



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

May – July 2016 Newsletter

**Date for your diary**

The next Positive Ageing Council public meeting is **Thursday 7 July 2016, 11am-1pm**, Civic Suite, Catford SE6 4RU

## Quarterly news, events and updates for older people in Lewisham

A big thank you to the 100 people who attended the last meeting of the Positive Ageing Council of Lewisham (POSAC). The meeting was held on Thursday 17 March 2016 and had the theme **'hearing from you'** on older people's housing needs and the priorities of our members, to help POSAC plan its work and meeting themes for the upcoming year. The first three pages of this newsletter consist of notes of the meeting on 17 March.

Peggy Fitzsimmons, Chair of the Positive Ageing Council opened the meeting with the warmest welcome to attendees and explained how our speaker, Councillor Damien Egan, Cabinet Member for Housing, contacted her explaining that he wanted to find out more about what makes a good home for older people and how older people are managing in their homes. Peggy was delighted that someone had recognised the importance of the Positive Ageing Council and that it was an important forum to hear the voices of older people, and approached us to help get the conversation started. Kevin Sheehan, Executive Director for Customer Services at Lewisham, was also in attendance at this meeting and Peggy expressed that the involvement of Damien and of senior council officers in this meeting demonstrates how important housing for older people is for the Council.

Damien gave a short presentation. He was delighted to see so many people in attendance at the meeting and to have the opportunity to get some good conversations going about the housing needs of older people.

### **The first part of Councillor Egan's presentation was to give context to the housing crisis in London and Lewisham.**

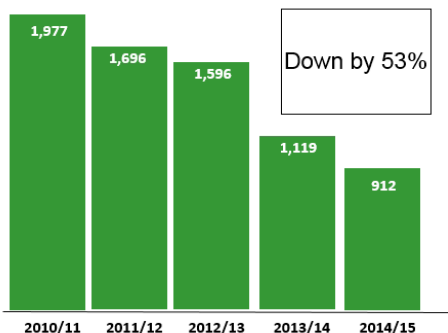
He explained that the Council are trying to find solutions to help the many people, from all walks of life and all ages, who are affected by the housing crisis. Damien gave some statistics about the impact of the housing crisis in Lewisham: over 9,000 people are on our housing waiting list, 1,900 are in temporary accommodation and tonight [the night of the meeting] 544 families will be spending the night in emergency B&B or temporary hostel accommodation. That is the reality for many families.

Across the country there is a massive shortage of homes, and as we are all too familiar the cost of housing is going up, last year rising by 15% in London. The typical price for a one bedroom flat in Lewisham is £300,000, and £400,000 for a two bedroom flat.

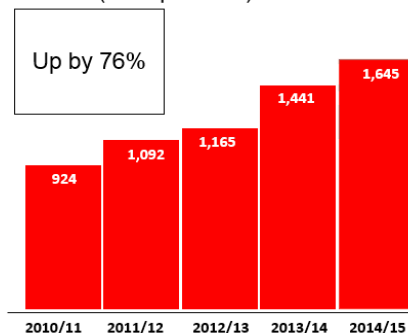
These are shocking figures when you think about the kinds of income someone will need to earn to be able to afford a one bedroom flat in Lewisham. Providing enough affordable housing in Lewisham is a serious challenge. Rents are equally as challenging. Rent for a one bedroom flat is an average of £1,100 per month. There has been a significant decrease in the number of two bedroom properties available in the borough that would be affordable on the local housing allowance. Because of this, a lot of people are priced out of owning and renting, leading to the number of people who are homeless increasing radically.

## SUPPLY IS DOWN, DEMAND IS UP - LEWISHAM

Number of available lets, 2010/11 to 2014/15 (projected)



Number of homeless households going into temporary accommodation, 2010/11 to 2014/15 (at September)



**Damien asked members that if they remember one thing today it is this graph (left).**

The small green part of the graph is the number of new homes that have become available to Housing Options Centre, the number is going down, people are staying put in social housing as there is much insecurity and lack of affordability.

The red is the number of people who have come to us as they are homeless, in 2013-14 the number of people coming as homeless is more than the number of homes we have available. On top of this we have 90000 on the waiting list. The Council has a responsibility to try and find ways to keep these down.

**Damien gave some background to the Planning and Housing Bill** going through Parliament at the moment, including right to buy for housing association properties, pay to stay options, and reducing lifetime tenancies to a cap at 5 years, which could make it very difficult for people with children in schools. Damien stressed that this was not a political meeting so no political statements or opinions would be given on the Planning and Housing Bill.

**Damien explained that as a local authority we have developed a Housing Strategy**, published last year and covering the period 2015-2020. This strategy has four main pillars: building more homes; refurbishing homes; making sure all council homes are decent and safe spaces for people to live in through improving standards in private rental; and improving health and wellbeing through housing. It is this last pillar where we look at older people's accommodation.

Even though Council officers are working very hard and carefully on issues of older people housing, sometimes it can feel that these issues are not that high on the political agenda, certainly not as much as housing issues for younger people. Although this is understandable to a degree, we need to address how we house older people in the borough. What happened at St Mauritius House highlighted this.

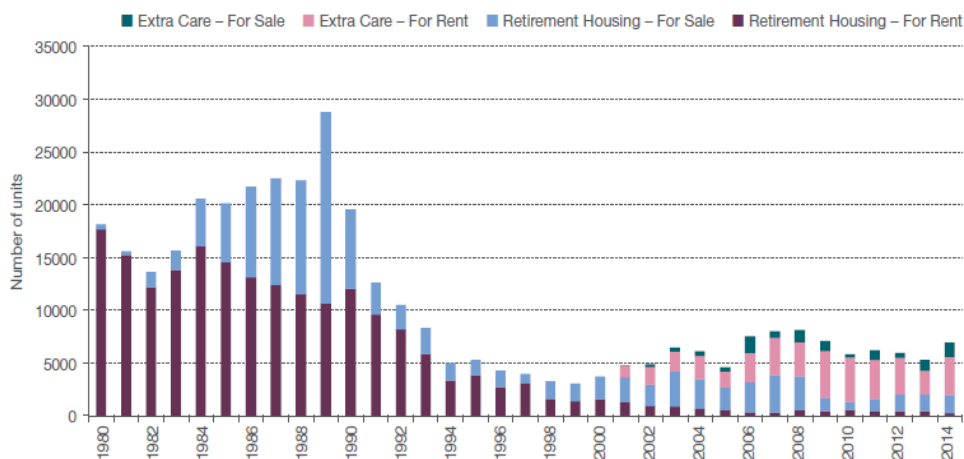
**Damien told members that we want to talk about where people want to live.**

This graph shows that nationally there isn't as much retirement housing being built, when compared with the 80s and 90s.

You can also see that there is more retirement housing for rent being built than for sale.

