



Positive Ageing Council

Improving services and facilities for older people in Lewisham

May – July 2017 Newsletter

Date for your diary

The next Positive Ageing Council public meeting is **15 June 2017**, Civic Suite, Catford SE6 4RU

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

A huge thank you to everyone who came out in the cold to attend our March Positive Ageing Council meeting. The theme was – too some amusement it seems – developing a community toilet scheme in Lewisham. Read on to find out more about that meeting. This edition of the newsletter also has features on activities across Lewisham for Dementia awareness week, how crowdfunding helped one older people's organisation raise funds, member contributions, volunteering opportunities, events and much more.

Our next meeting – transport, Thursday 15 June 2017, 11am, Civic Suite, Catford

We are delighted to invite you to attend the next meeting of the Positive Ageing Council to talk about all things transport! Transport has consistently been raised by our members as one of their major priorities. We also welcome that transport is a cornerstone theme of becoming a more age friendly borough (*World Health Organisation*). We have had transport meetings in the past, but this is the first in several years, so we are hoping that there will be lively discussions, new issues raised and opportunities to influence further.

We are very delighted to be welcoming colleagues from Transport For London. George Marcar, Driver Communications Manager for Transport for London Buses, will be attending and joining him will be driver representatives from Catford Garage and Stagecoach Driver Instruction.

Catford Garage and Stagecoach Bus Company have recently been working with the Lewisham CCG and Council to become 'Dementia Friendly'. They have signed up to the Lewisham Dementia Action Alliance, which is fantastic news for all. Part of this process is helping to raise awareness with drivers on being more age and dementia friendly. They are hoping to hear the main issues they could improve on to include in their driver training programmes. We will be using your famed round table discussion groups to help discover changes that would really make a difference to you when using the buses. By attending, you will be able to really help influence the outcomes for everyone using the buses in Lewisham and across the whole of London.

Transport isn't just about buses however and we are hoping to have information and discussion around Blue Badges for disabled drivers, community transport schemes and more. We hope to see you there!

Quiz night

A big thank you to everyone who came to the POSAC Intergenerational quiz night, especially young people from the Young Mayors team. It was very fun and we hope to do it again soon.



Lewisham

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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

What happened at the last Positive Ageing Council meeting in March

In 2015 the Positive Ageing Council carried out research among older people around how age friendly they found their town centres. We had a huge response to our small survey.. Seating and the availability of toilets for public use were by far the issues that mattered most to respondents.

We realise that the conventional style of public toilet are disappearing. For some this is welcome, as they were not always the nicest place to be, for others this has caused concern. In some cases may lead older people to feel less confident about getting out and about. While many places in the borough offer their toilets for community use, there has not been a structured community toilet scheme in Lewisham as there is in many other boroughs.

Lewisham Council are considering implementing a community toilet scheme in the borough. This is where local businesses and organisations offer free access to their toilets for public use. Examples could include community centres, shopping centres, large shops, pubs or cafes. Lewisham Local, an organisation who work with businesses to help volunteers get local discounts as a reward for volunteering, presented the idea to POSAC to get members' involved in helping design a scheme that will be fit for use by all and easy to access.

POSAC members were asked to contribute towards the discussion to help frame the project from the start and make sure that older people had an input. Members asked robust questions around why Lewisham was reducing their commitment to provide stand-alone public toilets, how the scheme would be managed and maintained, how the toilet scheme would be monitored for cleanliness and ensuring business were allowing people to use them (Brief notes from the meeting are available on request). As part of our round table discussion groups, attendees were asked the following three questions:

- 1. What types of establishments would you feel comfortable visiting to use their toilet?**
- 2. What type of places are important to you to have access to toilets?**
- 3. How should local people be informed?**

As always there were some great ideas coming from our members. The most popular places people would feel comfortable using and felt toilets should be available were: larger stores and restaurants, cafes, civic buildings and libraries. Lots of ideas were raised such as converting disused shops into temporary toilets. Not needing to ask for permission, personal safety, cleanliness and maintenance were key issues for members.

Overwhelmingly the members mentioned putting a map in Lewisham Life magazine, this newsletter and in local libraries and civic buildings as the best ways to communicate where toilets for public use were available. Many mentioned external signage and importantly signage on the business or building itself. Local assemblies and local forums were highlighted as good local resources for letting people know and even twitter and a local 'toilet finder app' were mentioned!

Members of the Positive Ageing Council Steering Group will now work closely with the Council and Lewisham Local to ensure that the views of members are taken into account and directly support the development of the project and the communication of the new toilet availability going forward. Thank you to everyone who contributed to the meeting.

LET'S UNITE FOR DEMENTIA AWARENESS WEEK

14-20 MAY 2017

For the last two years the Lewisham Dementia Action Alliance (LDAA) has been working hard to make our community more dementia friendly by working closely with our local residents living with dementia and their carers.

Since its launch we have come a long way. We have increased our membership and members have committed to very exciting actions to being more dementia friendly. In June 2016 Catford South and Lewisham became formally accredited as working towards becoming dementia friendly by Alzheimer's Society.

Since then the interest in the LDAA has increased significantly. We have been able to spread the word further through window stickers for our members, our quarterly newsletter and regular meetings.

In 2017 the LDAA will focus on working with a variety of transport providers to support them in becoming more dementia friendly. We are further supporting our local supermarkets to become more dementia friendly to help improve the shopping experience of local residents. We are also working with our leisure centres to explore how they could support people in Lewisham to continue pursuing preferred forms of physical exercise and participate in activities that they enjoy.

