



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

**August - October 2017 Newsletter**

**Date for your diary**

The next Positive Ageing Council public meeting is

**14 September 2017,**

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 June Positive Ageing Council meeting.

**Our next meeting** on Thursday 14 September 2017 at 11am in Civic Suite, Catford will be dedicated to hearing **your priorities** so we can plan our work over the next couple of years to improve services for older people in Lewisham. We will also be looking at pavement safety and issues that can lead to falls. We will welcome the Falls Prevention Team and officers from the Council who work on these issues to hear our thoughts and take our questions.

## **The Positive Ageing Council (POSAC) Small Fund 2017**

POSAC has a very small amount of money to help groups, clubs and organisations provide opportunities for older people in Lewisham. In order to spread it as widely as we can, we put a **£500 limit** on applications. Over the years we have had some fantastic bids for this amount, ranging from providing a dementia clock, tablet computers, tea urns and exercise sessions.

Our fund is open for applications from **Wednesday 6 September 2017** and the closing date is **Sunday 15 October**. Application forms are available online from 6 September online at [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac). They are also available via the post by contacting Lucy, whose details are in this newsletter. We appreciate it if you can use the computer to complete and submit your applications, but we understand if you can't.

This fund is not open to individuals so please do let your groups and clubs know about the opportunity. If your group feels £500 may not be quite enough to develop a project, please read on for further local funding opportunities through the Local Assembly programme.

## **Would you be ready to join the Positive Ageing Council Steering Group?**

This winter, the Positive Ageing Council are holding the biennial elections for their chair, vice chair and steering group members. If you are interested in becoming a member of the steering group please get in touch for a nomination form and more information about the terms of reference and the expectations of steering group members. Steering group members are expected to be digitally engaged and support is available if needed.

We will ask you on the form what you think you can bring to the steering group, what skills you have that can help us develop further and why you want to join us.

**Nomination forms must be returned to us via email by Tuesday 31 October 2017**



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)

We are excited to tell you about a very special event the Positive Ageing Council are helping to put on for older people in Lewisham this September in partnership with the Lewisham Young Mayor Team, Go ON Lewisham, the Wellcome Institute and Queen Mary University of London...

**Welcome to Tammy Town** on Monday 11 September, 11am–1pm.

Remember this is an **extra** event and does not replace our usual public meeting on 14 September. We hope you can come along to both!

### You're invited to Tammy Town!

"Well hey there! I'm Tammy WhyNot, former country western singer turned performance artist, turned YouTube sensation for the older generation. Recently, I've been getting myself acquainted with the wonderful people at Lewisham Council and I think they're real Age Friendly! We've had some mighty good conversations about Age-Friendly Towns, and what Lewisham's got going for us older folk, but we want to get *you* in on these conversations too. So we've been fixing to host a new event together, and we're callin' it TAMMY TOWN!

"So now you might be askin' yourself, well what's Tammy Town? Tammy Town is a space where we can get together and talk about Lewisham, about what it's got going on and what we wish it had going on. I really like Lewisham in particular because they've got some big goals that I think are pretty swell. Here they are as I understand them.

1. To make sure all aspects of community life remain available to us older people
2. To promote all our views and preferences
3. To coordinate all the things that Lewisham might provide for older people already
4. To help us to live the life we choose within the community

"Well now I've got some big questions for you that I think could help Lewisham make those goals real life, like what kind of town do you want to live in? What would your fantasy town look like? How could we make that happen? How can we still reach our potential as we get a little older? I think we should think real hard about those questions, and about the eight things that I heard the World Health Organization determined are important to reaching those fine goals: outdoor spaces and buildings, transport, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community and health services.

**"So I am going to get lots of my friends together, old and young and everyone in between, for some brunch, entertainment, discussion, maybe a song or two and *definitely* some cake. We'll play a few games, have lots of good conversation, talk a little about the online Tammy Town, and have a darn good time. All you gotta do is bring your big dreams, your hard questions, and your spunky spirit!"**

Come on down and join us on Monday 11 September at the Civic Centre, Catford, 11am–1pm.



**Lewisham**

**wellcome  
collection**



**Queen Mary  
University of London**

## What happened at the last Positive Ageing Council Meeting in June?

We were delighted to welcome colleagues from Transport for London to our meeting in June. Thank you **George Marcar**, Driver Communications Manager for Transport for London Buses and representative of 'Hello London Driver training', **Malcolm Chritchard** from Stagecoach Driver Instruction, and **Yvette Singh**, bus driver/operator based at Catford Bus Garage.



The meeting was excellently attended with over 90 people coming along to ask their questions to our speakers. It was fantastic to have such a broad range of bus representatives so that members' questions were answered in detail, by the right speaker.

One of the important outcomes is that TfL have agreed to amend their driver manual and training programmes to include the information they received at our meeting and from outreach in Lewisham through working with the Lewisham Dementia Action Alliance.

To help them do this we posed questions to our members as part of the famed 'Round Table Conversations' where POSAC members' views can be taken forward to help make changes to services. Some of the issues raised included drivers missing bus stops, which causes people to walk too far; jerky driving; not asking passengers to vacate priority seats; and, when buses are queuing at a stop, not giving extra time for people with mobility issues to walk to the bus.

Things people felt would improve their experience were **shelter**, **seating** and **electronic count downs** at bus stops. Some members mentioned frustrations over the distance between bus stops, the placement of some bus stops and too many buses coming to one stop at one time. Some members felt that school children were a problem on buses but others countered that children *have* to travel at those times, whilst older people could possibly travel outside those times to reduce their frustration and understand children need to use the buses just as much as they do.



TfL asked our members, '**If you could ask a bus driver to do only three things that really make things easier for you – what would these be?**' The top three responses given by our members were:

- **Wait for people to be seated before pulling away.**
- **Pull up closely to the kerb.**
- **Give passengers enough time to get off before closing the doors.**

Many other suggestions were made, which have all been passed on to TfL for their driver instruction and training. As we are the *Positive Ageing Council*, we also wanted to find out how we as customers could help drivers. We are all human and the job can be very difficult, and sometimes we can help make this a little better. Responses from our members included saying hello to drivers, thanking them and smiling, having our freedom passes ready when we get on, moving down the bus, pressing the bell in plenty of time, using correct complaints procedures if needed, and, if a driver drives well, telling them or calling the garage. Finally many members wanted to stress that they felt very lucky to have their freedom passes.

**Thank you again to all our speakers and members who attended the meeting.**

We were delighted to welcome the Concessionary Awards Team Leader from Lewisham Council to talk through the Blue Badge scheme with us and explain more about eligibility and how to complete the form. The following is to help those who may be entitled to apply for a badge.

## What is a Blue Badge?

The Blue Badge scheme helps those with severe mobility problems who have difficulty using public transport to park close to where they need to go.

The scheme is open to eligible disabled people irrespective of whether they are travelling as a driver or passenger. It allows the Blue Badge holder to park without charge or time limit in otherwise restricted on-street parking areas and allows them to park on yellow lines for up to three hours, unless a loading ban is in place.



## Who can get a Blue Badge?

### 1. Automatic eligibility

Adults and children over the age of two are automatically eligible for a badge if they:

- get the higher rate of the mobility component of Disabled Living Allowance (DLA)
- get Personal Independence Payment (PIP) and score 8 points or more in the 'moving around' section; or
- are registered as blind; or
- get war pensioner's mobility supplement (WPMS); or
- received a lump sum payment as part of the Armed Forces Compensation scheme (tariffs 1 to 8), and have been certified as having a permanent and substantial disability

### 2. If you're not automatically eligible

You might still be able to get a badge, but you'll have to fill in an extra part of the application to show why you need one. You should do this if:

- you can't use your arms; or
- you have problems walking that are permanent, or that your doctor says are likely to last at least a year.

These cases are determined at a mobility assessment. Additionally, if you have a child under the age of three with a health condition, you may be eligible for a badge if they fall within either or both of the following descriptions:

- They must always be accompanied by bulky medical equipment which cannot be carried around without great difficulty.
- They must always be kept near a motor vehicle so if necessary treatment can be given in the vehicle, or the child can be taken quickly to a place where treatment can be given.

**Continued...**



### You cannot get a Blue Badge if:

- you are partially sighted
- you get attendance allowance
- because of your age
- you get the low rate of Disabled Living Allowance
- you get 8 points of Personal Independence Payment but the points are made up of other components.

### How to apply for a Blue Badge:

You have to apply online at: [www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge). You should submit supporting evidence at: [www.lewisham.gov.uk/catinformation](http://www.lewisham.gov.uk/catinformation).

- You do not need a computer or scanner to apply online.
- Applications can be made using a computer, smart phone or tablet. If you do not have any of these devices, please ask family or friends to assist you.
- Library card holders can use the computers in their local library but this is an unsupported service.
- If you have no IT skills and there is no one to assist you then you can get assistance from the Leemore Centre in Lewisham. Staff there can help you apply online.

### To apply for a Blue Badge you must submit the following supporting evidence:

- proof of identity
- proof of address
- a passport-quality photograph
- proof of entitlement (DL, PIP or CVI form)
- current medical evidence if available
- the £10 administration fee payable by card only.

All evidence can be photographed, it doesn't need to be scanned.

**The Positive Ageing Council** is fully committed to supporting as many people as possible to get online, however we appreciate how frustrating it can be for people who are not online, when dealing with some of these issues.

Remember we are here to help put you in touch with the right people if you need extra help.

### Why are paper application forms no longer accepted?

Forms were getting lost in the post due to:

- incorrect postage
- incorrect address.

There is a £10 administration fee payable by debit or credit card:

- this payment cannot be added to paper forms
- cheques, postal orders or cash are not accepted.

The forms were hard to read and not completed properly:

- the handwriting was often difficult to read
- sections of the form were left blank.

**Continued...**

### **The benefits to the Blue Badge online process:**

- Applications are processed more quickly.
- The forms are easily read and completed properly.
- They don't go missing.
- No postage required.
- No need to get a photo taken at a photo booth (save £5).
- Secure payment method.
- Guaranteed that the badge will be securely sent to the Council via courier.

### **Useful links:**

Visit the Lewisham Council website and search for Blue Badge at [www.lewisham.gov.uk](http://www.lewisham.gov.uk).

Apply, renew or report a badge as lost or stolen at [www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge).

For assistance completing the application form you can contact the Leemore Centre:\

Bonfield Road

Lewisham

SE13 5EU.

Tel: 0800 231 5453

Lewisham libraries, including community libraries, are also able to help you with these forms.

