluntary Action Lewisham is now providing support for people interested in volunteering in Lewisham. Please complete our online volunteer form if you are interested in finding out volunteering opportunities in your areas of interest.

If you are an individual who wants to volunteer in Lewisham call the volunteering hotline on **020 3778 0664**.

## Advertise volunteering opportunities through VAL

Do you have any volunteering opportunities you need filling? If so, please and we will advertise it on our website, through our partner organisations as well as at our forthcoming volunteering advice sessions. Email [sophie@valewisham.org.uk](mailto:sophie@valewisham.org.uk) or call **020 3778 0664**.

## Lewisham Homes reports

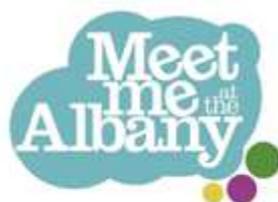
Leading arts and social club for the over 60s, Meet me at the Albany, has been visiting older residents living in Lewisham Homes' independent living schemes over the last five months.

The award-winning programme, from the Albany and Lewisham Homes, has seen artists work with the residents on a range of exciting creative activities, including visual, written, film and musical projects.



Poetry by the talented residents at Welland Court and Lewis Silkin House will be exhibited at the Old Town Hall in Catford from late February 2018.

For dates and times please call Lewisham Homes' Community Relations team on **0800 028 2028**.



## Find a trustee or volunteer:

All our skills-based volunteers and trustees have a minimum of three years professional experience.

You can post your opportunity on the Reach

Volunteering website and find the perfect volunteer or trustee for your organisation by uploading your job description [www.reachvolunteering.org.uk/im-an-organisation](http://www.reachvolunteering.org.uk/im-an-organisation).



## 'Pimping my ride' takes on a whole new meaning at a local care home

Residents at Leah Lodge in Blackheath have benefitted from a creative approach to help prevent falls and injury. The team members noticed that the people living at the care home sometimes found it difficult to remember their walking frame which led to inconsistent use and some avoidable tumbles. Each zimmer is adjusted to suit individual needs so it is important that people use the right one. The team suggested that if each walking frame looked a bit different it would help people recognise their own more easily.

This resulted in an initiative, pimp my zimmer, where team members have worked with each person to decorate their walking frame with items that reflect their interests, hobbies and personality. The fleet of zimmers at Leah Lodge is now suitably adorned, highly visible and residents can locate their own personal walking frame far more easily by their signature theme – a favourite football club, a passion for cars or a floral display of pink roses amongst many others!

Activities Co-ordinator, Herve Boscher, commented: "This project has been a lot of fun and our residents take real pride in their new pimped ride! But it has a serious and positive outcome as the number of falls amongst people who are using walking frames has dramatically reduced. And each zimmer is now like a mobile piece of art!"

**Leah Lodge** Care Home in Blessington Road is one of two residential care homes in Blackheath belonging to the Cinnamon Care Collection. Call Maggie at Leah Lodge on **020 8108 0075**, or Sue at Rectory Court on **020 3797 7613**



### **Silver Lunch Club**

Thursdays 11am–2pm at Goldsmiths Community Centre, Castillon Road, SE6 1QD. Come along for a tasty meal and good company. £4 per session. Contact Ageing Well in Lewisham on **020 8698 3735** or [info@ageingwellinlewisham.com](mailto:info@ageingwellinlewisham.com) for more

### **The Front Room Club**

Tuesdays and Fridays 9.30am–2pm at St. Luke's Church, Northover BR1 5JR. Twice weekly drop-in with refreshments, games, conversation and advice. See The Front Room Club's Facebook page for details or call **07774 516 204**

### **Easter intergenerational fun at Goldsmiths Community Centre**

On 10 April, starting at 10am, we're planning an Easter-themed intergenerational event at Goldsmiths with cookery workshops, storytelling and other activities, but with further details to be confirmed nearer the time. Call **07927 372 800** or email [sarawickertyog@gmail.com](mailto:sarawickertyog@gmail.com) for info in March.

### **Moonshot Community Centre, Fordham Park, New Cross**

Register now for new 50+ classes including: Soca exercise sessions, Smai Yoga, R&B line dancing, singing classes, craft making, Pilates and dominoes.

**Call 020 8691 6099** for more information.

The Lewisham Pensioners Forum will be holding our bi-monthly March Forum on Wednesday 21 March 2018.

