



Positive Ageing Council

Improving services and facilities for older people in Lewisham

POSAC MAGAZINE SUMMER 2026

NEXT PUBLIC MEETING

Wednesday 9 September
11am – 1pm

Rooms 1 & 2
Civic Suite, Catford SE6 4RU

Agenda:

★ **Transport and mobility** – from getting around to buses

★ **Key speakers**

★ **key an eye out for our transport and mobility questionnaire**

Light Refreshments & Networking

Message from your new Mayor of Lewisham Liam Shrivastava

As your new Mayor, I am delighted to introduce myself and to detail some of the plans that our new Green administration is putting in place to better support Lewisham's older residents.

Prior to becoming Mayor, I served as councillor for New Cross Gate for four years. In that role I was lucky to meet and work with so many of Lewisham's inspirational elders. I believe that we have so much to learn from the older generation and I salute the work that the Positive Ageing Council does to ensure that age has no limits in Lewisham. Your events, research and advocacy are vital in ensuring that the voices of older people are heard and that isolation is tackled head on. Under my leadership, the Council will continue to support the organisation wholeheartedly.

My administration will be introducing a cash first approach to the Crisis Resilience Fund, ensuring that financially vulnerable older residents can quickly address financial crisis before it escalates, while receiving free long-term support to help them become more financially stable.

We know that Lewisham can only truly be considered welcoming to all if it is accessible to all. That is why we will be improving pavement accessibility across the borough and expanding the council's retrofit program across Lewisham's housing network, including the fitting of age-sensitive accessibility upgrades.

When it comes to housing, too often our older residents have fallen victim to unscrupulous contractors who have overcharged for work or left their homes in disrepair. We

Continued on page 3



Christmas Meeting

Thursday 10 December

11am – 1pm

IN THIS ISSUE

- ★ Mayor of Lewisham's message
- ★ Chair's message
- ★ News & Round-up
- ★ Health & Wellbeing
- ★ Useful Information
- ★ Summer Fun
- ★ Activities & events listings

Available in large print

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



Message from Iris Till

Welcome to Our Summer Edition!

Firstly, we say goodbye to Councillor Susan Wise, who was the Council representative on POSAC, and Councillor Laura Cunningham, who served as Cabinet Advisor for Older People's Services. We thank them both for their contribution and commitment to our work, and we send them our very best wishes for the future.

This spring had already brought periods of oppressive heat, and the extreme temperatures we have experienced so far this summer have, for many of us, made getting out and about more difficult. Prolonged spells of excessive heat can be exhausting and, for older people especially, can present real challenges in staying comfortable, active, and connected with others. In this edition, we will be placing a special focus on looking after yourself during the hot weather. The changing climate and increasing extremes in weather serve as a clear reminder that global warming is no longer something distant; it is affecting our daily lives in ways we can all feel. During hot weather, it is especially important that we take care of ourselves and one another, keeping cool, staying hydrated, checking in on neighbours, friends and family, and asking for help when needed.

At Positive Ageing, we continue to value the importance of staying connected and informed, even when circumstances make it harder to get out and about. Inside this edition you will find information, updates, and stories designed to keep you engaged, supported and aware of activities and services available in our community.

It was also wonderful to see so many of you at the recent Age Without Limits event. The screening of the film Quartet was very well received, and it was great to come together, share experiences, and celebrate later life in such a positive and engaging way.

We are also busy planning our next public open meeting, where the relevant councillor and transport speakers will address the important issues of transport and mobility. This meeting will take place on 9th September at the Civic Suite from 11am to 1pm. Transport and mobility are concerns that many people have raised with us, and we hope this meeting will provide useful information and an opportunity for your voice to be heard.

Shortly afterwards, on 4th October, we will once again be celebrating Silver Sunday, a national day recognising and celebrating older people. This year's event will take place at Deptford Lounge, and we hope it will be an enjoyable, welcoming and fun occasion. We very much look forward to seeing many of you there.

Sending best wishes to you all for a happy, healthy and enjoyable summer.

Iris



Iris Till, Chair

NEWS AND ROUNDUP

continued from page 1

will be establishing Lewisham Community Builders, a repairs and construction co-operative to offer a reliable and trustworthy service for older residents.

We will also be bringing back Lewisham People's Day as a free, inclusive festival for people of all ages to celebrate what makes our borough so great. We will be shining a light on Lewisham businesses, creatives and musicians and ensuring that spending stays within the borough. I very much hope Positive Ageing will be part of the event once again.

These plans are just the start of how we hope to build a Lewisham that better supports you over the next four years and I want to



Lewisham's People's Day 2016

hear from you about what else we could be doing to support older people in the borough. I look forward to working with you and celebrating the impact of your work across our communities.

March Public Meeting Round-up

POSAC's March public meeting brought members together for an informative and practical session focused on safety, community engagement and keeping well at home. The meeting welcomed guest speakers: Inspector Adrian Hanna from MET Engage and Michael Oscher, Outreach Officer at South East London Community Energy (SELCE) and Deeta Henry-Smith Project Manager - NHS South East London ICB (Lewisham).



Have Your Say on Ageing and Frailty

A new Frailty Integrated Neighbourhood Team (INT) working group is being developed to help shape local support for older residents and people who may be living with, or at risk of, frailty. Deeta Henry-Smith attended the meeting to provide an overview of the programme, answer questions and sign up those who were interested in finding out more or getting involved. The group will give residents an opportunity to share their experiences, views and ideas so that services can better understand what matters most to people as they age.

The aim is to support a more proactive, joined-up and person-centred approach to care, with a focus on helping people stay well, independent and connected closer to home.

Please look out for an update of the Frailty working group in a future edition.

Getting Connected with MET Engage

Inspector Adrian Hanna introduced members to MET Engage; the Metropolitan Police's community engagement platform. He explained how residents can use the service to receive updates from their local neighbourhood policing teams, share feedback about local concerns and take part

NEWS AND ROUNDUP



in surveys that help shape policing priorities. For many members, the session was a helpful reminder that community safety works best when residents and local teams are able to stay in regular contact.

MET Engage allows people to choose the topics they want to hear about, including crime prevention advice, local updates and information from neighbourhood teams. Content can also be translated into many languages, making it easier for more residents to stay informed. Inspector Hanna encouraged members to sign up and to help spread the word to friends, neighbours and community groups. The more people who register and share their views, the better local teams can understand what matters most in different parts of the borough.

The discussion also gave residents a chance to ask questions and raise issues that affect their day-to-day confidence in the community. **For more information www.metengage.co.uk**

Practical Energy Advice from SELCE

Michael Oscher, Outreach Officer from South East London Community Energy (SELCE), gave a useful presentation on energy advice and support available to residents. SELCE works locally to help people reduce energy use, understand bills and make homes warmer, safer and more comfortable. The session covered issues that are especially important during the colder months, including ideal home temperatures, damp, mould and condensation, and how small changes can make a big difference.

Members heard about the Priority Services

Register, that provides extra support for people who may need help during a power cut or other service disruption. The presentation also explored smart meters, Energy Performance Certificates and the importance of carbon monoxide awareness. These topics prompted useful questions from members, who were keen to understand what support is available and how to access trusted advice.

SELCE reminded residents that one-to-one energy advice is available for people who need help with energy bills, heating concerns or improving the energy efficiency of their home. SELCE officers spoke with individuals at the meeting and arranged one-to-one follow-up meetings to discuss their individual support needs. Grants may be available for homeowners to install new heating systems, boilers and other energy-saving measures, and SELCE can help residents understand what support they may be eligible for. **To find out more or speak to an advisor, email info@selce.org.uk or call 020 8269 4882.**



Celebrating Age Without Limits

On 10 June 2026, POSAC marked Age Without Limits Day with a delightful and heartwarming film screening at the Fellowship Inn in Bellingham. The event brought together members of the community for an afternoon of entertainment, connection, and celebration of later life.

The film, *Quartet* (2012), proved to be a perfect fit for the occasion. This warm and uplifting British comedy-drama is set in a retirement home for former opera singers, where old friendships and rivalries are

NEWS AND ROUNDUP



rekindled as residents prepare for their annual concert. Featuring outstanding performances from Maggie Smith, Tom Courtenay, Billy Connolly, and Pauline Collins, the film explores themes of ageing, love, resilience, and the enduring joy of music, resonating strongly with the audience.