During Dementia Awareness Week, we are delighted to be able to support a number of activities in the borough that will help raise awareness for dementia, as well as showcase the different varieties of services on offer for local residents living with dementia and their carers.

DAA
Lewisham
Dementia Action Alliance

For more information on the
Lewisham Dementia Action Alliance,
contact Karin Barthel,
or email karin.barthel@nhs.net

How to become a member of the Lewisham Dementia Action Alliance

Membership in the Alliance is open to any group, organisation or business in Lewisham. All you need to do is identify three actions you can do to help improve the lives of people with dementia in your local area. This can be simple, like encouraging your staff to become a Dementia Friend. You might ask a dementia advocacy group to come to your business and let you know if it is easy for them to navigate, or it could be something as simple as offering to help someone with dementia with their shopping.

If you belong to an organisation or know a group or business who you think might be able to join the Dementia Action Alliance to help make Lewisham a more dementia friendly place to be – let us know! Find out more at www.dementiaaction.org.uk/local_alliance search Lewisham.



1
Dementia is not a natural part of ageing

2
Dementia is caused by diseases of the brain

3
Dementia is not just about losing your memory

4
People can still live well with dementia

5
Alzheimer's Society is here for anyone affected by dementia

5 things you should know about dementia
alzhaimers.org.uk



Alzheimer's Society provide expert information and support to anyone affected by dementia. Visit www.alzhaimers.org.uk for everything you need to know about dementia.

Lewisham Council is working to deliver as many 'Dementia Friend Information Sessions' to their staff as possible during Dementia Awareness Week. With the hope of making Lewisham Council a more dementia friendly place to be.

Free day care! Age Exchange is inviting people who have dementia and their carers to attend a free Reminiscence Arts Day Care at Blackheath.

Life with dementia can pose many challenges for the diagnosed person as well as for their family and friends. This new chapter in someone's life could be filled with positive experiences, new activities, revisiting old hobbies or making new friends. The new day care services, led by experienced practitioners, include a range of enjoyable and creative activities – visual arts, knitting, singing, playing music, dance and drama for example. These aim to maintain participants' health and wellbeing, support relationships with their family carers, and provide inspiration for other activities which could be continued at home.

'My wife has been confused all week and hasn't done anything. This is the first time this week she has done something and enjoyed it' – husband of a participant with Alzheimer's disease. Both have been attending the day care for the last 16 weeks.

'It's a good group, I'm well taken care of... it unites us, it's fun, it's therapeutic, it's enjoyable' – participants of the day care.

'This is just wonderful and it's wonderful to hear her play the piano again. We feel blessed to be here' – participant's husband.

Please contact us on **0208 318 9105** to find out more or to express your interest. **We meet at:**
Age Exchange, 11 Blackheath Village, London SE3 9LA
(closest station: Blackheath, directly opposite)

TUESDAYS 11AM – 3PM.



The Dementia Project at Carers Lewisham

will be providing the following events during Dementia Awareness Week. Events are free of charge and open to all carers of people living with dementia in the Borough of Lewisham.



Monday 15 May, 6–8pm, at Carers Lewisham

Talk Dementia: monthly evening support group for Dementia Carers.

Wednesday 17 May, 6–8pm, at Carers Lewisham

IOIK: "If Only I'd Known: Caring for Someone with Dementia". These workshops will run every Wednesday evening for seven weeks. You may attend every week, or just select the weeks that interest you. For more information about these workshops use the contact details below.

Date	Time	Workshop theme
Wednesday 17 May 2017	6–8pm	Talking about dementia
Wednesday 24 May 2017	6–8pm	Dealing with social care
Wednesday 31 May 2017	6–8pm	Health of the person with dementia – physical
Wednesday 7 June 2017	6–8pm	Health of the person with dementia – emotional
Wednesday 14 June 2017	6–8pm	The legal side of things
Wednesday 21 June 2017	6–8pm	Safety and independence of the person with dementia
Wednesday 28 June 2017	6–8pm	Care for the carer

Thursday 18 May, at Carers Lewisham

- **10.30am–12.30pm** – *Dementia and Creativity: Training for Carers* led by Spare Tyre Theatre Company.
Thinking creatively, focusing on imaginative techniques for non-verbal communication in everyday activities. Learn new skills, have fun and connect with other carers.
- **1–2pm** – free *lunch* at Carers Lewisham for Dementia Carers and a chance to meet other dementia carers.
- **2.30–4pm** – *Reminiscence Workshop* led by Age Exchange.
Unique, fun and interactive workshop.
Reminiscence is a way of triggering and sharing memories through the stimulation of the senses. For example, unlocking the smell of perfume on your mother's dressing table, the feel of woollen socks on a cold day, it's just like riding a bike, something you never forget.

Booking is required for:

Wednesday – IOIK workshops and Thursday – Spare Tyre, Age Exchange and lunch (these are three separate events, carers may book for just one event, or two events, or all three).

To book please contact: Maggie Burke or Ann Pownall:

020 8699 8686 maggie@carerslewisham.org.uk or ann@carerslewisham.org.uk



Meet Me at the Albany – Befriending Scheme

Entelechy Arts have just launched their Meet Me at Befriending scheme. Funded by Team London, it aims to improve the wellbeing of isolated older people. They are in the process of recruiting new befrienders (59–69 year olds) and clients. Entelechy's new film club for over 60s, Meet Me at the Movies, is also looking for new members. The film club runs on Monday afternoons and we also have a number of dementia friendly screenings on Tuesday afternoons in June and July.

