



Positive Ageing Council

Improving services and facilities for older people in Lewisham

Newsletter – Autumn 2019 Edition

Date for your diary
The next Positive Ageing Council public meeting is **Thursday 12 September 2019, 11am**, Civic Suite Catford SE6 4RU.

Quarterly news, events, activities and updates for older people in Lewisham.

Special Edition:

Festival of Creative Ageing

For three weeks in September and October 2019, Lewisham will become a hive of creative activity for the borough's first ever **Festival of Creative Ageing – 'Age Against the Machine'**.

Celebrating the transformative power of the arts in our lives as we age, the festival will showcase and support the talents of older people in Lewisham and the life-enhancing benefits of creativity.

The festival will run from 13 September to 6 October 2019 across the borough of Lewisham in theatres, public spaces, community venues, care homes and many more unexpected places.

More information on festival activities throughout this newsletter!



We have a brand new email address. If you ever want to drop us an email about an issue you would like us to consider for our newsletter, please contact us on: positive.ageing@lewisham.gov.uk

You are invited to our next public meeting!

Date: Thursday 12 September 2019
Time: 11am-1.30pm
Venue: Civic Suite, Catford, SE6 4RU



The theme of the Positive Ageing Council public meeting is: Ask your Mayor a question!

We will be focusing on developing questions for the Mayor in our groups on some major themes of interest to our members such as transport, health, housing, communication and so on.

In the second half of the meeting we will be asking him our questions.

We will also have some special performances from our Dance Troupe the 'PosAC Groovers' and more...

We look forward to seeing you on Thursday 12 September 2019

What happened at the last Positive Ageing Council public meeting!

The theme of the last meeting was Fire and Water!

We were delighted to welcome representatives of the Thames Water and Lewisham Fire brigade to speak to our attendees about a free Priority water Service for customers who find themselves in vulnerable circumstances. And from the Fire brigade we learnt all about FREE Fire safety checks at your Homes. We also took the opportunity to ask lots of questions to our speakers. As space is limited in this issue we will follow up more in the next edition, but the information about how to register as a priority water user and signing up to the fire check are on the next page

Please read on to find out more about the amazing festival of creative ageing and more Enjoy!



Lewisham

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

Available in large print

Thames Water Free Priority Services **Supporting people in vulnerable circumstances**

Thames Water offer a **free Priority Service to customers who find themselves in vulnerable circumstances.**



By registering for this service Thames Water aim to provide free support in the unlikely event you have no water, by prioritising the most vulnerable first.

Thames Water work with electricity network operators to help customers benefit from support during both power cuts and water supply interruptions. Amongst the eligibility criteria are poor mobility, sight or hearing loss, dialysing at home, speech or hearing difficulties, mental health issues.

Thames Water can tailor their services to meet customers' needs, from using their preferred means of communication to delivering water to their door, giving them peace of mind at a time when they need it most. Financial support is available too.

For more information, email ecs@thameswater.co.uk, call the Extra care Team on **0800 0093652 option 3**, or visit www.thameswater.co.uk/priorityservices. Financial support is available as well: search 'help paying your bill' on the Thames Water website.

To ask for leaflets or to request a speaker to visit your local groups, email tania.christie@thameswater.co.uk. **We look forward to hearing from you.**

Home fire safety visits.

Did you know that our firefighters and community safety team visited 80,559 homes last year?

What is a home fire safety visit?

We believe that successful firefighting starts with prevention. So we have introduced a service where we can visit you, a loved one, or someone you care for at home to provide personalised advice about fire safety. It's totally free, available 24/7, and we will even fit free smoke alarms during the visit if you need them.

What to expect during a home fire safety visit?

You can arrange a home fire safety visit for yourself or for someone you care about. However, to explain the process, let's imagine that you would like us to visit you in your own home.

Requesting a visit. Call us free on **08000 28 44 28**, text/SMS **07860 021 319**
email smokealarms@london-fire.gov.uk

Organising a time

A member of our team will soon be in touch to set up your visit. It can be any time of day or night – handy if you would like a family member or carer to be present.

On the day

We'll visit your home at the arranged time, and share our expertise. The visit is friendly and informal, and there's no need to tidy up or provide refreshments – we're here to keep you safe, not for the tea! After a chat about fire prevention, we'll ask you to show us around your home so we can provide personalised advice on:

- Cooking and smoking
- Heaters and heating
- Candles and fireplaces
- Detection systems (smoke and heat alarms)

[continued overleaf...]

- Bedtime checks
- What to do if there is a fire

[continued...]

Free smoke alarms

If you need them, we will also provide and fit free smoke alarms in any room where a fire might start. This can be done on the day.

Extra help and support

Depending on your personal circumstances, we might also suggest extra help and support from other organisations. This could be to discuss things like fire retardant bedding or linking a smoke alarm to your Telecare system.

Table Talk

The Lewisham Table Talk project tries to point older people towards the activities and advice they want or need. We have already been to 14 different venues in the Borough.

Our next sessions are :

- 19th August Lewisham Library. 11am - 2pm
- 17th September **Festival of Creative Ageing** Tea Dance at the Albany.
- 25th September EPSP Project, the Ackroyd Community Centre. 11.30am - 2pm
- 6th October Silver Sunday event at Trinity Laban. 12noon-5pm
- 15th October St Luke's Church, Shroffold Road. 11am - 2.30pm
- 20th November Stanstead Lodge Seniors. 11am - 2pm

Help us By Volunteering

Next year we hope to get out to even more places and are looking to recruit volunteers who may be interested in helping. (No experience required, just need to be able to commit 2-4 hours a month).

For information or details on Table Talk or to join as one of our volunteers, please contact Rachel Ellis on **07792 048 792** or email ellisrachel@hotmail.com

Table talk is an innovative way of helping to reduce isolation and loneliness by going direct to people who might not find it easy to access information or find activities that may suit them. 'Table Talk' takes time to talk to people as individuals and find out about their wants and needs, then signposting them.

Many organisations are already supporting Table Talk including the Lewisham Pensioners Forum, Stanstead Lodge Seniors Club, Positive Ageing Council, Diamond Club and many more.

Please get involved and volunteer if you can.

Table Talk

Helping to provide information and support to older people in Lewisham

What we aim to do

- Listen to your individual needs.
- Tell you about local events.
- Put you in touch with activity clubs and classes.
- Help you access services online.
- Give information on issues that concern you.

To find out where the next session will be, call Rachel Ellis on 07792 048792 or email ellisrachel@hotmail.com

As with welfare and all the subjects we cover in our newsletter, it is always advised that you do your own research and find out all the information you can - before you make any decisions. We are providing a review of our meetings and signposting you to more information only.



Festival of Creative Ageing

13 September - 6 October 2019

AgeAgainstTheMachine.org.uk



Age Against the Machine: Festival of Creative Ageing

Friday 13 September – Sunday 6 October

Taking place across the borough of Lewisham over three weeks, this ground-breaking, radical and relevant arts festival has a mission to open up the subject of ageing in our society.

Featuring over 70 events ranging from live music, theatre, film and exhibitions, to discussions, workshops and outdoor activities – mostly free or Pay-What-Makes-You-Happy.

Week one highlights include experimental show, *The Home*; festival launch event, *A 21st Century Tea Dance*; and an evening of groove with local drumming legends, Charles Hayward and Kwake Bass.

Plus, over-60s are invited to get a free haircut by The Bohemians Salon in Deptford. The Festival Finishes on 6 October at Trinity Laban **Silver Sunday / Festival Finale** event with the Positive Ageing Council.

Explore the festival: www.ageagainstthemachine.org.uk



Box Office
020 8692 4446
Age Against the Machine
Festival of Creative Ageing
The Albany Deptford SE8

The Positive Ageing Council are delighted to be a main partner in the Lewisham **Festival of Creative Ageing** this autumn. We have an exciting programme of activities - please get involved.

Positive Ageing Council Festival Dance Troupe - The Positive Ageing Groovers!

During August and September members of the Positive Ageing Council have been getting together to learn some fun dances ready to pop up across Lewisham to challenge people's perceptions of ageing. Want to come along and see us?

As well as popping up across the borough, the dance troupe will also perform at the following locations and events:

- **Stanstead Lodge Seniors Club** annual open day on **Wednesday 2 of October**
- **Whitefoot Assembly event** – Forster Park,
- **Sydenham Fun palace** event on **Saturday 5 October**
- **Silver Sunday / Festival of Creative Ageing** Finale festivities at Trinity Laban on **Sunday 6 of October**, between 12-5pm
- And more dates being booked as we type.



As part of this activity the ROAR team (see below) will be filming these dances, the reactions of the public and the journey of the dancers for our documentary film. We would love you to be involved in this project as a documentary film maker and are providing workshop training for anyone who is interested. Please get involved!

Positive Ageing Council Festival of Creative Ageing R.O.A.R. Team (Roving Older Adult Reporters) Help us create a documentary of the Positive Ageing Council activities throughout the festival.

Join our 5 week film workshops with local award winning director and film maker Michael Van Der Put and the Lewisham Young Mayors Team to help the Positive Ageing Council of Lewisham make a documentary of their experiences during the **festival of creative ageing**.

You need a basic understanding of how to use a smart phone or tablet apps and email, but we will teach you everything you need to know at our workshops throughout September and October.

Workshop dates

Workshops will take place on the following Tuesdays:

3, 10, 17, 24 of September & 1 October

You will also need to be free on some dates during the festival to film our dance troupe.

