



Positive Ageing Council

Improving services and facilities for older people in Lewisham

November 2016 – January 2017 Newsletter

Date for your diary

The next Positive Ageing Council public meeting is

8 December 2016

Civic Suite, Catford Road, SE6 4RU

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

The next meeting

We were unable to hold our autumn meeting, but we are excited to invite you to our next meeting on Thursday 8 of December in the Civic Suite on Catford Road at 11am. We will hear from some of the organisations who benefitted from our small fund last year and have some Christmas fun.

Positive Ageing Council small fund

We were thrilled to fund some great projects this year through the small fund. We managed to fund 15 older people's organisations for a huge variety of projects and items, including an older people's film club, resources for men's brunch sessions, sow and grow sessions, exercise sessions, resources such as wheelchairs, tablet computers, board games, craft materials and much more. As demand was so high, we were not able to fund everyone, but we would like to thank everyone who applied and hope that many older people in Lewisham will benefit from the resources made available to these clubs through the Positive Ageing Council Small Fund. We will keep you informed of any other opportunities.

Meeting with the Mayor

Our steering group are looking forward to their meeting with the Sir Steve Bullock in November to ask some of the burning questions you have around issues facing older people in Lewisham. We will be feeding back in the next newsletter.

Christmas lunches

We have worked in partnership with the Lewisham Pensioners' Forum to help promote Christmas lunches available in Lewisham this year. We would like to thank the Pensioners' Forum for their work collating all the information and designing the flyer. Details of the Christmas Day lunches are included later in this newsletter.

Thank you! We would like to take this opportunity to thank all the members and friends of the Positive Ageing Council for being a part of another great year for our organisation. Thanks to the commitment of our chair, Peggy Fitzsimmons, and the wonderful steering group made up entirely of volunteers, we have increased membership and have created some great new partnerships and developed existing ones further. We would also like to say a huge thank you to the contributors to our newsletter. This is a helpful resource for older people in Lewisham and is only enhanced by your inclusions. If you see this newsletter and feel you may have a story, event or news of interest to older people, please do get in touch as we would love to include it in the next edition and editions to come.



Lewisham

Available in large print

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

60+ free swimming is continuing in Lewisham

Free swimming for **children aged 16 and under** ended on 30 September 2016. Because of ongoing government cuts, Lewisham Council can no longer afford to subsidise this scheme for younger people. Young people can still swim regularly with competitively priced swimming sessions across five pools, or join a swimming club or swim school programme which may offer reduced prices. Free swimming for children in care and **over 60s will continue**.

You can swim for free if you are a resident, hold a valid library card and:

- you are aged 60 or over (at designated times)
- have a disability and are receiving disability benefits (you will need to register for the Be Active scheme at your local library).



How does free swim work?

- 1. Choose where you want to swim** - You can swim at any of the pools in the borough.
- 2. Check the timings for free swimming** - Each of the swimming pools is offering free swim sessions at different times of the day. Check the swimming timetables online, or call your local pool for more information. If you are a resident aged 60 or over, or you have a disability and are registered with the Be Active scheme, you can swim for free in any adult session.
- 3. Take your library card with you** - If you are 60 or over, or have a disability and are registered with the Be Active scheme, use your library card to show you are eligible.

To look at swimming pool timetables online use the following link:

www.fusion-lifestyle.com/contracts/Lewisham_Leisure_Centres

Free swimming for people aged 60 and over is currently continuing as there is a good take up of the service. In order to keep this going it is important that older people continue to use the service and access free swimming – don't let the cold weather put you off getting out and taking a dip!

Ask about the Be Active scheme at your local leisure centre:

The Bridge Leisure Centre Kangley Bridge Road, SE26 5AQ Tel: 020 8778 7158

Downham Health and Leisure Centre 7–9 Moorside Road, BR1 5EP Tel: 020 8461 9200

Wavelengths Leisure Centre Giffin St, SE8 4RJ Tel: 020 8694 9400

Forest Hill Pools Dartmouth Road, SE23 3HZ Tel: 020 8291 8730

Glass Mill Leisure Centre 41 Loampit Vale, SE13 7FT Tel: 0303 303 0111

Techy Tea Parties going strong

Community Connections and the Go ON Lewisham initiative continue to run pop-up Techy Tea Parties across the borough. We connect older people with volunteers in a fun atmosphere to help answer questions about the digital technology that older people have in their homes. Participants bring mobile phones and tablets, and volunteers offer tea, coffee, cake and solutions.