If you interested in any of these opportunities, please contact Sarah Jarman
020 8692 4446
sarah.jarman@entelechyarts.org

**entelechy
arts**

Spring Forth Lunchtime Concert, Tuesday 9 May, 1pm, FREE

Peacock Room, King Charles Court, Old Royal Naval College, SE10 9JF.

Join The Befrienders and vocal department students as they collaborate to present a fun, feel-good lunchtime concert to welcome the arrival of spring. Featuring original songs from the group and celebrating 50 years of two iconic albums of the 1960s – *The Graduate* soundtrack and The Beatles' *Sgt. Pepper's Lonely Hearts Club Band*. Come and be entertained, join in, sing along and leave with a spring in your step!

The Befrienders are a social singing group for older people run by Ageing Well Lewisham in partnership with Trinity Laban. The group meet every Tuesday at the Grove Centre in Sydenham, 10am–12noon. They are one of four groups within Trinity Laban's Inspired not Tired programme of music and dance for people aged 60 and above.

TRINITY LABAN CONSERVATOIRE OF MUSIC & DANCE



Spring Forth! Lunchtime Concert

The Befrienders and Trinity Laban vocal students present a feel-good, musical celebration of Springtime.

For more information about the lunchtime concert, Trinity Laban Befrienders Vocal Group or for more information about the retired not tired programme contact Lizzy Green on **020 8305 3883** or email her at e.green@trinitylaban.ac.uk

Get in touch!

Available in large print

More news overleaf...

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Ageing Well in Lewisham will be having an entertainment and supper event, at St. Laurence Centre, 37 Bromley Road, Catford from 7–11pm on the 3 June. Tickets £10. To book leave a message on **020 8698 3735**.

Look out for your next local ward assembly meeting date on a flyer through your door! These meetings are a great way to directly have a say in matters effecting your immediate area. For information about local assemblies, or to find out what ward you are in, contact Paul Gale on: **020 83143387** email paul.gale@lewisham.gov.uk or go to www.lewisham.gov.uk/assemblies

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.

The Elder People's Support Project (EPSP) are proud to present – Artfest 2017



Artfest 2017 – an exhibition of works by the talented EPSP art class, refreshments, homemade cakes, crafts and so much more.

Saturday 3 June 2017, 2–4pm

The Ackroyd Community Centre,
Ackroyd Road, Forest Hill SE23 1DL
FREE ADMISSION

020 8699 9009



FREE Sydenham Arts Event with tea, coffee and refreshments.

On Wednesday 12 July (2.30–4.30pm) London-based Jazz singer, Harriet Eaves, returns to Sydenham Arts for a lunchtime concert at the Sydenham Centre, 44a Sydenham Road SE26 5QX.

A regular in the London jazz scene, Harriet has performed at many prestigious venues such as The Hippodrome Leicester Square, The Pheasantry and The Royal Albert Hall with renowned pianist Nathan Jarvis. Influenced by such artists as Ella Fitzgerald, Billie Holiday, Amy Winehouse and others, Harriet has developed her own unique vocal style which is captivating audiences and critics alike.



Summer & Sydenham runs from 6–16 July 2017 for more info:

www.sydenhamarts.co.uk | **Tel: 020 8778 6463**

enquiries@sydenhamarts.co.uk

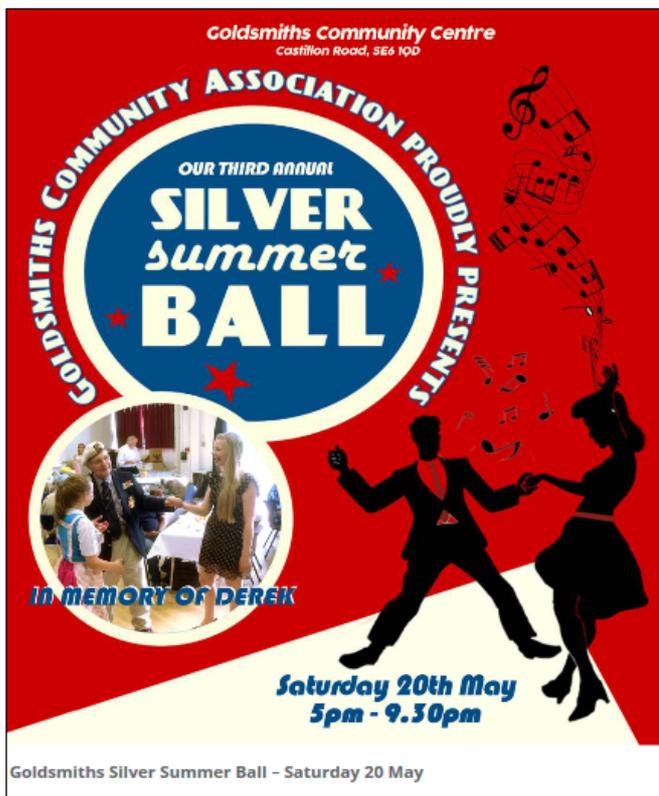
Sydenham Arts.

Get in touch!

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Silver Summer Ball

Saturday 20 May 5–9.30 pm,
Goldsmiths Community Centre, SE61QD
Our annual **Silver Summer Ball** was created for older people to have a special day socialising with all ages and enjoy a three-course meal and taste of yesteryear. This year's dinner is prepared by Master Chef quarter finalist Sharon Williams! Entertainment by The Greenwich Youth Band and a local sixties pop band 'Peachy Beat'.