These will be fun, friendly, simple, interactive sessions and you don't need experience of film making on your phones to take part, **but you must have an interest in learning to use the technology and a little patience.** Tablets will be provided for practice, or bring your own phone along. We aim to buddy our film makers with a member of the Lewisham Young Mayors Team for added support and guidance.



The workshops will be delivered by local award winning filmmaker Michael Van Der Put, to help us produce the finished documentary. We will screen at our Special '**Silver Sunday Festival Finale Day**' on **Sunday 6 October** at The Trinity Laban Building and it will be available to view on YouTube when completed.

Please register your interest NOW by emailing positive.ageing@lewisham.gov.uk for more information.



The Positive Ageing Council and Table Talk are taking a trip on the CAT-BUS for the Festival of Creative Ageing

No one knows better than our members how important bus travel is for older people. We are thrilled to still be in receipt of our freedom passes and will continue to fight to ensure we keep them. Bus travel is crucial for helping people to remain independent and reduce the risk of isolation.

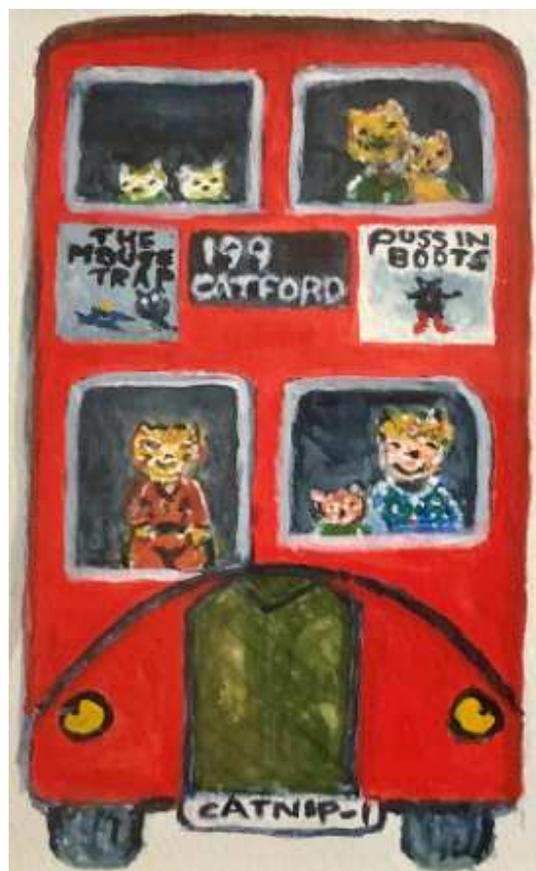
Not only that, the bus is still one of the most excellent ways to get around our fabulous city and visit attractions such as Tate Modern or Borough Market.



On **Thursday 19th of September** members of The Positive Ageing Council and the Diamond Club will be travelling on the 199 bus from Catford Garage to chat with bus travellers about their experiences and why bus travel is important to them. We will also be bringing a mobile 'Table Talk' along with us to help signpost passengers to activities or services.

Look out for us on your travels and if you see us, you will get an exclusive postcard of an artwork by Positive Ageing Council member Yvonne, who also came up with this fantastic idea to raise awareness.

We would like to give special thanks to the wonderful people at Catford Bus Garage, Stagecoach and TFL who have helped us deliver our **Festival of Creative Ageing** Cat Bus project



Transport
for London



Hello
London



Would you like to learn about and find edible plants, fruits and berries, and transform them into jams, jellies and chutneys?

Join us for the **Unity Big Jam** part of **Age Against the Machine Festival of Creative Ageing**.

Saturday 28th September 10am -5pm We'll be based in the garden at Lewisham Unity. Join us for a foraging walk, help us chop and prepare fruit, share your stories of growing, picking and preserving, decorate jam labels, contribute to a map of fruit trees in the neighbourhood, go for a singing walk, and take home a jar of jam at the end of the day.

Sunday 29th September 4pm - 5pm Join us for afternoon tea in the garden, we'll be sampling the delicious jams that we've made including rose petal, damson, apple and blackberry!
If you'd like to get involved in the project before our celebrations in September please get in touch. We are collecting fruit in advance of the workshop and would be delighted to involve gardeners, jam makers and jam eating enthusiasts in the preparations.

Unity Big Jam is a collaboration between Lewisham Unity, artist Clare Qualmann, and singer / composer Natasha Lohan.

Contact: Rev. Claire MacDonald for more information

Email: justrevclaire@gmail.com **Tel 07879 058 795**

Facebook: Lewisham Unity / **Twitter:** @LewishamUnity

Address: 41 Bromley Road, Catford SE6 2TS



Unity Big Jam!

28th/29th September 2019





Creative Neighbourhoods Project: Seeing Through The Eyes of Time

A collaborative film project for older residents

When and where will the film we create be shown during the festival?

Friday 27 September, 3-5pm

The Anniversary Centre at St Christopher's Hospice
St Christopher's Hospice, 51-59 Lawrie Park Road,
Sydenham, SE26 6DZ

Public transport: Sydenham Overground, 137 bus route

Saturday 28 September, 3-6pm

Outdoors on the Ewart Road Estate green, accompanied by live music performances and food

Ewart Road Estate green, 44 Wastdale, Road, Forest Hill, SE23 1HN

Public transport: Forest Hill Overground, 122 and 185 bus routes

Sunday 29 September, 11am-3pm

A big final celebration event at the Horniman Museum and Gardens with an outdoor screening accompanied by live music at the bandstand

Horniman Museum and Gardens, 100 London Rd, Forest Hill, SE23 3PQ

Public transport: Forest Hill Overground, 176, 185, 197, 356 and P4 bus routes



Stay in Tune Thursdays

Exciting changes are coming to the Horniman Museum and Gardens! Every Thursday afternoon in term time there will be musical events, workshops, tours, and more. Everything will be aimed at older adults and called **Stay in Tune Thursdays**.

Stay in Tune Thursdays starts on Thursday 3rd October, following the launch event on Sunday 29th September and is held at the Horniman

To find out more and to get involved please contact Lydia Woolley on: **020 8291 8725** or email lwoolley@horniman.ac.uk



HORNIMAN MUSEUM & GARDENS



The Diamond club are hosting a creative exhibition day at Hartley hall on Saturday 5 October 11-4 pm as part of Lewisham's **Festival of Creative Ageing** and the Catford Arts trail.

There will be older people exhibiting their talents through, quilting, felting, knitting, Mosaic making, cross stitch, photography and craft as well as an opportunity to take part in some tai chi, cha, cha, cha dances which older people have been taking part in leading up to the exhibition day as part of the festival. Homemade cakes and refreshments available.

There's still time to attend four free seated dance workshops in September on Thursdays 1-2.30 in Hartley Hall, Culverly rd, Catford.

To find out more contact Lesley Allen on **07729 785 843** or lesleyaallen@btopenworld.com



Arts in Care Homes

Arts in Care Homes is a new project managed by National Activity Providers Association (NAPA) (www.napa-activities.com).



We recently launched our website, a user-friendly resource for anyone wanting to organise arts activities in or for a care home. On the site you will find a wide range of useful toolkits, articles, research and tips for putting on activities.

The first National Day of Arts in Care Homes will take place on 24 September. We are delighted that Entelechy Arts are taking part and will be holding a 21st Century Tea Dance in Alexandra House in Rushey Mead.

Please organise an event for your care home and let us know about it.

To find out more email:

alison@artsincarehomes.org.uk



The Wear it Out exhibition – Festival of Creative Ageing

During a series of creative workshops Lewisham Homes' residents alongside local students from Beecroft School, with the help of Make Mee Studio used creativity to reignite connections between people and their possessions.

The exhibition showcases this creative energy, displayed through re-worked items of clothing that hold old memories whilst also creating new ones.

There will be a live sewing workshop and discussions on sustainable fashion.



The exhibition is on **Saturday 21 September** 1pm-5pm

The Old Town Hall, Catford, SE6 4RU.

To register, please contact the Community Relations Team on **0800 028 2028** or email getinvolved@lewishamhomes.org.uk.

JOY (Just Older Youth) with Somerville Youth Centre will be performing a cabaret for the **Festival of Creative Ageing**.

Friday, 4th October.

7.30 pm.

Telegraph Hill Centre,
Kitto Road, New Cross.
SE14 5TY



Peoples Day Will Return in summer 2020

In the future it will take place every two years due to government funding cuts. If you want to keep in the know about future festivals, then sign up for emails at:

www.lewisham.gov.uk/peoplesday

Festival of Creative Ageing activities at The Corbett Community Library,
Torridon Road Catford, SE6

Monday 23 September 2.30pm

Performance by the City of London Sinfonia which will be a Mindful session aimed at people living with dementia. This event will be part of our 'Tea and Cake Mondays' activity in the morning for people living with dementia - which we regularly have over 20 people including carers.



Wednesday 25th September. 11.00am

The other session will be on which will be a poetry anthology created by the Meet Me at the Albany older people's group created with the artist Katherine McMahon.

Entrance free.

Tickets available from the Age Against the Machine

Festival website: www.ageagainstthemachine.org.uk/



Corbett Community

@CorbettLibrary

Volunteer at Age Against the Machine

Entelechy Arts and the Albany are looking for enthusiastic and friendly volunteers to help guide people through the **festival of Creative Ageing** this autumn.

Event volunteers will help local residents and visitors to feel welcomed, informed and engaged during the festival and will have the chance to enjoy a range of artistically rich and diverse events.

