



Positive Ageing Council

Improving services and facilities for older people in Lewisham

August – October 2016 Newsletter

Date for your diary
The next Positive Ageing Council public meeting is **8 December 2016**, Civic Suite, Catford SE6 4RU

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

Stop the press! Local funding opportunities across the borough for groups and organisations working with and supporting older people

The Positive Ageing Council (POSAC) Small Fund

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

Our fund is open for applications on **Monday 5 September** and the closing date is **Sunday 16 October**. Application forms are available online from 5 September at this website: www.lewisham.gov.uk/pac. They are also available via the post by contacting Lucy, whose details are in this newsletter.

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

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

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

What is Local Assembly funding?

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



Available in large print

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

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

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

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

www.lewisham.gov.uk/getinvolved/localassemblies. Not online? Contact your coordinator, details and important deadlines below:

Perry Vale Assembly: Deadline is **Friday 19 August** 2016.

Contact laura.luckhurst@lewisham.gov.uk 020 8314 3830

Lee Green Assembly: Deadline is **Friday 26 August** 2016

Contact adeyinka.joseph@lewisham.gov.uk 020 8314 6026

Lewisham Central Assembly: Deadline is **Monday 29 August** 2016

Contact adeyinka.joseph@lewisham.gov.uk 020 8314 6026

Rushey Green Assembly: Deadline is **Thursday 1 September** 2016.

Contact laura.luckhurst@lewisham.gov.uk 020 8314 3830

Grove Park Assembly: Deadline is **Tuesday 6 September** 2016 at 9am

Contact paul.gale@lewisham.gov.uk 020 8314 3387

Forest Hill Assembly: Deadline is **Friday 9 September** 2016.

Contact maya.onyett@lewisham.gov.uk 020 8314 8208

Catford South Assembly: Deadline is **Sunday 11 September** 2016.

www.lovecatford.co.uk search funding.

Contact lucy.formolli@lewisham.gov.uk 020 8314 6314

Bellingham Assembly: The deadline is **Friday 16 September** 2016 at 9am.

Contact paul.gale@lewisham.gov.uk 020 8314 3387

Crofton Park Assembly: The deadline is **Friday 16 September** 2016 at 9am

Contact paul.gale@lewisham.gov.uk 020 8314 3387

Brockley Assembly: Deadline is **Friday 23 September** 2016 5pm

Contact maya.onyett@lewisham.gov.uk 020 8314 8208

Blackheath Assembly: Deadline is **Wednesday 28 September** 2016 at 9am. Contact

paul.gale@lewisham.gov.uk 020 8314 3387

The following local assembly funds will be **opening** in August, September or October. For more information, please use the contact details provided:

Evelyn, Telegraph Hill and New Cross wards: sarah.lang@lewisham.gov.uk 020 8314 6306

Sydenham ward: laura.luckhurst@lewisham.gov.uk 020 8314 3830

Downham and Whitefoot wards: ali.williams2@lewisham.gov.uk 020 8314 6293

Ladywell ward: adeyinka.joseph@lewisham.gov.uk 020 8314 6026

What happened at the last Positive Ageing Council meeting in July?

A big thank you to everyone who attended the last meeting of the Positive Ageing Council of Lewisham (POSAC). As always we had a fantastic turnout of over 80 guests. The meeting was held on Thursday 7 July 2016 and had the theme '**First steps to becoming an age-friendly borough and applying to be part of the World Health Organisation Global Network and Community of Age-friendly Cities.**'

Before we got down to the serious business of the day, we had a brilliant opportunity to take part in some standing and seated exercise from the lovely Jane, who holds exercise sessions for over 60s in Lewisham and Bromley.

We all got moving to the sounds of Roy Orbison, had much fun and really blew the cobwebs away with simple but effective exercise moves.

Jane then calmed the pace by giving everyone a taster of Tai Chi. She took the time to help us understand the benefits of exercise in older age for general health, fitness, balance and mental wellbeing.



Why Lewisham is a good candidate to make an application to become an age-friendly borough

The chair and coordinator of the Positive Ageing Council made a presentation at the meeting to members – building on the earlier research carried out by the 'steering group' around how age-friendly Lewisham town centres are and how this led us to look more closely at how we can deal with issues that affect older people in Lewisham and make real change.

We discovered that the World Health Organisation (WHO) are working on developing a Global Network of Age-friendly Cities. What do they mean by this?

An age-friendly city encourages active ageing by: optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

In practical terms, an age-friendly city: adapts its structures and services to be accessible to and inclusive of older people, with varying needs and capacities.