For more information, please contact the Community Connections team on communityconnections@ageuklands.org.uk or call 020 8314 3244

Lewisham SAIL Connections is Age UK Lewisham and Southwark's new project to support older people (60+) living in Lewisham to access services that support safe and independent living. This is achieved through a simple checklist of yes/no questions relating to services supporting: health and wellbeing, living conditions, fire safety and home security and financial support. Anyone can complete a checklist. Checklists are available as A4 pads and on the Age UK Lewisham and Southwark website.

For more information contact: call 020 7358 4077

sailconnections@ageuklands.org.uk

www.ageuk.org.uk/lewishamandsouthwark/sail



Grove Centre advent event

Bring your grandchildren, friends and family (or just yourself!) to our FREE advent event. Dress up and have your photos taken as part of our nativity scene, and we'll make the pictures available for you to download (also free), so you can use them for your Christmas cards and newsletters!

Stop for a cuppa and a rest, with colouring to entertain the children.

2–5pm,

Sunday 27 November

The Grove Centre Church,

2 Jews Walk, Sydenham SE26 6PN



Get in touch!

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The Self Care event will be preceded by our Annual Meeting which will take place from 11am - 12pm

The event is *FREE* and for all Bromley and Lewisham residents

Lunch and refreshments provided



Date: Thurs 17 Nov 2016

Time: 1pm - 3pm

Place: Community Hall,
Bromley Baptist Church, Park Road,
Bromley BR1 3HJ

We would like to invite you to take part in a Self Care Week event on **Thursday 17 November 2016, from 1pm.**

Self Care Week is the national campaign to raise awareness of how people can take care of their own health to help prevent disease or illness, look after minor ailments or manage long term conditions.

Aim of the event: To give you advice and information to look after yourself and your family.

The event is free of charge and open to both Bromley and Lewisham residents.



Free Keep Fit class

delivered by a qualified trainer, UCKG Help Centre
1 Bromley Road, Catford
SE6 1JX

Tuesdays 12 noon–1pm

Please bring you own mat.
To book the sessions call
Kim Powell on 020 7686
6049 or come into the Help
Centre to book your
sessions.

You must book in advance.

Catford yoga for seniors + people with MS/Parkinson's

Yoga and meditation have been proven to enhance physical health and mental wellbeing. This chair based class will teach you yoga poses to develop balance, flexibility and strength while the mindfulness techniques help ground you into an openhearted awareness in the present moment. You will leave feeling relaxed, energised and grounded.

Resources are also provided to develop a personal practice at home. So come and discover deeper levels of wellbeing through yoga.

Every Thursday 12 noon–1pm

Lewisham Irish Centre, 2a
Davenport Road Lewisham, SE6
2AZ - £5 Cost.

Some mats are available, bring your own if possible

For further info contact Mary
07404 891 872 or email

maryschnorrenberg@hotmail.com

Age Exchange – new day care service and 1-to-1 support for people with dementia and their family carers



We welcome people with dementia and their family carers to participate in Age Exchange's new project, which provides group sessions in two centres (Blackheath and Lewisham) and 1-to-1 support for those who have difficulty leaving their homes.

The award of £468,000 from the Big Lottery Fund will enable us to provide support for those who live in the boroughs of Lewisham, Greenwich and Southwark, through innovative Reminiscence Arts Intervention. The service is free.

For more information and to make a referral, please speak to Aga

Telephone number: 020 8318 9105 Email: Agnieszka.Daldorph@age-exchange.org.uk



We are delighted to let you know that the fantastic Lewisham charity Age Exchange has been shortlisted in the top 30 charities for The Guardian Charity Awards

The Guardian Charity Awards offer a unique platform to celebrate the success of small and medium-sized charities working to improve social wellbeing. For 24 years, The Guardian have showcased their work and given winners the backing and profile they need to move forward. The full list of 30 organisations shortlisted this year has just been announced. The five winning charities will be announced at an awards lunch on 13 December at The Guardian's London head office.

More about Age Exchange

Age Exchange is the UK's leading reminiscence charity and has over 30 years' experience of using reminiscence to improve health and wellbeing. The organisation specialises in the use of reminiscence to improve the health and wellbeing of older people. Age Exchange provide support for carers, a reminiscence arts intervention for people with dementia, activities for older people and inter-generational projects to bring people together. If that's not enough, they also run a community hub including a volunteer-led local library and not-for-profit café in Blackheath.