We are asking volunteers to commit to a minimum of three events and one training session.

Please contact us on sarah.jarman@entelechyarts.org or **020 8694 9007** for an application form or more information about volunteering at the festival.



Phoenix Mega Techy Tea party / Age against the machine takeover of our regular event @ The Green Man.

At the event you might meet our newest digital champion 80 years young Margaret Davies.

The event is on Wednesday 10pm-1pm
2 October - Tea & Cakes and healthy bites served on the day

Activities include:

- Have a go on a brand new tablet
- Online ancestry
- Skype demo
- Games & Prize giveaway



St Margaret's "Darby and Joan Club"

We meet on Tuesdays from 12noon to 2pm at the Kingswood Halls, Kingswood Place SE13 5BU.

There is tea and biscuits, a raffle and entertainment but no lunch.

St Margarets Lee - The programme for the Festival of Creative Ageing.

Sept 10th - "Flowers for drawing and painting;

Sept 17th - Craft work with materials, mosaic tiles, and buttons;

Sept 24th - "Bollywood Vibes" demonstrations and workshops;

Oct 1st - Exhibition, music and singing in St Margaret's Church Lee Se13 5EA

Saturday Oct 5th - Exhibition in the Church.

Events free or Pay-What-Makes-You-Happy.

Contacts **020 8852 7162 / 020 8318 9643**



Stanstead Lodge Senior Club members will be performing at Upstairs at the Sydenham Centre on Wednesday 18 September at 2 pm. The event is part of Sydenham Arts Sixtyplus series.

The Drama Group will be performing their play GHOSTS which they have devised themselves. It is based around the opening of the Darby and Joan Club by Queen Mary in 1949.

The Seniors Singers will be leading an enjoyable sing-a-long, complete with a range of instruments which you will have a chance to try out.



Stanstead Lodge Senior Club have Open Days on Wednesday 2 October and Thursday 3 October from 10 till 4.

Come along and try out a few classes, enjoy the garden, if the weather permits.

We have a great Community Cafe where teas, coffees and meals are served at reasonable prices.

You can also see the Positive Ageing Council Groovers Performing their dances on Wednesday 2nd in the afternoon.

You will find us at 260 Stanstead Road SE23.

Bus Routes 171, 185, 181, 202, 75 and 122 all pass nearby.



Ageing In Style Fashion Show
Saturday 28th September, 6-9pm
Lewisham Irish Community Centre

Rushey Green Time Bank presents an 'Ageing In Style' Fashion Show featuring collections specifically aimed at the older generation.

Collections include:

- Natural Dye
- Upcycled fashion
- Handmade accessories
- Plus size fashion
- African Caribbean design and print

This event showcases items made by Time Bank members in workshops facilitated by professional designers.

Entry is free (you're welcome to leave a donation) and there will be a chance to purchase items featured on the catwalk after the show.

For more information please email: info@rgtb.org.uk or **07544 996 722** if you are a designer or group that would like to include a collection in the fashion show.

www.ageagainstthemachine.org.uk/Catford_events/Ageing_in_Style_Fashion_Show



Rushey Green Time Bank is a local charity who has supported people to exchange time and skills in Lewisham for over 20 years.
www.rgtb.org.uk



Memories in Movement

In August and September master drummer, Mohamed Zozo Shuaibu and workshop leader and choreographer, Sheba Montserrat are leading a series of sessions with African and Caribbean elders from Milliners Court and Vista Reminiscence, based on movements remembered by elders of their working lives.

We are delighted that a performance of their work will be included in the Festival of Creative Ageing in Black History Month on

Thursday 3rd October from 2pm-4pm.

at Moonshot Centre, Angus Street, New Cross, SE14 6LU

To book a free ticket contact IRIE! dance theatre on

020 8691 6099

or by email at info@iriedance theatre.org



Age Against the Machine – the Grand Finale Silver Sunday Event – Festival of Creative Ageing Sunday 6 October 12-5pm, Laban Building, Deptford, SE8 3DZ - Free entry, no ticket!

This Silver Sunday **Trinity Laban Conservatoire of Music and Dance** and the **Positive Ageing Council** are pleased to welcome you to the Grand Finale of Age Against the Machine, Lewisham's first festival of older people. This afternoon promises to be a joyous afternoon including a variety of different performances, activities and exhibitions to watch, take part in and come see.

A highlight will be the premiere performance at 3.30pm of a new commission by composer Liz Lane and choreographer Lizzi Kew Ross who have been working with six older people's choirs across Lewisham to create a new piece *Finale*. There's even the chance to take part in the performance with pop up workshops to learn part of the piece running throughout the afternoon for anyone wanting to take part (no previous singing experience needed!).

Come and Watch

There will be even more older people's choirs from across Lewisham coming to perform on the day. We are delighted to be welcoming the Senior Singers, Rushey Green Time Bank Choir and the JOY Choir to perform in the Laban Building during the day.

Not only that, we will be treated to a Cabaret of JOY from Just Older Youths and a dance battle from Open You Mind, followed by a dance battle workshop where you can give it a go yourself.

Also, keep your eyes (and ears!) peeled for flash mobs rumoured to be taking place around the building including the Positive Ageing Groovers and the Befrienders!

Come and do

There's plenty to take part in during the day with activities to try your hand at:

- Training4Life will be presenting Qi Gong classes, a physical activity focused on movement for happiness, healing, and improved mobility.
- Make Mee Studio will be running a Make and Mend drop in throughout the day so bring along any item of clothing you want to repair or update and they will teach you how to breathe new life into those forgotten fashions.
- It also wouldn't be Silver Sunday without our flower arranging and Disco Bingo sessions which are both back by popular demand this year.



Come and See

We will also be displaying art created or inspired by older people. There will be exhibitions by Lewisham and Greenwich NHS Trust, Downham Men's Group and Peoples Portraits - a series of intimate photographs of older Lewishamites - as well as film screenings by Sydenham Garden and the Positive Ageing Council.

Assistance on the day

Where you can sit and have a cup of tea. The café will be open serving delicious hot and cold food throughout the day at subsidised prices.

Getting to the event

To help you get to and from the Laban Building there will be a walking bus of event stewards setting off every half hour, to accompany you from nearby bus stops to the venue, as well as lots of stewards on hand to help you find out what's happening where in the building.

 **Nearest bus stops** 188, 199 - Stops D & H, MacMillan Students Village, on Creekside, 47 - Stops J & K, on Creek Road.

Walking bus to and from these stops to Laban Building running on the hour and half hour 11.30-3.30

Funder Credits Funded by a **Cultural Impact Award** as part of The Mayor's London Borough of Culture. Thanks to **the Albany**, Entelechy Arts, **London Borough of Lewisham**, Trinity Laban & **the Positive Ageing Council**.



Pension Credit – check if you are entitled!

Pension Credit is a benefit for people over State Pension age. It tops up your income if you're struggling to make ends meet.

How much could I get? Pension Credit comes in 2 parts:

Guarantee Credit tops up your weekly income to a guaranteed minimum level: £167.25 if you're single, or £255.25 if you're a couple.

Savings Credit is extra money if you've got some savings or your income is higher than the basic State Pension.

It's only available to people who reached State Pension age before 6 April 2016. You could get up to: £13.73 extra per week if you're single, or £15.35 if you're a couple.

Could Pension Credit help me get other benefits?

- If you're eligible, Pension Credit will not only give you a bit of extra cash, it could also help you get other benefits too:
It's unlikely you'll have to pay Council Tax (unless other people live with you).
- You'll get free NHS dental treatment, and you can claim help towards the cost of glasses and travel to hospital.
- You'll get a Cold Weather Payment of £25 when the temperature is 0°C or below for 7 days in a row.
- If you rent your home, you may get your rent paid in full by Housing Benefit.
- If you own your home, you may be eligible for help with mortgage interest, ground rent and service charges.
- If you're a carer, you may get an extra amount known as Carer Premium, or Carer Addition if it's paid with Pension Credit. This is worth up to £36.85 a week.
- If you're over 75, the BBC has announced that from 2020 you'll need to be claiming Pension Credit to get a free TV licence. (Age UK are working to keep the Free Television Licence for over 75's)

You have nothing to lose by applying, but potentially a lot to gain, and even if you've previously been turned down, it's always worth making a new claim every year. **Benefits rates change every year**, as can your finances.

Am I eligible to claim Pension Credit?

Even if you own your home, you may still be eligible for Pension Credit. Nearly **9 out of 10 claims a**

Can I get Guarantee Credit?

You may be eligible for Guarantee Credit if you've reached State Pension age. This is now the same for men and women and is gradually increasing to reach 66 by October 2020. Working out your State Pension age can be tricky, but you can check your qualifying age easily using [GOV.UK's State Pension calculator](#).

Guarantee Pension Credit – Continued

If you're an eligible age, you can claim Guarantee Credit if your weekly income is less than £167.75 if you're single, or £255.25 if you're a couple. If you're an eligible age, but your weekly income is higher than these thresholds, you may still claim Guarantee Credit if you meet one of the following criteria: you have a severe disability, you are a carer, you have to pay housing costs like a mortgage.

Am I entitled to Savings Credit?

Only people who've reached State Pension age before 6 April 2016 may be eligible to claim the Savings Credit part of Pension Credit.

If you're a couple and one of you reached State Pension age before 6 April 2016, you may be able to claim.

There isn't a savings limit for Pension Credit, but if you have over £10,000 this will affect how much you receive.