We did some further research and found that the WHO define age-friendly cities as those whose policies, services, settings and structures support and enable people to age actively by:

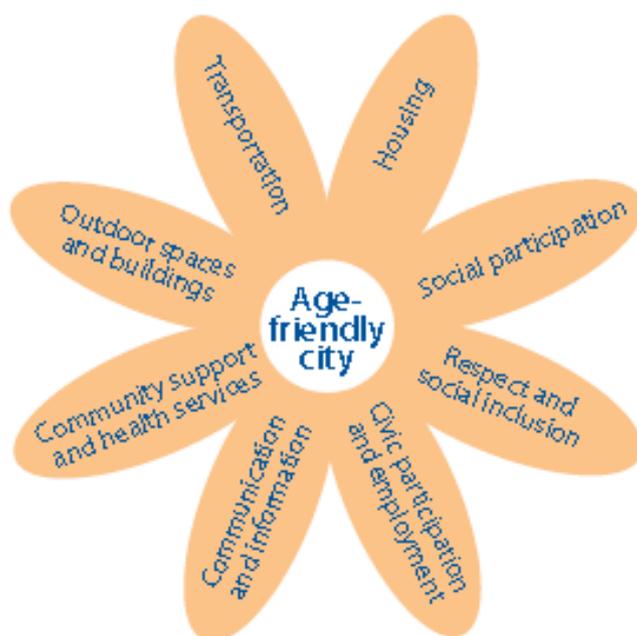
- recognizing the wide range of capacities and resources among older people
- anticipating and responding flexibly to ageing-related needs and preferences
- respecting the decisions and lifestyle choices of older people
- protecting those who are most vulnerable
- promoting older peoples inclusion in and contribution to all areas of community life.

The lightbulb moment!

We found that the eight topic areas identified by the WHO in this image are much the same as the issues our members have identified as important, at our public meetings over the years. In fact, in the popular 'round table' discussion session at our last priorities gathering event in March 2016, we developed our work plan and gave themes to our meetings: transport, housing, communication and information, respect and inclusion, health services, and active citizenship.

It appeared that the same issues affecting older people of Lewisham were the same as those affecting older people all over the world. While this didn't come as a surprise, it helped POSAC see that by becoming involved in this initiative, we can only strengthen POSAC's influencing remit, and strengthen the voices of older people in Lewisham, our core objective.

Age Friendly Cities Topic Areas (WHO)



We found some interesting quotes from people all over the globe in the 'Guide to Global Age Friendly Cities' that sounded very familiar. Looking back at many of the comments made by you, our members, at POSAC meetings over the years, it seems that older people of Lewisham really do share the same concerns as older people all over the world. Here are a few examples of similar quotes read out by Lucy and our chair Peggy at the meeting:

They said: *'There are very few seating areas ... you get tired and need to sit down.'*

Older person, Melville, Perth

You said: *'There are not enough sheltered seating areas. Put more seating in more sensible areas...places older people use more like post offices'*

POSAC Member - Lewisham

They said: *'Cross lights are made for Olympic runners.'*

Older person, Halifax, Nova Scotia

You said: *'Electronic countdowns on crossings should be on every crossing point of a major road where there are cars coming from multiple locations'*

POSAC Member - Lewisham

They said: *'The main problem is getting on and off the buses'*

Older person, Istanbul

You said: *'Buses stop too far from the pavements'*

POSAC Member - Lewisham

They said: *'It is difficult to adjust as there are no proper arrangements for sitting or toilets'*

Older person, New Delhi

You said: *'Toilets are a real concern [for me], where there are public toilets?'*

POSAC Member - Lewisham

They said: *'Some old people keep going from one office to another without getting the information they are looking for because nobody takes time and has the courtesy to listen to them.'*

Service provider, Mayaguez, Puerto Rico

You said: *'It is very difficult to understand where to go, you know there must be information out there - but often people don't know where to start'*

POSAC Member - Lewisham

We found lots of similar quotes

They said: *'We don't listen to the voices of the elderly in our societies'*

Caregiver, Sherbrooke, Quebec

You said: *'Older People and their carers need to be listened to, not dictated to and told what they need'*

POSAC Member & Carer - Lewisham

Why have we brought this idea to members as a theme of our public meeting?

Before undertaking this project we wanted to hear thoughts and feedback from our members about whether or not they felt we should begin to take the project forward.

At the round table discussion on how age-friendly Lewisham is, we received feedback that this would be a valuable project – thank you.

Next steps

This is a long-term project that is likely to span several years and one that can only be undertaken by working in partnership with council departments, health services, transport services, older people's organisations, and partners in other boroughs, to name just a few - including yourselves as POSAC members. Our next steps include:

- Carrying out initial work within the Council to help departments understand why we are hoping to make the application to the WHO and garner their support and help.
- Working to secure Lewisham Mayor and Cabinet support for our application to the WHO to become a member of their Global Age-friendly Network and Community.
- Making a formal application to the WHO.
- Carrying out baseline consultation across the whole borough.
- Creating a three-year action plan around the WHO themes, based on the outcomes of the consultation.
- Getting your help as members.

There is a long road ahead and will keep you updated on our progress through our meetings and this newsletter.

Age UK London – Positive Ageing London

We were delighted to welcome Gordon Deuchars, our guest speaker from Age UK London, to speak on how they are working in a wider context to make London a better place for older people to live. Gordon explained how Age UK are working with the Mayor of London and the Greater London Assembly to help them develop their older people's strategy with regards to housing, transport, digital inclusion and so on. Below are the commitments made by the current Mayor of London, as proposed by Age UK:

- Housing policies to increase suitable options for older people and make housing accessible
- Digital inclusion strategy, led by the new chief digital officer, to ensure that everyone in London, including older Londoners, have the skills, and online access they need
- Transport – keep Freedom Pass, and various commitments to increase accessibility
- Champion better social care funding
- Others which are not age specific

Gordon made a commitment to ensure that POSAC Lewisham are informed of anything happening on a pan London level that our members can feed into in the future, including the opportunity to attend conferences, be a part of consultations and develop a general support network.

