



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

February - April 2017 Newsletter

**Date for your diary**  
The next Positive Ageing Council public meeting is **16 March 2017**, Civic Suite, Catford SE6 4RU

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

We hope it is not too late to say **Happy New Year to you all!** The last meeting of the Positive Ageing Council was held just before Christmas and we could not have got more in the festive mood if we tried. Sadly, our Chair Peggy Fitzsimmons was unable to attend due to ill health, but the chair was ably managed by Cllr Stella Jeffrey. Thanks so much to Stella for stepping in. Peggy is fully recovered now and looking forward to chairing the next meeting.

We had lovely festive music, decorations, food and a packed house to enjoy the festivities. As it was Christmas, we thought it was a wonderful opportunity for organisations supporting older people to share how they spent their POSAC small grant last year. We were bowled over by how so much could be done with a small pot of money. The creative approach to keeping older people having fun, staying active and being healthy was such a joy to hear.



We were excited to welcome the Lewisham Usherettes who led us in a rather hilarious rendition of the 12 days of Christmas. They then read us the poem 'twas the night before Christmas' as part of the Catford Poetry challenge, for as many people as possible to share the same poem. It was lovely and made us feel like excited children again.

We then unveiled our wishing tree. Members were invited to write down their Christmas wish for 2017 and hang them on our Christmas tree. There were some lovely wishes, from the very personal to hopes for the future of us all. Finally, we were so grateful to the Catford South Choir who came and sang lovely carols so beautifully for us.



**Available in large print**

For more information on the Positive Ageing Council call 020 8314 6314, go to [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac) or email [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)

## **Our next meeting – Thursday 16 March, 11am–1pm Civic Suite, Catford SE6 4RU**

By working towards becoming an age friendly borough, the Positive Ageing Council are focused on highlighting and improving the issues that you have told us matter most to you. Having listened to you at our public meetings, we know how important it is for older people to have toilets available for public use.

We are delighted to be giving you the first opportunity to help develop a community toilet scheme in Lewisham.

### **At our next meeting – you tell us:**

- Why are toilets for public use so important to you?
- What environments make you feel the most comfortable?
- Where do you think the toilets should be located?
- What is the best way to let you know where they are?
- What other issues should the Council consider when working on this scheme?

There are many community groups in Lewisham who have also raised this as an issue and we will be working hard to partner with these organisations going forward.



### **The steering group members were delighted to welcome the Mayor to the Positive Ageing Council Mayoral Q and A.**

The Mayor very graciously agreed to meet with the steering group and answer some of your questions around the needs of older people, and how the Council are considering them. There were a number of questions asked and topics covered, including: the local area/environment and its effects on remaining active and healthy; budget cuts – are the decisions taken adversely affecting older people?; advocacy for older people within the Cabinet; activities for older people, such as free swimming; quality of life for older people in Lewisham; safety, and issues of the public realm; and a commitment of support to become an age friendly borough.

The notes from this meeting are available, please let us know if you would like us to send you a copy.

### **Coming soon – the big POSAC intergenerational quiz is back!**

We haven't done it for a year, but the laughter still rings around the halls of the Civic Suite from POSAC's last intergenerational quiz. We are excited to let you know that we are holding the quiz again this spring.

You are invited to come along and join a team made up of your peers and the fantastic young people from the Young Mayor's team. You don't need to have tried quizzing before, you don't need to come with anyone or to know anyone there, and you don't need to have come before to join in and have a laugh. Prizes for the winning team!

**When:** Wednesday 29 March

**Time:** Starts at 6pm. A light supper will be available at the interval.

**Where:** The Civic Suite, Catford SE6 4RU

## **STOP THE PRESS! – happening soon - Creating the Happiness Habit for older adults**

Free six-week course. Half-day workshop each week. Starting Tuesday 21 February 2017.

The aim of these fun and interesting workshops is to help people improve their happiness and wellbeing, by providing a toolkit of proven techniques enabling people to be happier. Each week the workshop will focus on a different topic, such as: introduction and expressing gratitude; goal setting and action planning; building resilience, challenging limiting beliefs and creating optimism; managing stress and having fun; review, conclusions and the way forward.

You are eligible as long as you live or volunteer in Lewisham and are 50 years of age or over.

A limited number of places are available and will be allocated on a first come, first served basis.

The easiest way to enrol is online at [www.slamrecoverycollege.co.uk/online-enrolment-form](http://www.slamrecoverycollege.co.uk/online-enrolment-form).