Get in touch!

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Lewisham Healthy Walks by John Macy, a member of the Positive Ageing Council and a keen healthy walker

A few years ago I learned about the program of healthy group walks for seniors which have been organised across the borough. I was just getting mobile again after complications following a successful stem cell transplant. I was using a stick, having moved from wheelchair to crutches, and I wanted to progress. My physiotherapist pointed me in the direction of the healthy walks program, and after a phone call I was sent a long list of the days, times and locations of the various walks.

The next step was to steel myself to the new challenge. I learned that the walks each had team leaders, and there would be support from the leaders so that people would be able to enjoy the walk whatever their ability, and not be abandoned at the back of the trail. My first walk was in Bellingham, with gentle slopes and a small park on a Wednesday. Sadly, it was a drizzly cold day. So with wet feet – I didn't choose the best footwear – a cup of tea in the church hall afterwards was most welcome.

My next venture was to the walk on Thursdays at the Horniman Museum and Gardens in Forest Hill. This was more challenging, as the grounds contain some serious slopes, but it is all off road on well paved paths. The museum used to host the 15 to 20 strong group, and provided tea, coffee and biscuits along with a presentation on different subjects relating to the their collections. This has now been discontinued, but because of the splendid setting, and interesting gardens, where every plant is labelled, it has not had a negative impact on attendance.

But most important is the group itself, an interesting collection of people from varied places and backgrounds, who offer cheerful companionship and support. Going to meet up with them each week is an even greater incentive than the exercise alone.

For my part, it has been a life changer. I no longer need a walking stick, and manage the hilly parts of the walk without collapsing on a bench at the end. And I now easily walk to the station and out and about, going shopping or other activities. My appetite is better, especially on walk days, and my dog also appreciates longer more frequent walks!

I would strongly recommend this to any senior citizen, it provides gentle exercise and good company for most abilities. Information is readily available through the Walking for Health website. There are many different walks, easily accessible all over the borough. Join us and make new friends! www.walkingforhealth.org.uk/walkfinder

Contact Jenny Budd Tel: 020 3049 3485 Jenny.budd@nhs.net



Blue Badge reminder

If your existing Blue Badge was issued by Lewisham Council, you will get a reminder from the national badge production company **eight** weeks before your badge is due to expire. If you prefer you can start your application before you get your reminder, which will be sent by email, text or letter, depending on how you prefer to be contacted.

Please remember that there is now a £10 admin fee for all new Blue Badge applications, renewals and replacements. Applications can be made online at www.lewisham.gov.uk/bluebadge. Please include the evidence requested along with payment details. If you don't do this, your application might close. If you experience any technical problems applying online call 0844 463 0213.

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 or call 020 8314 2190.

Applying for a 60+ Oyster card

If you are aged 60+ but you're not old enough to apply for a Freedom Pass, you can apply for a 60+ Oyster photocard. This allows you to travel free on bus, tube, tram, DLR, 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>

There isn't a phone number but library staff can help you if you apply in your local library.

www.lewisham.gov.uk/pac or email

Applying for a 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 using a computer, smartphone or tablet. If you don't have these, ask a friend or relative to help you.

Alternatively, you can use the computers and scanners at 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 and a passport-sized photo, proof of identity and address with you. Library staff are very happy to help you with your Freedom Pass applications.

New care homes in Lewisham

Social landlord Phoenix Community Housing is building 60 brand new extra care apartments for older people at Hazelhurst Court, close to Beckenham Hill train station, with support from Lewisham Council.

The new one and two bedroom homes are will be available to rent from summer 2017. Designed to support older people to live independently, the new homes will be bright and spacious with private balconies and shared gardens. Staff will be on site 24 hours a day and additional care and support is available based on individual needs.

For more information, please contact Caroline Hendrick at Phoenix by calling 0800 028 5700.



Forget Me Not

A reminiscence café for people living with Dementia

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

Please contact Tina on: 020 8291 1164
Email: info@seniorslewisham.co.uk

Next dates:

11 November 11am–1pm

25 November 11am–1pm

9 December 11am–1pm

2017 dates coming soon



SENIORS

260 Stanstead Road, SE23 1DD

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.

So 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'll teach you some steps you can use anywhere, on any dance floor.