The POSAC coordinator reported on efforts that were ongoing to make Lewisham an accredited dementia-friendly region, working with the Lewisham Clinical Commissioning Group, the Lewisham Dementia Action Alliance and the Alzheimer's Society.

Jack Petchey's "Speak Out" challenge - Report from Anne Warnett, a Positive Ageing Council steering group member

On 11 May I was invited as a representative of PAC to join a group of judges at the regional final of Jack Petchey's "Speak Out" challenge, an organisation which encourages and trains young people in the art of public speaking. 20 students from various schools came to Prendergast School to speak for three minutes on their chosen topic, ably supported by a large audience of friends and families.

It was inspiring to see and hear young people present themselves and their topic with such confidence and clarity – a skill which will be valuable to them and others for the rest of their lives. In the end there could only be four winners, but they were all winners that evening, because to stand before that audience at such a young age and speak for three minutes was in itself amazing.

It was so good to observe the trusting and respectful relationship between teachers and students, and Prendergast School should be congratulated on hosting the evening in such a welcoming and open manner. It was a joy to hear the pride and support of all the parents and friends. We were also entertained with music from the host school. I found the whole evening fast paced but really exciting. We have much to be proud of in our schools and students which needs to be said often. Well done to all the speakers and thank you to all who arranged such an inspiring evening.

The Positive Ageing Council had a stall at a the **carers' week event**, arranged by Carers Lewisham and hosted by the Lewisham Irish Centre, it was great to meet so many carers and so many other local groups, here to offer support and help to the huge number of carers in Lewisham. Thanks for having us.

We also had a stall at **People's Day**, manned by our fantastic steering group volunteers. We had a lovely day meeting new people and letting them know more about us. Those who signed up were lucky to get one of our new snazzy shopping bags, designed by steering group members to be useful and practical for older people. Thanks to all who manned the stall and who came to say hi to us on the day.

Did you know that the first weekend of October is a national celebration of older people? Saturday 1 Oct is **National Older People's Day** and 2 Oct is **National Silver Sunday**. We are hoping to work with our partners and friends to mark this weekend. While plans are tentative at the time of going to print, we will let you know of developments when we can.



Due to a number of unforeseen issues, unfortunately the Positive Ageing Council are having to postpone their usual autumn public meeting.

The next meeting will now not be until **Thursday 8 December**.

We will be hearing from the groups who have made an application for funding and you will get a chance to have your say on who should be funded.

Members should look out for a letter with more information nearer the time. We apologise for any disappointment caused.

July was National Scams Awareness month 2016

Scams Awareness Month was all about creating a self-supporting network of confident, alert, consumers. People ready, willing and able to spot scams.

Scams Awareness Month is an important part of the fight-back. It aims to give consumers the skills and confidence to identify scams, share experiences and take action by reporting suspicious activity. Below is some simple tips to help you avoid scams.

For advice on scams call **Citizens Advice Consumer Helpline: 03454 04 05 06**. To report scams contact **Action Fraud: 0300 123 2040** or **Lewisham's Crime Enforcement & Regulation team: 020 8314 6328**. If you're not sure, get advice and always report a scam.

Take a stand against: doorstep scams

Protect yourself from doorstep crime. If you're not sure don't open the door.

TOP 5 TIPS TO TAKE A STAND AGAINST DOOR STEP SCAMS

1. Use a door chain to check who is calling.
2. Don't trade on the doorstep.
3. Ask a trusted friend or family member for advice on reputable traders.
4. Display a "no cold calling" sticker outside your door.
5. Always report any suspicious activity.

Take a stand against: internet scams

The internet gives easy access to criminals to scam consumers out of money. Be online savvy and protect yourself.

TOP 5 TIPS TO TAKE A STAND AGAINST INTERNET SCAMS

1. Be wary of emails from unknown sources asking you for personal details.
2. Set up a junk mail filter to stop unwanted emails entering your account.
3. Always go to a bank's official website to get information, don't follow links within emails.
4. Make sure your payments online are secure, look for the padlock symbol in the address bar.
5. Say no to strangers offering to put money in your account, this is usually a scam.

Crime Enforcement & Regulation Service,
London Borough of Lewisham, 9 Holbeach
Road, SE6 4TW

Tel: 020 8314 6328 www.lewisham.gov.uk

Take a stand against: telephone scams

Scammers often use the telephone as a method to gain personal details and con people out of their life savings. Avoid being one of them, protect yourself.

TOP 5 TIPS TO TAKE A STAND AGAINST TELEPHONE SCAMS

1. Never give out personal or bank details over the telephone.
2. Don't feel pressured to making a decision over the telephone.
3. If the caller is vague about giving out their company information, hang up.
4. Don't open texts or answer calls from unrecognisable numbers.
5. Consider a call blocking device to filter out unwanted calls.

Take a stand against: postal scams

Everyday thousands of people become a victim of mail scams. Don't believe the false promises and protect yourself.