Concessionary tickets £15, friends and family £20.(some £5 tickets – please enquire).
Transport can be arranged in cases of need. Get your glad rags on and have a day to remember. Dancing optional!

Email gcacommittee@outlook.com or call reception at Goldsmiths on **020 8697 6172**.

Feeling the Noise Concert 1st annual fundraising concert on Thursday 25 May 2017 at 2pm Stanstead Lodge, 260 Stanstead Road, SE23 1DD (Seniors)

Adults £5 (including Raffle ticket) Children £3
Feeling the Noise is a group for visually impaired music makers.
For more details contact Pauline on **07594 068 684** or
Shaine on **07909 775 606**.

Diamond Club annual spring open day and fundraiser.

Home crafts, nearly vintage clothing, tombola, raffles, cakes and preserves, books and bric-a-brac. Most importantly a chance to see what the Diamond Club have been doing, register for the holiday at home scheme and meet up with old and new friends and neighbours. To be held on Tuesday 9 May, 12 noon–3.30pm in Hartley Hall, Culverly Road. Catford Se62ld. For any further information contact Lesley Allen on **07729 785 843**.

This year People's Day will be on Saturday 8 July

12 noon–8pm in Mountsfield Park, Catford.

It's a free to enter, family-friendly, community celebration with a variety of performances to suit all tastes.

There will be several stages with entertainment brought to you by over 1,000 performers. If you prefer to browse the stalls there will be over 150 exhibitors showcasing their work from all different organisations. If craft is your passion, you can visit the craft market to see local work from talented individuals, and if you're more of a foodie you can expect a wide selection of offerings from quality caterers.

Everyone is welcome at People's Day and we have accessibility measures in place, including wheelchair trackway, accessible toilets and BSL interpreters so that everyone can come and enjoy the day. If you're a blue badge holder, disabled parking is accessible from the Stainton Road entrance. If you have any concerns about getting around the event please contact 0208 314 6277 or natasha.valladares@lewisham.gov.uk.





VOLUNTEERS' WEEK

Interested in becoming a trustee for an older persons group?

Many groups are looking out 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 so, contact Voluntary Action Lewisham on: **020 8314 9411** or Lucy – details in newsletter.

Lewisham Volunteering Week | 1–7 June 2017

Lewisham Local and Volunteer Centre Lewisham are working together to help people interested in volunteering get together with organisations looking for new volunteers. Lewisham's voluntary organisations are working together to promote Volunteering Week from the 1–7 June. With a particular focus on encouraging people to volunteer who haven't before, there will be lots for people to get involved with. New ideas are always welcome too! Lewisham Shopping Centre have kindly donated space from Thursday 1 – Sunday 4 June so come along on these days to get involved!

The special day set aside for older people's volunteering opportunities is Sunday 4 of June, but here are other exciting opportunities for all ages and families.

For more information or if you would like to volunteer contact Sam on: 020 8314 3584
sam.hawksley@lewisham.gov.uk



Brockley Max Festival is looking for volunteers.

Can you spare a couple of hours to help the local community, meet new people and have a bit of fun?



Brockley Max 2017, is a nine-day arts festival celebrating

Lewisham's local talent. It will take place **Friday 2 – Saturday 10 June** in Brockley, Crofton Park, Ladywell and Honor Oak Park.

We want to invite older volunteers to be part of Brockley Max 2017. Come on your own or with friends, while contributing your time to help make the festival run smoothly, for example, by handing out programmes, setting up events, being a festival ambassador or raising funds. You'll be an essential part of Brockley Max, helping create a special atmosphere.

You can volunteer as much or as little of your time as you like; there's plenty of variety and flexibility. If you have a spare few hours in May and June and can help out, **email:** volunteer@brockleymax.co.uk or call Emma: **07809 409 167**.

Get in touch!

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Facing our fears and doing it anyway – the story of one Older Peoples Organisation’s first go at using ‘crowdfunding’ to help raise funds for a project.

Project aim: Disabled People’s Contact is a day centre for the elderly/disabled which operates at the Deptford Methodist Mission in Creek Road Deptford. The aim of our Crowdfunder project was to make a series of collages over a one-year period with our service users, and to hold an exhibition at the centre at the end of the year at our DPC Family Open Day. Many of our service users are isolated and suffer from physical and mental health difficulties including dementia. The arts project will encourage social interaction, enjoyment and a sense of achievement for this group of people.

The success of using the Crowdfunder platform: As a charity for the elderly, we were initially concerned that we would not be able to generate enough funding using the online mechanism of Crowdfunder, as many of our elderly are not frequent computer users and we do not have significant online presence or online followers to contact. We did, however, have email addresses for many family members of our elderly service users, many of whom are grateful for the work we do in supporting the elderly.

Our approach therefore, was to generate some momentum with a small number of staff donations initially, and then contact the family members via Crowdfunder requesting pledges and offering them the option of donor rewards.

For rewards we used some leftover promotional merchandise we had, and for high-value pledges gave the option of a small collage made by the elderly. Some of the family members shared the project on their Facebook pages.

Through the Crowdfunder dashboard, we could see who had donated and it was great to see the word being passed along. We also printed out the Crowdfunder campaign posters and stuck them in our windows and in windows of local shops, and had a raffle to generate funds to donate online.

Whilst we were concerned about reaching our target within the timeframe, we found that as long as you make the effort through weekly updates (both to those who have donated, and those who haven’t), get some momentum, and reach a certain target, you are often eligible for funding partners to contribute.