**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. It's FREE!**

### **Important Blue Badge information:**

- If you apply under the 'subject to further assessment criteria', you will be required to attend a mobility assessment with an independent occupational therapist. If you don't attend this assessment a decision can't be made.
- Badges can last a maximum of three years.
- When your badge expires you need to submit a renewal form.
- You must collect your badge in person from Laurence House in Catford.
- Badges can only be used by the badge holder.
- Badges must not be used by people running errands on behalf of the badge holder.
- The badge should stay with the badge holder when not in use.
- Misuse will lead to prosecutions and a fine.

A number of questions were asked at the meeting about: how misuse of badges is being enforced and tackled; how to be assessed by an independent occupational therapist rather than paying out for GP letters; how people with mobility issues can get additional help when collecting their badge, although Laurence House is fully accessible and staff are on hand to help people with mobility issues.

We were delighted the Concessionary Awards Team came along and talked to our members about the Blue Badge parking scheme and how people can access it. We hope the information in this newsletter helps you understand the application process and the eligibility criteria.

That's not all! At our packed meeting in June we also heard from Stephen from **Voluntary Services Lewisham (VSL)** about their voluntary driver scheme.

### **Voluntary driver scheme**

VSL supports Lewisham residents who are unable to use public transport on their own to remain independent and live healthier more active lives. The service is delivered by volunteer drivers using their own vehicles to drive older and vulnerable people to the shops, social clubs, medical appointments or to visit friends. **If you find public transport difficult to use this is the scheme for you!**



### **How to access the service:**

The voluntary driving scheme is available to all residents of the Lewisham borough at a charge of £5.50 for a return journey. Requests for support can be made by the individual, friends, family or neighbours as well as:

- Social services and other statutory agencies
- Health service professionals
- Faith groups and church representatives
- Citizens Advice Bureau (CAB)
- Other advice organisations



### **VSL is always looking for volunteers to join their busy team!**

If you are interested in volunteering this could be the perfect choice for you. Volunteers get their petrol costs and expenses met and VSL want to hear from volunteers of all ages to be a part of the friendly team. Being a voluntary driver is a great way to meet new people, see new places and really make a difference.

If you are interested in volunteering or becoming a user of the scheme please contact Stephen on **020 8291 1747** or email [stephen@vslonline.org.uk](mailto:stephen@vslonline.org.uk).

### **Positive Ageing Council Steering Group member Val thought you might be interested in the following information about the FixMyStreet website.**

"Frustrated about the state of your street? Abandoned cars, graffiti, bushes growing over the pavement? Dangerously uneven pavements, dog poo? You can help to get something done by reporting it to [www.fixmystreet.com](http://www.fixmystreet.com) who will contact the right department at the Council. Go to your library with details of the exact location and problem if you need help emailing."



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)



## Join Memory Walk and unite against dementia

Dementia is set to be the 21<sup>st</sup> century's biggest killer, with someone developing it every three minutes. Alzheimer's Society is calling on families, friends, colleagues and furry four-legged friends to unite against dementia this autumn. Walk with us at Memory Walk and dementia won't win.

This year, Memory Walk aims to raise £9million nationally and bring together more than 110,000 walkers of all ages. There are 34 walks across England, Wales and Northern Ireland taking place during September and October, including three brand new night-time events.

In London, there will be a daytime walk on Sunday 10 September on the central field at HAC Grounds in EC1Y at 11am. And for the first time there will be a London night walk on Saturday 14 October at the Queen Elizabeth Olympic Park at 8pm.

Dementia devastates lives. Every pound raised by Memory Walk will help Alzheimer's Society provide information and support, improve care, fund research and create lasting change for people affected by dementia.

## Thousands have signed up already – will you join them?

You can also support by volunteering to ensure the smooth running of the event or even organising one of your own. Alzheimer's Society is urgently calling on people to unite against dementia – register now at [memorywalk.org.uk](http://memorywalk.org.uk) to find a walk near you or to find out more about volunteering. Contact telephone number for Memory Walk is: **0300 330 5452**

## Dementia Awareness Week – Lewisham Council staff become Dementia Friends

Around Dementia Awareness Week the Council succeeded in creating 100 new Dementia Friends.

They ran sessions every day thanks to the help of our fantastic local Dementia Friends Champions – Lesley Allen, Peter Todd, Barbara Grey, Judy Harrington and Jenny Owens. Council staff from across the organisation attended, including Customer Services, Communications and Adult Social Care. The sessions were a huge success with almost everybody learning something new and feeling it will help them in their role to identify ways to be more dementia friendly.



The **Positive Ageing Council** is holding a Dementia Friends session for their Steering Group members in the summer. Look out for pictures in the next newsletter. Thanks so much to the **Lewisham Dementia Action Alliance** for all their support and help!

## Starting in October, most households will have a new food waste collection service and fortnightly black rubbish bin collections. What's changing?

### Free weekly food waste collections

The Council will start recycling your food waste. In October they will be introducing free weekly food waste collections for people who live in a house or a flat in a converted house.

### Fortnightly black bin collections

From October, the Council will empty your black bin every two weeks. Your black bin is for rubbish that can't be recycled in your green bin or food waste bin.

### Collection day

The Council will collect your black rubbish bin, green recycling bin and silver food waste bin on the same day. If you subscribe to the garden waste service, they will also collect this on the same day.

