



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

**Newsletter – Spring 2019 Edition**

**Date for your diary**  
The next Positive Ageing Council public meeting is  
**Thursday 14 March 2019, 11am**, Civic Suite  
Catford SE6 4RU.

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

**You are invited to our next public meeting!**

**Date:** Thursday 14 March 2019

**Time:** 11am-1pm

**Venue:** Civic Suite, Catford, SE6 4RU

**The theme of the Positive Ageing Council public meeting is: 'Help after Hospital'**

We will be welcoming colleagues from Adult Social Care, St Christopher's Hospice, Age UK Lewisham and Southwark and the Department for Work and Pensions to discuss the care and support available for older people on leaving hospital. As always, you can ask your questions to our panel.

We will also be bringing you a special musical performance!

**We look forward to seeing you on the 14th of March.**

## 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**  
**Help after Hospital**

We will be welcoming colleagues from Adult Social Care, St Christopher's Hospice, Age UK Lewisham and Southwark, and the Department for Work and Pensions to discuss the care and support available for older people on leaving hospital.

**Thursday 14 March 2019, 11am–1pm**  
Civic Suite, 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)

### What happened at the last Positive Ageing Council public meeting!

The Positive Ageing Council were thrilled with the turnout at our public meeting in December. It was literally standing room only as so many members of our community, residents, carers, partners and friends came along to help us celebrate the festive period in style. As always, we like to bring you a blend of the fun and slightly off the wall, with really useful information that can help our older residents to get the most of living in Lewisham. One of the main benefits of our quarterly newsletter is to give a chance to follow up on the things we learnt at the meeting and to say a big thank you to all involved. Please read on to find out more about the interesting things we learnt and see some of the photos from the event. Enjoy!



### 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)

## At our public meeting in December we mixed the fun, the wacky and the useful to great effect

Firstly we opened the meeting with some brilliant interactive dancing with the **fabulous Sarah – ‘DJ Doo’ Lang**. We got the blood pumping along to some classic Christmas songs - ‘Sleigh-ride’ by The Ronettes and ‘Warm This Winter’ by Connie Francis. People stood to dance or joined in whilst seated. It was great fun and a great way to start us off and get us in the Christmas spirit.



Our favourite friends **The Lewisham Usherettes** joined us to ensure everyone had fun and got involved – we would like to thank them for all their ‘Tweeting’ for **@PACLewisham** and taking these fantastic photos for us.



We then heard from the amazing **Rachel Ellis** - telling us about the fantastic **Table Talk Project**, involving lots of local Lewisham organisations...read on to find out more details about this important and much needed initiative. Linking to Table talk we then heard from **Tim Bradley OBE** who has created the **Lewisham Wellbeing Map** – this will be a hugely valuable resource for residents, looking for activities to help their physical and mental wellbeing...again more in this newsletter.

We had a lovely talk about the exciting work of **The Albany, Entelechy Arts** and Lewisham Council in this autumn's **Festival of creative Ageing**. This promises to be one of the most spectacular and bold events for older people that Lewisham has ever attempted, so keep checking this newsletter for information in the coming months

We welcomed our incredible supporter **Councillor Chris Best** who gave a lovely speech about the work of the Positive Ageing Council and thanking other organisations in the borough working so hard to support older people and how Lewisham Council and their officers from many departments are working so hard to support this work.



We were delighted to welcome **Mayor Damien Egan** who came along to wish us all a wonderful holiday season and let us know more about some of the upcoming plans for his administration. It was lovely to spend the Christmas meeting with our founder, **Peggy Fitzsimmons**

The amazing **Giovanna** gave us a fascinating insight into the benefits of Smart Meters and how **South East London Community Energy** are working with older people across the borough to help and advise us at their **Energy Cafes**.



What is now a Christmas tradition for the Positive Ageing Council – we asked our members to add their **wishes, hopes and dreams for the future to our wishing tree**. These are really lovely and we look forward to sharing them with you in the future. We couldn't help holding an impromptu Best Christmas Jumper competition – and who else could have won but our Vice Chair John Macy in this snazzy little number!

Finally – and with not a minutes rehearsal – the Positive Ageing Council Steering Group got brave and formed a **‘one**



**performance only’ Choir**. The Steering group did a great job leading the room in Carols ...so who knows, maybe this won't just be a one off performance for the Steering Group Singers after all...?! Our meeting was closed with Christmas and New Year wishes from our Chair Iris Till and our lead Councillor Coral Howard. We want to thank everyone who came along and enjoyed the day!



## **'Table Talk' is a new project for older people starting in Lewisham in 2019.**

The Positive Ageing Council are so excited to be a contributing partner in this fantastic project. We are fortunate in Lewisham that we have so many clubs and activities for all age groups going on across the Borough. Unfortunately many older residents are unaware of what is available or may think it's not for them. This leaves many feeling isolated and helpless.

The aim of table talk is for a group of ordinary, older Lewisham Citizens to visit a variety of places where older people pass by, with a range of leaflets and information.

We will listen to you about the kind of activities you might want to get involved in and point you towards activities, events and advice that might be helpful.

From Seated Yoga to Reggae Line Dancing. From learning Spanish to joining local campaigns. From advice on avoiding scams to help with fuel poverty - we aim to get you the information you need, face to face.

We shall also be making good use of the Lewisham Wellbeing Map and helping older people to access online services – more information in this newsletter)



**WHO Global Network  
for Age-friendly Cities  
and Communities**

We have already confirmed a number of venues for 2019 - so do pop along and have a chat with us if you want to know more. **To find out more - contact the organisations mentioned below or Rachel Ellis e: ellisrachel@hotmail.com t: 07792048792**

### **Table Talk Venues already confirmed for 2019:**

- February 19th - **Diamond Club**, 11-2.30
- February 23rd - **Rushey Green Time Bank at Food Cycle**, Lewisham Irish Centre, 1 – 3pm
- February 28th - **Quaggy Lunch club at Parkside Community Centre**, 11.30am - 1.30pm
- March 1<sup>st</sup> - **SLAM Dementia Clinic**, 11am - 2pm
- April 25th - **Calabash Centre**, 1.30 - 4pm
- April 26th - **Calabash Centre**, 1.30 - 4pm
- May 11th - **Sydenham Garden Sow and Grow Fair**, 11am - 3pm
- May 29th - **South Lewisham Group Practice**, 10am - 2pm
- June 6th - **Branching Out Telegraph Hill Centre**, 10am – 2pm
- June 19th - **Glassmill Leisure Centre**, 11am – 2pm
- July 11th - **Ageing Well Silver Lunch Club**, 11am – 2pm
- August 19th - **Lewisham Library**, 11am – 2pm
- September 25th - **EPSP Project, Ackroyd Community Centre**, 11.30-2
- October 15th - **St Luke's Church** -11am - 2.30pm
- November 20th - **Stanstead Lodge Senior Club**, 11am - 2pm

**More venues are being added all the time so keep an eye out for more information.**

### **As well as the venues/organisations mentioned above there are over 30 other organisations supporting the project including:-**

Lewisham Wellbeing Map project, Lewisham Pensioners Forum, Catford Synagogue, South London and Maudsley NHS Foundation Trust (older people and dementia teams), Glory Days Seniors, Carers Lewisham, the Deptford Methodist Mission, Ladywell Specialist Dementia Day Centre, Groundwork's Green Doctors Programme, Dept. For Work and Pensions, GCDA SE London Community Energy, Lewisham Community Toilets, Food2You, NHS OneHealth Team, Age UK Scam Team, Lewisham Council Safer Neighbourhood Team, Voluntary Action Lewisham, Downham Health and Lifestyle Centre (Fitbus), Wheels for Wellbeing, GCDA Healthy Walks and Be Inspired, Eddie Igho Moniro-Less (local solicitor), One Earth Beauty Treatments

**More organisations getting involved and sharing their information with us all the time.**

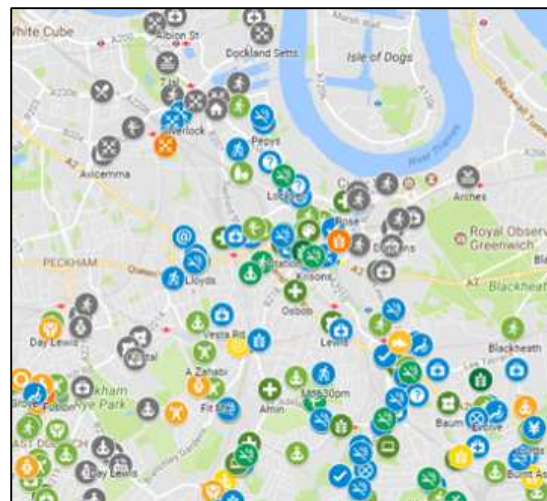
**Please stop by and chat to one of the table talk volunteers and find out what you've been missing!**

## The Lewisham Wellbeing Map project showing the Great Things in Our Borough.

The Lewisham Wellbeing map (LWM) is an initiative by Tim Bradley OBE. We were delighted to introduce Tim at our public meeting in December to tell us all about it. This is how he describes it: "The **Lewisham Wellbeing Map** is a free portable smartphone/computer map showing places in the Borough of Lewisham which aid the health and wellbeing of people there. The current version is a multi-layered map which can be copied to anyone's Google Maps screen. The ten layers, each of which can be switched on and off, include different types of provision such as Doctors, Pharmacies, Community/Voluntary sector, Better Living (eg. Diet, Anti-Smoking) and Outdoor & Mobility. So far, there are about 350 places marked - we plan to increase this further with continued intensive gathering during the rest of 2017. In 2018, provided the system is useful and robust enough, we would have a focussed period of distributing it 'organically'. This would be both to the public and health & care workers - especially 'health navigators' - aiming to achieve critical mass in Lewisham.

LWM will benefit the Lewisham community by providing a free, portable and intuitive way to see what can help their health and wellbeing locally. Also, those providing care, health and advice services (including for less IT-capable and/or more vulnerable people) will be able to steer the community to more local and effective provision. This is particularly useful for what is known as social prescribing. The map can more generally guide people how to make their daily routines healthier.