The Golden Years Club – a social and wellbeing hub for people over 50

An space for older people to share special moments, celebrate historic times, embrace each other's rich and diverse heritage, while enjoying "me time" amongst likeminded people.

Coffee Mornings – every Thursday
10:30am–1:30pm

Fitness Club – first Thursday of the month
11am–12 noon

Venue: 75a Rushey Green, Lewisham SE6 4AF. Activities are FREE but booking is required. Call **Elim Church:** 020 8895 8500

Or call Community Connections: 020 8314 3244

Wanting to share your experience of life? Seeking company? Come along to Tea & Topics

A new Wednesday afternoon club in Lewisham central, Rivermill Park Estate has been established to help local senior citizens connect for fellowship, fun and discussion.

Every Wednesday, 1–3pm.

Ecclesia Church, 1 Cornmill Lane (off Elmira Street) Lewisham SE137AW.

We will also be taking names for our free Christmas Day meal – held in partnership with a local café.

For further details contact Byron on 07768 695 394.

Get in touch!

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60 Up C.I.C. C/O Honor Oak Community Centre, 50 Turnham Road, SE4 2JD Tel No. 020 3667 3704, email info@60up.org.uk website: www.60up.org.uk

November and December Schedule

Date and time	Activity	Venue	<p>GCDA is delighted to announce the next round of free Lewisham Cookery Clubs 'Easy Quick and Tasty'!</p> <p>By preparing quick, affordable, healthy and delicious meals at our 6-week community cookery clubs you can learn that small changes to the way meals are prepared can make a big difference to your health and wellbeing.</p> <p>Everyone is welcome, from complete beginners to experienced cooks and participants receive a FREE cookery book on completion of the course</p> <p>Where: Ringway Centre, 268 Baring Road, Grove Park SE12 0DS</p> <p>When: 6 weeks starting Monday, 7 November from 10.30am–1pm</p> <p>Or</p> <p>Where: The Lewisham Training Kitchen at The Green Man, 355 Bromley Road, SE6 2RP</p> <p>When: 6 weeks starting Wednesday, 9 November from 10.30am–1pm</p> <p>Or</p> <p>Where: Sydenham Library, 210 Sydenham Road, SE26 5SE</p> <p>When: 6 weeks starting Wednesday, 9 November from 12 noon–2.30pm</p> <p>To book, contact Edina on 0208 269 4885 or email edina@gcda.org.uk</p>
Friday 11 Nov 12 noon–2pm	Fab Friday 12 noon - tea & chat 12.15pm - Zumba Gold exercise 12.15pm - arts & crafts	The Green Man The Barn The Hub	
Monday 14 Nov 12 noon–1pm	Exercise for older adults	The Green Man The Barn	
Thursday 17 Nov 1–3pm	Healthwatch Self Care Matters – Lunch & refreshments provided	Community Hall, Bromley Baptist Church, Park Road, BR1 3HJ.	
Friday 18 Nov 12 noon–1.30pm	Fab Friday 12.00 Tea & Chat 12.15pm Urban Soul Line Dance 12.15pm Arts & Crafts – Christmas crafts	The Green Man The Barn The Hub	
Monday 21 Nov 12 noon–1pm	Exercise for older adults	The Green Man The Barn	
Thursday 24 Nov 12 noon–2.30pm	HOCA Over 55s club Tea & Chat, Arts & Crafts – Christmas Crafts	Honor Oak Community Centre	
Friday 25 Nov 12 noon–1.30pm	Fab Friday Bingo (£2 for 4 page game)	The Green Man	
Monday 28 Nov 12 noon–1pm	Exercise for older adults	The Green Man The Barn	
Thursday 1 Dec 11.30am–1.30pm	HOCA Over 55s club	Honor Oak Community Centre	
Monday 5 Dec 12 noon–1pm	Exercise for older adults	The Green Man The Barn	
Thursday 8 Dec 12 noon–2.30pm	60+/HOCA over 55s Christmas buffet and party – music by J&M sounds	Honor Oak Community Centre	

We're pleased to announce the opening of a vintage tea room in Catford. **Truly Splendid**, Abbotshall Road Healthy Lifestyle Centre, Catford, SE6 1SQ. This is a really lovely place to relax and enjoy real tea in china cups, with yummy cake and a nice atmosphere. Drop in and try it for yourself.

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MENS BRUNCH

HAVE YOU GOT FREE TIME?

