



Positive Ageing Council

Improving services and facilities for older people in Lewisham

POSAC MAGAZINE SPRING 2026

NEXT PUBLIC MEETING

Thursday 5 March
11.00am – 1.00pm

Rooms 1 & 2

Civic Suite, Catford SE6 4RU

Agenda:

* SELCE

Topics that will be covered

- How they can support you
- The ideal home temperature
- The priority services register
- Are Smart meters worth getting
- Energy performance certificates
- Carbon monoxide awareness

* MET Engage

will give an overview on Met engage and help those interested to get registered

Light Refreshments & Networking

Positive Ageing Council's 2025 Round Up

2025 was a vibrant and impactful year for Positive Ageing Council marked by major community events, creative celebrations, and well attended public meetings that strengthened the voice of older residents across Lewisham. The Steering Group continued its commitment to championing age friendly initiatives, challenge ageism, and bring people together through meaningful, joyful and purposeful events. This year fully embodies POSAC's mission to improve services and champion positive ageing in Lewisham. Below are some of the year's highlights.

Age Without Limits – Film Premiere & Celebration

June 2025 - The Fellowship Inn, Bellingham

The flagship mid year event, *Age Without Limits*, brought together residents, creatives, and community leaders to celebrate ageing and challenge stereotypes. The day featured the premiere of *Age Has No Limits*, a specially commissioned film showcasing powerful stories of older Lewisham residents who have reinvented their lives—whether through new passions, adapting to health changes, or taking on caring and volunteering roles.

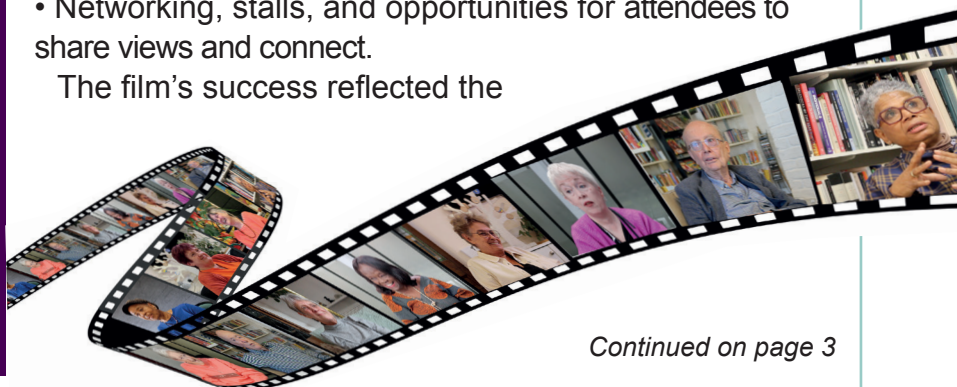
The event included:

- A warm and inspiring welcome from Lewisham's Mayor, Baroness Brenda Dacres.
- Contributions from POSAC Chair Iris Till and Cllr Paul Bell, emphasising inclusion and resilience.
- A vibrant Q&A with participants featured in the film.
- Networking, stalls, and opportunities for attendees to share views and connect.

The film's success reflected the

IN THIS ISSUE

- * Roundup of 2025
- * Chair's message
- * News & Round-up
- * Health & Wellbeing
- * Activities & events listings



Continued on page 3

Available in large print

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



Message from Iris Till

Welcome to Our Spring Edition!

The Steering Group would like to wish everyone a happy, healthy, and positive 2026. We hope the year ahead brings good health, connection, and moments of joy for you all.

As we move towards Spring and daylight is still peeping through the window at five o'clock. I hope it gives us all encouragement to start planning for outings, community events and hopefully warmer days.

We recognise the challenges many people face during the shorter days and colder weather. It is the positives that keep us going. Holding onto our Freedom Pass and having the Winter Fuel Allowance restored, have provided some reassurance through the winter period. In my opinion both are essential for people's health and wellbeing.