The real challenge will be to ensure LWM is sustainable and stays relevant by refreshing the information. We hope to do this with a network of volunteers across the borough with practical (esp. tech) skills, local knowledge and/or wellbeing expertise. Such volunteers would also help providers, particularly Community/ Voluntary ones, hone their Google Maps shop-window so they are more effective. Thank you". **Tim Bradley (OBE)** e: [LewishamWellbeingMap@gmail.com](mailto:LewishamWellbeingMap@gmail.com) t: **07443 626 954**



As well as visiting the Positive Ageing Council public meeting and being a Key partner of the table talk project, Tim also went along to chat to the '**Catbytes**' Tuesday Techy Tea club at Ewart Road to show some of their volunteers (and students) the new map and helped them gain access to edit the map. We would like to thank Damian Griffiths from **Catbytes** for the additional information in the above article. You can contact **Catbytes** to find about more about their Techy Tea sessions by

visiting their website [www.catbytes.community](http://www.catbytes.community)

email: [damian@catbytes.community](mailto:damian@catbytes.community)

tel: **020 8314 4702**



## Want to learn more about The Lewisham Wellbeing Map? Join our free friendly get-together!

We'll be having our next get-together of those who want to build the map over tea, cake, and coffee from 3-5pm on Thursday 28 February (*and on other last Thursdays of the month too, we intend*).

We're meeting in the Community Meeting Room on the first floor (accessible by lift) of the **Bellingham Leisure Centre, 5 Randlesdown Rd, London, SE6 3BT**. There is easy drop-off/low-price car park right outside or come by regular train to very nearby Bellingham Station or one of many buses along Bromley Road.

So come along to meet up with others like you, whose local know-how when out-and-about or investigative skills from home can build a map of the great things in our borough. If you'd like to join us at the get-together or otherwise contribute please e-mail [LewishamWellbeingMap@gmail.com](mailto:LewishamWellbeingMap@gmail.com) or ring Tim on **0744 362 6954**. Thank you. Tim Bradley (OBE)

## Update on Lewisham's Festival of Creative Ageing

Lewisham's Festival of Creative Ageing will run from 13 September to 6 October 2019. The full programme will launch and you'll be able to book for events from June 2019. They will include [The Home](#) by Christopher Green - a 48-hour immersive theatre production where audiences will experience life in a care home; a step-changing 21st Century Tea Dance curated by residents from Lewisham Care Homes and sheltered housing schemes; and national touring street show [Bed](#), devised by older performers from Entelechy Arts.

The programme will include a host of community projects from groups and artists around the borough funded through the Festival's small grants programme.

The finale will take place on [Silver Sunday](#) and feature a spectacular outdoor choral work commissioned especially for the festival by Trinity Laban. Intergenerational work from Tangled Feet, circus, dance, spoken word and music performances, film, exhibitions, workshops and discussions will complete the programme. Events will take place throughout the borough – from care homes and community centres to theatres and public squares.

The festival is being produced by the [Albany in Deptford](#) and [Entelechy Arts](#) for London Borough of Lewisham. It is supported by the GLA's Borough of Culture programme.



Artist Chris Green and a participant from a residential project that was part of developing *The Home*.

## A new year Message from the Chair of the Positive Ageing Council – Iris Till

Welcome to 2019 and I would like to take this opportunity to wish all our readers a Happy, Healthy and Peaceful Year.

Most of us start the New Year with new hopes whether they are for ourselves, family, and friends or on a wider scale for all. Hopes for ourselves, family and friends may be easier to achieve or not, determined by how committed we are. On the bigger scene, for all, it may be more difficult as there are more hurdles to jump. Breaking it down into very small areas e.g. Boroughs we may be able to achieve change that can bring hope and brighter times for all Lewisham Residents.

I joined POSAC some four years ago, as I was impressed with the work and positive attitude the Steering Group Members showed, offering the older community of Lewisham ways with living Positively as we grow older. I considered myself privileged to be asked to take on the Chair's role in December 2017 and have enjoyed working together with our group.

I am in my second year as chair of POSAC and as we enter this New Year we have the opportunities to bring older people together as we celebrate The Festival of Creative Ageing. This Festival will run between September/October 2019. There will be lots more information on this as we go through the year.

My 2019 hopes for our Borough of Lewisham are that this Festival will bring together all generations and give many older people the opportunity to show their talents whether that be singing, dancing, painting, cooking, sewing, knitting or being part of an audience.

POSAC wants this festival to reach out to all our older people, to be inclusive and where the Acts can visit the Audience. I hope this Festival has a lasting legacy for older folk where more people can look forward as we work together for a more cohesive community.

Best Wishes to you all – Iris.





**IRIE!**  
dance  
theatre

**Vintage Tea**  
with  
**Live Drumming**

AN EVENT FOR ELDERS, FAMILIES & FRIENDS

**Thursday 21 February**  
2-4pm  
**MOONSHOT CENTRE**

**FREE EVENT! BOOK NOW!**  
020 8691 6099  
engagement@iriedancetheatre.org

**Vintage Tea**  
with  
**Live Drumming**

An opportunity for **ELDERS, FAMILY & FRIENDS**  
to socialise, take part in a great,  
creative event & have **FUN!**

**21 February 2019**  
2-4pm  
**MOONSHOT CENTRE**  
Fordham Park, Angus Street  
SE14 6LU

**TRANSPORTATION**  
Bus 225 stops in Angus Street – 5 mins walk  
Other Buses: 21, 53, 136, 171, 172, 177, 321, 453  
stop @ Marquis of Granby – 7 mins walk  
Train: New Cross – 7 mins walk

**FREE EVENT! BOOK NOW!**  
020 8691 6099  
engagement@iriedancetheatre.org

**IRIE!**  
dance  
theatre

The London  
Community  
Foundation

**moonshot**

Lewisham



**Ageing  
Well in  
Lewisham**

**Mindfulness & Movement with Ageing Well  
In Lewisham**

Wednesdays 10.30am - 1pm.

Cost: £4, including lunch.

Venue: Lewisham Unity, 41 Bromley Road  
Catford, London, SE6 2TS

Relax, socialise, and keep limber!  
Led by a trained instructor, these sessions will  
leave you feeling calm and connected.  
Tea and conversation, followed by meditation  
and gentle exercise.  
Light, healthy lunch served at the end.

Call **0208 698 3735** for more information  
www.ageingwellinlewisham.org



**ASIAN Elders and Carers group**

The Asian Elders and Carers group meets  
every Friday between 10.30 am to 1.30pm at  
Calabash centre, George lane, Lewisham.  
We welcome memberships to socialise and  
participate in our Lunch club, get some veggie  
recipes and exchange information on Culture  
and festivities.

For more information please contact at the  
centre on Friday or at

[mohan.mokashi54@gmail.com](mailto:mohan.mokashi54@gmail.com)

**Celebrating International Women's Day  
FREE sing-a-long film screening of 9 to 5**

Staring Dolly Parton, Lily Tomlin and Jane  
Fonda

**Friday 8th March From 3.30pm**

Civic Suite, Catford Road, SE6 4RU

All are welcome to  
join us and enjoy  
this fabulous film  
to celebrate  
International  
Women's day!  
Afternoon tea will  
be provided.



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



## Volunteering opportunities

Do you want to help your local community?

Do you have a couple of hours each week to spare?

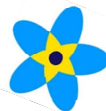


If this sounds like you then there may be an opportunity for you at the Lewisham Irish Community Centre.

Volunteers are needed to join our team delivering Community Services and several roles are available including Receptionist, Librarian, kitchen Assistants, Playgroup/Youth Club leaders and Gardeners.

Please call in to the centre for more information: 2a Davenport Road Catford SE6 2AZ Weds- Fri am or contact Emma-Jane on **07964 395192**  
[volunteercoordinator@lewishamirish.plus.com](mailto:volunteercoordinator@lewishamirish.plus.com)

The Archibald Corbett Community Library, Arts & Heritage Centre has a weekly schedule of free drop-in activities including:



- **Tea and Cake dementia friendly group** - Monday 11.15am - 12.45pm
- **Knit 'n' Natter** - Monday 7 – 9pm
- **Gentle Seated Yoga** - Thursday 11.30-12.30pm
- **Knit 'n' Natter & Stitch 'n' Fix** - Thursday 1.30pm – 3pm
- **Catford South Reminiscence Project** - Friday 11am -12.30pm
- **Tai Chi under the dome** - Friday 1.15pm

**An Irish Holiday from Home at the Lewisham Irish Community Centre**  
**Monday 25<sup>th</sup> & Tuesday 26<sup>th</sup> February 2019**  
**11:00-4:00pm**



Lewisham Irish community Centre, in association with the Diamond Club, are hosting a two day holiday from home event for the over 55's . This event will celebrate everything Irish including Irish Ceili Dancing, set dancing, Irish folksong and ballads , Storytelling and Sean Nos, Dance Drama, Quadrille Dancing, Zumba Gold.

Each two day event will have an Irish themed Lunch. The event will conclude with a tea dance.



**Free for everyone to come along and celebrate the Irish Holiday experience.**

Please book in advance by contacting Kathleen Sheridan on **020 8695 6264 / 07956 509 033**

**Other regular weekly activities at Lewisham Irish Community Centre include:**

Qi Gong every Monday	11am - 12 noon
Monday Project including Zumba Gold	12 noon - 3pm
Tuesday Irish Community Service Lunch	1 - 2.30pm
Wednesdays Walking Football	10.30 - 11.30am
Wednesday Chair seated Yoga	12 noon - 1pm
Thursday Community Library/café	2 - 4pm
Friday Lewisham Irish Pensioners Group	2 - 4.30pm

For more information please contact us on **020 8695 6264**

You can find Corbett Community Library on Torrison Road, Catford SE6 1RQ



They are always looking for lively volunteers to help out in this amazing space with their activities and delivering the library service.

The community Library is entirely supported by lovely local volunteers of all ages – so if you are interested in helping out, please give them a call on **020 8378 5358**



## 60 Up Club

**Mondays** The Green Man, 355 Bromley Road, SE6 2RP

10.45am to 11.45am: **Low impact dance aerobics**

Cost £2.50 / £3

12 noon to 1.00pm: **Seated Exercise** Cost £3 / £4

**Thursdays** at Honor Oak Community Centre, 50 Turnham Road, SE4 2JD

10.30am to 12noon: Free IT classes (for beginners & improvers)

11.30am to 1.30pm: **Over 55s Thursday Club.**

Cost £1 (prices may vary for special events)

**Fridays:** The Green Man

11am to 12pm: **Seated Yoga.** Cost £4 / £5

**Monthly Day trips to places of interest**

For further details, please phone Christina on

**020 3667 3704**, or email [info@60up.org.uk](mailto:info@60up.org.uk)



## Lee Fair Share remembrance project

Lee Fair Share remembrance project is looking for speakers who are willing to share their knowledge of the three decades which changed Britain - 1960's, 70's, 80's.