The screening opened with a warm welcome from POSAC Chair, Iris Till, who greeted attendees and set the tone for the afternoon. Iris then introduced Alona Sheridan, a member of the POSAC Steering Group, who had selected the film and kindly agreed to provide an introduction. Alona shared insights into why *Quartet* was such a meaningful choice, helping to frame the viewing experience for the audience.

As guests arrived, they were treated to a beautiful selection of classical music curated by Vice Chair John Macy, that created a relaxed and elegant atmosphere in the background. Attendees were provided with popcorn and light snacks, adding to the cinema experience and ensuring everyone could sit back and enjoy the film in comfort.

Following the screening, guests moved to the bar area, where the afternoon continued with informal networking and conversation. This provided a wonderful opportunity for people to connect, share their thoughts on the film, and strengthen community ties.

The event was a fantastic success, offering not only entertainment but also a meaningful reflection on ageing in a positive and empowering light. It truly embodied the spirit of Age Without Limits Day, celebrating later life as

a time of opportunity, creativity, and connection.

Overall, it was a fantastic afternoon enjoyed by all, and a great example of how POSAC continues to bring people together through engaging and uplifting activities.



Pride Month

June marked Pride Month, a time to celebrate the LGBTQ+ community, its history, and the progress made towards equality across the country and in Lewisham. It was also an opportunity to recognise the experiences of older LGBTQ+ residents, many of whom have lived through periods of significant discrimination and social change.

Lewisham acknowledged the important contribution older LGBTQ+ people have made to our communities, honoured their resilience, and recognised the challenges that can still be faced. Pride Month is also a reminder of the importance to continue to build inclusive, supportive boroughs where everyone feels safe, valued, and connected at every stage of later life.

New Representation for POSAC

We would like to welcome Cllr Maria McKenna to the Positive Ageing Council Steering Group. She will represent POSAC at Council Meetings and we look forward to working closely with Cllr McKenna to make a meaningful difference to the lives of older people.



Silver Sunday Returns to Deptford Lounge This October

Residents are invited to mark their calendars as Silver Sunday returns to Deptford Lounge on **Sunday 4 October, 1pm – 5pm** promising another enjoyable afternoon dedicated to celebrating older members of the community.

Silver Sunday, a nationwide initiative that highlights the contributions and wellbeing of older people, continues to be a much-anticipated event locally. This year's gathering will once again bring people together in a welcoming and friendly environment, offering an opportunity to socialise, relax, and enjoy a range of entertainment.

While full details are still to be confirmed, the event will feature live music, a lively atmosphere, and light refreshments, all designed to create a warm and inclusive experience. Previous events have proven popular, drawing residents for an afternoon filled with laughter, conversation, and community spirit.



Deptford Lounge provides an accessible and familiar venue, making it an ideal location for bringing together people from across the borough. Whether attending with friends or coming along to meet new people, Silver Sunday offers a chance to connect and celebrate in good company.

Further information, including the full programme and timings, will be shared closer to the date. In the meantime, residents are encouraged to keep an eye out for updates and make a note of the event in their diaries.

Silver Sunday continues to play an important role in recognising and supporting older residents, the POSAC steering group is looking forward to welcoming everyone back for what promises to be another memorable afternoon. **To receive the latest information directly, you can join the mailing list by contacting positive.ageing@lewisham.gov.uk**

Silver Sunday Poem – Call for Submissions ‘Celebrating the Richness of Life in Our Later Years’

We're inviting you to be part of this year's Silver Sunday celebrations by sharing your creativity and voice! Submit a short poem (100 words max.) that celebrates ageing in all its richness, wisdom, memories, joy, resilience, and everything in between; Reflective, uplifting, or heartfelt.

All entries will be included in a special commemorative booklet, and there may be an opportunity for contributors to read their poems aloud at the Silver Sunday event, an inspiring way to connect and celebrate together. Please ensure submissions are respectful, entries containing bad language, intolerance, or defamatory content will not be accepted and nor will anything that is party political.

Closing date for submissions:
1 September, 12pm. Submit to:
positive.ageing@lewisham.gov.uk
We can't wait to hear your stories and celebrate age through poetry!



Silver Sunday celebration at Deptford Lounge in 2023



Lewisham Pensioners Forum Update

Lewisham Pensioners Forum has recently experienced some technical difficulties which have affected the production of its Newsletter. Work is progressing to put in place the equipment and support needed to continue producing high-quality updates.

The Forum is also in the process of securing new office space. In the meantime, a temporary postal address has been arranged: **Lewisham Pensioners Forum, The Grove Centre, 2 Jews Walk, Sydenham, SE26 6PL** (This is for mail only; there is no on-site office presence.) You can reach them via **email: info@lpforum.org**

Weekly Monday Project sessions continue at St Mauritius House in Lewisham Park, offering a welcoming space with refreshments, activities, conversation, gentle walks, music, and digital support.

Dates for the diary

10 July 12pm–2:30pm, Civic Suite

A 'Come and Share' event is planned, providing a great opportunity for local groups and residents to exchange information, ideas, and connect with one another.

14 October

Lewisham Pensioners Day

18 November

Annual General Meeting

Volunteers Needed

As a fully volunteer-led organisation, the Forum thrives on the involvement of local people. New volunteers are always

welcome. Whether you have skills in administration, IT, or simply an interest in supporting the community and getting involved in its activities. **Contact info@lpforum.org**

Community Digital Skills Support

Bellingham Digital Hub, is a new, free, local initiative dedicated to helping members of the community gain confidence in using online tools and developing basic digital skills.

The hub aims to empower those who feel left behind by rapid digital change, offering friendly, practical guidance to help people gain confidence. It has a particular focus on supporting older adults.

They offer weekly tutor-led practical learning sessions, 1-2-1 digital support, and are registered as both a National Databank and National Device Bank to support those on low incomes with data and devices.

The practical sessions are designed for those with little, or no experience in digital skills. Currently focused on smartphone use as this is where most begin their digital journeys. Sessions are planned 3-4 months at a time and visitors must book as there are a limited number of places but are free to attend. While many attendees come every week, the sessions are designed so that you can dip in and out.

Launched last October with a Digital Inclusion grant from Lewisham Local, the hub is supported through a partnership between Christ Church Community Hub that host the project, Catbytes CIC, who are funding the



NEWS AND ROUNDUP

staffing costs, Phoenix Community Housing and Bellingham Community Project.

More information including a list of upcoming session topics can be found on www.bellinghamdigitalhub.com.

Learning sessions are held
Fridays 10am-12pm
Christ Church Community Hub,
15 Bellingham Green, SE6 3HQ.

To book or for queries please contact Anna on **07344 103 729 – text or WhatsApp are preferred**. One-to-one support is available during the morning session, or in the afternoon 2.30pm-4.30pm.

The Befrienders Choir – Singing, Friendship and Community

For over 13 years, The Befrienders choir for older people has supported participants' health and wellbeing through singing, socialising, movement, creativity, and mindfulness. Run by the Ageing Well in Lewisham project, the group is firmly rooted in the community through outreach, concerts, and collaborations.

In recent years, The Befrienders have built a strong relationship with the nearby Venner Road Dementia Café in Sydenham, which provides vital social contact for people living with dementia and their carers.

Together, members from both groups created an original song about friendship and community. Using dementia-friendly reminiscence techniques, everyone was able to contribute ideas, which were developed into lyrics and set to music. In April, both groups recorded the finished piece – an inspiring and uplifting experience for all involved.



The next stage is to share this model online to support other dementia-inclusive groups and community choirs. Creative engagement and peer support are known to promote independence and healthy ageing. As one member said, "This group is great for my mental health—it's not just about getting your part right."

For more info contact Winnie at info@ageingwellinlewisham.org or **07486 011102**. First session is free, £5 per session thereafter. No booking required. For



dates and time check our listing on page 24. Age Exchange has been proud to serve the people of Lewisham since it was founded in 1983, with over 190,000 visits to the centre in Blackheath each year. These through participating and attending the many different groups and activities on offer; from Art Class to Yoga, Knitting Group to Ryme Time, Belly Dancing to Theatre Group. Serving the whole community and people of all ages.