Alternatively, you can call our office on 020 3228 3643 and we'll take the enrolment over the phone, or enrol via email [enrol@slamrecoverycollege.co.uk](mailto:enrol@slamrecoverycollege.co.uk)

**If you are interested, please enrol or contact us by Wednesday 15 February.**



**Transport for London (TfL) plan to offer 'please offer me a seat' badges** to help older people and those with invisible disabilities get a seat more easily on buses and other public transport. A trial of the badges went very well. You can now sign up for more information about the scheme, which starts this spring. For details, visit: [tfl.gov.uk/accessibility](http://tfl.gov.uk/accessibility). Unfortunately, there seems to be no option yet for people without access to the internet. However, all libraries in Lewisham can offer you assistance to access this online. Thanks to steering group member Val for sending this in to us.

### **Travel assistance consultation**

Lewisham Council are proposing a new travel assistance policy to cover the travel needs of children and young people with special educational needs, and people aged 18+ who receive care and support from adult social care. To take part in the consultation and have your voice heard visit:

[www.lewisham.gov.uk/travelassistanceconsultation](http://www.lewisham.gov.uk/travelassistanceconsultation)

You can request a hard copy of the consultation by calling 020 8314 8606

### **Door2Door service is changing its name**

For many years our in-house passenger transport service has been known as **door2door**.

The service has now changed back to its original name **Passenger Services**.

Passenger Services will continue to provide transport for eligible residents to enable them to access schools, leisure and day care services. To contact the service please use their new email address [passenger.services@lewisham.gov.uk](mailto:passenger.services@lewisham.gov.uk) or call 020 8314 2190.

### **Lewisham Local Card**

Lewisham Local encourages people to **give local** and **shop local**. If you are a volunteer in Lewisham we would like to give you a Lewisham Local card to say thank you! You will be able to use your card in local shops where you see our logo. For a full list of available shops, visit [www.lewishamlocal.org.uk](http://www.lewishamlocal.org.uk) or call 0208 314 3584



### **Giving Tuesday 2016**

Giving Tuesday is an initiative following the day of shopping Black Friday.

It encourages people to give and volunteer towards local good causes. On 29 November 2016 Lewisham volunteers took to doing good things for the community including making cards, painting a shed and baking cakes. If you would like to get involved in more local volunteering in your community please call 0208 314 3584 or email [sam.hawksley@lewisham.gov.uk](mailto:sam.hawksley@lewisham.gov.uk)

### Friends of the Elderly grants

Friends of the Elderly provide small grants to older people living in England and Wales who are living on low incomes and have reached state retirement age.

We have three grant streams: home essentials, digital connection, and financial support. The maximum grant is £300.

Please note – we do not accept applications directly from individuals. All applications must be made through a third party referrer. To get a form please call 0330 332 1110 or email [hello@fote.org.uk](mailto:hello@fote.org.uk)



### Group befriending

Do you live in SE8, SE14, SE16 or some parts of SE13?

Voluntary Services Lewisham run a group for people aged 60+ who live in the Deptford Challenge Trust area.

We'd love you to come and join us for a cup of tea and a chat, to play board games or dominoes, learn some basic computer skills, do some gentle chair exercises or maybe art and craft activities or quizzes.

**Where:** Pepys Resource Centre, Deptford Strand, SE8 3BA

**When:** Every other Wednesday

**Time:** 1.30–3.30pm

**Contact:** Bettina Ganser

**Tel:** 020 8291 1747

**Email:** [bettina@vsionline.org.uk](mailto:bettina@vsionline.org.uk)

**Charity Number:** 266585



### Company, conversation and a cuppa: Free tea parties with Contact the Elderly

For many people Sunday can be the quietest day of the week. However, there are fun, social tea parties taking place on Sunday afternoons every month across the UK thanks to Contact the Elderly.

Contact the Elderly is a national charity which organises free, monthly, Sunday afternoon tea parties for people aged 75 or over who live alone. Door-to-door transport is provided which means the tea parties are ideal for those who struggle with reduced mobility.

Volunteers act as drivers and collect each older guest from their home, take them to the tea party and then escort them back home again. Volunteers also host the tea parties in their homes, which are comfortable and accessible. The same small group of people meet each month, meaning everyone gets to know each very well and friendships blossom.

The tea parties always take place on a Sunday afternoon, which is often the quietest day of the week, so the gatherings are a brilliant way to meet people, make friends and enjoy some tea and cake at the same time.

There are currently over 670 groups across England, Scotland and Wales which provide over 5,400 older people with a regular social occasion to look forward to. 80% of Contact the Elderly guests say they feel happier as a result of joining their tea party group.

So why not join your local group? Call Contact the Elderly on 0800 716 543 for more information or to request an application form. Alternatively, visit [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)



**CONTACT  
THE ELDERLY**

Get in touch!

Available in large print

More news overleaf...

For more information on the Positive Ageing Council call 020 8314 6314, go to [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac) or email [lucy.formolli@lewisham.gov.uk](mailto:lucy.formolli@lewisham.gov.uk)

## Fun at Just Older Youth (JOY)

JOY is a user-led organisation which is run by a team of volunteers. We organise activities aimed at improving health and wellbeing. The membership fee is £10.00 per year.