We were fortunate to have Lewisham Council and the Just Act Community Foundation provide two thirds of our funding overall. We also took Crowdfunder’s advice to run a short campaign of four weeks and select the ‘all or nothing’ option so that that there was more of a sense of urgency to the project.

It certainly wasn’t easy, but we are hugely proud that all our efforts paid off and we achieved both our initial and stretch target. It also raised our charity’s profile and let people in the community know that we need their support.

My advice is, have a go!

The Disabled People’s Contact Day Centre at Deptford Mission supports the Boroughs of Lewisham and Greenwich. We aim to reduce isolation for the elderly and disabled, including those suffering from mental health issues and dementia. We provide transport, a three-course lunch cooked on the premises and afternoon activities including bingo, Reminiscence disco and chair exercises. We also go on 10 outings per year.

Speak to Erica Ross for enquiries on **020 8692 5599**.



Creating the Happiness Habit for Older Adults – 50 years and over

Free six half-day workshops:

Thursday 1 June 2017 – Thursday 6 July 2017 inclusive, 13.15 – 16.30, Lewisham Civic Suite, Catford.

Only five places available for Positive Ageing Council Members!

The aim of these fun, interesting and interactive workshops is to enable you to improve your happiness and wellbeing by providing you with a toolkit of proven practical actions which quite simply help you to be happier!

Each week the workshop will focus on a different topic: Introduction and expressing gratitude; Goal setting and action planning; Building resilience; Challenging limiting beliefs; Creating optimism; Managing stress and having fun; Review, conclusions and the way forward.

Participants have said:

- “I found this course great and a learnt a great deal and feel positive about the future.”
- **“This course was perfect, it has given me more confidence.”**
- “This course gets you to evaluate your life, and put things in place to improve your life and the life of others. Fantastic.”

As long as you live or volunteer in Lewisham, Lambeth, Southwark, Croydon and are 50 years of age or over, you are eligible.

Five places are available and will be allocated on a **first come, first served basis**.

Interested? Would like to book a place?

Contact Julia Coggins, Voluntary Services Lewisham by emailing

dropins@vslonline.org.uk or by calling **0208**

Positive Ageing Council Member sent us in this suggestion for the newsletter. Thanks Anne, really helpful!

Old paper fivers are going out of circulation on 5 May 2017.

All the joy of finding a ‘forgotten’ paper £5 will be severely dashed if it can only be spent in a bank!!

The only £5 note that will be legal tender after this date is the polymer £5 featuring Sir Winston Churchill, which was introduced in September 2016.

You can continue spending the paper £5 note, which features a portrait of Elizabeth Fry, until 5 May. After this date you can [exchange them at the Bank of England](#) in person or by post. Anne Bennet



Job opportunity at Ageing Well in Lewisham

Ageing Well in Lewisham is a small local charity working with vulnerable older people in the southern part of Lewisham Borough.

We are looking for a Charity Administrator, a dedicated person with proven administration skills, to work for the charity. The post will be office based in Catford and will require good IT skills, a knowledge of book keeping/accounting and ideally some experience of working with volunteers. The post will be for 28 hours per week with an annual salary of £16,529 plus contribution to pension. Initially for one year, the post will have a holiday entitlement of 23 days. For more details contact Grace Blyth on **020 8698 3735** or email grace.blyth3@gmail.com.

Positive Ageing Council Member, Patricia, has asked us to help publicize a project she is working on called Made in Greenwich

“I will be working for the Gallery, Made in Greenwich in the next few months to carry out interviews with older people who live in, worked in or come from Greenwich and the surrounding boroughs, including Lewisham. The interviews will cover the subject of how we ‘made do and mended’ during the 2nd World War – memories of how people repaired things, made clothes or toiletries and cleaning materials out of very little. The resulting footage will be shown in the gallery at an agreed date in agreement with the interviewed people.

I am looking for people, of 80 (who would have been 3 at the start of WW2) and over ideally, who would like to talk about this subject while being video recorded. The interviews can take place either at the Gallery in Creek Road, or in their own home if they are unable to come to the gallery.

It will be me doing the interviews and my background is as an advice worker for Age UK and volunteer worker for Cinnamon Trust supporting older people with their pet needs. I have a current DBS check. The owner of the Gallery is Edward Hill and his contact number is: 074231 25385.”Thanks for the article Patricia!



U3A Dulwich & District (University of the Third Age)

Members of the Dulwich & District U3A Ukulele Group played to elderly residents at the Nightingale House in Clapham.

The enthusiastic audience of over 90 residents, carers and family members joined in singing, dancing and playing along on maracas and tambourines.

The U3A group of 14 played and sang in two separate concerts including some old time favourites ‘Alexander’s Rag Time Band’, ‘Bye Bye Blackbird’ and Beatles’ numbers. However the best received songs for this Jewish care home were the Israeli folk songs ‘Tzena Tzena’ and ‘Hava Nagila’ which the group had learnt to sing in Hebrew.

It was a rewarding afternoon for the ukulele group which had a lot of fun playing at what was now their third performance for various charitable groups.

For more information contact Neil Abrahams 020 8291 1312.

Senior Citizens Club

Come and join our senior citizens club starting back on 25 July 2017. At Lewisham Sports Consortium, 140a Firhill Road, Bellingham SE6 3SQ. Tuesdays and Thursdays 10.30am–4.30pm. Light exercise, good interaction with others and many other things to do with a lunch provided. All for just £4 per session. Give us a look, you won't be disappointed.