WOULD YOU LIKE TO MEET AND SOCIALISE WITH OTHER PEOPLE IN YOUR AREA?

ARE YOU INTERESTED IN ENJOYING A FREE DELICIOUS BRUNCH AND PARTICIPATING IN A RANGE OF SOCIAL ACTIVITIES?

JOIN US!

EVERY LAST THURSDAY OF THE MONTH

12 - 2PM

AT SOMERVILLE (SYPP)

260 QUEENS ROAD

NEW CROSS

SE14 5JN

FOR MORE INFO CONTACT THE THCN COMMUNITY DEVELOPMENT WORKER - DANIELLE HEATH.

TELEPHONE: 07538 669 120 OR EMAIL : Danielle.heath@sypp.org.uk

Have you had an NHS Health Check yet?

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

Daily coffee mornings and lunch for older people at The Grove Centre

Coffee and lunch take place every Monday–Friday.

Tea and coffee from 10.30am–12.30pm and lunch from 12.30pm.

Cost: Tea or coffee is 30p, lunch is £3.30 (call to book before 11am).

The Grove Centre Church
2 Jews Walk
Sydenham
SE26 6PL

Booking information Tel: 020 8778 8601

Lewisham Asian elders and carers lunch club

A weekly social club on Fridays, 10.30am–2pm, for older people with an interest in South Asian culture. Join us for a tasty vegetarian meal, good company and a range of wellbeing and social events.

Address: Calabash Centre
24 26 George Lane
SE13 6HH

For more information
Contact Sabrina - Tel: 07704 256 394

Get in touch!

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Two-day healthy eating and physical activity training for community groups

GCDA, commissioned by Lewisham Council, are running a unique and exciting two-day training programme **exclusively for community groups in the borough**. These training days will cover essential information on how to deliver simple sessions around healthy lifestyles and will include ongoing support to the groups. The training will equip participants to run short, simple sessions and will cover:

- Healthy eating: the eat well guide and label reading
- Physical activity
- Communication skills
- Making it relevant to your setting

There will also be ongoing mentoring and support available to help you plan and deliver your sessions.

If you would like to take up this incredible offer, there are a few commitments we'd like you to agree to, to ensure we are reaching as far and wide an audience as possible. So, by attending the training you agree to the following:

- You will send at least two people from your organisation to attend the training
- All attendees commit to attending on both days
- You commit to deliver three sessions, based on healthy living which could include healthy eating or physical activity, before the end of April 2017.
- You will ensure any relevant paperwork is filled out by those attending your sessions

GCDA will provide the following support to all groups:

- Guidance and mentoring around session planning
- Attendance at sessions as above to support and mentor
- On-going support over the phone and email
- A network of similar groups to exchange ideas and keep motivated
- Celebratory event to recognise achievement

If you think you can commit to the above requirements and are keen to help support your service users to improve their physical and mental wellbeing, then please fill in the application form and return to Fay Williams on fay@gcda.org.uk Tel: 020 8269 4880

Are you interested in becoming a trustee for an older persons organisation?

Many groups are looking out for people with skills in admin, finance, business management and fundraising. If so contact Lucy – details below.

Thinking of stopping smoking?

The Lewisham Stop Smoking service has helped over 15,000 people quit smoking. For free support and advice call 0800 0820 388, or visit www.smokefreelewisham.co.uk. A professional stop smoking adviser will contact you to discuss what help you might need. You are four times more likely to quit with support from the Stop Smoking service than going it alone – it is never too late to quit.

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Lewisham Pensioners Forum

Annual General Meeting

10am to 1pm

Wednesday 23rd November 2016

Civic Suite, Catford. SE6 4RU

Only Forum members can vote—but anyone is welcome to attend for the speaker and social side of the meeting.

Guest Speaker—from the National Pensioners Convention, the nationwide campaigning body to which the Forum is affiliated.

Cards for Good Causes will be here again with a stall of charity Christmas cards, wrapping paper, ribbon and little “stocking fillers”.



PLUS the “Monday Project” stall with blankets and Christmas gifts made as fundraisers for the Forum, together with Pam’s unique hand-made cards for that special occasion.

AGM concludes at 12 noon with a prize draw from submitted Evaluation/Feedback forms about Pensioners Day.

Then there are mince pies and time to shop for cards, buy tickets on the tombola and browse the stalls until 1pm, including various useful publications on the Forum/Membership Table.



Mondays at Seniors

9:45am–10:45pm 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

Tuesdays at Seniors

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

Wednesdays at Seniors

9:45am–11:45am U3A Art class (£1)
 10am–12 noon Seniors Art Group
 Knit & Natter
 12:15–1:15pm Zumba (£3)
 1–3pm Bingo (4th Weds) (£2)
 2–3pm Keep Fit (£2.50)
 2–3pm Quiz (2nd Weds) (£2)
 2–3pm Book Club (1st Wed)

Seniors Centre, 260 Stanstead Road, SE23 1DD Contact: 020 8291 1164

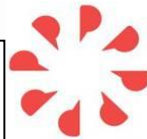
Thursdays at Seniors

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 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).



LPF Monday Project

in St Mauritius House, Lewisham Park, SE13 6QX each Monday 10am to 3pm

(get off at the Lewisham Park bus stops on Lewisham High Street and it is about 100 yards up Lewisham Park on the left)

Morning Activities 10am-1pm

Knit & Knatter, plus crochet & wool craft

with (from 11am) Pam, Mervion or Ronel

Tessellated Art & Colouring for Adults *with Doris*

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



Book club: *linked to the radio 4 programme (monthly, on the Monday after the first Sunday)*



Morning Music Sessions in “The Jolly Farmers”

(in the row of shops opposite Lewisham Park)

11.00-12noon: “Learn the Ukulele”

Bring your own ukulele or use one of ours



Afternoon Activities 1.00-3.00pm continuation of the above PLUS the Forum’s “Digital Drop-in”:

Want help using your SmartPhone, Tablet, digital camera or other bit of techy kit?

Come along to our “buddy help table” and (no promises) we’ll try to assist.



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

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

Deafblind UK is a charity that assists those who have been both deaf and blind from a young age, but also those who have coped well for a long time with either deafness or visual impairment and then suffer the devastation of the other sense failing. It also offers advice and support for people who are just noticing that they are having difficulties with their sight or hearing. If this is you, a friend, or relative consider what membership offers below and get in touch on their **freephone 0800 132320**, or go to their website for a referral form.

Deafblind UK is a membership organisation that offers the following services, all of which are **free to access**:

- Our information and advice line provides members with emotional support and practical advice on a wide variety of topics, such as giving people who have acquired the disability tips on helping family and friends use different ways of communicating with them.
- We make outbound calls to members and send out birthday and Christmas Cards.
- Through our outreach service we provide face-to-face bespoke support through home visits, working with our members to address any issues they might be facing.
- Volunteer befrienders provide companionship and light touch support at home that enables members to do everyday things such as shopping, going for walks, meeting friends.
- Our advocacy service supports our members when more complex things go wrong.
- Support and social groups bring deafblind people together for companionship, to enjoy activities, share advice and tips with each other, and to have fun together (subs may apply).
- Bespoke digital technology support helps deafblind people who have some residual sight or hearing use devices through audio commands and magnification in the way that best suits their level of sensory loss.
- A quarterly members' magazine, Open Hand, in accessible reading formats keeps members informed and involved.
- Access to our holiday caravan to give members a welcomed break in a deafblind-friendly environment.

Christmas Markets in Lewisham

Over the festive periods many local high streets, community centres and churches hold local Christmas fairs. These events are a lovely way to get involved, support local business and artists, and be a part of your local community – maybe even splash out on a few new decorations! At the time of going to print these are the local Christmas markets we have dates for:

Blackheath Christmas fair for Age Exchange: Sunday 20 November 10.30am–4.45pm, Great Hall, Blackheath Halls, SE3 0RQ

Blackheath lights switch on and Xmas market: Saturday 26 November (no time available)

Ladywell Christmas market: Saturday 3 December (no time available)

The Horniman Christmas Fair: Saturday 3 and Sunday 4 December 10.30am–4.30pm, The Horniman Gardens, SE23 3PQ

Catford grand Christmas fair: Saturday 10 December from 11am, Broadway Theatre, SE6 4RU

Brockley Christmas market: Saturday 17 December from 12 noon, Coulgate Street, SE4

Check local advertising for more markets and events we didn't get in time – have a lovely Christmas!

Lewisham Local History Society talks November and December schedule

(look out for 2017—to be printed soon!)