We'd like to know what you think we should be focusing on in Lewisham.

### Delivery of housing for older people



Source: EAC

Follow Damien on Twitter @damienegon

**In the final part of Damien's presentation he wanted to show some of the successes achieved in older peoples housing**, including but not exclusively, developing a new standard for housing for older people, done in consultation with the Positive Ageing Council at an earlier meeting. Other achievements include: opening a new build extra care scheme at Conrad Court, Hazelhurst Court and Campshill Road schemes, the transfer of floating support service to Lewisham Homes for our sheltered tenants and a pilot programme to improve 6 sheltered housing schemes in Lewisham.

We developed a new model for extra care at Conrad Court, providing 78 new homes near Surrey Quays, which opened in Autumn 2014.



Why am I here today? Damien addressed the members and asked **what is it that people in this room want?** Rather than the Council trying to guess the needs and hopes for the future of older peoples housing, the best people to tell us are you. What are the ideal housing solutions that you want to see? He asked members to turn their attention to the 3 questions for discussion:

1. What do you like about your current home and what don't you like?
2. What would your ideal home look like? – this can be the bar of where we can get to what don't you like about your home, if you can change something what would it be?
3. What will help you retain your independence in your own home?

Feedback included:

Q1. Neighbours, good transport links, natural light, spaciousness, gardens, location

Q2. Good transport and amenities, safe area, choice, allows pets, in Lewisham, all one level, a smaller one, more manageable

Q3. Walk in bath/shower, handrails, lift/stairlift, weekly home help, reliable tradesmen, a gardener, easily adaptable

**(Above) Lewisham Council developed a new standard for older peoples housing, based on your suggestions :** spacious, wheelchair accessible, self contained homes, with full bathroom facilities, "care ready", community focused

**Damien assured members that this was the start of the conversation** and that he and his housing team want to come back and address this, what is important for us as the Council, Councillors and Officers is that you see we are doing things with your ideas and that the contact can continue.

After the exercise Damien stayed to answer the questions of our members. These questions included bringing disused retail units into the housing stock, how Lewisham are dealing with rogue landlords, how are older people able to find out more information about downsizing, including options available for home owners.

Damien said that it is clear from hearing people's questions that the Council needs to do more to make sure there are choices for everybody.

**It is with much sadness that the Positive Ageing Council reports the passing of local activist for older people, Doug Smith.**

Peggy Fitzsimmons, Chair of POSAC said *“the Positive Ageing Council were saddened to hear of the passing of a friend who has done so much for pensioners in Lewisham. He was always fighting injustices and we will miss seeing Doug at Doris's side supporting her as he always did. Our condolences to Doris and her family from all her colleagues.”*

The Positive Ageing Council is honoured to include this tribute to Doug, by the people who knew him best.

**Doug Smith (1931-2016)**

Doug Smith, who has died aged 85, was a trades union activist and campaigner for social justice throughout his life.

A native of Forest Hill, it was as a teenager, in what is now Lewisham, that he first met Doris, who was to become his lifelong partner. During their courtship, they had their first involvement in the Labour Movement, building on their passion for social justice.

Apprenticed as a precision toolmaker, Doug was called up for National Service, working in the mechanical engineering section and transferring from camp to camp owing, Doug suspected, to his correspondence with Doris - some of it relating to her reports of political activities.

Following National Service, he returned to work for a number of engineering firms across London before successive posts as a technician at Deptford Green School and Lewisham College, where as a lecturer he passed on a lifetime of engineering knowledge to a new generation.

During his years of dedication to the union movement, Doug became President of the Lewisham Trades Council. Active in Lewisham Community Relations Council, Doug helped found ALCARAF (All London Campaign against Racism and Fascism), eventually becoming its chairman, and they joined the fight against the National Front, culminating in the 1977 march through Lewisham. Doug's energy and passionate belief in racial equality helped drive it forward.

Doug's union background endowed him with the conciliation skills that enabled him to defuse any confrontation. He could summarise incisively, identifying what should be done but in the process offending none. Throughout his life, he was known as a man to whom anyone could turn for sound advice and guidance.

In the 1990s Doug became a volunteer in Lewisham Pensioners Forum advocacy scheme. Called Pensioner Advocacy in Lewisham (PALS), it extended the idea of 'pensioners speaking up for pensioners'. He was the perfect advocate – being an excellent listener.

Above all, Doug was relentless in pursuing authority on behalf of individuals to make sure that service providers were prompted to take the necessary action. A conscientious volunteer advocate, he gave it his all!

However, he will perhaps be best remembered for his last years, spent working with and supporting Doris at Lewisham Pensioners Forum. As a member of the management committee responsible for personnel matters, he proved particularly effective in deploying his deliberative skills and wise advice. At LPF events, the couple would often be the first to volunteer – usually staying all day – and always concerned that others got a break, too.

Doug and Doris spent their early life together, joining other young people in cycling tours, and developed such other lifelong interests as camping and photography, taking many a memorable holiday around the country, notably in Cornwall. He played a good game of golf and also took up painting, which provided him with many hours of pleasure.

Doug Smith was one half of an inspirational partnership and in addition to Doris, to whom he was married for just short of 60 years, he leaves his son Anthony and daughter Janet, grandchildren and, more recently, great-grandchildren.



## Beanstalk Reading Charity

Life is better when everyone can read well and express themselves confidently. Sadly, last year over 63,000 children across England left primary school unable to read to the expected level. Being unable to read well can have severe consequences on a child's future:

- 70% of pupils permanently excluded from school have difficulties with basic literacy
- Men and women with poor literacy skills are less likely to be in full time employment by the age of 30
- If current trends continue, by 2025 we will have left behind 1.5 million children

Beanstalk recruits, trains and supports volunteers to provide one-to-one literacy support in primary schools to children who have fallen behind with their reading. Beanstalk trained reading helpers transform the lives of the children they support, turning them into confident, passionate and able readers.

As a Beanstalk reading helper you will:

- Have the opportunity to develop and use your skills to help children in your local community
- Get the chance to make new friends and share experiences with other volunteers
- Receive training and ongoing support
- Have access to books, games and activities to use in your sessions
- Your travel expenses covered

For more information visit our website

[www.beanstalkcharity.org.uk](http://www.beanstalkcharity.org.uk) or call our office 020 3751 1091 and speak to Karis.

## Warm homes, healthy people



Although we are hoping to bask in the sunshine for the next few months, we were delighted to hear that the Warm homes healthy people scheme has received additional funding - meaning it can continue through to March 2017! Get ready for the winter by contacting the warm homes team on 020 8314 6339  
Email: [warmhomes.lewisham@groundwork.org.uk](mailto:warmhomes.lewisham@groundwork.org.uk)  
[www.lewisham.gov.uk/warmhomes](http://www.lewisham.gov.uk/warmhomes)

## Ageing Well in Lewisham's

Arts Befriending Group held a joint event with the students at Trinity Laban for their 'Spring Forth' event. Members joined with vocalist and musician students of Trinity Laban and presented a programme including songs from the musical Mary Poppins plus some favourite sing-a-long numbers. Their repertoire also included Burt Bacharach's songs and a spoken rendition of an excerpt from Shelley's poem 'The Cloud' from one of our members accompanied by a gentle violin solo from a student. It was a great success and DVDs are available.

## 60 Up's third annual Health & Wellbeing Fair

Saturday 7 May 2016,

12noon-4pm

The Green Man, 355 Bromley Road, SE6 2RP.

Health Information stalls, local community groups, free dance and exercise sessions, craft and gifts stalls, a raffle and tombola.

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

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

Entry to the Fair is free. For further details, please phone Christina on 020 3667 3704 or email

[info@60up.org.uk](mailto:info@60up.org.uk)

## **60 Up C.I.C welcomes you to Fab Fridays!**

12noon–1.30pm on the **first 3 Fridays** of every month

The Green Man, 355 Bromley Road, SE6 2RP.

A space to meet and enjoy a range of activities including health talks, bingo, arts & crafts, and dance sessions. Cost: £2 (prices and times may vary for special events, and day trips).

For further details and to find out about other 60 Up activities, please phone 60 Up C.I.C. on 020 3667 3704 or email [info@60up.org.uk](mailto:info@60up.org.uk).

## **The Caribbean Social Forum**

*The Caribbean “a unique collection of people strung together by a common history”*

The Caribbean Social Forum was started by, “one of the maturing children” of Caribbean descent on 29 January 2015. We meet every Thursday between 12 and 3pm and charge £3.00, which covers for all refreshments. Call us on 0844 357 3700 or email:

[Caribbeansocialforum@gmail.com](mailto:Caribbeansocialforum@gmail.com) for more information.

The forum is open to men and women aged 50+ and we currently have approximately 300 registered members from all over the Caribbean and neighbouring countries, such as Guyana.

The forum has also attracted people from other cultures who attend regularly and we appreciate their input and participation.

Members also participate in outside activities: day trips, theatre, visiting museums, dancing, etc.

In 2015, 35 members visited Devon for a long weekend, and in October 90 members attended the Royal Albert Hall to listen to the Royal Philharmonic Orchestra. In the space of 12 months the forum has won two awards including The Royal Borough of Greenwich Civic Award. Members are booked to see Ma Rainey’s Black Bottom at the National Theatre, 55 are visiting the Royal Opera House and we planning for 150 people to attend the Royal Albert Hall.

## **We Asked, you said!**

At the last POSAC meeting we asked you about the things that matter to you. What are the topics you think are important for the Positive Ageing Council to focus on. Although these answers varied, we were able to group them together and come up with the following themes, based around the suggestions from our members.

- *Pensions, understanding and advice.*
- *Activities, networks, friendships and community involvement.*
- *Transport for older people - predominantly dial a ride, taxi services, transport to groups and activities, blue badges.*
- *Planning ahead for older adults - health and social care, legal advice, downsizing and sheltered housing.*
- *Reliable tradesmen/handyman, scams, staying safe*

These topics and others will be featured in our project work and at our meetings



## **Free basic cooking sessions for all**

The Lewisham Training Kitchen is providing free basic cooking sessions on Friday mornings (during term time) from 10.30am-12.30pm at The Green Man community hub on Bromley Road. They are open to all ages and all levels of skills. People and families from right across the community come to the kitchen to learn how to cook well and eat affordably.

No need to book, just drop-in or call 020 3121 0282 for more information.

**LEWISHAM**  
training kitchen

**Learn a new skill, enhance your health and well-being and meet new people who share similar interests at Adult Learning Lewisham**

ALL have a wide range of courses on offer; everything from yoga to tai chi, floristry to gardening, baking to textile crafts, drawing & painting to computing, to making the most of your retirement. With our huge choice, you'll find a course at a time to suit you – daytime, evening or weekend. Our courses run from a day to a year so learning something new doesn't have to be a big commitment.

We have a variety of courses taking place during the summer term from May–July, and our new programme for courses starting in September will be available from Monday 13 June. For details on how to enrol and a full list of courses visit [www.lewisham.gov.uk/adultlearning](http://www.lewisham.gov.uk/adultlearning), alternatively call 020 8314 3300 or pop into one of our centres for more information.

**The W.G Grace Senior Citizen Tuesday Club**

Formed in 1982, the club aims to support the older resident; especially those living within the Grove Park area. All of our programmes are managed and delivered by us – local residents. On Tuesday's we have a craft programme followed by bingo sessions. During 2016 we are also planning trips and a Christmas social. We are a friendly club and a warm welcomes awaits you. For more information please contact: Kath Webb (Chair): 07780 646101.

**Diamond Club Spring Fayre and Open Day**

The Diamond Club is holding its annual open day and Spring Fayre on:

**Tuesday 24 May, 11am–4pm,**  
Hartley Hall, Holy Cross Church,  
Culverley Road, SE6 2LD.

There will be arts and crafts, bric a brac, fancy goods, cakes and preserves, fundraising bingo, raffles, auction and more.

The Diamond Club is a well-established social group for 60 older people whose aim is to promote health and wellbeing and reduce isolation through fun-filled activities designed to keep minds and bodies active.

For more information contact Lesley Allen on 07729 785 843.

**Summer events are for everyone! So be sure to get involved and join in.**

**Sydenham Arts Summer Festival**

1–10 July [www.sydenhamarts.co.uk/whats-on](http://www.sydenhamarts.co.uk/whats-on) for details of their Tea Dance on Wednesday 6 July (2.30–4.30pm) at the Sydenham Centre and one other exciting projects.

Not online? For further information please email [projects@sydenhamarts.co.uk](mailto:projects@sydenhamarts.co.uk) or telephone us on 020 8659 7911

Come to the Kingswood Halls (Kingswood Place, off Dacre Park) on Tuesdays between 12noon and 2pm. There is a friendly group of pensioners ready for a chat, helped along by tea and biscuits, a raffle and varied entertainment between 1pm and 2pm - all for £2.

Unfortunately we are not open on 10 May or 26July, so come on another Tuesday - and bring a sandwich to add to your biscuits. We look forward to meeting you. For more information call us on 020 8852 7162.



## Downham Celebrates 2016

### Summer Festival, Free Activities for everyone!

Saturday 11 June, 11am–4pm,

Downham Health and Leisure Centre, 7-9 Moorside Road, BR1 5EP

Downham Health & Leisure Centre are hosting the annual

Downham Celebrates Summer Fair. Entry is free to browse the stalls, see the mobile farm and then you could grab a bit of lunch! The event will include a farm, climbing wall, Sing along Sally, a fun inflatable, stalls and for the adults a charity triple fitness challenge!