### Who is affected by the changes?

- If you have your own rubbish and recycling wheelie bins (mostly people who live in a house, or a flat in a converted house), you will get the new food waste service and your black bin collections will change to fortnightly.
- If you live in a block of flats and use communal bins there will be no change.
- Some properties on red routes will still get a weekly rubbish collection, see below for more details.

### Which roads aren't affected

Please note that if you live on one of the following roads you will not be getting the new food waste service and your rubbish collections will remain weekly:

Amersham Vale, Brockley Cross, Bromley Road odd numbers 1–29, Catford Hill odd numbers 11–51, even numbers 14–116, Deptford High Street, Eastdown Park number 11, Friendly Street, Havelock Walk, Hither Green Lane even numbers 106–220, Honor Oak Park odd numbers 25–63, even numbers 30–68, Lee High Road odd numbers 1–91, even numbers 2–162, Lewisham Way, Loampit Hill, Loampit Vale, Milton Court Road, Montpelier Vale, New Cross Road, Parkfield Road, Royal Parade, Rushey Green, Sandhurst Parade, Southvale Road, Tranquil Vale.



### What happens next?

- Before the service starts we will deliver your new outdoor food waste bin and indoor kitchen caddy. The outdoor bin is about 41cm tall and the kitchen caddy is 21cm tall.
- Your food waste bin will come with a calendar of collection dates and an instruction leaflet explaining how to use the new service.
- We will also give you some free biodegradable kitchen caddy liners to help you get started. Please don't start using your new food waste bin until the service starts in October.

### Why rubbish and recycling collections are changing

1. To increase recycling rates: when we recycle we use fewer natural resources, which helps the environment.
2. To save money: by introducing food waste recycling and making rubbish collections fortnightly, we could save £500,000 a year.
3. To respond to your feedback: in the Council's 2015 consultation, 67% of residents asked for a food waste service and 94% thought it was important to recycle more.

Find out more online at [www.lewisham.gov.uk/mybins](http://www.lewisham.gov.uk/mybins).

## Get involved with your Local Assembly and apply for Local Assembly funding

Local assemblies happen in every ward, you may have seen a notice through your door about your assembly. There are 18 local ward assemblies in the borough. Anyone who lives, works or studies in each ward is encouraged to attend. Meetings take place up to four times a year, and are chaired by a local ward councillor. Each assembly discusses what the priorities are for the ward and work together to develop an action plan to improve their area, **many wards have older people as a priority**. The assembly works with the Council, voluntary sector, police and wider community to make real change happen.

### What is Local Assembly funding?

The assembly fund is a budget allocated to each of the 18 Lewisham wards to meet the priorities set by the Local Assembly. This year each Local Assembly has around £12,500 available and older peoples organisations can apply for a share!

**Many assembly funds are open now, or about to open in the autumn. In fact, some are closing soon!** Each ward has a different approach as to how it allocates this money, the criteria it sets and the timeframes involved. Encourage your clubs and groups to find out more. Remember these funds are to develop local opportunities for the community, so the **Positive Ageing Council strongly encourages older people's organisations and clubs to make an application**. If you have an idea for a project do please contact your Local Assembly coordinator to find out more about the fund and how it is being delivered in your ward.

## Assembly funds that are open now and closing soon – so act quickly!

Find all information guidance and application forms on the Lewisham Council website:

[www.lewisham.gov.uk/getinvolved/localassemblies](http://www.lewisham.gov.uk/getinvolved/localassemblies). Not online? Contact your coordinator, details and important **funding deadlines** below:

**Lewisham Central Assembly:** Friday 1 September 2017  
**Lee Green Assembly:** Friday 8 September 2017  
**Ladywell Assembly:** Friday 8 September 2017  
Contact [adeyinka.joseph@lewisham.gov.uk](mailto:adeyinka.joseph@lewisham.gov.uk) 020 8314 6026

**Perry Vale Assembly:** 5pm, Friday 15 September 2017  
Contact [laura.luckhurst@lewisham.gov.uk](mailto:laura.luckhurst@lewisham.gov.uk) 020 8314 3830

**Crofton Park Assembly:** Tuesday 12 September 2017  
**Grove Park Assembly:** Tuesday 12 September 2017  
**Bellingham Assembly:** Monday 18 September 2017  
**Blackheath Assembly:** Monday 9 October 2017  
Contact [paul.gale@lewisham.gov.uk](mailto:paul.gale@lewisham.gov.uk) 020 8314 3387

**Catford South Assembly:** 11pm Thursday 21 September 2017  
[www.lovecatford.co.uk](http://www.lovecatford.co.uk) search funding. Contact [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk) 020 8314 6314

The following local assembly funds will be **opening** in August, September or October 2017. For more information, please use the following link [www.lewisham.gov.uk/getinvolved/localassemblies](http://www.lewisham.gov.uk/getinvolved/localassemblies) and contact details provided:

**Evelyn, Telegraph Hill and New Cross wards:** [sarah.lang@lewisham.gov.uk](mailto:sarah.lang@lewisham.gov.uk) 020 8314 6306  
**Rushey Green and Sydenham ward:** [laura.luckhurst@lewisham.gov.uk](mailto:laura.luckhurst@lewisham.gov.uk) 020 8314 3830  
**Downham and Whitefoot wards:** [ali.williams2@lewisham.gov.uk](mailto:ali.williams2@lewisham.gov.uk) 020 8314 6293  
**Brockley and Forest Hill wards:** [maya.onyett@lewisham.gov.uk](mailto:maya.onyett@lewisham.gov.uk) 020 8314 8208