TOP 5 TIPS TO TAKE A STAND AGAINST POSTAL SCAMS

1. Never send money to a company in order to claim a prize or winnings.
2. Watch out for letters with too good to be true offers, it's probably a scam.
3. Don't disclose personal information to people or companies you do not know.
4. If you get a lot of mail get a trusted friend or family member to help you sort through it.
5. If you think the letter is a scam report it and shred it.

Contact Lewisham Crime Enforcement & Regulation if you need help and remember to get advice and always report a scam

Sydenham Community Library offers membership for all age groups

As well as the regular library service we also offer:

- **One-to-one IT lessons** (free, by appointment)
- **Exercise classes for people with poor mobility** every Tuesday 11am–12noon (£1.50)
- **Craft class** every Thursday 1.30–3pm (£1)
- **Help and advice with all sorts of issues including bus pass renewals** (free)
- **Adult reading book club** (free)
- **Bridge club** – to join you do need to have a fair knowledge of how to play bridge (subscription)
- **Botanical drawing** class every Tuesday 1.30–3pm (50p)

There is also scope for anyone wanting to form their own group subject to time availability.

We will soon be operating a new radio station from the library where we will have programs for all age groups, we could have a reminiscence hour of anyone would like to head that! We have a host for the general radio so this might be something exciting for all you radio buffs. There is also a cafe where you can purchase tea/coffee etc. as well as taking out/reserving books.

For more info please call Chrissie on 020 8778 1753 or simply pop in and see one of the staff.

Sydenham Community Library, 210 Sydenham Road, SE26 5SE. Buses: 202, 194, 450 and the 356 stop almost outside the door.

Group Befriending with Voluntary Services Lewisham

Fortnightly Wednesdays 1.30–3.30pm at the Pepys Resource Centre, Deptford Strand, SE8 3BA. The group is led by VSL and has chatting, board games, IT and computer support sessions, art and much more.

Anyone over 60 living in the Deptford Challenge Trust area (Deptford, New Cross and Lewisham) is welcome to join this group.

Please ring Bettina on 020 8291 1747 for more information.

Want to volunteer? Come along to the Volunteer Market Place with Volunteer Centre Lewisham

Come along to our volunteer marketplace session and meet organisations who are looking for volunteers just like you!

Come and meet organisations working with older people on Wednesday 28 September, drop in between 1–4pm.
St Laurence Centre Coffee Bar, 37 Bromley Road, Catford SE6 2TS

Carers Lewisham re-launch time!

Carers Lewisham has officially relaunched the end of life project, The Willow Tree (formerly known as The Yew Tree).

The team has also welcomed on board two new wonderful dementia carers support officers, Ann and Maggie.

These changes reflect Carers Lewisham's willingness to constantly develop and work with carers to improve its services to better help and support as many carers as possible within the borough of Lewisham.

Tel: 020 8699 8686 or

e-mail: info@carerslewisham.org.uk

DEPTFORD
CHALLENGE TRUST

VSL
VOLUNTARY SERVICES LEWISHAM

Group Befriending



Do you want to meet new people in your community or attend a group with your friends?

Do you live in the Deptford, New Cross or Lewisham area?

Voluntary Services Lewisham (VSL) are starting a new group for people 60+ in the Deptford Challenge Trust area.



Lewisham

Helping people get online

Phoenix Community Housing

Tuesday 12 noon–2pm
Wednesday 10am–12 noon

at the Green Man, 355 Bromley Road, Catford SE6 2RP

Seniors

Friday 1–3pm
at the Seniors Centre,
260 Stanstead Road,
SE23 1DD

Adult Learning Lewisham

Thursday 2–4pm at the
Adult Learning Centre,
333–335 Baring Road,
Lee SE12 0DZ

Lewisham Homes

Thursday 10–12 noon
at Old Town Hall,
Catford Road, SE6 4RU



* Lloyds Bank Consumer Digital index report Jan 2016

Techy Tea Parties are fast becoming the most popular way for older people to gain new Digital Skills. Go On Lewisham’s working partners include Seniors, Lewisham Homes, Phoenix Community Housing, L&Q, and Age UK (Lewisham and Southwark).

If you’d like to attend any of the events or activities advertised here contact:

Liam Barnes 020 8314 3783



Lewisham Pensioners Forum have digital inclusion as part of their Monday activities. Pop in to the Digital Drop-in if you are having difficulties getting to grips with a smartphone, tablet or other techy kit. Bring it in to our “buddy help table” and (no promises) we’ll try to assist.

Every Monday 1–3pm at the Owen Centre, University Hospital Lewisham, Lewisham High Street, SE13 6LH.

Join the Techy Team



If you have good computer skills and a bit of spare time you could join our growing army of Techy Helpers, assisting others as they take their first tentative steps online. Contact any one of our partners for more details:

Amy Jeffrey - Phoenix Community Housing: Amy.Jeffrey@phoenixch.org.uk

Alys Exley-Smith - Lewisham Homes: Alys.Exley-Smith@lewishamhomes.org.uk

Rosa Parker - Age UK: Rosa.Parker@ageuklands.org.uk

Or call Liam on 020 8314 3783

Macmillan Techy Coffee Morning for seniors

Finding technology a bit of a struggle? Want to use your mobile phone, laptop or tablet more? Come to our FREE Macmillan Techy coffee morning for seniors **on Friday 30 September 10.30am–1.30pm**. You can just pop in on the day and bring your own phone, tablet or laptop fully charged and we will show you how to use it, along with a cup of tea and biscuits.

Cakes on sale 50p per slice. All donations go to Macmillan Cancer Support. This event is sponsored by Evergreen Seniors, Community Connections, and My Complete Focus and is part of the Go On Lewisham campaign.

At the Tabernacle, Algernon Road, Lewisham SE13 7AT. Call 020 8691 1000 for more information

Techy Tea Party

Join the 2000 Community Action Centre, Pepys Resource Centre and Community Connections on **13 September from 2.30–4.30pm at Conrad Court, Cary Avenue, SE16 7EJ**.

Volunteers will be on hand to help you learn more about mobile technology, so please bring any mobile phone, tablet, iPad etc. that you have questions about or would like to use better. There will also be community updates about groups and activities from the 2000 Community Action Centre and Pepys Resource Centre, and local councillors will be on hand for face-to-face talks about what's happening in the Evelyn ward. Please ring Diana on 020 8314 9339 or Ivy on 07775 411 174 for more information.

Older People's Housing

Councillor Damien Egan has attended PAC and Lewisham Pensioner's Forum meetings over the past few months and has had the opportunity to learn more about what types of homes people want to live in. Damien was pleased to present a report to Mayor and Cabinet on 13 July about a new extra care housing development at Campshill Road, Lewisham Park. This development will offer more housing choices for older people in Lewisham. The Council will work with One Housing Group to provide 34 homes for affordable rent and 18 homes for shared ownership. Follow [@damieneagan](#) on twitter.

Lewisham Young Mayor

Do you know a young relative or family friend aged 13–17 who lives or studies in Lewisham and wants to get involved in their community? Do they have ideas and want to represent other young people in Lewisham?

They can stand to be the next Young Mayor of Lewisham this autumn.

Tell them about this fantastic opportunity! All they have to do is complete the application pack (available at

www.lewisham.gov.uk/youngmayor) and

return it by **16 September** (more details

online). Don't worry they will know how,

even if some of us don't! Or contact Katy at

katy.brown@lewisham.gov.uk or 020

83146313 or Malcom at

malcolm.ball@lewisham.gov.uk or 020 8314 6354.

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.

Quaggy Lunch Club. Thursdays, 12– 2pm

Relax and enjoy a two course home cooked meal with unlimited tea, coffee and soft drinks (Coming soon..... bingo and exercise sessions) All of this for only £4

If you are 60 or over and are looking for something to do on Thursdays – join us we are a friendly group who like to eat, chat and generally have a laugh together We also go out on trips and get involved in local community events.

We meet at Parkside Near 1 Cooperwood Place SE10 8GF (On Lewisham Road)

Buses 180 and 199 stop outside.

For more information and directions please call Angela on 020 8465 9785

Help the Lewisham Pensioners Gazette

The Lewisham Pensioners' Gazette wants to remind you that we still exist but we need help!

We sadly have some real financial and volunteer issues at the moment. Our next issue will appear before the end of 2016, but we are also online.

So when you are next with someone who has access to the internet, please ask them to show you our

website www.lpgazette.org. Or ask at a digital drop in session. We need all the input and feedback you can offer. Thank you!

Healthy Walk Volunteering opportunity

Do you enjoy walking? Would you like to support others to gain all the benefits too? Lewisham Healthy Walks is holding a volunteer walk leader training over two Thursday mornings on 22 and 29 Sept at Hillview Community Services Centre, near Telegraph Hill Park. This free training is for volunteers, health champions and others interested in leading community walks. It is full of practical advice on how to plan and lead health walks in Lewisham.

Contact Jenny Budd 020 3049 3485 jenny.budd@nhs.net for more information and to book.



Just Older Youth (JOY)

JOY is a community project for older adults in the New Cross Gate area, run entirely by volunteers.

Our **Chop n Chat** class, where we prepare and eat healthy food together, is held every Monday and welcomes new members.

We also plan to run **Seated Yoga** for eight weeks in September/October (date & times to be confirmed). These sessions were supported by PAC funding.

For further info on these and other JOY activities, please contact Maureen on 020 8692 9186 or Coral on 07909 945 925.

U3A SE London. We'd really like to meet you....

If you've given up full-time work, join us to find interesting new ways to enjoy your free time. We have over 80 groups meeting around this area. Some offer a real mental challenge while others are relatively light-hearted but you'll be sure to learn something new as well as making friends.

To find out how to take advantage of our special membership offer and to join your local U3A go to www.u3asites.org.uk/london-se or phone the secretary on 020 8857 5225 or email her at u3aselsec@btinternet.com.

South East London



Dulwich & District U3A - University of the Third Age

A sociable organisation for retired and semi-retired people. We share the joy and fun of learning with a wide variety of subjects and activities, enabling members to enjoy interests and hobbies in small groups with like-minded people.

There are 60 interest groups including archaeology, languages, play-reading, bridge, cycling, and ukulele, which meet mainly in members' homes and also monthly meetings in local halls with speakers on a range of topics.

For more details see: www.dulwich-u3a.uk or call 0843 8860 980

POSAC have recently visited Breathe Easy and the older people's group at St Margaret's Church, Lee. We are currently arranging visits to the Lewisham Talking Newspaper, Young at Heart Club and The Senior Social Club at St Luke's Church, Downham.