### Chop N Chat

Friendly and fun cookery workshops. Come and learn to cook delicious, healthy meals and then enjoy eating your meal with the group. There is a fee of £2.50 for ingredients.

Monday 11.30am–3pm

Saint James Hall St James, New Cross SE14 6AD

### Seated yoga

We are running a seated yoga session.

Thursday 10–11am. Fee of £2.00.

Somerville Adventure Playground, 260 Queens Rd, New Cross SE14 5JN

**Email:** info@justolderyouth.org.uk or **call Maureen:** 020 8692 9186 or **Coral:** 07909 945



## Holiday at home scheme

The Diamond Club, with the support of the local assemblies, are hosting a holiday at home scheme during the school holidays in July and August. If you are an older person over 60 living in the Rushey Green or Catford South ward and don't manage to get away anymore then this may be for you. There will be a chance to: participate in holiday Zumba; watch a classic film; have afternoon tea with entertainment; eat fish and chips; play pier style games; and much more. A classic seaside holiday will be replicated in a fully accessible community hall in sunny Southend Catford. For more info or to register your place call Lesley Allen on 07729785843.



**THURSDAYS  
FROM 12 NOON TILL 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 £4.00**

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

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 SE10  
Near.....  
1 Cooperwood Place  
SE10 86F  
(On Lewisham Road)  
Buses 180 and 199  
stop outside

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

Look out for your next local assembly meeting date on a flyer through your door!

## Coffee, cake and company

A free coffee afternoon where you can join in with activities such as: card games; dominoes; bingo; board games and quizzes or just enjoy a cup of coffee, a slice of cake and a chat.

Every Monday, 1.30pm at Lee Green Community Centre, 3 Lee Gate Centre, Burnt Ash Road (it's opposite Sainsbury's, then opposite Iceland)

## Just passing?

Please come in, all are welcome.

'Coffee, chat and company' is organised by Lee Fair Share, a local time bank which offers a way for people to share skills with others in their community and be rewarded with time credits.

For more details please contact  
Lorraine 07875 082571  
leefairshare@hotmail.com



**South Lewisham Group Practice groups and organisations dealing with health and wellbeing are invited to the surgery during opening hours to promote their specialist services, provide free information and advice or use as an outreach venue.**

To book, or for more details, please contact:  
Alexandra Camies, PPG Chair on 07885 459175, or email: [southlewishamppg@gmail.com](mailto:southlewishamppg@gmail.com)  
or Dawn Lait, Practice Manager on 020 3049 2580, email: [dawnlait@nhs.net](mailto:dawnlait@nhs.net),

**A free opportunity to promote your project**  
50Conisborough Crescent, Catford, SE6 2SP

## Applying for an older person Freedom Pass

If you need to apply for an older person's Freedom Pass the easiest way to apply is online at [www.londoncouncils.gov.uk/services/freedom-pass](http://www.londoncouncils.gov.uk/services/freedom-pass) using a computer, smartphone or tablet.

If you don't have these facilities you can ask a friend or relative who does to help you. Alternatively, you can use the computers and scanners at either Lewisham Library, Catford Library or the Library at Deptford Lounge.

If you are using the library facilities you will need to bring your library card, a passport-sized photo, proof of identity and proof of address with you.

Library staff are very happy to help you with your Freedom Pass applications.

## DeafBlind UK

DBUK is a national charity offering free services, support and advice to anyone who has difficulty with both sight and hearing.

All services are completely free of charge and include: practical advice and information; emotional support for you and your family; social groups; help with digital technology; befriending services; and use of an accessible holiday caravan. Here is a picture of one of our lunch gatherings.



For more information or for free advice, **call:** 0800 132 320, **textphone:** 01733 358 100, **text message only:** 0795 000 8870  
**email:** [info@deafblind.org.uk](mailto:info@deafblind.org.uk)  
**website:** [www.deafblind.org.uk](http://www.deafblind.org.uk)

**App of the issue** This issue, our recommended app for your smart phone or tablet is the **BBC weather app**. As this is our first app recommendation, we thought we would make it a classic!

## Wheels for Wellbeing

We would like to warmly invite you to our inclusive cycling sessions, every Wednesday 10:30am–12.30pm at Ladywell Day Centre, 148 Dressington Ave SE4 1JF.

In a relaxed atmosphere, with support from qualified instructors and experienced volunteers, you'll rediscover cycling or learn for the first time. No balance, nor previous experience necessary. We have tricycles, hand cycles, side-by-side tandems as well as standard bicycles. Fun guaranteed. Bring your friend and make new ones!

Session costs £5 per person and a carer comes for free. Special family price (up to 4, including at least one disabled cyclist): £10

Photograph by Andy Thompson



## Sundays at Sunfields with Age Exchange

Sundays at Sunfields is an Age Exchange group (registered charity: 326899) welcoming all older people and carers to join us for lunch and light-hearted activities.

We are experienced in supporting those who have dementia, and other conditions. This group is free and there's no need to book.

Fortnightly (next group 19 March) at Sunfields Methodist Church, 95 Old Dover Road, Blackheath, London SE3 8SJ.

For more info please contact Jacqueline or Alex at Age Exchange on 020 8318 9105 or

[hello@age-exchange.org.uk](mailto:hello@age-exchange.org.uk)



## People's History of the Pepys Estate: Join the conversation

13 March, 2–5pm

See fascinating archive photographs and maps from 1960s onwards.

Share your experience and knowledge about any era of the Pepys Estate over free refreshments with Deptford Working Histories.

This event takes place in a comfortable, historic, riverside community building. Find out everything they have discovered so far from people, articles and archives.

Be part of the "People's History of the Pepys Estate"

email:

[deptfordworkinghistories@gmail.com](mailto:deptfordworkinghistories@gmail.com) or

sealed post: "People's History" Pepys Resource Centre Old Library, Deptford Strand, SE8 3BA

## Applying for a 60+ card

If you are aged 60 or over, but are not old enough to apply for an older persons Freedom Pass, you should apply for a 60+ Oyster card. A 60+ London Oyster photocard allows you to travel free on bus, tube, tram, DLR, London Overground and most National Rail services in London from the age of 60 until you qualify for a Freedom Pass. You can apply for it online at

<https://tfl.gov.uk/fares-and-payments/adult-discounts-and-concessions/60-london-oyster?cid=fs147>

We don't have a telephone number for this, but library staff can help you if you apply in your local library

## Interested in becoming a trustee for an older persons group?

Many groups are looking for people with skills in admin, finance, business management and fundraising to sit on their boards. It's a great way to meet new people and bring your years of experience to benefit an organisation. If you are interested contact Lucy (details in the newsletter)

## So much for seniors, at Seniors

260 Stanstead Road,  
SE23 1DD



Tel: 020 8291 1164

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

### Forget me not

A reminiscence café for people living with Dementia.

We meet every other Friday 11am–1pm at one of the Seniors' halls. We have warm ups, listen to music, reminiscence and many other activities. We also have hot drinks and cake. A lovely and beneficial time to share. Carers are welcome to join us. Please check for next dates below.

Please contact Tina on: 020 8291 1164

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

#### Next dates:

17<sup>th</sup> February, 3<sup>rd</sup> March, 17<sup>th</sup> March

### Seniors disco dancing class – By Cathy

Ashley, Seniors Member

Do you want to have a bit of fun and keep healthy in mind and body? Angela Rippon is urging us to get dancing.

We all remember her appearance on that Morecombe and Wise Christmas special. But no, there's no high kicking and long legs are not needed. Just as well, as mine are so short. Angela's favoured form, backed by research, is disco dancing.

Dancing is an easy way to keep fit. It also helps our bodies and brains stay trim. And the advantage of disco dancing is that you go at your own pace.

We've organised our sessions for Mondays from 2–3pm. It's free for members.

Come along and try out an easy way to keep totally fit. We will teach you some steps you can use anywhere, on any dance floor.

### Monday at Seniors

9:45am–10:45am	Pilates (£2.50)
11am–12:15pm	Line dancing (£2.50)
11:30am–2pm	Seniors healthy club
1:30–3:30pm	French
2–3pm	Disco dance lessons

### Tuesday at Seniors

10:30–11:30am	Choir
1–2pm	Tai Chi (£4)
1:30–3:30pm	Ukelele beginners

### Wednesday at Seniors

9:45–11:45am	U3A art class (£1)
10am–12 noon	Seniors art group Knit & Natter
12:15–1:15pm	Zumba (£3)
1–3pm	Bingo (4 <sup>th</sup> Weds) (£2)
2–3pm	Keep fit (£2.50)
2–3pm	Quiz (2 <sup>nd</sup> Weds) (£2)
2–3pm	Book club (1 <sup>st</sup> Wed)

### Thursday at Seniors

11:30am–12:30pm	Qi Gong (£2.50)
1–3pm	Feel the noise
1–3:30pm	Vista reminiscence

### Friday at Seniors

11am–12 noon	Yoga
11am–1pm	Forget me not (Every other week)
1–3pm	IT Drop-in
1–3:30pm	Whist drive

There is so much happening for seniors at Seniors that we couldn't fit it in one box ☺

A £2 charge is added to the price of activities if not a member. If you want to become a member, please ask for a form at reception. Our year membership starts from £20.

An advanced membership is an offer that will allow Seniors' members to extend their membership to EPSP for only £10 a year, payable at EPSP (based at Ackroyd centre).

### Healthy Living Lunch Club – By Rose Glen, Seniors Member

Healthy living, what is that? A little bit of what you fancy does you good. So here is a wind of change. Come and have a cup of tea and a chat, have a laugh, have a dance, play a game, meet new friends, have a meal. Everyone welcome.

Every Monday is party time at seniors 11.30am–2pm. You will not be disappointed.

## Carers Lewisham - New employment support programme for carers in London

We have all struggled with finding employment, even more so when caring responsibilities add pressure and limit our options. For carers, who are dealing with daily commitments and being off the job market for a while, the prospect of change can be overwhelming and seeking employment can be extremely difficult.



When we feel that we are at a standstill, with the right support we can build strategies to move forward and achieve what we once thought was impossible.

Carers Lewisham is working in partnership with Carers Trust and 23 other network partners across London to launch a new project 'Working for Carers'. The programme is being funded by the Building Better Opportunities programme, jointly funded by the Big Lottery Fund and the European Social Fund to invest in local projects tackling the root causes of poverty.

'Working for Carers' is a project for carers who are unemployed or economically inactive, over 25 and living in London. It has been designed to best suit the complex lives of carers, who have been directly involved and consulted throughout its creation.

The service aims to support carers into training, volunteering and employment and is designed to fit in with their caring role and needs. This project will also liaise with employers to raise awareness on the benefits of employing carers, to adopt carer friendly policies and to create more flexible employment opportunities.

Every carer registered with the programme will have a dedicated employment personal advisor who will provide flexible and tailored one-to-one support to find together the best options and opportunities available. Additional confidence building and training will be provided via workshops and group sessions designed to enable carers to feel employable, develop skills and to move forward with their own employment and/or training goals.

For more efficient project delivery, London has been split into 4 areas of work. The work in South East London is being led by Carers Lewisham and it will support carers living in Lewisham, Bromley, Bexley, Croydon, Lambeth and Southwark.

**The first 6-week workshop programme will be starting on 24 February 2017 and will run weekly until March 31 2017 in Lewisham.**

If you would like to register or have any questions, please contact us on the following email address [workingforcarers@carerslewisham.org.uk](mailto:workingforcarers@carerslewisham.org.uk) or call us directly at **020 8699 8686**.

### Local assembly funding – POSAC making a difference

There has been a steady increase in the number of projects which benefit older people, funded through the Local Assembly Fund. Already this year the number of projects exceeds previous years. Many older groups are now feeling more confident about submitting an application and fundraising. In addition to this, many of these groups are linked to POSAC and Community Connections who provide invaluable support. The assembly fund has been prominently featured in the POSAC newsletter and there is no doubt that this has increased the number of applications. Significantly, this year there has only been one handwritten funding application submitted. In previous years, across the borough, about ten handwritten applications would be received, these would predominantly be from older generations. It is therefore pleasing to see that our older groups are increasingly IT literate.

Get in touch!

For more  
[www](#)

## **Advice Lewisham - Advice and information Line**

There will be a new central advice line which will be the main first point of access for advice in the borough. Anyone needing advice from the Advice Lewisham partner agencies should now call the central advice line.

**The number is a freephone number – 0800 231 5453**

**The line is open Monday to Friday 9am–5pm.** [www.advicelewisham.org.uk](http://www.advicelewisham.org.uk)

If a client requires advice in a language other than English, their details will be taken and we will arrange for them to be called back by an adviser who speaks their language (usually as their mother tongue).

Anyone requiring immigration advice should call the above number Mondays 10am–1pm when a specialist immigration adviser will be available on the line.

Clients calling the line will be assisted with the advice and information they need or an assessment will be made if they need an appointment.

**Appointments with all the Advice Lewisham partners (except Carers Lewisham) will now be made through the new central advice line number.**

Anyone requiring assistance from Carers Lewisham should continue to contact them directly.

### **Advice and information hubs**

Advice Lewisham will continue to provide assistance to clients through our advice and information hubs. These will provide clients with support accessing advice and online information, and also with some online functions such as reporting changes of circumstances for housing benefit, applying for blue badges and simple benefit claims – not PIP, Attendance Allowance, UC50 or ES50 as these will need an appointment and the client should be asked to call the advice line.

**There will be a new central advice and information hub at Leemore Centre.**

This will be open Monday, Tuesday, Wednesday and Friday 10am–1pm and 2–4pm, Thursday 10am–1pm and 2–3pm. Assistance will also be available on Thursdays for clients where English is not their first language.

### **Other hubs across the borough are:**

170 Community Project - Friday 10am–12 noon and 2–4pm

Age UK (Catford) Tuesday 10am–12.30pm for people aged 60+

The hubs work on a drop in basis and no appointments are required.

### **Lee Green Community Centre @ 3**

Leegate SE12 8SS (opposite Iceland) will be offering drop-in advice sessions from 10am–12.30pm on Thursdays from 2 February. Including support for retired Lewisham residents. 020 7998 1004.

### **Catford chair based yoga class**

Wednesdays 12 noon–1pm. Irish community centre, 2a Davenport Rd Lewisham, SE6 2AZ

Chair based yoga is a great way to improve your overall health and mental wellbeing. Class begins with calming breathing techniques, followed by strength and stability building exercises, poses that noticeably increase flexibility and general mobility in the body, and ending with a deep relaxation.

Highly suitable for people returning to exercise, those with injuries or existing health ailments and older people. Warm, friendly environment.

**£5 Drop in / First class free taster**

**To connect: 07404891872 /   @purplepalmyoga  
email: maryschnorrenberg@hotmail.com**

### **Techy tea party**

Go On Lewisham is ending its first year with a celebration techy tea party event in the Civic Suite on the 22 February. There will be awards for learners, digital champions and organisations as well as opportunities to get involved and network with partners.

The techy party will have themed tables including accessibility, comparison website, recycled PCs for sale, one-to-one support for from digital champions and of course, cake!

## Elder Peoples Support Project Weekly programme

Annual subscription £20 per year



**Monday:** Tai Chi, 1.30-2.30pm, £3.00/£4.00 (based at Kings Sports Ground, Brockley Rise SE23)

**Tuesday:** Seated Exercise, 12-12.45pm, £2.50/£3.50

**Wednesday:** Yoga, 9.30-10.30am, £3.00/£4.00

**Wednesday:** Wednesday Social, 11.30-1pm, Entry 50p

**Wednesday** Lunch Club (Book by 12pm on day), 1-2pm, See menu for prices

**Thursday:** Art Class, 10.30-12.30pm, £5.00/£6.00

**Thursday:** Line Dancing, 1pm-2pm, £3.00/£4.00

**Thursday**(Monthly): Complementary Therapies (Pre-booking necessary) Massage, Reflexology, 1pm-4pm, £10.00 for ½ hour session

**Friday:** Yoga, 9.30-11.00am, £4.00/£5.00

**Friday:** Computer Class, 12.30-2pm, £4.00/£5.00

**Friday:** Shared Reading group, 2.30-4pm, Free

## Elder People's Support Project

Ackroyd Community Centre  
Ackroyd Road, Forest Hill,  
London, SE23 1DL

Email:

[epsps.info@ackroydcentre.org.uk](mailto:epsps.info@ackroydcentre.org.uk)

[www.ackroydcentre.org.uk](http://www.ackroydcentre.org.uk)

Tel: 020 8699 9009

## Elder Peoples Support Project - Computer sessions

Vacancies are available for our computer classes at the Elder Persons Support Project. Beginners are welcome. Fridays 12.30–2pm (during term-time)

EPSP members: £4,

Non-members: £5

Lewisham Stroke Club, a very friendly and welcoming small social group for stroke survivors and their carers, meeting alternate Wednesdays in Bellingham 10.30am–12.30pm. Speakers, games, activities and outings feature throughout the year, together with socialising and refreshments. The club is run by Stroke Association qualified and trained volunteers and meetings are held in a secure and safe environment. Contact

[Barry.Coppock@stroke.org.uk](mailto:Barry.Coppock@stroke.org.uk) or 020 8923 9443.

Lewisham Stroke Club outing to Ightham Mote



Branching out group at the Telegraph Hill Centre



The fact is that 17% of older people are in contact with family, friends and neighbours less than once a week and 11% are in contact less than once a month.

But we don't want our older people to feel lonely or isolated. **Branching Out** welcomes you to come and join us for games, art, lunch and/or exercise.

We are open most Thursdays of the year at the Telegraph Hill Centre. Call Hatty on 0207 639 0214 for more information.

## Lay visitors to care homes

Have you ever visited anyone who lives in a care home?

Whether you have or not, you might be interested in becoming a lay visitor, accompanying a Lewisham officer on a visit to a local residential or nursing home.

After some initial training, this voluntary work would give you the opportunity to meet some of the more elderly and vulnerable residents of the borough and also the people who care for them.

You will be asked to form an impression of the home's environment, observe staff in their work of caring for the residents and, most importantly, talk to the residents themselves and find out their opinions of the service provided for them by the home. Each visit will last approximately half a day. After each visit, you will be asked to write a short report on your experience and observations made during your visit, which will then be forwarded to the council officer who accompanied you.

**If you are interested in finding out more about what could be a stimulating, new experience, please contact David Wotherspoon on 020 8314 9527 or [david.wotherspoon@lewisham.gov.uk](mailto:david.wotherspoon@lewisham.gov.uk)**



## Tessa Pearce, Positive Ageing Council Steering Group member writes of her feelings of being involved in 'lay visiting' at Lewisham care homes

'During the period of time I have been lay visiting in different homes, both small and large, I feel sometimes after I've just left, I have achieved something by listening and trying to understand the residents, having a chat, making them laugh and doing some activities together. One lady said having me visit was "a breath of fresh air" to her. My view is that if you can help someone in even a small way in a day, it is worth it. I am thankful being an older person and having good health to be able to give a little something back to the community in a small way'.

## Active Lifestyles For All

(ALFA)

A free community initiative supporting people of all ages to lead active and healthy lifestyles.

**Abbotshall Road, Catford, SE6 1SQ**

Join Active Lifestyles for All to receive:

- 13 free activity/sport sessions
- free 1-2-1 support from one of our highly trained activity mentors, who will work with you to develop your own personal activity plan
- access to a fun and vibrant community.

From Tai Chi to Zumba Gold, with outdoor sports and activities coming soon. To book your place call: 020 8698 6637 or email [ALFA@teachsport.org](mailto:ALFA@teachsport.org)  
**Eligibility Criteria applies**



Supported using public funding by  
**ARTS COUNCIL ENGLAND**

A project with StoryHug  
**Displacement, dwelling home  
...on losing, finding and  
making our place in the world.**

6 workshops making art, making stories and exploring old tales.

**Starting: 2 March 2017**

Thursdays 10am–12:30pm

Seniors Lewisham, 260

Stanstead Rd SE23 1DD.

Free for members.

Non-members £2 (to the centre)

**Booking essential:**

[info@storyhug.com](mailto:info@storyhug.com)

Tel: 07790046647

[www.storyhug.com](http://www.storyhug.com)

Abbotshall Road  
**HEALTHY  
LIFESTYLE CENTRE**

## 55+ active social

Thursdays 2–3.30pm. £3.  
Downham Health & Leisure Centre  
7-9 Moorside Road BR1 5EP

**Tel:** 0208 461 9200

**Facebook:** Downham Health & Leisure Centre.

There is a sport or activity to play in the first half, such as: badminton; walking; football; tennis; short mat bowls. There is a break for tea, coffee and biscuits, followed by playing Boccia (like bowls where you aim for a white ball).

## Ladywell Bowling Club

Ladywell Bowling Club reopens for the 2017 season on the 22 April.

Free taster sessions are available on Monday and Thursday afternoons from 1.30–4pm.

Gentle exercise in good company and pleasant surroundings.

We are at the southern end of the fields, nearest entrance from Bournville Road. Catford and Catford Bridge stations are nearby as well as many bus routes.

For further information, please contact Marion on 0208 857 1836. Look forward to hearing from you.

## Happy birthday Sydenham Garden

Over the past 15 years Sydenham Garden has been a “growing community” in many senses of the word. SG now have two centres, activities for over 200 people a week, events that attract up to 400 people and sessions for people with dementia. If we have learned anything from these 15 years, it is to trust in the human spirit. To believe we can and will overcome, and continue to grow. Congratulations Sydenham Garden – Here’s to the next 15 years! Find out more: [www.sydenhamgarden.org.uk](http://www.sydenhamgarden.org.uk)



## Wish you were here...

There are three great events in Catford South for residents aged 65 and over and for residents living with dementia. **Dance with dementia** creates a relaxed environment for people living with dementia, encouraging movement and stimulating memories with different kinds of music. Every fortnight January to December. **We are Catford South** is an eight-week group workshop from April to June where people tell their stories about living in Catford South. Each person receives a personal copy of the printed book, including their story. **Holiday at home** will replace a classic July/August seaside holiday experience without the travelling, in a fully accessible community hall in the area. For more information on any of these events or to register for a place contact Barbara on 07882 270159 or email

[raekinda@hotmail.co.uk](mailto:raekinda@hotmail.co.uk).

### Warm homes scheme

Lewisham Council's Warm Homes, Healthy People scheme provides support packages to those most in need. A referral to the scheme provides people with a free winter home and a financial and health support package.

The scheme is available to residents living in the borough of Lewisham who are vulnerable to the cold. People can be referred by someone who knows them such as a health professional, social worker, carer, neighbour, relative etc. Call: 020 8314 6339 or Email:

[warmhomes.lewisham@groundwork.org.uk](mailto:warmhomes.lewisham@groundwork.org.uk)

### Help finding community locations to deliver foot sessions for older people

Age UK Lewisham and Southwark run a service for over 50's called Happy Feet. This provides toenail cutting to people who cannot cut their own nails, on a fee-for-service basis. The service is not-for-profit, so the fees are less than what you would pay for a private podiatrist.

We hold clinics in community venues, and also undertake home visits.

The service is well established in Southwark, but up to now we have not had much capacity to deliver in Lewisham. We are now ready to expand in Lewisham and we are looking for venues for community clinics and to promote the service widely.

**If you are interested in holding Happy Feet sessions in your venue, or if you have individuals in your group who might like to use the service, then please contact me.** Lorraine Slee, Senior Independent Living Coordinator **tel:** 020 7358 4057. **Email:** [lorraine.slee@ageuklands.org.uk](mailto:lorraine.slee@ageuklands.org.uk)

### 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](http://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 than going it alone – it is never too late to quit.

### Over 50's swim school at The Bridge Leisure Centre

Swimming lessons for beginners and improvers.

**Mondays:** 10am – beginner, 10.30am – swim fit, 11am – improver

**Wednesdays:** 9.30am – beginner, 10am – confident beginner, 10.30am – improver. You can start at any time. Pay on the day, £1.30 per lesson.

Kangley Bridge Road, Lower Sydenham, London SE26 5AQ. **Tel:** 020 8778 7158



### Over 60s swim school at Glass Mill Leisure Centre

We are running discounted drop in swimming lessons for people aged 60 and over.

Lessons are every Tuesday at 9am at Glass Mill Leisure Centre and cost £2.65 each.

To book please contact **Tel:** 0303 303 0111 Glass Mill Leisure Centre 41 Loampit Vale, Lewisham, London SE13 7FT

### Sydenham Library

**Exercise classes** for senior citizens and people with poor mobility every Tuesday 11am–12 noon. These are held sitting down to help improve muscle movement and circulation as well as leg stretch exercises. Very easy to follow to soft music, the tutor is lovely and it also provides a nice social setting. The café is perfect if you wish to socialise after with tea or coffee and cake.

A new **craft group** will start on 9 February making jewellery and other items. The class is funded and is free of charge, people may like to make a small donation to the library of 50p but there is no obligation to do so. Please register early, as only 12 people can be registered per term. The time is to be arranged and registered people will be informed. Please call 020 8778 1753 for further information on both activities and ask for Christine or Ilse.

## Care Quality Commission is inspecting Lewisham Hospital (LGT NHS Trust) in March 2017.

Healthwatch Lewisham is organising a focus group to find out from patients **what works** and what **doesn't work** so well. The feedback that is gathered will help to guide the inspection.

**When:** 15 Feb 2017

**Where:** St Laurence Community Centre, 37 Bromley Rd, Catford, London SE6 2TS

**What time:** 3–4pm

The focus group is open to anyone who has experience of Lewisham Hospital from summer 2016 to February 2017 and also people who want to share the views of their friends, carers and relatives. Please RSVP by emailing:

[marzena@healthwatchlewisham.co.uk](mailto:marzena@healthwatchlewisham.co.uk)

or call 0208 315 1916

## Please tell Healthwatch your views about your dental services

Healthwatch Lewisham is looking for your feedback on local dental services and would be grateful if you could complete our latest questionnaire.

The survey can be found by clicking <https://www.surveymonkey.co.uk/r/GTJST9F> and should take no more than five minutes to complete.

We are particularly interested in understanding accessibility to the service so would still love to hear from you even if you do not use a dental practice.

## Healthwatch are working on a project which involves asking people about access to social care

We will be asking residents for their views through our online survey. People will be able to also fill in a paper survey by coming to one of our hubs (various locations in the borough) or calling and emailing us. Email [marzena@healthwatchlewisham.co.uk](mailto:marzena@healthwatchlewisham.co.uk) or call 0208 315 1916

## New activities for older people at The Corbett Community Library, Torridon Road

The Archibald Corbett Community Library, Arts and Heritage Centre has developed a specific emphasis on services and activities for older people to also include establishing a dementia-friendly centre for people suffering from dementia and their carers.

**Every Thursday** there are activities including gentle seated-yoga, Knit 'n' Natter and colouring for grown-ups.

**On every second Tuesday of the month** the reminiscence group meet to share memories of the local area.

**The first and third Tuesdays of each month** the Corbett Writers meet to develop their skills in poetry writing.

**A tea and coffee bar has been opened** to create a place

for residents to meet up with their friends, with tea and coffee at £1 per cup.

All activities are free, although donations are welcomed to support the continued running of the library by volunteers.

All volunteers are currently being trained in becoming Dementia Friendly buddies and the charity is actively seeking to develop monthly activity sessions run by reminiscence artists to engage people with dementia. For more details please contact the Corbett Community Library on 020 8378 5358,

[corbettcommunitycentre@gmail.com](mailto:corbettcommunitycentre@gmail.com) @CorbettLibrary.



# 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 discuss how we can influence the Council's provision of public toilets and create a more age-friendly Lewisham.

Thursday 16 March 2017  
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)

