



Positive Ageing Council

Improving services and facilities for older people in Lewisham

Winter Edition Newsletter

Date for your diary

The next Positive Ageing Council public meeting is **Thursday 7 December 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 September Positive Ageing Council (POSAC) meeting.

Our next meeting - Thursday 7th December 2017, 11am, Civic Suite, Catford. Come and hear from groups we have funded, help us elect our steering group, have plenty of Christmas cheer and saying a very big thank you to our Chair Peggy Fitzsimmons, who is stepping down this Christmas.

Saying thank you to Peggy Fitzsimmons, who is stepping down as Chair of the Positive Ageing Council - By Christine Castro, Vice Chair, Positive Ageing Council

Positive Ageing (POSAC) was always Peggy's baby, created in direct response to a challenge from our Mayor Sir Steve Bullock. In 2009 Peggy was a Councillor – constantly "nagging" him for better support for older people so she created the Positive Ageing Board.

In 2010, the steering committee was invited to meet the Brighton and Hove Older Peoples Council and we came back to Lewisham inspired and determined to make our Positive Ageing Board effective.

Peggy lobbied tirelessly for greater inclusion within the council and in 2011, the Mayor and Cabinet agreed we should become the Positive Ageing Council – recognising the need to address issues that affect older people's lives. We became part of the constitution of the Council, with allocated funding, to benefit people over 60 years who live work learn of volunteer in Lewisham, with quarterly public meetings advertised in advance to local people.

The first public meeting was about fuel poverty – fuel debt help, Home Insulation programmes and Solar panels. All the public meetings are very well attended, covering issues like housing, transport, loneliness and isolation – the most recent was about trips and falls

Peggy's determination to make life better for older people in Lewisham included initiating the Lay Visitors Scheme. This allowed POSAC members, after training) to visit care homes in the borough, chat with residents and write a report on their "Intelligent Observations". The Lay Visitors are welcomed by the residents and management too, as they are trusted to be objective.

Thanks to Peggy POSAC is still going strong, she is retiring as our chair, but will continue to be a part of the steering committee because Peggy is still determined to make life better for all us golden oldies in Lewisham. We would like to take this opportunity to thank her with all our hearts for everything she has done for older people in our borough!



Lewisham

Available in large print

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



The Positive Ageing Council helped to put on an event for older people in Lewisham this September called **Welcome to Tammy Town!**

The purpose of this event was to try out a new way of discovering the things important to have in a truly Age Friendly City.

'Tammy' used song and comedy and her own 'special way', to help people find out what should be in their fantasy town. She was accompanied by lots of lovely students from Queen Mary University of London (QMU). Most who came said they had a really fun time. This event was in partnership with the Lewisham Young Mayor Team, Go on Lewisham, the Wellcome Institute and Queen Mary University of London – so a real intergenerational affair

Tammy and the team from QMU write:

"Tammy Town was a huge success for us. We had a great turn out (of around 40 people) who were all really engaged and enthusiastic. Guests took really well to the activities and some really interesting suggestions were made that we will be excited to share with you. Attendees were also all really supportive of Lewisham and what you guys have already got going on! Please extend our thanks to everybody. We have really enjoyed working with you and all your team from the start to the end of this project and hope that this can be the start of something between Tammy and Positive Ageing Council." **Thanks for coming!**

**wellcome
collection**



**Queen Mary
University of London**

GO ON Lewisham



Joy Choir at Silver Sunday – Supporting Lewisham for London Borough of Culture



Silver Sunday - Huge fun was had at the POSAC Silver Sunday Event at Deptford Lounge this older people's day – Sunday 1st October 2017.

We want to give a special thank you to 'Joy-Just Older Youths' and members of the Joy Choir who came along sang for us and got so involved in the event. It really was a 'Joy' to have them with us. We also had a wonderful time trying out ;Fan Tai Chi;, which not only was fun to take part in - but a real treat to watch. Crafts were laid on for us by the lovely Jilla, this truly became an intergenerational affair when young library visitors joined our older members to create lovely decorations. Finally, the day came to a close with a screening of a true classic, 'Some Like It Hot'. The laughter is still ringing out across Deptford. Thanks to Deptford Lounge for having us and to all who came and joined the fun.

See you again next year we hope!



Helping to shape the future design of urban spaces for older people.

The Positive Ageing Council was contacted by Professor Anuschka Kutz, a Visiting Professor in Architecture and Urban projects at the 'Katholieke University Leuven' in Belgium. She hoped to work with us to create a focus group, from members of the Positive Ageing Council Steering Group, to speak to international Architecture Master's Degree Students about 'urban spaces for older people'. We felt this was a great opportunity to help younger people understand the needs of older people, when thinking about designing the cities and spaces of the future.

The students - Chang, Ethan, Mykolos, Thien and Vicky, came from all over the globe. From Korea, Vietnam, Greece, Lithuania and China

Professor Anuschka Kutz said:

"We had a really good joint discussion with the Steering Group members. We then broke into one-to-one conversations, which gave everyone a lot of scope to go more in-depth. The students were really enthused by the event and I think they took a lot from it. Many exchanged contact details and there was a general atmosphere that this encounter was good for the members of the Positive Ageing Council and the students alike. There might even be appetite for future encounters.

We would like to thank you all for taking the time to meet us. I know that the students found the event very insightful and inspiring and that it triggered a lot of ideas in their minds. Thank you for being so open-minded towards our questions and that you dedicated your time to having conversations with us."

POSAC member John writes:

"Thank you for bringing your international students to meet us and listen to our thoughts on housing and communities for all ages, but specifically for senior citizens.

These young people will one day also be senior citizens, and it is important that they are thinking ahead and looking at the problems being faced now, and how with sympathetic planning they can be ameliorated. I was impressed by the professional way they conducted themselves and the depth of interest they showed. Isolation is one of the greatest enemies older people face, and it was plain that they recognised this was as important as bricks and mortar. I would like to thank them all individually, and extend my best wishes to them in their future careers. Thank you"

The Positive Ageing Council hope to work on more activities like this in the future and would be delighted to continue our relationship with the University and Master's Degree Students.