Older Peoples Activities at Corbett Community Library

The older people activities are as follows

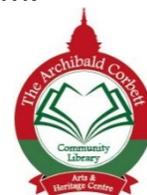
'We are Catford South Reminiscence Project', every Friday from 28 April from 10.30–12.00 noon until 9 June.

Local Reminiscence group, 9 May, 13 June, 11 July.

Gentle Seated Yoga, every Thursday 11.30am – 12.30pm.

Knit 'n' Natter, every Thursday 1.30–2.30pm.

All activities are free.



Wednesday: Board Games, Storytelling and

Arts and Crafts - 11am – 1pm

Inviting All Seniors (60+),
Adults, Young Adults, Young
People, Children, Friends,
Neighbours (Everyone)

Learn New
Skills”



“Share
Skills”



Bridging the
Generation gap
- Make New
Friends



“Improve Old
Skills”

Hillview Community Centre
Wednesday Club
“Shared Conversations”,
Arts and Crafts Project
Wednesday -
11am to 1pm

“Share
Skills”



All are Welcome

For More Information

Contact:

Hillview Community Services

39 Kitto Road, New Cross, London SE14 5TW

0207 635 0176/0207 732 4970

hvcs2000@aol.com

Working
together for
a “Friendlier
Community”



Branching Out

10.30am–3.00pm

Telegraph Hill Centre, Kitto Road, SE14 5TY

An opportunity to chat, make friends, do some art,
and play board games.

FREE tea and coffee! We also have a hat making
session and tai chi.

Branching Out is aimed at older people, but
everybody is welcome.

Come and branch out – and bring a friend if you'd
like to.

Hatty Uwanogho Tel: **020 7639 0214**.

The Front Room Club at St Luke's Downham

(corner of Northover and Shroffold Road, BR1 5JR)
on Tuesdays and Fridays from 9:30am to 2:30pm.

The Front Room Club is a free drop-in cafe for
anyone who is experiencing isolation/loneliness. The
club is a place to meet new people, make friends,
access support and advice, play games, and drink
tea and eat cake!

Contact us on: **020 3016 5054**

Group Befriending for Lewisham residents

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.

Summer outings and picnics are
planned for the better weather to
come.

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

When: Every other Wednesday

Time: 1.30–3.30pm

Contact: Bettina Ganser or Sandra
McGregor Tel: **020 8291 1747**

Email: befriending@vslonline.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

Moonshot Dominoes Club

Wednesdays 6 – 9pm at Moonshot Centre, Fordham Park, New Cross SE14 6LU. We play friendly matches and take part in larger competitions with teams from across England. In the summer we organise trips for younger players as well. All dominoes players welcome to join our friendly Wednesday evening group at the Moonshot Centre. For more information please call IRIE! dance theatre on **020 8691 6099**.

St George + St Michaels Tuesday Lunch Club

St George's, Vancouver Road, Forest Hill, SE23 2AG Tel: 020 8613 0295
The Tuesday Lunch Club starts at 13:00 and it will be on the following dates: 16 May, 6 June, 4 July. There is a cooked lunch with dessert for which we ask a contribution of £2.50 and there is often a speaker or activity. There is always lots of good conversation and everybody is welcome.
If people want to find out more or let us know they are coming (so we can cater correctly) please call **020 8613 0295** or email parish.office@stgeorgeandstmichael.org.uk
www.stgeorgeandstmichael.org.uk

Brockley Number 1 Pensioners Club:

Fridays 11am –2pm (term time)
St Andrews Centre, Brockley Road, SE4 2SA.

The Brockley Number 1 pensioners club is a club for men and women who would like a couple of hours mixing with other people, just for a chat or to play a game. Current regular activities include going out for lunch once a month, playing games and outings in the warmer weather. All this and a nutritious meal £5. So why sit at home by yourself, come join us for seated exercise, a healthy hot lunch, games and friendship!

Hummingbird Lunch Club:

Mondays and Tuesdays 12 noon–5pm
St Andrews Centre, Brockley Road, SE4 2SA.

The Hummingbird Lunch Club is a healthy eating and socialisation group for over 60s, whose members are predominantly from the Afro-Caribbean community. The Lunch Club takes place twice a week in the Saint Andrews Centre in Brockley. It provides a nutritious hot meal and dominoes afterwards. Members pay £5 each session for lunch.



BREAKSPEARS MEWS COMMUNITY GARDEN Senior Gardening Club

Starting again from **Thursday the 20 April** and will run for eight weeks every Thursday until the 15 June, 10am–12.30pm. Come to all sessions or to some.

Everyone is welcome, no gardening experience required and no need to book. Please wear appropriate footwear, as it might be muddy and slippery. Bring some protection for your hands, if you can. We will provide gardening tools, seeds, tea, coffee and biscuits. In case of heavy rain the session will be cancelled.

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

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

Breakspears Mews Community Garden – An oasis of peace, quiet and togetherness.

'Holiday at Home' hosted by the Diamond  Club, 1 – 4 August 2017 at Hartley Hall, Culverley Road, SE6 1AQ.

Are you over 60, living in Lewisham (preferably in Catford South & Rushey Green)? Lacking the opportunity to go away on holiday because of poor health, disability, lack of money or carer responsibility? Looking for some summer fun?

We have just the holiday scheme for you!

Tuesday, 1 August 10am –3pm 'Summer Fun'

Roll up to be greeted by a brass band playing old favourites. Summertime quiz, chair-based Zumba, picnic lunch, Morris dancing (and a chance to join in).