Age Exchange is regarded at The National Centre for Reminiscence Arts. It has a history of working to enable people to explore their reminiscence, their heritage and identity through all art forms. Her Majesty Queen Elizabeth II honoured the charity with a special award for Excellence in Voluntary Service.

A major element of its work is its unique programme of support for people living with dementia and their carer. Using its acclaimed, award-winning practice of Reminiscence Arts to measurably improve their well-being and their quality of life in the present. The Creative Dementia Care programme is FREE to residents of Lewisham and Greenwich, running three groups at the centre. The centre welcomes and encourages people with dementia to contact them if they'd like to join

NEWS AND ROUNDUP



a group. They also accept referrals from local GPs, NHS, and other health and social care charities and organisations.

Reminiscence Arts is used to empower people to live in the present. Groups supporting people living with dementia include: Tuesday Club (Visual arts and reminiscence), Joyful Lives (choir), and Dance for Health (dance and movement).

If you want to know more or join a group contact our **Dementia Services Coordinator** on **07729 107 520** or on **0208 318 9105** or email dementia@age-exchange.org.uk

Love Lewisham

Lewisham is taking action to keep the borough clean, safe and welcoming for everyone.

Resident and council alike are fed up with fly-tipping. We all want the borough to be looked after.

Fly-tipping is a major issue in Lewisham, with around 43,000 incidents reported annually. It costs the Council over a million pounds a year to clear up, money that could be spent on vital services. That's not where we want to be.

Love Lewisham is a borough-wide campaign bringing residents, businesses and the Council together to tackle fly-tipping and waste issues, starting with the areas that need it most. The goal is to improve streets, support communities and make it easier to do the right thing - while taking action against illegal dumping.

What is being done

- Blitzing the borough's fly-tipping hotspots with targeted clean-ups and increased CCTV
- Hiring new crews to respond swiftly to bulky

waste bookings and fly-tipping reports

- Exploring time banding for flats above shops; whether set times for putting bins and bags out could help reduce clutter and litter on the street

- Launching a micro grants programme to enable community groups to take action in their local areas

- Taking enforcement action towards those who engage in illegal dumping

For more information visit lewisham.gov.uk/inmyarea/love-lewisham

Nature in your Neighbourhood

Nature Neighbourhoods is a new community-led project for the people of Lewisham.

Lewisham is part of a UK-wide mission to bring nature into urban areas for everyone's benefit. Improving health and wellbeing while strengthening wildlife, biodiversity and climate resilience. It is funded by The National Lottery Heritage Fund's Nature Towns and Cities programme.

Working with residents, the aim is to unlock underused spaces, tackle inequalities, and empower communities to shape and care for nature on their doorstep.

Community voices will play a vital role in shaping Lewisham's new Parks and Open Spaces Strategy, helping to create a more connected, thriving natural environment that supports both wildlife and people's wellbeing. Your views matter. By listening and working together, we can improve these spaces

More information lewisham.gov.uk/articles/news/nature-in-your-neighbourhood

Got a question? Get in touch at natureneighbourhoods@lewisham.gov.uk



The importance of hydration

During hot weather it's more important than ever to stay hydrated and there is no better way to do this than drinking 6 to 8 glasses of fluid per day.

If you are a woman aim to drink at least 1,600ml (3 pints) fluid every day and if you are a man aim to drink a minimum of 2,000ml (3½ pints) fluid every day www.bda.uk.com/resource/hydration-in-older-adults.html

Older adults are more vulnerable to dehydration. A third of all older adults admitted to hospital as an emergency are dehydrated. This is due to reduced intake and increased fluid loss which can be caused by feeling less thirsty or other factors, such as incontinence, medications, swallowing problems, dementia, problems with mobility and dexterity just to name a few.

It is important to avoid dehydration, especially in summer with hotter weather.

Tips to stay hydrated:

- Make a point of drinking with your meals as well as in between meals
- Always have a non alcoholic drink for every alcoholic drink you have.
- Use a mug or cup that is comfortable for



you to lift and drink from

- Add your favourite flavoured squash
- Non-caffeinated tea and coffee count! You can choose the temperature
- Have a full glass of fluid when you take medications instead of just a few sips
- Speak to a health care professional if you do have issues controlling your bladder, drinking less will not stop this issue

Use Lewisham Refill

To help you stay hydrated while out use Lewisham refill initiative, run by Lewisham Local, that allows tap water refills that is accessible to the public by using local businesses to become free refill stations. Thirsty passers-by can spot stickers on shop windows or check their Refill app, and pop in to top up their water bottles. This is not only practical and beneficial but avoids adding to plastic pollution generated by single use plastics.

The average London adult buys more than three plastic water bottles every week - a startling 175 bottles every year per person. In total, some 7.7 billion plastic bottles are bought across the UK each year, resulting in a substantial amount of single-use plastic waste. Avoiding single use plastic bottled water purchases can also save you between £170 – £250 a year.

All parks in Lewisham have water points, other businesses that are part of the Refill Lewisham scheme include:

- Beetroot and Beans - Forest Hill
- Deptford Lounge - Deptford
- Mekan - Catford
- Homestead Cafe - Beckenham Place Park
- Ignition brewery - Sydenham
- Pistachios in the Park - Hilly Fields
- Plenty SE13 – Ladywell
- Rise Cafe - Crofton park



- The Albany - Deptford

Keep an eye out for the refill sticker next time you are out and about and get your water bottle refilled or visit Lewisham Local's website to find a list of all Lewisham's Refill www.lewishamlocal.com/refill.



Keeping Cool in the Summer indoors

South East London Community Energy (Selce) is a local community energy organisation working to support residents in Lewisham lower their energy bills and answer any energy related queries. For this POSAC magazine, we would like to include a short article about keeping cool this summer:

While it's crucial to keep warm during the winter, it is just as important to keep cool in the summer. We're moving into a potentially hot summer, and there are lots of things that you can do to keep cool:

- Keep windows, curtains and shutters shut during the hottest parts of the day and open at cooler times. This is particularly true for south facing walls, where the sun is the strongest during the day.
- Take a cool shower, bath, or washcloth wipe-down. This is particularly effective before bed, and it can effectively trick your body into thinking its cooler.

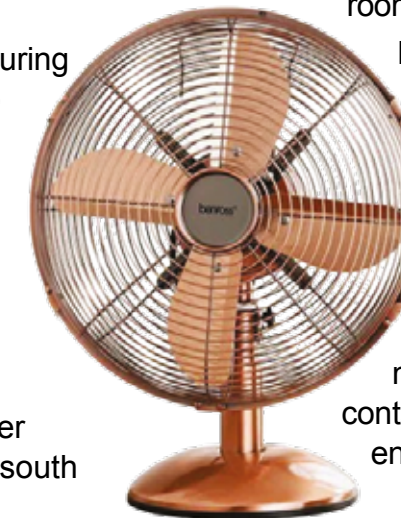


- Keep yourself ventilated: use a fan or create a cross breeze between windows during the cool parts of the day.
- Switch off lights in unoccupied rooms and turn off appliances not in use to avoid generating unnecessary heat.
- Find a cool room. North facing downstairs rooms tend to stay cooler than others.

Extra measures

Drink plenty of water. Avoid caffeine, alcohol and sugary drinks as they dehydrate. And remember, it may be cooler outside in the shade than inside.

If you have any queries or need any support, feel free to contact us on 020 4566 5764 or energy.advice@selce.org.uk.



Protect your pets

If it's hot outside, it's even hotter in cars. NEVER leave pets locked in cars when it's hot, even with the window open even for only a minute. Cars can reach above 50 degrees if left unattended for just half an hour in 30 degree heat.

At home, make sure animals have plenty of water and access to shade. Remember that hot surfaces can damage your pets' paws.





Staying Cool Outdoors

Carry essentials

Take essentials when going out, such as; water, suncream, sunglasses, a hat, tissues, a parasol (or umbrella) and a handheld fan.

Get Shady

Stay in the shade between 11am – 3pm, when the sun is at its hottest, and UV rays at their strongest.

