



# Positive Ageing Council

Improving services and facilities for older people in Lewisham

**POSAC Magazine – Autumn / Winter 2021**

**Welcome back  
Lewisham!**

**Silver Sunday  
Special Edition**

**Do you need help, support or advice during this time?**

Please contact Community Connections in the following ways: **Email:**

[communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk)

**Visit their website:** [www.communityconnectionslewisham.org/](http://www.communityconnectionslewisham.org/)

**Call the helpline Monday - Friday, 9:30am-4pm on: 0330 058 3464.**

## Message from the Chair, Iris Till

Good day to you all and Welcome to our Summer/Autumn 2021 magazine. Since our last Magazine many of us have been fully vaccinated and are now awaiting the autumn booster. Coming officially out of lockdown in July, we were all hopeful that we could see a brighter horizon. These past 18 months have been a challenge like no other for both old and young in our community, and with summer upon us most of us are hoping for calmer times and to enjoy some normality again. We look forward to our clubs, churches and meeting places to be fully open again and joining up with family and friends to celebrate birthdays and special occasions. But also, to remember and be able to say a proper goodbye to family, friends and colleagues whose lives were lost to Covid19.



Throughout this pandemic, we have all found strategies to manage our own stresses, whether it be health, work, loss, isolation or loneliness. Whether we have found the strength from our community, families, friends, or our faith somehow, we have made it through and although for some life is different and learning to live and accept change is a challenge, we need the positivity of our family, friends and community around us to give us that smile, and not forget the person we are.

As we approach Silver Sunday, we are opening our doors to welcome you to our extra special celebration's produced and managed by our own Lucy Formolli and her colleague Naomi Alexander. There is more information in the magazine.

Our young people have shown great initiatives in getting involved in different ways to bring people together, whether a doorstep call from Give a Song, Morgan giving his concert on 'You tube' or young people in the community helping their older neighbours. I must mention and say well done to Alex Yee for his wonderful achievement of bringing home an Olympic gold and silver medal from the Tokyo Olympics

As we look forward to welcoming our Lewisham as the 'Borough of Culture' in 2022, we are not just praising our traditions but also the diversity that we represent. Always look on the bright side of life, and remember: believe you can and you are already halfway there.

Best wishes to you all. From Iris ☺



**Lewisham**

**Available in large print**

For more information on the Positive Ageing Council

go to [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac) or email [positive.ageing@lewisham.gov.uk](mailto:positive.ageing@lewisham.gov.uk)

# The national day for older people

Sunday, 3rd October 2021

The Positive Ageing Council are celebrating Silver Sunday with a special one off **online** event! With thanks to Partners

Catbytes, Adult Learning Lewisham, Lewisham Local

**Where:** Online – ZOOM!

**When:** Sunday 3 October 2021

**Time:** 10.30am and 5pm.

Come at 10.30 and stay on for the whole event - or drop in or out any time!



**Dear member, I'm sure you know how disappointed we are not to bring you our Silver Sunday event *in person* this year.** However, the Steering Group (all volunteers over 60) felt they were not ready to risk a large *physical* event while things are still so uncertain. We are keeping every-thing crossed to hold an event with you in Catford prior to Christmas. We hope that staging this event online may encourage a few of you who have wanted to give it a try a chance to do so in a safe space amongst your peers. We apologise to those of you who can't or won't go digital, we promise in person events as soon as we are confident to do so.

## How will the Silver Sunday event work?

Our Silver Sunday online event will be a mixture of musical performances and activities such as quizzes, talks and special guest appearances. There will be quality raffle prizes celebrating local business drawn throughout the day and team prizes for quiz winners!

**During the day you can choose to take part in a number of different workshops including:**

1. Crafts,
2. Painting,
3. Tai Chi,
4. Dance,
5. Singing,
6. Digital techy tea party and scams advice,
7. Reminiscence and Chat and more...

TRINITY  
MUSIC LABAN  
DANCE



Keep reading  
for support  
available to help  
you join in on the  
day and guidance  
on how to use  
zoom.

There will be 3 chances to try one of the workshops above, so don't worry if you are busy and miss one, there will be another chance to join a workshop later on. These workshops will be taught by trained tutors from our partners from Adult Learning Lewisham, and more.

**Sign up By Sunday 26 September to get your workshop activity packs posted to your home!**



# Help signing up to join the Silver Sunday Event

**HOW TO SIGN UP BEFORE THE DAY OF THE EVENT:** We are encouraging as many of you as possible to sign up to the event in advance of the day. Not only will this help us plan our activities better, but also means you will receive a pack of useful items for the day's activities through the post – please sign up by Sunday 26 September for a pack.

**Please sign up in advance using this EVENTBRITE link:**

[www.eventbrite.co.uk/e/the-positive-ageing-council-celebrates-silver-sunday-tickets-168289806341](http://www.eventbrite.co.uk/e/the-positive-ageing-council-celebrates-silver-sunday-tickets-168289806341)

You will need to have an email address to do this and will need to leave us your postal address for us to post you your activity packs

Need support  
signing up to or joining the event?  
Contact Damien at Catbytes  
on: 07939 288 079

**ON THE DAY – Sunday 3 October:** You can join the zoom meeting using the link any time on Sunday 3 October. The event starts at **10.30am**, but you can drop in and out using the same link anytime - either right from the start or later on when you have time. Although we think there will be so much to do, you might just want to stay all day.

**On the 3<sup>rd</sup> of October please join the zoom event using this link:**

<https://us02web.zoom.us/j/86332369608> Meeting ID: 863 3236 9608

**WE RECOMMEND ONLY JOINING THE EVENT WHEN CONNECTED TO YOUR WI-FI**

## Entertainment

We are still booking our performers and surprise guests for the event but we hope they will bring happiness and joy to you all. One thing for sure we can promise you the fantastic Keyboard stylings of our 'Honorary Positive Ageing Council Member', Morgan Steward. Morgan is a dear friend of ours and has been involved in many events and projects with us and the Young Mayors Team, during lockdown he took his keyboard on the road to delight older people with a show on their doorsteps. We are proud this Mayors Award winning young man will be joining us.

We will also have performances from The Ageing Well – LCC Befrienders Choir.

**Sign up in advance to get notifications of special guests and performers!**



ALL

PROUD TO BE A PART OF  
**#SilverSundayUK**



**THE NATIONAL DAY FOR OLDER PEOPLE – 3 OCTOBER 2021**



SILVER SUNDAY  
CELEBRATING OLDER PEOPLE

**This section will walk you through how to set up and use zoom – so that you are able to fully enjoy our online Silver Sunday event on the 3<sup>rd</sup> of October.**

This article should tell you all you **need** to know, but if you need more guidance pop to the Senior Guide website and it will help you

[www.seniorguide.com/technology/a-step-by-step-guide-to-a-zoom-meeting/](http://www.seniorguide.com/technology/a-step-by-step-guide-to-a-zoom-meeting/)



**Zoom is a computer program used to hold online virtual meetings.** You can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone – most do). It uses your computer's or phone's camera to show live video of all attendees (if you don't want to be on camera, that's fine, too. You can just display your name). Zoom uses your computer's or phone's microphone to let you talk to other meeting participants.

### **Guidance notes to help you join our Silver Sunday event: DOWNLOAD ZOOM**

Zoom is a program that runs on your computer, phone, or tablet. You must download this program from the Zoom website. The free version of Zoom should meet all of your needs.

**If you've received an email invitation to a Zoom meeting, click the link that says, "Join Zoom Meeting."** If this is the first time you've used Zoom, this link will take you to a website where you can download the Zoom program or app, depending on what device you're using. Don't be fearful of this – it is official!

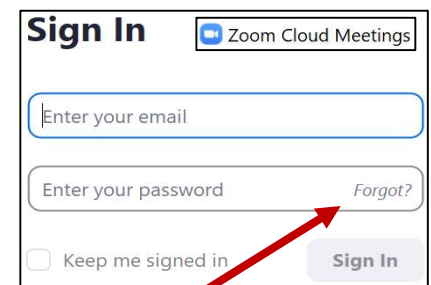
**If you want to download the zoom app without an invitation.**

#### **On an iPhone or iPad:**

Go to the Apple App Store and search for "ZOOM Cloud Meetings." Click "Get" to download and install the Zoom app.



**On an Android phone or tablet:** Go to the Google Play App Store and search for "Zoom Cloud Meetings." Click "Install."



**On a computer:** [www.zoom.us/download](http://www.zoom.us/download) click "Download" in the "Zoom Client for Meetings" section.

When you download the app you will be asked to set up and choose a password.

Pick a password you will remember but you can always change it if you forget it.

### **JOIN A MEETING and our event!**

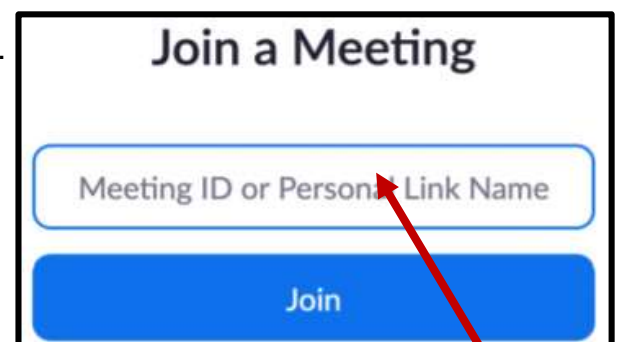
**After you install Zoom, there are a few different ways to join a Zoom meeting.**

**Click the link in an invitation email:** If you have an email invitation, click "*Join Zoom Meeting*" in that email. This takes you to the Zoom website.

*Enter the 9-digit meeting ID* from your invitation email. If the meeting requires a password, that will be in your invitation email, too

**Or you can go to the zoom website and join the meeting direct for the website.**

Go to the Zoom website: Go to [www.zoom.us/join](http://www.zoom.us/join) and *enter the 9-digit meeting ID* from your invitation **or this magazine**????? If the meeting requires a password, that will be in your email too.



