



Positive Ageing Council

Improving services and facilities for older people in Lewisham

POSAC MAGAZINE WINTER 2025


Christmas Public Meeting

Thursday 27 November
11am – 1.30pm


Rooms 1 & 2

Civic Suite, Catford SE6 4RU

Agenda:

 Housing – You said, We did with special guest Cllr Will Cooper Cabinet Member for Housing Management and Homelessness

 Age Exchange Dementia Choir

 Light Refreshments & Networking See you there!



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Silver Sunday Shines Bright at the Rivoli Ballroom

On Sunday 5 October, the iconic Rivoli Ballroom in Crofton Park was transformed into a dazzling hub of joy, laughter, and community spirit as it hosted *Silver Sunday*—a national day dedicated to celebrating older people. Supported by Age UK, Silver Sunday offers free activities and events designed to help older residents connect, discover new interests, and combat loneliness.

This year's event, organised by Lewisham's Positive Ageing Council, was nothing short of spectacular. The ballroom was buzzing with excitement as over 400 guests filled the venue, creating a vibrant and welcoming atmosphere that truly reflected the diversity and warmth of Lewisham.

The afternoon kicked off with a warm welcome from Cllr Jacq Paschoud, Speaker of Lewisham, followed by heartfelt speeches from Cllr Susan Wise, the representative for the Positive Ageing Council, and Iris Till, Chair of POSAC. The event was further honoured by

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Available in large print

www.lewisham.gov.uk/pac or email positive.ageing@lewisham.gov.uk



Message from Iris Till

Welcome to Our Winter Edition!

It is with sadness that I share the passing of Christine Castro (90). Chris was a founder member of the Positive Ageing Council, see more about her on page 5.

A fond farewell to our council officer, Laura Luckhurst. We thank her for her valuable contribution to POSAC. I will miss her support and integrity, and we wish her happiness in retirement. We welcome Paul Gale as our new council officer and he brings a wealth of experience, and we look forward to working with him.

Coral Howard, our councillor representative, is stepping down due to poor health. We wish her well and thank her for her contribution and welcome Councillor Susan Wise as our new representative, look forward to working with her.

As we head into winter, we're pleased to announce the return of the heating and energy payment that will bring much-needed support to more of our pensioners.

The Steering Group has had a busy few months, representing Positive Ageing at community events, carrying out lay visits, and ensuring that older people's voices are heard across Lewisham. Last month, we celebrated *Silver Sunday* with a wonderful cabaret, dancing, and live music at the Rivoli Ballroom (see more on Page 1). Another highlight was our *Age Without Limits* event in June, held at the historic Fellowship Inn in Bellingham. The day was full of connection, laughter, and shared purpose. The film screening was especially moving, with heartfelt stories from local residents highlighting the strength and spirit older people bring to communities. It was a privilege to stand alongside Mayor Brenda Dacres, Councillor Paul Bell, in celebrating the value of age and the importance of inclusion.

As the days get colder and darker, connections and community matter more than ever. We encourage you to reach out to anyone who may be isolated. Pop in for a chat, share this magazine, or invite them to one of our open meetings. A small gesture can make a big difference.

Don't miss our December public meeting, which will focus on housing—a topic of vital importance—and will also include our usual festive flavour to get everyone into the holiday spirit.

We send our warmest wishes to everyone for the festive season. A time for reflection, connection, and kindness. We recognise and respect the many faiths and traditions celebrated at this time of year and hope you find moments of joy and peace in your own way.

I would like to take this opportunity to thank John, our Vice Chair, the Steering Group members, and Genevieve and Paul, our Council officers, for their support. Thanks to the Council for their ongoing support, council space and officers.

Warmest Wishes to you all,

Iris



NEWS AND ROUNDUP

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a special visit from Mayor Brenda Dacres, who made time in her busy schedule to show her support for the borough's older residents.

Hosting the event was the incomparable Ada Campe, whose wit and charisma kept the energy high and the audience thoroughly entertained. The cabaret showcase featured a dazzling array of performances that had something for everyone:

Medusa Has Been wowed the crowd with a glamorous blend of song and burlesque.

Victoria Howden brought the house down with her sharp and hilarious comedy.

The awe-inspiring Joan Le Vasseur, an 84-year-old trapeze artist, left everyone speechless with her daring display.

Soul Line-Dancing led by Carla Gray and the Island Steppazs got guests moving and grooving.

The smooth jazz songstree of Evadne Bygrave accompanied by Floyd Paris added a touch of elegance and soul to the afternoon.

To close the show, LaBande delivered a pitch-perfect set that had the crowd dancing, smiling, and singing along—an unforgettable finale to a truly magical day.

The event was not only a celebration of talent and community, but also a testament to the power of connection. Guests left feeling uplifted, energised, and deeply appreciated. Many commented on how much they enjoyed themselves, how busy and lively the event was, and how superb the acts were throughout the afternoon.

A heartfelt thank you goes to the brilliant Young Mayor's Team and all the wonderful volunteers, who were on hand throughout the day to support guests and ensure everything ran smoothly. Their enthusiasm and dedication added an extra layer of warmth to an already joyful occasion.

Silver Sunday at the Rivoli Ballroom was a shining example of what happens when community, creativity, and care come together. What a fabulous afternoon!



From Top Left: Ada Campe MC, Medusa Has Been, Victoria Howden, Joan Le Vasseur, Evadne Bygrave with Floyd Paris, Carla Gray and the Island Steppazs and LaBanda.

Celebrating Community & Challenging Ageism with Age Without Limits Event

It was truly heartwarming to see so many attend June's Age Without Limits event, held at the historic Fellowship Inn in Bellingham. The atmosphere was filled with warmth, laughter, and a shared sense of purpose. The day was a resounding success, and we're so grateful to everyone who joined us.

Age Without Limits is more than just an annual gathering—it's a powerful movement that brings people together to challenge ageism in all its forms. Whether through personal action, community engagement, or workplace advocacy, the event encourages us all to reflect on how we can create a more inclusive society for people of all ages.

The event began with an inspiring welcome from our Mayor, Brenda Dacres, whose words set a hopeful and determined tone. We were also honoured to hear from Iris Till, Chair of POSAC, and Councillor Paul Bell, Cabinet Member for Health, Wellbeing and Adult Social Care. Their messages reinforced the importance of community, resilience, and the need to continue pushing for positive change.

The film *Age has no Limits* was the focus of the day. Especially commissioned by POSAC for this event, it was beautifully crafted and left a lasting impression on everyone in the room. The film featured

heartfelt stories from local residents—many of whom are familiar faces in our community—sharing their journeys, reflections on life, and how they've

navigated personal loss and change. It was a moving reminder of the strength, wisdom, and spirit that older people bring to our lives and communities.

Special recognition to Leela West, our exceptionally talented young filmmaker, whose vision and creativity brought these stories to life with sensitivity and grace. We also want to thank Ashanti George-Faure for his thoughtful and engaging interview style, which helped draw out such powerful and personal narratives.

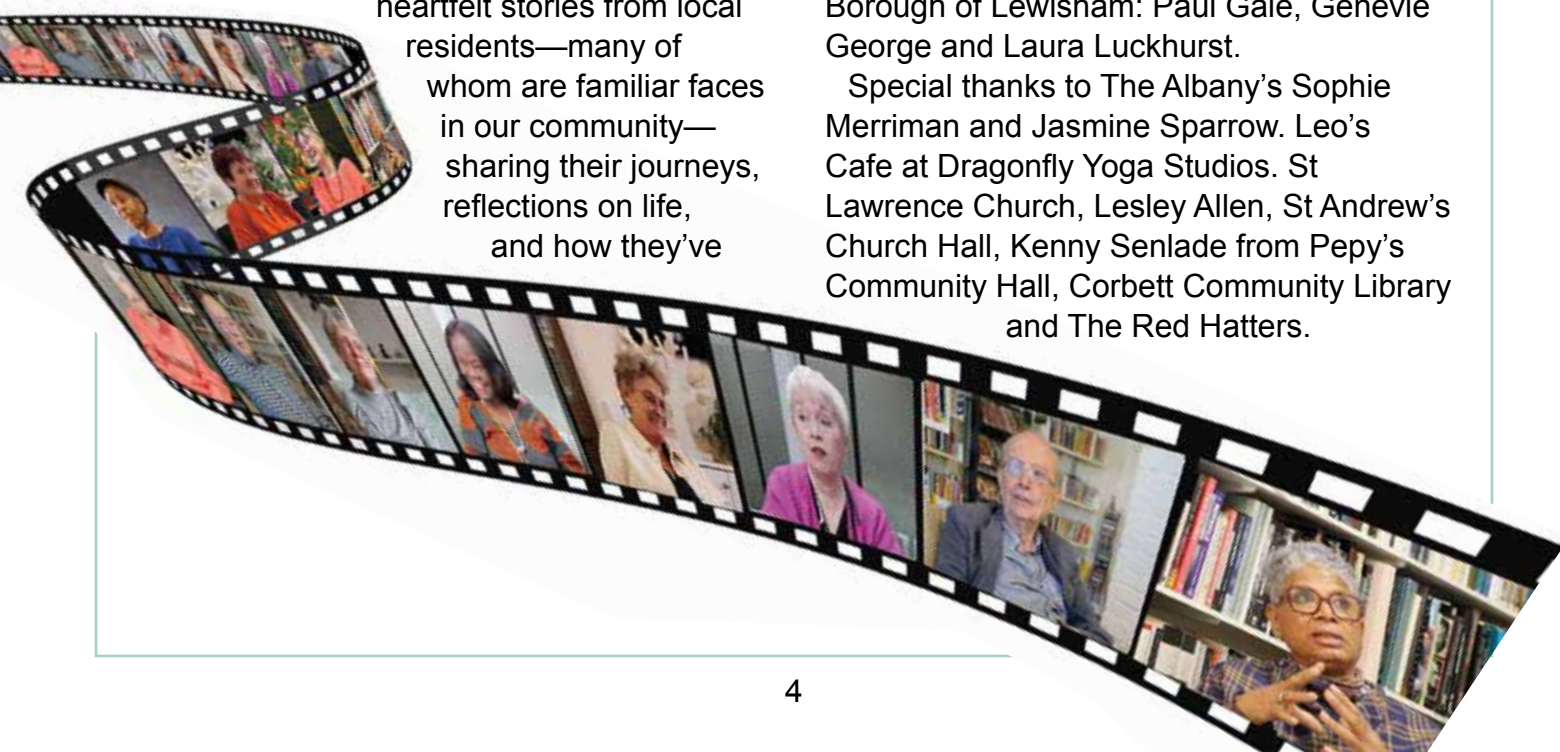
Events like this remind us of the importance of connection, storytelling, and standing together against stereotypes. Thank you to everyone who made the day so special - we will continue to work towards a future free from ageism.

Age has no Limits can be viewed at [YouTube.com/LewisamCouncilVideos](https://www.youtube.com/LewisamCouncilVideos) or www.youtube.com/watch?v=YWX1R-4FQgM

Thank you to all the participants: Stella Amogbokpa, Shirley Charles, Rosemary Davies, Rona Dixon, Oscar Humpfrey Gyde, Fred Hawley, John Macy, Doreen McKenzie, Pat Merry, Moira Riordan, Maree Sala, Ethne Stewart, Patricia Trembath and Vesna.

Thank you to the crew: Ashanti George Faure, Leela West and Alexandra Bourdelon. Supported by the London Borough of Lewisham: Paul Gale, Genevieve George and Laura Luckhurst.

Special thanks to The Albany's Sophie Merriman and Jasmine Sparrow. Leo's Cafe at Dragonfly Yoga Studios. St Lawrence Church, Lesley Allen, St Andrew's Church Hall, Kenny Senlade from Pepy's Community Hall, Corbett Community Library and The Red Hatters.



Dancing and Singing Through the Generations

There’s something truly special that happens when different generations come together — and nowhere was this more evident than in the recent intergenerational performance. A joyful collaboration between the Golden Oldies of Bring Me Sunshine and the young stars of the Goldsmith’s Dance Academy. With ages ranging from 6 to 87, this event was a heartwarming celebration of connection, creativity, and community. From the very beginning, the energy in the room was electric. The children brought enthusiasm, curiosity, and boundless energy, while the older performers shared experience, warmth, and a deep love of music and movement. What blossomed was more than just a show — it was a partnership built on mutual respect and joy. The children’s parents were full of praise, exclaiming how beneficial the experience had been for their children. “It was lovely to see our children learning from and connecting with older people,” some parents said. “It felt like real community spirit in action.”



This year marks 25 years that the Ageing Well in Lewisham project has worked in the borough to enhance the quality of life of older people. Through its parent charity, Lewisham Churches Care, Ageing Well reduces isolation and enhances the mental and physical wellbeing of service users regardless of faith or culture.



Ageing Well in Lewisham Body Bingo

Ageing Well’s weekly activities encourage social interaction, mobility, and creativity. Not only do these groups foster friendship and new skills, but they also positively impact participants through access to information, volunteering, contributing, carer support, intergenerational activities, cross-pollination with other organisations, and community connection.

“You’re stimulated. You come back alive again,” said a member of The Befrienders singing group. “These things we do really are meaningful.” And a Crafts Plus participant shared that the group “means so much more than just learning new skills.”

No booking required for any of our groups. First visit is FREE!

Contact Winnie Carlson (Project Coordinator) for more info: 074860 11102; info@ageingwellinlewisham.org

**Christine Castro
December 1934 –
September 2025**

We remember Chris, one of the founder members of Positive Ageing Council, with fondness. She was a woman of integrity, wisdom, and humour, always ready to stand up for the underdog and to support others in the community. Her kindness, loyalty, and lively spirit touched so many people, from all walks of life. Chris will be greatly missed by all of us.



Bring Me Sunshine Lights Up Lewisham



Bring Me Sunshine Silver Ball Peachy Beat

The Bring Me Sunshine project continues to bring joy to seniors in Lewisham through exciting events at various local venues which connect older people to the community. There are raffles, games and always a few surprises! Come along and join us to meet new people, get creative, make new links, and access health and wellbeing information and services.

Look out for their Christmas event listed alongside other events all across the borough on page 20-21



Joyful Voices

Age Exchange's choir for people living with dementia, their carers, and volunteers.

Joyful Voices which is celebrating its first anniversary, runs every Thursday 11am – 1pm in our Bakehouse Theatre at Age Exchange. The choir harnesses the power of music making and singing to enable participants living with dementia, along with their family, carer and volunteers to find joy through performing as a choir. The music and

songs we explore relate to the lives of choir members, their heritage and life experiences. It's a beautiful project, where everyone enjoys the experience of singing as a choir as well as the social aspect of meeting up and learning how to develop their voice. The choir is run by our brilliant Choir Leader Frankie Gritton. We sing music from every genre – songs that we choose together and that have meaning in our lives. We love learning how to sing together, making new friends, strengthening our voices and extending our range. We welcome new members to come and share the joy of singing together with us.



Age Exchange, 11 Blackheath Village, London SE3 9LA. For more info call 020 8318 9105 or email hello@age-exchange.org.uk www.age-exchange.org.uk

We'd love to hear from you!

If you have any comments or suggestions for future editions of this newsletter, please get in touch with Paul Gale on 020 8314 3387 or email paul.gale@lewisham.gov.uk.

We're always on the lookout for fresh and inspiring stories. If you have something to share, we'd be delighted to hear it. There's no strict criteria - just that it's relevant to Lewisham and of interest to older residents in our community.

Promoting an event or activity?

If you're running something that you think older people in Lewisham would enjoy or benefit from, let us know, we may be able to include it in a future issue.

PAWS (Proactive Ageing Well Service)

New service is helping over 65s age well

Lewisham and Greenwich NHS Trust has launched a new service to help people 65+ in Lewisham, to age well. It's called the Proactive Ageing Well Service or PAWS. Debbie Joyce, Older Adults Clinical Programme Manager explains: "PAWS is a proactive service dedicated to supporting older adults who have complex health needs. We offered it in a planned way, not at the point of a new urgent health issue. Our specialist Ageing Well team offers a comprehensive assessment to help the person maintain their health and independence. Our team consists of a consultant doctor and ageing well practitioners from nursing backgrounds. They all specialise in the health of older people and are committed to working out what matters most in the life of each patient."

What is offered?

During a home visit PAWS carries out a comprehensive assessment that is designed for people aged 65 and over living with frailty. This multi-dimensional approach includes:

- a physical health check which reviews your health conditions, any new problems and a physical examination
- an assessment of mobility and how you complete tasks
- a cognitive health screen and discussion about your mental health
- a review of your medicines

From this the team agree a personalised care plan with you, giving you the

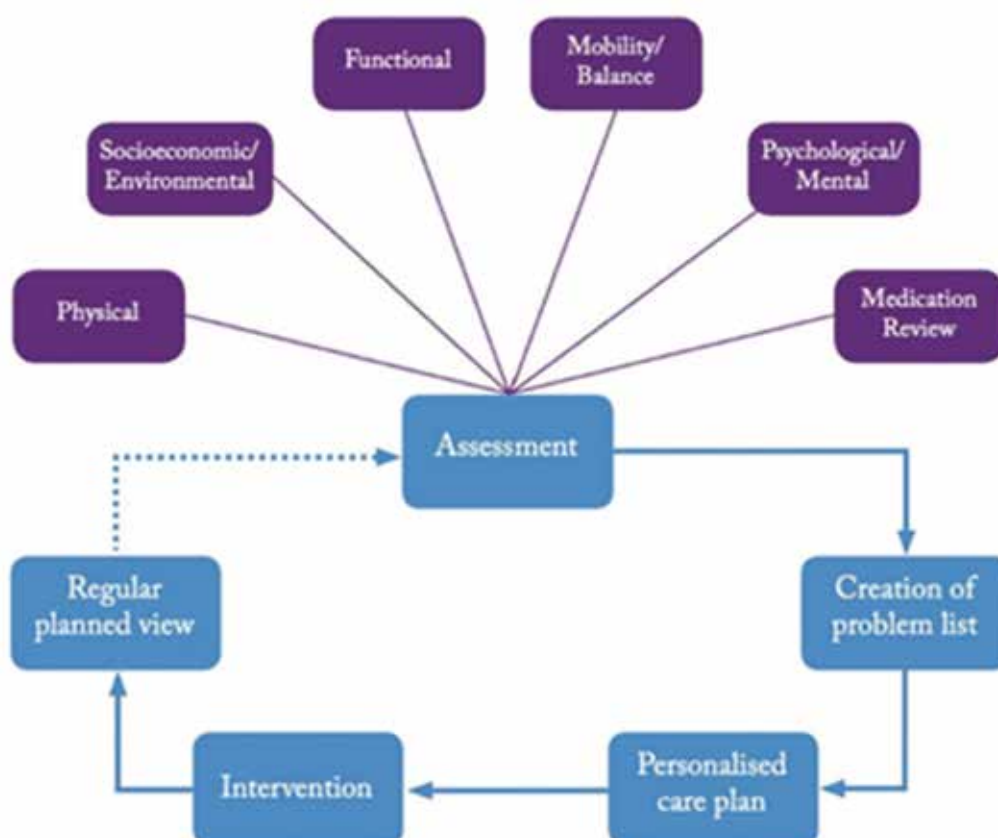
opportunity to explore your preferences for future care, through open and honest conversation. If you want, your wishes can be recorded so that they are accessible to health and social care staff.

By identifying any challenges or potential issues early, PAWS is empowering older people to stay well with the support of existing services, at the right time and in the right place.

You can be referred by your GP or hospital doctors. Talk to your GP if you would like to be referred to PAWS. The Lewisham PAWS team offers you a holistic experience, so we are happy to discuss not just your health but other aspects of your life like how you'd like to spend your time and being able to see the people who matter to you. We can also put you in touch with services that help you stay well and get the most out of life.

What do patients think about it?

This dedicated PAWS team are delighted by the fantastic feedback from their visits to Lewisham residents.



So who can benefit?

Mainly we see patients who are 65 or older who are living with frailty with multiple health issues who would benefit from someone “putting the pieces of the puzzle together” and seeing the whole picture. The PAWS team is especially for people over 65 who are experiencing some of the following issues:

- falls
- becoming more muddled
- new continence concerns
- concerns about managing lots of different medicines
- worsening mobility
- needing more help round the house or with tasks such as shopping, washing or dressing
- The PAWS team are unable to accept referrals from people:

- who are fully independent with all aspects of their life.
- care or nursing home residents
- people with one or two problems that could be managed by their GP.

The PAWS model

Winter wellness: top tips to keep you feeling healthy

As winter approaches it is important to take steps to maintain your wellness. In the colder weather we often crave comfort food, we can also be less inclined to exercise, and this can affect how we're feeling both mentally and physically.

Colds, flu and other respiratory illnesses are also more common in colder months. Maintaining a healthy routine and a well-stocked home medicine cabinet can help you manage common ailments and keep you feeling well.



Practice healthy eating with a balanced diet that includes protein, carbohydrates, healthy fats, fruit and vegetables.



Keep a well-stocked medicine cabinet. Many winter ailments can be treated at home. Visit your local Pharmacy for advice on what to stock up on.



Stay hydrated by drinking plenty of fluids throughout the day. This can include water, soups, and other warm drinks.



Get regular exercise. Taking a daily walk if you're able, or doing gentle movements and stretches at home will help you to stay mobile.



Protect yourself especially against flu and Covid-19 by taking vaccinations if you're invited. Vaccinations can help protect you, and those around you, from serious illness.



Keeping warm over winter can help to prevent colds and flu. Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use.



Stay socially active. This is vital for overall wellness. Meeting up with friends, family or attending local wellbeing cafes are great ways to get out in the winter months. A great place to stay socially active and keep warm in the day are the Lewisham Warm Welcomes. Check back later in the year for details.

Find information on keeping well over Winter on the NHS website: www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well



ARE YOU INTERESTED IN HELPING IMPROVE PALLIATIVE CARE FOR PEOPLE WITH SERIOUS LONG-TERM ILLNESSES?



The research

We are studying how palliative care given in doctor's surgeries, health centres and in the community can help **people with several serious long-term illnesses**. We'll look into what works, who it works for, how it works, and under what conditions. We will focus on inequalities in access to and availability of the support needed.



Who are we looking for ?

We are looking for people who have **experience of serious long-term illnesses**, as well as their families and caregivers—to join the research group.

What does it involve?

Invitation to Join Our 3-Year Project

- We will invite you to join **four online meetings** during this three-year project
- We will share our **research results** and welcome your **feedback and ideas**
- The **first meeting** is planned for **September 2025**
- Training on the **research method** will be available.
- We encourage you to share your thoughts to help improve our research questions and the ideas we want to explore.

For joining the four workshops, we will pay you £25 per hour, plus an extra £5 per hour to cover online meeting costs.

How can I get involved?

If you're interested in contributing to the research project as an expert patient, family member, or carer, we encourage you to apply. We're also very happy to answer any questions.

Please email Sandra.dyer@kcl.ac.uk.



Developing a Neighbourhood Health Service in Lewisham

In Lewisham and across the country, the NHS is working with local councils, voluntary groups, and community organisations to develop and deliver neighbourhood health services.

This model will transform how we support people's health and wellbeing by bringing more care closer to home and making services easier to access. By taking a joined-up approach which considers both health and lifestyle factors, we can provide more personalised care and help people live healthier, more independent lives.

Health and care will be delivered by Integrated Neighbourhood Teams, who will work together to support to those who need it most.

What is an Integrated Neighbourhood Team?



Our Integrated Neighbourhood Teams (INTs) work together to make it easier for everyone to get the support they need. Bringing services closer to home and making life simpler for residents. By working more closely together we can make an even bigger difference to people's health and wellbeing.

Who will the Integrated Neighbourhood Team support?

Our first Integrated Neighbourhood Team will focus on supporting people living with multiple long term health conditions. They will seek to understand what matters most to these residents and help them feel better and stay well. Ensuring they receive the right care, from the right people, at the right time, without delays or confusion.



For more information, visit: www.selondonics.org/in-your-area/lewisham/int



The Universal Care Plan: London's digital personalised care plan

The Universal Care Plan is a free NHS service available across London that gives you a personalised care plan. This plan is about your needs, your care preferences, and what matters most in your life. It ensures your healthcare is based on your wishes, wherever possible.

Your care plan is stored securely in a digital record called the Universal Care Plan, which can be accessed by healthcare professionals across London, including emergency services, so they always know your needs.

How it works

Your healthcare professional, whether GP, specialist doctor, or nurse, creates your plan after talking to you and once created, it can be seen by any healthcare professionals you come in contact with including emergency services, so you don't need to repeat yourself.

Your plan can be updated at any time in case of health changes, your circumstances or wishes change.

Accessing your plan

You can view your UCP through the NHS App on a smartphone or tablet.

1. Open the NHS App
2. Go to the 'Your health' section
3. Select 'Care Plans'
4. If you have a UCP, you'll see an option to view it and check when it was last updated

If you do not have the NHS app or find it difficult to find things online, speak to a healthcare professional. They will be able to provide you with a printed copy.

In the future, you'll be able to update your care plan directly through the NHS App so you can add details important to you. This will help healthcare professionals better understand how you want to be cared for.

How to get started

You're eligible for a Universal Care Plan. To begin, speak with your GP or specialist nurse. For more information, please visit ucp.onelondon.online/patients

Winter Health and Wellbeing Tips

As Winter months are rapidly approaching, here are some tips to plan for the colder and darker days ahead

Healthy Eating

Maintain a balanced diet rich in vitamins and minerals. Incorporate seasonal vegetables, fruits, and warm meals. Take a vitamin D supplement daily, which helps bones in particular stay strong. In the winter, you get very little vitamin D from the sunshine and so this is even more important.



Stay Active

Engage in light exercise if possible, such as walking or gentle stretching. This can help improve circulation and overall wellbeing.

Hydration

Don't forget to drink enough fluids, even if you don't feel thirsty. This is harder in winter! Consider keeping a jug or bottle of water so you know how much you have drunk that day.

Stay Warm

Aim to keep a thermostat around 18-21 degrees. We know this can be difficult with the cost of heating. Wearing several layers can also help to keep warm.

Check Medications

Review your medications with your GP or pharmacist to ensure you have enough supplies for winter and understand how to take them properly.



Vaccinations

You have probably received an invite from the NHS to have your free flu and COVID-19 vaccinations. Protection from these vaccines fades over time so it is important to have them when invited. This year if you are 75-79 you should also have received an invite for a vaccine against RSV (respiratory syncytial virus). This is a virus that often causes symptoms similar to a cold but can lead to pneumonia, and so we encourage the uptake of this new vaccine. This is in addition to the pneumococcal vaccine that is also offered to protect against a form of pneumonia.

Home Safety

Ensure your home is safe from slips and falls. Keep walkways clear of ice and snow, and consider using non-slip mats indoors.

Stay Connected

Keep in touch with family and friends. Regular check-ins can provide support and help you feel less isolated especially in the longer evenings.

Emergency Preparedness

Have a plan in case of bad weather. Keep a stock of essentials like food, water, and medications, and consider having a mobile phone handy for emergencies.

Mental Health

Winter can affect mood, so keep doing activities you enjoy, and get in touch with your GP if you feel low.

For help, speak to your GP or pharmacist. They can advise and give medication for a variety of minor illnesses to anyone in

Lewisham who is entitled to free prescriptions via the Pharmacy First Plus scheme.

Out of hours, please call 111 or visit an urgent care centre. In an emergency, call 999.

Wishing you a happy and healthy winter.

Reasons why you should get the flu vaccine this winter

The days are getting shorter and the temperature is starting to drop – and for those aged 65 and over, getting vaccinated is one of the best ways you can keep yourself healthy this winter.

Despite widespread availability of the flu jab, many older adults still hesitate due to persistent myths and misconceptions. Let's set the record straight and explain why the flu vaccine is essential for older people.

Myth: Flu isn't that serious.

Fact: Flu can be deadly. In England alone, nearly 8,000 deaths were attributed to the flu during the winter of 2024/25.

Even healthy individuals are at risk of severe complications such as pneumonia, inflammation of the heart or brain, and long-term disability. Unfortunately, for older adults, the risks are even higher.

Myth: The flu jab gives you the flu.

Fact: It doesn't. The vaccine contains an inactivated virus that cannot cause infection.

While some people may experience mild symptoms like a sore arm, slight temperature, or aching muscles, these are signs your immune system is responding effectively, not that you've caught the flu.

Myth: It's too late to get vaccinated.

Fact: It's never too late. While October and November are ideal months for vaccination, getting the jab later in the season still offers valuable protection. Flu viruses circulate well into spring, so shielding yourself now can still make a big difference.

Myth: Side effects from the jab are worse than the flu.

Fact: The flu vaccine is extremely safe. Most side effects are mild and short-lived. In contrast, flu itself can leave you bedridden for a week or more and may lead to serious illness or death – especially in older adults.

Myth: "I had the jab last year, so I'm protected."

Fact: Not quite. Flu viruses evolve rapidly, which is why the vaccine is



updated annually. To stay protected, you need a new jab each year that matches the current strains.

Myth: Only elderly people need to worry about the flu.

Fact: While older adults are at higher risk, flu can affect anyone. However, those over 65 are more likely to suffer complications, making vaccination especially important for this age group.

Myth: I'll wait until the new year – I don't want to get sick from the jab.

Fact: Mild side effects from the vaccine are nothing compared to the flu itself. Delaying vaccination leaves you vulnerable during peak flu season. The best way to avoid getting sick is to get vaccinated now.

The bottom line

If you're over 65, the flu vaccine is a powerful tool to protect your health and independence. Don't let myths put you at risk. Speak to your GP or pharmacist today and make sure you're covered for the season ahead.



Reinventing Life After 65

Stories of Strength, Joy and New Beginnings across Lewisham

As we grow older, life doesn't slow down, it simply changes shape. Across Lewisham, older residents are proving that age is not a barrier to reinvention, but a gateway to new adventures, passions, and connections.

Take Margaret, 72, from Catford, who recently joined a local community choir after decades of singing only in the shower. "I never thought I'd perform on stage again," she says, "but now I've found my voice—and a whole new group of friends."

Or David, 68, who became a digital mentor through Catbytes, helping others get online. "I used to be terrified of technology," he laughs. "Now I'm teaching others how to video call their grandkids."

These stories echo the spirit of Lewisham's recent Age Without Limits Day, a celebration of older people's resilience and creativity. Held at The Fellowship Inn in Bellingham, the event featured a powerful film showcasing how older residents have reinvented themselves—whether by rediscovering old passions, adapting to health challenges, or stepping into new roles as carers or volunteers.



The message is clear; ageing is not about decline, but about possibility. Whether it's joining a walking group, learning to paint, or simply finding new ways to connect, there's no "right" way to age, only your way.

So if you're wondering what's next, take heart from your neighbours. The next chapter could be your most exciting yet.



The All in One Challenge for over 55's

The All in One is our signature challenge. We thought: "If the young can have The Duke of Edinburgh's Award then why can't the over- 55s have something similar". This is our answer – asking you to learn new things, take exercise and make a social contribution.

Why take part in the All in One?

- It is a structured and creative approach towards leading a healthy and interesting lifestyle
- You decide on your own level of commitment – whether at Bronze, Silver or Gold level
- Personal achievement. You should get real satisfaction from each of the three elements;
- To develop new skills, sports and/or connections
- You can use your accumulated skills and wisdom – which might otherwise be lost – for the benefit of others and within a publicly recognised context.

It's about having fun, establishing your boundaries and feeling good in yourself. **More information here www.thechallengehub.org/summary-of-the-all-in-one**

USEFUL INFORMATION



Lewisham Council Help with Benefits, Heating, & more Online and in-person

Support: Visit website for information and advice on council services, benefits, and local support services and where you can attend in-person drop-ins.

lewisham.gov.uk/my services/cost-of-living

UK Government Pension Credit Online and telephone advice

• **Support:** Provides free information and advice on Pension Credit, a benefit for people over State Pension age to help with living costs.

www.gov.uk/pension-credit
0800 99 1234 Monday to Friday, 8am-6pm



Better Off Lewisham

• **Online Support:** An online platform that offers free advice on money, employment and what benefits you are entitled to as well as how to claim for them. Online account required to use their benefit calculator.

lewisham.betteroff.org.uk/#/home

Citizens Advice Lewisham Phone advice and in-person drop-ins.

• **Support:** Offers advice on benefits, debt, housing, and other issues.

Drop-ins: Downham
St John the Baptist Church

353 Bromley Road, SE6 2RP
Wednesday 12pm – 2pm, drop in only



Forest Hill

Perry Rise Baptist Church, SE23 2QL
Thursday 12pm – 2pm, drop in only
citizensadvicelewisham.org.uk

0800 231 5453 (Freephone)

Hours: Monday to Thursday:
9.30am-12.30pm & 1.30pm-5pm



Community Connections Telephone and in-person at drop-ins

Support: Community Connections Lewisham is a free service for anyone aged 18+ living in the borough of Lewisham. It helps you find and access support, services, groups, and activities that improve health, wellbeing and happiness.

communityconnectionslewisham.org
0330 0583 464 9:30am – 4pm Monday-Friday (2pm – 4pm only on Thursdays).

Drop-in:

Lewisham Irish Community Centre,
2A Davenport Road, SE6 2AZ
Thursdays 10:30am – 12:30pm

eVisa Support

The Migrant Hub supports people who need to apply for an eVisa as the Home Office are replacing digital immigration documents with electronic proof. We run a number of drop-in sessions for people who need to apply for the eVisa or who are struggling to access it. Please call our office to find out when our drop-ins are running at **020 8694 0323**.

Lewisham Migrant Hub



Lewisham Refugee and Migrant Network's Lewisham Migrant Hub

is a drop-in service (address below) offering free advice and practical support to refugees, asylum seekers and migrants.

USEFUL INFORMATION

The drop-in is located at **All Saints Hatcham Community Centre, 107 New Cross Rd, London SE14 5FF** and takes place on **Wednesdays 10am – 2pm**.

Consider Fostering

Lewisham children in the system are clear about what they want: “We want to stay living in our community, even when we can’t be at home. We want to stay close to the people and places we know.”



If you have a spare room and a little extra time on your hands, you might be exactly what Lewisham children are looking for. Foster carers can be any age, some are in their 80's. There are many types of fostering, and our team can support you to work out what works best for you and your family. All applicants are supported throughout the whole process including mentoring/buddying from experienced foster carers, guidance from assessing and supervising social workers, regular training and support groups and out of hours support. Share your love, provide a home for a child in Lewisham.

Contact our Recruitment team for more information go to fosterwithyourcouncil.uk/ foster-with-lewisham, call **0800 015 0129** or fosteringrecruitment@lewisham.gov.uk

Drop in for a chat on Mondays, Wednesdays and Fridays 10am – 1pm (except bank holidays) at Lewisham Fostering Hub, 45 Bromley Road, London, SE6 2UA

Virtual events are 6pm – 7pm every other Thursday, to attend email fosteringrecruitment@lewisham.gov.uk

Useful websites

www.lewishamlocal.com/lewisham-warm-welcomes

www.lewisham.gov.uk/myserVICES/cost-of-living
tfl.gov.uk/fares/free-and-discounted-travel/60-plus-oyster-photocard

Useful numbers

Action Fraud 0300 123 2040

Age UK Community Connections Lewisham 0330 058 3464

Alzheimers Society 0330 150 3456

Over 50's Alcohol Helpline 0808 801 0750

Carers Lewisham 0208 699 8686

Carers UK 0800 808 7777

Citizens Advice Lewisham 0800 231 5453

Council Tax 0208 690 9666

Freedom Pass Helpline 0300 330 1433

Home Library Service 0208 314 6254

Housing 0208 314 6000

Independent Age 0800 319 6789

Lewisham Contact Centre 0208 314 6000

Lewisham Local 0208 488 9224

Lewisham Victim Support 0208 698 4583

MoneyHelper 0800 138 7777

National Dementia Support Line
0300 222 1122

National Domestic Violence Helpline
0800 9995 428

Noise issues 0208 314 7237

The Silverline 0800 470 80 90



Stay Scam-Safe in Lewisham: A Guide for Older Residents

As technology evolves, so do the tactics of scammers. In Lewisham and across the UK, older adults are increasingly being targeted by fraudsters using sophisticated tricks to steal money and personal information. Whether it's a phone call from a "grandchild in trouble" or a fake NHS message, it's more important than ever to stay alert.

Common Scams to Watch Out For

AI Voice Cloning: Scammers use artificial intelligence to mimic the voices of loved ones, claiming to be in urgent need of money.

Fake NHS or Medicare Calls: Fraudsters pose as healthcare workers asking for personal or financial details.

Tech Support Scams: Pop-ups or calls warn of a virus and ask for remote access to your computer.

Romance Scams: Online relationships that turn into requests for money.

Investment Frauds: Promises of high returns on cryptocurrency or other "guaranteed" investments.

Doorstep Scams: Rogue traders offering unnecessary or overpriced home repairs.

Christmas Scams

Fake Delivery Notifications

- **Why it targets older people:** Many seniors expect parcels from family or online shopping during the holidays.

- **How it works:** Scammers send texts or emails claiming a delivery issue and ask for payment or personal details.

- **Protection tip:** Never click links in messages. Verify delivery status directly on the courier's official website.

Charity & Crowdfunding Scams

- **Why it targets older people:** Seniors are often generous and want to help during the festive season.

- **How it works:** Fraudsters create fake charities or social media campaigns to steal donations.

- **Protection tip:** Check charities on official registries like Charity Navigator or Give.org before donating.

Phone Scams Using AI-Cloned Voices

- **Why it targets older people:** Scammers impersonate family members or trusted organizations using AI-generated voices.

- **How it works:** A "grandchild" calls asking for urgent money or a "bank" requests verification.

- **Protection tip:** Hang up and call the person or organization back on a known number.

Tips to Stay Safe

Pause Before Acting Scammers often create a sense of urgency. Take a moment to think and verify the situation before responding.

Verify Independently Don't trust caller ID or email addresses. If someone claims to be from a trusted organisation, hang up and call them back using a number from their official website.

Protect Personal Info Never share your bank details, National Insurance number, or passwords unless you initiated the contact and are sure who you're speaking to.

Talk About It If something feels off, talk to a family member, friend, or neighbour. Scammers rely on secrecy to succeed.

Never share banking details over the phone.
Report Suspicious Activity - If you think

USEFUL INFORMATION

you've been targeted, contact Action Fraud, the UK's national reporting centre for fraud and cybercrime:

- actionfraud.police.uk
- 0300 123 2040

Be Vigilant against Pension Fraud

Warning to #ProtectYourPension with roughly £48,000 lost to pension fraud every day last year

Those reaching retirement age are being warned to protect their pensions and look out for criminals trying to embezzle them out of their life savings. Action Fraud revealing a total annual loss of £17,567,249. This roughly equates to £48,129 loss per day in 2024 to this kind of fraud or £33,848 loss per person.

Reporting analysis suggests the two most prevalent ways criminals targeted victims are investment fraud pressuring tactics, and account takeovers of a victim's pension scheme. Action Fraud, with support from the Pension Scams Action Group (PSAG), launched a pension fraud awareness campaign, warning people to take extra measures to protect their pension scheme accounts and to be cautious of investment opportunity offers from criminals that could be targeting them.

How can you protect yourself against Pension fraud?

- **Secure your online pension account:** The account you use to manage your pension should have a different password to all of your other accounts. Use three random words to create a strong and memorable password, and enable 2-step verification (2SV).
- **Ignore unsolicited calls about your pension:** Cold calling about pensions is illegal and likely a sign of a scam. If you're thinking

Final Word

Scams can happen to anyone, but by staying informed and cautious, you can protect yourself and others. Share this information with friends and neighbours—together, we can keep Lewisham safe.

about changing your pension arrangements, you should get financial guidance or advice beforehand.

Investment opportunities: Don't be rushed into making an investment. Remember, legitimate organisations will never pressure you into investing on the spot.

You should treat investment opportunities with extreme caution if there is:

- pressure to invest (time-limited offers)
- downplayed risk of losing your money
- promised returns too good to be true

Remember to Stop! Think Fraud and find more information on how to protect

yourself from fraud here: Stop! Think Fraud - How to stay safe from scams

What can you do if you have been a victim of pension fraud?

Report pension scams: if you're worried about a potential pension scam or you think you may have been contacted by a criminal, report it to Action Fraud at actionfraud.police.uk or by calling 0300 123 2040.

If you have made a payment: inform your bank or pension provider as soon as possible, they can help you prevent any further losses. Monitor your bank and pension statements regularly for any unusual activity.



HEATING**What is a healthy home temperature, how to deal with draughts and the importance of controlled ventilation**

From South East London Community Energy (Selce)

Feeling of cold chills running up the spine: a sure sign of draught slowly drawing warmth out of our bodies and homes. This issue of cold, draughty homes is prevalent in the UK, more so than any other European nation.

The impact of draughts on our bodies increases as we age, and living in a cold home is particularly risky for anyone with a circulatory, auto-immune, respiratory or mobility issues. Different conditions are adversely affected at different temperatures. However, each room – depending on its use – can be kept safely at different temperatures (see images below).

However, heating a home on a state pension or low income can be a challenge. We've pulled together a checklist of ways you can reduce the impact of draughts on your body, home and bills:

Heat your body, not your home

This principle is not a substitute for turning on your heating system but a helpful way to take the edge off when living in cold homes. You can buy heated gilets and blankets with battery

packs from most online retailers. The gilets give greater mobility than blankets so you can warm up on the go. Furthermore, you can charge up the battery packs at public libraries and other warm spaces if you need to keep your bills low.

Draughtproofing

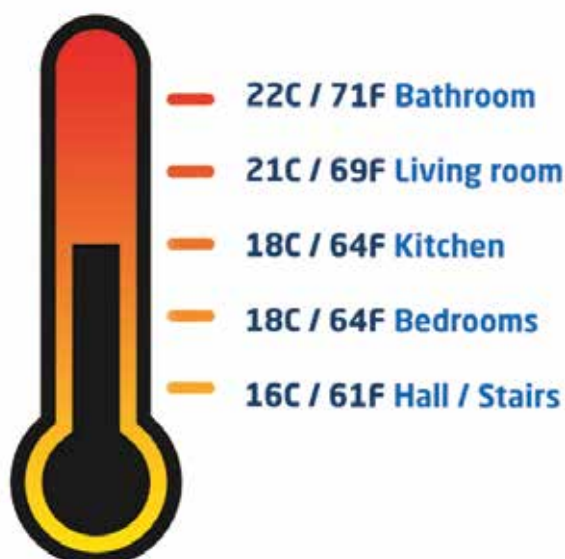
This is one of the least expensive and most effective ways that you can make sure your home stays warm. Using off-the-shelf products like draughtproof tape, door brushes, thermal curtains, chimney balloons, and plugging up holes in your wall can all have an impact on your comfort levels and your bills.

Go to energysavingtrust.org.uk/energy-at-home/ for the Energy Savings Trust list of ways to draughtproof your home

Keeping your ventilation systems clear

While draughtproofing is important for dealing with 'uncontrolled ventilation', you also want to make sure that your home has 'controlled ventilation'. This includes:

Making sure your extractor fans are free from debris and operational, checking that your trickle vents (those little slots at the top of your double glazing) are open, opening windows (even in winter) for short periods of time such as after you wake up or if you're drying laundry and making sure your ventilation bricks are clear and supporting uninhibited airflow.



If you are having works done on your house and installing insulation, make sure to ask your contractor or architect where the additional ventilation will be installed and ensure they are not accidentally blocking up existing systems. Like people, buildings need to breathe. If we add plastic-based materials such as polystyrene, moisture can get trapped indoors, leading to condensation and mould. And so, the ventilation system will need to adapt. This can be as simple as installing extractor fans or other mechanical ventilation systems.

Contact South East London Community Energy (Selce) www.selce.org.uk / tel: 020 4566 5764 for energy advice & info on grants and other support available.

Are you eating and drinking to support ageing healthily?

As you get older, there are some elements of diet and nutrition that need more attention. Below is some information based on the British Dietetic Association diet factsheet for those over 65 to support a healthy diet compiled by Lewisham Council's Public Health Team

Fruit and Vegetables

- Aim for 5+ portions of fruit & vegetables daily (fresh, frozen, canned, dried or 100% juice).
- A diet rich in fruit and vegetables is linked to lower risk of heart disease, stroke, diabetes & some cancers. One portion is roughly a handful or 80g.
- Consider adding beans and pulses (e.g., chickpeas, kidney beans, lentils) – ~80 g counts as 1 portion of your 5-a-day.



Choose Healthier Fats & Proteins

- Reduce saturated fats (butter, lard, red meat fat). Swap them for unsaturated oils & spreads, such as olive, rapeseed, and sunflower oils.
- Include oily fish (salmon, sardines, mackerel). Aim to have 2 portions per week, 1 of them oily (~140g cooked weight), but no more than 4 portions/week to limit contaminants.
- Include lean animal protein in your diet, for example, chicken, fish, eggs and plant proteins such as beans, lentils, tofu and nuts to support muscle, immune function, and overall health.

Boost Fibre

- Include wholegrains such as wholemeal bread/pasta, brown rice, seeds which support digestion and heart health.



Manage Salt

- Keep salt under 6 g/day (~1 tsp). Too much salt raises blood pressure. Enhance taste with herbs, spices, citrus fruits like lemon juice and balsamic vinegar. Garlic, onions, and ginger, as well as umami-rich ingredients like

mushrooms and nutritional yeast, can also add more flavour to food.

Stay Hydrated

- Older adults often drink less. Signs of dehydration can be missed. These include dizziness, fatigue, headaches, constipation.
- Women need to drink at least 3 pints of fluid a day (1600ml) and men 3.5 pints (2000ml). While drinking water is often considered the best source of fluid, other drinks such as tea, coffee, juice, squash, smoothies and soups also count.
- If you run out of water while you're out and about or worrying about needing the loo, you can fill up your water bottle or ask for water anywhere you see the 'Lewisham Refill' sign on high street stores and you can use the loo anywhere you see the 'Lewisham Community Toilets' sign.

Key Micronutrients

• B Vitamins (B6, B12, folate) are vital for energy production, skin, nerves & red blood cells. Good sources include fortified cereals, meats, poultry, fish, dairy, and leafy greens.



• Calcium is essential for bone health—sources include milk, cheese, yogurt, canned fish with bones, fortified soya/tofu, leafy greens.

• Vitamin D is crucial for bones, muscles and teeth. It helps preserve muscle strength, preventing falls, the softening of bones and the risk of fractures. Take 10 µg/day supplement from October–March; individuals at higher risk may need it year-round. Speak to your GP for more information



Additional supplements

Supplements don't replace good food. Follow medical advice for prescribed nutrients (e.g. iron, folic acid).

Healthy Eating Tips

Changes in taste & appetite are normal as we age. Use spices, vary texture & colour to stimulate interest.

If you're not sure what to cook or need ideas, Lewisham Council with a Dietitian developed a nutrition guide with culturally appropriate recipes. You can request one of these by emailing Publichealth@lewisham.gov.uk. Choose nutrient-rich options—cheese & wholegrain crackers, yogurt, nuts, smoothies, oily fish on toast. Eat little and often if appetite is low.

Find a community meal in your area

Taking pleasure in food and drink can help you eat well and maintain your health. This can include choosing food and drink that you enjoy, sharing a meal with family or friends or enjoying a meal in the community with neighbours. Community meals can be a great way to enjoy a nutritious meal in company and a chance to meet new people in your area. We are lucky to have a number of community meals across Lewisham:

"Very good way of socialising and meeting new people in the local area. Nice nutritious meal."

Guest at FoodCycle Lewisham



Silver Lunch Club with Ageing Well (for 50+) Thursdays 12.30pm – 2.30pm Wesley Halls, 2 Shroffield Road, Downham, BR1 5PE

Join us £5 for activities and a hot lunch. Regular

activities include arts and crafts and gentle exercise, often with speakers and presenters from local groups and organisations.

**The Grove Centre Monday – Thursday
11am – 2pm, Wednesday 2.30pm – 4.30pm**
2 Jews Walk, SE26 6PL

Homemade lunches at £4.50 for two courses, £3.50 for one. Accessible and free car parking. Book by phone, email or in person. **Contact 020 8778 8601 or office@thegrovecentre.org.uk, or visit www.thegrovecentre.org.uk**

**Ichthus Church Community Table
Fridays 1.30pm – 3.30pm** Ichthus Lee Green, 23 Lampmead Road, SE12 8QJ

A free main meal with dessert for anyone in the community. Signposting and support too. **Contact: 07950 255630.**

The Bear Church Sundays 6pm – 7pm
Evelyn Community Centre, 1 Kingfisher Square, Clyde Street SE8 5TW

Sit down drop-in meal. Everyone welcome. Term time only except last Sunday of the month. **Contact: Richard 07392 311794**

Drop In Fridays - Fridays 12.30pm-4pm
Christ Church URC, Bellingham Green, SE6 3HQ

Lunch, hot drinks, social activities and digital support **Contact: Anna at 07918 981549**

**FoodCycle Lewisham
Wednesday & Saturday 1.15pm at
Lewisham Irish Community Centre,
Thursdays at 1.15pm at Allsaints
Community Centre, Newcross Gate (Term-
time only) Lewisham Irish Community Centre,
2a Davenport Road SE6 2AZ**



**All Saints Hatcham community Centre,
105 New Cross Road, SE14 5DJ**

Free sit-down three-course vegetarian community meal. Just turn up. **Contact: lewisham@foodcycle.org.uk or visit foodcycle.org/location/foodcycle-lewisham**

**Honor Oak Community Centre
Tuesday 11am – 5.30pm**
50 Turnham Road, SE4 2JD

Free hot meal, hot drinks, discussion and games.

**Front Room Club
Monday, Tuesday & Friday
9.30am – 2.30pm**

St. Lukes Church, Northover, BR1 5JR

Front Room Club is a Cafe style drop in, providing a safe, welcoming and supportive place to grow. A two course lunch is available for £3 on Mondays and Fridays. Tuesday Lunch provides a hot meal for £2. A free breakfast of toast with a variety of preserves and spreads is on offer: Mon, Tues and Fri. **Contact us at 07516048848 or stlukesdownham.co.uk/contact for further information.**

**St Mark's Downham - Welcome Club
Wednesday & Thursday 9am – 3pm,
Sunday 10am – 2pm (Headcount for the
hot meal is at 11:30am) St Mark's Downham,
Baudwin Road, SE6 1RN**

At the Welcome Club we offer a diverse and evolving programme of events, activities that engage, support and celebrate our local community while promoting inclusion and wellbeing. Everyone is welcome to a warm space, a free hot meal, a cuppa and company.

Christmas on a Budget

A joyful Christmas doesn't have to cost a lot. Here are a few ideas for gifts and food that won't break the bank.

Christmas is a season of warmth, family, and celebration, but it doesn't have to come with financial stress. With a little creativity and planning, you can enjoy a festive, meaningful holiday without overspending. Here are some practical ideas to make this Christmas special on a budget.

Start with a Plan

Before the decorations go up, set a realistic budget for gifts, food, and activities. Planning ahead helps avoid impulse buys.

Homemade Gifts with Heart

Handmade presents are personal, thoughtful, and cost-effective often mean more than store-bought ones.

- Knitted scarves or hats for loved ones.
- Baked treats like mince pies or shortbread in festive packaging.
- Memory jars filled with notes of shared moments or photos.

Affordable Decorations

You don't need expensive décor to create a festive atmosphere:

- Collect pinecones, holly, and evergreen branches for natural centrepieces.
- Repurpose old ornaments or make paper snowflakes with grandchildren.
- Use LED fairy lights—they're energy-efficient and add instant cheer.

Festive Food Without the Fuss

- Cook traditional dishes in smaller portions to avoid waste.
- Organize a "bring a dish" Christmas meal with friends or family.
- Use seasonal produce; fresher and cheaper.

Give Experiences, Not Things

- A voucher for a home-cooked meal.
- A walk in the park followed by tea.
- A movie night at home.

These create lasting memories without costing much.

Focus on What Matters

Christmas isn't about extravagance—it's about togetherness. A warm atmosphere, shared laughter, and kindness are priceless. Tip: If you're tech-savvy, use free apps to design digital greeting cards or organize virtual catch-ups with family.

Spiced Vegetable Soup

- 2 carrots
- 2 parsnips
- 1 onion
- 1 potato
- 1 tsp mixed spice
- 1 cube of vegetable stock

Chop vegetables, sauté in a little oil, add spice and stock, simmer for 20 minutes, then blend. Serve with crusty bread.



Roast Chicken with Herb Butter

- Whole chicken
- 50g butter
- Mixed herbs
- Salt & pepper

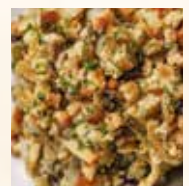
Mix herbs into softened butter, rub under the skin of the chicken, season, and roast at 180°C for 90 minutes. Serve with roasted seasonal veg.



Budget-Friendly Stuffing

- 4 slices of bread (stale is best)
- 1 onion
- Mixed herbs
- A little butter

Blitz bread into crumbs, sauté onion in butter, mix with herbs and crumbs, bake in a dish for 20 minutes.



Festive Fruit Crumble

- Apples, pears, or berries
- 100g flour
- 50g butter
- 50g sugar

Chop fruit, place in a dish, mix flour, sugar, and butter into crumbs, sprinkle over fruit, bake at 180°C for 30 minutes.



FUN FOR THE FESTIVE SEASON



**Saturday 15 November-
Sunday 4 January**
11am-11pm

Winter Gardens

Escape to The Winter Gardens at Beckenham Place park complete with indoor ice rink, Christmas market, and Plonk Golf course. Fairground rides, Revel Puck Circus, live music, and unforgettable festive memories.

visitwintergardens.co.uk

Wednesday 26 November

Coach trip to Oxford Christmas Market

£22 members/£26 non-members

To book call 07852 533649 or email info@60up.org.uk

Saturday 29 November

4pm

Tree & Street Lighting

Front of Sydenham Centre

SEE3 & Sydenham Community Project CIC

Sunday 30 November

2pm – 4pm

Christmas Fair

A festive celebration featuring arts and crafts, handmade gifts, food and treats, and



Santa's Grotto for children.

Location: Lewisham Polish Centre, 8 Waldram Park Road, SE23 2PN

Tuesday 2 December

London Christmas Lights Coach Tour

A magical afternoon/evening tour of the capital's twinkling festive displays. £20/£25

To book call 07852 533649 or email info@60up.org.uk

Saturday 6 December

11am-5pm

Christmas Market

Sydenham Centre

The Mansion Market

11am

Beckenham Place Park – www.eventbrite.co.uk/e/the-mansion-market-a-lewisham-local-christmas-tickets-1935100470599

Tuesday 9 – Wednesday 31 December

Different times check website

Dick whittington and his catford Cat

Broadway Theatre

£8.50-£43.50

www.broadwaytheatre.org.uk/whats-on


Wednesday 10 December

12.30pm

Christmas Lunch

Claredon Hotel, Blackheath £36

A lovely 3 course Christmas meal To book



call 07852 533649 or
email info@60up.org.uk

**Sunday 14
December
1pm-5pm**

Santa Grotto

Dragonfly Yoga Studios
£10 per child book on
Sydenhamcommunityproject.com

7pm

**Comedy Warehouse Christmas
Special 2025**

Broadway Theatre
£15-£31 per child book on [www.
broadwaytheatre.org.uk/whats-on](http://www.broadwaytheatre.org.uk/whats-on)

7.30pm

Christmas Concert

Blackheath Halls
£10/£19
www.blackheathhalls.com

Saturday 20 December

Befriender's Christmas Lunch

11am-2.30pm
St Barnabas Church Hall,
1 Churchdown BR1 5PS
Fish & chip lunch with entertainment
from Mick Mirandi and Festive treats
To book text 07729785843 or email

[lesleyaallen@
btopenworld.com](mailto:lesleyaallen@btopenworld.com)

A celebration of Christmas

7pm £20/£5
St Bartholomew's Church,
4 Westwood Hill, SE26 6QR
www.ensemble26.com

Sunday 21 December

Carol Service

11am, 2.30pm & 4pm £12/ £8
Traditional carol service followed by
mince pies and mulled wine.
St Augustine's Church, Honor Oak
Park, SE23 3LE

Monday 22 December

The Snowman

11am, 2.30pm & 4pm £12/ £8
St Bartholomew's Church,
4 Westwood Hill, SE26 6QR
www.ensemble26.com

Wednesday 24 December

11.30pm

Midnight mass

Traditional Christmas mass to
celebrate with us the birth of Jesus.



LISTINGS

Here are all the listings of activities, classes and socials available across the borough.

Details are correct to our knowledge at date of publication. Please contact the organiser for more details of activities.

We have devised a system so you can easily find what you are looking for by looking up the different centres that are listed here alphabetically and within them we have colour coded the types of activities on offer. Key at bottom of each page.

Centres

Ackroyd Centre
Ackroyd Road,
Forest Hill, SE23 1DL
info@ackroydcentre.org.uk
020 8699 9009

■ ■ ■ ■ **Every weekday**
 Elder people support project has classes every day such as art, reading group, social, yoga, tai chi & line dancing. For more details see our banner on page 29.

Age Exchange Creative Dementia Programme
11 Blackheath Village,
Blackheath, SE3 9LA
dementia@age-exchange.org.uk 07729 107 520
www.age-exchange.org.uk

Age Exchange supports people living with dementia



and their carers with reminiscence and arts activities. To take part or make a referral call or email.

Tuesday

■ ■ **11am – 3pm** Day Care
 Meaningful, sensory activity, music, movement, craft and reminiscence arts. £10 including lunch (free for carers)

Thursday

■ ■ ■ **10.30am – 12.30pm**
 Kaleidoscope Café. A creative activities and music group for those under 65 living with young onset dementia and their carers. £6

■ ■ **3pm – 4.30pm**

Dance and Movement Club. Fun movement and dance activities with music increasing self esteem, reducing stress and developing social skills. Free to attend

■ ■ **12.45pm – 2.45pm**

Happy Horners Club. Accessible reminiscence arts, music and crafts group. Donations accepted.

Bellingham Leisure & Lifestyle Centre,
5 Randlesdown Road,
SE6 3BT bcp@bcp.uk.net
07549 433963/07918981549

Tea & Toast Tuesdays

■ **10am – 12pm - FREE**

Hot drinks, toast, chat and activities. Open to everyone 55+.

Beyaz Işık Luncheon Club, St Laurence Church, 37 Bromley Rd, London SE6 2TS.
Nilgune@gmail.com,
07951 115 761

Turkish Older People's group but open to everyone, most members are over 50's from the Turkish speaking community. Membership £10 a year. Attendance £3 including tea and coffee and

■ **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
 ■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS

bingo, or pay £10 for a 3 course lunch and bingo.

Corbett Community Library Multi social 103 Torridon Road, SE6 1RQ.
info@corbettcommunity.org.uk 020 8378 5358
Bus: 181, 284, 124, 160

All activities are drop-in sessions with no booking necessary.

Mondays

■ ■ 7pm – 9pm
 Knit & Knatter. Free.

Tuesdays

■ ■ 12pm – 3pm Tea & Tech.
 Hot drink and IT help

■ ■ 11.30am - 1pm

Small dementia friendly group, have a quiz, bingo and a chat. Free tea, coffee and biscuits. All welcome.

Thursdays

■ ■ 1.30pm – 3pm
 Knit & Knatter

Fridays

■ 12.15pm – 1pm
 Gentle Seated Yoga (term time) £5

■ 1.30pm – 2.30pm
 Qigong/ Tai Chi £5

Honor Oak Community Centre, 50 Turnham Road, Brockley, SE4 2JD

■ Thursday 11am – 2 pm
 FREE Wellbeing Project
 Lunch time club with games, dominos and a light lunch such as soup or jacket potatoes. All ages welcome

Lee Fair Share Time Bank at Lee Green Community Centre, St Peter's Church Hall,

Corner of Weigall/ Eltham Rd, SE12 8HQ. 07875 082571 or leefairshare@hotmail.co.uk www.leefairshare.org

Mondays

■ 1.30pm – 3.00pm
 Coffee, cake and company

■ 3.00pm – 4.00pm
 Chair exercise
 Improve strength, flexibility, and mobility. For all ages

■ 4.15pm – 5.15pm
 Pilates
 Improves posture, balance and flexibility. May not be suitable for beginners.

Lewisham COMMUNITY Space Unit 17, Lewisham Shopping Centre.
lewishamcommunityspace.played.co

A safe warm space for you to relax, receive support and advice, refreshments and, if you wish to, take part in indoor sports and creative activities. For more details visit website.

Lewisham Irish Centre, 2A Davenport Road, London SE6 2AZ
020 8695 6264 or 0756509033 manager@lewishamirish.org.uk

Mondays
 ■ 10.30am – 1pm



■ **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
 ■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS

Tea & Coffee morning

■ **12.10pm – 12.40pm**

Chair seated Pilates

■ **1pm – 2.30pm** NHS stable and steady classes

Tuesdays

■ **1pm – 4pm**

NHS LEEP Classes

■ **5:45pm – 7:45pm**

Panther Taekwondo

Wednesdays

■ **10:30am – 12pm**

Men's Group

■ **12:10pm – 1pm**

Zumba Gold

Thursdays

■ **10:20am – 12:30pm**

Drop-in Information & support 1:1 advice with Community Connections. Free refreshments.

■ **6:30pm – 8:30pm** Irish language classes

Fridays

■ **1.30pm – 4.30pm**

Lewisham Irish Pensioners

■ **5.45pm – 7.45pm**

Taekwondo

Saturdays

■ **10am – 12pm** Irish step dancing

Sundays

■ **10am – 4:30pm** Sunday



worship group

■ **10am – 5pm** Mon - Fri
Advice & Support, form-filling, advocacy and home visits.

London Friend LGBTQ groups 86 Caledonian Road N1 9DN

020 7833 1674

office@londonfriend.org.uk
londonfriend.org.uk

■ ■ A charity offering LGBTQ social groups including one for over 50's, counselling and other support.

Stanstead Lodge 260 Stanstead Road, SE23 1DD

020 8291 1164

info@stansteadlodge.org

Mondays

■ **10am – 12pm**

Art History (on Zoom & face-to-face, every 2nd Monday) £3

■ **11am – 12pm**

Line Dancing £5

■ **12pm – 2pm** Games and chats £3

■ **2pm - 4pm** French Group (GCSE level)

■ **1pm - 3pm** Table tennis £2

■ **2pm - 3.30pm** Happy Eaters £3

Tuesday

■ **10:30am – 12pm** Choir £3

■ **11am – 2pm**

Garden Group Free

■ **2pm – 3pm** Tai Chi £10

Wednesday

■ **10am – 12pm**

Art Group (Waiting List) £3

■ **10.30am – 11.30am**

Chair Yoga (Waiting List) £3

■ ■ **12.30pm – 1.30pm**

Zumba Class £7

■ **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS

- 2pm – 3pm Quiz £2

Thursday

- 10.30am – 11.30am
Gentle Exercise £7

- 10am – 12pm
Craft Class £4

- 1pm – 3.30pm
Vista Reminiscence £2

Friday

- 10am – 12pm
Catbytes – Free

- 11am – 2pm
Garden Group Free

- 11am – 1pm
Dementia Cafe Free

- 1pm – 4pm
SLSC Filming Club. Free for members

South Lewisham Group Practice 50 Conisborough Crescent, SE6 2SP Train: Bellingham; Bus: 54, 208, 136
Friday (First of the month)
 ■ 10.30am – 12.30pm
 Over 55s Coffee Morning, Enjoy informative guest speakers and socialising.



Learn about services and opportunities in the borough.

The Albany, Douglas Way, Deptford, SE8 4AG
The Albany, Douglas Way, Deptford, SE8 4AG
 020 8692 4446 / reception@thealbany.org.uk / www.thealbany.org.uk

Tuesdays

- 10.30am – 2.30pm
A weekly art and social club. Visual arts choir, dance and movement. £3 (free places available). Free tea, coffee

and biscuits provided.

We host weekly creative conversations sessions on the phone, no technology required just a mobile or landline and you can join from the comfort of your own home.

Mondays

- 3pm – 4pm
A Poetry and Story telling phone session

Wednesdays (biweekly)

- 2pm – 3pm
Music Session

All 65+ To book any of the above call 07593 580574 or email Jasmine.Sparrow@entelechyaarts.org.

The Green Man, 355 Bromley Road, SE6 2RP
K.Coffey@trinitylaban.ac.uk 020 8305 9414.

Train: Beckenham Hill or Bellingham.

Bus: 136, 181, 208, 320, 54, 336 (Southend Lane/Whitefoot Lane)



Community Lunch Service - £4.50 for a freshly prepared 2 course meal

All Welcome

Monday to Friday (excluding Thurs) - Pre-booking requested

Drop in to check out the menus for the coming weeks and talk with our Chef or call 020 8778 8601 or email office@thegrovecentre.org.uk

The Grove Centre Church and Community Centre

- Art/craft ■ Music/Dance ■ Social/Games ■ Health/Exercise
- Classes/Learning ■ Gardening/outdoors ■ Advice/Help

LISTINGS

Thursdays

■ ■ 10.30am-12.30pm

Threads In Common. A knitting, crochet and sewing group who meet over a hot drink. Either bring something you're working on or start something new. This is not a class.

■ **10.30am – 12.30pm** Voices in Motion. Free. Music and dance group for over 60's combining movement and vocals. Fully accessible and inclusive and no experience required.

Fridays

■ ■ 11.30am- 12.30pm

Seated yoga until 5 Dec resumes 9 January 2026. £5/£6

The Grove Centre

2 Jews Walk, SE26 6PL

Call 020 8778 8601 office@thegrovecentre.org.uk

www.thegrovecentre.org.uk

Train: Sydenham; Bus: 122, 202 197, 176

Monday - Wednesday & Friday (except bank holidays)

■ ■ 12:30pm – 13:15pm

£4.50 for homemade two-course lunch. All welcome! Activities most days before/ after lunch, including friendship group, singing, gentle exercise, arts & crafts. Booking requested

**The Plumstead Centre,
232 Plumstead High St,
London SE18 1JL**

p.harrison@trinitylaban.ac.uk 020 8305 4390. Train: Plumstead. Bus: 177, 96, 99, 469

Fridays (term time)

■ ■ ■ 10am – 11.30am

Singing for Parkinson's. Designed to improve the voice and help manage symptoms of Parkinson's whilst having fun. No experience required. Pay what you can.

Trinity Laban, Laban Building, Creekside, SE8 3DZ Kara Coffey at K.Coffey@trinitylaban.ac.uk

Train: Deptford or Deptford Bridge. DLR: Cutty Sark. Bus: 47

Tuesdays (term time)

■ ■ 12.30pm – 2pm

BoundlessWeekly creative and gentle contemporary dance class for over 60's to improve strength and flexibility. Fully accessible and inclusive, no experience required. Pay what you can.

Wednesday (term time)

■ ■ 6pm – 7.30pm

Contemporary Technique. For all levels. Focus on learning the principles of contemporary dance. Aimed to challenge, build strength, and push creativity. £60 for block of 6 classes.

Fridays (term time)

■ ■ 2pm – 4pm

Dancing for Health. Dance class for adults recovering from, or living with an acquired brain injury, stroke or other neurological condition to improve well-being. No experience required. Free **Laura Woods at l.woods@trinitylaban.ac.uk**

Sundays Series(monthly)

■ ■ Monthly music and dance workshops. Each Sunday will feature two workshops, including a range of activities from song writing, musical theatre to creative



■ **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS

dance. Workshops are fully accessible and inclusive. £5. Free coffee/tea and biscuits.

Ageing Well Groups

info@
ageingwellinlewisham.com
or call 020 8698 3735

**The Grove Centre,
2 Jews Walk, SE26 6PL
Winnie Carlson at info@
ageingwellinlewisham.org
or 074860 11102**

Train: Sydenham,
Bus: 122, 202 197, 176, 356

Tuesdays

■ **10am – 11.45am** Social befriending group. A lively, creative singing group. No experience needed. Opportunities to perform out and collaborate with other groups. £5

■ **1pm – 3pm** Crafts Plus. Relaxing, creative group with different take-home projects each week. £4

Wednesdays

■ ■ **10am – 11.45am** Seated exercise set to music for all mobilities. You'll see results! £4

Wesley Halls, Shroffold Road, BR1 5PE

Bus: 136, 181, 336

Thursdays

■ **12.30pm – 2.30pm** Silver Lunch Club. Enjoy a hot, fresh-cooked meal alongside bingo, quizzes, guest

speakers and more. £5

South Lewisham Group Practice Surgery

50 Conisborough Crescent, SE6 2SP

Train: Bellingham
Bus: 54, 208, 136, 320

Fridays (1st of month)

■ ■ ■ **10.30am – 12.30pm** Golden Agers Coffee Morning. Enjoy informative guest speakers and lively discussions on topics of interest, and services and opportunities in the borough FREE

Venner Community Hall Venner Road, SE26 5EQ.

07840 024662

patricia_ohara@icloud.com

Train: Sydenham Station Bus:
75, 202 194, 450 (Newlands Pk)

Tuesdays (term time)

■ ■ ■ **10am – 12pm**

Dementia Café
For people living with dementia and their carer. Voluntary contribution £1. Various activities including chair yoga, dancing, various crafts, dementia friendly games, quizzes and bingo. Refreshments available.

St Mauritius House, 65-67 Lewisham Park, SE13 6QX. 020 8690 7869

Bus: 54, 47, 75, 136 (Lewisham Pk)



■ **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS

Mondays

■ ■ ■ **10:30am – 1pm** Knit & Natter, crochet, wool craft. Tessellated Art & Colouring for Adults. Jig-saw Puzzles & Games. Friendship Quilt making. Learn to play Ukulele singers welcomed. £1, Tea, coffee and biscuits included.

■ **12pm – 12.30pm** Gentle, level walk for up to 30 mins led by trained leader.

■ ■ **1pm – 3pm** £1 Tea, coffee and biscuits included. Arts, crafts and games (continued from morning)

■ **1pm – 2pm** (2nd Monday of month) Budgeting Help

■ Energy advice 1:1 (please book ahead)

■ Digital Drop-in: Guidance on how to use your Smartphone, tablet etc. with CatBytes

■ Round table discussions: Speakers, policy & consultation on issues affecting seniors.

**Telegraph Hill Centre,
Kitto Road, SE14 5TY**
Ellana: 020 7639 0214
office@thcentre.com,
thcentre.com/project/
branching-out

Tuesdays

■ ■ **11am – 12pm** Theatre and movement class £3

Wednesdays

■ ■ **9.30am – 10.20am**



Pilates with Tali £3

■ ■ **10.40am – 11.30am**
Pilates with Tali £3 **Thursdays**

■ **10am – 12pm** Art class with local artists Angel and Gill. £3

■ **11am** Digital Cafe Free

■ **12pm** Lunch club toasties, fruit and biscuits £2

■ **1pm – 2pm** Tai Chi £3
Monthly clubs all free

■ **Knitting & Crochet.**
12.30pm – 1.30pm (1st
Thursdays of month)

■ **Book club 12.30pm –**
1.30pm (3rd of the month)

■ **Happy Feet Foot Clinic**
9.30am – 13.15pm
Every Thursday
Call 020 7358 4077 to book

JOY Just Older Youth

For more info call Maureen

on 020 8692 9186 or Coral
on 07909 945925. First
class free. Bring a friend!
Wednesday

■ **11am** Healthy walks Free
call 020 8692 9186

**Barnes Wallis
Community Centre,
74 Wild Goose Drive, New
Cross SE14 5LL**

Monday

■ **10.30am – 11.30am** Seated
exercise £3.

Tuesday

■ **1.30pm – 3pm**
Singing £3.50

Wednesday

■ **10.30am – 12.30pm** Let's
Dance £3.50

**All Saints Community
Centre Monson Road, New
Cross SE14 5DJ**

Monday & Friday

■ **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS



- **10.30am – 12pm**
Tai Chi £3.50

Somerville 260 Queens Road, New Cross SE14 5JN
Thursday

- **10.30am – 11.30am**
Body Balance & gentle yoga
£3

The Green Man, 355 Bromley Road, SE6 2RP

Thursdays

- ■ **10.30am – 12pm** Voices in Motion. Music and dance group combining movement and vocals. Pay what you can.

Social Clubs & Drop ins

- **Tea Social**
Mondays 10am – 12pm
(except Bank holidays)
Free for everyone

St. Margaret's Church Crypt (basement entrance)

Lee Terrace, SE13 5DN
office@stmargaretslee.org.uk
020 8318 9643

Digital skills sessions

Wednesdays 10.30am – 12pm

Learn how to use your smartphone; everything from WhatsApp to shopping to ordering medication online. Small groups, 1:1 attention, well-equipped IT room. Free.
Lewisham Carers Hub, Waldram Place, SE23 2LB
info@carerslewisham.org.uk

■ **Don't Dine Alone**
Fridays 12.30pm Free.
Westwood House Care Home SE26 6BQ
Book on 020 8776 7065

■ **Mending Workshop**
Fridays 11am – 1pm. Textiles & mending workshop. Discover joy in fabric art. Connect, learn and create. Free. Run by Mads

do and mend CIC
Newstead Community Hub 33 Wildwood Cl, SE12 0ST
madsdoandmend@gmail.com

■ **Welcome Wednesdays**
12.30pm – 2.30pm

Activities, conversation, refreshments. £2

Lewisham Unity
41 Bromley Road SE6 2TS
info@lewishamunity.org.uk

Adult Education

■ **Adult Learning Lewisham (ALL)** offers a wide range of courses to help you stay physically active, improve your digital skills, or develop your creativity. Summer Term starts 28 April and ends 26 July. For details of the range of courses available, visit lewisham.gov.uk/myservices/education/adult/find-a-course
Digital skills

- How to use your digital device – starts 8 January
- How to use a computer – starts 10 & 15 January

Physical Exercise

- Tai Chi
- Pilates with elements of bone care starts on 7 January
- Yoga – various times and dates, see website for more details

All physical exercise courses run at the Brockley Rise Centre. ALL also run a variety of

- **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS

creative courses including, drawing and painting, sewing, singing, floristry and more.

For full programme go to www.lewisham.gov.uk/adultlearning

adultlearning

Reduced fees are available for over 65's. Enrol online or by phone on **020 8314 6959** Monday – Friday, 10am–3pm. In person at a centre.

Events, Festivals, Trips

Bring Me Sunshine Events

deliver fun filled days for older adults. From entertainment to interactive opportunities. The events are Dementia friendly and are supported by wonderful volunteers. All events are £5 and have limited spaces so booking is essential at lesleyaallen@btopenworld.com or text **07729785843**

Walk & Exercise

■ ■ Lewisham Healthy Walks

A free programme of volunteer- led walks in your area. These take place across Lewisham's parks and green spaces. All walks can be adapted to suit your fitness level and what you want to get out of it. Walks include the following places in their routes: Grove Park, Ladywell Fields, Lewisham Park, Beckenham Place Park, Horniman Gardens, Chinbrook Meadows, Sydenham Wells Park,

Crystal Palace Park, Forster Memorial Park

**To participate email lewishamwalks@enablelc.org
Call: 07584 889350**

Lewisham Council has loads of great ideas for getting out in the borough and beyond. Fancy a walk by water? We have Riverside walks. You

like history and heritage?

There are walks that take you past places of interest around the borough and further afield. Visit our Walking for Pleasure page lewisham.gov.uk/inmyarea/sport/get-active/walking/walking-for-pleasure

Wheels for Wellbeing

Enjoy cycling on a variety of



Welcome To
EPSP
Ackroyd Centre
Elder People's Support Project

What's on at EPSP?

At EPSP, we have different activities every day of the week to cater for all different interests!

ART & SOCIAL: Art Class, Reading Group, Social Group.
FITNESS & MOVEMENT: Yoga Class, Chair Yoga Class, Tai Chi Class, Seated Exercise Class, Line Dancing Class.

We also have **Complimentary Therapies** each month (£14 = 30mins), where our professional massage therapists come in and treat you!

On top of our weekly classes, we do **frequent social day trips**. Places we have visited in the past range from picturesque Windsor to sunny Eastbourne!

How do I get involved?

You do **not** need to be a member to take part in our activities, but with an **annual membership fee of £24** you can enjoy discounted prices on all activities and trips.

To find out more information, or to book a taster session for you or a loved one, please **contact us via email, phone or dropping in to see us!**

02086999009 epsp.info@ackroydcentre.org.uk **Ackroyd Community Centre SE23 1DL**

- **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS

cycles to accommodate every level of mobility, fitness, concentration and balance. Indoor, and outdoor (in good weather!). Friendly, supportive staff. £5 per cyclist.

wheelsforwellbeing.org.uk/cycling-sessions/ or **020 7346 8482**. to book.

Better Leisure Centres

better.org.uk/lewisham

X @Better_Lewisham

Schedule below.



Monday	Tuesday	Wednesday	Thursday	Friday
Glass Mill 60+ Swim 9am – 9.50am	Glass Mill 60+ Swim 9am – 9.50am	Glass Mill 60+ Swim 9am – 9.50am	Forest Hill Pool 60+ Swim Doctor 9.05am – 9.50am	Ladywell Arena Supervised Gym 9am – 2pm
Glass Mill Pilates 10.15am – 11.15am	Forest Hill Pool 60+ Swim Doctor 9.05am – 9.50am	Bellingham Pilates 10.45am – 11.45am	Forest Hill Pool Aqua Aerobics 10am – 10.50am	Forest Hill Pool Body Conditioning - Basics 9.30am – 10.20am
Glass Mill Pilates 10.15am – 11.15am	Forest Hill Pool Aqua Aerobics 10am – 10.50am	Glass Mill Aqua Aerobics 12pm – 12.50pm	Glass Mill Yoga 10am – 11am	Wavelengths Aqua Aerobics 12.30pm – 1.20pm
Bellingham 60+ Social 12pm - 1pm Forest Hill Pools Pilates Basics 12pm – 12.50pm	Forest Hill Pool Table Tennis 10am – 12.40pm	Wavelengths 60+ Social 12pm – 1pm	Forest Hill Pool 60+ Social 11.15am – 1.15pm	
Ladywell Arena Supervised Gym Session 9am – 2pm	Wavelengths 60+ Ask the Instructor - gym 10am – 12pm	Wavelengths 60+ Social 12pm – 1pm	Glass Mill 60+ Swim 9am – 9.50am	Glass Mill 60+ Swim 9am – 9.50am
Wavelengths Aqua Aerobics 10am – 10.50am	Ladywell Arena Supervised Gym Session 2pm – 5pm		Wavelengths 60+ Swim 9am – 9.50am Wavelengths Zumba 9.30am – 10.30am	

- Art/craft
 ■ Music/Dance
 ■ Social/Games
 ■ Health/Exercise
■ Classes/Learning
 ■ Gardening/outdoors
 ■ Advice/Help

LISTINGS



■ ■ Free Digital drop-ins in Lewisham

Get one-on-one help using a laptop, tablet or smartphone

Monday

10am – 12pm Sydenham Library ☕ 🖨️ 📱

210 Sydenham Rd, Sydenham, SE26 5SE
020 8778 1753 |

10am – 12pm St Peters Church Hall ☕ 🖨️

Weigall Road, SE12 8HQ
07706 931986 | info@igl.org.uk

1pm – 3pm St Mauritius House ☕

65-67 Lewisham Park, Ladywell, SE13 6QX
020 8690 7869 | projects@lpforum.org

Tuesday

1pm – 3pm Crofton Park Library ☕ 🖨️ 📱

375 Brocklet Road, Crofton Park, SE4 2AG
020 8694 9373

1pm – 3pm Orchard Gardens Community

Centre ☕ 🖨️ Columbine Way, Lewisham
Central, SE13 7LQ 020 8314 4702

Wednesday

10am – 12pm Phoenix Community Housing 🖨️

The Green Man, 355 Bromley Rd,
Catford South, SE6 2RP | 0800 0285 700 |
info@phoenixch.org.uk

**4.30pm – 6pm Goldsmiths University
Library** 🖨️ New Cross, Brockley, SE4 6NW
020 7919 7171

Thursday

10:30am – 12:30pm Telegraph Hill Centre

🖨️ Kitto Road, Telegraph Hill, SE14 5TY
020 7639 0214 | office@thcentre.com

11am – 1pm Newstead Community Hub ☕

33 Wildwood Close, Lee Green, SE12 0ST
020 8314 4702

11am – 12:30pm Glassmill Leisure Centre

☕ 🖨️
41 Loampit Vale, SE13 7FT
020 8037 2527 | GlassMillLC@gll.org@
lewishamlocal.com

12pm – 2pm Pepys Community Hub ☕ 🖨️

Deptford Royal Dockyard, Forsehore, SE8 3BA
020 8691 3146 | pepyslibrary@ecocom.org.uk

Friday

10am – 12pm Stanstead Lodge ☕ 🖨️ 📱

Northover, Downham, BR1 5JR
075123 84653 | stlakedownham@gmail.com

10am – 12pm Downham Library 🖨️ 📱

7-9 Moorside Rd, Downham, BR1 5EP 020
8314 4702 | damian@catbytes.community

2pm – 4pm Lewington Centre ☕ 🖨️

5 Eugenia Road, Rotherhithe, SE16 2RU 020
8314 4702 | damian@catbytes.community

2:30pm – 4:30pm Christ Church ☕

15 Bellingham Green, Bellingham, SE6 3HQ |
02083144702 | info@ftconsults.co.uk

Saturday

10am – 12pm Forest Hill Library 🖨️ 📱

Dartmouth Rd, SE23 3HZ 020 8244 0634 |
contact@calicolibraries.com

10am – 4pm New Cross Learning 🖨️ 📱

283 - 285 New Cross Rd, Deptford, SE14 6AS
020 8469 0532 | newcrosspeopleslibrary@
gmail.com

11am – 1pm Corbett Community Library

☕ 🖨️ 📱
103 Torridon Rd, Hither Green, SE6 1RQ |
020 8378 5358 | info@corbettcommunity.org.uk

🖨️ computers available 🖨️ printing available ☕ tea & coffee available

For more information, call Nanssi or Damian on 0208 314 4702 or email info@catbytes.community

GAMES & QUIZZES

How Well Do You Know Lewisham?

- 1. Which famous fashion designer was born in Lewisham?**
A) Stella McCartney
B) Alexander McQueen
C) Vivienne Westwood
D) Paul Smith
- 2. What is the name of the museum in Forest Hill known for its eclectic collections and gardens?**
A) Horniman Museum
B) V&A Museum
C) British Museum
D) Lewisham Heritage Centre
- 3. Which Antarctic explorer once lived in Sydenham?**
A) Robert Falcon Scott
B) Roald Amundsen
C) Ernest Shackleton
D) James Cook
- 4. What large green space in Lewisham features a modern stone circle?**
A) Ladywell Fields
B) Hilly Fields
C) Mountsfield Park
D) Telegraph Hill Park
- 5. Which actor, known for roles in *Sherlock Holmes* and *The Holiday*, was born in Lewisham?**
A) Tom Hardy
B) Jude Law
C) Idris Elba
D) Daniel Radcliffe
- 6. What is the name of the iconic animal statue in Catford?**
A) The Catford Cat
B) The Lewisham Lion
C) The Blackheath Bear
D) The Sydenham Squirrel
- 7. Which Nobel Peace Prize winner once lived in Grove Park, Lewisham?**
A) Nelson Mandela
B) Malala Yousafzai
C) Desmond Tutu
D) Kofi Annan
- 8. What is the name of the football club based in Lewisham?**
A) Charlton Athletic
B) Millwall FC
C) Crystal Palace
D) Fulham FC
- 9. Which famous singer performed at the Rose of Lee pub in Lewisham before becoming a star?**
A) Adele
B) Amy Winehouse
C) Kate Bush
D) Florence Welch
- 10. What river runs through Lewisham town centre?**
A) Thames
B) Ravensbourne
C) Lea
D) Wandle

Conundrum:

Unscramble the letters to find the name of a famous Hollywood film star from Lewisham.
"GRAND MAY LO"

Did you know?

1. The Lewisham Clock Tower Is a Royal Tribute

Located on the high street, the Lewisham Clock Tower was completed in 1900 to commemorate Queen Victoria's Diamond Jubilee of 1897

2. Lewisham Was Once Part of Kent

Before becoming part of London, Lewisham was administratively part of Kent until 1889, and only joined the County of London in 1965

3. Lewisham Has a Rare 1950s Ballroom

The Rivoli Ballroom in Crofton Park is one of the last surviving 1950s ballrooms in London. It was originally a cinema built in 1912 and is now a Grade II listed venue used for music videos and performances

4. Home to One of London's Oldest Churches

St. Mary the Virgin Church in Lewisham is over 1,100 years old, making it the oldest building in the borough

5. The Borough Has Seen Major Rail Disasters

Lewisham has two significant train accidents: In 1857 another in 1957, one of the worst in British railway history.

The first 10 people to sent the correct answers to positive.ageing@lewisham.gov.uk will win a microwave wheat heat bag.

Positive Ageing Council

Improving services and facilities for older people in Lewisham



Next Meeting
Thursday
27 November
11am – 1.30pm

Rooms 1 & 2
Civic Suite, Catford SE6 4RU

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

If you need any support or advice please contact:

Community Connections Lewisham

0330 058 3464 Monday – Friday 9.30am – 4pm

communityconnections@ageuklands.org.uk