Check on others

Check in on your loved ones and make sure they've got all they need to brave the heatwave. particularly those with underlying health conditions

Take it easy

The heat can leave us feeling extremely sluggish and abnormally tired, so respond exactly as your body is asking you to. Chill. Relax. Slow down. Give the gym a miss.

Clothing matters

Make sure you're wearing the right clothing. T-shirts, shorts and skirts are good, but make sure you're covering areas susceptible to burning such as your neck and arms. Wear light natural breathable materials such as cotton, linen or silk. Avoid nylon and polyester.

Look after your mental health

The heat can often result in decreased emotional well-being. You may feel more irritable from a lack of sleep, or frustration from a lack of productivity and motivation. All of these things can be detrimental to our mental health.

Get wet

Water can really help to cool down. If you go swimming make sure you're aware of and strictly follow any local safety advice. You can also take a cool shower.

Stay Connected for Better Health

Staying socially connected is just as important for health as staying active. Regular contact with friends, family, or local groups can boost mood, reduce feelings of loneliness, and support memory and overall wellbeing.

Even small interactions like a weekly phone call, a coffee with a neighbour, or joining a local activity can make a real difference.

Simple ways to stay connected:

- Join a local group, class, or activity
- Pick up the phone for regular chats with friends or family
- Try something new, such as a hobby, exercise class or creative session
- Volunteer your time and meet new people

Local support in Lewisham:

Community Connections Lewisham



helps residents find groups, activities and support services across the borough
communityconnectionslewisham.org,
0330 058 3464

Age UK Lewisham & Southwark offers advice, activities, and events for older people
www.ageuk.org.uk/lewishamandsouthwark
020 7701 9700

These services can help you stay active, meet others, and discover new opportunities in your community. Community-based support has been shown to improve health, wellbeing,



and independence for older adults.

Stay Steady, Active and Independent: Functional Fitness MOT Sessions for Community Groups

Would you like to feel steadier on your feet, move with more confidence, or simply check how your strength and balance are doing?

Lewisham Community Falls Service is offering Functional Fitness MOT sessions for older people's groups across the borough.

A Functional Fitness MOT is a friendly, practical check up that looks at how you're managing everyday movements such as standing up from a chair, reaching, walking, and keeping your balance. It's not a medical test — it's a simple way to understand how your body is supporting you to stay active and independent as you age.

During the session you'll:

- Learn about recommended exercise guidelines
- Discover which areas of strength, balance, or mobility you're doing well in
- Discover small exercises that support active ageing and help maintain independence
- Receive advice from trained professionals specialising in falls prevention

These sessions often help people feel more confident in their abilities and more motivated to stay active.

If you run or attend an older persons' group and would like us to visit, we'd be delighted to come along.

For further information and to arrange a session, please contact:
Victoria.Shaw1@nhs.net, Clinical Lead,
Lewisham Community Falls Service or call
our Falls Helpline on
0203 049 4493.

Stay fighting fit

As we enjoy these long summer days, vaccination is probably the last thing on your mind. But making sure your vaccinations are up to date can help you to stay well, avoid serious illness and keep doing the things you enjoy.

Pneumonia vaccine

Pneumonia can be extremely serious, especially as we get older. The pneumococcal vaccine helps protect against infections that can lead to pneumonia, blood poisoning and meningitis. If you're aged 65 or over, you're usually entitled to a free, one-off vaccination that offers long-lasting protection.

Shingles vaccine

Shingles is a painful condition that can lead to long-term nerve pain. Vaccination greatly reduces your risk and can make symptoms milder if you do get it. If you're aged 70 to 79 (some aged 65+ depending on eligibility), can get the vaccine for free on the NHS.

Flu vaccine

Flu can be more severe in older adults and can lead to complications like chest infections



or hospital stays. The free flu vaccine is offered each autumn, and it's the best way to protect yourself. You'll be invited by your GP or pharmacy when it's time.

Why it matters

Getting vaccinated helps you stay independent, protects your loved ones and reduces pressure on NHS services during busy winter months.

If you're not sure whether you're up to date with the vaccines, contact your GP practice or local pharmacy. A quick check now can make a big difference later.

Norovirus

Norovirus, often called the winter vomiting bug (though it can occur year-round), is a highly contagious stomach illness that causes vomiting and diarrhoea. It spreads easily in places where people are in close contact, such as hospitals, care homes, schools and nurseries.

If you have symptoms, the UK Health Security Agency (UKHSA) advises staying at home and resting. Do not return to work or school, or prepare food for others until 48 hours after symptoms have stopped. People usually recover at home within a few days, but norovirus can be very dangerous for older adults and can lead to severe complications.

Help prevent the spread

Wash hands thoroughly with soap and warm water, especially after using the toilet and



before eating or preparing food. Alcohol-based hand gels are not effective against norovirus.

Disinfect surfaces using bleach-based cleaning products, focusing on frequently touched areas like toilets, door handles and taps.



Managing symptoms at home

Stay hydrated by drinking plenty of fluids, such as water or squash, in small, regular sips.

Avoid fruit juice and fizzy drinks, as they can worsen diarrhoea.

Use paracetamol to ease discomfort.

Rest and eat simply try bland foods when you feel able and avoid fatty or spicy options.

When to seek help

- Avoid visiting GP surgeries or hospitals while symptomatic unless it's an emergency.
- If you're concerned—especially when caring for someone vulnerable – use NHS 111 online or call 111.

For more information, visit the NHS website www.nhs.uk/conditions/norovirus



Repeat prescriptions? Only order what you need.

By Lelly Oboh, pharmacist in south east London

If you take regular medicines, you'll know how easy it is to tick "re-order" on your repeat prescription. But before you do this, it's worth having a quick look at what you already have at home. If you still have enough medicine to get you through, you don't need to order more just yet.

Only ordering what you need helps keep you safe. Having lots of extra medicines at home increases the chance they'll go out of date, meaning they may no longer work as they should.

"Ask your GP practice for a medication review."

If you've stopped taking a medicine or aren't sure you still need it, ask your GP practice for a medication review. This review is to make sure everything on your prescription is right for you.

"Unused medicines cost around £300 million every year."



It might feel like a small thing, but it genuinely makes a big difference. Across the NHS, unused medicines cost around £300 million every year. Ordering only what you need helps reduce this waste and helps prevent shortages for others who rely on the same medicines.

A quick check before you re-order is all it takes. When it comes to repeat prescriptions, only order what you need.

Only order what you need



Enjoy Bowls This Summer A Great Activity for Older People

As the warmer months arrive, there's no better time to get outdoors, stay active and enjoy the social side of community life. Lawn bowls is a perfect summer activity—gentle, welcoming, and suitable for people of all ages and abilities, particularly older residents.

Bowls is a low impact form of exercise that can help improve fitness, coordination and balance, while also boosting confidence and overall wellbeing. The game involves light walking, bending and controlled movement, which supports cardiovascular health, muscle strength and flexibility without placing strain on the body.

Importantly, bowls also offers significant mental and social benefits. Playing regularly keeps the mind active through strategy and concentration, while the friendly, relaxed environment helps reduce loneliness and build lasting friendships. Research shows that 93% of participants says it has had a positive impact on their social interaction and 79% say it has had a positive impact of their mental wellbeing making it a valuable activity for older adults.

Another key advantage is accessibility. Bowls is easy to learn, affordable, and many clubs offer free taster sessions and/or coaching, making it easy to try something new.

Local Bowls Clubs in Lewisham

If you're interested in giving bowls a try this summer, there are several welcoming clubs across Lewisham:



Bellingham Bowling Club

Bellingham Bowling Club 183 Bellingham Road, SE6 1EQ 020 8698 1643

A friendly club for players of all ages and abilities, with new members always welcome. Whether you're a beginner or experienced, come along. We play outdoor lawn bowls (April–September) and indoor short mat bowls (October–March). Social membership is also available, with activities year-round.

**Contact Lawrie Smith at
smith.l@ntlworld.com or 07947 407699.**

Ladywell Bowling Club Ladywell Fields, Bournville Road, SE6 4RN 07476517012

ladywellbowlingclub@gmail.com

Friendly local club offering regular roll ups and free introductory sessions.