The topic can be anything - children's games, television, social history, fashion the list is endless.

Please contact Lorraine on 07875 082571 or

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

## 'Spring Forth!' Lunchtime Concert - Tuesday 27<sup>th</sup> March, 1.00pm

Join The Befrienders and Trinity Laban vocal students as they collaborate to present a fun, feel-good lunchtime concert to welcome the arrival of spring. Featuring popular favourites and original songs written collaboratively by the group that audience members are invited to join in with. The Befrienders is run in partnership with Ageing Well in Lewisham and is one of four groups in Trinity Laban's *Inspired not Tired* programme of music and dance activity for older adults.

For more information please contact [L&PEnquiries@trinitylaban.ac.uk](mailto:L&PEnquiries@trinitylaban.ac.uk) **020 8305 3883**

Peacock Room, Music Faculty, Trinity Laban Conservatoire of Music & Dance, King Charles Court, Old Royal Naval College, Greenwich SE10 9JF Admission free, no ticket required

## Concert and a Cuppa

**Thursday 28<sup>th</sup> February**, Saxophone Ensemble

**Thursday 4<sup>th</sup> April**, Musical Theatre

Pre-concert talks at 12.15pm, recitals at 1.05pm

Have you ever been to a concert and wished you knew more about the music and the composer?

Are you interested in coming to listen to live music for the first time and meeting new people?

Concert and a Cuppa is a series of informal pre-concert talks led by our passionate and knowledgeable students from Trinity Laban. Each talk, written by the students, will provide an interesting and enlightening insight into the composer and music, enhancing your concert experience.

For more information please contact [L&PEnquiries@trinitylaban.ac.uk](mailto:L&PEnquiries@trinitylaban.ac.uk) **020 8305 3883** or visit:

[www.trinitylaban.ac.uk/take-part/events-and-platforms/concert-and-a-cuppa](http://www.trinitylaban.ac.uk/take-part/events-and-platforms/concert-and-a-cuppa)



## Pre-concert talk:

**St Alfege Church Hall**

**Recital: St Alfege Church**

Admission free,

no ticket required





gcda

# Be Inspired to...



- Get active
- Cook from scratch
- Coach through training

Come and see whats going on in your local community around health and wellbeing



Try some **FREE** taster sessions:

- Healthy eating
- Zumba
- Cycling
- Tai Chi
- Nordic walking
- Arts and crafts
- More!

Thursday 7<sup>th</sup> March 2019, 11:00-15:00

Glass Mill Leisure Centre, 41 Loampit Vale, London SE13 7RZ

gcda

✉ fay@gcda.org.uk ☎ 020 8269 4886

🌐 beinspiredlewisham.org 🐦 @BeinspiredLEW



## Branching Out

After a busy Christmas season, the Telegraph Hill Centre's over 55s group, Branching Out, is ready for a creative 2019 year! We have already started on painting a three-metre-long mural which will be exhibited in the centre's foyer throughout the coming Telegraph Hill Festival.

We are also pleased to announce that Kay Grimshaw, our regular art tutor, will be leading a **four-week creative writing class at the Centre every Tuesday in March from 10am-12pm**. She will be exploring ideas with diary-writing as a starting point. No experience needed, just come along.

Finally, if technology is something you want to learn more about, or you would like to know just enough to get by in this digital age, **Branching Out is holding free digital discovery workshops on Mondays 18th and 25th of February, 10am-12pm**, focusing on the use of smartphones and tablets.

## Does your Freedom Pass expire on 31 March 2019?

If your Older Persons Freedom Pass expires on 31 March 2019 you will receive a letter in early February telling you how to renew your pass.

By law, Freedom Passes must be renewed every five years. Therefore, residents whose pass expires on 31 March 2019 will need a new pass in order to keep using the scheme.

The letters to older persons pass holders are being sent out in early February to all users with a Freedom Pass expiring on 31 March 2019. If you do not receive a letter **by the end of February**, you should contact the Freedom Pass Team on [info@freedompass.org](mailto:info@freedompass.org) or call **0300 330 1433**. Please note this is **NOT** done by Lewisham Council

You can also renew it online here: [www.londoncouncils.gov.uk/services/freedom-pass/older-persons-freedom-pass/renewing-your-pass](http://www.londoncouncils.gov.uk/services/freedom-pass/older-persons-freedom-pass/renewing-your-pass)

## Disabled persons Freedom Pass

Holders of the disabled persons Freedom Pass with an expiry date of 31 March 2019 will receive their new pass in February once their eligibility has been checked by their local council.

Your local borough may contact you to confirm your continued eligibility for the scheme.

Disabled persons passes are only valid for as long as the pass holder meets the eligibility criteria for the scheme.

If someone's circumstances change before the expiry date of the pass or they do not respond to a renewal letter from their local borough, their pass may be stopped.

## **Changes to benefits for mixed age couples:**

The government announced changes to benefits for mixed age couples that will be introduced from 15 May 2019.

When single people reach State Pension age, they move from working age benefits to pension age benefits.

Currently, couples can choose to make that transition when the older partner of the couple reaches State Pension age.

In 2012, Parliament voted to modernise the system and change the rule for couples so that the transition takes place when the younger partner reaches State Pension age. This will ensure the younger partner is in the same circumstances as other people of the same age, regardless of the age of their partner.

Mixed age couples with a partner under State Pension age already in receipt of Pension Credit or pension-age Housing Benefit at the point of change will be unaffected while they remain entitled to either benefit.

If a mixed age couple claim working age benefits, the pensioner partner will not be subject to work-based conditionality. Any work-based conditionality for the younger partner will be tailored to meet their circumstances

**This information is sent to us by Colleagues at the Department for Work and Pensions**

## **Lee Senior Citizens Club**

The Lee Senior Citizens Club runs from the Lee New Testament Church of God. The group is vibrant, interactive and inspirational, with social and educational provisions to motivate everyone. **Don't miss out.**

### **Membership requirement**

The club runs on a membership basis and anyone over the age of 55 are entitled to attend.

### **Activities include:**

- Arts and crafts (e.g. painting/drawing, needlework, basket weaving, knitting)
- Food and nutrition (i.e. cookery/cake baking, healthy eating)
- Health promotion (i.e. healthy living, gentle exercise, taking care of yourself)
- Topical workshops (issues in the local and national news)
- Games (i.e. dominos, quizzes)
- Day trips (i.e. historical buildings, coast)
- Lectures and social events (e.g. local people of interest, meetings of interest)
- A hot meal (a variety of international dishes)
- Films
- Massage sessions (temporarily suspended)
- Christmas Meal
- Exercise Classes Wednesdays 10-11am. £2.00 per week

Plans for include 2019 a Caribbean Cruise, Day trips, Computer and Social Media Training.

370 Lee High Rd, Church Hall SE12 8RS  
**020 8473 9032** [seniors@ntcglee.org.uk](mailto:seniors@ntcglee.org.uk)

**Lewisham Stroke Group** is a Stroke Association Voluntary Group for stroke survivors, together with their carer and family.

Meetings are on alternate Wednesday's in Bellingham between 10.30am and 12.30pm in a fully accessible safe and secure environment. Meetings include refreshments, socialising, games, quizzes, guest speakers. Outings, and activities such as ten pin bowling, also take place.

Further details from Barry, **020 8523 9443**

or **email** [Barry.Coppock@stroke.org.uk](mailto:Barry.Coppock@stroke.org.uk)

**Website:** [www.stroke.org.uk/finding-support/lewisham-stroke-group](http://www.stroke.org.uk/finding-support/lewisham-stroke-group)





## Blackheath Flower Arranging Society

Mycenae House 90 Mycenae Road  
Blackheath SE3 7SE  
Blackheath Flower Arranging Society meet every third Friday of each month.

Meetings start at 1.45pm

The entrance fee is £5

There are toilets and a cafe on the premises.



Did you know that flower festivals are making a resurgence. We would like Lewisham to be at the forefront of the festivals bringing happiness and combating loneliness and isolation that many people face.

## Stanstead Lodge

### Seniors Club – **Forget Me Not** Dementia Café

A reminiscence café for people living with Dementia. We meet 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.

First and third Fridays of the month.

11-1pm. Please contact Tina on:

**020 8291 1164**

Email: [info@seniorslewisham.co.uk](mailto:info@seniorslewisham.co.uk)

# Arts & Crafts

Only £1.50 per session. All ages and abilities welcome.

Thursdays 10am-12pm  
31st Jan - 28th Feb 2019

Bellingham Leisure Centre  
5 Randlesdown Rd, SE6 3BT (upstairs in the meeting room)

For more information call  
**07544996722 - info@rgtb.org.uk**

Rushey Green Time Bank a Registered Charity No 1101616 A company limited by guarantee, registered in England and Wales Company registration number 4681564

## JOY – Just Older Youths

Activities for Older Adults who are young at heart! JOY are a lovely friendly group we would love you to come along and try one of our weekly activities – below - We look forward to welcoming you!



## WEEKLY ACTIVITIES - 2019



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
Tuesday	GENTLE CIRCUITS	10.00-11.00	£2.00	All Saints Centre
Tuesday	SINGING	1.30-3.00	£2.50	Barnes Wallis Centre
3 <sup>rd</sup> Tuesday monthly	FILM CLUB	7.00 pm	FREE	Hill Station Café, Kitto Road
Wednesday	MEN'S SHED	9.30-1.30	FREE	Somerville
Wednesday	HEALTHY WALKS	10.30-12.00	FREE	Meet at venue
Wednesday	LET'S DANCE	10.30-12.30	£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!

## Never volunteered? Why not change that now?

St Christopher's Hospice was founded in 1967 and has been providing care and support to our community in south east London whenever and wherever they need it for over 50 years. Each person is unique and we tailor our care to meet social, emotional and spiritual needs, as well as manage physical symptoms. Our goal is to help people live well until they die and support those affected by the loss of a loved one.

But in order to do all this we need the support of volunteers, and we have a whole range of opportunities for people to help.

Our new shop on Brownhill Road in Catford has just opened and the support of sales savvy individuals, financial wizards or those with an eye for styling interiors and displays would be truly appreciated. Volunteers can gain valuable retail experience and have the chance to work for a life changing organisation.

There are plenty of other volunteering opportunities too. Last year the hospice held over 30 events, including holding a stall at Lewisham People's Day. At events, volunteers can be stewards, administrators and first aiders, and more volunteers are always needed. Event planning and execution takes a large team of people to make possible and is a hugely rewarding experience.

Many also people use volunteering as a way of improving their CV. Students and young people hoping to begin careers in physiotherapy, occupational health and nursing might want to consider working in the Living Well at Home volunteer team, where they will receive free training and experience helping people undertake rehabilitation to regain their mobility and freedom.

Maria Muriel-Sanchez volunteers for St Christopher's as a Living Well at Home volunteer and balances her work as a solicitor at a Law Centre providing legal aid and running her own practice with volunteering one day a week.

Maria, 52, explains, "I've been volunteering with St Christopher's Living Well at Home Team since 2017. It's a great initiative to help people under the care of the hospice keep as active as they possibly can, in and around their own homes, and it's really satisfying for me to be able to help them achieve their goals. Over the course of the visits I really get to know people well and we build up a nice rapport. One gentleman that I have been visiting wanted to build up the strength to be able to walk to his kitchen and then sit at the kitchen table to look out over the garden. It was really nice that we were able to help him do this, and then sit down at the table together, talking. It's brilliant to be able to support the hospice and help people local to me live a little better." If you are interested in volunteering at St Christopher's Hospice please contact [volunteering@stchristophers.org.uk](mailto:volunteering@stchristophers.org.uk)

## THE BEREAVEMENT HELP POINT



Our Bereavement Help Point is a place where you can come and find out more about bereavement services in your area. We also offer advice, guidance and a listening ear to those who are finding life difficult at this time.

### BROMLEY

United Reformed Church Bromley,  
20 Widmore Road, Bromley BR1 1RY  
Drop in 10am-12noon every Wednesday

### CRYSTAL PALACE

Upper Norwood Library,  
39-41 Westow Hill, Crystal Palace SE19 1TJ  
Drop in 10am-12noon every Thursday

### LEWISHAM

Lewisham Carers Centre, Waldram Place, Forest Hill SE23 2LB  
Drop in 2-4pm every Wednesday

DEVELOPED BY



Registered charity 529014

FUNDED BY



Registered charity 1164793

ASSISTED BY



Registered charity 1014831

DELIVERED BY



Registered charity 210667



Lewisham MP Janet Daby and Lewisham Mayor Damien Egan, at the opening of the new St Christopher's shop in Catford – Brownhill Road, SE6 2HG



## Coach4Care with St Christopher's Hospice

**Coaching that helps carers sustain and grow their love, energy and well-being. Ex-carers coaching existing carers.**

Coach4Care trains ex-carers to become coaches for current carers who look after someone with a life limiting illness. Coach4care believes experienced carers are best placed to support people who are caring because they truly understand what it is like.

We provide ex-carers with training to help them use their caring experience in a rewarding and meaningful way. Ex-carer coaches help carers develop positive coping strategies to improve their resilience and wellbeing. Coaching helps carers to reflect on their situation and take action to improve their well-being and the well-being of those they care for.

### Who can be involved?

We are looking for people who are interested in being a coach, or who would like to receive coaching as a carer.

# COACH 4 CARE

### Would you like to receive coaching?

- Do you look after someone more than 3-4 hours per week?
- Do you sometimes run out of love and energy when caring?
- Do you want flexible support at a time that suits you?
- Would you like to be coached by someone who's been in your shoes?

### Could you be a coach?

- Have you cared for someone in the past?
- Would you like use your experience to become a coach and help other carers?
- Can you commit to giving an hour of your time every week, for 6-12 weeks?

### How can I sign up?

Contact Anna Warhurst on **07718 250 363**  
or email [a.warhurst@stchristophers.org.uk](mailto:a.warhurst@stchristophers.org.uk)

**StChristopher's**  
More than just a hospice

### Or come to a drop in session:

Every Wednesday, 12-3pm

**St Christopher's Hospice**, Anniversary Centre,  
51-59 Lawrie Park Road, Sydenham. London, SE26 6DZ

**animas**

## The Dulwich U3A Ukulele Group recently gave a concert to residents of St Christopher's Hospice in Sydenham

The group, which is made up of retired people, is happy to give short concerts to voluntary groups in the area. We play old time music, Beatles and pop, and encourage our audience to join in singing or playing tambourines and maracas.

We don't make any charge but prefer an audience of over twenty people and we will play for about 30 minutes.

To find out more, contact Neil at [groups@dulwich-u3a.uk](mailto:groups@dulwich-u3a.uk) or call **0843 8860 980**



## Sydenham Garden Sow & Grow

runs a variety of social and creative groups and courses for people with Dementia.



Set within our beautiful gardens and Nature Reserve, activities include horticulture, reminiscence arts, cooking, scrap booking and many other activities. We call participants co-workers, and all co-workers are referred after receiving a dementia diagnosis.

One participant's daughter said: "Sow & Grow makes a big difference! The whole family notices a positive change. She's learning, joining in with singing, and writing letters at home." We have a wonderful team of support volunteers, if you feel like you could support a group on a weekly basis then please call our office and speak to Rose on: **020 8291 1650**.



Sow and Grow at Sydenham Garden

# SHOPPING BUS SERVICE

STARTING IN

## FEBRUARY

DEDICATED MINIBUS TRANSPORT

FROM YOUR FRONT DOOR TO THE SHOPPING CENTRE

AND **GUARANTEED** JOURNEY HOME

### Shopping Bus Service - starting February 2019. Lewisham Community Transport

This service is aimed at people who find it difficult to use public transport for their shopping needs due to mobility and/or health issues. It is aimed at promoting improved health and well-being for passengers, maintaining independence by enabling access to shopping centres and well as a social experience on the minibus, encouraging more frequent community access for people in danger of becoming isolated and lonely. We are offering it as reliable alternative to taxi card and dial-a-ride. This is a dedicated door-to-door service with a guaranteed return journey home with fully accessible vehicles and fully trained volunteer drivers and passenger assistants.

We can accept self-referrals or referrals on behalf of others with consent. Registration forms are available on request and need to be completed before passengers can travel. Any queries please contact Matt Gummer directly at 020 8318 5900  
[matt@lewishamctscheme.org.uk](mailto:matt@lewishamctscheme.org.uk)

### DESTINATIONS

BELL GREEN

LEWISHAM

BROMLEY



### Early News Flash from Deptford Working Histories

During the summer heat wave of 2018 Deptford Working Histories approached the University of Canterbury with questions about those times when Deptford, Greenwich and Lewisham formed part of the county of Kent - a county still known as the Garden of England.

We are delighted to confirm that the University is inviting, by special arrangement, community members of Deptford Working Histories to a bespoke event in June 2019 at the University. The event will be dedicated to exploring and finding answers to our questions and more by expert researchers into the history and heritage of Kent.

Deptford Working Histories' community members are being offered a concessionary rate for the event. You do not need to live in Deptford to join and DWH is undertaking projects beyond Deptford already.

Contact ASAP [deptfordworkinghistories@gmail.com](mailto:deptfordworkinghistories@gmail.com) to join the mail out - providing your name and post code - for how to apply for the upcoming event in Canterbury at specially reduced rates as a Deptford Working Histories' community member.



## Let's talk rubbish!

Lewisham Council is keen that all residents are recycling as much as possible. They want to understand the barriers you face when disposing of your waste. For example, fly tipping cost the borough over £340,000 to deal with in the 2017/18 financial year.

## Give your views

Help to shape the waste and recycling services. Give your views before 8 April 2019, complete the survey:

- online at [consultation.lewisham.gov.uk](http://consultation.lewisham.gov.uk)
- at various events at libraries, leisure centres and local assembly meetings.

You can also enter a prize draw for a chance to receive one of five £50 Amazon vouchers! (See the website for full terms and conditions.)

Call **020 8314 9303** or email [recycle@lewisham.gov.uk](mailto:recycle@lewisham.gov.uk) to find out about the events or for more information about the survey.



Barriers to disposing of waste

## The NHS Retirement Fellowship



The NHS Retirement Fellowship is a national registered charity offering opportunities for retired and semi-retired staff from the NHS and Social Care as well as their partners to make new friends or maintain their existing friendships.

The Lewisham Branch is very friendly and welcoming. Our members participate in a lot of outings to places of interest and a variety of social events. We support each other during difficult times. We have a Welfare Officer who maintains contact with members to reduce isolation and loneliness in members who are unable to attend the monthly meetings.

**When are meetings held** - 1<sup>st</sup> Monday in the month unless it's a Bank Holiday then it will be 2<sup>nd</sup> Monday

**Time** 2.30pm - 4.30pm

**Venue** The Haven, Ravensbourne Restaurant, Lewisham Hospital, SE13 6LH

**Contact:** Gladys Ekpo-Daniels, [tsitsi954@hotmail.com](mailto:tsitsi954@hotmail.com) **020 8318 5314** or Lesley Brewster on [lesleybrewster@aol.com](mailto:lesleybrewster@aol.com) **020 8314 07219**

## BREAKSPEARS MEWS COMMUNITY GARDEN - Senior Gardening Club

Our popular senior gardening club starts again on **Thursday the 2nd of May 2019** and will run for 8 weeks

**Every Thursday - from 10am to 12.30pm. Come to some sessions or all.**

Everyone is welcome, no gardening experience required and no need to book!

Please wear appropriate footwear, as it might be muddy and slippery. Bring some protection for your hands, if you can.

We will provide gardening tools, seeds, tea, coffee & biscuits

*In case of heavy rain the session will be cancelled*

**Access:** Breakspears Mews, Ashby Road, SE4 1UW or rear of St Peter's Court, 29-31 Wickham Road, SE4 1NE

contact: [breakspearsmews@brockleysociety.org.uk](mailto:breakspearsmews@brockleysociety.org.uk)

or Elisabetta **07790 642 781**

 Breakspears Mews Community Garden

Please also join us for the Breakspears Mews Community

Garden Annual General Meeting & Spring Open Day on Saturday 23 March from 1:30-4pm

**Breakspears Mews Community Garden - An oasis of peace, quiet and togetherness**

**BREAKSPEARS MEWS  
Community  
GARDEN**



### Lewisham annual crime survey

Please help us by filling in this survey.

This informs Lewisham's strategic assessment and helps the Safer Lewisham Partnership to identify its strategic priorities.

You can access the consultation here

[https://consultation.lewisham.gov.uk/public-protection-and-safety/lewisham-crime-survey-2019/consult\\_view](https://consultation.lewisham.gov.uk/public-protection-and-safety/lewisham-crime-survey-2019/consult_view)

If you need help to fill this in online please head to one of our libraries, digital drop in session, or access points and just ask for a hand. Alternatively you can request a hard copy if needed

### Crime Enforcement & Regulation Service

Telephone **020 8314 6324** Email [lisa.hooper@lewisham.gov.uk](mailto:lisa.hooper@lewisham.gov.uk)

### Celebrating the History of the Darby and Joan Club - Stanstead Lodge Seniors Club

Seventy years ago on 30 April 1949, Queen Mary came to Lewisham to open the Darby and Joan Club. It was a new idea to have this type of club for older people. It was promoted by Lewisham Rotary Club, lots of Councillors and the Women's Voluntary Service. Such a grand day deserves celebration and we at Stanstead Lodge Senior Club have organised a couple of events.

On **Saturday 27 April from 4 till 7** we shall have a tea dance. There will be one of our scrumptious teas to sit down to enjoy. And in between there will be dancing and singing for all present. Our visually impaired Feeling the Noise group are learning some 40s tunes. Sylvie, one of our members, is arranging a few tunes for us to sing. And we shall have a DJ to recall the tunes current in 1949. So get your 40s glad-rags on for Saturday 27 April. **Tickets cost £5 each and are available from Tina at Reception.**

On **Tuesday 30 April at 12.30** we'll present a little talk evoking the work and memories that there were for that day. Everyone is welcome and if you have any family associations with those early days we'd love to hear from you and welcome you along.

As ever, we'd love any donations you may care to give to help us keep Stanstead Lodge building in good repair.



STANSTEAD LODGE  
*Senior Club Ltd*

### Intergenerational theatre production brings the community together to celebrate Black British History.

"I have always loved the theatre. I have enjoyed working with this mixed cast of children and adults. A memory I will always treasure."  
Audrey Bobb 60, narrator.

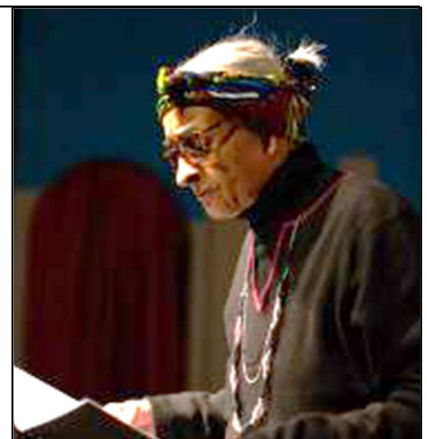
"Thank you so much for making my dreams come true, you are sooo inspiring." Amna 10, who played the nightmare teacher, Mrs Grainger.

Fern Meets Dido – The Musical, a community theatre project has received rapturous reviews. The play featured Dido Belle who was one of the first aristocrats of African descent during the 18th Century. With a cast from the local community aged 7 to 83, the four performances were a sell-out!

Both groups learnt to present themselves in front of an audience and developed the ability to converse with each other with mutual respect, while raising self-worth and self-confidence of individuals from groups that are underrepresented in the arts.

**Sing a Book CIC** is a Lewisham based organisation that would like to involve the ageing community in its next production about Dido Belle, to work together with the young people as part of the Festival of Creative Ageing. We will showcase, develop and support the talents of older people in Lewisham while promoting the life-enhancing benefits of creativity. (This has been edited by PAC for reasons of length)

[www.singabook.com](http://www.singabook.com) [singabook.123@gmail.com](mailto:singabook.123@gmail.com) Mobile: **07719 131 934**





## Eco Communities continues to host events in several of its Libraries for older people.

In **Grove Park Community Library**, a seated exercise class takes place each week. **There is an Older People's Club** which regularly meets at the Library. The Club also arrange events such as days out for members. For further details, please contact the Library Manager.

While over at **Sydenham Community Library** there is a **weekly seated exercise class and IT classes** take place regularly. Once a month there is a Hear to help session for all ages. For further details ask at Reception or if telephoning, ask the person who answers.

Finally, in **Crofton Park Community Library**, **Digital Inclusion takes place each week** during term time.

**Each library is able to assist those who would like help with blue badges, freedom passes etc.**



These buildings are kept open thanks to the hard work of employees and volunteers. Should you wish to help for a few hours each week, please speak to the Library Manager of the relevant Library.

Anyone who holds a Lewisham Library Card is able to use computers for up to two hours for free and borrow, return or renew library books.

Each of the buildings also has a cafe and book shop to help raise funds to keep the building open. Prices are reasonable and are open during library opening hours.

### Lewisham Arthouse at the Telegraph Hill Festival

Oliver Campbell from Lewisham Arthouse is doing an adult (all ages) project that is part of the Telegraph Hill festival:

**THE THINKERY a fun accessible debate around philosophy.**

Hill Station Cafe 31 March from 5 pm till 6.30pm – just drop in, no need to book

For details: email [almatisch@gmail.com](mailto:almatisch@gmail.com)  
[www.lewishamarthouse.org.uk](http://www.lewishamarthouse.org.uk)

### Moonshot Lions Domino Club

IRIE! Elders Moonshot Lions Domino Club meets **every Wednesday from 6:00pm-9:00pm** at the Moonshot Centre, Angus Street, New Cross to play dominoes and organise social and educational activities for elders and the local community.

Pop in and say hello, meet others and join in a game

A packed house at the Catford small theatre saw the brilliant adaptation of Rachel's Story. The true story of Rachel Levy a Holocaust survivor. Performed by the Small Nose Company and Trestle productions. This marvellous play left no one with a dry eye at the end of the performance. Rachel Levy spoke at the end she is a real example of Positive Ageing a fantastic Lady. For information to see this production at your club or if you are involved or a Governor with a school contact [helen@trestle.org.uk](mailto:helen@trestle.org.uk) . Written by Joe Burchell

### Group Befriending

Join us for a cup of tea and a chat, take part in a range of activities: Quizzes, singing, crafts, games, walks.

- Pepys Resource Centre, Deptford Strand, SE8 3BA  
Wednesdays 1-3pm
- Salvation Army, 4 Albion Way, SE13 6BT  
Thursdays 11.30am – 1.30pm

**Contact:** Sandra McGregor, **Tel:** 020 8291 1747,  
**Email:** [befriending@vsionline.org.uk](mailto:befriending@vsionline.org.uk)



## Help Bring the Bakerloo Line to our borough

The Bakerloo line to Lewisham will mean:

- faster and more frequent journeys
- more jobs and homes for our residents.
- better connections to central London, Stratford and Canary Wharf



Although plans to extend the line have been talked about for years, it's not a done deal. The funding for the southern extension still has to be confirmed.

We need you to back the extension and help bring the Bakerloo line to New Cross Gate and Lewisham. We also want the Bakerloo line to extend beyond Lewisham, through Ladywell, Catford and Lower Sydenham, so more residents can benefit from the tube line.

Show your support at: [www.backthebakerloo.org.uk](http://www.backthebakerloo.org.uk).

### Deptford Mission – Disabled Peoples Contact

We have approximately 5 vacancies for adults with learning disabilities\* to attend our Monday Night Club for Adults with Learning Disabilities. (\*independent with personal care and no challenging behaviour) The centre runs from 6-8.30pm Monday evenings in term time. The cost is £5 including transport (depending on where they live in borough).

If you would like to refer anyone, please see referral form

[www.disabledpeoplescontact.org.uk/MondayClub](http://www.disabledpeoplescontact.org.uk/MondayClub)

or call Erica on **020 8692 5599**

### South East London Macular Support Group

Our friendly group meets the third Tuesday each month - 1.30pm - 3.30pm (except August) at St. Mark's Church, 22 Greenwich South St, Greenwich, SE10 8TY

The meetings are open to anyone with central vision loss, family, friends and carers.

Contact Val on **0208 461 1017**

### Support for unpaid CARERS in Lewisham

To book activities or for support please contact Carers

Lewisham:

T: **020 8699 8686**

E: [info@carerslewisham.org.uk](mailto:info@carerslewisham.org.uk)



### Deptford Mission Day Centre Celebrate Positive Ageing Council - Grant Award!

The Day Centre at Deptford Methodist Mission Disabled People's Contact was fortunate enough to receive a grant from the Positive Ageing Council in December.

**We will use the funding to:**

**Improve craft facilities available to elderly and elderly and disabled** by purchasing 3 new craft tables which are dilapidated in appearance and have been in use for almost 10 years.

**Purchase creative arts and craft materials suited to those with dexterity issues** including basket weaving kits, tissue paper flower arranging kits, multicultural paper collection, craft mats, mosaic coasters etc.

**Come and join us at our Day Centre!**

Our Day Centre is a vibrant and inclusive social contact centre based at the top of Deptford High Street, open to elderly and disabled who are independent with personal care and eating.

Older volunteers also welcome for day centre and charity shop work.

We accept self-referrals, GP Referrals, Social Services Referrals and Agency Referrals (Community Connections etc.).

The cost for all is £10 per day including 3 course meal cooked on premises and transport. Please contact Erica on **020 8692 5599** / [erica@deptchurch.co.uk](mailto:erica@deptchurch.co.uk) if you are interested in attending, or know someone who is!





Thank you to the Positive Ageing Council and so many other organisations in Lewisham who worked with us during our Scams Prevention and Victim Support pilot programme. Unfortunately this pilot programme is no longer running as the funding ended at the end of January 2019.

### **Can Age UK Lewisham & Southwark still help?**

Even though we no longer deliver our scams awareness programme, Age UK Lewisham & Southwark still offers advice and support on a range of topics that may help address your needs.

To find out more please contact our SAIL team:

**Tel:** 020 7358 4077 **Email:** [information@ageuklands.org.uk](mailto:information@ageuklands.org.uk)

**Or visit our website:** [www.ageuk.org.uk/lewishamandsouthwark](http://www.ageuk.org.uk/lewishamandsouthwark)



### **Where can I find out more about scams?**

If you would like to receive advice and support regarding scams please contact the Citizens Advice Consumer Service online or by phone:

**Citizens Advice Consumer helpline:** 03454 04 05 06

**Online:** <https://www.citizensadvice.org.uk/consumer/scams/spotting-a-scam/>

You can also sign up for email alerts on Action Fraud's website to find out about recent scams in your area by visiting <https://www.actionfraud.police.uk/sign-up-for-action-fraud-alert>

National Trading has also set up a free online training resource which helps people identify scams and also lists a number of local face to face training sessions available. Visit the Friends Against Scams Website here: <https://www.friendsagainstscams.org.uk/>

### **What should I do if I have been a victim of a scam?**

You might be able to stop others from being scammed if you report a scam.

**Report the scam to the Citizens Advice Consumer Service by using the details listed above.**

You should also report the scam to Action Fraud (the national fraud reporting centre) by calling **0300 123 2040** (Monday to Friday 8am - 8pm) or by using their online tool -

<https://reporting.actionfraud.police.uk/login>

Always give as much information as you can - for example, dates, names and email addresses.

Contact your bank if you have lost money to a scam or a fraud - in some cases the banks will be able to recover the money if they are informed early enough and some banks will refund a customer who has been seriously affected even if they can't recover the money.

Contact your bank immediately if you've shared your bank details. Your bank will be able to block your cards and might be able to refund some of the money lost. For more information visit:

<https://www.citizensadvice.org.uk/debt-and-money/banking/banking-security-and-fraud/>

If you've been threatened with violence, report it to the police on **101**

If you are in immediate danger call **999**

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!

## Voluntary Mystery Shopper Role – Community Toilet Scheme

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

1. That there are no issues with access to the toilets and members of staff are aware of the scheme
2. The cleanliness of the toilet
3. That adequate facilities are provided

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

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

If you would like to help by being a 'mystery shopper' contact call

**07392 862 177** [communitytoilets@lewishamlocal.com](mailto:communitytoilets@lewishamlocal.com)



### What are Lewisham Community Toilets?

Thanks to the new Lewisham Community Toilet scheme there are more clean, safe and accessible toilets that are open to the public, at no cost, during normal office opening hours.

Members of Lewisham Community Toilet scheme include local businesses, cafés, community centres and libraries whose toilet facilities are available for you to use. Some offer wheelchair access and baby changing facilities.

For a full list of Community Toilets across Lewisham please visit the website [www.lewishamlocal.com/communitytoilets](http://www.lewishamlocal.com/communitytoilets) or contact Sam on email: [communitytoilets@lewishamlocal.com](mailto:communitytoilets@lewishamlocal.com) or call **0207 138 1772** for a location booklet.



### Stanstead Road Lodge – Seniors Club

260 Stanstead Road, Forest Hill, London, SE23 1DD

Tel: 020 8291 1164

Email: [info@seniors.co.uk](mailto:info@seniors.co.uk)

#### MONDAY

9.45-10.45	Pilates	£5
10.30- 12.00	Art History (Check dates)	£3
11.00-12.30	Line Dancing	£5
11.30-2.00	Healthy Lunch Club	£3
1.30-3.30	French	£2
2.00-3.00	Easy steps to modern dance	£2

#### TUESDAY

10.30-12.00	Seniors Singers	£3
1.00-2.00	Tai Chi	£6
2.30-3.30	Chair Yoga	£2

#### WEDNESDAY

9.45-11.45	UBA Art	£3
12.15-1.15	Zumba	£5
2.00-3.00	Keep Fit	£5
2.00-3.30	Quiz	£4
2.00-3.00	Book Club (1 <sup>st</sup> Wed)	£2

#### THURSDAY

10.00-12.00	Craft Class	£2
1.00-4.00	Feeling the Noise	£2
1.00- 3.30	Vista Reminiscence Group	£2

#### FRIDAY

10.00-11.00	Yoga	£5
11.00-12.30	Local History Study Group (2 <sup>nd</sup> )	£2
11.00-1.00	Forget Me Nots (1 <sup>st</sup> & 3 <sup>rd</sup> )	£2
1.00-3.00	IT Drop in	£2
1.00-3.30	Whist Drive	£2



**Adult Education Lewisham have a number of courses beginning in April and May**

**Active Retirement – 1 May**

**Chair Yoga – 25 April**

**Get Fit with Music for Seniors – 29 April**

**Keep Fit with Gentle Exercise – 29 April**

**Yoga and Meditation – 23 April**

**Pilates for beginners – 29 April**

We run a variety of Yoga and Pilates classes, please see our website for details or call the number on the map.

**Singing Choir Practice – 1 May**

**Hand -knitting for all – 4 May**

**How to use a computer – 2 May at**

Brockley Rise Centre, 2 Brockley Rise, Crofton Park, SE23 1PR

Adult Education Centre,

100 Granville Park. Lewisham. SE13 7DU

**Granville Park Centre** Granville Park, Lewisham, SE13 7DU Tel 020 8314 6666



**Buses**

21, 47, 75, 89, 136, 178, 180, 185, 199, 208, 225, 261, 273, 284, 380, 436, 484, P4

**Rail links**

Lewisham  
DLR Lewisham



**Brockley Rise Centre** 2 Brockley Rise, London, SE23 1PR Tel 020 8314 6677



**Buses**

122, 171, 172, 185, P4

**Rail links**

Catford stations  
Crofton Park  
Forest Hill  
Honor Oak Park



**Lay visitors to care homes**

Have you ever visited anyone who lives in a care home, or even been inside one? Whether you have or not, you might be interested in becoming a **Lay Visitor**, accompanying a Lewisham Council officer on visits to local residential and nursing homes. This voluntary work would give you the opportunity to meet some of the more elderly and vulnerable residents of the borough, and also the people who care for them. You will be asked to form an impression of the home's environment, observe how staff care for the residents and, most importantly, talk to the residents themselves and find out their opinions of the service provided for them. Each visit will last approximately half a day. After a visit, you will be asked to write a short report on your experiences and observations made during your visit, which will then be forwarded to the Council officer who accompanied you. If you are interested in finding out more about what could be a stimulating, new experience, please contact David Wotherspoon on **020 8314 9527** or [david.wotherspoon@lewisham.gov.uk](mailto:david.wotherspoon@lewisham.gov.uk)



**STANSTEAD LODGE**  
*Senior Club Ltd*

**DRAMA GROUP**

and have fun making  
a  
community show  
about the opening  
of the  
Darby and Joan Club  
back in 1949

We meet on  
**THURSDAYS**  
10.30 - 12.30

at  
**STANSTEAD LODGE**  
260 Stanstead Rd SE23 1DD

0208 291 1164- [info@stansteadlodge.org](mailto:info@stansteadlodge.org)

**\*Free for Stanstead Lodge Members/Non members £2**







## Wild Cat Wilderness presents **Wild Helpers**



*Grow, create, learn and volunteer indoors for all ages and abilities with Wild Cat Wilderness, our community green space. Gardening, food growing and nature-based arts and crafts*

Please book online at [www.wildcatwilderness.org](http://www.wildcatwilderness.org) or call 07544996722. Last entry 10.30am.

**Fridays 10am—12.30pm**

**Rushey Green Time Bank at PLACE/  
Ladywell, 261 Lewisham High St,  
SE13 6NJ**



This is an initiative of Rushey Green Time Bank, Registered Charity No 1101616 A company limited by guarantee, registered in England and Wales Company registration number 4681564



## **Fusion 60+ Club**

Our new 60+ club is launching on Friday 1<sup>st</sup> March at Forest Hill Pool, the club will run 1.15-2.15pm (after the 60+ Pilates 12-1pm). The 60+ club is open to all and does not require centre membership or class participation beforehand.

We hope to build on the success of the 60+ club at Glass Mill and turn Forest Hill into a social hub for our 60+ residents in the Forest Hill area. The club will be led by a local resident who is keen for others to join her in the running and development of the club. At this stage the club will consist of free drinks and a place to be social, with plans for further development.

To find out more contact the centre on **0208 291 8730** or email [matthew.houghton@fusion-lifestyle.com](mailto:matthew.houghton@fusion-lifestyle.com)

## **Become a member of the Lewisham Pensioners Forum**

Our aim is to ensure that the views of over 50s are heard and that Lewisham's elderly are well informed and able to express those views. Members receive a bi-monthly newsletter to keep up-to-date on national and local issues, and intermediate e-mails. The monthly Forum outings (some by mini-bus to hard to reach venues, some just using our Freedom Passes for a companionable day out) are also run on a "members only" basis. Forum meetings, Financial Fairs, etc. are open to all, but membership ensures that advance notice of these events is delivered to your door or in-box.

**Lewisham Pensioners Forum, The Old Town Hall, Catford Road, SE6 4RU. 020 8690 7869** email: [info@lpforum.org](mailto:info@lpforum.org)

[info@lpforum.org](http://info@lpforum.org)

## **BECOME PART OF A NEW FILM CLUB!**



The Club is informal and we'll share short movie 'moments' with other activities based around films, shown including dancing and refreshments.

**Eat popcorn, sing, dance - get involved!**

Every Wednesday, 10.30am -1pm:  
7 November 2018 to 20 March 2019.

Downham Health & Leisure Centre:  
7-9 Moorside Rd, Bromley BR1 5EP

**FREE**



For more information about attending:  
Call: 020 8692 0231  
Email: [meetme@thealbany.org.uk](mailto:meetme@thealbany.org.uk)

For information about volunteering:  
Contact Sarah Jarman on 020 8694 9007.



The Albany, Charity no. 112521



## Beckenham Place Park Flower show

Beckenham Place Park will be holding its second Flower show on Sunday 30 June 2019, 12-7pm. Last year it was a wonderful occasion, with a village fete feel. Alongside a marquee displaying entries to the flower show, there will be a dog show, live music, workshops, art, stalls, and fun!

Now is the time to plan what to grow or make so that you are ready to enter when the entries are open. There are a range of categories covering cut flowers, pot plants, floral displays, fruit, vegetables, craft flowers and funny shaped vegetables. Have a look through the full list of categories below. You can enter as many categories as you like, but only one entry per category per person.

Entries can be individual or from a community garden. The cost is £1 per entry. Enter online from 24 May 2019 at [www.lewisham.gov.uk/flowershow](http://www.lewisham.gov.uk/flowershow). It will also be possible to enter on the day.

For more information please email [BPPflowershow@lewisham.gov.uk](mailto:BPPflowershow@lewisham.gov.uk) or call Lucy on **020 8314 7017** or visit [www.lewisham.gov.uk/flowershow](http://www.lewisham.gov.uk/flowershow)



Beckenham Place Park are working hard to become a Dementia Friendly Community Space.

## Making the most of Later Life

The Civil Service Retirement Fellowship has been providing a forum for friendship and companionship to retired people in towns across the country via its local community group network for over 50 years.

Established initially as a charity to support former civil servants and their dependents it has evolved in recent years to offer services to those in later life.

Current services include the local community group network, two national befriending schemes (Phone Buddy & National Visitors Network) and information and advice. We have two local groups that are open to any retired/older person in Lewisham who'd like to come along, make some new friends and enjoy our monthly range of activities. You can find out more in the listings below:

### CSRF Greenwich Riverside Group

(Welcomes members from Greenwich, Deptford, Lewisham & Rotherhithe area)

Meets on the Third Tuesday of the month from 11am-1pm. For future programme/activities call **020 8691 7411** or visit

[www.csrf.org.uk/greenwich-riverside](http://www.csrf.org.uk/greenwich-riverside)

### CSRF Catford & Lewisham Group

Meets on the Second Tuesday of the month at 10am at the St Laurence Church Hall, 37 Bromley Road, Catford, London SE6 2TS – for more information contact Doreen Hughes (Secretary) on **020 8641 4800**



Greenwich Riverside group on recent trips to Southwark Cathedral and the Museum of Docklands



## Health Networks Shortlisted for Local Government Awards

The Neighbourhood Community Development Partnerships have been short-listed in the Communities category for a Local Government award.

There are four partnership across Lewisham with over 170 members. These are mostly small community groups helping residents to stay healthy & happy through wide range of activities from befriending, to lunch clubs & healthy walks, to hat making. Winners will be announced at a ceremony on 13th March

If you would like to get more involved with the Neighbourhood Community Development Partnership please contact [communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk)  
Or call: **0207 358 4077**



**VOLUNTEER DRIVERS NEEDED**

Make a difference to the lives of older people isolated from family and friends.

Could you spare a few hours a month to help lonely older people in your area? Contact the Elderly is the national charity dedicated to tackling loneliness and social isolation among older people living in the UK. But we can't do it without you.

We need volunteer drivers who have their own car to collect and accompany one or two older guests to their monthly Sunday afternoon social gathering. Where possible, we'll arrange for you to pick up the same guest every month - they'll really look forward to seeing you and we think you'll feel the same.

Call 0800 716543 (freephone) or visit [contact-the-elderly.org.uk](http://contact-the-elderly.org.uk)

Contact the Elderly is a registered charity in England and Wales (1141310) and in Scotland (SC039371). Company Number 07061100 Registered Office: 2 Grosvenor Gardens, London, SW1W 0EJ. Please see the volunteering role details at [www.contacttheelderly.org.uk](http://www.contacttheelderly.org.uk). Car insurance and background checks will also be carried out.



**CONTACT THE ELDERLY**

# Stay Warm this Winter

Do you find it hard to pay your energy bills?

We can offer **FREE** help to anyone living in south east London who is over 65, or on a low income, or who has a long term health condition or disability

Our friendly Green Doctor can make your home warmer, saving you money & improving your health.

They will:

- Explain how to make your home energy efficient
- Install energy saving devices
- Offer impartial advice on how to pay less for your electricity or gas
- Give you income support and debt advice
- Connect you to other sources of help



To book your **FREE** home visit, or for more information, get in touch!

0808 169 1779 [www.cact.org.uk/SELFy](http://www.cact.org.uk/SELFy)

## Upcoming Local Assemblies

assemblies are a great way to have your say at a truly local level. Every ward has an assembly so look out for the flyer through your door. Here are a few happening soon:

**Perry Vale Assembly** 21<sup>st</sup> Feb, 7 -9 pm  
St. George & St. Michael Church,  
Vancouver Road, SE23 2AG

**Sydenham Assembly** 5 March, 7- 9 pm  
Sydenham Centre, Sydenham Road  
SE26 5QX

**Rushey Green Assembly** 13 March, 7 – 9 pm  
Civic Suite, Catford. SE6 4RU.



## Come and try bowls at Francis Drake Bowls Club on Hilly Fields

Come to our annual FREE Open and Family Fun Day on Bank Holiday Monday 6<sup>th</sup> May 11am – 4pm

We offer bowls at all levels: casual pay as you play, sociable club 'roll-ups', friendly matches against other local clubs, North-West Kent League matches and the opportunity to enter competitions at all levels.



Francis Drake Bowls Club

Bowls is sociable, friendly, inclusive and a great way to enjoy being outside while keeping both the mind and the body active and fit. Come and see what it is all about. Contact [coach@fdbc.org.uk](mailto:coach@fdbc.org.uk) or visit [www.francisdrakebowlsclub.org](http://www.francisdrakebowlsclub.org)

### Get funding and get active

Individuals and not-for-profit organisations (non-sporting and sporting) who use sport to help improve the physical and mental health of Londoners can apply for up to £75,000 of funding.

### Apply for funding

The Mayor of London's Active Londoners scheme offers grants for local activities of:

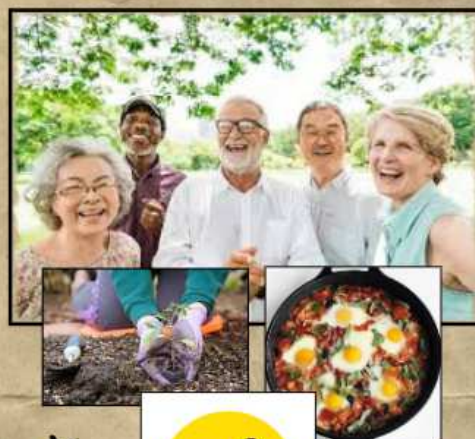
- up to £5,000 for a small local project or event that will take up to 12 weeks to complete
- £25,000–£75,000 for a larger project that will take up to 12 months to complete.

Funding will be awarded as grants of different sizes – depending on the scale of your project and how long it runs for.

- Applications close at 12 noon on Thursday 28 February 2019.
- Discover more at: [www.london.gov.uk/active-londoners](http://www.london.gov.uk/active-londoners).



## Building Friends at Somerville



*stay healthy*

*Group activities*

*Refreshments*



*Make new friends*

Wednesdays between 12 -3pm

The Somerville, 260 Queens Road

SE14 5JN

For more info contact Katy

07506040564

[katherine.weston@syp.org.uk](mailto:katherine.weston@syp.org.uk)

New group starting up at the Grove Centre, 2 Jews Walk SE26, Volunteers needed.

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



For information please email: [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)

## Lewisham residents – we need your help and it only takes 30 seconds

### Why we need your help - Inn Lewisham borough

- around 40% of children are obese or overweight when they start secondary school
- 60% of adults are overweight or obese

#### How you can Help

The government is consulting on changes to laws to help prevent childhood obesity. Two of their ideas are:

- banning TV adverts for high-sugar products aimed at children before 9pm
- banning 2-for-1 and other price promotions on high-sugar products in shops, restaurants, cafés and takeaways.

We agree with these ideas, and they're already part of our Sugar Smart Lewisham campaign. When we respond to the consultation, we want to say 5,000 residents support these changes in the law.

If you agree, please support our campaign at: [www.lewisham.gov.uk/sugarsmartresident](http://www.lewisham.gov.uk/sugarsmartresident)

### Finding Christine's sons – A Good News story from Conrad Court Extra Care Housing Development

At the beginning of 2018, Conrad Court resident Christine told NHG staff member Taslima she had concerns about her 2 sons, as Christmas cards Christine had sent were returned to her. Christine had no other contact details for her 2 sons and couldn't remember their date of birth. She hadn't seen them for many years since the family attended church together many years ago.

Taslima checked Christine's correspondence and found some details from a church in Catford and from The Salvation Army, so Taslima contacted both of them.

Karen, a captain at The Salvation Army knew of John (the younger of the 2 brothers) as well as Christine & her husband Ian, although she hadn't seen him for a long time. Taslima asked Captain Karen could check with fellow church goers as to whether they knew where John might be living. Taslima left details with The Salvation Army and asked them to contact Conrad Court if there were any updates

A months went by and it wasn't until the end of April that the Salvation Army captain, Karen, bumped into John out shopping in Catford town centre

Johns support worker gave Karen Johns contact details which were then passed to Taslima at Conrad Court. **A date was arranged for John to meet his parents at Conrad court and this led to a very happy and emotional family reunion.**

Christine and John were overjoyed to have each other back in their lives. Christine then told Taslima that she has another son, Andrew, but she couldn't remember his date of birth either. Taslima contacted Lewisham Social Services who helped to contact Andrew and the social work team passed on his contact details to Conrad Court. Taslima contacted Andrews home and arranged a visit for Andrew and his mum to meet before Christmas.

Christine was very excited to know that both sons were coming to see her and wanted to buy Christmas presents of jumpers and socks for her sons. Christine and her 2 sons held an emotional reunion at Conrad Court. It had also been a number of years since the Andrew and John had seen each other and greeted one another with open arms. John still meets his mum for lunch every Thursday for lunch at Conrad Court and Andrew still visits her often.



## Food2You – 6<sup>th</sup> Month Birthday

Food2You, the exciting new grocery delivery service run by Age UK Lewisham and Southwark, recently celebrated our 6 month birthday!

To celebrate this, we wanted to give you an update on all the amazing things we've achieved in our first six months!



- 🍎 Food2You has 35 members, and delivers to around 25 customers a week, who live across Southwark, Lewisham and Lambeth
- 🍎 We also deliver to seven cats and one dog!
- 🍎 Food2You has had over 30 people volunteer since the start of the project, who have dedicated over 450 hours of volunteering since the project started
- 🍎 Food2You has made over 350 deliveries to customers since the service began

*'Food2You makes a lot of difference as I can't go out on my own because of osteo-arthritis. Now I know I have stuff in the cupboard, whereas before sometimes there was nothing to eat'*

**Food2You Customer**



*'My experience with Food2You has been positive, and through Food2You I have met & worked with great people. I have enjoyed the opportunity to meet with the clients we support first-hand'*

**Michelle - Food2You Volunteer**



If you or someone you know would like to get involved or make use of the service, please don't hesitate to get in touch!

Call **0207 701 7477** – [Food2You@ageuklands.org.uk](mailto:Food2You@ageuklands.org.uk)

## Age UK Lewisham and Southwark are moving to Bellingham.

We will be sharing an office with Lewisham Disability Coalition at: 111 Randlesdown Road, Bellingham, SE6 3HB.

To access our Information and Advice service please continue to contact the Advice Line on: **0800 231 5453**; for other Age UK Lewisham and Southwark services contact: **0207 358 4077**

## 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**.



## South East London Community Energy

When the weather cools, it doesn't mean your energy costs have to spiral upwards. SELCE can help you keep warm for less this winter. We can run an interactive Energy Doctor workshop for your group to provide top tips on saving money and energy, including switching supplier, making small behavioural changes and demystifying smart meters. Contact [giovanna@selce.org.uk](mailto:giovanna@selce.org.uk) **020 8269 4882** to book.

You can find out more and book an appointment at [www.selce.org.uk/energy-advice/energy-cafe/](http://www.selce.org.uk/energy-advice/energy-cafe/)

## Lewisham Disability Coalition closed down in December 2018 – but you can still access support

If you need advice please call the Lewisham Advice Line for free on 0800 231 5453 to book an appointment.

The line is available Monday – Friday, 9am-12.30pm, 1.30pm – 5pm.

Appointments are booked subject to an assessment and availability.

You can also get information and support in completing online forms at drop-in sessions at the Leemore Community Hub, 29-39 Clarendon Rise, Lewisham, SE13 5ES on Mondays, Wednesdays and Fridays 10 am – 12 pm.

### **BREAKING NEWS: Ladywell Bowling Club are looking for new members**

Our friendly bowling club - Bournville Road SE6, opens for the 2019 season on April 20th.

Free trial sessions are available on Mondays and Thursdays from 1.00 p.m. to 4.30 p.m.

Evenings can be arranged if required.

We look forward to meeting you.

For further information contact Marion on

**0208 857 1836.**

### **Downham Health and Lifestyle Centre Fit bus timetable**

Our fit bus can pick you up in the areas of Downham, Grove Park, Catford South and Whitefoot.

**Contact us to see where we can pick you up from to take you to the following activities:**

- **Tuesdays 10.30-11.30am:** Walk from Goldsmiths Community Centre (FREE)
- **Tuesdays 1-2pm:** Falls prevention Downham Health & Leisure Centre (£2)
- **Wednesdays 11-12pm:** Seated Zumba at Goldsmiths Com Centre (£2)
- **Wednesdays 1-1.45pm:** Walk 15 at Healthy Lifestyle Centre (£3.50)
- **Thursdays 12.30-2pm:** Tea Dance at Downham Health & Leisure Centre (£2)
- **Thursdays 2-3.30pm:** 55+ active social (different sports/ activities) (£3)
- **Fridays 11-12pm:** Seated yoga at the Green Man (£4)

Any time the bus goes to Downham Health & Leisure Centre we can also take you there for gym/swim.

Register for a 12 week programme, there's no membership needed, only some small session costs to pay.

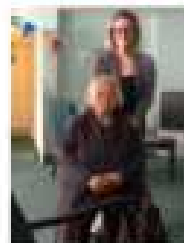
Downham Health & Leisure Centre reception has the referral forms, call **020 8461 9200**



## **FEEL GOOD, NOW!**

**Would you like some help with relieving aches & pains and have better movement in your body?**

**T4H now offer a low cost clinic where you can get a massage, body stretch or reflexology for £35 instead of £60 in our centre for our morning clinic before 3pm.**



**T4H.ORG.UK / 02086 178 820 / INFO@T4H.ORG.UK  
DROP INTO 120 STANSTEAD RD, FOREST HILL SE23 1BX  
AND ASK FOR A T4H REFERRAL FORM.**



## Men's Mental Health Peer Support Group

Last year our Men Talk Health report found that men in Lewisham were more likely to isolate themselves than to talk to family or mental health services. The men told us that they wanted community support groups where they could meet and share their experiences, as well as get involved in different activities.

Due to overwhelming demand, in partnership with Quo Vadis Trust, we've set up a Men's Mental Health Peer Support Group.

Come along to a relaxed and friendly meeting to chat and meet other likeminded men. It's an opportunity to talk about your experience of mental health. The meeting is open to men and their carers.



If you are interested in attending or want more information about the groups. Please contact Martin Drake, Quo Vadis Trust on **020 8778 4546** or [m.drake@gvt.org.uk](mailto:m.drake@gvt.org.uk)

## We want to hear your views about the GP Extended Access Service

Have you ever used the GP Extended Access Service?

Do you even know what it is?

### We would love to know!

In 2017, The GP Extended Access Service (GPEA) was set up to make more GP appointments available in the London Borough of Lewisham. GPEA offers GP appointments seven days a week, 8am to 8pm which must be booked in advance through your GP practice, SELDOC and/ or NHS 111.

We have begun a project to understand people's experiences of the GPEA service. We would be extremely grateful if you could fill out our short survey. **By sharing your experiences we can learn whether the service is helping improve access to GP appointments.** It will take no longer than 5 minutes, we promise.

To access our survey please go to [www.healthwatchlewisham.co.uk](http://www.healthwatchlewisham.co.uk)

Phone: **020 8690 5012**

Email: [info@healthwatchlewisham.co.uk](mailto:info@healthwatchlewisham.co.uk)

Write to us: [Healthwatch Lewisham, Old Town Hall, Catford Road, London, SE6 4RU](#)



## Lewisham Independent Health Complaints Advocacy Service

Do you have a complaint about an NHS service?

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

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

If you need support to make a complaint please contact our Advocacy Service on **020 8690 5012** or visit our website

[www.healthwatchlewisham.co.uk/complaints-advocacy](http://www.healthwatchlewisham.co.uk/complaints-advocacy)

**Community Waves are looking for a volunteer Treasurer**, with the knowledge and experience of voluntary organisation fundraising, finance practice, book keeping and financial management. You will need to have good financial analysis skills and the ability to communicate clearly. Our current Treasurer steps down on 31 March 2019.

If you would like to have a conversation about the role please feel free to contact

Folake Segun, Chief Executive on **020 8690 5012** or email

[folakes@communitywaves.co.uk](mailto:folakes@communitywaves.co.uk)

## New Integrated Mental Health and Dementia Services for Lewisham

Partnerships led by Bromley, Lewisham & Greenwich Mind (BLG Mind) have been commissioned by the London Borough of Lewisham and Lewisham Clinical Commissioning Group to develop two important new services to meet the needs of local people in their communities.

**Lewisham Community Wellbeing** is a new integrated service for people with mental health and wellbeing problems, which will be delivered by BLG Mind, Lewisham Refugee and Migrant Network (LRMN), Sydenham Garden and METRO, working closely with South London & Maudsley NHS Foundation Trust (SLaM). The service will support people to manage their mental health and wellbeing problems, stay well, recover, achieve their personal goals and connect with their local community. It will include:

- A single point of access to the range of support available
- Individual person-centred support and recovery planning
- Workshops, courses and groups
- Peer Support, both through groups and individual mentoring
- Culturally specific provision for people from BAME communities
- Community engagement and mental health awareness raising
- Service user involvement

Lewisham Community Wellbeing will replace the Community Support Service currently provided by BLG Mind, services provided by Family Health ISIS and aspects of Sydenham Garden's current provision. Staff and clients from Family Health ISIS will be transferring into the new service on 11 February.

The service will be fully operational from 1<sup>st</sup> April 2019, but prior to this will begin operating the single point of access for all new referrals **0203 228 0760**

[contact@lewishamwellbeing.org.uk](mailto:contact@lewishamwellbeing.org.uk)

Did you know that Seventy per cent of care home residents are living with dementia? Older people living with dementia are twice as likely to experience a fall?

Lewisham Community Falls Service have received funding from the Health Innovation Network to provide falls training to Residential Homes with a specific focus on dementia. If you would like to know more or give feedback please call Vicky Shaw **020 8613 9206** or email: [victoria.shaw1@nhs.net](mailto:victoria.shaw1@nhs.net)

The **Lewisham Dementia Support Hub** is a new integrated service for people with dementia, which will be delivered by MindCare at BLG Mind, Carers Lewisham and Sydenham Garden, working closely with South London & Maudsley NHS Foundation Trust (SLaM).

The service will build on existing provision by the partners to deliver seamless support through a single point of access **0203 228 5960** [lewisham@dementiahub.org.uk](mailto:lewisham@dementiahub.org.uk) It will include:

- Individual person-centred support planning
- Carer-specific support including individual support and workshops
- Groups using Cognitive Stimulation Therapy (CST) based activities and horticulture
- Support for the Dementia Action Alliance and the development of dementia-friendly communities in Lewisham

The Dementia Support Hub will be implemented from 11 February 2019. Existing clients of dementia support from the partners will automatically transfer into the new service.

**hin** Health Innovation Network South London

**NHS**

**CATFORD**  
Care Homes Project

Collaboration to  
Avoid  
Trips and  
Falls

Occurring in  
Residential  
Dementia homes





# Access All Areas

## Accessible transport exhibition



### An Age Friendly Lewisham – TFL TRANSPORT EXHIBITION

When we ask our members what their main priorities are, safe and accessible Transport always comes out on top as one of the biggest issues of concern for Lewisham Older residents. TFL are hosting 'Access All Areas', an accessible transport exhibition on Tuesday 19 March from 10am, at ExCeL London. This public event is open to anyone interested in accessible transport to ask questions and share their feedback with transport decision-makers, engineers and businesses.

The exhibition will also allow you to learn more about accessible services and try out the latest public transport and vehicle designs.

This is a unique opportunity to attend workshops and feed into Q&A sessions with TFL decision makers around accessible Transport in London. If you are interested in accessible transport, why not go along!

To sign up visit this webpage:

<http://www.cvent.com/events/access-all-areas-exhibition/agenda-9df6731bbf964fe5b07d6a831bde4b99.aspx>

If you have any queries, or need help registering please email [TfLAccessibility@tfl.gov.uk](mailto:TfLAccessibility@tfl.gov.uk). Call **0343 222 1234** (Charges apply), Textphone 0800 112 3456. Send a letter to: TfL Customer Service, 4th Floor, 14 Pier Walk London SE10 0ES

### Action on Hearing Loss and Age Exchange will be running Free Hearing Aid Clinic's every month.

The first session is on Thursday 21<sup>st</sup> February at Age Exchange from 10am to 12pm.

Get help with;

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

**ACTION ON HEARING LOSS**

This is a drop in service no appointment needed.

**age exchange**

Community Integrated Care

**Free Phone or Tablet App of the Issue** (download from Apple Store and Android – Google Play)

We are all having great fun with 'Duo Lingo' learn to speak a language in 10 minutes bite-sized chunks every day! Very fun and easy to use.

**Ciao Bella!**

### NHS Health Checks

Health Checks in Lewisham. All GP practices and some pharmacies in the borough offer free NHS Health Checks for 40-74 year olds.

If you're registered with a GP, you may be invited for the check by letter, or you may be offered

the check when you're at your GP or local pharmacy.

Please call **0808 1410 118**

or visit [www.lewisham.gov.uk/healthchecks](http://www.lewisham.gov.uk/healthchecks) for more information or for a list of participating pharmacies.

**NHS HEALTH CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

# 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

### Help after Hospital

We will be welcoming colleagues from Adult Social Care, St Christopher's Hospice, Age UK Lewisham and Southwark, and the Department for Work and Pensions to discuss the care and support available for older people on leaving hospital.

**Thursday 14 March 2019, 11am–1pm**  
Civic Suite, 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)



Lewisham