Wednesday, 2 August 10am – 3pm 'Movie Time'

Tea and biscuits to start, and a chance to reminisce about holidays gone by. Then a classic film with a break for cinema style hot dogs, a visit from the ice cream van and, of course, popcorn.



Thursday, 3 August, 10am–3pm 'All the Fun of the Fair'

Tea and doughnuts to start, then skittles, coconut shy, bingo, fish and chips and, if you have any energy left... *Old Time Music Hall sing-along*



Friday, 4 August, 10am–3pm 'Putting on the Ritz'

Start with individual and group photographs and a chance to review the week, followed by the grand finale – afternoon tea dance with live music, as if we are heading for the Ritz! Plus: arts and crafts, digital technology sessions, view older people's exhibits, information stands and representatives of community initiatives

This project has been kindly funded by the Catford South And Rushey Green Local Assemblies

To register your place, contact: Lesley Allen on **07729 785 843** or e mail

lesleyaallen@btopenworld.com.  Carers of those living with dementia welcome.

Liam Barnes, Partnership & Delivery Manager, Go On Lewisham:

“Thank you for inviting me to speak at your last event in the Civic Suite and it was good to have such a positive response and to see members attend the Techy Tea Party in Torrington Road Library.

With so many important services going online and with fewer walk-in and telephone service available, it's vital that older people don't get left behind. Learning basic digital skills is easier than you think and more affordable than ever.

Go On Lewisham are working with many organisation including DWP, social housing landlords, NHS, as well as Lewisham's own Digital Transformation team to bring training opportunities through trusted faces in familiar places. We aim to have digital zones throughout the borough in places like libraries, housing offices, adult learning centres, community centres, Citizens Advice, GP surgeries and even via carers. We also have a network of digital champions that can support you with one-to-one training.



So if you have digital skills and are interested in becoming a digital champion visit www.lewisham.gov.uk and search for digital skills.

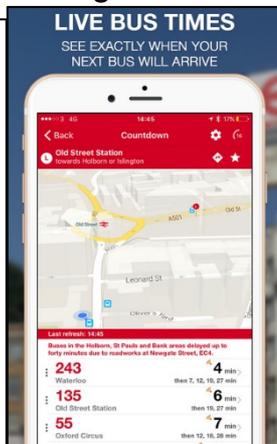
If you want to find out more about learning basic digital skills, ask in your local library or call 07392 191 272 about basic digital skills training . And it's FREE!

APP OF THE ISSUE

This issues recommended free app for your smart phone or tablet is:

London Live Bus Countdown

See exactly when your next bus will arrive.



Weekly Techy Teas

Learn how to use tablets, mobiles or laptops

A fun, easy going way to learn computer and internet skills such as emailing, Facebook, Whatsapp or whatever you are interested in. Tea and cake are provided.

Time: Every Tuesday, 1–3pm

Location: Ewart Road Clubroom, 44 Wastdale Road, Forest Hill, SE23 1HN

A donation of £1 for room hire is requested.

For more details please contact:

Damian Griffiths, CatBytes CIC,

Tel: **07939 288 079**

Get help to improve your digital skills

Want help with texting, email, social media or other online skills?

Come along to free digital drop-in sessions, run by Lewisham Homes, every Thursday from 10am–12 noon in the Old Town Hall, Catford SE6 4RU. All are welcome.

Learn to better use your laptop, tablet or smart phone devices in a friendly and warm environment with patient tutors.



Free basic computers classes – starting soon

Introduction to computer classes for over 50's for Downham residents. Mondays 12 noon – 3pm

Contact Mobile: **07949 008 636**

Email: sram35@hotmail.co.uk

ECO COMMUNITIES, North Downham Training, 103 Boundfield Road, SE6 1PF.

Funded by Downham Assembly and Santander.

Techy Tea Party every third Thursday of every month @ The Green Man, Bromley Road SE6 2RP primarily aimed at Bellingham, Downham and Whitefoot residents, but open to everyone between **1–3pm, 18 May, 15 June 15 and 20 July.**

These sessions offer the older community the chance to meet a 'digital buddy' to help you with your mobile phone, tablet or laptop – a great way to get some friendly advice and support over some tea & cake.

We are also looking for volunteer digital buddies, if you can help us please call **0800 028 5700**.



Own a smart phone or tablet, or know someone who does?

Get the right help with NHS Health Help Now

Finding the right treatment for you, at the right time and place just got that much easier. Health Help Now is an online and mobile app to help Lewisham residents find the most appropriate – and closest – treatment or health service provider, wherever they're located, no matter what time of day. The app and website can help residents find a late night pharmacy or the closest weekend walk-in centre for when they're feeling under the weather.

Health Help Now is available to all Lewisham residents free of charge on your smart phone or online <http://www.healthhelpnow-nhs.net/>. The app will take residents on a guided tour to find the right treatment based on location, symptoms, age, and time of day. Not all illnesses require a visit to the hospital or A&E where there are often long waits and very ill people. The app provides the reassurance that there is reliable and accurate guidance available to you and your family just one click away. Health Help Now offers quick and convenient advice for frequent and common symptoms such as cough and colds, emergency contraceptives, or child medication. Health Help Now also provides an extra level of privacy and security with password protection for your confidential health information.

"The Health Help Now app is a really useful tool for local residents to find the best NHS service to meet their needs anywhere in Lewisham" explains Marc Rowland, a local GP and Chair of NHS Lewisham CCG. "No matter where you are in the borough, if you need health help and advice in a hurry, late at night or at the weekend, the app will quickly direct you to the most appropriate place nearby, so you can be confident that you're getting the right help." To find out more go to the website: <http://www.healthhelpnow-nhs.net/> or search on your smart phone app store for 'Health Help Now'.