Ladywell Bowling Club

Francis Drake Bowls Club (Hilly Fields, Brockley) Hilly Fields Park, SE4 1QE ladywellbc.co.uk 020 3951 8680 coach@fdbc.org.uk fdbc.org.uk

Community-based club with free coaching sessions and a welcoming atmosphere for beginners.

Forest Hill Bowling Club 28 Wynell Road SE23 2LW 07905507155

foresthill-bowling-club.com

Welcomes new members of all abilities and

levels with coaches available to help you to get started in your bowling journey.

Whether you're looking to stay active, meet new people, or simply enjoy the outdoors, bowls offers a fun and rewarding way to make the most of the summer.

Walking Football

Walking football, but not like you remember it. No sprinting, no slide tackles, no glory-hunting. Just steps, three touches, sharp passes, and the kind of camaraderie that comes with stories older than the pitch. Played by folks who've traded studs for trainers and adrenaline for awareness. Walking football is less about winning and more about showing up. It's the beautiful game stripped down to its bones, no frills, no egos, just movement, memory, and the joy of kicking a ball with people who get it.

In 2026, Downham Men's Group will be celebrating their 10 year anniversary. For half of that time, they have had the pleasure and honour of representing Lewisham in the Better Over 60s Games through walking football, proudly flying the borough's flag.

Ten Em Bee Development Centre, 120a Old Bromley Road, Downham, BR1 4JY.

Mondays 10:30am – 11:30am

Wednesdays 3pm – 4pm

Thursdays 7pm – 8pm

New participants are always welcome, regardless of experience or ability. If you would like to find out more, please contact Trevor Pybus from Downham Men's Group



at downhamcommunityproject@hotmail.co.uk or call 07821 292317.

Millwall Community Trust

The other end of the borough, also delivers walking football sessions.

The Lions Centre, Bolina Road, SE16 3LD

**Fridays 12pm – 1pm For more info
enquiries@millwallcommunity.org.uk**

Walking Cricket



Walking Cricket has been growing steadily across the UK over the last decade, opening the game up to people of all ages and abilities. It keeps the spirit of traditional cricket alive but with a gentler, more accessible twist.

This adapted format uses a softer ball, is often played indoors, and moves at a relaxed pace—making it perfect for anyone looking to stay active in a fun, low pressure way.

Every player gets involved in batting, bowling, fielding, scoring and umpiring.

And of course, Walking Cricket is about more than just the match itself. The time spent afterwards—sharing a cuppa, catching up, and connecting with others—is every bit as important as the game on the court.

Tuesdays- 10am-12pm

Kent County Cricket Club, The County Ground, Beckenham, BR31DR

Contact aimee.illidge@kentcricket.co.uk for more information.



Swimming at Beckenham Place Park

Experience swimming at Beckenham Place Park Lake, where you can enjoy a full-body workout surrounded by nature. Beyond the physical benefits, the lake offers a warm and welcoming community—swimmers not only exercise together but also support and look out for one another. Each swim costs £5, but those registered with *Lewisham Be Active* can swim for free. Plus a great way to cool off on a hot summer day.

For further details, visit www.ptp.org.uk or contact the lake directly at 07736 930823.

Free Tai Chi Class (Lewisham)

Tai Chi for Health & Balance
 Every Tuesday, 11:00–12:00 PM
 Lewisham School (Zhulin Hidden Village, 100–104 Lewisham High Street, SE13 5JH)
 Starting from November 2025

Experience the calm and focus of traditional Tai Chi. Gentle movements that improve flexibility, balance, and inner peace — perfect for all ages and fitness levels.

Led by professional instructors from Lewisham Tai Chi, in partnership with EasyStepUK.

- Free sessions
- Beginners welcome
- Relax, move, and connect

Sponsored by EasyStepUK
 Supported by The National Lottery & Sport England Movement Fund

Visit www.lewishamtaichi.com or www.easystepuk.org for details.



New Mountsfield Park Market! Every Sunday 10am - 3pm

(apart from the last Sunday of the month where they are at Catford Food Market). There will be a selection of street food, produce and artisanal stalls as well as a range of craft stalls located by the bandstand.

Additional activities

Here are a few more activities to try out this summer. For a full listing of activities available in the borough the listing starts on page 24.

FREE CREATIVE WORKSHOPS with Arts Network

Tuesdays, 3pm - 5pm
 Monthly, see dates →
 Explore a different theme each month!

Where:
 Parkside Community Centre
 1 Copperwood Pl, London SE10 8GE

Who can join:
 Anyone over the age of 18
 All experience levels welcome.
 No need to book, just come along!

Supported by
 arts network
 Lewisham LOCAL
 Peabody

www.artsnetwork.org.uk
 Email: info@artsnetwork.org.uk
 Instagram: [artsnetworkuk](https://www.instagram.com/artsnetworkuk)

9th June: Making Bird Sculptures

14th July: Weaving Coasters

11th August: Mono-printing

8th September: Drawing with Yarn

13th October: Making Paper Lanterns

Upcoming Events



Last Goal Wins Wednesday 1 July – Sunday 12 July Broadway Theatre Rushey Green, Catford, SE6 4RU

The Broadway Theatre studio presents a high-stakes, football-centric drama by Justice Ezi. It explores identity and power imbalances during World Cup season as part of the acclaimed Ryan Calais Cameron Season.

Vinyl Market Sunday 5 July 12pm – 7pm Fox & Firkin, 316 Lewisham High Street, SE13 6JZ A

family-friendly, sun-soaked afternoon gathering independent record vendors specialising in Brazilian rhythms, jazz, and global dance music hosted by Far out records



Bring Me Sunshine summer celebration Saturday 11 July 11am-2.30pm £7

St Andrews Church hall, 134b Burnt Ash Lane, Bromley BR1 5AF
 An entertaining belly dancing performance from the fabulous Marie. Lunch consisting of chicken, chips and ice cream. Followed by Alan Hill who will get everyone dancing. Part of Corbfest 2026 for older adults.
 To book text 07729785843 or email lesleyaallen@btopenworld.com



Sunset Quartet with enSEmble26 Thursday 16 July 7pm (Doors 6pm) £16 (£12 earlybird) Horniman Museum Gardens

A relaxed evening of classical music overlooking the London skyline, performed live by a

passionate collective of local South London musicians.



GB & Friends Sports Day Saturday 18 July 12pm – 6pm

Alex Yee Ladywell Arena Silvermere Road, SE6 4QX
 A classic, high-energy community sports day including track races, friendly team games, a live DJ, food stalls, and face painting. Teams are allocated randomly on arrival. Spectator and runner tickets required; children enter free but must register. www.eventbrite.co.uk/e/gb-friends-sports-day-2026-tickets-1987944826490

Grove Park Carnival & Chinbrook Dog Show Sunday 6 September 11am – 5pm Chinbrook Meadows, Amblecote Road, SE12 9TR Community Stalls, Funfair,

SUMMER FUN



Games, Market, & refreshments
11am Carnival Parade
12pm – 3pm Dog Show
 Entry £2 per competition
3pm Live Music Diver – rock covers Bowie, Oasis, The Clash and more...

Bring Me Sunshine
Film and afternoon tea
Saturday 26 September
1pm - 5pm
 Cabrini community campus, Forest Hill rd, Honor Oak, SE23 3LE

fun palaces

Sydenham Fun Palace
Saturday 3 October
12pm – 4pm
 Free
 Sydenham Centre
 44a Sydenham Road
 Sydenham, SE26 5QX

Silver Sunday
Sunday 4 October
1pm – 5pm
 Free
 Deptford Lounge
 9 Giffin St, SE8 4RJ

INVITATION TO PARTICIPATE

The Windrush, Journey & Arrival 2026

Community Reminiscence, Arts & Dance Project

Join us in celebrating the memories and cultural legacy of the Windrush Generation through dance and creativity. This project connects elders living with dementia, their carers, and community members in Lambeth and Lewisham.

- **Dance Workshops:** June – July
Collaborative sessions focusing on movement, memory, and storytelling.
- **Celebrating Windrush Day:** the week of 22 June
Film screening – reflections capturing participants' experiences, featuring their performances and thoughts.
- **Public Exhibitions:** 15 July – 31 July
Local exhibitions across Lambeth and Lewisham showcasing the film, stories, and creative outcomes.

If you would like to take part in the project, share you own family history of coming to the UK from the Caribbean, or host a screening of the film we are making, contact:
hello@age-exchange.org.uk or **020 8318 9105**



For more information about the Windrush celebrations go to www.wearelewisham.com/events



POSAC annual Silver Sunday celebration. The day will include entertainment, stalls, music, and so much more

Bring Me Sunshine
Intergenerational show
Sunday 25 October
3pm
 Goldsmiths community centre, Castillon Rd. Catford, SE6 1QD
 In partnership with Goldsmiths Dance academy



USEFUL INFORMATION

Cyber crime

Several million cases of fraud and of computer misuse are reported to the police every year. It's staggering. Even more staggering is that so many of those crimes could have been prevented by making a few small changes in online behaviour.

To avoid becoming a victim of online crime you don't need to be a computer expert. Developing a few good online habits drastically reduces your chances of becoming a victim of cyber crime, makes you less vulnerable and lets you use the web safely.

Reduce your chances of becoming a victim

There are a number of steps you can take to reduce the risk of cybercrime:

- When creating passwords, use three unrelated words, eg fishbooktable. Use three different words for each account. This means that if one is compromised the others are safe.
- Never give personal or sensitive details online or over email.
- Make sure all devices have up-to-date anti-virus software and a firewall installed.
- Keep software and apps regularly updated
- Only download from legal, trusted websites.
- Only open emails and attachments from known and trusted sources.
- Only ever use websites that start with https:// and assure you are on the correct site by sense-checking the full web address.
- Avoid using public WiFi hotspots that are not secure, use your mobile data instead. If you have no choice then only use it with a Virtual Private Network enabled on your device.
- Regularly back up your data.
- Control your social media accounts by regularly checking your privacy settings and how your data is being used and shared.
- Be cautious of internet chats and online dating – there's no guarantee you're speaking to who you think.
- Be extremely cautious if you're asked for

money.

A **VPN** is simply a tool that keeps your internet use private.

- It acts like a protective cover for your internet connection.
- It hides what you are doing online.
- It hides where you are.
- It makes your connection safer, especially on public Wi-Fi.

Passkeys

Where supported, consider using passkeys instead of passwords. They are secure and protect against common crimes, like

clearcommunityweb

Little Guide to Passwords



<https://bit.ly/4rBZQiz>

How secure is my password?



<https://bit.ly/3M9dzyl>

Community Cyber-Shield



<https://bit.ly/4blY7Dp>

info@clearcommunityweb.co.uk
www.clearcommunityweb.co.uk

USEFUL INFORMATION

phishing. This is because passkeys don't use passwords. That means there's nothing for criminals to steal.

Many organisations now support passkeys. This includes the NHS, Google, Apple and Microsoft. You can usually find out how to set up a passkey in the Help or Support section of the company where you have your account.

Email and text scams

Be careful when opening emails and texts, especially if you don't know the sender. If an email or text is unexpected or seems unusual, even if it's from someone you know, ignore it and contact the sender directly to check if they sent it.

Your bank, the police and reputable companies will never ask for sensitive or financial details via email, phone or text.

Protect yourself from scams, ie 'phishing':

- Don't open attachments or click on links in emails or texts from senders you don't know.
- Never give out personal information, financial details or passwords in response to an email, call or text message especially from unknown senders.
- Set up spam filters on all of your accounts
- Don't respond to emails or texts from unknown sources.
- Always go to a website directly by typing out the address yourself, when logging into an account.

Stolen bank details

A common scam is receiving a texts like "Hi Mum, I've got a new phone" or messages about a missed delivery. These are sent by criminals trying to trick you into giving your bank details or sending money. The "Hi Mum/Dad" message often asks for money urgently.

Delivery messages include a fake link to a website that looks real. If you enter your details, fraudsters can use your card to buy things.

How to spot a fake website

If an online offer looks too good to be true, it probably is. To help spot a fake site:

- Sense check the domain name.

• Prices too good to be true are most likely a scam.

• Never pay by bank transfer. Legitimate sites will accept payment via usual methods, such as bank card and PayPal.

• Read the terms and conditions, and policies, to check they're clear and fair.

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

USEFUL INFORMATION

Understanding Power of Attorney

Power of Attorney (PoA) is a legal arrangement that lets you choose someone you trust to help manage your affairs if you ever need support — whether temporarily or long-term. It's not just about end-of-life planning, it's about making life easier and more secure, whatever the future holds.

What Is Power of Attorney (PoA)?

There are two main types in the UK:

1. **Health and Welfare PoA** – this covers all decisions about your care, daily routine, and medical treatment.
2. **Property and Financial Affairs PoA** – this covers all financial aspects like paying bills, managing bank accounts, and handling property.

You can choose to set up one or both, depending on your needs.

Benefits of PoA

Peace of mind You stay in control by choosing someone you trust.

Avoid stress later If something unexpected happens, your loved ones won't have to guess what you'd want.

Support when needed It can be used temporarily, for example if you're in hospital or recovering from surgery.

PoA is not about giving up independence, it's about having a safety net.

Making a choice

The person you choose to give power of attorney to should be someone:

- You trust completely.
- Who understands your values and preferences.
- Who is organised, willing and able to take on the role.

Many people choose a close family member, but it can also be a friend or professional.

How to Set It Up

1. **Get the forms** These can be downloaded

from www.gov.uk/government/publications/lasting-power-of-attorney-forms or you can request paper copies by calling **0300 456 0300** or emailing customerservices@publicguardian.gov.uk.

2. **Fill them in** You'll need to provide details about yourself (the donor) and the person(s) you chose to make decisions for you (the attorney).

3. **Sign and witness** The forms must be signed by you, your attorney(s), and a witness.

4. **Register with the Office of the Public Guardian** The fee is £92 per PoA, but there are discounts and exemptions if you qualify. Exemptions include those on:

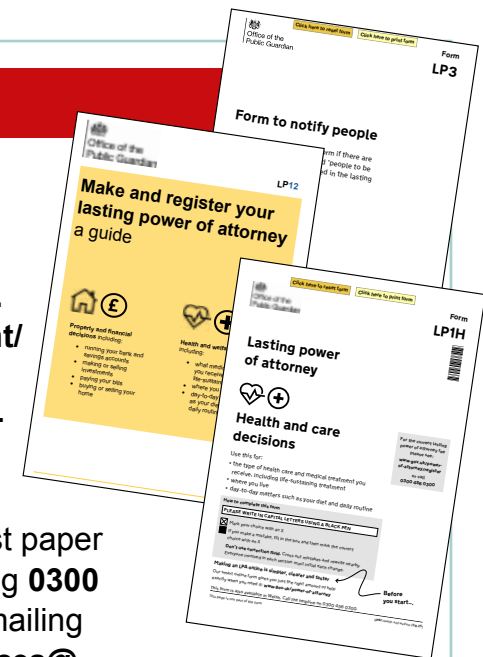
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment & Support
- Guarantee Credit
- Housing Benefit
- Council Tax Reduction or Support
- Local Housing Allowance
- Working Tax Credit

If the donor does not qualify for a full exemption but has a gross annual income of less than £12,000 before tax, they will only pay half of the fee.

You don't need a solicitor, but you can use one if you'd like help.

Final Thoughts

Setting up Power of Attorney is a positive step. It's about looking after yourself and the people who care about you. It's not just for older people or those with health concerns; it's for anyone who wants to plan ahead with confidence.



LISTINGS

Centres

EPSP CLASSES AT THE ACKROYD CENTRE	
MON	TAI CHI: 1PM-2PM Members - £8, Non-Members - £9
TUE	CHAIR EXERCISE: 12.30PM-1.30PM Members - £8, Non-Members - £9
WED	YOGA: 9.30AM-10.30AM Members - £8, Non-Members - £9 SOCIAL GROUP: 11.30AM-1PM Members - £8, Non-Members - £7 READING GROUP: 2PM-3.30PM Members - £8, Non-Members - £6
THU	ART CLASS: 10AM-12PM Members - £8, Non-Members - £10 DANCE FIT: 12PM-1PM Members - £8, Non-Members - £9
FRI	YOGA: 9.30AM-10.30AM Members - £8, Non-Members - £9 CHAIR YOGA: 11AM-12PM Members - £8, Non-Members - £9

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 and more.