### Goldsmiths Community Centre Silver Summer Ball – part of Downham Celebrates 2016

**Saturday 11 June, 4.30–9.30pm**

A special intergenerational day aiming to give older local residents a once a year opportunity to dress up, sit down for a 3 course meal, dance to some nostalgic music and enjoy the company of younger people. Licensed bar available.

Tickets: £16, Whitefoot Ward residents £12, Concessions £10. 20 free tickets for any appropriate cases by referral from organisations, doctors etc. or even self-referral in case of hardship.

*People are invited to buy tickets to give to others if they would like to support but can't come or want to buy two.*

Greenwich Youth Band and Peachy beat (50/60's pop band) will be entertaining us.

### Downham at 90!

All events held at: St John the Baptist Church, 353 Bromley Road, SE6 2RP

#### Exhibition

FREE to attend: Monday to Saturday\* 10am to 4pm, 14–28 May 2016.

\*The exhibition will not be open on Saturday 21 May

Exhibition of written material, photos, maps and memories to celebrate 90 years of Downham and St Johns Church.

#### 1920s Cabaret evening

Saturday 21 May, 7pm

Tickets: £10 including buffet

A musical evening featuring local choirs and singers to celebrate 90 years of Downham and St John's Church.

#### Reminiscence afternoon tea

Sunday 22 May, 4pm

Suggested donation: £5

Share your memories and recollections of Downham, St Johns and the local area and hear from a local historian at our special afternoon tea.

For further information please contact Fr Martin Thomas on 07460 257 103 or email [fathermartinthomas@gmail.com](mailto:fathermartinthomas@gmail.com) website: [www.stjohnscatford.org.uk](http://www.stjohnscatford.org.uk)



### Cash Point Safety – remember these simple safety steps

Shield your pin, Report anyone suspicious, Don't let strangers assist you at cash points, If cash machine appears to be faulty report it to the bank immediately, If possible try not to let anyone push in front of you at cash points, The targeted victims are elderly, if you see an elderly person experiencing this call police and wait with them, Use the cash points inside the bank

**#warnyournan. Lewisham Metropolitan Police**



### **Lewisham Pensioners Forum housing options meeting**

**On Wednesday 25 May, 10.30am–12.30pm**, the Lewisham Pensioners Forum will hold its seminar on housing options in retirement at the **Lewisham Irish Community Centre, 2a Davenport Road, London SE6 2AZ.**

Speakers for the May housing options meeting are:

Jane Minter of Care & Repair; and  
Nina Morris of Lewisham Council's Housing Options team.

Jane will explore some of the options for owners who are considering the choices before them, but with particular focus on how to make any home more suitable for those of us who are growing older.

Nina's perspective will be from the point of view of the tenant (social or private) thinking about looking forward to an enjoyable retirement.

**Lewisham Healthwatch** are looking for a focus around mental health next and we're looking to hear what the three most important issues are for adults who have some experience of a mental health project. There is a survey online, however if you are not online and would like to contribute please contact Marzena Zoladz, Healthwatch Engagement Officer for more information on 020 8315 1925, [marzena@healthwatchlewisham.co.uk](mailto:marzena@healthwatchlewisham.co.uk). Lewisham Healthwatch have managed to raise awareness around issues for adults who don't speak English as their first language, particularly in the Vietnamese community, improving access to health and wellbeing services in Lewisham. We have also received a number of responses from providers and commissioners which will be publishing soon

### **Lewisham Pensioners Forum EU Referendum Hustings**

Following on from its very successful GLA elections hustings last month, on Wednesday 8 June, the Lewisham Pensioners Forum will hold an EU Referendum hustings. Time and venue yet to be confirmed: watch this space!

For more information Tel. 020 8690 7869 or email [info@lewishampensionersforum.org](mailto:info@lewishampensionersforum.org)

### **Lewisham Pensioners Forum - Call to the colours**

Like any successful campaigning body, Lewisham Pensioners Forum must continually renew itself with fresh ideas and strategies to secure the rights of our pensioner members. But fresh ideas and strategies don't grow on trees but in the hearts and minds of the people who want to secure a better future.

Lewisham Pensioners Forum is currently recruiting new members. We provide a means for individuals to influence local and national government where the decisions made impact the everyday life of ALL pensioners. We also have a role disseminating information with bi-monthly meetings on topical issues and a regular newsletter to all Forum members, as well as Forum Specials such as Financial Fairs etc.

In addition, we operate a weekly well-being club offering a range of engaging activities where members can meet and make friends while doing things that help to improve their well-being.

There is the fun side too! We arrange a variety of outings and events only open to Forum Members. These include anything from guided tours of heritage houses to riverside walks and a look behind the scenes at places of interest, like breweries.

**Food Cycle Lewisham – Sabrina's Kitchen.** FoodCycle Lewisham is run by Rushey Green Time Bank and [FoodCycle](http://FoodCycle). The project provides a space where local people at risk of food poverty or Isolation can come together to enjoy a free healthy and delicious meal once a week. Guests also benefit from activities, support and advice. To apply to become a volunteer for this project, or promote a community group, visit [www.rgtb.org.uk](http://www.rgtb.org.uk). Volunteers for this project can also qualify for a [Lewisham Local Card](#), offering discounts with local businesses. 12-2pm every Saturday, From 14th May 2016, Calabash Centre, George Lane Lewisham SE13 6HH, Call: 07544 996 722

# Dementia Awareness Week 15-21 May 2016



## SENIORS



Sydenham Garden  
A growing community



DAA

Lewisham  
Dementia Action Alliance



This year's Dementia Awareness Week, 15 – 21 May, will encourage people who are worried about dementia to confront their worries by addressing dementia directly and coming to Alzheimer's Society for information and support. Dementia can be scary and many people don't know where to turn, but Alzheimer's Society is here for anyone affected and there are lots of ways we can help. Because we believe that life doesn't end when dementia begins.

020 7423 3500, email [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)

At **Age Exchange** we believe that past experiences and stories are part of ensuring our well-being today and in particular we want to help people to live well with dementia. As part of dementia awareness week we're hosting two free training sessions at our Centre, **Age Exchange, 11 Blackheath Village, SE3 9LA.**

A Dementia Friends Session **18 May 11.30-12.30pm** – come along and learn about what it is like to live with dementia and turn that understanding into action – one hour of your time in dementia awareness week will help to create a dementia friendly community.

A Reminiscence Taster Session **18 May 12.30-1.30pm** – come and sample our reminiscence activities, learn more about what we do and how we help people to live well with dementia. All welcome whether you live with dementia, know nothing about dementia or care for someone with the condition.

To sign up for the Dementia Friends session or the Reminiscence taster session please contact [hello@age-exchange.org.uk](mailto:hello@age-exchange.org.uk) or call 020 8319 9105.

## Dementia Friendly Cricket Match - Kia Oval Sunday 15<sup>th</sup> May 2016

### Easy and free booking:

People with dementia and carers **simply call the Kia Oval Ticket Office on 0844 375 1845** and quote Dementia Friends - for tickets and more information. Tickets will be free for people with dementia and their family members and carers. The booking operator will be briefed to process complimentary tickets for the caller and they will advise that people with dementia and friends and family should access the ground via the Alec Stewart entrance nearest to Vauxhall on the day as it will be quieter. The stewards in this area will be Dementia Friends.



**Alzheimer's Society**

Leading the fight against dementia

## Lewisham MindCare

Lewisham Mindcare will be having a stall in the Riverdale Centre, Lewisham, on Wednesday 18 May and another in Lewisham street market on Thursday 19<sup>th</sup> May from 10.00 a.m. until 3.00 p.m. Staff will be available to answer any queries about dementia or the support that's available so please come and talk to us. If you are unable to make either of those dates but need to speak to a member of the team, they can be contacted on 020 3228 5960 or via email at [info@mindcare.org.uk](mailto:info@mindcare.org.uk).

Lewisham MindCare also offer free 'Understanding Dementia' and other dementia specific training courses to anyone in Lewisham borough who is supporting someone living with dementia or those just interested in learning more. If you would like any information regarding our training please don't hesitate to get in touch.

**MindCare**  
Dementia Support

### **Dementia Friendly Walks**

Community Connections will be working with Carer's Lewisham and Sydenham Garden during Dementia Awareness Week to run some Dementia Friendly Walks through the beautiful Horniman Museum & Garden's. During these walks people with Dementia from both these organisations will have the opportunity to explore a wonderful public space, and view and handle objects from the museum's collection.

**Sydenham Garden** is a unique wellbeing centre.

Sow & Grow is a core project of Sydenham Garden and it aims to support people with early stages of dementia to live well.

We use gardening, cooking, art and Cognitive Stimulation Therapy, as well as opportunities for reminiscence, reflection and discussion.

Through these activities, participants are able to experience a holistic program of therapy that helps co-workers to improve their cognitive skills, become more socially included and have a better quality of life.

Sow & Grow groups run for 2 ½ hours weekly for 6 months on a Thursday morning and afternoon and on a Friday morning.

There is a Singing and Movement course on Friday afternoons from 3pm–4.30 which runs for 16 weeks.

### **We are also holding some special events this summer**

Spring Fair, 7 May  
11am–3pm

De Frene Summer Festival 20 August  
11am at our De Frene site

For more information contact us on:  
020 8 291 1650 or email  
[rose@sydenhamgarden.org.uk](mailto:rose@sydenhamgarden.org.uk).

For more information about the **Home Library Service**, call 020 8314 6254 or email [libraries@lewisham.gov.uk](mailto:libraries@lewisham.gov.uk)

The Catford South Local Assembly are working with the Lewisham Clinical Commissioning Group and local Catford based community organisations and businesses, to become the first accredited 'Dementia Friendly' ward in Lewisham. We are taking the first steps now to sign up as many organisations as possible to the Lewisham Dementia Action Alliance (LDAA). We will update the Positive Ageing Council on how this accreditation is going in the next newsletter.

The Positive Ageing Council and many organisations working with older people in Lewisham have already signed up to the LDAA. If you or your organisation would like to know more about belonging to the Lewisham Dementia Action Alliance then contact Karin Barthel on 0208 314 3877

### **Dementia Awareness week at Seniors:**

#### **Memory walk at Dacres Wood (entrance)**

**Tuesday 17 May, 1pm**

**Reminiscence session** led by Vista or Age Exchange, Thursday 19 May, 2pm, at Seniors

At the time of going to print, these events are in the planning stages so please contact Cathy at Seniors for more information on 020 8291 1164

**Lewisham Home Library Service** offers a free monthly service delivering a range of items to residents and their carers who find it difficult or are unable to visit a library. To specifically support borrowers with Dementia and their carers, we offer the following:  
**Pictures to Share** - a collection of books specially designed for people with Dementia providing powerful images on a range of subjects.

**Reminiscence and Nostalgia** - a selection of large images on cards designed to stimulate conversation and memories.

**Local History** - a range of books covering the history of Lewisham.

**MUSIC / DVDs** - a selection of classic films on DVD and a wide range of music on CD.



### **Fancy trying something new?**

Have you ever enjoyed any game/sporting activity because it offers:-

**Fresh air, exercise, the chance to meet new people, the opportunity to learn something new, or competitiveness?**

**Bowling at Francis Drake Bowls Club** offers all this and much, much more - regardless of your age or ability - why not come along and see what it is all about! Come alone or in a group you will receive a warm welcome.

**Francis Drake Bowls Club, Hilly Fields**

Tel: Ron 020 8692 3669 or Jeanette 020 8291 9243. [www.francisdrakebowlsclub.org](http://www.francisdrakebowlsclub.org)



### **Qi Gong – Exercise as nature intended**

Health Tai Chi at the Lewisham Irish Centre, 2a Davenport Road, Catford, SE6 2AZ

**Every Monday 11am–12 noon, £5.**

Why would your body choose Qi Gong if it has a mind of its own...

- Exercise for the body joints and organs
- Improve your flexibility, body posture, balance and coordination
- Increase your vitality, focus and breath control
- Reduce anxiety, tension, stiffness and stress

Councillor Chris Best, who has recently begun attending the sessions, told us “Wayne Harris is excellent in his approach to working with older people, and from his website -

[www.training4life.me.uk](http://www.training4life.me.uk) - he explains...”

*Training the mind and body to work together is critical for successfully navigating through life and invigorating our spirit. When our mind, body and spirit are a total functioning unit, we gain confidence and increase our resilience to face life’s challenges. We are then able to experience more joy and contentment in our lives.*

For more information contact Wayne on 07984 029 894, email him at [info@trainingforlife.me.uk](mailto:info@trainingforlife.me.uk)  
Or call Kathleen at the Irish Centre on 020 8695 6264.

### **60+ Active Social.**

Having gone through a few weeks of a very successfully-funded project, due to demand we are able to continue the classes for £3 per week.

The sessions will run on Thursdays at 2–3.30pm for £3 per week with our friendly coach Joy.

Within the sessions the participants take part in a rotation of sports with two happening each week. These include; gym sessions, Short Mat Bowls, Short Tennis, Badminton, Table Tennis, walking football and Boccia. In the middle of the two sports there is a little time for a tea break!

Downham Healthy Lifestyle

Centre.7-9 Moorside Road,  
Downham, BR1 5EP

020 8461 9200



### **Getting fit this summer? Leisure discounts available in Lewisham**

If you are a Lewisham resident over 60, you qualify for leisure facilities in the borough. To start using local leisure facilities at a discount, just register at a local library! To find out more about how and where you can register and the discounts you can get and at which leisure centres, visit

[www.lewisham.gov.uk/beactive](http://www.lewisham.gov.uk/beactive) or call your local Leisure Centre or Library.

**Lewisham also provides free 60+ swimming at all pools just using your library card – make sure you take advantage of it!**



## **Fusion Leisure Centres and their offer for people aged 60 and over**

- Free Swimming with valid library card for people aged 60 years and over.
- Free Gym with valid library card for people aged 60 years and over.
- 25% discount on all our leisure centre activities with valid library card.
- Swimming lessons at The Bridge Leisure centre Wednesday mornings 10–11am.
- 60+ swimming sessions across the borough.
- 60+ Aquafit classes across the centres.
- Badminton sessions at 2pm at The Bridge Leisure Centre on Wednesdays and 10.30am on Thursdays.
- Walking football session Monday night at Bellingham Leisure Centre contact the Bellingham Community Project (BCP) for more details.

### **Centres with Pools:**

**Glass Mill Leisure Centre** Lewisham: 0303 303 0111. **The Bridge Leisure Centre**, Sydenham: 020 88778 7158. **Wavelengths Leisure Centre**, Deptford: 020 8694 9400.  
**Forest Hill Pools:** 020 8291 8730

### **Centres without pools:**

**Bellingham Leisure Centre:** 0220 8697 0043. **Ladywell Arena** Catford: 020 8314 1986  
Fusion Leisure have approached the Positive Ageing Council about developing their offer for older people. We will be working them on a survey in the near future and will keep you posted on what's happening at Fusion to help older people remain active.

### **Have you had an NHS Health Check yet?**

If you are aged 40-74 you may be entitled to a free NHS Health Check at your local GP or some pharmacies in the borough. At the 30-minute check you will find out your risk of developing certain diseases, which can often be prevented and you will be offered advice on how you can make changes to your lifestyle if necessary. Call 0808 1410 118 for more information or ask your local pharmacy or GP surgery.

### **55+ Physical activity listing**

The Positive Ageing Council have copies available on request of the Physical Activity list for people aged 55 and over, put together by the local NHS and CCG.

We have asked for an updated copy, however if you would like to be sent a copy of the current version we would be happy to help you. Contact us and we can get one in the post for you.

### **Promoting the 'wellbeing' benefits of your organisation in the south of the borough**

The Patients in Participation Group (PPG) and South Lewisham Group Practice work together and invite groups and organisations to the surgery, during opening hours, to promote their specialist services, provide free information, advice or outreach.

Stallholders provide information to our patients, and the local community, on what is available in the borough to help them be more responsible for their own health and wellbeing.

**Venue: South Lewisham Health Centre, 50 Conisborough Crescent, Catford SE6 2SP**

Check the surgery website, PPG section, for more details on stallholders and dates booked:

[www.southlewishamgrouppractice.co.uk](http://www.southlewishamgrouppractice.co.uk) For more information or to book a stall email:

[southlewishamppg@gmail.com](mailto:southlewishamppg@gmail.com). If you require a phone number call Lucy (POSAC) 020 8314 6314.

### **Lewisham has a vibrant Walking Football Community**

From Thursday June 2, Walking Football @ St Dunstan's Jubilee Ground in Catford, for men & women 50+. **Cost is FREE.** Suitable footwear and leisure clothing. Book via Dave McLaren or for further details on 07879 404 802.

### **Charity BBQ and Disco**

Ageing Well in Lewisham are inviting you all to come along to their charity BBQ and Disco.

**Saturday 21 May, from 6.30pm**  
**Catford Cricket and Sports Ground**  
**The Pavillion, Penerley Road, Catford,**  
**SE6 2LQ**

Everybody is welcome to join us for this fun evening. All proceeds from the event go to support the great work of Ageing Well in Lewisham and help develop their programme of befriending sessions for older people in Lewisham. Tickets must be bought in advance and are available by calling: 020 8698 3735.

### **Patient Participation Group at your local GP surgery.**

The Chair of POSAC recently became involved in her local GPs Patients Participation Group. She was able to talk to the practice manager and speak about her first hand experiences as an older person trying to use her GP services. Peggy suggested an 'older person only time' for booking once a week and gave many other suggestions that could improve the ease of use at her local surgery. We hope to keep you posted on the outcomes of her involvement but also want to remind you that most GP surgeries or practice groups have a Patient Participation Group which you are entitled to attend. Going along and speaking about the things that matter to you can really make a difference, so contact your surgery for more information about how to get involved in their Patient Participation Group.

### **Elder People's Support Project Singing group**

Weekly on Tuesdays in term time  
1.15–2.45pm

St. Hilda's church in the Undercroft  
(at the base of the Church Tower nr the  
corner of Coutra Rd and Brockley Rd)



**Are you over 55** and living in the borough of Lewisham? **Do you enjoy singing?**  
**Well this is for you!**

EPSP and St Hilda's church in Crofton Park have joined together to start an informal singing group, guided by our talented tutor Hayley. We will be singing for an hour, followed by refreshments for the last half hour.

Cost is £3 for EPSP members and £4 for non-members. Call 020 8699 9009 for more information.

### **Visit from the Positive Ageing Council Steering Group**

As you know POSAC are going 'on the road', to hear more from people or groups who may not be able to attend our meetings.

If your organisation would like a visit from us then get in touch with Lucy (details below). POSAC is not part of the Council, but is here to influence them where possible on issues important to older people in the borough, if you can't come to us, we can come to you!

**Remember if you need any help advertising your group you can do it here, in this newsletter.**

## Music in the Afternoon – Lewisham Recorded Music Society

Do you like Music? If you do why not come to a meeting of the Lewisham Recorded Music Society?

The Society is a friendly group who enjoy listening to presentations of music of many type; these may be composer biographies, a study of a particular period of music or, perhaps, a selection of works built around a specific topic.

Whichever it is, all programmes are illustrated by extracts from the recorded repertoire on CD, Cassette etc...although past presentations have included a horn gramophone, musical boxes and video!

**Meetings are at Unitarian Meeting House, 41 Bromley Road, Catford SE6 2TS on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month from 2.30–4.30pm.**

Members pay £6 per annum plus £4 for each meeting they attend to include refreshments

For more details and a free copy of our programme call 020 8857 7078 or email: [lrms@btinternet.com](mailto:lrms@btinternet.com).

**We will end the current season with a live concert at Unitarian Meeting House on Thursday 28 July 2016.**

**“Our Favourite Things” Lecture Recital by Andrew Wickens (violin) and Elizabeth Hills (Piano).**

## Lark in the Park

12–4pm Saturday 18 June,  
Mayow Park, Mayow Road SE26.  
Join us for an afternoon of fun and discover what's on offer in the park and around Perry Vale!

Try your hand at a new activity like croquet or yoga, take a tour of the orchard, visit the craft stalls, get your dog micro-chipped, bring the grand-children to get their faces painted or learn how to make healthy fruit kebabs!

Look out for the newsletter being delivered through your door in Perry Vale ward or for details on

[www.lewisham.gov.uk](http://www.lewisham.gov.uk), call us on 020 8314 3830 and info in the local press.

## Local Ward Assembly Meetings

Dates for Local Ward Assemblies are being finalised now for the summer and autumn. Be sure to have a say on the things happening in your immediate area by going along. Look out for a flyer through your door advertising your local meeting.

Charity No. 1129070



## Join us to Mark the Queens 90<sup>th</sup> Birthday with afternoon tea and good company

The Grove Centre, 2 Jews Walk, Sydenham, SE26 6PL. **All welcome!**

Sunday 12 June 2016, 3–5pm

*If the weather is fine, we will have tea in the garden!*

**Tickets:** £3 per Adult, £2 for children aged 5–12, Free for under 5s

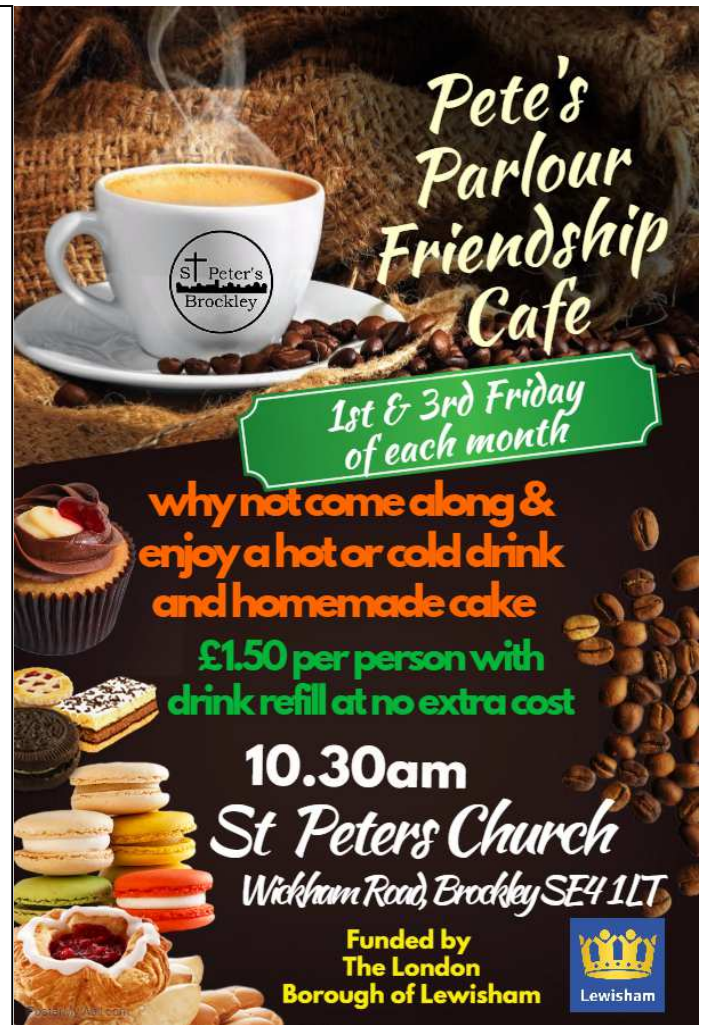
**Tickets are available from** the Grove Centre Office between 9am–1pm, Monday to Friday, by email at [grovecentre.church@virgin.net](mailto:grovecentre.church@virgin.net), or at the Sunday service.

We are delighted to celebrate this special day with you.



**In March, the Positive Ageing Council (POSAC) was delighted to be able to fund 18 local organisations through the POSAC Small Resources Fund.**

We were able to help support groups who were in need of some crucial resources to help them continue to provide a service to their members. From helping set up a Friendship café in Brockley (right), to funding much needed art supplies for a painting for pleasure group in Forest Hill, helping towards the purchase of some tablet laptops for one organisation teaching new digital skills to older people in Catford and helping to buy a dementia clock for an organisation who specialises in working with people with dementia in Sydenham. We were astounded by the creativity of applications and how far organisations were able to make POSAC's small contribution stretch. We hope that this years 'small' fund was able to make a 'big' difference to older people right across the borough.



**Pete's Parlour Friendship Cafe**


1st & 3rd Friday of each month

**why not come along & enjoy a hot or cold drink and homemade cake**

**£1.50 per person with drink refill at no extra cost**

**10.30am**  
**St Peter's Church**  
Wickham Road, Brockley SE4 1LT

Funded by  
The London Borough of Lewisham



The Positive Ageing Council will be making a decision in the near future on if they are able to deliver a Small Fund again this year, however do remember that there are often funding opportunities for organisations to improve the lives of older people.

**The Local Assembly fund** will be opening for most wards in the autumn, if you work for an organisation or attend a local group, look out for information about your **Local Assembly fund**, or contact Lucy and see if your group can make an Assembly bid in the future.

### **Techy Tea Party Pop Ups**

As part of 'Go On Lewisham' My Complete Focus and Age UK Lewisham & Southwark, Community Connections, will be hosting Techy Tea Party Pop Ups' in 2016. Bring your digital phones, cameras, IT tablets, iPads, etc. and find out how to get the most out of this technology with help from our friendly volunteers. IT tablets will be available for those who do not own their own technology to explore. **Free tea and cake available!**

#### **Dates for the diary:**

**13 May 11.30am–1.30pm** at the Green Man, 355 Bromley Road, London SE6 2RP.

**6 July 1.30–3.30pm** at Bellingham Leisure Centre (upstairs) 5 Randlesdown Rd, London SE6 3BT as part of Bellingham Golden Oldies. **If you would like to attend a session please call Rosa: 07704 347 896.**

### **Help out at some Techy Tea parties in 2016!**

Do you know how to use a mobile phone or tablet? Can you use Google, email, Skype or Facebook? You could pass your digital skills on to others! Even if you only know the basics, you could be a great help to others.

My Complete Focus and Community Connections will be planning more Pop Up Techy Tea Parties this year. We'll be heading out to social groups and community spaces and we need some techy helpers to support people to learn new skills. **If you can help call Rosa on: 07704 347 896**



## News update from Lewisham Homes - £4 million investment for older residents

Lewisham Homes is investing £4 million and introducing bespoke services to help older residents in Lewisham stay independent and happy in their homes. Their £4 million investment over the next two years into housing improvements includes:

- Upgrading individual residents' kitchens and bathrooms and shared spaces
- Installing residential sprinkler systems as part of ongoing fire safety improvements
- Improving Linkline Telecare, a personal alarm system which aids residents in the home

So far Lewisham Homes has invested almost £160,000 on 29 new kitchens and 27 new bathrooms.

Lewisham Homes is also providing new Independent Living services for older people aimed to support residents to continue living in their homes. Their team are visiting 18 schemes across Lewisham several times a week and giving individual support. Lewisham Homes is currently recruiting to seven new roles. These services were previously delivered by Lewisham Council.

Not only is the housing provider investing in homes, they're providing a weekly pop up arts and social club, Meet me at the Albany, intended to support residents' health and wellbeing. Lewisham Homes will deliver more Meet me at the Albany pop ups at different Independent Living housing schemes this year.

Danny Gill, a resident from Lee, talked to us about the improvements to his home: 'I'm a former brick layer, so I know a good job from a bad job, and this is superb. The kitchen is fantastic, and the bathroom. The new walk-in shower makes such a difference. I'm pleased to jump in the shower in the morning now, I actually look forward to it!'

Ainsley Forbes, Lewisham Homes Board Chair, said: 'We know how important it is to support our older residents and encourage independent living. Everyone's home is important and I believe plays a crucial part in their happiness. I'm so pleased to see Lewisham Homes increasing its reach in Lewisham, not just by investing in our residents' homes but making a difference to their health and wellbeing too.'

For more information contact Lewisham Homes on: 0800 028 2 028 or 020 8613 4000 [enquiries@lewishamhomes.org.uk](mailto:enquiries@lewishamhomes.org.uk).

## Lewisham People's Day 2016

Lewisham People's Day will once again be entertaining thousands and celebrating its 32nd year on Saturday 9 July 2016. There's something for everyone so come along with family and friends and join the fun. There will be a great line-up of established performers, new talent and performances from local people. There will be heaps of other attractions including stalls from local groups and businesses sharing what they do, international foods and other refreshments, beautiful hand made goods in the craft market, community garden, funfair, kid's zone and a new playground. Gates open at

12 noon and the entertainment runs until 8pm.

Venue: Mountsfield Park, SE6 1AN. For more information on the festival visit

[www.lewisham.gov.uk/peoplesday](http://www.lewisham.gov.uk/peoplesday) or follow on Twitter and Facebook. You can also join the mailing list to get the latest updates – to join the mailing list contact the Lewisham events team on 020 8314 7321.



POSAC at Peoples Day 2015

**Volunteers needed to help Age Exchange with our unique HLF funded project 'Meeting in No Man's Land' collecting, recording, transcribing and digitising stories and artefacts related to family memories of the Great War.**

We need help with the next stage of this project to ensure that the material already collected in the UK and Germany can be accessed online through the History Pin website. Training will be provided by [History Pin](#) to ensure that we have all the skills necessary within our volunteer team to ensure that this happens. There will also be opportunities to meet and greet members of the public bringing new materials at our planned Open Days to help them to bring their ancestors stories to life.

If you would like to find out more please come along to Age Exchange (Number 11, Blackheath Village) on one of the following dates:

Wednesday 11 May at 11am

Tuesday 17 May at 2pm



For more information about the project overall please follow this link and if you want to get in touch please contact us at [hello@age-exchange.org.uk](mailto:hello@age-exchange.org.uk) or call on 020 8318 9105.

**Carers Week 6–12 June 2016**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

Carers Lewisham will be holding an event for carers on **Wednesday 8 June 2016 at the Irish Community Centre, 2A Davenport Road, Catford, SE6 2AZ, 10am to 3pm.** This year's theme is 'Building Carer Friendly Communities'.

Carer-friendly communities are places where carers feel supported to look after their family or friends, and recognised as individual with needs of their own.

We welcome local businesses and organisations to attend to show their support for carers.

**Volunteer Week 2016 has got so big it has outgrown its name!**

Volunteer Week runs from the 1 June, culminating in many big lunches across the borough on National Big Lunch Day, on 12 June.

We know many of you are volunteers, or are part of organisations who rely on volunteers to keep going.

For more information how you or your organisation might be a part of volunteer week and celebrate the work of the people you can't do without, call the Volunteer Centre Lewisham on 020 8613 7113.

The Positive Ageing Council has collated the information you gave us on how '**older people friendly**' you find Lewisham town centres to be. We are preparing a report for Lewisham Council's Mayor and Cabinet now and are hoping to influence the council on this issue going forward. Watch this space!

**Adult Festival of Learning** Thursday 23rd June 11:30am-4:30pm Lewisham Library, Lewisham High Street, SE13 6LG

There will be free activities and information about a variety of services available in Lewisham; including learning opportunities at Adult Learning Lewisham, how to get online in libraries through Learn My Way, and how to access free online eBooks, magazines, newspapers and reference resources. For information call Lewisham Library on 0208 314 8430 e. [Library@lewisham.gov.uk](mailto:Library@lewisham.gov.uk).



### **'Come and make it!' Project**

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

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

Do you want to:

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

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

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

For further information contact Tony Rich email: [tonyrich@gmail.com](mailto:tonyrich@gmail.com) 07905 164 705.

### **JOY activities include:**

Let's Dance, Gentle Circuits, Singing, Healthy Walks, Crafts, Seated Exercise, Chop and Chat, Zumba Gold, Tai Chi and our monthly Cuppa Club.

### **Saville Centre Luncheon club - Farewell to the Saville, hello to the Irish Centre!**

George Wright stepped out with fellow volunteer Grace Carr at the last session of the Saville Centre Luncheon club on the 7<sup>th</sup> of April. Councillor Alan Till presented George and Grace with presents and commemorative tankard to recognise their outstanding contribution volunteering at the Saville Centre. The group now meets on a Monday at the Irish Centre, Davenport Road, Catford between 12–3 for lunch, bingo and in some cases Zumba!



### **JOY – Just Older Youths**

JOY is a user-led group run by a dedicated team of volunteers. We organise activities and services aimed at improving the health, wellbeing and social inclusion amongst older adults. JOY Provides a wide range of weekly classes and a monthly Cuppa Club. We also organise special events such as tea dances and benefit concerts, as well as trips to places of interest and days at the seaside.

All our activities bring people together and promote fun and fitness in a friendly social environment.

JOY classes take place in a number of halls and centres in New Cross, aimed at all older people in the borough.

Membership is not obligatory but costs just £6 annually. It entitles you to reduced class fees, priority places for trips and a regular newsletter.

If you would like to find out more or become a member of JOY contact us on: 07909 945 925 or 020 8692 9186.



# Positive Ageing Council

Improving services and facilities for older people in Lewisham



Drinks  
and  
refreshments  
available

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



## Next meeting

Come along to POSAC's summer meeting to share your views on the year so far!

Thursday 7 July 2016  
11am-1pm

Civic Suite, Catford Road,  
London 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)