Exhibitions Community Building Renovation Dog  
Handling Classes Wildlife Activities Partnership &  
Community Development Park Run Seasonal  
Events Food Cooperative Replacement War  
Memorial Arts Christmas Cracker Lunches In-  
Bloom Planting Carol Singing Fitness New  
Polytunnel Exploring Local History Reading Bring  
'n' Fix Knitting Group Pilates Ukulele Tea Room  
Socials Gardening Tai Chi Art Therapy  
Reminiscence Community Notice Boards Sewing  
Natural Dyes Workshop Community Safety Bee  
Keeping Digital Inclusion Public Art Cinema  
Painting Dance for Dementia Singing For the  
Brain Lantern Parade Lunch Clubs Volunteering  
Projects Carols By Candlelight 50 Plus Film Club



**OPENING DOORS  
LONDON**

## OVER 50? LESBIAN, GAY, BISEXUAL, TRANS\*?

Come and join London's biggest older LGBT\* network



## Little Nans Broadway Theatre Saloon

### Coffee Morning

10.30am – 12.30 on:

▪ Thursday 7<sup>th</sup> September



**Where: Little Nans Broadway Theatre Saloon,  
Broadway Theatre, Catford Rd, SE6 4RU.**  
Social group and drop-in for older LGBT\* people to  
meet in a lovely LGBT\* friendly café bar in the heart of  
Lewisham.

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



**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  
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1-6 Tavistock Square, London WC1H 9NA. Opening Doors London  
is a subsidiary charity of Age UK Camden.

Follow us on:   



LOTTERY FUNDED

## Entelechy Art: Meet Me Befriending

**Love the arts?  
Want to help support an isolated older person?  
Have two hours spare a week?  
Then you might be who we are looking for...**

Meet Me Befrienders give two hours of their time a week  
to meet with an isolated older person and play a key role  
in connecting people back to the community.

Activities Meet Me Befrienders might do:

Coffee and a catch up; attending one of our art groups, film clubs or choir sessions; visiting  
another local group; and home visits. Meet Me Befrienders will be provided with training and  
support throughout their time volunteering with us.

**Please contact:**

Sarah Jarman **020 8692 4446**

Extension: 247

[sarah.jarman@entelechyarts.org](mailto:sarah.jarman@entelechyarts.org)



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)

**As you know, we're working to make Lewisham an age-friendly borough. We are now part of the UK network and are excited to be involved in many of the initiatives happening around the UK.**

The UK Network of Age-Friendly Communities is part of a global network of age-friendly cities and communities around the world, supported by the World Health Organisation.

**Examples of initiatives being run by age-friendly communities include:**

- **The Isle of Wight** – Bus drivers, police and fire service staff have been trained to be more aware of the challenges facing older people so they can adapt their services to support them.
- **Nottingham and Manchester** – Through the '[Take a Seat](#)' campaign, local businesses are offering their premises as a place for older people to sit down and take a break when they are out and about.

The new online resource will encourage age-friendly communities to share learning about what approaches are working well, both in their own areas and across the globe, and to provide guidance for communities outside of the network about how to better support their older residents. Over time, the platform will develop to include a range of resources including evidence reports, toolkits and training.



**Anna Dixon, Chief Executive of the Centre for Ageing Better, said:**

'More people living longer represents a huge opportunity for society, but it also means that the way the local environment and services are designed and how communities work together needs to change so that they can support their residents to have good quality later lives.'

'This web resource will provide a hub for the UK Network of Age-Friendly Communities to share their learning and insight with each other, but also with other areas that want to make positive changes to their own services and systems and – we hope – commit to becoming age friendly too.'

Communities interested in learning more about the UK Network of Age-Friendly Communities can visit [www.ageing-better.org.uk/afc](http://www.ageing-better.org.uk/afc).

### **Blackheath Flower Arranging Society**

#### **Blackheath Flower Club**

We meet the third Friday of the month at 1.45pm for a 2pm start at

Mycenae House,

Mycenae Road, SE3 7SE.

We aim to finish before 4pm.

We have a guest demonstrator who arranges five or six designs, which can be won in a raffle. Only £5. There is a cafe in Mycenae House too. Visitors welcome.

Contact Sian Tribe on 07887 790 028.

### **Bring the Inside Out**

'At Lewisham and Greenwich NHS Trust we are working to improve the environment and the experience for patients with dementia and cognitive impairment.

Working with Saskia Delman, our arts manager, we have secured funding to bring art work into the wards to brighten them up and 'bring the outside in'. We hope this will also allow people to find their way around with greater ease.

Saskia has also introduced music and singing to the wards, helped by Adrian, our amazing violinist, and a group of musicians from Trinity.

Through Therapaws we will shortly be welcoming Marcel – Le Corgi, and his owner Aurelie. We are very excited about this.'

– Ginnie, Dementia Specialist Nurse



## **Diamond Club wanted to tell us all about their fabulous Holiday From Home event**

30 members of the Diamond Club – a group of older people – attended a wonderful morning at Little Nan's bar in Catford on Wednesday 5 July and were greeted with a warm welcome from event manager Claire and her efficient team.

Tea was served in beautiful china cups and saucers with a piece of home-made Victoria sponge, accompanied by Rick Jones on the piano playing a selection of old-time favourites. Following a game of bingo the group went on a tour of the beautiful historical theatre led by theatre manager Carmel, who knowledgeably told us about the history of the theatre and the stars who had performed, the visit by the Queen and more recently Barbara Windsor, plus the theatre ghost!

What a treat it was – an excellent community event bringing local people back to the theatre they have loved so much and attended throughout their milestones marking history, some attending the big name music concerts, the dances on the beautiful sprung dance floor, the silent movies with the Compton organ being played, the pantomimes, the colourful afternoon matinees at exceptionally great prices, the big bands and school concerts and amateur theatre, when they could afford the rent, and even recently the youth theatre production of A Catford Tail.

Oh how we love this theatre and long may it continue and once more rise to its full glory bringing community back to the heart of Catford through performance and music. Our day at Nan's and the theatre did all that, opened its doors generously and welcomed in the community.



## **Parkinson's UK Lewisham**

The Lewisham branch offers information, friendship and support to local people with Parkinson's and their families and carers. We also organise regular events and social activities. Monthly branch meetings are held at the United Reform Church, Courthill Road. For more information contact Mary 020 8318 7287.

## **Learn something new at Adult Learning Lewisham**

If you would like to learn a new skill, meet new people or just learn for the sheer pleasure of it, Adult Learning Lewisham has a variety of courses on offer to suit all lifestyles and interests. Courses range from art to baking, to languages and yoga, and many classes are designed especially for the older learners, such as keeping fit with gentle exercise and making the most of your retirement. Enrolment is now open for courses starting from September.

If you would like to find out more about our course offer information is available at [www.lewisham.gov.uk/adultlearning](http://www.lewisham.gov.uk/adultlearning), or visit one of our main centres.



# Seniors at the Corbett Community Library



## Knit 'n' Natter

Thursdays 1:30-2:30

Bring your knitting and have a cuppa with the girls – everybody welcome!



## Gentle Seated Yoga

Thursdays 11:30-12:30

Have a stretch and feel better! Perfect for the less flexible – no experience necessary!



## Reminiscence

Second Tuesday of the month – and Every Friday 11:00-12:30  
A weekly and a monthly group – for chatting, sharing stories, and getting together with friends. Drop in whenever suits you best.



## Learn My Way

Whenever you want!

A simple, easy program to help you gain confidence using the internet – learn at your own pace, at times that suit you. Ask for a registration form at our desk.



## Digital Learning Zone

Mondays 10:00-12:00

Get one-to-one help with online forms, using your phone, and other techy troubles!



103 Torridon Road, Catford, SE6 1RQ | 020 8378 5358 | CorbettCommunityCentre@gmail.com

We are amazed by how many organisations are working with the Positive Ageing Council to promote their activities and we always try and include as much as we can. If your organisation wants to be included in this newsletter then please get in touch.

The Positive Ageing Council has joined Twitter!

We are having lots of fun with this and learning as we go, but it is great to hear so much from older people's organisations in Lewisham, London and across the UK. We hope to bring you news from the 'twitter-verse' in future newsletters.

Follow us on:  
@PACLewisham



gcda  
**Be Inspired**  
BE INSPIRED LEWISHAM

A borough-wide programme supporting healthier lifestyles for all

✉ fay@gcda.org.uk

☎ 020 8269 4880

🌐 www.beinspiredlewisham.org



### Free Cookery Clubs

Everyone is welcome, from complete beginners to experienced cooks  
Cookery clubs will run from various locations across the borough  
Visits to local community gardens to learn more about food growing

### Free Physical Activity

Physical activity sessions for your community group  
Healthy Walks in parks and across the borough for all people and abilities



### Free Training

Courses for community groups and volunteers to support health and well-being through healthy eating and physical activity  
A one-day introduction to social enterprise for community groups working in health



**Want to meet new people & try new & delicious food?**

**FREE!**

**FREE Recipe Book!**

**Easy Quick & Tasty Lewisham cookery clubs**

**Everyone welcome!**

**Are you looking for new ways to feed yourself and family on a budget?**

Then come along to one of our FREE 6-week cookery clubs running throughout Lewisham. Please get in touch for more info:

✉ fay@gcda.org.uk  
☎ 020 8269 4886  
f /lewishamcookeryclubs

# LPF Monday Project

**in St Mauritius House, Lewisham Park, SE13 6QX each Monday 10am to 3pm**  
(get off at the Lewisham Park bus stop on Lewisham High Street near the hospital and it is about 100 yards up Lewisham Park on the left)

**Morning Activities 10am-12.30pm**

**Knit & Knatter, plus crochet & wool craft** with (from 11am) Mervion or Ronel

**Tessellated Art & Colouring for Adults**

**Puzzles and Games** brush up on your skills—Scrabble, dominoes, backgammon, etc. New ones like Mahjong.

**Continuing all summer** (except the Bank Holiday)

**Morning Music Sessions**  
11.00-12noon: "Learn the Ukulele"  
Bring your own ukulele or use one of ours

**Afternoon Activities 12.30-3.00pm** continuation of the above **PLUS the Forum's "Digital Drop-in":** Want help using your SmartPhone, Tablet, digital camera or other bit of techy kit? Come along to our "buddy help table" and we'll try to assist.

**£1.00/session for Forum Members** (need to join after a few weeks trial) Tea, Coffee and Cake also available

**For more details contact us on 020 8690 7869 or email info@lewishampensionersforum.org**

## Lewisham Pensioners Day 2017

**Wednesday 4 October. 12 noon-4pm**

Broadway Theatre, Catford SE6 4RU.

**"Valuing Pensioners of the World"**

Speakers—Raffle—Picnic Lunch—Information Bags all topped off with excellent entertainment

Look out for flyers and tickets on sale from 1 September.

**Lewisham Pensioners Forum**

## Forget Me Not

A reminiscence café for people living with Dementia

We meet the 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month at one of the Seniors Halls, 260 Stanstead Road, Forest Hill SE23 1DD.

We have warm ups, listen to music, reminiscence and many other activities and also have hot drinks and cake. A lovely and beneficial time to share. Carers are welcome to join us. Please check for next dates below.

Please contact Tina on:  
**020 8291 1164**  
Email: [info@seniorslewisham.co.uk](mailto:info@seniorslewisham.co.uk)

**2017 Dates**  
8 September, 22 September  
6 October, 20 October  
3 November, 17 November  
1 December, Christmas break

## SENIORS

**You are invited to attend our AGM**  
13 September, 10.30am-12.30pm

**We also invite everyone to also come to our OPEN DAY** on the 13th of September from 1-4pm

Activity tasters, stalls, big raffle and much more

Stanstead Lodge Seniors Centre, 260 Stanstead Road, Forest Hill SE23 1DD

## JOY – Just Older Youths! There is so much to do with JOY!

Check out their list of weekly activities

		WEEKLY ACTIVITIES - 2017			
DAY	ACTIVITY	TIME	FEE	VENUE	
Monday	SEATED EXERCISE	10.00-11.00	£2.00	Barnes Wallis Centre	
Monday	TAI CHI	10.30-12.00	£2.50	All Saints Centre	
Monday	CHOP'N'CHAT	11.30-3.00	£2.50	St. James' Hall	
Tuesday	GENTLE CIRCUITS	10.00-11.00	£2.00	All Saints Centre	
Tuesday	SINGING	1.30-3.00	£2.50	Barnes Wallis Centre	
Third Tuesday of each month	FILM CLUB	7.00 PM	FREE	Hill Station Café, Kitto Road	
Wednesday	HEALTHY WALKS	10.00-12.00	FREE	Meet at Barnes Wallis with suitable clothing, water and travel pass.	
Wednesday	LET'S DANCE	10.30-12.30	£2.50	Barnes Wallis Centre	
Thursday	SEATED YOGA	10.00-11.00	£2.00	Somerville, Queens Road	
Thursday	CRAFT CLUB	2.00-4.00	£2.50	Barnes Wallis Centre	
Friday	TAI CHI	10.30-12.30	£2.50	All Saints Centre	
3 <sup>rd</sup> Friday monthly	CUPPA CLUB	2.00-4.00	FREE	Besson Street Gardens	

### Annual Membership : £10

For further details speak to Maureen on 020 8692 9186 or just turn up to a class and try the first one for free!

#### Glory Days Senior Club

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

**Time** 11am–1pm

**Place:** 159 Perry Rise, Forest Hill SE23 2QU.

Call me on 07932 849 432 for further details (Miriam)

This is an opportunity for you to improve your lifestyle.

Come and meet new senior citizen friends and learn skills and experiences that will enhance you in your GLORY DAYS.

#### 60 Up Club Health and Wellbeing Fair

You are invited to 60 Up's fourth annual Health & Wellbeing Fair on Saturday 16 September 2017.

There will be lots for you to see and do – health information stalls, free exercise/dance sessions, nutrition advice and tasters, craft and gifts stalls and exhibits.

Snacks, sandwiches, hot drinks etc. can be purchased at the Green Man Cafe.

There will also be the chance to book a mini massage, reflexology treatment, facial or manicure.

Entry to the fair is free. For further details, phone Christina on 020 3667 3704 or 07949 923140 or email [info@60up.org.uk](mailto:info@60up.org.uk)



Registered Community Interest Company  
Company No. 8707885

## Friends of the Elderly provides small grants to older people living in England and Wales, who are living on low incomes.

We have three grant streams currently open, which aim to alleviate the stress and worry associated with living on a low income.

### Home essentials

Grants help with the cost of replacing everyday items in the home (white goods and furnishings), small home repairs and mobility adaptations.

### Digital connection

Grants are to help older people get online and stay connected and can be used towards the cost of equipment, such as tablets and smartphones, as well as broadband costs.

### Financial support

Grants can help with unexpected bills and large costs, such as utility bills, funeral costs, moving fees etc.

### Who is eligible for a grant?

You can apply for a grant with us if you meet the following criteria:

- You are of state retirement age.
- You live in England or Wales.
- You are managing on a low income with savings of less than £4,000.
- You are not living in a residential care home.

### How can I apply?

Applications need to be made through a referring agent. This can be someone working in local health or social care teams, the Citizens Advice, or other charities and community groups.

Please call us if you aren't sure if you are eligible.

Referring agents act on behalf of the client, supporting their application and ensuring all necessary paperwork is attached. If the grant is successful we will liaise with the referring agent to finalise payment. After submitting a completed application form and supporting documents, please allow six weeks to hear whether an application for a grant has been successful.

### Where do I start?

Download an application form from our website or contact us on:

Email: [hello@fote.org.uk](mailto:hello@fote.org.uk)

Tel: 0330 332 1110

Web: [www.fote.org.uk](http://www.fote.org.uk)



## Action on Hearing Loss runs a 'Hear to Help' service in Lewisham.

The Lewisham Hear to Help service provides free hearing aid support to Lewisham residents who use NHS hearing aids.

The service runs five public drop-in sessions at various locations in the borough including Sydenham Library, Lewisham Library, Deptford Lounge, Telegraph Hill Centre and Age UK Catford.

We offer free cleaning, tubing replacements, batteries and advice. Come along to this free service and spread the word to friends and families!

For more information contact: **Zehra Hassan** Community Support Officer (Wandsworth & Lewisham) **Tel: 07552 165 778** or **email: [Zehra.Hassan@hearingloss.org.uk](mailto:Zehra.Hassan@hearingloss.org.uk)**

## Healthwatch Lewisham launches new feedback centre.



Healthwatch Lewisham has launched a new online Trip Advisor style feedback centre to help the people of Lewisham share their experience of health and social care services. So far over **100** residents have given their opinions of local services in the borough.

The feedback centre provides an opportunity for anyone to comment about local services. People can easily and anonymously rate the care they receive in a simple way. There is also the opportunity to rate local services, using a five-star system. The new online feedback centre is accessible via a variety of devices including mobile phones, computers and tablets. All you need to do is visit our website [www.healthwatchlewisham.co.uk](http://www.healthwatchlewisham.co.uk).

## Healthwatch Lewisham is looking for new members to join its Work Plan Committee.

Healthwatch is looking for dynamic and committed applicants who will bring their own skills and experiences to help shape the work we do across the Lewisham borough.

The Work Plan Committee plays an important role in overseeing Healthwatch Lewisham's strategic direction, monitoring and advising the progress of Healthwatch Lewisham against its work plan.

To ensure that our Committee represents the diverse nature of the borough we are particularly interested to hear from men, young people and applicants from BME communities.

Work Plan Committee membership is on a voluntary basis. For an informal discussion about the role, or for any further inquiries, please contact Stephanie Wood on [stephanie@healthwatchbromley.co.uk](mailto:stephanie@healthwatchbromley.co.uk) or call **020 8315 1906**.

## Healthwatch Lewisham's independent advocacy service.

Need support with your NHS complaint? Healthwatch Lewisham's independent advocacy service is here to help any user of any NHS service to navigate the complaints procedure.

The service is free and confidential. It supports Lewisham residents by walking clients through the sometimes complex process of making a complaint.

Advocates can work with clients remotely by phone and email or, if necessary, accompany clients to meetings with professionals about a complaint. We are experts in the complaints procedure rather than in things medical.

For more information, visit [www.healthwatchlewisham.co.uk/complaints-advocacy/](http://www.healthwatchlewisham.co.uk/complaints-advocacy/) call us on **020 8315 1916**

## Diabetes Lewisham – Support in your community



Lewisham CCG is bringing together GPs, community services, the hospital and patients to jointly design a new way for Lewisham to tackle the diabetes crisis. Their diabetes transformation programme is a 3–5 year plan that focuses on developing community based diabetes care to help the people of Lewisham better manage their health, and be supported to understand and self-manage their condition.

As part of this programme, they are working with Healthwatch Lewisham to deliver a programme to recruit and support peer support facilitators to establish diabetes peer support groups across the borough. There will be four diabetes peer support groups, with a minimum of eight members in each group. Once established, each group will work together towards organising and delivering a diabetes event for Diabetes Awareness Week 2018.

Dr Charles Gostling, Clinical Director said, 'The development of the peer support groups will establish a strong link between local residents living with type 2 diabetes and the CCG and will directly influence our diabetes transformation programme in Lewisham. The key to making the necessary changes is to ensure that people with diabetes and those working in diabetes care lead and drive the changes.'

If you would to know more, are interested in becoming a peer support facilitator, or would like to share your experience of type 2 diabetes, please contact Stephanie Wood at Healthwatch Lewisham at [stephanie@communitywaves.co.uk](mailto:stephanie@communitywaves.co.uk) or **020 8315 1906**.

### **Brockley Number 1 Pensioners' Club**

Fridays 11am–2pm (term time)

St Andrews Centre, Brockley Road, SE4 2SA

The Brockley No 1 Pensioners' Club is a group for older people who would like a couple of hours mixing with others for a chat or to play a game. Current regular activities include going out for lunch once a month, playing games and outings in the warmer weather. All this and a nutritious meal for £5. So why sit at home by yourself, come join us for seated exercise, a healthy hot lunch, and games and friendship!

### **Hummingbird Lunch Club**

Mondays and Tuesdays 12 noon–5pm

St Andrews Centre, Brockley Road, SE4 2SA

The Hummingbird Lunch Club is a healthy eating and social group for over 60s. Our members are predominantly from the Afro-Caribbean community. The lunch club takes place twice a week in the Saint Andrews Centre in Brockley. It provides a nutritious hot meal and dominoes afterwards. Members pay £5 each session for lunch.

# 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 and let us know what issues are important to you and help us plan our future work to improve services for older people in Lewisham.

Thursday 14 September 2017, 11am–1pm

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)