Health and Wellbeing Tai Chi

Hillview Community Services Kitto Road, SE14 5TW. Every 1st and 2nd Thursday of the month, 11am–1pm, £2 per session. Call **0207 635 4970** for more info or email hvcs2000@gmail.com.

Lewisham Branch – Parkinson's UK Tai Chi for people with mobility problems.

Gentle exercises focused around: balance, co-ordination, and strengthening of your core. All movements adapted for those unable to stand.

Sponsored by Lewisham Branch Parkinson's UK.

Contact Dorothy Ng www.dng-taichi.co.uk or call Mary on **020 8318 7287**.

Classes begin Monday 5 June, 12noon–1pm, at United Reform Church, 18 Courthill Road, SE13 6HB.



Lewisham Stroke Club having fun at Wheels for Wellbeing

Lewisham Stroke Club

A very friendly and welcoming small social group for stroke survivors and their carers. Meetings are alternate Wednesdays in Bellingham 10.30am–12.30pm. Speakers, games, activities, 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 or **020 8923 9443**.

Lewisham Indoor Bowls Centre

Lewisham Bowls Centre has something for you, whether you are a beginner looking to try something new or are already an established bowler wanting to take part in leagues and competitions.

Lewisham Indoor Bowls centre has a variety of relaxing activities, sessions and courses for people of all ages and abilities. First choice facilities offer you great surroundings, excellent equipment and an enjoyable atmosphere. Relax and unwind in the clubroom bar after your session with a refreshing drink.

Indoor Bowls Centre, Kangley Bridge Road Lower Sydenham SE26 5AQ

Tel: **020 8778 1531**



Opening Hours

Mon to Fri: 10am – 9.30pm

Sat to Sun: 10am–7pm

Bank holidays: 10am–5.30pm

Limited parking available, nearest train station is Lower Sydenham.

Over 50's morning at The Bridge

Are you over 50 and looking to get active with a choice of activities on offer?

The sessions on offer are swimming, squash, racketball, gym, aerobics and badminton.

Activities throughout the week. For more information speak to reception on **0208 778 7158** and then relax with a complimentary tea or coffee.

Discounts available to choice concession members and 65+.

Over 60's morning at Glass Mill Leisure Centre

Are you over 60? Or know someone who is? Come and join our over 60 club at Glass Mill Leisure Centre. Sessions run every Wednesday, 10am –2pm.

The club offers a range of activities:

Pilates 10am, gym session 11.15am, teas and coffee 12 noon and dominos and cards.

This will be a good opportunity to make friends and socialise.

For members this drop-in session is free of charge and for non-members this will cost £2.65.

For more information contact the centre on 0303 303 0111.

Older peoples coffee morning drop in may be returning to the Broadway Theatre café

The Positive Ageing Council are so happy to report that they are working to reinstate the older peoples offer at the Catford Broadway Theatre Café.

The café at the Broadway shut down over a year ago while the council were renovating and working on bringing in new managers of the space.

Members told us how much they missed the drop in and we are delighted to report that the new managers 'Little Nan's Cocktail Bar'

are excited to work with us to

help develop an offer for older people. We are meeting with

them soon so watch this space for any developments.



Positive Ageing Council

Improving services and facilities for older people in Lewisham

Sydenham Garden Annual Spring Fair

Come along to our annual Spring Fair for a brilliant day of fun!

Saturday 6 May 11am – 3pm

You can expect a plant sale, homemade produce including chutneys and jams, a BBQ, children's activities, the now famous cake stall, live music and a whole lot more.

Entrance is £1, 50p for concessions

Sydenham Garden Resource Centre

28a Wynell Road, Sydenham SE23

2LW Phone: **020 8291 1650**

Email: info@sydenhamgarden.org.uk



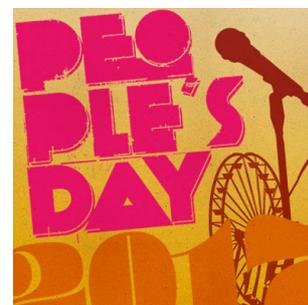
Lewisham People's Day is coming this 8 July and this year we're aiming to make it even more welcoming for children and adults with disabilities.

As part of this we're developing a sensory zone for children with autism and other learning disabilities, providing BSL interpreters, ensuring the site is easier to navigate, providing an access guide and working to become dementia-friendly. We're been chosen by Tesco's Bags of Help scheme as a community project to fundraise for in their stores, and the amount we will receive depends on you.

In Tesco stores across Lewisham, throughout May and June, you will be able to vote for the 'People's Day Disability Initiative' in their token boxes to help us raise as much as we can to make People's Day a better experience for children and adults with a range of disabilities and long-term health conditions. Each time you shop, regardless of whether you get a bag or how much you buy, you should be offered a blue token by your cashier.

If you use the kiosk or self-service the tokens should still be made available to you and please do ask if you can't see or don't receive them. On your way out of the store there will be a clear plastic box divided in three for three local projects and you simply use your token to vote for the project you want to fund.

There are stores participating across the whole borough.



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 our next meeting to discuss transport with representatives from TfL, Catford Garage and Stagecoach.

Thursday 15 June 2017, 11am–1pm

Civic Suite, Lewisham Town Hall,
Catford SE6 4RU

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac