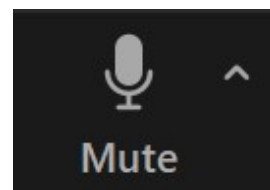
Type the 9 digit meeting ID here

**Using the video:** Zoom opens, showing you a preview of your camera image. Then [click](#) “Join with Video” If you use video, other people in the meeting will see you.

**Next, Zoom asks about audio.** [Click](#) “Join with Computer Audio” so you can hear and be heard in the meeting. We want to hear your voices and see your smiling faces at our event!

**PARTICIPATE IN A MEETING** Once you’ve joined the meeting, you can see and hear other participants. Each participant is represented by a square that displays their face or in some cases just a name.

If you’re in a large meeting, **make sure your microphone is muted**. Your computer microphone is pretty sensitive, and if you’re unmuted, it can pick up a lot of background noise. The mute button, which looks like a microphone, is in the bottom left corner of the Zoom screen.



On some devices it’s at the top of the screen but always looks like a microphone...there will be times you will be asked to unmute so you can speak to the group, you might hear the words “you’re on mute” quite a bit throughout the day, as we all forget to unmute before we start to talk.

**If the microphone has a red line through it, you’re muted, and no one in the meeting can hear you.** Click the button again to unmute yourself if you want to talk in the meeting. If the microphone has no red line through it you can be heard in the meeting. Only one person in the meeting can – or should talk at a time.



### How to see presentations or other people on your screen

Zoom indicates who is speaking by highlighting their image with a yellow square.

You can put your computer in **Gallery View** so you can see lots of people at once.

Or choose the **Thumbnail View** option to see the speaker and some of the other participants in the main screen.

Or choose the **Active Speaker View** to see the main speaker and any performances or presentations. You can switch views at any time.

Gallery View



Gallery

Thumbnail view



Thumbnail

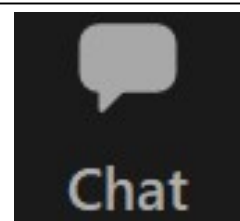
Active Speaker View



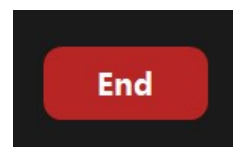
Speaker

### Using the Chat Function

There is also a chat feature in Zoom, where you can type messages to other participants or the event organisers. Participants can send messages to everyone in the meeting, or just certain participants – [click](#) on the chat icon and it will appear on the right side of your screen. However, after the meeting, the host can view the transcript of all chats, so it’s not entirely private – **the chat function is a KIND SPACE**. You may want to use the chat to alert the organiser if you are having a problem.



**LEAVE A ZOOM MEETING** [Click](#) “End” and then “Leave Meeting” on the bottom right corner to leave the meeting. [You can join a meeting several times using the same link and 9 digit meeting ID](#). So if your instance you want to take a break to go and walk your dog, you can leave the meeting then when you are ready to start, join again as you did at the beginning of the event and dive back in to the fun.



**Telephone Support Before the event.** We are thrilled to announce that one of the Silver Sunday Lewisham key partners will be **Catbytes Lewisham** – a kind, friendly, peer learning project to support older people get online, set up email addresses, join online activities and help them to use things like Zoom. Call them for support to join our silver Sunday event any time before the 3<sup>rd</sup> of October on **07939 288 079**





# Health

**PLEASE NOTE.** At the time of collecting information and going to print we are in uncertain times and things are still changing quickly. You must abide with current government guidelines regarding national or local lockdown rules. Please do not put yourself at risk in any way. If you would like to take part in anything mentioned in this newsletter please contact the organisation before attempting to join an activity in case of change and consult with your health professional.

**Dr Catherine Mbema, Lewisham's Director of Public Health shares the latest on coronavirus in our borough, vaccination and the steps we can all take to help protect ourselves and everyone in our communities.**

## **COVID-19 in Lewisham**

Quite a lot has changed since my last article on COVID-19.

We have had several changes in COVID-19 guidance as we've moved to the end of the roadmap out of lockdown

(COVID-19 restrictions) and have seen fluctuations in COVID-19 case rates. At the moment the number of people testing positive for COVID-19 is stable but relatively high in Lewisham and London in comparison to this time last year.

We have also recently seen relatively high rates in those aged over 60. As mentioned in my last article, older people or those with underlying health conditions such as diabetes, heart disease or are very obese, are more at risk of becoming seriously ill. Though we have now moved out of restrictions it is important to remember the following key things that we can all do to stay safe:

- Meet outside, or open windows and doors for indoor visitors.
- If you think you have symptoms stay at home and take a test.

You can order a test kit to be sent to your home or book an appointment at a walk-in or drive-through test site or pick up a kit from a pharmacist.

- Wear face coverings in crowded places and on public transport.
- Wash your hands with soap regularly, and for at least 20 seconds.



**We must keep on protecting each other.**



## **Have you had the COVID-19 vaccination?**

Everyone aged 16 or over in Lewisham have now been offered the COVID-19 vaccination.

I was pleased to have my second vaccination a few weeks ago, so am now fully vaccinated! If you haven't had the vaccination yet, you can now book your COVID-19 vaccination appointment by visiting [www.nhs.uk/covid-vaccination](https://www.nhs.uk/covid-vaccination) or by calling **119** free of charge.

**You can also visit one a large number of walk in sites locally to get your vaccination** including local pharmacies and our COVID-19 vaccination bus by visiting [www.nhs.uk/covid-vaccination](https://www.nhs.uk/covid-vaccination) or by calling **119** free of charge.



If you would like to talk to a health professional about any concerns that you may still have about vaccination we have a confidential call back service. You can book online, call **07828 499044** (WhatsApp: **07376 810219**) or email [LewishamHelpline@nhs.net](mailto:LewishamHelpline@nhs.net)



## Conversations matter

We know that for many reasons people are hesitant about getting vaccinated. The Community Development team at Lewisham Council work closely with the community and key partners and have been doing a lot of outreach work to listen and understand residents' hesitancy around the vaccination.

Community Development Officer Sarah Lang shares her advice about the importance of listening to the concerns of residents, especially around important matters such as COVID-19.

### Sarah said:

"It's important to work alongside our communities to have open conversation and build trust. We've been popping all over the borough, from places of worship to community gardens and parks, social supermarkets to street markets, a football stadium to vaccine buses and taxis. None of this would have been possible without the help of our community leaders or the vast army of volunteers who supported the pop-ups.

We've worked with GPs and Public Health to train residents Champions to have Covid conversations, ensuring people have the facts they need to make an informed choice. Social landlords have helped champions with door knocking events on estates, speaking to residents, whilst community groups have hosted on-line conversations via zoom, or have had stalls at community events.

Other residents have even been trained as vaccinators, stewards or helped with the administration to ensure health records are updated and most importantly there's always some ensuring that there is plenty of refreshments".

If you're interested in hosting an event or volunteering around the vaccination programme please contact [sarah.lang@lewisham.gov.uk](mailto:sarah.lang@lewisham.gov.uk) **020 8314 6306**



**The flu vaccine is a safe and effective vaccine.** It's offered every year by the NHS to help protect people at risk of getting seriously ill from flu. The best time to have the flu vaccine is in the autumn or early winter before flu starts spreading.

### Flu vaccination is important this year because:

- More people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic.
- If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill.
- Getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses.
- Protect yourself with a flu vaccination. Even if you received a jab last year, you should get one again this year as the flu virus changes.

### You can get a free flu vaccination from NHS, if you:

- are 50 and over (+ those who'll be 50 by 31 March 22)
- have certain health conditions
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- frontline health and social care staff

**Get your NHS flu vaccine from your GP Surgery or at a local pharmacy offering the service.**





## Coronavirus (COVID-19): getting help from a dentist

Dentists are open for urgent and routine treatments. Contact your dentist by phone or email. Changes have been made to keep you and the dental care team safe.

If you cannot contact your dentist or you do not have one, use the get help from NHS 111 or online.

### If you need dental treatment in an emergency

- if you do not have a dentist, find one using NHS 111
- call a dentist: some surgeries offer appointments at short notice

### If you need to see a dentist out of hours

- call a dentist: their voicemail may advise where to get out-of-hours treatment
- call NHS 111 to find an out-of-hours dental service near you

### Do not contact a GP, as they will not be able to offer emergency or out-of-hours dental care.

If you're in pain while waiting to see a dentist, take painkillers. NHS 111 can also offer other self-care advice.

### When to go to hospital

Only go to A&E in serious circumstances, such as:

- severe pain
- heavy bleeding
- injuries to the face, mouth, or teeth

If you're not sure whether you should go to A&E, contact NHS 111, who will be able to advise you. **For more information go to:** [www.nhs.uk/nhs-services/dentists/how-can-i-access-an-nhs-dentist-in-an-emergency-or-out-of-hours](http://www.nhs.uk/nhs-services/dentists/how-can-i-access-an-nhs-dentist-in-an-emergency-or-out-of-hours)



### Just contact your GP practice

If you've had a cough for three weeks or more and it isn't COVID-19, don't ignore it. It's probably nothing serious but it could be a sign of cancer.

Your NHS wants to see you,  
[nhs.uk/cancersymptoms](http://nhs.uk/cancersymptoms)



**Distressed  
or in  
crisis.**

**Call the  
SLaM 24  
Hour  
mental  
health  
support  
line:  
0800 731  
2864**



Lewisham Community Falls Service

**NHS**  
Lewisham and Greenwich  
NHS Trust

**Are you worried  
about falling?**

**Stable and Steady  
exercise classes are  
running in this area!**

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

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

**020 7206 3200**





# Information and advice

## TABLE TALK

Good News! We have dusted down the Table and are ready when you are to visit clubs, events, surgeries etc. in order to point older people to information and advice they may need or want.

We are happy to make a short presentation or just pop-in for a chat. In addition we are excited to begin working with our

Table Talk Ambassadors. Eventually we want every group/club/WhatsApp friends to have someone to pass on information and also send us enquiries to pass onto the experts.

We hope to start with a pilot group at the end of September. We have some organisations already signed up but would like to hear from others who might be interested.

If you would like to know more about our work, want us to visit your group in the next few months or want to find out more about the Ambassadors scheme please contact Rachel Ellis on [ellisrachel@hotmail.com](mailto:ellisrachel@hotmail.com) or phone **07792048792**.



## Do you need help with your shopping? ORDRS CAN HELP!

Over the past 3 years, our team of personal shoppers have been helping people with the demanding task in grocery shopping – shop from the stores they desire from major supermarkets like Tesco, Aldi, Lidl, Iceland and Sainsbury's to local stores which include cultural shops, the butcher, and the fishmonger.

Allowing you to get fresh produce, general groceries, and specialist foods plus over-the-counter medicines to your doorstep in a few hours. *Guaranteed!*

Our team are committed to carrying out your shopping like “*you would do yourself*” – choosing the best quality and calling you if substitutions have to be made.

We are looking to support more people and want feedback to improve our offerings. We'd love it if you give us a try! And remember you can get a family member or carer to shop on your behalf.

**To try us out and get free delivery** - shop online at [www.ords.co.uk](http://www.ords.co.uk) then enter promo code **'POSITIVEAGE'** at checkout! For more information visit the website or call **07534 055 985**



OUR ETHICAL PARTNERS



## Food2You - delivering shopping to Lewisham residents for 3.5 years!

Our team of staff and volunteers worked tirelessly throughout the pandemic to ensure our customers get the shopping and support they need. We have received funding that allows us to continue until at least December 2021.

**Delivery Days:** Tuesday or Thursday

**Delivery Time:** 11am – 3pm

**Supermarket:** Tesco

**Cost:** Shopping + £5 delivery charge



To find out more about how Food2You could support you, or how to become one of our amazing volunteers, get in touch!

**Email:** [Food2You@ageuklands.org.uk](mailto:Food2You@ageuklands.org.uk) **Tel:** 0207 703 7790 **Twitter/Instagram:** @Food2You\_

# LEWISHAM FOODBANK

*Harvest Appeal  
2021*

## DONATE MONEY

We are grateful for any financial donations, however small, so we can buy items we are short of, and help cover our overheads.

<https://lewisham.foodbank.org.uk/give-help/donate-money/>

## DONATE FOOD

Can you help by donating an item or two from our shopping list below to ensure we can provide food to help people in crisis?

Please bring donations to  
Hope Centre, 118 Malham Road SE23 1AN  
Monday - Friday 9 am - 3 pm.

We currently need:

### FOOD ITEMS

- tinned fruit
- tinned veg
- tinned tomatoes
- tinned meat
- rice (500g bags)
- fruit juice
- UHT milk (blue/green)
- non-dairy UHT milk
- pasta sauce
- pasta

### NON-FOOD ITEMS

- shower gel
- shampoo
- laundry tablets
- loo roll
- deodorant

*Thank you*



## Carers Peer Support Coffee Morning Groups.

Lewisham Carers are providing unpaid carers who are



looking after a friend, relative, partner or Child (18+) the opportunity to unwind, take a break and meet other unpaid carers at the Neighbourhood 3 Carers Peer Support Coffee Morning Group.

**Wednesdays 11.30am – 12.30pm  
Via Zoom**

remember to have a pen and paper ready for the general knowledge quiz!

If you are interested and would like more information on how to join, please contact Viktoria, Neighbourhood Carers Support officer on **07393 232 530** or email: [viktoria@helpingcarersinlewisham.org.uk](mailto:viktoria@helpingcarersinlewisham.org.uk)

**You can also join the  
Neighbourhood 4 coffee morning**  
Every Tuesday  
10.30am – 12 noon. On Zoom

CALL Paul Stewart on 07387 100 983  
or email

[Paul@helpingcarersinlewisham.org.uk](mailto:Paul@helpingcarersinlewisham.org.uk)



**LEWISHAM CARERS INFORMATION**



## The Lewisham Dementia Support Hub

Is a partnership of Lewisham Mindcare, Carers Lewisham & Sydenham Garden.



Our services might look a bit different at the moment but we continue to support people in the community living with a diagnosis of dementia. From the beginning of September, we are delighted to be offering home visits to our service users once more, while also still offering our services over the phone and through online platforms to provide advice and support to people living with dementia and their carers.

As well as our tailored 1:1 advice and support service, we continue to run our popular weekly Dementia Carers Coffee Morning over Zoom, an opportunity for carers to socialise, discuss challenges they are experiencing in caring, and receive suggestions for practical solutions from the group.

We have covered a range of topics so far including self-care, music in dementia, and mindfulness. We also frequently have guests from partner services attend to explain what help they can provide and offer, so do get in touch if you would like to join our Coffee Morning.

We know that this continues to be a very difficult time for families living with dementia. However tough it may seem, you are not alone.

The Hub are here to support and connect you with activities and partner services so, whether you are seeking support for yourself or on behalf of somebody else, do reach out and make contact with us on [lewisham@dementiahub.org.uk](mailto:lewisham@dementiahub.org.uk) or call **020 3228 5960**

## Sydenham Garden - Sow and grow groups are back!

We are right back to harvesting our crops potting on our plants and enjoying the wonderful garden.

We are still taking every precaution to keep everyone safe so the groups are a little smaller but we have the same amount of fun!

If you are waiting to join us please keep yourself busy and enjoy our Singing & Movement videos online.

If you are interested in learning more about our Sow & Grow project at Sydenham Garden, please go to: [www.sydenhamgarden.org.uk/project/sow-grow](http://www.sydenhamgarden.org.uk/project/sow-grow) to watch a fabulous short film made with one of our groups.



For information call us on **0208 2911650**

or email: [info@sydenhamgarden.org.uk](mailto:info@sydenhamgarden.org.uk)

Sydenham Garden part of the

[Lewisham Dementia Support Hub](http://www.lewishamdementiasupporthub.org.uk)



**Sydenham Garden**  
*A growing community*

## Linkline - Help is just a phone call away

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

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

An everyday watch which is easy to use, discreet and lightweight. It connects a call directly to our control centre at the push of a button. The watch works straight out of the box. Just wear and go, there is no installation. We receive your location and can alert family or emergency services to get help straight to you. If you are at home, one of our officers will visit if needed. At the moment we are trialling this product for staff safety within the Enablement Care Team for officers working on their own out and about around the borough. We do have a limited number of watches in stock available for trial by people who do not have a land line. For more information on this exciting product please call Tony or Guy on **020 8314 3141**.



### How standard Linkline Alarm Unit works.

You need to have a telephone socket and a mains electricity socket on the same wall for the alarm unit to be installed. It comes with a personal alarm that you can carry anywhere in your home. You can wear it around your neck as a pendant, or on your wrist. If there is an emergency, you press the button on the personal alarm or alarm unit. Someone at the Linkline centre will answer your call and organise help. It costs £5.95 a week and there is a one-off charge of £25 to install the equipment, unless you have been assessed for care services. To apply for the service call **020 8314 3141** or visit [lewisham.gov.uk/linkline](http://lewisham.gov.uk/linkline)

### Working with our Partners

Lewisham Linkline received a referral from Community Connections Lewisham referring an 84 year old lady for a Linkline alarm unit and pendant after having a fall in the garden. Linkline contacted the resident and explained about the service and sent out an application form to be completed. Linkline received the completed application form and arranged an appointment which was convenient for the resident.



They were very impressed with the Linkline alarm unit and found it to be most reassuring knowing they have it just in case of an emergency. They haven't had to use their Linkline alarm yet but they are very impressed with Linkline's response when they speak to them when completing a test call once a week.

Over 70s are more positive about ageing than any other age group.



Centre for Ageing Better  
Source: Reframing ageing (2021)

Centre for Ageing Better

## Reframing ageing

The Centre for Ageing Better are working to change the way people view ageing. Look out for some of the interesting stats throughout the magazine.



# A Focus on Leisure in Lewisham



## A BETTER WAY TO KEEP ACTIVE

Whatever activity you enjoy, you're sure to find something at your local Better leisure centre. Working in partnership with Lewisham Council, we are proud to be a socially responsible business that puts the safety of our staff and our customers first.

## BETTER STILL...

We're different to other gyms. We don't take a profit. As a charitable social enterprise, we re-invest every penny to make our services and spaces better for everyone. So when you choose Better, you are directly giving back to your own community.

## BOOK TODAY

The Better leisure centres in Lewisham offer a variety of facilities and activities to keep you fit and active and are now available for members to book gym and swim sessions via the Better UK app, or by visiting [www.better.org.uk](http://www.better.org.uk)

If you aren't yet a member, find out more about our memberships and join at [www.better.org.uk/Lewisham](http://www.better.org.uk/Lewisham)



## Pop in and see us at:

- **Forest Hill Pools:** Dartmouth Road, Forest Hill, SE23 3HZ
- **Glass Mill Leisure Centre:** 41 Loampit Vale, Lewisham, SE13 7FT
- **Wavelengths Leisure Centre:** Giffin Street, Deptford, London SE8 4RJ

## BE ACTIVE leisure discount scheme for older people.

Sign up to a Be Active pay & play membership to receive up to 50% off non member pay as you go prices. This membership option is available to Adults concessionary, over 60's and Under 16s. **Over 60's get free access to the Pool & Gym between 10am to 12pm and 2pm to 4pm, Monday – Friday.** Any sessions booked out-side of these times will be chargeable.

## Be Active – Senior or Junior Pay & Play. How to sign up!

- Visit [www.better.org.uk](http://www.better.org.uk) select Memberships, Pay & Play membership and select the orange 'Get your Membership' button.
- Enter Glass Mill, Forest Hill Pools or Wavelengths in the search bar, hit enter on keyboard, click on the Leisure Centre.
- Select Senior or Junior– Pay & Play – select "Be Active" membership (which is free) and continue with the sign up process.

# What's been happening in your Community

## A wonderful performance The Dulwich & District U3A Ukulele Group

The Dulwich & District U3A Ukulele Group playing to guests of LinkAge at St Mary's Church, Nunhead.

The group played for half an hour singing along to a selection of 1960s and 1970s songs.



Attendee eric said: *"We had a great time. It all went well and they were a very appreciative audience joining in with many of the songs. One lady in particular who was in a wheelchair and had an oxygen tube in her nostril, joined in the songs, started to clap and move to the rhythm, and had a big smile on her face the whole time. She brought tears of joy to my eyes".*

## Wei Yee Cheung's art installation for Deptford X Community Art Trail

To celebrate and share the creativity that has been happening from the homes of our communities during the pandemic, Wei Yee Cheung created a beautiful and playful installation, Handle with Care, with fabrics and words from our members woven together, and of course some gnomes!



It was installed in the windows of the Waldron Health Centre (6LSE14 D – opposite New Cross station) in July 2021 as part of the Deptford X Community Art Trail, and it's still up for everyone to see from outside the building.

Thank you to the Waldron Health Centre team for helping to make this happen.



## Free live performance for community centres, care homes

JACK DEFROST is an enchanting 15 minutes solo outdoor dance performance, unravelling the traditional character of Jack Frost and his journey through the changing seasons. This project brings professional art to the community, particularly people who have been isolated the most, older people, care homes and community centres in Lewisham and Greenwich.

The show is created and performed by choreographers Julian Lewis & James Aiden Kay with a unique make-up design from ROUGEDMILK and an elaborate costume, designed by Yann Seabra.

The show takes place outside, e.g. in your garden area, and we provide a risk assessment.

For info contact: Jessica: **07899 940 938**. Traceworks Dance website [www.traceworks.co.uk](http://www.traceworks.co.uk)

Traceworks Dance social media @traceworksdance (Facebook, Twitter, Instagram)

# JACK DEFROST

## OUTDOOR POP-UP SHOW



# Activities

CCL is a free 'social prescribing' service for all adults in Lewisham.



Whereas your GP might prescribe medication, 'social prescribing' is all about connecting you with local groups, activities and support services that can improve your health and wellbeing.

This is an exciting and hopeful time as many of these are now opening their doors again for face to face meetings.

We can support you with a broad range of personal needs and goals. For example, helping you find nearby lunch clubs, hobby groups, or exercises classes, or arranging befrienders and/or mental health support if you are feeling lonely or struggling to cope. We also help with various practical needs like shopping delivery support, transport applications, and gaining IT skills.

Through our 'Community Calling' scheme we are currently offering free smartphones to those who lack internet access.

Whatever your needs are, please contact us on **0330 058 3464** Monday-Friday 9:30am-4pm.

## Eat well for less

Try delicious recipes and meet new people!

If you're ready to get out, we're holding four session cookery clubs in venues across the borough including New Cross, Downham, Sydenham and central Lewisham. You'll learn that small changes to what you eat can make a big difference to your health and pocket! All ingredients will be provided.



Find out more here: [beinspiredlewisham.org](https://beinspiredlewisham.org)  
email [cookeryclubs@gcda.org.uk](mailto:cookeryclubs@gcda.org.uk)  
or ring Georgia **020 8269 4895**

## Activities at St Margaret's

St Margaret's Church on Lee Terrace have a number of activities for older people resuming in September.



Tea for Free takes place on Mondays 10am-12 noon in the Crypt – have a hot drink, biscuits and a chat at this friendly pop-in.

Our long-established Darby & Joan Club meets on Tuesdays 12-2pm at the Kingswood Halls. Members enjoy a range of activities including bingo, arts and crafts, visiting speakers and more! All are welcome.

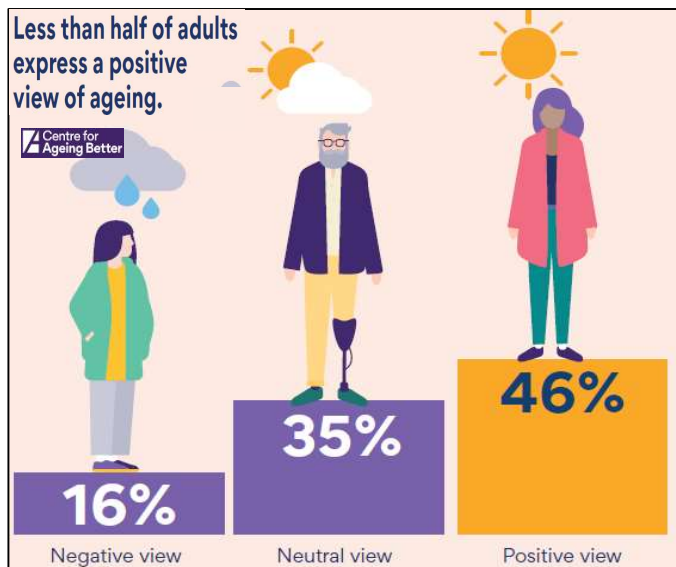
For more information, please contact the church office on **020 8318 9643** or email [office@stmargaretslee.org.uk](mailto:office@stmargaretslee.org.uk)

Please see our website or contact the church office for up to date events including concerts, film showings and open house days throughout the year.

St Margaret's regularly reviews COVID practices in light of current government guidance and local COVID rates. We are currently encouraging mask wearing where possible and ensure that hand sanitiser is available in all venues.

Less than half of adults express a positive view of ageing.

Centre for Ageing Better



## Bowel Cancer Support Group - BCSG

A patient-run group, each member has been affected by bowel cancer. It's a chance to talk about having cancer without worrying our families, No one is shocked at discussion of bowel movements. People listen and help if they can. We often have interesting speakers and have been used to give patients' views to professionals. The group atmosphere is light-hearted. We are accepting new members and referrals

**Face to face or online?** Our group is On-line until September. Then hopefully face-to-face. Please call for information about our meeting location.

**Who is the group for:** Anyone who has been diagnosed with bowel cancer and who lives or works in Lewisham or has been treated at University Hospital Lewisham. Partners are also welcome.

**Price:** Free, funds are raised by a voluntary raffle.

**Day and Time:** Second Tuesday of each month (except August) between 10.30 and 12.30. Also, some social events arranged to suit members.

**Phone for details (tutor etc.):** **0772 284 7123**

**Contact email:** [lkillick@hotmail.co.uk](mailto:lkillick@hotmail.co.uk)



**Joining (turn up or book?):** Best to phone or email first.

## Healthy walks

We've a double celebration this November for Lewisham Healthy Walks – 20 years of health walks and 10 years of Nordic walking in Lewisham!

The first health walk was in Forster Memorial Park and we still have a walk there every Tuesday. We started with funding for one year only, but we have been supported by the Council to continue to grow and keep walking over so many years. None of this would have been possible without our fantastic team of volunteer walk leaders and instructors to whom we are so grateful for all their time, generosity and passion to support local residents to be active in our greenspaces.

You can find out about our all health walks, Nordic walking and walk leader training here:

[www.beinspiredlewisham.org](http://www.beinspiredlewisham.org)

or phone Jenny **020 8269 4890**



Healthier lifestyles for all

## Available in large print

For more information on the Positive Ageing Council

go to [www.lewisham.gov.uk/pac](http://www.lewisham.gov.uk/pac) or email [positive.ageing@lewisham.gov.uk](mailto:positive.ageing@lewisham.gov.uk)



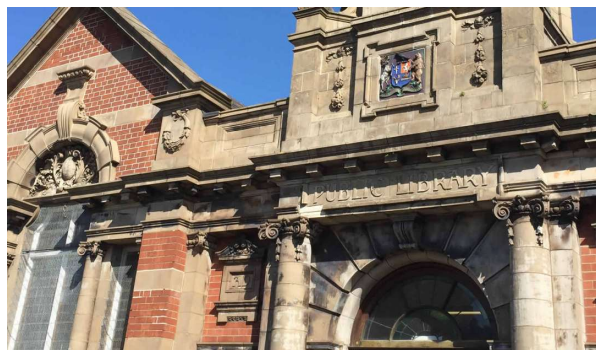
## Corbett Community Library - More than just a Library!

Of course, our friendly team of volunteers can help you with books, PC access and printing needs.

But we also have a great little bookshop of pre-loved books, we run monthly markets, and have a range of workshops and classes available.

October's workshops include art classes and silver ring making with local silver jeweller, Denna.

Call for details on **020 8378 5358**.



### Makers Markets:

- **Art with Grow and Eat:** 11 September 2021, 10-4pm
- **Black Business Market:** 02 October 2021, 10-4pm
- **Eco and Vegan Market:** 13 November 2021, 10-4pm
- **Christmas Market:** 27 November 2021, 10-4pm



The perfect place to find presents for everyone! Support our brilliant local businesses and solve all your gift problems! We hope, subject to any COVID restrictions, to have 20+ stalls full of creative loveliness. Café also available with mince pies and mulled wine.

**Catford Arts Trail** will be visiting Corbett Community Library on Saturday/Sunday 09/10 October and the following Saturday/Sunday 16/17 October from 10-4pm.

Local artists will be exhibiting and selling their work which will include beautiful jewellery, paintings and fine art prints. More artists will have their work on display opposite Corbett Community Library at St Andrew's Church on Sandhurst Road.

Enjoy teas, coffees and great homemade cakes during your visit!



**Corbett Community Library – Torridon Road, Catford SE6 1RQ.** Call: **020 8378 5358**,

Web: [www.corbettcommunity.org.uk](http://www.corbettcommunity.org.uk) Email: [info@corbettcommunity.org.uk](mailto:info@corbettcommunity.org.uk)

## Branching Out

A joint project between St Catherine's Church and the Telegraph Hill Centre, whose aim is to facilitate a space for over 55s to engage in varied activities every week, to meet others and have some fun too.