We are looking forward to our public meeting on 5th March 2026, where we will welcome MET Engage and South East London Community Energy (SELCE). This meeting will give members the opportunity to meet, engage, and learn more about the support and services available, as well as share views and ask questions on issues that matter to older residents. These public meetings remain at the heart of what we do bringing people together and ensuring older residents' voices are heard. There will be the usual feedback form to return at the end of the meeting. It is important to complete it as it highlights the issues you would like addressed at future meetings.

Our last meeting, in November, we were delighted to be joined by the Age Exchange Dementia Choir 'Joyful Voices', whose beautiful melodies brought warmth and joy to the afternoon. They were a pleasure to be in the presence of, and the audience's encouragement led to even more festive songs being shared. Everyone went away with a smile, feeling uplifted and reminded of the power of music and togetherness. The afternoon was a wonderful reflection of Age Without Limits; enjoying the moment, celebrating life, and finding something to have a positive effect at every stage of our lives.

We want you to know that we are already busy planning events and meetings for this year, and we look forward to sharing more details with you soon. As the days grow lighter and hopefully warmer, we encourage everyone to be kind to themselves, and to others where possible. Reaching out to neighbours and friends, a conversation or small gesture can make a real difference.

Warmest Wishes

Iris



Iris Till, Chair

NEWS AND ROUNDUP

continued from page 1

campaign's purpose: to amplify older voices and promote a future free from ageism.

Silver Sunday at the Rivoli Ballroom October 2025 – Crofton Park

POSAC's Silver Sunday celebration transformed the iconic Rivoli Ballroom into a dazzling venue full of joy, laughter, connection and creativity. Lewisham Speaker Cllr Jacq Paschoud welcomed over 400 guests, it was one of the most successful Silver Sunday events to date. Highlights included:

Ada Campe, Master of Ceremonies led the revue with performances by Medusa Has Been, Victoria Howden, and 84 year old trapeze artist Joan Le Vasseur. Soul line dancing led by Carla Gray and the Island Steppazs. Smooth jazz performances by Evadne Bygrave accompanied by Floyd Paris. And a grand finale from LaBanda which had everyone dancing and smiling.

Our Volunteers, the Young Mayor's Team, Age UK Lewisham & Southwark and community partners helped create an afternoon filled with warmth, laughter, and celebration of Lewisham's older residents.

March 2025 Public Meeting – St Laurence Community Centre

The first public meeting of the year focused on the priority theme of heating and eating, following POSAC's survey on cost of living pressures affecting older residents. The agenda included:

- A "You Said, We Did" session responding to residents' feedback.
- Practical discussions on healthy, affordable food, low cost cooking, and keeping warm.
- Information from Lewisham Council and voluntary sector partners about support services, grants, and Warm Welcome spaces.

This meeting set the tone for the year: addressing real world challenges with useful

information, community support, and shared problem solving.

November 2025 Christmas Public Meeting

POSAC's traditional festive gathering—focused on Housing, with guest speaker Cllr Will Cooper, Cabinet Member for Housing Management and Homelessness. It also featured:

- Performing seasonal favourites, Age Exchange's 'Joyful Voices' dementia choir, bringing seasonal spirit, joy and inspiration. Everyone was singing, clapping and dancing.
- Light refreshments and opportunities to chat and make friends.

This well attended meeting closed the year with warmth, community spirit, and a strong focus on ensuring older residents' voices shape local services.

Throughout 2025, the POSAC Steering Group: Led major borough

wide celebrations of ageing. Premiered a moving, locally made film amplifying older people's stories. Delivered two well attended public meetings focused on practical support and resident voice and fostered connection, creativity and empowerment for Lewisham's older community.

Look out for 2026 events. We will again be celebrating *Age without Limits* in June as well as Silver Sunday in October we will make those details available as soon as possible.





Community Crime-Fighting

MET Engage is a new community engagement platform and gives Londoners a direct say in local policing priorities, crime prevention advice and information on the work of their neighbourhood teams. Users can register to MET Engage online or with local officers and PCSOs. They can choose the topics they want to hear about and content can be translated into over 100 languages. Regular surveys allow people to give feedback on local issues that enable us to track the effectiveness of our interventions. You can also respond directly to your neighbourhood team and share content we provide to other social media channels. Using information and feedback from residents, local teams will be able to



tailor crime-fighting action plans and work with community and business groups to make a difference in your neighbourhoods.

However, we need your help to maximise the benefits of the platform. The more people register and interact with us the more effective the platform will be. To date 2200 Lewisham residents have registered but we want more. The easiest way to sign up is directly on the MET Engage website at www.metengage.co.uk or register in person. We will be at the Positive Aging event on 5th March to tell you more about MET Engage and help you register.



Energy Advice from SELCE

South East London Community Energy (SELCE) is a local community energy organisation working in Lewisham and dedicated to generating clean energy, reducing energy use and ensuring that the transition to green energy is inclusive. SELCE supports individuals with one-to-one energy advice on any energy question you may have.

SELCE is presently focusing on how to deal with damp, mould and condensation—common issues during colder months. Advisors will help you identify the cause and offer solutions including steps in prevention.

2026 saw a slight energy price cap increase however, the government has launched the Warm Homes Plan, that offers free or low-interest loans for energy upgrades. In addition, the Fuel Poverty Strategy outlines steps to reduce energy costs and improve home energy performance.

If you're a homeowner or private renter with a low Energy Performance Certificate (EPC) rating on low income or with a health condition, you may be eligible for the ECO4 scheme. This programme funds insulation and heating upgrades and has now been extended until the end of year. SELCE can

help guide you through the process.

SELCE will be speaking at the next POSAC meeting on the 5th of March about:

- How SELCE can support individuals
- Ideal internal temperatures and how that affects your home
- The priority services register
- Smart meters and if they are worth getting
- Energy performance certificates
- Carbon monoxide awareness

To find out more or speak to an advisor, contact: SELCE, Trafalgar Road, SE10 9QE, selce.org.uk/energy-advice info@selce.org.uk | 020 8269 4882



Independent Age charity offers support for older adults

Independent Age supports over 1.9m older people in poverty through advice and support, grants to community organisations.

They are presently working with the electricity distributor, UK Power Networks, to promote a free 'Winterwise' guide and training to support older people this winter. This is a valuable, comprehensive resource to support older people in Lewisham this winter.

The guide contains:

- Practical recommendations to keep well physically and mentally, with easy, illustrated indoor exercise suggestions
- Advice on scams and emergencies
- Tips for keeping the house warm and safe; including fire safety information and what to do you if you fall.
- Information on accessing financial support to help with energy costs, as well as accessing food banks and warm spaces.

Copies can be ordered by emailing nationalservices@independentage.org or

calling our Helpline at 0800 319 6789.

You can also download the pdf version of the guide here: www.independentage.org/get-advice/winterwise and view all available guides at www.independentage.org/get-advice/advice-guides-factsheets-leaflets/england-wales

Stay active and grow! Get involved with a community garden near you

Lewisham is lucky to have a diverse array of community gardens who are always looking for people willing to share a little of their time or skills. As we approach springtime, getting involved with a community garden is a great way to stay active, connect with nature, meet new people and share and gain gardening skills. Many grow fruits or vegetables. Below is a selection of gardens from Lewisham Local's Accessible Gardens List. Accessible gardens are gardens that are wheelchair accessible, have raised beds or close to public transport. Please check directly with the project to make sure it's a good fit for you and your needs.

Our team has designed a printable booklet of community gardens with details of the facilities available at each one. There will be printed copies available at the next POSAC meeting, and is also available to download from www.goodfoodlewisham.org

Beckenham Place Park Gardeners Cottage

Beckenham Place Park, BR3 1SY

Volunteer times: Wednesday & Friday 10am-12.30pm, Tuesday 1.30pm-3.45pm



NEWS AND ROUNDUP

Wheelchair accessible, toilets and café available, raised beds and seating
Contact: BPPgardener@gmail.com

Breakspears Mews Community Garden
 Access at Ashby Road, SE4 1PY or
 St Peter's Court, 29-31 Wickham Road, SE4 1NE



A shared green space maintained by a core group of volunteers.

Volunteering times: Wednesday 4pm-6pm, Sunday 2pm-4pm
 Wheelchair accessible, raised beds, toilets and seating area available.
Contact: chair@brockleysociety.org.uk

CocoCollective - Community Gardens
 71 Firhill Road, SE6 3SE



Bellingham Sundays Wed 1pm-4pm, Catford Sundays 10am-1pm
 An Afro-diaspora community garden growing Afro heritage foods. Wheelchair accessible, raised beds, covered seating area and toilet available. They also have a site in Catford.
07801794884 Cococollective.org@gmail.com

Forest Hill Community Garden
 Behind Library, 82 Dartmouth Rd, SE23 3HZ
Volunteer Times: Thursday 9.30am-12.30pm
 Wheelchair accessible, toilets on site and raised beds
Contact: hello@librarygarden.org.uk

Forster Park Multi-sensory Garden



Whitefoot Lane, London SE6 1UA
Volunteer Times: Friday 10:30am-12:30pm
 Seating, wheelchair accessible, raised beds. There are toilets and a café in park
Contact: Forsterparkfriends.org

St Mary's Therapeutic Garden
 346 Lewisham High St, London SE13 6LE



NEWS AND ROUNDUP

Volunteer times: Tuesday 1pm-3pm
 Wheel-chair accessible, raised beds and seating area.
Contact: 02086903298 lewishamparish.com
The Albany
 Douglas Way, London SE8 4AG
Volunteer times: Friday 12pm-2pm.
 Wheelchair accessible, raised beds and seating available.
Contact: 02086924446
For a full list of a garden near you, call Lewisham Local on 07598 169 476.



Blue Plaques

As we head towards Spring, it's a great time to explore local history. Did you know there are over 1,000 blue plaques across London? Each plaque marks a connection between its location and a notable person or historical event.

Lewisham has eight blue plaques in the borough, with another 79 located in neighbouring boroughs such as Bromley, Croydon, Greenwich, Lambeth, and Southwark.
For more info go to blueplaquesnearme.com/borough/lewisham

Blackheath Halls is a performance venue offering a diverse range of events throughout the year in the Grade II listed building. It claims to be London's oldest surviving purpose-built cultural venue. Here are a few local places to visit:

Creekside Discovery Centre provides support and education on biodiversity. They provide walks and talks at their nature park and Creekside for companies, schools, and individuals.

Down House was Charles Darwin home for 40 years. The extensive gardens were Darwin's 'outdoor laboratory' and the place

where he made many of his discoveries.
www.english-heritage.org.uk/visit/places/home-of-charles-darwin-down-house



60+ London Oyster photocard

If you're 60 or over and live in London, you can get a 60+ London Oyster photocard until you're eligible for a Freedom Pass. You however, can't get one if you have a Veterans Oyster photocard. The card gives you:

- Free travel on bus, Tube, tram, DLR, London Overground, Elizabeth line (excluding between West Drayton and Reading) and most National Rail services in London
 - You can travel free on TfL services except Monday to Friday, except from 4:30am-9am, outside of bank holidays.
 - Discounted fares on River services
 - Discounts on Santander Cycle Hire
- You can apply for your photocard from 13 days before your 60th birthday.

It's £35 with an £18 per year address check fee until you are eligible for a Freedom Pass.

For more information and to apply go to tfl.gov.uk/fares/free-and-discounted-travel/60-plus-oyster-photocard

Election May 2026

The Elections Act passed into law in April 2022. It made big changes to the way elections work – including introducing a requirement for people to show photo ID before they're allowed to vote. You will not be able to vote unless you show photographic identification. Below are the common accepted forms of Photo ID:

- A UK passport

NEWS AND ROUNDUP

- A EU passport
- A UK or EU driving licence including a provisional driving licence
- A Blue Badge
- Older Person's Bus Pass funded by the UK Government
- Disabled Person's Bus Pass funded by the UK Government

• 60+ London Oyster Photocard funded by Transport for London Freedom Pass

If you do not possess any of the accepted forms of ID, you can apply to your local Electoral Registration Officer for a free Voter Authority Certificate. Applications must reach the office by 5pm on Tuesday 28 April or apply online www.voter-authority-certificate.service.gov.uk

Expired photo IDs will still be accepted as long as the photograph is still a good likeness of you. Note that a temporary Voter Authority Certificate will not be valid to use.

HAVE YOU REGISTERED TO VOTE?

Make sure you are registered for the local elections this 7 May 2026.
Register to vote deadline: Monday 20 April
Register for a postal vote – Tuesday 21 April
Register for a proxy vote – Tuesday 28 April

Voters now need to show ID in polling stations.
 Find more information on our website lewisham.gov.uk/elections

It only takes **5 minutes** to register!

YOUR VOTE ✕ YOUR COMMUNITY ✕ YOUR COUNCIL

Online Safety 101: Top Tip for Passwords



Keeping track of passwords can be overwhelming and it's tempting to overlook the basics in trying to keep things simple. You might think you have nothing of interest to a scammer but by getting access to an email address or facebook account it's surprisingly simple to then take someone's identity and commit fraud, in your name.

Consider these basics:

- **Three Random Words:** A string of random, unrelated words is often easier to remember than a complex jumble of characters.
- **Enable Two-Factor Authentication (2FA):** Enable 2FA on your accounts so that you get a code sent to text to confirm who you are. *Remember to keep this up to date!*
- **Avoid Personal Information:** Never use your name, birthday, address, pet's name, or any other information that could be easily guessed or found online.
- **Don't Reuse Passwords:** If one account is compromised, using the same password for other accounts creates a massive security risk.
- **Use a password manager:** These tools can generate strong, unique passwords and securely store them for you.

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

HEALTH AND WELLBEING

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 groups across the borough geared towards older people.

A Functional Fitness MOT is a friendly, practical checkup 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 measure how your body's ability 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 fall prevention



These sessions often help people feel more confident in their abilities and more motivated to stay active. We are happy to run a session for your group.

For further information or 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.

Free Recipe books available

Lewisham Council's Public Health team has

recently reprinted the popular 'Nutritional and Recipe Book for Black African and Caribbean families' written by Tai Ibitoye.

The book contains information on how you can achieve a healthy, balanced diet without having to give up traditional or familiar foods. There are quick easy recipes, healthy eating tips and advice around cooking on a budget.

POSAC will have printed recipe books to take away available at the next public meeting on 5 March. You can also find an electronic copy on www.goodfoodlewisham.org along with other food-related help and resources.

Public Health Lewisham can be reached at publichealth@lewisham.gov.uk or at Public Health Lewisham Attention Of Lakhvinder Matharu, Laurence House, 1 Bromley Rd, SE6 4RU.

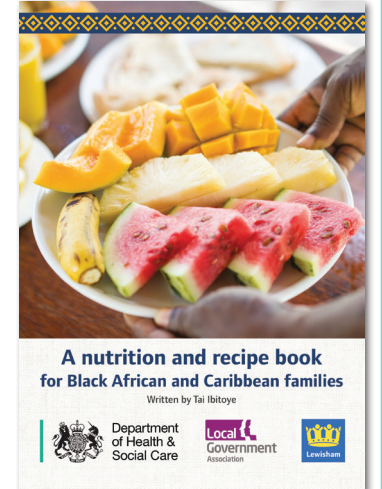
Stronger Together: Community Conversations about Healthy Ageing

NHS South East London ICB will be gathering the views of local community, on growing old in Lewisham and how they can support people to age well.

Your voices will shape future services and ensure they meet the diverse needs of the local population.

There will be a series of events this Spring to ensure that a maximum of residents can contribute. This will include surveys, presentations and workshops where you will be able to meet with health, social care and voluntary sector representatives. The aims of these are to:

- Explore approaches to healthy ageing and how frailty can be prevented, delayed, and better managed.
- Shaping the current model of frailty care



HEALTH AND WELLBEING

through a more proactive, neighbourhood, and a person-centred approach to supporting people living with or risk of frailty.

- Gather views on how care and support for older people can be delivered closer to home and help co-design a Neighbourhood Health Service.

If you would like to be part of a working group to help plan and organise our engagement programme and a chance to influence real change, please **contact Deeta.Henry-Smith@selondonics.nhs.uk**

Carer Peer Support in Lewisham

The following unpaid carers coffee drop-ins are available. They offer invaluable peer support to reduce isolation in your carer role that can often make you feel alone and unsupported. Our amazing group of carers exude resilience, hope and positivity.

The local carer peer support network was recognised nationally in 2025, for providing practical and accessible support for unpaid carers. The network continues to grow and respond to the needs of carers and to improve primary care services. They have a group called Carers Matter to share information and encourage improvements.

Thursday 11am – 1pm

Lodge Café, Stanstead
Lodge, 260 Stanstead
Road, Forest Hill
SE23 1DD



Friday 11am – 1pm

Ignition Brewery, Ground
Floor, Sydenham Centre, 44a
Sydenham Road, SE26 5QX



All unpaid carers welcomed at either group, for more information Carers Matter please **contact Carolyn.denne@btinternet.com**

SPRING INTO SPRINGTIME



Lewisham offers a vibrant collection of green spaces, featuring 18 Green Flag Award-winning parks. Here is a guide to enjoying just some of Lewisham's parks

Beckenham Place Park, Bellingham: As Lewisham's largest green space! This is a premier spot in spring, featuring ancient woodlands, a wild swimming lake, a café, and a Georgian mansion.

Lewisham Park, Lewisham: Ideal for early spring, this park is known for its cherry blossom trees and is a key location to find snowdrops.

Hilly Fields, Brockley: Offering panoramic views of the London, this park features wide, open grassy fields, perfect for spring picnics or a lazy stroll.

Manor House Gardens, Lee: Known for a duck pond, café, and vibrant flower beds tended to by local volunteers.

Fordham Park, Deptford: After you have got your bargains from Deptford market, take the trail past the Albany theatre on to Fordham park to recover.

Horniman Museum Gardens, Forest Hill: 16 acres of landscaped gardens with a Victorian bandstand and views of the city – pop into the museum for a slice of culture.

Telegraph Hill Park, New Cross: Located on two levels, it offers excellent views and, in spring, a picturesque setting for a relaxing walk with a lovely community café. See if you can spot the Herron!

Mountsfield Park, Catford: Situated in the middle of Lewisham, Catford's Mountsfield Park is easily accessible.

All of our parks are accessible by public transport. Those with a carpark, usually have blue badge spaces available. Lewisham's parks are a jewel in the Lewisham Crown, and many are supported by volunteers. See page 5 on where to volunteer.

Lewisham's Community Toilet scheme

One concern that can hold people back from enjoying these green spaces is worrying about finding a clean, accessible toilet. That's where Lewisham's community toilet scheme comes in. See page 21 for more info.

Cafés & Outdoor Gyms

Lewisham's parks are community hubs that offer relaxation, social connection, and opportunities for gentle exercise. For older residents, having amenities like cafés and outdoor gyms can make a big difference. These facilities help ensure that older people feel comfortable and confident spending time outdoors, knowing there's a place to sit and facilities to use.

Many of Lewisham's parks now boast cafés or kiosks, like Mayow Park and Ladywell Fields and Mountsfield Park is in the process of getting a new café with a Living Roof! Horniman has a café kiosk, and Beckenham Place Park's Homestead Café, nestled in a restored stable block – a lovely destination in itself. These café spots provide not only drinks and snacks but also a sense of safety and community.

Outdoor gym equipment has popped up in many Lewisham parks in recent years; Hilly Fields, Deptford Park, Forster Memorial Park, Sydenham Wells Park, Home Park, Northbrook Park, and several others now have permanent exercise stations - often with simple machines like cross trainers, static bikes, and pull-up bars.

These outdoor gyms are fantastic resources – they're free, always open, and you can go at your own pace supporting staying active.

SPRING INTO SPRINGTIME

Doing light exercise is great for both physical health and mental wellbeing.

Lewisham 'Healthy Walks'

Lewisham Healthy Walks is a free programme of volunteer led walks that take place across the borough's parks and green spaces and are managed by Enable in partnership with Lewisham Council. For more information in taking part go to page 20

10 Tips for Enjoying Lewisham's Parks

- 1 Stay hydrated – Bring a bottle of water, especially on warmer days or longer walks.
- 2 Wear comfortable footwear – Supportive shoes can make all the difference, whether you're walking through woodland paths, hitting the outdoor gym or joining a community stroll.
- 3 Dress for the weather – Layers are your friend! A light waterproof or a sunhat can help you stay comfortable whatever the forecast.
- 4 Take your time – There's no rush. Enjoy the scenery, pause for a rest on a bench, and go at a pace that feels right for you.
- 5 Bring a friend – Many of Lewisham's activities are social by nature. Walking with others can be a great way to connect.
- 6 Keep your phone charged – Good for taking photos or calling for help if needed.
- 7 Know your route – Whether it's a Healthy Walk or a visit to a new park, a quick look at the map beforehand can help you feel more confident.
- 8 Let someone know your plans – If you're heading out alone, it's always a good idea to tell a friend or family member where you're going and when you expect to be back.
- 9 Be aware, not alarmed – Stay alert but don't let fear hold you back, keep to popular paths or go with friends or neighbours.
- 10 Enjoy the moment – Whether it's birdsong, a friendly hello, or a new café discovery, take time to appreciate the little joys of being out and about in your community.

LISTINGS

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 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 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 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

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

LISTINGS

■ 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
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.

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

LISTINGS

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.

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

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

LISTINGS

phone session

Wednesdays (biweekly)

■ 2pm – 3pm

Music Session

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

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.



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**



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 – 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 Building, Creekside,
SE8 3DZ Kara Coffey at

K.Coffey@trinitylaban.ac.uk

LISTINGS

Train: Deptford or Deptford Bridge. DLR: Cutty Sark. Bus: 47
Tuesdays (term time)

■ ■ 12.30pm – 2pm

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

Ageing Well Groups

info@agingwellinlewisham.com or call 020 8698 3735

The Grove Centre,
2 Jews Walk, SE26 6PL
Winnie Carlson at info@agingwellinlewisham.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, Shrofford 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)

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

LISTINGS

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 – 13.15pm

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: Depford 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

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

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

For further details email info@60up.org.uk or call 07852 533649 www.60up.org.uk

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

LISTINGS

Train: Crofton Park Bus: 122, 171
Supporting people aged 55+ we offer activities across the borough. From social to well-being face-to-face and online, events and day trips

April activities include:

- **10 April** Living Well Day (Health & Wellbeing Day), 11am–3pm, Free
- **15 April** Coach trip to the Ideal Home Exhibition
- **17 & 24 April** Seated Yoga 11.30am–12.30pm
The Green Man, Bromley Road, SE6

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 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

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

LISTINGS

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

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.

- Digital skills courses

- **How to use a Computer starts Wednesday 29 April 1pm-3pm** provide practical support in a relaxed and supportive environment.

- **Physical exercise classes** are available to help improve strength, balance, and wellbeing. These include Tai Chi, Pilates, and Pilates with elements of bone care (various dates and times).

- **Get Fit with Music** from **Thursday 23 April 1.30pm-2.45pm**

- **Chair Yoga** from **Tuesday 14 April 2pm–3.30pm.** All physical exercise courses at the Brockley Rise Centre.

- **ALL** also runs a wide range of creative courses, including drawing and painting, sewing,



singing, handknitting and crochet, and more. Reduced fees are available for people aged 65 and over. The full summer term programme can be found at www.lewisham.gov.uk/adultlearning

- **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

The Telegraph Hill Festival 14 – 29 March 2026

The festival will take place from New Cross to Nunhead. There will have over 100 events and activities, Music, Dance, Drama and Talks.

All ages welcome, but there are over 55s specific event from JOY (Just Older Youth).
For full details and bookings at www.telegraphhillfestival.org.uk and a print programme available from the Telegraph Hill Centre, SE14 5TY.

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**
Saturday 2 May 11am – 2.30pm
St Andrews church hall
Torridon rd.with fish and chips a workshop and performance from the Quaggy choir and entertainment from the fabulous Mazaika Duo. Cost £7
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 mental wellbeing with light refreshments

Thursday 19 March 6pm – 8pm
breathing and relaxation with T4 healing
Thursday 16 April
music and Movement with Amy

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

LISTINGS

Thursday 21 May
TBC.

No need to book just
come along.

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)

View a walks map online
by going to **mailchi.mp/**
enablelc/lewisham-healthy-
walks, 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 cycles to accommodate
every level of mobility,
fitness, concentration and
balance. Indoor, and outdoor
(in good weather!). Friendly,

Welcoming & Fun Groups for Older People at The Grove Centre



Get creative, get fit, nurture your wellbeing, and
make new friends at our welcoming groups!



Fitness & Fun

Gentle seated exercise to music
Wednesdays
10.00 – 11.45am
£4



Craft Plus

A relaxing group with
inspiring projects
Tuesdays | 1.00 – 3.00pm
£4



The Befrienders

A lively, creative singing group
Tuesdays | 10.00 – 11:45 am | £5

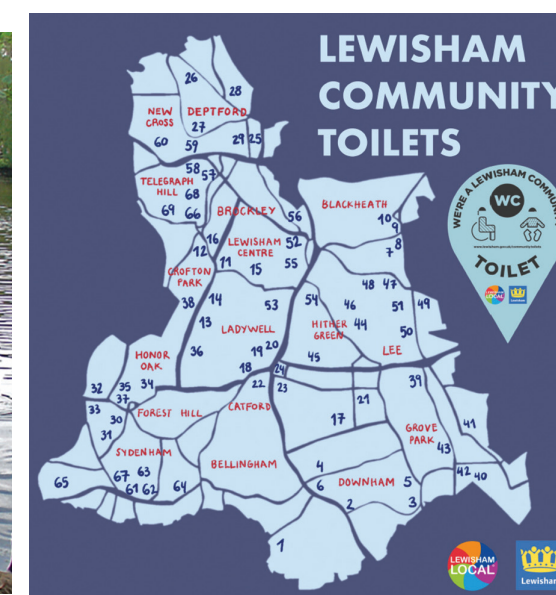
Drop in any time!
No experience or
pre booking required

For more info contact: **info@ageingwellinlewisham.org** | Tel: 07486 011 102
Join us at: **The Grove Centre**, 2 Jews Walk, Sydenham, SE26 6PL



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

LISTINGS



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

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



**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

Look out for the POSAC events

Age without Limits
(June 10, 2026
events between 6-14) &

Silver Sunday
(October 4, 2026)



- 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