Friday 25 November

Lewisham's Cinemas from the 1930s to 1960s The heyday and decline of these “picture palaces” with **Pam Hudson**, former secretary of the Telegraph Hill Society and author of their information notes on Cinemas of New Cross.

Friday 16 December

The Christmas Special will be local author, Mike Brown, and his celebration of Christmas on the Home Front

When war broke out in September 1939, it was (once again) common to hear that it would ‘all be over by Christmas’. When Christmas 1939 did arrive, it was in the period which became known as the ‘phoney war’, a rather surreal time where the war became regarded as something of a novelty. Yet as other Christmases came and went, the war with its dangers, shortages and privations, soon ceased to be a source of fun. Christmas itself became an annual remembrance of the pre-war world; people worked very hard to celebrate the festival in spite of shortages, rationing and the absence of family members.

Using a host of artefacts, and original sources, Mike Brown will look at how the nation strove to have a traditional yuletide in spite of all these problems.

All talks held in the Methodist Church Hall, Albion Way, SE13 6BT. Start time: 7.45pm

with light refreshments before and time for questions after. See website for updates:

www.lewishamhistory.org.uk Guests welcome but are asked to donate.

No one needs to be alone in Lewisham on Christmas Day

From Deptford to Bellingham there are churches and cafes offering lunch and friendship on 25 December, some drop-in, some needing to be booked in advance.

Lewisham Pensioners Forum (020 8690 7869) have compiled this list (available to view on the next page), a piece of work undertaken in good faith and as accurate as we can make it at the time of printing, so please don't hold us to blame if something's missing which should be there or if arrangements have changed since we went to press.

The Positive Ageing Council are proud to support this by printing the Christmas lunch flyer. Thanks to the forum for collating the information and for all the amazing work done by these community organisations to provide a Christmas dinner for the people of Lewisham

If you book into a lunch and arrange transport but then find you're spending the day with family or friends after all, please let the organisers know to prevent the driver picking you up from having to get hold of the emergency services on Christmas Day simply because you're not there to answer a door-bell.

Lewisham's Christmas Day lunches – no one needs to be alone in Lewisham at Christmas

Deptford Methodist Church, 1 Creek Road, SE8 3BT

10.30am church service or just come along at 11.30am for welcome, tea and coffee. Then a 3-course lunch (tell them in advance of dietary requirements)

Followed by games and entertainment, **finishing at 3.30pm.**

Phone Maria on 020 8692 5599 to confirm numbers and discuss transport.

St Johns, off Lewisham Way, SE8 4EA Lunch from 12.30–3pm

Phone Peter on 020 8692 2857 to book in advance and ask about limited transport provision.

Perry Rise Baptist Church, Perry Rise, SE23 2QL

Traditional turkey and Christmas pudding, with an option of being picked up and dropped home.

Free, but not a drop-in. Please phone VSL on 020 8291 1747 as soon as possible to make arrangements, or call in at the Voluntary Services Lewisham office, 300 Stanstead Road, SE23 1DE to fill in the form.

And on Boxing Day Monday 26

December The Hill Station, Kitto Road, SE14 5TY (close to the 343 and 484 bus routes). Open 12 noon–4pm. Anyone feeling the let-down after Christmas is welcome to come along and bring any leftovers they have to share, or just bring themselves! There will be hot drinks, biscuits, cake and company. All free.

All Saints, Monson Road, SE14 5EH

Mass in the Community Hall at 11am, then drop in for **traditional lunch starting at around 1pm**, followed by an afternoon of great entertainment and tea with cakes and sandwiches.

No charge for anything.

Phone Father Owen on 020 7639 3497 as some transport may be available.

Cummin' Up restaurant and take away, 389 Lewisham High Street, SE13 6NZ

Richard Simpson and his family cook traditional British Christmas Day fare (including Brussels sprouts!), plus jerk chicken, rice & peas and mixed salad **1–6pm.**

Christchurch Reformed Church Bellingham, SE6 3HQ

A roast dinner and pudding plus tea on Christmas Day. Call Joanne on 07982 848 611 to confirm if you plan to attend, as they will need to know numbers for catering (places are very limited this year). Once you have reserved your place, please contact dial-a-ride to book your transport.



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

Positive Ageing Council

Improving services and facilities for older people in Lewisham



Festive
food and
drink

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



**Thursday
8 December 2016**

11 am – 1.30pm

Civic suite rooms 1 and 2

Lewisham Town Hall,
Catford SE6 4RU

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac



Lewisham