So much for Senior's at



260 Stanstead Road, SE23
1DD

info@seniorslewisham.co.uk

Telephone: 020 8291 1164

A £2 charge is added to the price of Seniors activities if you are not a member. If you want to become a member please ask for a form at reception.

Our yearly membership starts from £20.

An advanced membership is on offer that will allow Seniors members to extend their membership to Elder People Support Project (EPSP) for only £10 a year payable at EPSP based at the Ackroyd community centre.

Mondays:

9.45 –10.45am Pilates (£2.50)
11am – 2.15pm Line Dancing (£2.50)
12 noon–2.30pm Elderflowers (monthly)
1.30–3.30pm French

Tuesdays:

10.30–11.30am Choir
1–2pm Tai Chi (£4)

Wow Wednesdays:

9.45–11:45am U3A Art class (£1)
10am–12 noon Seniors Art Group
Knit &Natter
Snooker
1–3pm Bingo (4th Weds) (£2)
2–3pm Quiz (2nd Weds) (£2)
12.30–3pm Health & Wellbeing (3rd
Weds)
12.15–1.15pm Zumba (£3)
2–3pm Keep Fit (£2.50)
Book Club (1st Wed)

Thursdays:

11.30am–12.30pm Qi Gong (£2.50)
1–3pm Feel the Noise
1–3.30pm Vista Reminiscence

Fridays:

11am–12noon Yoga
11am–12.30pm Wellness Group
1–3pm IT Drop in
1–3.30pm Whist Drive

Learn to Disco Dance at Seniors – YAY!

Free Disco Dancing lessons for the over 60s.
Starting Monday 12 September, then every
Monday after that.

2 – 3pm

Free for members. For non-member costs call
Seniors.

Seniors Open Day!

Come along and find out about the great
things happening at Seniors

Wednesday 28 September

11.30-4pm

Visit the Centre and meet our Trustees. Get an
information pack and become a member.

There is so much happening on the day
including:

Activity tasters

Displays

Bric-a-brac sale

Poetry Competition Prizes

[This is your chance to visit that stunning
building that time forgot in Stanstead Road..](#)



Seniors Free 'Come and make it!' project

Fancy helping to make useful products from wood, metal, plastic and having a chat? If you do then come along to the Young Lewisham Project at 124 Kilmore Road, SE23 2SR on Mondays from 5–7pm. For further information contact Tony Rich on tonyjrich@gmail.com or 07905 164 705.

Lewisham Arthouse – The Silhouettes Project

This project aimed to bring together vulnerable groups, including the elderly and their families. It also enabled carers to participate whilst still being able to supervise the person in their care. Making silhouettes was entertaining, yet explored local community identity with an historical theme, and together we achieved an instant result, a portrait of yourself to be taken home as a positive memory. Silhouette was run by Lewisham Arthouse members Oliver Campbell and Alma Wood – www.lewishamarthouse.org.uk

60 Up's Fab Friday reopens for the autumn term on 9 September.

Fab Friday runs from 12noon–1.30pm on the first three Fridays of the month at the Green Man, 355 Bromley Road, SE6 2RP. On 16 September we will have a little longer from 12noon–2pm as we are donning our glad rags for a Zumba Gold party.

For further details about Fab Friday or other 60 Up activities please call 020 3667 3704/07852 533649 or email info@60up.org.uk



Branching Out on Thursdays at the Telegraph Hill Centre

Branching Out is our session on Thursdays at the Telegraph Hill Centre which is dedicated to older people. We provide activities between 10am and 3pm including art, book club, cod, chips and conversation, Tai Chi and table games. You can join one or many activities. We have communal lunches each term, especially at Christmas, and we plan a minibus outing each term.

We are always looking for new members. Please call the centre on 020 7639 0214 for more details.

The Caribbean Social Forum this month saw 50 members visit the Houses of Parliament on Monday 25 July followed by a river boat trip from Westminster to North Greenwich. We also had a successful event at the Painted Hall on Tuesday 26 July.

On the 23 August we are hosting a free day of international games at the National Maritime Museum, Park Row, Greenwich SE10 9NF from 11am–4pm as part of the Museum's International Slavery Remembrance Day. In the coming months the group plan a **day at the spa on 27 September** with afternoon tea and bubbly, for just £35 – saving almost 50% on the regular price, **6 September is a day at the seaside** in Ramsgate and 18 October will be a trip down memory lane at the Royal Albert Hall - £25.00 includes return coach journey, concert, tour and tea & cake. Regular members of the forum get first access to the coach. Please email caribbeansocialforum@gmail.com or telephone 0844 357 3700 for further information. Everyone welcome.

Lewisham Pensioners Day 2016



Lewisham Pensioners Forum's annual bonanza of information and entertainment is happening as before! In this 30th anniversary year **Pensioners Day 2016** is in the Broadway Theatre on **Wednesday 21 September**, with a packed lunch, inspiring and informative speeches, grand raffle and great entertainment. We're looking at the changes happening to health and social care locally and nationwide. Devolution, OHSEL and STP: these things will be affecting **you** – so come and learn more, then relax and enjoy the show. Look out also for the chance to participate in contributing to evidence presented to key Lewisham decision-makers. Make your opinion! 1–4pm, doors open 12noon. Tickets £3 in advance, £3.50 on the door. Phone Lewisham Pensioners Forum on 020 8690 7869 to ask where you can buy tickets (available after 30 August) or just come along to the Owen Centre one Monday.