How do I claim Pension Credit?

Step 1

Make sure you've reached the qualifying age by checking the table of dates here:

www.gov.uk/state-pension-age or calling **0800 99 1234**

Step 2

It only takes one phone call and you won't have to fill in a form. Call the Pension Credit claim line on **0800 99 1234** (textphone: **0800 169 0133**). They will fill in the application for you over the phone. It'll be quicker if you have the following details to hand:

National Insurance number, Bank account details, Information about your income, savings and investments, Information about your pension (if you have one), Details of any housing costs (such as mortgage, interest payments, service charges), Partner's details (if you have a partner)

Step 3

If you need help, speak to your local Age UK for help with claiming Pension Credit.

www.ageuk.org.uk/lewishamandsouthwark/ **020 7358 4077**

So many people are eligible for Pension Credit and so many people don't know about it or how to go about applying. We hope that this article will give you some confidence to try. It's yours – don't miss out if you are eligible!

Update on the Age UK Campaign to Save Free TV licences for over 75s

Thank you to the 634,334 of you who signed The Age UK petition to save free TV for older people. They've now handed your signatures into 10 Downing Street.

For over a million of the oldest people in our country, television is their main form of company. Right now, that's still under threat.

The BBC has announced they plan to means test TV licences for the over 75s. That means they'll only be free for people receiving Pension Credit. We believe this change will harm millions of older people who rely on their TV. Together, we must demand the Government takes back responsibility for funding free TV licences. Check Future editions of this newsletter for updates on the campaign.

STRIDE LONDON'S SPECTACULAR SKYLINE BY TWILIGHT

A unique, skyline-spectacular sponsored walk through Greenwich and Blackheath to support South East London's two hospices promises a night to remember on **Saturday 28 September 2019**. With selfie-spot views over the capital worthy of any Instagram feed, the Twilight Walk hopes to raise thousands of pounds for good neighbours St Christopher's Hospice and Greenwich and Bexley Community Hospice.

New for this year, 2019's route has been adapted to include even more iconic London vistas, including Royal Greenwich Park, the Old Royal Naval College and the Cutty Sark, just as the sun sets over the city. Starting on the north-side of Blackheath Common, the walk finishes on the south-side of the common, just minutes from Blackheath's bars and restaurants where fundraisers can choose to spend the rest of their Saturday night, celebrating their achievements!

Sisters Lisa Mahoney, 48, and Jane Poole, 51, took part in the first Twilight Walk last year and said that it was a *'brilliant evening that just felt right'*. They walked to fundraise for their local hospice on the anniversary of the day that their mum, Maureen Mahoney from Lewisham, died under hospice care in 2017 aged 75.

Lisa, comments, *"Obviously it was so sad when mum died and it still hurts to this day, but we could not have wished for anything more; the support we were given was so important"*

"When we first heard about the Twilight Walk we were excited to take part and wanted to raise £200. In the end, we raised over £3,000, which is more than we ever hoped for when we started".



The route is a perfect intersection of the two South East London areas that St Christopher's Hospice and Greenwich and Bexley Community Hospice serve, bringing friends, neighbours, and communities together to celebrate and support vital hospice work, helping people and families at the end of life and into bereavement.

This year's Twilight Walk is kindly sponsored by Grant Saw solicitors. Further information can be found at www.stchristophers.org.uk/twilightwalk or call **0208 768 4575** to take part

For further information about St Christopher's Hospice please contact:

Suzy Fisk, Communications Lead. Tel: **020 8768 4510**, Mobile: **07740 762 426**

s.fisk@stchristophers.org.uk www.stchristophers.org.uk

The Lewisham Wellbeing Map (LWM): showing the Great Things in Our Borough.

You may have seen this free digital/printable map at events like the PAC Christmas Party. It shows the public, and their health and care workers, hundreds of places good for their health and wellbeing. The next get-together of those helping build the map over tea, cake, and coffee is from 330-530pm on Thursday 29 August. Please come and join us.

We're meeting in the Community Meeting Room on the first floor (accessible by lift) of the **Bellingham Leisure Centre, 5 Randlesdown Rd, London, SE6 3BT**. There is easy drop-off/low-price car park right outside or come by regular train to very nearby Bellingham Station or one of many buses along Bromley Road. We'll also be meeting on other last Thursdays of the month, same time, same place - 26 September, 31 October, and 28 November, if you can't join us in August. Meet up with others like you, whose local know-how or enquiry skills can build a map of the great things in our borough. If you'd like to join us at a get-together or otherwise contribute please e-mail LewishamWellbeingMap@gmail.com, ring me on **07443 626 954**, or just turn up on the day.

People with hidden disabilities will soon be able to access Blue Badge parking permits.

For drivers or passengers with dementia, anxiety disorders or reduced mobility, the anticipation of travel difficulties such as finding a parking space can build on top of the stress of the journey itself.

The new guidance, which represents the biggest change to the scheme since the 1970s, will offer a lifeline to people who often find road travel difficult by providing better access to work and other amenities. It will also help combat loneliness by enabling them to stay connected to family and friends.

The expanded scheme coincides with the launch of a new task force to toughen up enforcement and help councils tackle fraudulent use of the badges.

For more information visit the Lewisham website www.lewisham.gov.uk or call Corbett Community Library who are helping people who are not online to access the information – see article on the right of this page
020 8378 5358

Group Befriending

Join us for a cup of tea and a chat, take part in a range of activities: Quizzes, singing, crafts, games, walks.

1. Pepys Resource Centre, Deptford Strand, SE8 3BA
Wednesdays 1-3pm
2. Salvation Army, 4 Albion Way, SE13 6BT
Thursdays 11.30am – 1.30pm

Contact: Sandra McGregor, **Tel: 020 8291 1747,**
Email: befriending@vslonline.org.uk

Online Gateway

Corbett Community Library, twice a week **Online Gateway** is one of several similar services that are available throughout the Lewisham borough that helps people gain access to services, offered by Lewisham Council and the Government that **are only now available on-line**

We support adults of any age, in a number of ways but the help we have given to older adults that may be of interest to the newsletter readership includes:

- applying for and renewing **Blue Badge** – we also do the photo for this at no cost
- applying for Freedom Passes
- support with applications for Attendance Allowance
- finding gardening and transport services run by voluntary sector organisations.

Appointments must be booked in advance via Corbett Community Library phone number:

020 8378 5358 **Address:** Corbett Community Library 103
Torrison Road, London SE6 1RQ

The service is available Mondays and Thursdays from 9.30.til 12 noon

ASIAN Elders and Carers group

The Asian Elders and Carers group meets every Friday between 10.30 am to 1.30pm at Calabash centre, George lane, Lewisham.

We welcome memberships to socialise and participate in our Lunch club, get some veggie recipes and exchange information on Culture and festivities.

For more information please contact at the centre on Friday or email mohan.mokashi54@gmail.com

Support for unpaid CARERS in Lewisham

To book activities or for support please contact Carers Lewisham:

T: 020 8699 8686

E: info@carerslewisham.org.uk



Gentle Chair Yoga

Join this fantastic class in a relaxing location

Wednesdays 2.45-3.45pm, £3 per session

Abbotshall Healthy Lifestyle Centre,
Abbotshall Road, Catford, SE6 1SQ

Coming up Wednesday 2nd October...

Pensioners Day!

in the iconic 800-seater Catford
Broadway Theatre SE6 4RU



(12noon to 4pm—picnic lunch, raffle, inspiring and
informative speeches and great entertainment)

All Welcome. Tickets £3 in advance or £5 on the door.

Get your tickets on Mondays (11-3) in St Mauritius House, SE13 6 QX,
in the Riverdale Centre (11-2) on 6th, 20th or 27th September or phone
the office on 020 8690 7869 to ask about other outlets.



Lewisham Pensioners Forum annual event supported by The Broadway Theatre and



ACTIVITIES At

Branching Out

making friends • food • activities • trips
Every Thursday at the Telegraph Hill Centre



Every Thursday

Join us for any (or all)
of the following

10-12pm Art Class with Kay

12-1pm Lunch Club

1-2pm Tai Chi with Kevin

Looking for conversation & companionship over lunch?
Or interested in exploring your artistic side?
Branching Out is your opportunity

Once a month...

Mend it with Mo 1st Thursday, 11.30-1pm

Knitting and Crochet 1st Thursday, 1-2pm

Book club 3rd Thursday, 1-2pm

Diary writing 2nd Friday, 11-12pm

Telegraph Hill
Centre

Kitto Road
SE14 5TY

Just give me money...

Mousetrap Theatre Projects

Senior citizens very frequently
struggle to find the right present for
younger members of their respective
families.

Great theatre offers exist for the
following age groups.

Here are three theatre offers for you
to consider as gifts for young friends
or family members.

Age 15-18 = £5, Age 19-23 =£10,
Age 24-29 =£15

Sign up for offers at
www.mousetrap.org.uk

**Using the power of theatre to
transform young lives**

Mousetrap
theatreprojects



Mycenae Digital *Getting online together!*



Techy Time

Social Wednesdays to learn about all things digital

1-2pm: General chat, workshop or a presentation

2.30-3.30pm: Mobile phone workshop.

Let's talk about phones!

Every Wednesday from 4 September to 11 December

Inspect Your Gadget

1 to 1 troubleshooting of your technical problems.

These are fortnightly 20 minute sessions, 1-3pm,

suggested donation £5. Please book to reserve a

time: 020 8858 1749 / mycenaeoutreach@gmail.com

3 + 17 Sept, 1 + 15 + 29 Oct, 12 + 26 Nov, 10 Dec 2019

Call 020 8858 1749 for further details

Mycenae House www.mycenaehouse.co.uk
mycenaeoutreach@gmail.com
90 Mycenae Road, Blackheath, London, SE3 7SE



Mycenae Digital is funded by Royal Borough of Greenwich's
Neighbourhood Growth Fund



Mycenae House **Reach Out** Projects

Coming up...

Dementia Hub

Fortnightly on Wednesdays 1-3pm starting July

A brand new dementia hub for people with dementia, their family and carers, in partnership with Home Instead. Meet a friendly face, with activities & support.

Tea, Cake and Talk - an information awareness event

Thursday 4th October 1-5pm

With expert advice and information from local organisations who can support you from the Fire Brigade, Age Exchange, Oxleas NHS, Royal Borough of Greenwich, Mental Health Activity Trust and the Recovery College plus more.

Greenwich Time To Talk workshops for over 65's

Tuesdays 8th October + 14th January 1-2.30pm

Greenwich Time to Talk will be running FREE sessional wellbeing workshops covering various subjects that affect the older generation.

Sports and Art sessions for adults with disabilities

Weekly this Autumn/Winter

Dementia Choir

Thursday 10th October 2.30pm

For those with Dementia and their families and friends led by Kate Howden.

Contact Deborah for info on 020 8858 1749



www.mycenaehouse.co.uk mycenaeoutreach@gmail.com
Mycenae House, 90 Mycenae Road, Blackheath Standard, London, SE3 7SE

Daytime Disco

for people with disabilities



Thursday 26 September 2019
Thursday 31 October 2019
Thursday 28 November 2019

2-4pm

at **Mycenae House**

90 Mycenae Road, Blackheath Standard, SE3 7SE
(just off Westcombe Park Road)

Glam it up!
Dress to impress!

In the Main Hall wheelchair accessible

No strobe lighting

Entrance £2
Carers Free

With DJ Billy Gonzalez (Sept)
& Heart N Soul DJ's (Oct & Nov)

Licensed Bar available
Please bring ID if buying alcohol

Book tickets:
020 8858 1749



mycenaeoutreach@gmail.com
www.mycenaehouse.co.uk



Drop In Café

for Seniors

Carers & Family Welcome



Every
Thursday
1 - 4pm

Have a chat,
Make new friends,
Like to paint, draw, knit or sew?
Share your craft skills with us.

Tea & Cake £1

Mycenae House & Gardens

90 Mycenae Road, Blackheath Standard, SE3 7SE
(just off Westcombe Park Road)

020 8858 1749

TRINITY LABAN CONSERVATOIRE
OF MUSIC & DANCE

*Trinity Laban Conservatoire of Music and Dance
and the Positive Ageing Council present*

Age Against
the Machine.

The Grand Finale

 **#loveitlewisham** 

Come celebrate the Grand Finale to Lewisham's first festival of creative ageing with a joyous day of events celebrating the creativity of older people from across Lewisham.

Sun Oct 6, 12 - 5pm
Free, drop-in any time. No need to book.
Laban Building, Creekside, Deptford, SE8 3DZ
trinitylaban.ac.uk/grandfinale

 **SILVER SUNDAY**
CELEBRATING OLDER PEOPLE
SUNDAY 6th OCTOBER 2019

Back our bid to be London's Borough of Culture 2021 We aim to make Lewisham the most dynamic and creative borough for residents and visitors alike. But we do need you to get involved and back our campaign.

We almost did it in 2018 and were awarded funding for the **Age Against The Machine – Festival of Creative Ageing**, and this year we're giving an extra push to get first place! Culture is who we are. We celebrate diversity and embrace innovation like no other London borough. Our culture is not only in our theatres, art galleries, museums, parks and music venues, but around every street corner. It's in our broadways, lanes, markets, villages, cottages and housing estates, and it's in the 300,000 people who call Lewisham home.

Back the bid here: www.loveitlewisham.co.uk/ or send a tweet using **#LoveitLewisham**

 **#loveitlewisham** 

JOY – Just Older Youths

Activities for Older Adults who are young at heart! JOY are a lovely friendly group we would love you to come along and try one of our weekly activities below - We look forward to welcoming you!

WEEKLY ACTIVITIES - 2019				NHS Lewisham
DAY	ACTIVITY	TIME	FEE	VENUE
Monday	SEATED EXERCISE	10.00-11.00	£2.00	Barnes Wallis Centre
Monday	TAI CHI	10.30-12.00	£2.50	All Saints Centre
Tuesday	GENTLE CIRCUITS	10.00-11.00	£2.00	All Saints Centre
Tuesday	SINGING	1.30-3.00	£2.50	Barnes Wallis Centre
3 rd Tuesday monthly	FILM CLUB	7.00 pm	FREE	Hill Station Café, Kitto Road
Wednesday	MEN'S SHED	9.30-1.30	FREE	Somerville
Wednesday	HEALTHY WALKS	10.30-12.00	FREE	Meet at venue
Wednesday	LET'S DANCE	10.30-12.30	£2.50	Barnes Wallis Centre
Friday	TAI CHI	10.30-12.30	£2.50	All Saints Centre
3 rd Friday monthly	CUPPA CLUB	2.00-4.00	FREE	Besson Street Gardens

Annual Membership : £10

For further details speak to Maureen on 020 8692 9186 or just turn up to a class and try the first one for free!

Free Phone or Tablet App of the Issue

National Rail Enquiries – Iphone and Android

Download the app for free on Apple Store or Google Play. This is a great app to help you plan your train journeys across London and beyond. Never miss a connection again with up to the minute details on any delays or issues, as well as platform information and a great journey planner feature. Save your journeys to make it even easier to make your travel plans.

Stanstead Road Lodge – Seniors Club

260 Stanstead Road, Forest Hill, London,
SE23 1DD

Tel: 020 8291 1164 Email: info@seniors.co.uk

Facebook: Stanstead Lodge Senior Club

Twitter: @stanstead_lodge There is so much to do every day at Seniors – Check out the list of daily activities below

MONDAY

9.45-10.45	Pilates	£5
10.30- 12.00	Art History (1 st & 3 rd)	£3
11.00-12.30	Line Dancing	£5
11.30-2.00	Healthy Lunch Club	£3
1.30-3.30	French	£2
2.00-3.00	Easy steps to modern dance	£2

TUESDAY

10.30-12.00	Seniors Singers	£3
1.00-2.00	Tai Chi	£6
2.30-3.30	Chair Yoga	£2

WEDNESDAY

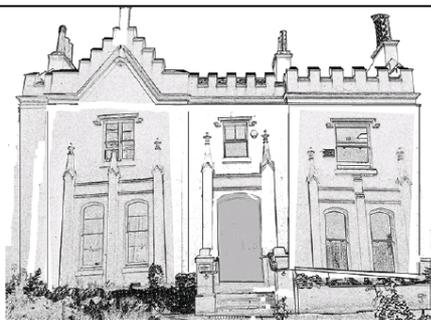
9.45-11.45	U3A Art	£3
12.15-1.15	Zumba	£5
2.00-3.00	Keep Fit	£5
2.00-3.30	Quiz	£4
2.00-3.00	Book Club (1 st Wed)	£2

THURSDAY

10.00-12.00	Craft Class	£2
10.30-12.30	Drama Group	£2
1.00-4.00	Feeling the Noise	£2
1.00- 3.30	Vista Reminiscence Group	£2

FRIDAY

10.00-11.00	Yoga	£5
11.00-12.30	Local History Study Group (2 nd)	£2
11.00-1.00	Forget Me <u>Nots</u> (1 st & 3 rd)	£2
1.00-3.30	Whist Drive	£2
1.30-3.30	IT Drop in	FREE



STANSTEAD LODGE
Senior Club Ltd

Stanstead Lodge Senior Club Ltd

is an all members club – here are our membership costs and concessions.

Full annual Membership:

Aged Under 50:	£36
Aged 50-59:	£30
Aged 60+	£24

Temporary Membership Is also available:

Daily	£2
Monthly	£5
Quarterly	£10

Members get £2 discount on all the activities.

Stanstead Lodge Seniors Club

THE LODGE CAFÉ

Opening hours:

Mon-Fri

10-4:30pm

This friendly community café offers meals and amazing cakes freshly made on the premises.

Members get

10% discount on food

THE BROCKLEY
NO.1 PENSIONERS CLUB



FRIDAYS 11AM – 2PM

A social and lunch club for men and women who would like a couple of hours, mixing with other people, for a chat or to play a game. We go out for lunch once a month, do exercise and other activities. We have outings in the warmer weather, to parks and the seaside. So why sit at home by yourself, come and spend a little time and make new friends.

Tel: 020 8694 2459

E-mail: saintandys@aol.com

Although the **Positive Ageing Council** are fully committed to supporting as many people as possible to get online - We appreciate how frustrating it can be for people who are not online, when dealing with some issues. Remember we are here to help put you in touch with the right people, if you need extra help. Not online, 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!**



OUR FREE WEEKLY ONLINE
TRAINING SESSIONS

LET'S GET DIGITAL

EVERY WEDNESDAY 9.30AM - 1.30PM

LEE GREEN LIVES COMMUNITY CENTRE
3 LEEGATE
LONDON SE12 8SS

07940 529 678
info@cas-community.co.uk
www.cas-community.co.uk



SYDENHAM ARTS - AUTUMN SEASON

We have plenty to keep you entertained this Autumn, kicking off our programme is our screening of *Can you ever forgive me?* Starring, Oscar nominees Melissa McCarthy & Richard E Grant.

Next up is *Poet & Author*, Dean Atta supported by Jeremiah Sugar J Brown. In October we welcome back our partners, enSEmble26 for their next concert featuring the music of Brahms & Haydn. Plus Soprano, Camilla Jeppeson and Harpist, Mary Reid with their exploration of female composers, poets and muses featuring music by Fanny Mendelssohn-Hensel, Pauline Viardot, Emily Dickinson and many more.

On 18 September our next FREE #Sixty event is performance and music by Seniors in Forest Hill. The session starts with *Ghosts* an original piece of drama developed by the cast and centred around the 70th anniversary of the opening of the Darby and Joan Club.

Directed by Judy Gordon (founder of Montage Theatre Group). Cast: Daphne Latter, Michael Harrild, Ruby Sherrill, Ellie Constantinou and Ivy Figgest. Followed by a new club song from The Seniors Singers based on the poetry competition they held this year. Both pieces showing that age is and should not be any barrier to performing. **Wednesday, 18 September 2pm - 4pm**, Upstairs at the Sydenham Centre SE26 5QX.

Put 13 November in your diary for our next #Sixty event our FREE music recital with enSEmble 26 held at St Christopher's Hospice too. Bookings via admin@sydenhamarts.co.uk

Lots more on offer visit www.sydenhamarts.co.uk/whats-on Rachel D'Cruze | Managing Director

Sydenham Arts

www.sydenhamarts.co.uk

admin@sydenhamarts.co.uk

Twitter: @sydarts_

Facebook: @sydenhamarts

Instagram: @sydenhamartsofficial



**Sydenham
Arts.**

Lewisham Home Library Service

We offer a free monthly service delivering books in normal or large print, talking books, music CDs and some films on DVD.

We offer this service to residents of Lewisham and their carers who through age, disability, or illness are not able to visit a library.

If you are interested, please contact us to find out more:

Direct Line: 020 8314 6254

Email: libraries@lewisham.gov.uk

Web:

www.lewisham.gov.uk/libraries

Over 60s group

The Salvation Army, Brownhill Road, Catford

Every Thursday, 10:30am-2pm

10:30am-11:45 Coffee, Games, Fellowship

12pm-1pm Lunch (Costs £2)

1pm-2pm Christian Fellowship

For information call Major Eden on:

0208 461 2811

Trinity Laban Conservatoire of Music and Dance and Lewisham and Greenwich NHS Trust are offering people with lung conditions the opportunity to join a free singing group for 10 trial sessions this Autumn.

Led by trained Singing for Lung Health practitioner James Moriarty, this group is designed to help people living with lung conditions to manage feelings of breathlessness whilst taking part in a fun and social activity. A typical session will begin with a vocal and physical warm up to practice breathing techniques before learning and singing some well-known songs, suitable for people with long-term lung conditions.

Session Dates

Wednesdays 10.30 -12.00

18 Sept, 25 Sept, 2 Oct,

9 Oct, 23 Oct, 30 Oct,

6 Nov, 13 Nov, 20 Nov,

27 Nov

Lessof Auditorium,

Lewisham Hospital SE13 6LH



Singing for Lung Health

If you would like the registration form in a different format or have any questions, contact Lizzy Green, Projects Manager, Learning & Participation (Music) at Trinity Laban: 020 8305 3883 | L&PEnquiries@trinitylaban.ac.uk

Singing for Lung Health is a part of Arts Connect, the arts-in-health programme for Lewisham and Greenwich NHS Trust.

**TRINITY LABAN CONSERVATOIRE
OF MUSIC & DANCE**

NHS
Lewisham and Greenwich
NHS Trust

We'd Like to invite you to an event of Poetry, live music and prose about homelessness.

Homelessness: it could be you

The Arts Cafe, Manor Park, off Lee High Road, London, SE13 5QZ

Friday 20th September 2019, 4-6pm

Come and listen to local poets: Patricia Lower, Dorrie Burgess,

The Quaggy Poet, Ann Garrett and local musician Flaky Jake

Guest speaker from St. Mungo's Homeless Charity.

For more information: 07931 103 019

lewishamartscafe@gmail.com

Refreshments available for purchase, before and during the event.

Poetry Group

An afternoon poetry group at the Baring Hall Hotel, at Baring Road, Grove Park SE12 0DU which is a public house, opposite Grove Park Station.

It is on the FIRST Tuesday of each month.

It runs from 4 pm til 6 pm in the Saloon Bar Buses within one minutes walk: 124,126, 136, 181, 261, 273 284; There is a disabled toilet **It is a free event and no membership required.**

People can turn up to read, either poems they have written and wish to share or poems written by anyone and that they have enjoyed and wish to share with others. We discuss poetry we have heard that day.

Phone or text: **07716 726 008** for information

Deptford Working Histories News Update

As you might have heard, **2019** is the **CENTENARY** of the Post-World War One **ADDISON ACT** providing subsidies for local authorities with the aim of building 500,000 houses within 3 years (Homes fit for Heroes). It is being widely commemorated this year under the banner of “**100 YEARS OF COUNCIL HOUSING**” Over recent previous years Deptford Working Histories has researched and staged events around the histories of 3 local council estates - **Pepys, Evelyn and Hughesfield**.

During **Evelyn Estate’s Summer Family Fun Day** on July 31st, Deptford Working Histories volunteers gave free and unfunded sessions on the history of the Evelyn Estate to members of Lewisham Homes Community Engagement team.

There were quite a lot of LH Community Engagement and other officers present for the coinciding launch of the Evelyn Community Food Store. And several visited the Deptford Working Histories allocated tent to learn about the area and estate history from our prepared visual table displays and on the spot spoken explanations.

It was a good opportunity for us to gain an understanding of the role and workings of Lewisham Homes Community Engagement Team and, of course, to ask if in future they could support our community history work relating to LH social housing - for example by funding portable display boards for Deptford Working Histories .. Fingers Crossed and here’s hoping

Meanwhile we have been approached for help in tracking down information on:

“.....the former Deptford Football Club Bronze Athletic who played there home games on the ground at the end of Yeoman Street off of Plough Road, Deptford. They seem to have become defunct about the time of the First World War. “
(see accompanying team photo) Any help would be so gratefully received.

If you have any information about this please contact deptfordworkinghistories@gmail.com and we will gladly pass it on to the person concerned.



Finally we hope as many readers as possible will visit **Deptford Working Histories Facebook page at**

<https://www.facebook.com/Deptford-Working-Histories-321718424935375/> and **tick the like and follow buttons** to keep up to date with our postings and to see photos of our past events - including the ones taken in June

of our three 500 years of Black History of Lewisham events “Steps to Windrush” - which proved highly successfully and enjoyable.

Deptford Working Histories August 2019 - Signing Off Until We Meet Again -
deptfordworkinghistories@gmail.com or call **020 8692 8367**



Chinbrook Connections Group Befriending

**Do you live in the Chinbrook Area?
Would you like to meet new people and make new
friends?**

Every Thursday

11:30am – 1:30pm

**WG| Grace Community
Centre**

1 Lions Close, SE9 4HG



**Free Tea, Coffee
& Biscuits**



**Board Games &
Quizzes**



A friendly chat

**We welcome all local adults
No need to book, just pop along and say hello.**



Chinbrook Connections Befriending Project

**Do you live in the Chinbrook Area?
Would you like someone to pop in for a chat, go for
a walk or give you a call?**



**Get in touch with our
Chinbrook Connections Project
for more information:**



Volunteering Opportunities with Chinbrook Connections

**Would you like to help the community?
Gain valuable skills? Meet new people?
Build your experience and confidence?**

**We are recruiting volunteers to support
our weekly group sessions, as well as
one-to-one befrienders and telephone
befrienders.**

**For more information on volunteering all
or email us on the numbers below.**

**For more information about Chinbrook Connections Befriending Project, the Chinbrook
Connections Group, to volunteer and to find out about the volunteering roles available
contact:**

Tess Gallagher: 020 8291 1747 / NCDP4worker@vslonline.org.uk

Victoria Morris: 020 8851 0174 / victoria@chartbiglocal.org.uk

South East London Community Energy (SELCE) are recruiting for someone to lead our Empowering Elders project. It will be a lovely job working with 5 older peoples organisations across Lewisham and with a team of champions.

You'll find the details here www.selce.org.uk/about-us-2/jobsvolunteering/

If you're not interested in applying for the role yourself, please share the details with anyone who knows their stuff when it comes to energy and who would be good at working with pensioners

Department of Work and Pensions - Drop In sessions

Venue: Patient Partnership Group (PPG) at South Lewisham Group Practice, 50 Conisborough Crescent , Catford SE6 2SP Tel: **020 3049 2580**

visit us at www.southlewishamgrouppractice.co.uk

Starting Tuesday 27th August DWP will be at the surgery every 3rd and 4th Tuesday of each month 10 am—4pm to offer help, advice and information.

Drop in service and private appointments available.