We were delighted to welcome the Lewisham Falls Prevention Service to our last public meeting in September, to talk to our members about what services they can provide residents and to give a few hints and tips to help feel more confident in your home and when out and about.

Don't just accept it

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.

Impact of falling

- Experiencing a fall can have a serious impact on your health, confidence and wellbeing.
- Often a fear of falling over can put people off going out and socialising.

But 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!

The World Health Organisation has said that

- There are 400 risk factors
- One half to two thirds of falls occur in or around the patient's home
- Each year over 700,000 older people in the UK attend hospital Accident & Emergency departments following a fall
- Adults older than 65 suffer the greatest number of fatal falls
- 37.3 million falls each year need medical attention

WHO, 2016

Falls are not an inevitable part of getting older!
Don't accept it

Don't let the fear of falling keep your *dreams* from taking *flight*

What does the Falls service offer?

- Assessment in your own home
- Assessment of your falls risk factors
- Multiple interventions (if appropriate) to help reduce falls
- Falls exercise classes / Physiotherapy / Occupational Therapy
- Individualised and tailored care – built around you
- Specialist advice and education



We also run **Stable and Steady** classes across the borough

Continued...

What can you do if you are feeling unsteady

- See your GP if you are falling due to dizziness, blackouts or other medical causes
- See your GP if you are worried about your memory
- Have your medication reviewed at your local pharmacy
- Check your home environment for clutter, lighting and trip hazards
- Have your eye's tested
- Check your footwear is safe
- Pendant alarm / falls plan
- Keep hydrated and eat a healthy diet
- Limit alcohol intake
- See your GP if you are worried about continence
- Stay active – keep walking, dancing, gardening!

PREPARE FOR FALLS AT HOME

- Consider how you will call for help if you do fall.
- Arrange a pendant alarm or link line.
- Carry a mobile phone in your pocket.
- You could bang on the wall, the floor, or the radiator with a heavy object.
Speak to your neighbours in advance, so they are aware to come and check on you if they hear banging.

Be prepared:

- Keep pillows and blankets somewhere you can access easily, so you can stay warm if you can't get up straight away.
- Consider a 'falls box', containing water, food, rolling pin for banging on the wall, and blankets.

If you do fall:

- Don't try to get up immediately.
- Take time to recover from the shock, and assess if you have any injuries or pain.
- If you have been incontinent, remove wet clothing and roll away from damp to prevent becoming cold.
- Use your falls box or blankets to get comfortable and prevent pressure sores.
- Seek help ASAP

Lewisham Community Falls Service Lewisham and Greenwich NHS Trust

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

Call us for advice. The 'Falls Helpline' is open: 9am – 4pm Mon-Fri. Tel: 0208 613 9206.

We would like to take this opportunity to thank all the members and friends of the Positive Ageing Council for being a part of another great year for our organisation. We have increased membership, created some great new partnerships and developed existing ones further. We have tried out new things and found new ways to hear your voices, thanks to the commitment of our Chair Peggy Fitzsimmons and wonderful Steering Group, made up entirely of volunteers.



South East London MacMillan Buddies

Make your time matter and ensure no one in London faces cancer alone. As a volunteer buddy, you could:

- offer a listening ear over a cup of tea
- help with simple household tasks
- sign-post people to other services in the community
- offer one-to-one support.

Make your time matter so that no one in South East London faces cancer alone.

We know that everyday tasks we take for granted become difficult when you're having treatment for cancer or are starting to recover.

Our volunteers lighten the load, offering a listening ear and a helping hand with light practical tasks. We're looking for people to become part of our Buddies team and support someone affected by cancer once a week, on a weekday.

What we're looking for

- Good listener and clear communicator
- Able to maintain confidentiality
- Patient, flexible and reliable
- Able to respect others' differences and choices
- Able to work independently within our guidance and boundaries

What you can gain from this opportunity

- Join an enthusiastic team of people
- Make a difference to people affected by cancer in your community
- Use and develop your skills, enhancing your CV
- Receive good quality training and support
- Be part of an exciting new service

Visits take place on weekdays 9am-5pm so please only apply if you're available during these times.

If this is something you might be interested then please get in touch:

Call us on: 07860 950 922 or email: southeastlondonbuddies@macmillan.org.uk

Web: <https://volunteering.macmillan.org.uk/Opportunity/Details/4189>



Lewisham S.A.I.L. Connections

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

Please contact Age UK Lewisham and Southwark on: **0207 358 4077**.



St George's Lunch Club - Everybody welcome!

Lunch itself starts at 13:00 – people normally arriving a little before. It **costs £2.50**, there's usually a **raffle**. If people want to come they must **contact us at the church office a week before** so that we can cater for the correct numbers.

Here are our future dates for your diary:

- 12 December 2017
- 9 January 2018
- 6 February 2018
- 6 March 2018
- 10 April 2018
- 8 May 2018
- 5 June 2018
- 10 July 2018

St George's Lunch Club happens at:

St George's Church,
Vancouver Road, Forest Hill, SE23 2AG.

Call us on: 020 8613 0295

30 Years of Telecare Emergency Alarm System (Linkline Telecare)

Lewisham Council has been providing telecare services to vulnerable people in Lewisham for three decades this winter. Linkline is a phone-based alarm system that lets older people and people with disabilities live independently. Thanks to a pendant worn around the neck or wrist, people can press a button and get help from the response team when they need it

Tony Clarke from the Linkline service said: "We're incredibly proud of our three decades helping local people lead more independent lives. The service has evolved with time and we can now link equipment to alert for issues such as falls, carbon monoxide, fire, smoke and epileptic seizures."

Find out more call **020 8314 3141** or www.lewisham.gov.uk/linkline



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 or email lucy.formolli@lewisham.gov.uk

Live in Brockley? Want to get more active and meet new people? Come and see us at Breakspears Mews Community Garden

Breakspears Mews Community Garden was established by local residents to transform a derelict and fly tipped end of mews into a more friendly and neighbourly space. Our presence helps to prevent antisocial behaviour and demonstrates a constructive use of community space.