Lewisham Pensioners Forum **Monday Project**

*in the Owen Centre, Lewisham Hospital
(the northernmost hospital entrance by Hirst Bakery—the row of shops opposite the Ravensbourne Arms—and it is beyond the car park behind the building ahead of you.)*

Morning Activities 10am-1pm

Knit & Knatter, plus crochet & wool craft

with (from 11am) Pam, Mervion or Ronel

Tessellated Art & Colouring for Adults *with Doris*

Puzzles and Games *brush up those old skills—Scrabble, dominoes, backgammon—or learn new ones like Mahjong.*



Book club: *linked to the radio 4 programme*

(monthly, on the Monday after the first Sunday)

Morning Music Sessions in "The Jolly Farmers"

(at the Catford end of the row of shops)

• 11.00-11.45: "Learn the Ukulele"

• 12.00-12.45: "Beginners Ukulele"



Afternoon Activities 1.00-3.00pm continuation of the above PLUS the Forum's "Digital Surgery":

Difficulties getting to grips with a phone, i-pad or bit of techy kit? Come along to our "buddy help table" and (no promises) we'll try to assist.



A small charge to cover room costs—Tea, Coffee & Cake

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

Dementia awareness seminar

Guest speaker: Mindcare Lewisham. The seminar is free and open to all but please indicate that you plan to attend by emailing evergreen@thetab.org.uk or phone 020 8691 1000.

10.45am–1.30pm on Saturday 1 October 2016 at the Tabernacle, Algernon Road, SE13 7AT

Older people's activities for everyone at the Lewisham Irish Centre, 2a Davenport Road, Catford SE6 2AZ

Mondays 11–12: Qi Gong Training for life

Monday drop-in: every Monday from 12–3pm. Enjoy light lunch, Zumba gold and bingo.

Tuesdays: Irish Community Services provide a hot lunch every Tuesday from 1pm followed by bingo and raffle.

Thursdays: Seniors Yoga 11.45am–12.45pm

Fridays - Lewisham Irish Pensioners Association from 2–4.30pm. A full programme of events and activities including tea dances, exercise to dance, bingo, day trips, holidays, lunches. **Please call Kathleen Sheridan, Lewisham Irish Community Centre Manager, on 020 8695 6264 who will refer you to the group organisers/ instructors. All are welcome.**

Public health savings consultation

Due to the cuts in the public health grant from central government, the Council will not have the funds to maintain the existing level of public health services that we have at present. This survey is consulting on proposed savings in **Staying Healthy** and **Sexual Health** services. You can just answer questions that you think are relevant to you.

The Council currently buys a range of services to help people to 'Stay Healthy'. These include services to help people to:

- Stop smoking
- Eat more healthily
- Be more physically active
- Identify some health problems early (e.g. diabetes, cardio-vascular disease) so that they can be better managed
- Maintain their wellbeing.

The overall cost of providing these services will be reduced by £800,000 from a current budget of £2.1m through a combination of re-commissioning, redesign and potential termination of some services. Priority will be given to those services which are most effective, reduce health inequalities and reach residents at high risk of ill health.

The public consultation on these budget cuts is online. Visit: <https://lewisham-consult.objective.co.uk/> and select 'Health Saving Consultation'. Lewisham Healthwatch are able to assist people with accessibility issues with getting online 020 8315 1916.

The consultation will close on 21 August so please have your say before then.

Improving orthopaedic surgery

The NHS is proposing changes to non-emergency adult orthopaedic surgery in south east London (mainly involving things like hip and knee replacements).

At the moment, patients can choose to have their surgery at eight hospitals: Guy's; King's; Princess Royal; Orpington; Lewisham; Queen Elizabeth; and Darent Valley (in Kent). The proposals involve consolidating surgery onto two of these sites.

Nothing has been decided yet. Before any changes could be made there would be a full public consultation, which could start later this year. In the meantime we would really welcome your feedback to help plan the consultation properly.

To read about the proposed changes in more detail and give your feedback please visit:

www.ourhealthiersel.nhs.uk/orthopaedics.htm Not online but want to feed in?

Contact Kaz on 0203 049 3208

Thinking of stopping smoking?

The Lewisham Stop Smoking service has helped over 15,000 people quit smoking. For free support and advice call 0800 0820 388, or visit www.smokefreelewisham.co.uk. A professional stop smoking adviser will contact you to discuss what help you might need. You are four times more likely to quit with support from the Stop Smoking service.

Patient Partnership Group (PPG) At the South Lewisham Group Practice

Each week a variety of Health and Wellbeing groups and organisations have a stall in our waiting area to provide free information, advice or outreach to patients and residents. For more information and to view the diary of stallholders look at our website www.southlewishamgrouppractice.co.uk and also check Lewisham Council's website www.lewisham.gov.uk/whatson and www.lovecatford.co.uk for more information on stallholders.