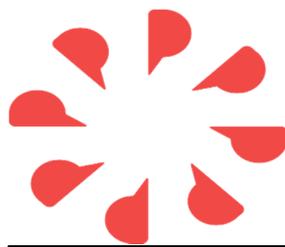
The theme of this meeting will focus on Lewisham's Development Plans around Catford, New Cross and Convoys Wharf. We also hope to hear from members of the POSAC Age Friendly Working Group on some of their recent Age Friendly focus groups

The Lewisham Pensioners Forum are also holding their Membership Day on the 5 April 2018. The Forum provide a means for individuals and groups to influence local and national government where decisions may impact on the everyday life of all pensioners.

We also have a role disseminating information with bi-monthly meetings on topical issues and a regular newsletter to all members, as well as forum specials such as our newly established financial fair events, with expert advice on hand, or the screening of Sell Off and Charity Trusteeship seminars.

There is the fun side of things too, with a range of outings and events open to forum members – anything from guided tours of heritage houses, cinema outings, riverside walks or behind the scenes at a brewery!

**Membership is £10 per year**



# Lewisham Pensioners Forum

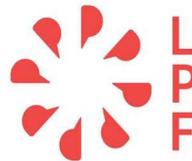
## “Membership Day!”

**Thursday 5 April 10 to 4**

**in St Mauritius House,**

**Lewisham Park, SE13 6QX**

*(easy access from all buses between Lewisham and Catford—alight at the “Lewisham Park” bus stop and it is about 100 yards up Lewisham Park on the left)*



**Tea, Coffee, Cakes and your Questions Answered**

**—do please call by.**

**All welcome!**



**Existing Members ready to renew and Non-Members wanting to find out more about the Forum.**

020 8690 7869 [www.lpforum.org](http://www.lpforum.org)

Registered Charity No. 1158175

### Age Friendly Lewisham (AFL)

Members of the POSAC steering group and other interested members of the community, have been working on creating an Age Friendly Lewisham community. Currently we are working on a project with Greenwich University to hold focus groups around the 8 World Health Organisation (WHO) themes that make up an Age Friendly community. Members of the steering Group, all volunteers aged 60 and over, have been trained as participant researchers and are creating and running the focus groups themselves. So far we have held two pilots in Catford, and two focus group sessions at the Diamond Club and Deptford Mission, with lots more still to come.

We would like to take this opportunity to thank all the groups who are involved and all the older people who are taking part in helping us understand their needs and hopes for an Age Friendly community right here in Lewisham. Watch this space for more AFL information.



## Events and sessions at Carers Lewisham

### Cancer awareness talk

Lyndy Wesley, a senior cancer awareness nurse at Cancer Research UK, will be leading a workshop which aims to raise awareness of how people can reduce their risk of cancer and spot signs and symptoms at an early stage. The workshop will also provide support to help people make changes to their lifestyle.

**No need to book, just turn up on the day.**

#### Event dates:

- 7 February 2018, 2–4pm at the Rushey Green GP, Hawstead Rd. SE6 4JH
- 13 February 2018, 10.30am–12.30pm at Waldram Place, Forest Hill SE23 2LB.

### Eat well and get active

These workshops will be based on exploring the benefits of healthy eating and physical activity for adults and older adults. They will involve talks, discussion, games and easy exercises. **No need to book, just turn up on the day.**

#### Event dates:

- 27 February, 10.30am–12.30pm, Carers Lewisham, Waldram Place, Forest Hill SE23 2LB
- 21 March, 2–4pm, Rushey Green GP, Hawstead Rd. SE6 4JH
- 17 April, 1–3pm, Waldron Health Centre, Stanley St. SE8 4BG

### Creative voices: spoken word

Eight weeks training with a professional artist discovering the power and benefit of creativity. Join this workshop to learn how to express yourself through spoken word.

**Booking is required.**

The training will take place at Carers Lewisham (Forest Hill), 1–4pm on the following Fridays:

- 16 and 23 February 2018
- 2, 9, 16 and 23 March 2018
- 6 and 13 April 2018

### Mindfulness for carers

The project aims to provide unpaid carers in the borough with five mindfulness workshops to provoke positive behaviour change, take control of stress management, and improve mental well-being.

Sessions will run from March to July 2018 on the 3<sup>rd</sup> Wednesday of the month, 12noon–2pm, Goldsmith Community Centre. **To book please contact Carers Lewisham at 020 8699 8686.**

### Dementia training

Bromley & Lewisham MindCare in conjunction with Carers Lewisham is offering family carers and friends of people living with a dementia the opportunity to attend a series of three workshops to enhance their knowledge of dementia and to find out about the help and support available in the community. Sessions take place on the following dates:

- 7 March: Understanding Dementia
- 14 March: Experiencing Dementia
- 21 March: Understanding emotional needs in Dementia Care

Wednesday, 6.30–9.30pm

**Venue:** Carers Lewisham, Forest Hill SE23 2LB

**To book your place contact MindCare at 020 3328 0360 or email [training@mindcare.org.uk](mailto:training@mindcare.org.uk)**

### Contact carers Lewisham on:

**020 8699 8686** or email

[luisa@carerslewisham.org.uk](mailto:luisa@carerslewisham.org.uk)

[www.carerslewisham.org.uk](http://www.carerslewisham.org.uk)

**60 Up Schedule for February. E: [info@60up.org.uk](mailto:info@60up.org.uk) t: 020 3667 3704**

Tuesday 13 <sup>th</sup> 12.30pm to 2.30pm	<b>Tuesday Troopers: New Group</b> Meet & Greet Light refreshments, Music	£2	Orchard Gardens Community Centre
Thursday 15 <sup>th</sup> 11am to 2pm	<b>HOCA Over 55s group</b> Self Management for Life with Self Management UK 5 <sup>th</sup> of a 6 weeks course covering ways to manage long term health conditions	£1	Honor Oak Community Centre
Friday 16 <sup>th</sup> 11am to 12 noon	<b>Fab Friday</b> Yoga For Wellness: Seated Yoga class To help with mobility & focus	£4	The Green Man The Barn
Monday 19 <sup>th</sup> 10.45am to 11.45am 12pm to 1pm	<b>Exercise For Older Adults</b> Seated Exercise with Jennifer Seated Exercise with Shakila	£3/£4	The Green Man The Barn
Tuesday 20 <sup>th</sup> 12.30pm to 2.30pm	<b>Tuesday Troopers</b> Tea & Chat Getting to know each other	£2	Orchard Gardens Community Centre
Thursday 22 <sup>nd</sup> 11am to 2pm	<b>HOCA Over 55s group</b> Self Management for Life with Self Management UK 6 <sup>th</sup> of a 6 weeks course covering ways to manage long term health conditions	£1	Honor Oak Community Centre
Monday 26 <sup>th</sup> 10.45am to 11.45am 12pm to 1pm	<b>Exercise For Older Adults</b> Seated Exercise with Jennifer Seated Exercise with Shakila	£3/£4	The Green Man
Tuesday 27 <sup>th</sup>	<b>Tuesday Troopers</b> Tea & Chat Prize Bingo – 50p for 4 page book	£2	Orchard Gardens Community Centre

**Catbytes Techy Tea Parties**

A fun, easy going way to learn computer and internet skills such as emailing, Facebook, WhatsApp, or whatever you are interested in. Tea, coffee and biscuits are provided.

**St Mauritius House**

Every Monday  
1–3pm  
65–67 Lewisham Park  
Lewisham, SE13 6QX  
**Cost £1**

**Ewart Community Hall**

Every Tuesday  
1–3pm  
44 Wastdale Road  
Forest Hill SE23 1HN  
**Cost £1**  
122 and 185 buses



Are you an entertainer? Hither Green Community Assoc. are looking for a genial event host. Any retired local comic, or people who are good with a line of patter can get in touch! E: [info@ourhithergreen.com](mailto:info@ourhithergreen.com)

**Update your digital skills on a course at Adult Learning Lewisham**

Whether you are completely new to computing or would like to improve your skills, Adult Learning Lewisham run a variety of courses to help you get online. With the help and support of a qualified tutor you will grow in confidence so you can get the most out of your computer or digital device.

**ICT – internet and email 10-week course**

Granville Park Centre, 100 Granville Park, Lewisham SE13 7DU  
Starts Friday 20 April, 1–3pm  
Cost £100 (full), £50 (concession rate if over-65 or claiming JSA or ESA)

**Basic IT – how to use a computer 10-week course** – Brockley Rise Centre, Forest Hill SE23 1PR

Starts Thursday 19 April 1–3pm  
Cost £100 (full), £50 (concession rate if over-65 or claiming JSA or ESA)  
For more information visit any main centre or call us on: **020 8314 3300** or visit [www.lewisham.gov.uk/adultlearning](http://www.lewisham.gov.uk/adultlearning) to enrol online.



## Lewisham Digital Zones

Many of the Lewisham services are now online and there are a number of support services including IT training and Digital Zones.

### The Digital Zone is to assist customers to:

- get on-line including setting up new email address and registering for a Lewisham account
- use the online systems
- understand the online process
- find other routes to Lewisham services for those unable to use the online route
- apply for concessionary awards (Blue Badge/Freedom pass) – customers may be asked to come back if it is busy or their current badge/pass is valid for more than 4 weeks.
- use their own smartphones and tablets to photograph and upload evidence
- scan documents (all libraries do this outside of DZ times).

### Digital Zone staff and volunteers are unable to:

- take in documents
- advise customers about their housing benefit status
- help set-up online banking
- provide facilities to scan large volumes of evidence to support new or existing claims
- complete benefit forms in their entirety.

### Current Digital Zones

#### Catford Library (walk-in service) –

Tuesday and Thursday 2–4pm, Wednesday 10am–12.30pm

**Torrison Road Library** Monday 10am–12noon, by appointment ring **020 8378 5358**

**Sydenham Library** – by appointment ring **020 8778 1753**.

**Leemore Centre (Citizens Advice)** hosts drop-in sessions Tel: **020 8314 7858** for details.

All libraries offer free IT training and most will support residents with online tasks subject to available staff and volunteers. If you have IT skills and would like to support others as a Digital Champion, please contact Liam Barnes [liam.barnes@lewisham.gov.uk](mailto:liam.barnes@lewisham.gov.uk) **020 8314 3783**.



JOY – Men's Shed project, held at Somerville Youth Play and Provision, Queens Road, SE14 5JN, on Wednesday mornings. We have constructed a workshop which is open to any men who would like to put their practical skills to use and make new friends – so come and make, tinker, fix or whittle! No experience necessary, **Call us on: 07505 113 343** Email: [maureeng357@btinternet.com](mailto:maureeng357@btinternet.com).

## Get your group walking!

Do you want to get your group active? Lewisham Healthy Walks holds walk leader trainings for people who want to lead walks in the local community. This can be as a volunteer for the walks scheme or for local groups to organise walks for their members.

Jenny Budd, the scheme co-ordinator, says: 'If you have targets around getting people more active, walking is a simple way to do this. It is great for reducing isolation and for mental wellbeing. It is free and needs no special equipment. The training will give you the skills and knowledge to lead safe and enjoyable walks in the local area.' After the training you'll get lots of support and guidance to set up walks for your group.

The next training will be over two Tuesday mornings, 20 and 27 February at The Mulberry Centre, New Cross. To find out more or to book a place contact [Jenny@gcda.org.uk](mailto:Jenny@gcda.org.uk) or phone **020 8269 4890**.

Lewisham Healthy walks is part of the Be Inspired Lewisham programme that is funded by Lewisham Council to deliver healthy eating and physical activity initiatives in the Borough.



## Chair Based Exercises.

**£2 per session.** Wednesdays 12:00-1:00pm at The Lewisham Irish Centre, 2a Davenport Rd, Lewisham, SE6 2AZ - Everybody welcome!

These classes teach you physical poses to develop balance, flexibility, stability and strength while the mindfulness breathing will promote calm and clarity. Class will leave you feeling relaxed, energised and grounded!

Drop in for more info please call: **07404 891 872** or email: [maryschnorrenberg@hotmail.com](mailto:maryschnorrenberg@hotmail.com)

## Diamond Club – seated Yoga

All over 60's welcome to build their physical and mental strength, stability and flexibility with our new seated Yoga programme

**Thursdays 2–3.30pm**

Qualified trainer, no experience necessary

Cost £1.50 per session, includes tea

**Hartley Hall, Culverley Road, SE6 2LD**

(access also via Sangley Road) *We regret there is no parking at Hartley Hall*

Enquiries: Lesley Allen **07729 785 843** or [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)



*Dementia Friendly*



## Build up your strength and balance – advice from Jess Kuehne, The Centre for Ageing Better

Many people believe that becoming frailer, less independent and less able to do daily tasks is an inevitable part of ageing. But disability and frailty can be delayed or prevented. We recommend the following steps for stronger muscles and better balance:

- carrying heavy shopping
- taking up tai chi, dancing or golf
- heavy gardening such as digging or shoveling
- yoga



Even just a little bit of physical activity – say a brisk ten minute walk every day - can have great benefits, lifting your mood and helping towards lowering your risk of a fall or serious illnesses.



## 60+ Activities at Fusion Leisure Centres

- 60+ swimming lessons at Glass Mill Leisure Centre 8.30am, lessons costs £2.65 per visit. This isn't a course so people are able to drop in and out when is convenient for them.
- 60+ mornings at Glass Mill Leisure Centre and The Bridge Leisure Centre, across the centres we offer a range of activities from swimming lessons to badminton. As well as social morning at Glass Mill.
- Free swimming and free gym available to all Lewisham resident's aged 60+, to access this they need to turn up to their nearest leisure centre with proof of address and something with their DOB that proves they are over 60.
- Across the borough all centres offer classes aimed at the over 60's ranging from seated classes to Zumba Gold. All these and any of our other aerobics classes are available at a discounted rate for the over 60's.

In partnership with those who use our 60+ mornings we are looking at offering tours and a buddying system to new or first time users who might be nervous/apprehensive about using the leisure centres. If there is anyone that would know of people who would benefit from these tours/buddying then we can sort this out (but would naturally need to know in advance) Please call us on **0303 303 0111** to arrange.



### Ladywell Bowling Club – join us for the new outdoor season

Ladywell Bowling Club is situated in Ladywell Fields Park near the Bournville road entrance.

We reopen for the 2018 season on 21 April at 1.30pm

### New members are very welcome.

We offer free tuition to beginners on Mondays and Thursdays from 1.30–4pm.

Do come along.

For further information contact Marion on **020 8857 1836**.



Fusion Leisure has just started running more 60 plus swimming lessons at Glass Mill Leisure Centre. They will run for a limited period between February and Easter.

The lessons will take place at 11–12noon on Tuesdays.

The lessons are open to all abilities, the only condition is you have to be 60 years and over. You can book in advance or just drop in as they are not a course.

£2.65 per person.

For more information about the sessions call **0303 303 0111**

**Glass Mill Leisure Centre**

41 Loampit Vale, Lewisham SE13 7RZ



**GlassMill**  
LEISURE CENTRE



**fusion**

## Downham Healthy Lifestyle Centre – Community Fit Bus

In early 2018 the 1life Community Fit bus will be out and about in Downham, Whitefoot, Catford South and Grove Park to transport older isolated people from an identified hub close to them, to an exercise session in one of the wards! We would like to encourage organisations to get in touch to become a referrer for this and would also encourage families and friends to refer older people. Additionally, older people can refer themselves! The transport is free but some of the sessions have a cost element. Let's drive out social isolation and get more older people moving together! For more information please contact [HPADownham@1life.co.uk](mailto:HPADownham@1life.co.uk)

Emma Greenslade **Tel: 020 8461 9200**



## Patient Partnership Group (PPG) at South Lewisham Group Practice

50 Conisborough Crescent, Catford SE6 2SP. Tel: **020 3049 2580**

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

### Don't miss out on this free opportunity to promote your activities and groups

Health and wellbeing groups and organisations are invited to share our large waiting area during opening hours to promote their specialist services or project, provide free information, advice or use as an outreach venue.

For stallholders booked, check: [www.lewisham.gov.uk/whatson](http://www.lewisham.gov.uk/whatson) or [www.lovecatford.co.uk](http://www.lovecatford.co.uk)

To book a stall or for more details contact Alexandra Camies PPG Chair on: **07885 459 175**.

Email: [southlewishamppg@gmail.com](mailto:southlewishamppg@gmail.com) or Dawn Lait, Practice Manager on **020 3049 2580**, email: [dawnlait@nhs.net](mailto:dawnlait@nhs.net)

## The Lewisham Fall Service

As you may remember from our last newsletter Lewisham now had its very own falls service!

Falls and fractures are a serious and common health problem, especially for older people.

It is common for older people to fall. But falling over and becoming more unsteady are not a normal part of getting older. You don't have to just accept it – many falls can be prevented. With the right assessment and treatment many falls and the fear of falling can be managed and prevented. Many falls can be prevented with exercise, activity, home assessments and advice – talk to us! Call the falls helpline on **020 8613 9206** or look at the website: [www.lewisham.gov.uk/falls](http://www.lewisham.gov.uk/falls)



Lewisham and Greenwich  
NHS Trust



Lewisham Community Falls Service

## Are you worried about falling?

Have you noticed your walking is slowing down and you are finding it harder to do everyday tasks?

Becoming more unsteady and falling over are not a normal part of getting older.

### You are not on your own.

Many falls can be prevented by completing exercise and movements to improve your strength and balance, making changes around your home and following professional advice and support.



If you are concerned or would like some advice please call the **Lewisham Falls Helpline** on **020 8613 9206** and speak to our expert team. Open Monday – Friday, 9.00am – 4.00pm.

“Stay active, prevent falls”

[www.lewishamandgreenwich.nhs.uk](http://www.lewishamandgreenwich.nhs.uk)

## Emergency alarm system – helping you live independently

Linkline is a phone-based alarm system available to anyone who feels at risk in their own home because of age, disability, isolation, illness or vulnerability.

### How it works

- A telecare unit is installed in your home. This is an alarm system that plugs into your phone.
- You receive a personal alarm that you can wear around your neck or wrist. The alarm is connected to the telecare unit and will work anywhere in your home or garden.
- In an emergency, you call for help by pressing the button on the personal alarm or on the telecare unit - alerting the Linkline response team.
- A member of staff will talk to you and call for assistance to help you.



### The two types of emergency response

- Full visiting service – your keys are held and you will receive a visit you in your home if you call and need help.
- Telephone-only response – if you call and need help, a nominated relative or friend will be phoned to assist you. (They must live within 20 minutes of you.)

Find out more or sign up for the service via [www.lewisham.gov.uk/linkline](http://www.lewisham.gov.uk/linkline) or call **020 8314 3141**.

## Lewisham Independent Health Complaints Advocacy Service

Do you have a complaint about an NHS service?

If you feel you have not had the treatment you expected from the NHS and want to complain, the law says you have the right to have the support of an advocate.

Healthwatch Lewisham provides the Lewisham Independent Health Complaints Advocacy Service. Our service is free, independent of the NHS and confidential.

If you need support to make a complaint please contact our Advocacy Service on **020 8315 1916** or visit our website <https://www.healthwatchlewisham.co.uk/complaints-advocacy>

### Healthwatch Case Study:



“Ms X has many complex medical issues and receives care at a number of hospitals including King’s. There had been issues between Ms X and the PALS office in 2009 which lead to them restricting her access to them by a third party only. The hospital reminded her of the restriction once again in 2016 when she tried to contact them. Ms X felt that after seven years the hospital should review the situation but felt she was in a difficult situation and needed advocacy support.

Our advocacy service, in close contact with the client, wrote to the Trust on her behalf requesting a review and offering to meet to discuss the situation. Initially the Trust said it would only allow limited access via email. Following further discussions with Ms X and drafting of replies, the advocate/client challenged the email-only contact as being unreasonable and counter to the purpose of PALS. A further response from the Trust was received lifting the restrictions altogether and so giving Ms X the same access to PALS as other King’s patients.”

## What you told us about social care in Lewisham

Healthwatch Lewisham embarked on a project across the London Borough of Lewisham looking into the social care needs and experiences of the population. Our work focused on accessibility issues, social care assessments, care package provision and quality of care.

We found that communication with social services and access to support was a concern. Lewisham residents shared experiences of having to wait on the phone for long periods when contacting social care services. Care workers in the borough were valued and appreciated. However, the quality of provision is inconsistent and, in some instances, requires improvement.

For the full report, please visit our website.

We have also released a summary report which can be accessed :

[www.healthwatchlewisham.co.uk/what-we-do/our-reports](http://www.healthwatchlewisham.co.uk/what-we-do/our-reports)



## Diabetes Peer Support Groups

Do you have diabetes and want support within your community? We have set up a diabetes peer support group in each local neighbourhood, in the London Borough of Lewisham.

Come along and talk with others who may be experiencing the same issues as you. Our groups look to provide support and offer advice around exercise, nutrition, motivation and mental wellbeing.

For general information, please contact Stephanie Wood on **020 8315 1906** or email [stephanie@healthwatchbromley.co.uk](mailto:stephanie@healthwatchbromley.co.uk)

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

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

### How do I get an NHS Health Check?

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

You can get your free health check from one of the NHS Health Check pharmacies or your GP surgery. There's more information and a list of all the pharmacies on the Lewisham Council website:

[www.lewisham.gov.uk/healthchecks](http://www.lewisham.gov.uk/healthchecks). Or just call into your GP practice and ask for details.

### Why should I get checked?

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

### What lifestyle changes can I make?

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



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

# 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

Come along to our next meeting to discuss how we can better manage waste and recycling in Lewisham.

Thursday 15 March 2018, 11am

Civic Suite, Lewisham Town Hall,  
Catford SE6 4RU

**Find out more**

Tel: 020 8314 6314

Email: [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)

[www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac)