Services offered are:-

- Awareness of DWP services and how to access them
- Help to make claim for vulnerable claimants.
- Access to work and Retention services.
- Support available for Claimants with Health Conditions/Disabilities
- Support with writing CV via National Career Service
- Employability Skills/ Career Screening
- Work and Health Programme which is an organisation that support our claimant with their health and supporting them with jobs.
- Tailored advice 1-2-1 when needed.
- Signposting to Stakeholders/Providers/Job-fairs which could lead to Employment.
- Supporting with Work Experience/ Volunteering by signposting
- Working with Colleges/Providers to Train/Re-Train
- Looking at Barriers that could be the main factor of not taking little steps in moving forward
- Complex needs advice and signposting to local/national organisations that offer holistic support.

Lewisham S.A.I.L. Connections

can help you access free expert support to maximise your income and access grants to keep your home warm this winter. We can also link you to a range of other support such as the Community Falls Service and help finding social groups. Please contact Age UK Lewisham and Southwark on: **0207 358 4077.**

Meet Me at Downham

Taking inspiration from our deptford based project Meet Me at the Albany we are running a project called Meet Me at Downham every Wednesday at Downham leisure centre (10.30am-12.30pm).

The project works with isolated older people, including people living dementia. The sessions are run by two community artists and volunteers.

They are centred around different film themes (e.g musicals / western/ romance/ silent films) and use music, movement work, craft and song to explore a new theme each week. **The sessions are free of charge**, refreshments are included and there is some free transport available too. **We are currently taking referrals.**

If you would like more information or a referral form please contact Sarah Jarman on **020 8694 9007**
sarah.jarman@entelecharts.org

Adult Learning Lewisham - Active Retirement Course (autumn and winter dates)



Worked all your life? Well, continue to be active by engaging in social and practical endeavours. This 10 week active retirement course introduces you to a wide range of different activities and interests. These are accomplished through a programme of class based activities, comprising of seasonal projects including Christmas card and Remembrance Day poppy design, bead work, discussion on topical issues / events and encouragement for learners to make suggestions which will be welcome.

In addition, guest speakers are invited and guided outings to places of interest such as galleries, museum and socialising over a coffee as each week has a different theme.

Autumn - Every Tuesday, between 17 September - 26 November 2019

from 10am to 12 noon For 10 weeks.

Winter - Every Tuesday starting on 14 January 2020,

10am-12noon for 10 weeks

Where: Brockley Rise Centre, Brockley Rise, SE23 1PR

Cost: £55 (concession), £110 (full), £55 (reduced)

Classes for those who are less mobile or able to stand:



Chair Yoga – starts 19th September, 2-3.15pm @ Brockley Rise

<https://lewisham.gov.uk/cel/courses/hcw0060br---yoga---chair-yoga---autumn---69451>

Keep fit with gentle exercise – starts 16th September, 11am – 12.15pm Brockley Rise

<https://lewisham.gov.uk/cel/courses/hcw0803br---fitness---keep-fit-with-gentle-exercise---autumn---67557>

Classes for those wanting to keep fit:

Yoga & Meditation – Starts 17th September, 7.30-9pm @ Brockley Rise

<https://lewisham.gov.uk/cel/courses/hcw0016br---yoga-and-meditation---autumn---67514>

Introduction to Iyengar Yoga – Starts 17th September, 2-3.30pm @ Brockley Rise

<https://lewisham.gov.uk/cel/courses/hcw0031br---yoga---iyengar---introduction---67570>

Get fit with music – Starts 6th September, 9.30-10.45am @ Brockley Rise

<https://lewisham.gov.uk/cel/courses/hcw0800br---fitness---get-fit-with-music---autumn---67530>

Tai Chi Chuan – Starts 26th September, 7.30-9pm @ Brockley Rise

<https://lewisham.gov.uk/cel/courses/hcw0656br---tai-chi-chuan---part-1---thurs---67518>

There are also hundreds of IT, creative and academic classes available at Adult Learning Lewisham

Find an adult education course

Call here for more information about what is available **020 8314 6959**

Have a look at the full course list online here:

https://lewisham.gov.uk/inmyarea/arts/~link.aspx?_id=F45283063B3242A8A5C9175A079B26A3&Z=Z

STAY ACTIVE, PREVENT FALLS

'Stable and Steady Classes' at Leander Court

The classes last for 25 weeks and are NHS funded. As well as Leander Court, classes are running in Ladywell, Honor Oak Park, Grove Park, Downham, Blackheath, Lee and Sydenham.

They are open to anyone aged 65 and over who lives in Lewisham and/or has a Lewisham GP who has fallen, is concerned about falling or who wants to improve their strength and balance (subject to health clearance).

You need to be able to get on and off a normal height chair without assistance, walk 20m with or without a walking aid and be able to safely participate in a class. Most exercises are completed in standing.

If you are interested in attending the classes

please contact the Falls Helpline on **0208 613 9206**

(Monday to Friday 9- 4pm) to discuss in more detail.



Lewisham Community Falls Service

Are you worried about falling?

Stable and Steady exercise classes are running in this area!

Improve your strength and balance with our NHS funded 25-week Stable and Steady exercise programme.

If you are over 65 and live in Lewisham or have a Lewisham GP call us to discuss becoming 'Stable and Steady'.



Do you want to improve your home?

We want everyone to live in a safe and stable home that is in great condition. Whether you are a tenant, landlord or homeowner – we offer grants and loans to help improve your property.

To apply for a grant or loan, contact us at housingassistance@lewisham.gov.uk or call

020 8314 6622. You can also find more information at:

www.lewisham.gov.uk/myservices/housing/grants-loans.

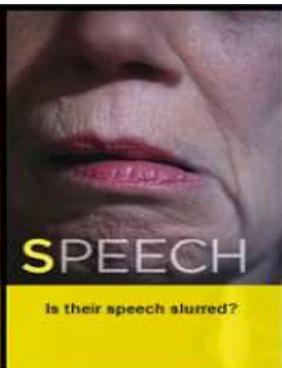
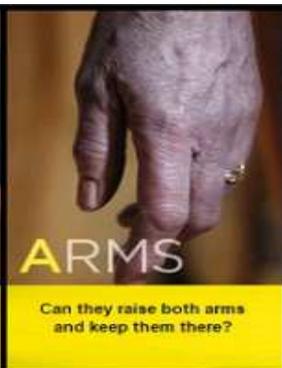
RADAR National Key Scheme – get access to accessible toilets 24 hours a day.

People who need to use accessible toilets will know that many of them in the UK are fitted with a Nicholls & Clarke (N&C) Phlexicare RADAR National Key Scheme lock, which can only be opened with a Royal Association for Disability and Rehabilitation (RADAR) key

The National Key Scheme (NKS) offers people with a disability, independent 24 hour access to public toilets with disabled facilities around the country.

You can buy RADAR keys online but you must do your research and ensure they are authentic.

Rachel at Table talk has also purchased a number of keys, so visit a table talk session and talk to her about these keys and Table Talk activities are earlier in this newsletter



Stanstead Lodge

Seniors Club – **Forget Me Not** Dementia Café

A reminiscence café for people living with Dementia. We meet 1st and 3rd Friday of the month at one of the Seniors Halls, 260 Stanstead Road, Forest Hill, SE23 1DD.

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.

First and third Fridays of the month. 11-1pm. Please contact Tina on:

020 8291 1164

Email: info@seniorslewisham.co.uk



Could you foster a child or young person

Lewisham Council is looking for people who have space in their home and the heart to foster a vulnerable child or young person. Fostering is about providing a caring and safe home for children and young people who, for various reasons, cannot live with their own families.

There is no such thing as a typical foster carer. Applications are welcomed from all sections of the community, regardless of ethnicity, faith, age, sexuality, disability, background, marital status or employment status.

For more information, call 0800 015 0129 (freephone), email

fosteringrecruitment@lewisham.gov.uk or visit www.lewisham.gov.uk/foster

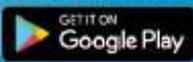
Download the FREE 'Ask NHS' App Today

Check your symptoms
Digital access to NHS 111
Book GP appointments
Get trusted self-care advice
Available 24/7

ASK
NHS



Search Ask NHS in the app store



POWERED BY
SENSELY

The ASK NHS GP is free to download and features an interactive symptom checker which triages the patient to the most appropriate onward care service (self-care, NHS111, GP appointment or accident and emergency) within appropriate timescale, effectively helping patients to choose the right service in Lewisham.

Use the right service



Self care



Pharmacy



NHS 111



GP advice



A&E or 999

New Online Adviser from the Citizens Advice Bureau

The expert advice team at Citizens Advice has launched a brand new resource for people working in the advice sector.

It's totally free and can help you give accurate, up-to-date advice on benefits, housing, discrimination and more

www.medium.com/adviser

Attendance Allowance

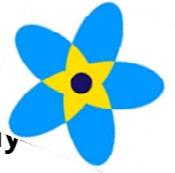
Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you.

It's paid at 2 different rates and how much you get depends on the level of care that you need because of your disability.

You could get £58.70 or £87.65 a week to help with personal support if you're both: physically or mentally disabled and of State Pension age or older (It does not cover mobility needs)

The other benefits you get can increase if you get Attendance Allowance. You do not have to have someone caring for you in order to claim. If you do have a carer, they could get Carer's Allowance if you have substantial caring needs.

The Lewisham Dementia Support Hub run a monthly advocacy group for people living with dementia. The aim of the group is to give people the chance to meet others with a diagnosis, support one another and make a difference in areas that affect them. The group recently produced a leaflet called 'Take my Advice', now disseminated by the Memory Service, for anyone recently diagnosed with dementia or struggling with memory problems.



Take My Advice

Tips and advice from people living with dementia in Lewisham for people recently diagnosed.

1. When you get the news it is frightening and your first instinct can be denial.
2. It's good to **sit down and have a calm chat about any worries that you have with** people around you. This could be family, friends or professionals such as your GP.
3. It can be difficult for people to understand but try to have the confidence to tell others. You don't need to say, "I have dementia" but you can say, "I have memory problems." **When you tell other people, then help comes.**
4. Forgetting things can be very frustrating. **Try to be kind and patient with yourself**, you can handle it.
5. **Slow down** – take things step by step and think about how you feel day to day. Don't put too much pressure on yourself.
6. **There is help out there**, don't be afraid to ask for it when you need it. Contact the Lewisham Dementia Hub and they will help you in whatever way they can.
7. It can be difficult but your life is still ahead of you and you have to **keep going**.
8. People may not understand and they can try to minimise your dementia, saying, "You're just getting old", but they have to understand that it is a serious diagnosis and it does change you. You need to ignore these comments, **you know who you are and how you feel.**
9. **You are not alone!** It is important to speak to people who are going through the same thing, there are lots of groups out there. Find a group of people who are experiencing memory problems for support. It is non-judgemental and allows you to relax around people.
10. **You can take practical steps to help yourself:**
 - It's a good idea to write things down! Use a calendar/diary/phone to write down all appointments.
 - Have one place where you leave things that you are going to need eg. keys, bag, bus pass, mobile phone.
 - Keep your medicine in a dosset box so that you can keep track of which medication you need to take and when. There is a lot of clever technology out there that can help eg. dosset boxes which have reminder alarms. Ask your local pharmacy for more information.

For more information contact us: **0203 228 5960** or email lewisham@dementiahub.org.uk. You can visit the Dementia Support Hub website: www.lewishamdementiasupporthub.org.uk /

Holistic review of a person living with dementia



Background

Redesign of the Dementia Pathway within Lewisham in 2017 first led to creation of a team that aimed to better meet the needs of those living at home with a diagnosis of dementia, by bringing together the health and social services. Due to funding cuts in 2018, the service was reduced to two Clinical Nurse Specialists (CNS) whose service has become fairly well established and received good feedback.

Soon after a diagnosis, many receive initial guidance from the Lewisham Dementia Hub, who help people to come to terms with the diagnosis by signposting to support groups or carer workshops and by advising on benefits and practicalities.

Why a nursing service?

Dementia is a syndrome that can be caused by a number of progressive disorders that affect memory, thinking, reasoning, behaviour and the ability to concentrate and perform everyday activities. Alzheimer's disease is the most common type of dementia. The wide range of symptoms can include language impairment, eating problems, hallucinations, incontinence, mobility difficulties, personality changes, aggression or sleep disturbance. The complex needs often challenge the skills of even experienced carers.

Sometimes, as times passes, new symptoms arise, which can be stressful and create a lot of questions and frustration. A more clinical yet holistic approach will help see the person's persona and wellbeing as one - on physical, emotional, social, spiritual and financial levels. The Dementia Nurse Specialists are experienced clinicians, with their professional background in e.g. hospice and hospital care.

What they provide?

Holistic assessments of needs that mean improved awareness and communication with GP surgeries and Social Services.

Feeling supported, better prepared and advised will improve the patient and carer experience and help them together towards a better quality of life. An outsider's objective view can trigger new ideas and offer choice of services that would otherwise be tricky to know about.

The CNSs also offer the chance to do Advance Care Planning, which is the process of deciding what plans you want to make for your future care.

Who will qualify?

The person with dementia needs to be registered with a Lewisham GP and live at home (*not in a care home*). Clients and their carers are reminded that the team's medical advice solely relies on co-work with their GP, which places limitations on the CNS's ability to adjust psychiatric medications. However, they have close working relations with the secondary-level mental health services, if signposting for more specialist medical input is needed.

For a referral, please speak to your GP, or call **0203 228 0939** or email EnhancedDementiaPathway@slam.nhs.uk for more advice.



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 positive.ageing@lewisham.gov.uk

Is there a role for robots in Health & Social Care?

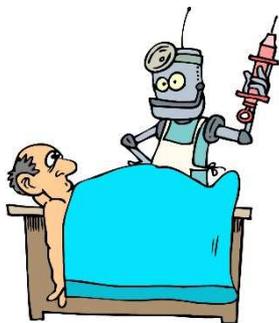
**Friday 4th of October 2019 – 5:45pm
arrival for a 6 pm start**

Whether you think there is, or strongly feel there isn't; one of the world's leading scientist's in robotics, Professor Thrishantha Nanayakkara (<https://thrish.org/>) will present a talk on the advantages and challenges of robots.

Afterwards there is time for questions and the Professor is very interested in hearing your views.

This is a unique opportunity to directly influence Science.

Ladywell Centre
148 Dressington
Avenue
SE4 1JF
Brockley –
**FREE PARKING
& FREE ENTRY**



For more info contact Esther Wiskerke:
esther.wiskerke@lewisham.gov.uk /
020 8314 9194

SHOPPING BUS SERVICE

DEDICATED MINIBUS TRANSPORT

FROM YOUR FRONT DOOR TO THE SHOPPING CENTRE

AND GUARANTEED JOURNEY HOME

Shopping Bus Service - starting February 2019. Lewisham Community Transport

This service is aimed at people who find it difficult to use public transport for their shopping needs due to mobility and/or health issues. It is aimed at promoting improved health and well-being for passengers, maintaining independence by enabling access to shopping centres and well as a social experience on the minibus, encouraging more frequent community access for people in danger of becoming isolated and lonely.

We are offering it as reliable alternative to taxi card and dial-a-ride.

This is a dedicated door-to-door service with a guaranteed return journey home with fully accessible vehicles and fully trained volunteer drivers and passenger assistants.

We can accept self-referrals or referrals on behalf of others with consent.

Registration forms are available on request and need to be completed before passengers can travel.

Any queries please contact Matt Gummer directly at
020 8318 5900 matt@lewishamctscheme.org.uk

DESTINATIONS

BELL GREEN

LEWISHAM

BROMLEY



Minor ailment scheme

In some parts of the country there are NHS minor ailment schemes and Lewisham Borough is one of those taking part. These allow pharmacies to provide you with medicines for free on the NHS, as well as giving you advice and support about how to care for minor conditions yourself.

The medicines covered by the scheme are different depending on where in England you live, so you will need to talk to your local pharmacy about what they offer.

Anyone who doesn't normally have to pay for prescriptions from their GP – for example because they're under 16, over 60 or on benefits – is eligible for the scheme and will not need to pay for the medicine that the pharmacist suggests.

However, if you do normally pay for your prescriptions, then you will still need to pay a prescription charge for any medicines your pharmacy recommends.

Find out if you are eligible or how to get help with prescription cost from NHS website
www.nhs.uk/using-the-nhs/help-with-health-costs/get-help-with-prescription-costs/
(Information from the lovely South Lewisham Group Practice)

Linkline Telecare

Help is just a phone call away.

If you live alone, have a disability and feel vulnerable or at risk in your home you may want to consider the 24-hour emergency response service, Linkline.

Linkline are now able to offer an alternative for people who do not have a landline telephone.

An everyday watch which is easy to use, discreet and lightweight. It connects a call directly to our control centre at the push of a button! The watch works straight out of the box. Just wear and go, there is no installation.

We receive your location and can alert family or emergency services to get help straight to you. If you are at home, one of our officers will visit if needed.



At the moment we are trialling this product for staff safety within the Enablement Care Team for officers working on their own out and about around the borough. We do have a limited number of watches in stock available for trial by people who do not have a land line.

For more information on this exciting product please call Tony or Guy on **020 8314 3141**

How standard Linkline Alarm Unit works.

You need to have a telephone socket and a mains electricity socket on the same wall for the alarm unit to be installed. It comes with a personal alarm that you can carry anywhere in your home. You can wear it around your neck as a pendant, or on your wrist.

If there is an emergency, you press the button on the personal alarm or alarm unit. Someone at the Linkline centre will answer your call and organise help.

It costs £5.95 a week and there is a one-off charge of £25 to install the equipment, unless you have been assessed for care services.

How to apply. To apply for the service call **020 8314 3141** or visit www.lewisham.gov.uk/linkline

Become an Enter and View Authorised Representative

One of Healthwatch Lewisham's functions is to carry out Enter and View visits into health and social care services in the borough.

The Health and Social Care Act allows local Healthwatch Authorised Representatives to observe service delivery and talk to service users, their families and carers on premises such as hospitals, residential homes, GP practices, dental surgeries, optometrists and pharmacies.

We are looking to expand our Enter and View (E&V) programme and need a motivated and skilled volunteer to help lead on this project.

Tasks can include

- Helping to organise Enter and View visits to health and social care services.
- Being the lead contact and supporting trained volunteers during E&V visits.
- Supporting the write up of reports with suggestions for improvements.

For more information, please contact us on

**020
8690 5012**

or by emailing

info@healthwatchlewisham.co.uk



healthwatch
Lewisham

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



You are invited to
our next public meeting

The theme is:

Ask your Mayor a question!

We will be asking the Mayor of Lewisham questions on themes of interest to our members, such as transport, health, housing and communication.

Thursday 12 September 2019, 11am–1.30pm
Civic Suite, Catford, SE6 4RU

Find out more

Tel: 020 8314 6314

Email: lucy.formolli@lewisham.gov.uk

www.lewisham.gov.uk/pac