To book a stall or for more details contact Alexandra Camies, PPG chair, on southlewishamppg@gmail.com or Dawn Lait, practice manager on 020 3049 2580 or dawnlait@nhs.net

50 Conisborough Crescent, Catford SE6 2SP Tel: 020 3049 2580 Fax: 020 3049 2581.

Hillview Community Services
Emotional Health and Well-being
Community Conference
Saturday, 8 October 2016
(10am – 4pm)

Free
Admission

All are Welcome

“Beyond the Veil Of Stigma
and
The Story of Mental Distress”

Hillview Community Services
V.P. Rodney Suite, 39 Kitto Road, New Cross, London SE14 5TW
To Register and for more information, please contact:
HVCS2000@aol.com 0207 635 0176/0207 732 4970

GCDA is delighted to announce the next round of free Lewisham Cookery Clubs

‘Easy Quick and Tasty!’

By preparing quick, affordable, healthy and delicious meals at our 6-week community cookery clubs you can learn that small changes to the way meals are prepared can make a big difference to your health and wellbeing.

Everyone is welcome, from complete beginners to experienced cooks and participants receive a free cookery book on completion of the course

Where: **The Lewisham Training Kitchen at The Green Man, 355 Bromley Road, SE6 2RP**

When: **Six weeks starting Wednesday 14 September from 10.30am–1pm**

Or

Where: **Christ Church in Bellingham, 15 Bellingham Green, SE6 3HQ**

When: **Six weeks starting Wednesday 14 September from 10.30am–1pm**

Or

Where: **Somerville Youth Provision, 260 Queens Road, New Cross, SE14 5LN**

When: **Six weeks starting Thursday 15 September from 10.30am–1pm**

To book, contact Fay on 0208 2694880 or email fay@gcda.org.uk

Get in touch!

Available in large print

More news overleaf...

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

The September Schedule for events happening through **the 60 up club** are below. The 60 Up club sessions are held at the Green Man, Bromley Road in Downham, and at the Honor Oak Community Centre, 50 Turnham Road, SE4 2JD.

For more information about these sessions contact Christina Israel on 020 3667 3704/ 078525 33649

or christina.60up@aol.co.uk.

You can also visit www.60up.org.uk or

drop into Honor Oak Community Centre.

Hill View Community Centre

To help reduce your risk of falls and injuries, take the first step at HVCS health and wellbeing drop in sessions, towards improving your balance and mobility.

HVCS Tai Chi exercise is only £1 per lesson.

No need to book, just turn-up with comfortable clothing and footwear.

Health and Wellbeing Tai Chi exercise sessions are every 1st and 3rd Thursday of the month, from 11am–1pm.

Venue: 39 Kitto Road, New Cross, London, SE14 5TW. For more information contact:

HVCS2000@aol.com

0207 635 0176/0207 732 4970

Date/Time	Activity	Cost	Venue
Monday 5 th 12pm to 1pm	Exercise for older adults	£3	The Green Man
Thursday 8 th 11.30am to 1pm	Over 55s Thursday Club (HOCA) Bingo (£2 for 4 game book)	£1	Honor Oak Community Centre
Friday 9 th 12pm to 1.30pm	Fab Friday 12.00 Tea & Chat 12.15pm Zumba Gold 1.00pm Wind down	£3	The Green Man
Monday 12 th 12pm to 1pm	Exercise for older adults	£3	The Green Man
Thursday 15 th 11.30am to 1.30pm	HOCA Over 55s club 11.30am: Tea & Chat, 12.00pm Health & Nutrition Cutting down on salt & sugars	£1	Honor Oak Community Centre
Friday 16 th 12pm to 2pm	Fab Friday 12.00 Zumba Gold Party Get on your glad rags and party RSVP required	£4	The Green Man
Monday 19 th 12pm to 1pm	Exercise for older adults	£3	The Green Man
Thursday 22 nd 11.30am to 1.30pm	HOCA Over 55s club 11.30am: Tea & Chat, 12.00pm: Arts & Crafts	£1/£2	Honor Oak Community Centre
Friday 23 rd 12pm to 1.30pm	Sussex & Barnsgate Manor (see poster for details)	£16/£22	Leaving from Rushey Green
Monday 26 th 12pm to 1pm	Exercise for older adults	£3	The Green Man
Thursday 29 th 12pm to 3pm	HOCA Over 55s club 11.30am: Tea & Chat, 12.00pm: Arts & Crafts	£1/£2	Honor Oak Community Centre
Friday 30 th	Fab Friday members Mini bus trip (TBC)		

We are working with the Lewisham Clinical Commissioning Team and the Alzheimer's Society to increase the number of people in Lewisham Training to be 'Dementia Friends Champions'. Being a champion means you are able to go out in the community and deliver the 'Dementia Friends' information sessions, which provide an excellent introduction to dementia and how you can take an action to help raise awareness. If your group is interested in having a Dementia Friends Session, Contact Karin on 020 8314 3877 as she will put you in touch with a champion.



Lesley from Diamond Club (far right) has become a champion!

Positive Ageing Council

Improving services and facilities for older people in Lewisham



Festive
food and
drink

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

**Thursday
8 December 2016**

11 am – 1.30 pm

Civic suite rooms 1 and 2

Lewisham Town Hall,
Catford SE6 4RU

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac