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. To take part or make a referral email or call Salma.
Tuesday
■ ■ 11am – 1pm Day Care
Meaningful, sensory activity,

music, movement, craft and reminiscence arts. £10 including lunch (free for carers)
Thursday
■ ■ 11am – 1pm Dementia Choir Joyful voices. Referral required. £6
■ ■ 2pm – 3.30pm Seated or standing Dance. Fun movement and dance activities with music increasing self esteem, reducing stress and developing social skills. Free to attend

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 anyone 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 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

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

LISTINGS

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

Depford Mission
1 creek Road, SE8 3BT.
enquiries@depfordmission.org.uk 020 8692 5599
Train: Depford Bus: 188,47, 199
Tuesdays, Wednesdays
Thursdays
■ ■ ■ 10am – 3pm
Our centre provides a three-course lunch, bingo, chair exercises, musical activities, and occasional local outings. Mini-bus transportation with a wheelchair ramp available to and from the centre dependant on address.

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 – 11.30am Build your digital confidence. Free

■ 10.30am – 1pm Community Cafe Enjoy a cuppa, light snacks and good company. A welcoming space to meet others and start your week with a chat. Free
■ 11.45pm – 12.30pm Chair seated Pilates Gentle strengthening and toning low-impact exercise for all abilities, especially suited for older adults. £4
Tuesdays
■ 10.30am – 11.30am

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

LISTINGS

Irish Book Club
New short stories to read and discuss each week. From classics to contemporaries. Free

■ 12pm – 12.45pm

Yoga. A gentle session to boost wellbeing and mobility for the over 55s. £4.

Wednesdays

■ 12pm – 12.45pm

Chair Aerobics. Enjoy dance aerobic exercise for the over 55s. £4.

■ 1pm – 2.30pm

Free Community Lunch. Community lunch made from surplus food in partnership with Lewisham foodcycle. All welcomed.

Thursdays

■ 10.30am – 12.30pm

Community Connections. Drop

■ 10.30am – 1pm

Community Cafe Enjoy a cuppa, light breakfast and good company. A welcoming space to meet others and have a chat. Free

Fridays

■ ■ ■ 1.30pm – 4.30pm

Irish Elders & Friends Social afternoon for the older Irish community and friends with exercise, classes, tea dances bingo and a chat. £5.

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

■ 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.

Members Free

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.

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

LISTINGS

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@entelechyarts.org.

The Green Man, 355 Bromley Road, SE6 2RP
l.woods@trinitylaban.ac.uk.

Train: Beckenham Hill or Bellingham.

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

Thursdays

■ ■ 11.45am-12.45pm

Dance for Wellbeing uses gentle seated and standing movement. Sessions combine dance and music to help improve balance, strength,



flexibility and confidence.

Movement can be adapted to suit individual needs, and participants are encouraged to move at a pace that feels comfortable for them.

Free. Register online or email Laura Wood.

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 &



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

Friday (except bank holidays)

■ 12.30pm – 1.30pm

£4.50 for homemade two-course lunch. £3.50 for one-course. All welcome! Call to book on day by 11.30am. Activities most days before/after lunch, including friendship group, singing, gentle exercise, arts & crafts. 020 8778 8601, office@thegrovecentre.org.uk

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

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

LISTINGS

Building, Creekside, SE8 3DZ Kara Coffey at K.Coffey@trinitylaban.ac.uk
Train: Deptford or Deptford Bridge. DLR: Cutty Sark. Bus: 47

Wednesday (term time)

■ ■ **12.15pm – 1.15pm Creative Dance** combines gentle contemporary dance technique with creative dance to improve strength and flexibility. This is a slower pace class.

■ ■ **12.15pm – 1.15pm Dynamic Dance** is a contemporary technique class with creative elements. It is open to beginners and those with more experience but suits those that prefer learning and moving at a faster pace.

Sundays Series(monthly)

■ ■ 1st Sunday of the month to enjoy song writing, creative dance, musical theatre and more. These fun and accessible workshops are led by professionals, that will cater for all mobilities and capabilities and no previous experience is required. £5 per workshop, carers go free To sign up email **Poppy Harrison p.harrison@trinitylaban.ac.uk** or call **0208 305 4390**.

Ageing Well Groups

info@agingwellinlewisham.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

The Befrienders – 60+ Singing and Friendship Group
Tuesdays, 10:00 – 11:45am
£5 per session (first visit FREE)

No booking required For more information, contact Winnie: **info@ageingwellinlewisham.org** | 07486 011102

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



Enjoy a hearty, cooked meal on us!

Every Thursday at 1.15pm

All Saints Hatcham Community Centre
105 New Cross Road
SE14 5DJ



more info



foodcycle.org.uk | 02077 292775
Registered Charity Number 1134423

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

LISTINGS

opportunities available 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)
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 Smart-phone, tablet etc. with Cat-Bytes

■ **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 toenail cutting Clinic**
9.30am – 1.15pm
Thursday once a month
Call 020 7358 4077 to book

Groups & Organisations

Crofton Connect Health + Wellbeing Club.

Arlo & Moe cafe (opposite Library) at 340 Brockley Rd, London SE4 2BT

Train: Crofton Park Bus: 122, 171
Monday

■ ■ ■ **4.30pm – 6.30pm**
Connect with other people, be physically active, learn new skills, give to others, practice mindfulness. Refreshments, drinks and snacks. Free but welcome donations. Not compulsory.
For further information call 07790 563 939.

Kindred Yoga Unit D, Norfolk House, Brookmill Road, SE8 4HL

DLR: Deptford Bridge;

Bus: 177, 47, 225

Friday

■ **2.15pm – 3.15pm**
This gentle, supportive yoga class is designed specifically for adults aged 55 and above who want to improve their mobility, build strength, and enhance balance
£5/month

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

LISTINGS

Meet Me at the Albany
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 to choir, a film club to dance and movement. £3 (free places available). Free tea, coffee and biscuits. August animation workshops, or weaving from November. Look out for one off events in the summer!

■ Mondays

3pm – 4pm

Meet Me on the Phone

Explore different themes and discuss poetry, either verbally or written as you prefer. No writing experience required, just a curiosity to learn and chat together!

■ Tuesdays

10.30am-2.30pm

Arts and social group. Get involved with everything from choir to painting, drumming, dancing... or just having a chat over a cup of tea. £3 covers activities, drinks and biscuits.

■ Tuesday

1pm – 2.30pm

Meet Me on the Dance

floor We kick start a series of Latin Fusion sessions from the 23rd June! All abilities are welcome, and sessions will be adapted to suit everyone's



needs. All 65+ To book any of the above email meetme@entelechyarts.org or call 07581 164938

Parkinson's UK

St Mary's Centre,
Ladywell Road, SE13 7UW

Train: Ladywell;
Bus: 122, P4, 484

■ ■ Tuesday

12.30pm – 1.30pm

Tai Chi lessons to those who have Parkinson's disease or any condition where balance and mobility are an issue. £25/month Free taster class

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

■ **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

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

LISTINGS

in Motion. Music and dance group combining movement and vocals. Pay what you can.

■ Tea Social

Mondays 10am – 12pm

(except Bank holidays)

Free for everyone

Social Clubs & Drop ins

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

■ Wednesdays

12.30pm – 2.30pm

Activities, conversation, refreshments. £2

Lewisham Unity

41 Bromley Road SE6 2TS
info@lewishamunity.org

FREE CREATIVE WORKSHOPS
with Arts Network

Tuesdays, 3pm - 5pm

Monthly, see dates →

Explore a different theme each month!

Where:

Parkside Community Centre
1 Copperwood Pl, London SE10 8GE

Who can join:

Anyone over the age of 18

All experience levels welcome.

No need to book, just come along!

Supported by

www.artsnetwork.org.uk
Email: info@artsnetwork.org.uk
Instagram: [artsnetworkuk](https://www.instagram.com/artsnetworkuk)

Supported by

Peabody



Adult Education

■ **Adult Learning Lewisham (ALL)** offers a wide range of activities designed to support older people to stay active, meet new people and learn new skills. Check the website for all the summer courses available all.org.uk

■ **Dream Catchers (DCWUK) Devices & technology Tuesdays (Term time) 12.30pm – 2.30pm**

Lewisham CommUNITY Space, Lewisham Centre Free

ESOL Online Classes

Mondays (Term time) 5pm – 6pm

Group class on zoom.

Free

DCWUK 07516 016 779

info@dreamcatchersww.com

Events, Festivals, Trips

Windrush day

Monday 22 June

11am-2.30pm Caribbean lunch, R&B line dancing and steel pan playing. Venue to be confirmed.

Summer celebration – Corbfest

Saturday 11 July

St Andrews Church Hall. Fish & chips music and dancing. Cost £7

Third Thursday Time (TTT)

Holy Cross parish
Hartley Hall, Culverly Rd
Support health and

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

LISTINGS

mental wellbeing with light refreshments
Bring Me Sunshine events or to find out more please text 07729785843 or email lesleyaallen@btopenworld.com

Walk & Exercise

■ ■ **Guided Woodland Walks** For people living with dementia, family & bereaved carers

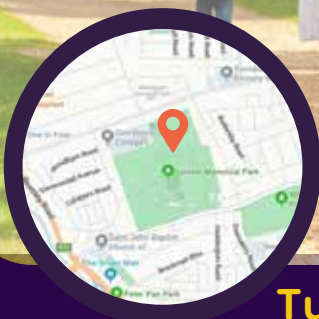
Join us for friendly, guided woodland walks at a relaxed pace. No booking required.
Wednesdays 2pm
Saturdays 11am
From 14 March –15 July
The Railway Hotel Pub
Red Lodge Road, BR4 0EW

■ ■ **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 or 0203 959 0034 (x728)



FORSTER MEMORIAL PARK COMMUNITY WALK



Tuesday 10:45AM

Scan me on your smart phone to find out more



A weekly free volunteer led walk around Forster Memorial Park as part of the Lewisham Healthy Walks programme.

This walk meets at the Longhill Road entrance to Forster Memorial Park, every Tuesday at 10:45am

Please scan the QR code above for more information

Where: Forster Memorial Park, Whitefoot Ln, London SE6 1UA

Contact us:
E: lewishamwalks@enablelc.org
@ LewishamHealthyWalks



View a walks map online at mailchi.mp/enablelc/lewisham-healthy-walks, Lewisham Council has loads of great ideas for walks in the borough and beyond. Whether riverside or history and heritage. There are walks to fit every taste and will 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

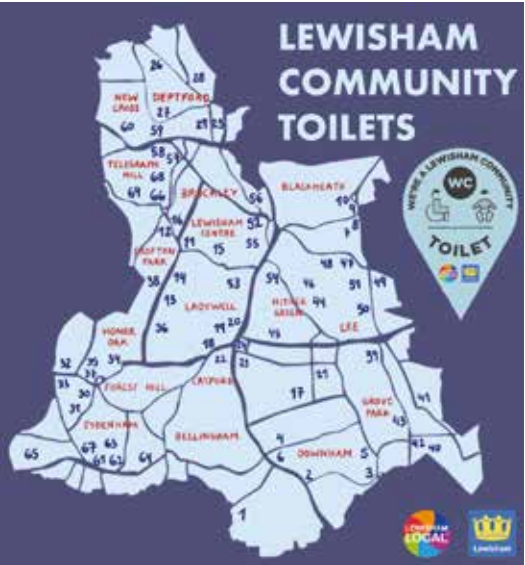


■ **Art/craft** ■ **Music/Dance** ■ **Social/Games** ■ **Health/Exercise**
■ **Classes/Learning** ■ **Gardening/outdoors** ■ **Advice/Help**

LISTINGS



Wheels for Wellbeing
Enjoy cycling on a variety of cycles to accommodate every level of mobility, concentration and balance fitness. Indoor, and outdoor (in good weather!). Friendly, supportive staff. £5 per cyclist. wheelsforwellbeing.org.uk/cycling-sessions/ or 020 7346 8482 to book.



Lewisham’s Parks – Community Toilet Facilities

Park	Address	Opening Hours	Facilities
Beckenham Place Park	Beckenham Hill Rd BR3 1SY	Mon–Thu 8am–4pm Fri–Sun 8am–5pm	Wheelchair accessible, Baby change
Chinbrook Meadows	Amblecote Rd SE12 9TN	10am–3:30pm	Wheelchair accessible
Deptford Park	Evelyn St SE8 5DD	8am–4:30pm	Wheelchair accessible
Forster Park	Whitefoot Ln BR1 5SQ	Thu–Sun 8am–4pm	Wheelchair accessible, Baby change
Hilly Fields Park	Adelaide Ave SE14 1LE	8am–4pm	Wheelchair accessible, Baby change
Horniman Triangle Park	Horniman Playpark SE23 3PH	8am–8pm	Wheelchair accessible
Ladywell Fields Park	Ladywell Fields SE13 7XA	8am–4pm	Wheelchair accessible
Manor House Gardens Park	34 Old Rd, SE13 5SY	8am–4pm	Wheelchair accessible
Manor Park	Manor Rd, SE13 5HY	Wed–Mon 8am–4pm (closed Tue)	Wheelchair accessible
Mayow Park	Mayow Rd, SE26 4SS	24 hours*	Wheelchair accessible
Mountsfield Park	Stainton Rd SE6 1AN	Tue & Fri 9:30am–2:30pm Wed & Thu 8:30am–12pm Sun 10:30am–1pm	Wheelchair accessible
Sydenham Wells Park	Wells Park Rd, SE26 6JQ	Mon, Fri & Sat 11am–4pm	Wheelchair accessible
Telegraph Hill Park	Kitto Rd, SE14 5TY	Mon–Fri 9am–5pm	Wheelchair accessible, Baby change
Telegraph Hill Park	Erlanger Rd ,SE14 5TY	9am–4pm	Wheelchair accessible
Telegraph Hill Park	Kitto Rd, SE14 5TW	Mon–Wed 8am–5pm Thu–Sun 8am–9pm	Wheelchair accessible, Baby change

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

LISTINGS

Stay Active and Connected with Club Lewisham (60+)

If you're aged 60 or over and looking for a friendly way to stay active, Club Lewisham offers a great mix of exercise and social opportunities across local leisure centres.

	Monday	Tuesday	Wednesday	Thursday	Friday
Bellingham Leisure & Lifestyle Centre			Pilates 10.45am – 11.45am		
Forest Hill Pools Table Tennis available daily.	Pilates Basics 12pm – 12.50pm	60+ Swim 9.05am – 9.50am Aqua 10am – 10.45am Body Conditioning basics 12pm – 12.30pm	Aqua 10am – 10.45am	60+ Swim 9.05am – 9.50am	Aqua 9.30am – 10.20am
Glass Mill		60+ Swim 9am – 10am	Pilates 9am – 9.45am Yoga 11am – 12pm Swimming Lessons 11.30 – 12.15pm Aqua 12pm – 12.55pm Social 12.30pm – 1.45pm Mindfulness 1.45pm – 2.30pm	60+ Swim 9am – 10am	Pilates 9am – 9.45am
The Alex Yee Ladywell Arena	Supervised Gym Session 9am - 2pm	Supervised Gym Session 2pm - 5pm	Supervised Gym Session 2pm - 5pm		Supervised Gym Session 9am - 2pm
Wave-lengths Leisure Centre	Aqua 10am - 10.50am	Ask the instructor Gym Session 10am - 2pm	Zumba 10.30am - 11.30am	Zumba 9.30am - 10.30am	Zumba 9.30am - 10.30am Aqua 12.30pm - 1.20pm

www.better.org.uk/club-lewisham

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

LISTINGS



Catbytes Digital Community

■ ■ **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@lgl.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, Forshore, SE8 3BA
020 8691 3146 | pepyslibrary@ecocom.org.uk

Friday

10am – 12pm Stanstead Lodge ☕ 🖨️
260 Stanstead Road, Forest Hill SE23 1DD
020 8291 1164 | info@stansteadlodge.org

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

Positive Ageing Council

Improving services and facilities for older people in Lewisham

Next Meeting

Wednesday 9 September

Christmas Meeting

Thursday 10 December

Both

11am – 1pm

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