The garden is open to everyone living or working in the Brockley Ward and we welcome many visitors during the growing season and encourage participation in the garden. The garden is an opportunity to meet new people and establish new friendships whilst gardening and over a cup of tea and cake.

For the past 2 years we have run a very successful Senior Gardening Club and many attendees have become regular gardeners with us. We organise outings to other gardens such as Great Dixter and Hall Place & Gardens and have attended workshops at Grow Wild at Regents Park Allotments. These have proven to be very popular and great fun for everyone participating.

The garden is now an oasis of calm and quiet and promotes biodiversity and local wildlife. We have our own resident Robin, bats and foxes.

"The garden has become my haven, and since I have been involved, I have met many neighbours that have become good friends. After living in Brockley for 37 years, I feel that I belong here." (Sally)



Contact us on: **07790 642 781** breakspearsmews@brockleysociety.org.uk

Caribbean Social Forum Honoured at UK's Largest Diversity Awards

'Scissor Sister' favourite Ana Matronic joined forces with TV presenter Brian Dowling to host The National Diversity Awards on 08th September.

Role models and charities were honoured nationwide at the ceremony at the breath taking Liverpool Anglican Cathedral, rewarding Britain's most inspirational people for their fight against inequality.

Community heroes from across the UK gathered in the bustling city of Liverpool to celebrate the outstanding achievements of those who have demonstrated exceptional commitment to diversity, equality and inclusion.

A record 22,000 nominations and votes were received this year, paying tribute to grass root communities nationwide.

Caribbean Social Forum beat seven others in the running for the Community Organisation for Race, Religion and Faith.

We are a self-funded group based in the Royal Borough of Greenwich and we are delighted to have won.

Interested in joining us please contact us on **08443 573 700** caribbeansocialforum@gmail.com

Ageing Well In Lewisham – LCC Group befriending and support services for older people

Our Services: We provide Weekly Groups in South Lewisham and Sydenham Individual tailored support to help older unsupported people remain independent, a 1:1 support programme and formulate a support plan with regular reviews. We can provide assistance to access other community services in the borough (social/cultural/leisure) and facilitate referral pathways. We provide advice on up-to-date information about local services and practical support and also assist access to outdoor walking aids

OUR GROUPS

We run a variety of weekly well-being and mindfulness focused groups offering befriending opportunities for older, unsupported adults in the borough, regardless of faith or culture. Our groups meet weekly at local venues offering companionship and an opportunity to share an interest.

Goldsmiths Silver Lunch Club: Thursdays, 11am-2pm

Place: Goldsmiths Community Centre, 85 Castillon Rd, London, SE6 1QD

Come along and enjoy company, lunch & activities! All welcome! This group is part of a wider range of Silver activities for the older generation at Goldsmiths, including an IT group and the annual summer ball.

The Following groups take place in Sydenham:

The Grove Centre, 2 Jews Walk, Sydenham, London SE26 6PL

Arts Befriending Group – ‘The Befrienders’: Tuesdays, 10am-12 Noon

Run in partnership with Trinity Laban Conservatoire of Music & Dance who provide us with a qualified singing tutor during term time.

Enjoy singing and relaxation activity. Part of Trinity Laban’s ‘Inspired not Tired’ programme.

Creative Arts and Crafts Group: Tuesdays, 1pm-3pm

Arts and crafts workshop led by our qualified arts practitioner. Enjoy a good chat while exercising your creative talent! Materials Provided.

Men’s Games Group: Tuesdays, 1pm-3pm

A social group for local men who enjoy playing dominoes and other table top games while enjoying a good chat.

Gentle Exercise: Wednesdays, 10am-12 Noon

This is a group for those keen to keep fit and enjoy company with friends. Tea/coffee and a chat first, then fun exercises accommodating to all led by our qualified practitioner.

Contact us:

For more information about our groups and services, please contact us:

Telephone: **0208 698 3735** **Twitter:** @agewelllewisham

Email: info@ageingwellinlewisham.com **Web:** www.ageingwellinlewisham.com

Working to make Lewisham a Dementia Friendly Community and wider work being undertaken by the Alzheimer's Society

Dementia-friendly cinemas

Alzheimer's Society has worked with the UK Cinema Association and the British Film Institute to create a **Dementia Friendly Screenings** guide for cinemas.

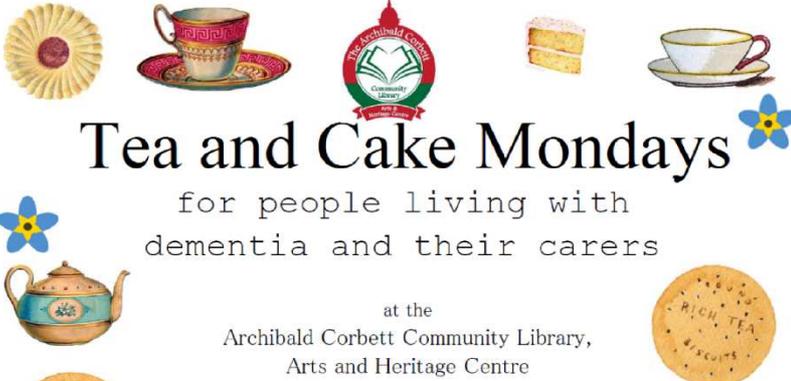
It aims to spread awareness of dementia-friendly screenings and encourages cinemas of all sizes to get involved. It also gives best practice advice on the practicalities of dementia-friendly screenings alongside some helpful case studies. The guide was launched on 17 October at Hackney Picturehouse and is available to download at: alzheimers.org.uk/cinema Lewisham has a number of community cinema projects and we are happy to support them to provide dementia friendly screenings at local film festivals. We will also be working with the teams working on the regeneration of the Fellowship inn, the Ladywell Play Tower and Catford Regeneration helping them make their regeneration projects part of a Dementia Friendly Lewisham Community

Dementia-friendly garden centres

Visiting garden centres is one of the top five activities people with dementia want to do.

Alzheimer's Society have created a guide for garden centres to help them understand the needs of people living with Dementia. The new guide forms part of Alzheimer's Society's wider "Forget Me Not" campaign. It contains tips and guidance for garden centres and nurseries to become more dementia-friendly, to make sure people with dementia can continue to enjoy them.

You can sign up to the "Forget Me Not" campaign and download the guide online at: alzheimers.org.uk/gardening We are lucky to have Sydenham Garden in Lewisham. A project that is funded to support people with Dementia.



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
Torridon 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.

We Are Catford South reminiscence project

started in June 2017 engaging residents who have lived in the area for a long time collecting and bringing to life people's personal history and the different aspects of life in Catford South - going back to the 1930s.

Using objects, photos and music of days gone by, a pictures were created of the local area with horse drawn carts selling milk and coal, walking along Verdant Lane as children when it was a countryside lane, listening to music and radio programmes and descriptions of the shopping parades, including trips to the shop to top up the battery of a radio which was at the centre of family home entertainment and information.

The Group meets every Friday at **11am**. at Archibald Corbett Community Library, Torridon Road, Catford, SE6 4RU

Events and activities for carers from Carers Lewisham



Don't Tone Alone

Carers in Lewisham can now access tailored exercise classes across the borough. Classes are priced £2 and they run weekly as follows:

- West Lewisham: Mondays at Forest Hill Quakers, SE23 2QA. 11am-12pm
- East Lewisham: Tuesdays at Manor House Library, SE13 5SY. 6-7pm
- South Lewisham: Wednesdays at Goldsmith Community Centre, SE6 1QD. 11am-12pm
- North Lewisham: Fridays at Barnes Wallis Community Centre, SE14 5LL. 9-10am

Carers Rights Day 2017

Learn about benefits, carers assessment, deputyship, lasting power of attorney and a lot more! The event will take place at Carers Lewisham, Forest Hill 10am-1pm. Refreshments will be provided.

Booking is required: info@carerslewisham.org.uk or phone **020 8699 8686**

Pilot : Supporting Online Carer Self-Assessment

Lewisham Council and NHS Lewisham are working together with Carers Lewisham to develop a greater understanding of how carers access carer assessments in Lewisham. As a pilot, Carers Lewisham will support carers in the completion of the new online, carers self-assessment tool (in Autonomy), especially in circumstances where carers wish a form completed in their own right.

The pilot will run from early October 2017 to the end of January 2018. Please note that the full carer assessment will continue to be completed by adult social care staff. The council's "Support for Carers" public webpage- <https://www.lewisham.gov.uk/myservices/socialcare/carers/Pages/Support-for-carers.aspx>) - will reflect some of these changes.

Contact details

Tel: 020 8314 7777 (single phone number for Adult Social Care, Carers Lewisham and District Nursing)

Option 1- for Adult Social Care, if you have already submitted a carer self-assessment form and await feedback **Email:** SCAIT@lewisham.gov.uk;

Option 2-District Nursing **Email:** SCAIT@lewisham.gov.uk;

Option 3- Carers Lewisham *if you need help* submitting a new carer self-assessment form ; are *referring someone for help* in submitting a new carer self-assessment; or need general advice about your role as a carer **Email:** info@carerslewisham.org.uk ; **Visit:** <http://www.carerslewisham.org.uk>

Hilly Fields junior parkrun – An Intergenerational Event How volunteering at this event for younger people is helping older people stay fit and happy. A story by Lisa Power.

Hilly Fields junior parkrun launched in May 2015 as a weekly event for children in the borough of Lewisham aged between 4 and 14 to take part in a free, timed running event. Aside from the 1000+ children who have taken part across over 125 2km runs on a Sunday morning, what has emerged is how a simple scheme to get kids active has a reach far beyond the 10 year age span of the participants themselves. 40 adults every week are clocking up their two laps of Hilly Fields too. And it's not just parents, but grandparents as well.



As Cleo Kenington describes: "I have used junior parkrun to try and get both my dad and my daughter Mara running. My dad (aged 74) wouldn't be able to run 5km anymore - I did a 5km with him when he was 68 and he just made it round. But 2km is a good distance, especially at the speed my 4 year old daughter runs. Although unfortunately she's getting faster and he's slowing down! Most recently he just does one lap. And my mum marshals with my husband, giving high-fives. Great stimulation for her severe Alzheimer's".

The event relies completely on volunteers (about twenty people each week) to build a team that looks after the run and the processing of the results. And again, the volunteer age profile spans many decades - from the very young children who accompany parents marshalling around the course, right the way up.

For Mary Vu (66), a key word is "encouragement". Mary got involved with Hilly Fields junior parkrun through the participation of her grandson, although she volunteers even when her grandson doesn't run! When she marshals around the course she likes to give encouragement to the runners and she finds it rewarding when she can see that this spurs them on to keep going. As she says: "it makes you happy to see young people running".

POSAC member Lucreta La Pierre (67) is no stranger to volunteering in Lewisham, having received an MBE in 2003 for her work in the community. She started volunteering at junior parkrun at Hilly Fields in mid-February and has a favoured spot at the corner of the course near the start and finish where she cheers and high-fives virtually every single week, no matter what the weather. She's usually one of the first to arrive at the park and helps with setting up. "I love coming and helping out," she says. "It's two way - I am here for the kids, and it gets me out of myself. I love the community of Brockley and being a part of it. It's inspiring, isn't it?"

If you are interested in volunteering or encouraging your grandchildren to get involved, for more information on Hilly Fields junior parkrun visit:

www.parkrun.org.uk/hillyfields-juniors

email: hillyfields-juniorsoffice@parkrun.com

or visit the park any Sunday morning from 9:25am and ask for Lisa Power or the volunteer co-ordinator

A 5km parkrun for adults also takes place at Hilly Fields on Saturdays at 9am - www.parkrun.org.uk/hillyfields



3 Generations enjoying junior parkrun

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
- Dominoes

Call **020 8691 6099** for more information

moonshot



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www.openingdoorslondon.org.uk
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LOTTERY FUNDED

© Photo: William Walsh Photography

Entelechy Arts are coming to the Elder Peoples Support Project at The Ackroyd Centre

The Elder Peoples Support Project (EPSP) have won a successful Big Lottery Fund bid to work in collaboration with Entelechy Arts, who run “Meet Me At the Albany” to provide a wide range of Arts activities, poetry and much more.

These activities are free of charge, the programme will run fortnightly at 11.30 – 1.30pm from

Wednesday November 8th through to November 2018.

Please call **020 8699 9009** or email epsps.info@ackroydcentre.org.uk for more information.

Ackroyd Centre, 42B Ackroyd Rd, Forest Hill, London SE23 1DL



Get in touch!

Available in large print

More news overleaf...

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@Age_Exchange

/age-exchange

ageexchange



Living in Harmony



Part of Age Exchange's "Acting Up At Our Age" series of creative workshops, "Living In Harmony" is a ten week course looking at fun, accessible ways into part singing.

No choral experience or ability to read music is needed, just a willingness to come and have some musical fun.



Living in Harmony – With Age Exchange

Starting: Thursday 11th January 2018

Time: 10am-12.30pm

**Venue: Age Exchange
11 Blackheath Village, SE3 9LA**

**To register call:
020 8318 9105**

**Or Email:
hello@age-exchange.org.uk**

"There are no wrong notes, only ones the composer didn't think of first"

Melodies for the Mind

For those with mobility needs, medical needs or living with dementia and their carers.

Fridays, Starting 12 January (Term Time)

Time: 1.15pm – 2.45pm.

£50 for 10 weeks

This Choir is an ongoing inclusive choir accommodating all levels and would be appropriate for those living with dementia and their carers, as well as those with other medical issues such as Parkinson's, sight impairment or mobility needs. 

With the repertoire ranging from light classical to and traditional folk melodies to easy listening and sow songs, these weekly term time rehearsals will focus on developing technique and part-singing confidence.

This is also a great opportunity for participants and carers to take part in an activity together and to meet with others once a week



The Conservatoire Blackheath, 19-21 Lee Road, London SE3 9RQ

Call: **020 8852 0234 / 020 8852 0103**

The
Conservatoire

Registered Charity No: 1072627

Adult Learning Lewisham Open Day

Thursday 30 November 1-7pm

Granville Park Centre, 100 Granville Park, Lewisham, SE13 7DU

If you are thinking about taking a course and need some inspiration we have over 700 part time courses to choose from. You can talk to subject specialists about our courses, take a tour of our creative spaces and enrol for courses starting in January 2018.

Discover your creativity by hand making something unique to give as a gift or to decorate your home this festive season. Enjoy 'The Marketplace' – a collection of tutors and learners work showcasing upholstery, jewellery, prints, textiles and glass. A chance to purchase a unique piece of handmade craft.

Make a contemporary Christmas floral table piece

Thursday 7 December, 7-9:30pm, £39.25

Adult Learning Lewisham, Granville Park Centre, 100 Granville Park, Lewisham, SE13 7DU

Learn how to create a stunning table centre piece or table runner design for the festive season- that would also make an impressive seasonal gift. You will use both fresh and preserved materials, candles and other seasonally influenced accessories.

For more information about the Christmas sessions, our courses, or the open day

visit: www.lewisham.gov.uk/adultlearning Or call us on: **0208 314 3300**

Sydenham Arts presents:

A Grande Scheme return, local acoustic trio playing a wide range of festive folk with a sprinkling of traditional carols. **Thurs 7 December 8pm - late** The Dolphin, 121 Sydenham Rd, SE26 5HB Free event. But booking required sydenhamarts.co.uk

Festive Winter Voices, Sydenham Singers, Brockley Voices, Vocal Chords, Crystal Palace Transition Town & Heart and the City Singers bring some stunning festival vocal cheer to the season. **Sunday 10 December 5pm onwards.** Holy Trinity, 66 Lennard Rd, SE20 7LX. Ticketed event

And coming in January 2018 ...

Jah Burns, join us for our annual Burns Night celebration with a twist. Our Jamaican and Scottish mash up; poetry, music, ceilidh food and bar

Friday 26 January 2018 7.30pm - late. Sydenham Centre, 44a Sydenham Rd, SE26 5QX. All Tickets available sydenhamarts.co.uk or Call Sydenham Arts on: **020 8778 6463**

Make a Christmas Door Wreath

Thursday 14 December

10am-2pm, £45.75

Adult Learning Lewisham Grove Park Centre, 333-335 Baring Road, Grove Park, SE12 0DZ

This enjoyable and creative class will be taught by an industry professional florist, and will enable you to create a seasonal hanging door wreath using a traditionally constructed moss ring. Your design will then be decorated using fresh foliage, and a range of materials and accessories including preserved fruits, pinecones, cinnamon sticks and ribbons.



Sydenham Arts.

Men's Sheds

woodworking for older men
no experience necessary
Wednesdays, 9.30 to 1.30

Somerville Youth Play
and Provision
Queens Road SE14 5JN



JOY has recently launched a new Men's Shed project which is being held at Somerville Youth Play and Provision 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: maureng357@btinternet.com

TIME	CLASS	VENUE	FEE
MONDAY			
10:00–11:00	Seated Exercise	Barnes Wallis	£2.00
10:30–12:00	Tai Chi	All Saints Hall	£2.50
TUESDAY			
10:00–11:00	Gentle Circuits	All Saints Hall	£2.00
1:30–3:00	Singing	Barnes Wallis	£2.50
Third Tuesday of each month 7pm	Film Club	Hill Station Cafe	Free
WEDNESDAY			
9:30–1.30	Men's Sheds	Somerville	Free
10:00–12:00	Healthy Walks (Bring water, travel pass & suitable clothing)	Barnes Wallis	Free
10:30–12:30	Let's Dance	Barnes Wallis	£2.50
THURSDAY			
2:00–4:00	Craft Club	Barnes Wallis	£2.50
FRIDAY			
10:30–12:30	Tai Chi	All Saints Hall	£2.50
Third Friday of each month 2:00–4:00	Cuppa Club	Besson Street Community Garden	

JOY

OUR WEEKLY CLASSES & MONTHLY CLUB

The venues

BARNES WALLIS COMMUNITY CENTRE
74 Wild Goose Drive
New Cross SE14 5LL

ALL SAINTS COMMUNITY CENTRE
Monson Road
New Cross SE14 5DJ

BESSON STREET COMMUNITY GARDEN
Besson St, New Cross SE14 5AE

ST JAMES' CHURCH HALL
St James, New Cross SE14 6AD

SOMERVILLE
Queens Road, New Cross SE14 5NJ

HILL STATION CAFE
Kitto Road, New Cross SE14 5TW

For more information contact

Coral: 07909 945 925, or
Maureen: 020 8692 9186,
E: maureng357@btinternet.com

Come along and try a free taster session.

JUST OLDER YOUTH

Visit our website:
www.justolderyouth.org.uk

Or our Facebook page:
www.facebook.com/justolderyouth.lewisham



Registered Community Interest Company
Company No. 8747889

**Late November
and December
Schedule for the
60 Up Group**

60 Up C.I.C. C/O Honor Oak Community Centre, 50
Turnham Road, SE4 2JD
Tel No. **020 3667 3704**, Email: info@60up.org.uk
website: www.60up.org.uk

Thursday 23 rd 11.30am to 1.30pm	HOCA Over 55s group Tea & Chat 12pm: Seated Yoga HOCA Mens Social Group	£1 Free	Honor Oak Community Centre
Friday 24 th	Fab Friday (Last for the year) R & B Soul Stepping – Join us to learn to Wobble, Shuffle, Candy and more	£4	The Green Man The Barn
Monday 27 th 12pm to 1pm	Exercise For Older Adults Seated Exercise with Jennifer Seated Exercise with Shakila	£3/£4	The Green Man The Barn
Thursday 30 th	HOCA Over 55s group Tea & Chat Bingo - £2 for 4 page book HOCA Mens Social Group Life Stories Project	£1 Free	Honor Oak Community Centre
Monday 4 th December	Exercise For Older Adults Seated Exercise with Jennifer Seated Exercise with Shakila	£3/4	The Green Man
Thursday 7 th December	60 Up Christmas Party & Lunch (Please see poster for details)	£14	Honor Oak Community Centre
Thursday 14 th December	Day Trip by coach to Westfield London & London Lights	£10/12	Leaving from Catford Rushey Green

Seniors has changed its name to '**Stanstead Lodge Seniors Club**' but is still the same Seniors we know and love.

Here is some information on their upcoming events

Christmas Concert: 5 December 2.30 - 3pm. Choir and Vista Reminiscence performing together as every Christmas.

Feeling The Noise Concert: 7 December 1 - 4pm. Special performance by the Blind and Visually impaired band.

Stanstead Lodge Senior Club Christmas party. Our popular yearly Christmas Party. 12 - 5pm. Tickets are £15.

Come and join our Drama Group Workshops. Thursdays **10.30-12.30**

Price: £1 Members/ £3 Non-members. Contact us on: **020 291 1164**



STANSTEAD LODGE
Senior Club Ltd

Forum AGM all welcome (with Christmas goods for sale and mince pies)

the Civic Suite, Catford Road, SE6 4RU

10am to 1pm Wednesday 29 November

(non-members also welcome but will not be able to vote)

The formalities of the AGM start at 10.30, followed by a guest speaker

Cards for Good Causes will be here again with a stall of charity Christmas cards, wrapping paper, ribbon and little "stocking fillers".



PLUS the "Monday Project" stall with blankets and Christmas gifts made as fundraisers for the Forum.

AGM concludes at 12 noon with a prize draw from submitted Membership and Campaigning Survey Questionnaires.

Then there are mince pies and time to shop for cards, buy tickets on the tombola and browse the stalls until 1pm, including various useful publications on the Forum Table.



Lewisham Pensioners Forum

January Forum Meeting:
Wednesday 31 January at 10.30am.
Civic Suite, Catford, SE6 4RU

Topic - Health matters, with input from the Forum's "Save Our NHS" Group.

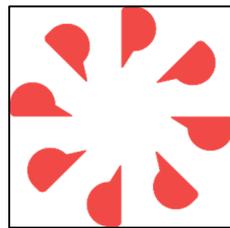
For more information contact:

020 8690 7869

Twitter: @lpforum

Email:

admin@lewishampensionersforum.org



Lewisham Pensioners Forum

The Positive Ageing Council and Lewisham Pensioners Forum have worked together to produce a list of Christmas day lunches for those who may be alone at Christmas. Thanks to the Forum for all their hard work compiling the list. Please read on to find out more!

Forget Me Not

A reminiscence café for people living with Dementia. We meet 1st and 3rd Friday of the month at one of the Seniors Halls,
260 Stanstead Road, Forest Hill, SE23 1DD.

We have warm ups, listen to music, reminiscence and many other activities and also have hot drinks and cake. A lovely and beneficial time to share.

Carers are welcome to join us.
First and third Fridays of the month.
11-1pm

Please contact Tina on:

020 8291 1164

Email: info@seniorslewisham.co.uk

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.

Adult Contemporary Dance Classes with Trinity Laban

Are you 50+ and want to develop your passion for moving? Come along and join us in our world-class studios at the Laban Theatre!

Wednesday's: 6.45 – 8.15pm

Cost: **Full Term:** £118 / £108

Block ½: £60 / £54.

Contact: **020 8305 9400.**

More info: <http://bit.ly/2hP6JMQ> Book now:

<http://bit.ly/2hiVbom>

Christmas Begins in Hither Green! The Hither Green Christmas Fair-Saturday 2 December, 2017

This is one of finest local Christmas Fairs stretching the length of Staplehurst Road

- Enjoy local choirs and musicians creating a Christmassy atmosphere.
- Over forty stalls with beautiful, handmade gifts from local artisans.
- Chocolatiers, bakers, crafters and designers selling cards, books, jewelery, clothes, works of art and delicious treats.

You can also pick up a real Christmas tree!

PLUS: Father Christmas switching on the Christmas tree lights!

Time: 12 - 5pm

Location: Staplehurst Road, SE13 5ND Come along, support all your local fair!

Contact Email: fusspot100@gmail.com



Lovely Photos of The Hither Green Christmas Fair by Katrina Thomas (above) and Angie Beal Design (Below)



So Last Century

vintage christmas at the mansion

Sunday 10th December 2017
10.30 - 3.30pm

20 vintage stalls
xmas trees, wreaths
local beer, mulled wine
streetfood & live music

FREE ENTRY

www.solastcenturyfair.co.uk

info@solastcenturyfair.co.uk

solastc   

Blackheath Christmas Fair

The perfect place to find gorgeous gifts for all ages.

Have fun and help raise funds

for Dementia care at Age Exchange



This year's **Blackheath Christmas Fair** will be held on **Sunday 19 November** from **10.30am - 4.45pm** and fills both the Great Hall and the Recital Room in **Blackheath Halls, 23 Lee Road SE3 9RQ.**

We are fully booked with 62 fabulous stalls. The fair features superb ceramics, jewellery, elegant clothes, gourmet food and drink, sumptuous fabrics, children's games, plants and flowers, gifts for dogs, original artwork, homeware, Christmas decorations and cards. There will also be the chance to win a hamper.

Ladywell Christmas market: Saturday 2nd December 10am-4pm,

Join us at the Ladywell Christmas Market for a great day of Christmas gift shopping! We've got a whole host of fantastic arts, crafts and food stalls, with perfect presents and gourmet gifts for friends and family.

Ladywell Road SE13 7UZ 10am - 4pm.



Christmas Markets / light switch on events in Lewisham

Over the festive periods many local high streets, community centres and churches hold local Christmas fairs/events. These events are a lovely ways to get involved, support local business and artists and be a part of your local community - maybe even splash out on a few new decorations or gifts. Some of the markets have been detailed above, but here are some more for you. At the time of going to print these are the local Christmas markets / events we have dates for:

Catford – Saturday 25th November 2017 Catford Broadway tree lights switch on with carols led by local choir Cat's Chorus. Heidi Alexander MP switches on the lights. 4.15 – 5.00 pm

Lewisham Town Centre Christmas Light switch on – Friday 1st December, lights on at sundown outside 'Place Ladywell' 261 Lewisham High Street

Blackheath lights switch on and xmas market High Street: Saturday 2nd December throughout the day. Lights on at sundown. Blackheath High Street

Sydenham - Saturday 2nd December festivities including FREE Xmas shows for children at 2 pm and 3 pm in the library, and lighting the tree with Carols led by Sydenham Singers (4.00 – 4.30 pm). There may even be a visit from Santa and his reindeer!

Deptford High Street – 30th November 7pm. Outside Asda, Lights on at

Brockley Christmas Market: Saturday 9th December Coulgate ST, SE4. From 12pm

The Horniman Christmas Fair: Saturday 16 December 2017, The Horniman Gardens SE23 3PQ. 10.30am - 4.30pm.

Check local advertising for more markets and events we didn't get in time –

we hope you have a lovely Christmas



Christmas Cheer around the Borough

No-one needs to be alone in Lewisham on Christmas Day

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

Lewisham Pensioners Forum (020 8690 7869) have compiled this list, a piece of work undertaken in good faith and as accurate as we can make it at the time of printing (early November), so please don't hold us to blame if something's missing which should be there or if arrangements have changed since we went to press.

And please, if you book into a lunch and arrange transport but then find you're spending the day with family or friends after all, LET THE ORGANISERS KNOW!

There is otherwise the nightmare situation of the unfortunate driver—with other people on the list to pick up—having to get hold of the emergency services on Christmas Day (when they are extra busy) simply because you're not there to answer a door-bell. *Full list on the next page*



In Partnership with the Positive Ageing Council



Lewisham's Christmas Day Lunches – no one needs to be alone in Lewisham at Christmas

Deptford Methodist Church, 1 Creek Road, SE8 3BT

A 10.30 service or just come along at 11.30 for welcome, tea and coffee. Then a 3-course lunch (tell them in advance of dietary requirements) followed by games and entertainment, finishing at 3.30. Phone Nerissa on **020 8692 0048** to confirm numbers and discuss transport.

St Johns, off Lewisham Way, SE8 4EA

Lunch from 12.30 to 3pm—phone Peter on **020 8692 2857** to book in advance and ask about limited transport options.

Perry Rise Baptist Church, Perry Rise, SE23 2QL

Traditional turkey and Christmas pudding, with an option of being picked up and dropped home. Free, but not a drop-in. Please phone VSL on **020 8291 1747** *as soon as possible* to make arrangements, or else call in at the Voluntary Services Lewisham office, in the Leemore Centre, 29-39 Clarendon Rise, SE13 5ES to fill in the form.

And on Boxing Day, Tuesday 26th December - The Hill Station, Kitto Road, SE14 5TY (close to the 343 and 484 bus routes)

Open from 12noon to about 4pm. Anyone feeling the let-down after Christmas is welcome to come along and bring any leftovers they have to share, or just bring themselves! There will be hot drinks, biscuits, cake and company. *All free.*

All Saints, Monson Road, SE14 5EH

Mass in the Community Hall at 11am, then drop in for traditional lunch starting at around 1pm, followed by an afternoon of great entertainment and tea with cakes and sandwiches. No charge for anything. Phone Father Owen on 020 7639 3497 as some transport may be available.

Cummin' Up Restaurant & Take-away 389 Lewisham High Street, SE13 6NZ

Richard Simpson and his family cook traditional British Christmas Day fare (including Brussels sprouts!), plus jerk chicken, rice & peas and mixed salad—1pm to 6pm.

Honor Oak Community Centre, SE4 2JD

12noon to 3pm, Living Waters Christian Centre invite you to a Christmas Lunch – all ages welcome. Booking essential—so ring **020 8690 7579** before 30th November to leave a message with your phone number and someone will get back to you to take necessary details and confirm a reservation.

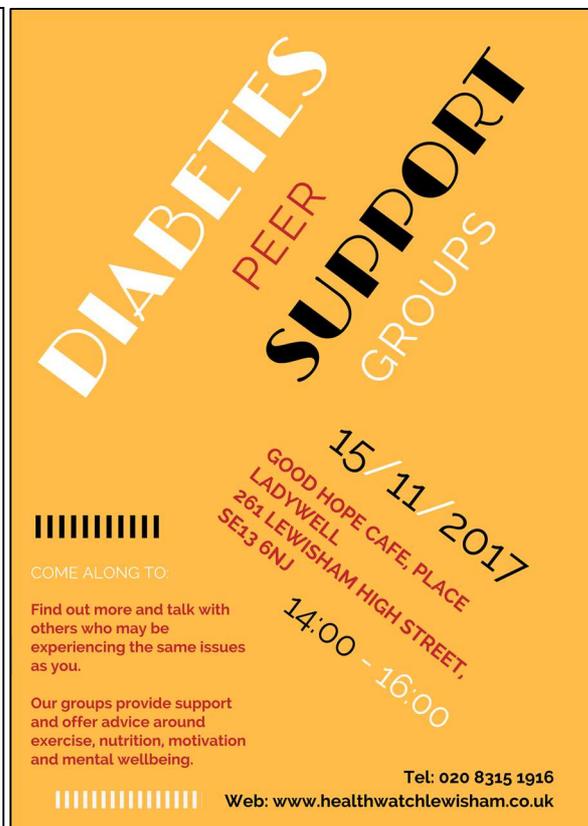


Self Care and Diabetes in Lewisham

For self-care week Healthwatch Lewisham is holding a Diabetes Awareness Event. Local people will have the opportunity to find out more about the condition and what local services are available.

There will also be representatives from local peer support groups, should you be interested in accessing support in your community. Information around healthy eating will also be available.

The event will take place on **Wednesday 15th November 2017, 14:00 – 16:00, at Good Hope Café, Place Ladywell, 261 Lewisham High Street, SE13 6NJ**



DIABETES PEER SUPPORT GROUPS

15/11/2017

GOOD HOPE CAFE, PLACE LADYWELL
261 LEWISHAM HIGH STREET,
SE13 6NJ

14:00 – 16:00

COME ALONG TO

Find out more and talk with others who may be experiencing the same issues as you.

Our groups provide support and offer advice around exercise, nutrition, motivation and mental wellbeing.

Tel: 020 8315 1916
Web: www.healthwatchlewisham.co.uk

Free 2-day Training on Physical Activity & Healthy Eating for Community organisations!

GCDA commissioned by Lewisham Public Health, are offering free 2-day training on Physical Activity and Healthy Eating exclusively for community groups in the borough.

- The training will cover essential information on how to deliver first line evidence based advice to increase physical activity levels and healthy eating behaviours with your clients
- Once trained, you will receive support from GCDA to help plan and deliver 3 healthy eating and physical activity sessions. We offer a first free Physical Activity (seated yoga) session.

The next training date will be:

15th & 16th November at Lewisham Library – 10am – 4pm both days

There will be a half a day follow-up/support session on 28th November.

To apply, please contact us for an application form. If you require further information, please get in touch.

Fay Williams - Community Development Nutritionist
Tel: **020 8269 4886**. Email: fay@gcda.org.uk
Web: www.gcda.coop

South East London Macular Support Group

No one need face macular degeneration alone

Our group meets on the third Thursday of each month (except August) 1.30 – 3.30pm

We meet at St Mark's United reformed and Methodist Church, 22 Greenwich South Street, London SE10 8TY

The meetings are open to anyone affected by central vision loss. Carers are welcome too. **Please call Valerie on 020 8461 1017**

Our friendly groups are run by dedicated volunteers, most of whom have macular disease themselves or know someone who has a macular condition. Groups offer support and help in understanding macular disease and coming to terms with sight loss. They often share information about treatments, other services and staying independent.


Macular Society

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. 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.



Sugar Smart Lewisham

Sugar Smart Lewisham is a joint campaign with the Jamie Oliver Food



Foundation and the food charity Sustain to tackle the issue that we consume too much sugar.

In 2016 we pioneered the [national Sugar Smart campaign](#) by becoming the first London borough to sign up. We want to reduce the amount of sugar in our diets by raising awareness of the issues around consuming too much sugar and providing an environment in which it is easier to make a healthier and less sugary choice.

We are working with local businesses, schools, children's centres, hospitals and other organisations to promote healthier, lower-sugar alternatives and to limit less healthy choices. [Find out which organisations have already signed up.](#)

You can help by joining the campaign and pledging to make some simple changes to what you provide for your customers, clients, patients and students to help people become 'sugar smart'.

Our vision To be a Sugar Smart borough, where our community is supported to make healthier, lower-sugar choices.

Our aim To increase awareness of and reduce sugar consumption across all age groups and communities in the borough.

At our recent Silver Sunday event, the Positive Ageing Council trialled providing more sugar smart snacks. It went down very well, with people feeling they had more options than normal. Only having crumbs left over proved this was a popular idea.

The Positive Ageing Council are hoping to join the Lewisham Sugar Smart campaign. We won't be taking away your choices, just hopefully giving you more 'sugar smart' ones at our public meetings in the future.

Positive Ageing Council

Improving services and facilities for older people in Lewisham



Festive
food and
drink

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



**Thursday
7 December 2017**

11am, Civic Suite, Catford.

Come and hear from groups we have funded, help elect our steering group, have plenty of Christmas cheer and say a big thank you to our chair, Peggy Fitzsimmons, who is stepping down at Christmas.

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac



Lewisham