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



**Tuesday-** 11am-11.45am: CHI GONG with Wayne (training4life), £3, outdoor, (relocate in studio 2 if it rains)

**Thursdays** - 10am-12pm: ART CLASS in the Narthex, £2  
12.30pm-1.30pm: TAI CHI with Kevin in Studio 2, £3

Register in advance as places will be limited to 10 members to ensure each activity offers the safest environment.

To register you can either email Jessica at [jessica@thcentre.com](mailto:jessica@thcentre.com) or call the Centre's office at **020 7639 0214**.

## Deptford Mission

At Deptford Mission, our main aim is to continue to reduce isolation in the elderly and disabled people in and around Deptford and all local areas around us.

We hold a lunch club for elderly and disabled people that runs over three days a week from 11am-3pm.

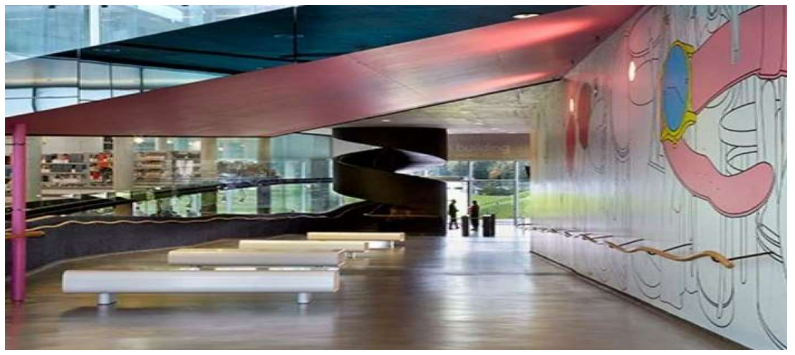
We collect members from their homes in one of our two fully accessible minibuses unless they can make their own way to the centre. Our day starts with a cup of tea and a biscuit, followed by a freshly made three-course lunch catering to all dietary requirements.



In the afternoon we have a varied activities program and aim to offer some form of entertainment such as Bingo and Card Games. We have started reintroducing other form of activities we had stopped due to the pandemic such as chair exercises, bringing these back in in the best possible way in this “new normal” as we aim to continue to keep everyone safe. In amongst that we also hope to be reintroducing outdoor events towards the end of the year into the new-year. Our day is finished off with a cup of tea or coffee and a piece of cake and leave on the minibuses.

To find out more about us and refer a friend or relative please visit us on:  
[www.disabledpeoplescontact.org.uk](http://www.disabledpeoplescontact.org.uk)  
[enquiries@deptfordmission.org.uk](mailto:enquiries@deptfordmission.org.uk)

Deptford Methodist  
Church, 1 Creek Rd,  
Deptford, SE8 3BT  
**020 8692 5599**



## Creative music and movement at Trinity Laban

Trinity Laban continues to offer [creative music and movement activities](#) to over 60s via our [Inspired not Tired](#) programme, offering online and in-person sessions as we emerge from the pandemic.

Boundless, our creative dance group, continues to meet on Tuesday mornings, combining contemporary dance techniques with creative dance, improving strength and flexibility. Voices in Motion meet on Thursday mornings to combine movement and vocal explorations. The Befrienders have [composed and performed songs](#) online whilst meeting on Tuesday mornings to socialise and sing together, and Young at Heart have crafted, sang and chatted throughout the pandemic, and are now meeting again on Thursdays in Bellingham.

In addition, for those still looking to meet new people and take part in creative activities online, Trinity Laban will be introducing a creative café online series beginning this November, open to anyone. [Subscribe to our mailing list](#) to hear more about how you can join our creative community on our website [www.trinitylaban.ac.uk/take-part-for-adults/inspired-not-tired/](http://www.trinitylaban.ac.uk/take-part-for-adults/inspired-not-tired/) or contact us on:

**020 8305 4444** email: [inspired@trinitylaban.ac.uk](mailto:inspired@trinitylaban.ac.uk)

TRINITY LABAN CONSERVATOIRE  
OF MUSIC & DANCE



**INSPIRED NOT TIRED**



## Visit The Migration Museum

The Migration Museum, based in the heart of Lewisham Shopping Centre, explores the long history of migration to and from the UK, through art, history and personal stories.

Currently hosting two major exhibitions,

**Departures: 400 years of British Emigration**

and

**Room to Breathe**, an immersive exhibition about creating a new home in the UK.



# MIGRATION MUSEUM

We are excited to be welcoming back visitors in a safe and cautious way; we are recommending the use of face masks, hand sanitiser and social distancing. Our museum is fully accessible. Groups are welcome to the museum, and we can offer an introductory talk about the museum and our aims. From October we will also be offering short "Stories in Focus" talks throughout the afternoon on weekends.

The Migration Museum is free entry, but donations are welcome.

## JOY – Just older Youths. WALKING FOOTBALL

Pilot for 8 weeks starting:

Thursday 7 October – 11am-12.30pm

All Saints Centre, Monson Road, New Cross.

**Fee £2.00.**



### WEEKLY ACTIVITIES - 2021

DAY	ACTIVITY	TIME	FEE	VENUE
Monday	SEATED EXERCISE	10.30-11.30	£2.00	Barnes Wallis Centre
Monday	TAI CHI	10.30-12.00	£2.50	All Saints Centre
Tuesday	SINGING	1.30-3.00	£2.50	Barnes Wallis Centre
Wednesday	JOY of SHEDS	9.30-1.30	£2.50	Bussey Building, 133 Rye Lane
Wednesday	HEALTHY WALKS	11.00-12.00	FREE	Meet at venue
Friday	TAI CHI	10.30-12.30	£2.50	All Saints Centre

**Annual Membership: £10** For further details speak to Maureen on **020 8692 9186** or just turn up to a class and try the first one for free!

## Invite to go bowling - Hilly Fields

Would your members fancy a go at playing bowls?

Francis Drake Bowls Club offers to host a group of about 5-10 people for a free two-hour session with a Bowls England coach.

To find out more  
contact: [coach@fdbc.org.uk](mailto:coach@fdbc.org.uk)

**07957 227962**



## Mencap's Monday Club



Monday Club 7-9pm is a lively event offering music, dancing, artwork, chat, art work, outings, summer sports. COVID measures are in place for this socially-distanced club. We recommend that people have had their COVID jabs and that a lateral flow test is taken at home, on the day of the event. Please bring a mask/face covering!

**Leamore Community Hub, Bonfield Road Entrance, Lewisham SE13 5ES**

There are disabled bays outside the Methodist Church on Albion Way off Clarendon Rise. There is on-street parking in the surrounding streets and a car park on Clarendon Rise which Blue Badge holders can use. Buses: 122, 178, 261, 273, 321, 621, N21

## Mencap groups for adults

A range of groups and activities run by Mencap at various locations and times, below is just a few:



### Wild Rovers

This is an active, service user led group. The group's aim is to provide an environment for members to develop social skills, to talk about any issues they may have in a safe environment and to take part in a wild range of activities.

### Cupcake Workshops

Do you enjoy eating tasty cakes, and want to learn how to make them? Or do you simply like baking and want to do it more? Then come and join Pretty Little Cupcakes in our Baking and Decorating Workshops.

### Gardening Group

In this Group you will learn how to: Grow your own vegetables; Look after your vegetables and fruits; and take care of an Allotment plot and you will have the opportunity to take home organically grown vegetables.

### Creating Cookies

Develop your baking skills and create some melt in the mouth cookies. In this workshop you will learn how to; maintain food hygiene; follow a recipe; measure ingredients; create and bake your own cookies.

### Look out for new activities coming soon:

- Arts and Crafts Workshop
- Healthy Living
- Coffee, Chat & Games.
- Board Games Club.
- Art Therapy
- Bowling Club (League)
- Nature world group

COMING  
SOON

**For more information on all activities** contact Michael William Pennington.

Email: [Michaelb@plus-services.org](mailto:Michaelb@plus-services.org) **0208 297 1250**



## Come to Stanstead Lodge

Stanstead Lodge is the community hub which has stood since 1843. With its castle style roof and grand entrance pillars, it may hail from the Victorian era but it is very much open for business in 2021.

Our COVID safe café welcomes people of all ages and may provide a valuable interlude for those now working from home. On the corner of Northwood Road and at 260 Stanstead Road the postcode is SE23 1DD.



Lewisham Council partly fund the Lodge, with additional income coming from party bookings, choirs and Slimming World. The spacious garden, with climbing frames and a swing is particularly good for children to let off steam.

## Stanstead Lodge Temporary Schedule

### Monday

- 10-12am Art History (Zoom) £1
- 11-12.15am Line Dancing £5
- 11.30-2pm Healthy Living Club £1

### Tuesday

- 10-12.30 Choir £1 (starting 6th September)
- 11-3pm Garden Group Free
- 1-2pm Tai Chi £8
- 2-3pm Tai Chi £8

### Wednesday

- 10-12pm Art (waiting list; call to place name on it) £1
- 10.30-11.30 Chair Yoga £1
- 12.15-1.15 Zumba Class Price £5
- 2-3pm Quiz £2
- 3-5pm Ukelele Group (Free for members)

### Thursday

- 10-12pm Craft Class £2
- 1-3.30pm Vista Reminiscence £2

### Friday

- 10-11am Yoga £5
- 10-12pm Techy Tea – IT Drop-In Free



All the above activities are compliant with Covid 19's Government guidelines. Risks assessments have been carried out, markings for safe distance put on the floors in the halls and visors can be provided (£4 each)

For more information about Standard Lodge email: [info@stansteadlodge.org](mailto:info@stansteadlodge.org) 020 8291 1164

## Sailing – Tideway Sailability, Rotherhithe

We can cater for all levels and types of disability age 6 to adults of all ages. We sail in a very sheltered enclosed dock, so suitable for the nervous and inexperienced, and our standard boats are very simple for the new sailor.

No previous experience required. We have one or two person boats which can be used by everyone. We have larger boats for groups although numbers are restricted at the moment.

If you have any groups who are interested let me know so we can discuss details. Hoists and slings plus easy access for wheelchairs.

### Cost and times

Standard cost £5 per 2 hour session, with subscriptions for regular sailors. Less for juniors. Taster session free.

Sailing hours are 10.30 to 12.30 and 1.30 to 3.30. Sundays all year, Wednesdays and Thursdays April to October.

### Getting here

Free car parking. Overground at Surrey Quays (steps) and Overground and tube at Canada Water (lifts). Buses in Plough Lane and Surrey Quays.

**Contact Tel: 020 7237 9001** (during sailing hours only) or email: [info@tidewaysailability.org.uk](mailto:info@tidewaysailability.org.uk)



## Safe seniors partnership project

Over 65 & living in south London?  
Want to learn more about keeping safe?

SAFE SENIORS  
PARTNERSHIP  
PROJECT

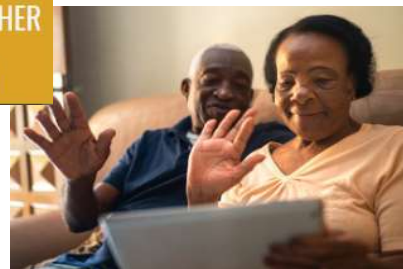
KEEPING SAFE TOGETHER



Free weekly friendly & fun sessions, where partners and agencies provide information, activities and advice

on ways to keep safe and well. Virtual sessions led by participants with opportunities to have a chat and share tips. Personal support available if you need it. For more information or reserve a place.

Call **07517 655693**, or email [damilies@africadvocacy.org](mailto:damilies@africadvocacy.org)



## Pensioners' Day

It's that time again, and we're in the throes of arranging Pensioners' Day

**Wednesday 6<sup>th</sup> October 2021 in Rivoli Ballroom, Brockley**

(as often seen on film and TV – it is a favourite location).

We hope to be back with our friends in the Broadway once their extensive refurbishment works are completed. Tickets – as usual – will be on sale from 1<sup>st</sup> September – come along to our Monday Project, in St Mauritius House, Lewisham Park, SE13 6QX between 10 and 3. And while you are there join in with some of the great activities – knitting, quilting, board-games, puzzles.



**PRIDE IS  
FOR ALL  
AGES**

## Opening Doors London

We have a service for LGBT+ people over 50

### Telephone Befriending.

Please spread the word and refer yourself or anyone you think might benefit from this service.

[befriending@openingdoorslondon.org.uk](mailto:befriending@openingdoorslondon.org.uk)

**020 7239 0400.**





**Ageing Well in Lewisham works to increase the well-being of older people in Lewisham**, especially those who are isolated due to physical or cognitive challenges. Under the banner of Lewisham Churches Care (found. 1999) our programmes have fostered loyal, long-term attendees due to our person-centred approach.

From September, we plan to offer our social/ activity groups in person again:

**The Befrienders:**

Energetic singing group - no experience required!

Tuesdays, 10 am- 12 pm, The Grove Centre, Sydenham.

**Crafts Plus:** Create artistic crafts or play a sociable game of dominoes. Tuesdays, 1 – 3pm, The Grove Centre, Sydenham.

**Body & Bingo:** Gentle exercise sweetened with a fun game of bingo. Suited to all abilities.

Wednesdays, 10 am- 12 pm, The Grove Centre Sydenham.

**Silver Lunch Club:** Enjoy a light lunch, an engaging activity and a bit of friendly conversation. Thursdays, 12:30-2:30 pm, Wesley Halls, Downham/Bromley.

Visit our website: [www.ageingwellinlewisham.org](http://www.ageingwellinlewisham.org) or phone **0208 698 3735**

Email: [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)



**SAVE THE DATE!**

**SILVER SUNDAY – 3 OCTOBER 2021**  
**THE NATIONAL DAY FOR OLDER PEOPLE**



Sign up to The Positive Ageing Council Silver Sunday event by Sunday 26 September to receive your activity pack in the post!

**Disabled people going to social activities**

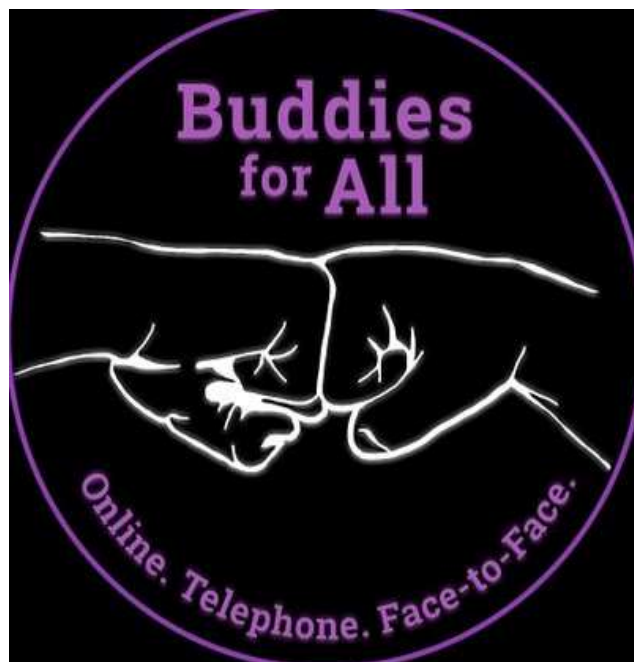
Buddies for All aims to provide buddying experiences for disabled people in the future.

Buddies for All aims to match a volunteer buddy with anyone who identifies themselves as having, or having had, a physical, mental, or sensory impairment, or disability.

The service will be piloted in Lewisham.

Support could include attending social activities, such as trips to the cinema, a concert, or the theatre to doing the weekly shop.

For more details contact David Bourroughs on **07791 129 856**, email [david@buddiesforall.org.uk](mailto:david@buddiesforall.org.uk) or visit [www.buddiesforall.org.uk](http://www.buddiesforall.org.uk)



## Bringing sunshine to older residents

As the name of the project suggests, Bring Me Sunshine aims to bring sunshine to the older residents of Lewisham through small acts of kindness and connections. Recently brought under the umbrella organisation of Lewisham Churches Care, the BMS project is coordinated by Lesley Allen with a team of volunteers.



BMS is famous in the borough for our hospitality events, aimed at older residents who are feeling isolated, unable to travel far or just want to kick their heels up and meet some new people! These festive events include entertainment, food, games and more and will resume in Autumn 2021 with current Covid-19 guidelines adhered to.

Or, take part in either of our two different weekly Zoom sessions with socialising, games, entertainment, gentle exercise, and well-being and breathing exercises.

BMS also publishes a popular monthly newsletter which offers games, news, puzzles, prayers and member contributions.

**For more information, visit the website:** [bringmesunshine6.co.uk/](http://bringmesunshine6.co.uk/)

**E-mail:** [bringmesunshine6@gmail.com](mailto:bringmesunshine6@gmail.com) call **07729 785 843**

## Quaggy Over 60's Luncheon Club



**Come along and connect with others over a  
two course lunch with unlimited  
tea, coffee and juice  
12noon every Thursday  
£5.00 per person  
The chats and laughs are priceless!**

### **Venue:**

**Parkside Community Centre  
1 Copperwood Place London SE10 8GF  
The venue is fully accessible**

**Buses 180 and 199 stop directly outside**

**More information from Angela on  
0208 465 9785**

## **Free On-line Black African and Caribbean - EMOTIONAL SUPPORT GROUP**

Are social, economic and environmental conditions such as Covid, poverty, unemployment, poor housing, homelessness, a situation at work, a personal relationship, family breakdown or parenting affecting your mental wellbeing?

**Do you feel stuck in a rut? Need to talk?**

These groups are culturally sensitive and non-judgmental listening spaces for healing, uplifting and getting out and meeting others in a similar situation. You will also benefit from information on healthy eating, exercising, employment, volunteering, training and starting your own business.

**12 Weeks starting 15th September 2021  
Wednesdays 11am to 1pm**

The groups will be held Online Via Zoom

**Email:** [admin@mabadiliko.org](mailto:admin@mabadiliko.org)

**To register**

[www.surveymonkey.co.uk/r/MabadilikoESG](http://www.surveymonkey.co.uk/r/MabadilikoESG)



## Fancy a game?

A great chance to just have a kick around, it is a variant of football is aimed at keeping people aged over 50 involved with football if, due to a lack of mobility or for other reason, they are not able to play the traditional game.

Currently we are looking for new player but we especially welcome African –Caribbean Men to get involved in our club

We have two sessions at the moment.

**Wednesday 3– 4pm**

**Thursday 7-8pm**

We play at Ten Em Bee development centre inDownham

### For more information, please contact:

Trevor Pybus

Downham Men's Group

**07821 292 317**

[Trevor.pybus@blueribbonfoundation.org.uk](mailto:Trevor.pybus@blueribbonfoundation.org.uk)



## Fancy a game?

**Walking Football**  
Thursday 7pm-8pm  
Wednesday 3pm-4pm  
Ten Em Bee  
120A Old Bromley Road  
Bromley BR1 4JY



**Get in touch**  
To join us or find out more information, please contact:  
✉ [trevor.pybus@blueribbonfoundation.org.uk](mailto:trevor.pybus@blueribbonfoundation.org.uk)  
☎ 07821 292 317  
🌐 [www.blueribbonfoundation.org.uk](http://www.blueribbonfoundation.org.uk)  
📘 Blue Ribbon Foundation

Walking Football, is a slow-paced version of the beautiful game aimed at getting players back involved in the sport. Our sessions are aimed at (but not limited to) over 50s, those coming back from injury and those with lack of mobility.





**Blockes only walks & talks to break the stigma of talking about men's mental health with Scott Johnson and The Reach Out Project at Mycenae House**

## THE PROPER BLOKES CLUB

JOIN THE CAMPAIGN TO IMPROVE MEN'S MENTAL HEALTH

**STARTS 24TH JUNE 2021 - 10AM TO 11AM**

MEET AT MYCENAE HOUSE  
OUTSIDE MAIN ENTRANCE,  
90 MYCENAE ROAD, SE3 7SE  
TEL 0208 858 1749  
CONTACT:  
[MYCENAEOUTREACH@GMAIL.COM](mailto:MYCENAEOUTREACH@GMAIL.COM)



### Just contact your GP practice

If you've had **tummy trouble** such as **discomfort or diarrhoea for three weeks or more**, or seen **blood in your pee – even just once**, it could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

Your NHS wants to see you.  
[nhs.uk/cancersymptoms](https://nhs.uk/cancersymptoms)

Clear on cancer

Help us help you

Date/Time	Activity	Cost	Venue
Friday 3 <sup>rd</sup> 11.05am to 12pm	<b>Yoga For Wellness: Seated Yoga class</b> (Seated breathing and cardio exercises)	Members £4 £5 for others	St Laurence Centre, 37 Bromley Road SE6
Monday 6 <sup>th</sup> 1.30pm to 2.30pm	<b>Seated Exercise</b> Exercises to help with mobility, flexibility and improving strength and stamina. <b>(numbers capped at 15 initially)</b>	Members £4 £5 for others	St Laurence Centre, 37 Bromley Road SE6
Tuesday 7 <sup>th</sup> 11am to 11.45am	<b>Health &amp; Wellbeing Series</b> Bowel Cancer Awareness Talk delivered by Bowel Cancer UK	Free for all	Zoom Online
Thursday 9 <sup>th</sup> 6pm to 7pm	<b>Mindfulness with Laura</b> Our Wellbeing	Free for all	Zoom Online
Friday 10 <sup>th</sup> 11.05am to 12pm	<b>Yoga For Wellness: Seated Yoga class</b> (Seated breathing and cardio exercises) <b>(numbers capped at 15 initially)</b>	Members £4 £5 for others <b>Free for Members £3 for others</b>	St Laurence Centre, 37 Bromley Road SE6 <b>Zoom Online</b>
Monday 13 <sup>th</sup> 1.30pm to 2.30pm	<b>Seated Exercise</b> Exercises to help with mobility, flexibility and improving strength and stamina. <b>(numbers capped at 15 initially)</b>	Members £4 £5 for others	St Laurence Centre, 37 Bromley Road SE6
Friday 17 <sup>th</sup> 11.05am to 12pm	<b>Fab Friday</b> Seated breathing and cardio exercises with Sheila <b>(numbers capped at 15 initially)</b>	Members £4 £5 for others	St Laurence Centre, 37 Bromley Road, SE6
		<b>Free for Members £3 for others</b>	<b>Zoom Online</b>
Monday 20 <sup>th</sup> 1.30pm to 2.30pm	<b>Seated Exercise</b> Exercises to help with mobility, flexibility and improving strength and stamina. <b>(numbers capped at 15 initially)</b>	Members £4 £5 for others	St Laurence Centre, 37 Bromley Road SE6
Friday 24 <sup>th</sup> 11.05am to 12pm	<b>Fab Friday</b> Seated breathing and cardio exercises with Sheila <b>(numbers capped at 15 initially)</b>	Members £4 £5 for others <b>Free for Members £3 for others</b>	St Laurence Centre, 37 Bromley Road, SE6 <b>Zoom Online</b>
Monday 27 <sup>th</sup> 1.30pm to 2.30pm	<b>Seated Exercise</b> Exercises to help with mobility, flexibility and improving strength and stamina.	Members £4 £5 for others	St Laurence Centre, 37 Bromley Road SE6

## 60 Up Club Monthly Schedule

On your left you will see a brilliant schedule from the 60 Up Club for the month of September 2021.

At the time of going to press we were not able to get future dates, but if you contact the group or check out their website, they will provide you with information of the October schedule.

60 Up C.I.C. C/O  
Honor Oak  
Community Centre,  
50 Turnham Road,  
SE4 2JD

Tel No. **020 3667  
3704** Ans Phone,  
Mob. **07852 533649**

**email**  
[info@60up.org.uk](mailto:info@60up.org.uk)  
**website:**  
[www.60up.org.uk](http://www.60up.org.uk)

60 Up is a  
Community Interest  
Company Reg. No.  
8707885





## Caribbean Social Forum Register for Free Digital Training for the over 50's

### Want to know how to:

- delete pictures & files?
- make your device easier to use e.g. Smartphone, Tablet, Laptop
- set up an email account? Google, Hotmail, Yahoo
- socialise online?
- Understand Zoom Basics
- Online shopping and banking

If what you want is not listed, then let us know and we see what we can do. Not all sessions are shown above.

**Location:** Woolwich Library.

For more information and to email: [Caribbeansocialforumonline@gmail.com](mailto:Caribbeansocialforumonline@gmail.com)



## ZOOMING TO A NEW FUTURE – At The Grove Centre

### Learn how to make use of technology

The Grove Centre, Sydenham, have already held 2 four weekly sessions on a Friday morning, our Confidence in IT with coffee mornings. These were fully booked and all who came enjoyed themselves and all went away with more knowledge and security about going online. These are to encourage and enable those who wish to learn how to use the benefits of technology, keep in touch with relatives and friends and how to safely use the internet for services such as shopping.

We have laptops/iPads/ tablets available for use and help for those who would like to learn more about the online world. These run in blocks of 4 weeks with a leader to assist and provide tips and pointers. As part of this we will also provide a time for some fun and social interaction, including games, and quizzes.

The cost is £3.00 per session (£12 for all 4 weeks) including tea /coffee and biscuits with the more than occasional cake! If you are interested in learning more and would like to join our October session please contact Alison on **07552 755884** to register your interest.



**Catbytes  
Digital  
Community**

With the lockdown it became harder to reach people who need support using devices. People are staying indoors more, and we can't hold our drop-in Techy Tea Clubs so they have somewhere to come to get support.

We are able to meet face-to-face, however, as long as we work in a covid safe way. This means keeping a distance, wearing PPE, and controlling the numbers of people in our centre at any one time. So we have decided to arrange booked appointments for people who want to get support. Appointments would consist of a session of up to two hours of support by a volunteer for someone requiring support. They can be held at our centres or at the home of the person receiving support, subject to covid restrictions.

Support sessions should be arranged by our referrers. Referrer organisations should be based in Lewisham. They should be organisations that support the elderly or vulnerable adults. If you would like to be a referrer to Catbytes, please email [referrers@catbytes.community](mailto:referrers@catbytes.community) telling us about your organisation, and giving contact details, so we can get back to you.

# Keeping safe from Scams

## Beware of scammers – an article on scams by Vice Chair John Macy

Chips with everything, and phone and computer chips are the means by which most online scams are disseminated.



During the recent pandemic, many businesses have suffered. But many online businesses have done very well, including the SCAMMERS.

Because of lockdown and hesitancy to go out, the mobile phone, tablet and laptop has been used by more people to carry out many functions which they would normally do personally, especially online shopping, and the scammers have seized this opportunity to become ever more inventive. Here we will look at some we must look out and what we can do to counter them.

### Delivery fraud

Messages will appear on your phone appearing to come from Royal Mail, DPD or Yodel for example, saying that they tried unsuccessfully to deliver your order. If you have ordered something you will have a tracking number. If you do, go online and check, or phone the customer service of the vendor.

- **Do not** click on any link
- **Do not** call any number

Instead forward the message to **7726**



### Voicemail messages

If someone you know has left you a voice mail you will see the name if they text you. So call them, or check your phone's voice mail.

8. **Do not** call the number on the text
9. **Do not** click on the link

Other scam texts you may receive may appear to be from **DVLA, TV Licensing, Census.**

If you receive any unexpected texts from these, then get in touch with the relevant authority and check if it is genuine. **Do not** click on any links and **do** forward it to **7726**

### Email fraud

There are a few new email frauds which are currently circulating. Most of them fall under the **Too good to be true** category.

**1** *A large sum of money in Bitcoins has been deposited in your name*

**2** *You have been selected by a charitable donor to receive money*

**3** *You have been selected by Google for some benefit*

Look at the email addresses they come from. The spelling and grammar in the message will often indicate a lack of familiarity with common English usage and idiom.

These can be reported to **ACTION FRAUD**. By reporting these we can all help to make it as hard as possible to make it harder for these scammers to fleece people out of their savings.

The Which? logo, consisting of the word "Which?" in white, sans-serif font inside a red square.

**FIVE SIGNS YOU MIGHT BE BEING SCAMMED**

- 1. YOU'VE BEEN CONTACTED OUT OF THE BLUE**  
Do you know this person? Were you expecting a call from this company? Any cold callers should raise your suspicions.
- 2. THE OFFER SOUNDS TOO GOOD TO BE TRUE**  
If someone is offering you a deal that sounds too good to be true, it probably is.
- 3. YOU'RE FEELING UNDER PRESSURE TO MAKE A DECISION**  
Fraudsters will try to rush you into making a decision. If they don't give you time to make an informed decision, that should raise red flags.
- 4. YOU'RE BEING ASKED TO SHARE PERSONAL INFORMATION**  
Don't provide personal information to anyone whose identity you can't confirm.
- 5. YOU'RE BEING ASKED TO KEEP IT A SECRET**  
You should be able to discuss any agreements with friends, family or advisors. If you can't, that's a huge sign you might be talking to a scammer.

Join in Positive Ageing's online **SILVER SUNDAY** on **October 3** where you can share experiences and learn about online scams in the **Digital Workshop (TBC)**



**Pension scams can be hard to spot. Scammers can be articulate and financially knowledgeable, with credible-looking websites, testimonials and materials that are hard to distinguish from the real thing.**



### **How pension scams work**

Scammers usually contact people out of the blue via phone, email or text, or even advertise online. Or they may be introduced to you by a friend or family member who is also unknowingly being scammed. Scammers will make false claims to gain your trust. For example:

- claiming they are authorised by the FCA or that they don't have to be FCA authorised because they aren't providing the advice themselves
- claiming to be acting on the behalf of the FCA or the government service Pension Wise ([link is external](#))

Scammers design attractive offers to persuade you to transfer your pension pot to them (or to release funds from it). It is then often invested in unusual and high-risk investments like overseas property, renewable energy bonds, forestry, storage units, or simply stolen outright.

### **Scam offers often include:**

- free pension reviews
- higher returns – guarantees they can get you better returns on your pension savings
- help to release cash from your pension even though you're under 55 (an offer to release funds before age 55 is highly likely to be a scam)
- high-pressure sales tactics – the scammers may try to pressure you with 'time-limited offers' or even send a courier to your door to wait while you sign documents
- unusual investments – which tend to be unregulated and high risk, and may be difficult to sell if you need access to your money
- complicated structures where it isn't clear where your money will end up
- arrangements where there are several parties involved (some of which may be based overseas) all taking a fee, which means that the total amount deducted from your pension is significant
- **long-term pension investments – which mean it could be several years before you realise something is wrong**

## **4 simple steps to protect yourself from pension scams**

### **Step 1 - reject unexpected offers**



- If you're contacted out of the blue about a pension opportunity, chances are it's high risk or a scam.
- If you get a cold call about your pension, the safest thing to do is to hang up - it's illegal and probably a scam. Report pension cold calls to the Information Commissioner's Office (ICO) ([link is external](#)).
- Be wary if you're contacted about any financial product or opportunity and they mention using your pension.
- If you get unsolicited offers via email or text you should simply ignore them. Fortunately, most people do reject unsolicited offers – FCA research suggests that 95% of unexpected pension offers are rejected.
- Be wary of offers of free pension reviews. Professional advice on pensions is not free – a free offer out of the blue (from a company you have not dealt with before) is probably a scam.
- And don't be talked into something by someone you know. They could be getting scammed, so check everything yourself.

## Step 2 - check who you're dealing with

- **Check the FCA Register to make sure that anyone offering you advice or other financial services is FCA authorised.** If you don't use an FCA-authorised firm, you also won't have access to the Financial Ombudsman Service (link is external) or Financial Services Compensation Scheme (FSCS) (link is external) so you're unlikely to get your money back if things go wrong. If the firm is on our Register, call our Consumer Helpline on 0800 111 6768 to check the firm is permitted to give pension advice.
- **Check they are not a clone** – a common scam is to pretend to be a genuine FCA-authorised firm (called a 'clone firm'). Always use the contact details on our Register, not the details the firm gives you.
- **Check to see if they are registered with Companies House** (link is external) and for the names of the directors. Search the company name and the names of the directors online to see if others have posted any concerns.
- **Check the FCA Warning List** – use this tool to check the risks of a potential pension or investment opportunity. You can also search to see if the firm is known to be operating without our authorisation.

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040

## Step 3 - don't be rushed or pressured

Take your time to make all the checks you need – even if this means turning down an 'amazing deal'. Be wary of promised returns that sound too good to be true and don't be rushed or pressured into making a decision.

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040

## Step 4 - get impartial information or advice

You should seriously consider seeking financial guidance or advice before changing your pension arrangements.

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040

- The Pensions Advisory Service provides free independent and impartial information and guidance.
- If you're over 50 and have a defined contribution pension, Pension Wise offers pre-booked appointments to talk through your retirement options.
- You can also use a financial adviser to help you make the best decision for your own personal circumstances. If you do opt for an adviser, make sure they are regulated by the FCA and never take investment advice from the company that contacted you, as this may be part of the scam. Find out more about getting financial advice

## If you suspect a scam, report it

- If you have been a victim of this type of fraud, report it to Action Fraud by calling us on **0300 123 2040** or by using our online reporting tool.
- Report to the FCA – you can report an unauthorised firm or scam to the FCA by contacting their Consumer Helpline on **0800 111 6768** or using our reporting form.
- You can report nuisance calls and messages to the Information Commissioner's Office using their online reporting tool or by calling **0303 123 1113**.

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040

If you've agreed to transfer your pension and now suspect a scam, contact your pension provider straight away. They may be able to stop a transfer that hasn't taken place yet. If you are unsure of what to do contact the Pensions Advisory Service) for help. If you have already invested in a scam, fraudsters are likely to target you again or sell your details to other criminals. The follow-up scam may be completely separate or related to the previous fraud, such as an offer to get your money back or to buy back the investment after you pay a fee.

**Remember, as Shaw Taylor used to say – “Keep ‘em peeled”**





## Local area information

### Important changes to your Post Office card account

The Department for Work and Pensions (DWP) will not be renewing their contract with Post Office to provide POca. DWP (and in some instances HMRC) are writing to POca customers to inform you of your options in the future. **Please do not ignore the letters. The information within them informs all POca customers of their options.**



### When will the change be happening?

All customers receiving payment will have been written to already. If you have not responded, DWP will write to you again before November 2021. You must have chosen and set-up how you would like to receive your tax credits, benefits and pension by November 2021.

### What do I need to do now?

You will have three options to receive pensions and benefits payments in the future:

1. **Use an existing account** you have with a bank, building society or credit union
2. **Open an account with a bank, building society or credit union**
3. **Payment Exceptions Service**

If you are unable to use or set up a bank, building society or credit union account, the government will get in contact with you about their new Payment Exceptions Service.

### Important information

It is important that you do not leave any money in your Post Office card account. Please either withdraw all your money using your card; collect and complete an account closure form from your local Post Office\* or speak to the POca helpline on [0345 722 33 44](tel:03457223344).

**Even though you will bank your money elsewhere, you will still be able to visit your Post Office for your everyday banking**

### Everyday Banking

Your bank now in your Post Office. It's a free way to access your high street bank account for personal or business customers.

**\*Some banks may charge for selected services, please speak to your bank for details.**

### Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income.

Pension Credit can also help with housing costs such as ground rent or service charges. You might get extra help if you're a carer, severely disabled, or responsible for a child or young person. Pension Credit is separate from your State Pension. You can get Pension Credit even if you have other income, savings or own your own home.

**Your income.** When you apply for Pension Credit your income is calculated. If you have a partner, your income is calculated together. **Pension Credit tops up your weekly income to £177.10** if you're single your joint weekly income to **£270.30** if you have a partner.

If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

So many Lewisham Residents are eligible for pension Credit and are NOT CLAIMING – make sure you access all the money

**YOU ARE ENTITLED TO – MAKE A CLAIM!** [www.gov.uk/pension-credit](https://www.gov.uk/pension-credit)



## Putting the Loos in Lewisham with the Community Toilets Scheme!

Has your new venture out into the Borough left you in situations where you were in desperate need for a loo? Well, this is your friendly reminder that the café, library, or community centre you are walking past may just be a member of the Lewisham Community Toilets scheme. What does this mean?



That this establishment has agreed to allow public use of their toilet facilities to non-customers. And how will you know you are passing by a Community Toilet? Simple! Check whether they have a window sticker which signals their involvement and the type of facilities they provide (disabled access, baby change, or gender neutral).

Alternatively, plan your route ahead by browsing our map with all the establishments that will open their doors to you in a time of need!

## Lewisham Community Toilets Map

### BELLINGHAM

1. Forster Park Toilet BR1 5SQ ♿
2. Age Exchange SE3 9LA ♿
3. The Crown Blackheath SE3 0BS ♿

### BROCKLEY & CROFTON PARK

4. Brickfields Bar SE4 2SA ♿
5. Café Crofton Park SE4 2PH ♿
6. Hilly Fields Park Toilet SE14 1LE ♿
7. The Orchard SE4 1LW ♿

### CATFORD

8. Abbotshall Healthy Lifestyle Centre SE6 1SQ ♿
9. Corbett Community Library SE6 1RQ ♿
10. Mekan Bar & Restaurant SE6 2TS ♿
11. Tesco Catford SE6 4JU ♿
12. Deptford Park SE8 5DD ♿
13. Festa Sul Prato SE8 5JE ♿
14. Rough & Ready Coffee Shop SE8 5RA ♿
15. The Albany SE8 4AG ♿

### DOWNHAM

16. Beckenham Place Park Stable Lodge BR3 1SY ♿
17. Café Treat BR1 4PH ♿
18. Downham Leisure Centre BR1 5EP ♿

### FOREST HILL & HONOR OAK

19. Forest Hill Library SE23 3HZ ♿
20. Horniman Museum & Gardens SE23 3PQ ♿
21. The Chandos SE23 1LN ♿
22. Railway Telegraph SE23 1BS ♿
23. Sainsbury's Forest Hill SE23 3HF ♿

### GROVE PARK

24. Chinbrook Meadows Park SE12 9TJ ♿
25. Grove Park Station SE12 9TJ ♿
26. Ringway Community Centre SE12 0UP ♿
27. Tesco / ESSO Garage SE12 0DU ♿

### HITHER GREEN

28. Hither Green Station SE13 5NF ♿
29. Manor Park Toilet SE13 5HY ♿
30. Mountsfield Park Toilet SE6 1AN ♿

### LADYWELL

31. Ladywell Fields Park SE13 7XA ♿
32. Manor House Library SE13 5SY ♿
33. Sainsbury's Lee SE12 8PZ ♿
34. The Lord Northbrook SE12 8PU ♿

### LEWISHAM

35. Lewisham Shopping Centre SE13 7HB ♿
36. Tesco Lewisham SE13 7PY ♿

### NEW CROSS

37. Curzon Goldsmiths SE14 6NW ♿
38. Sainsbury's New Cross Gate SE14 5UQ ♿
39. The New Cross House SE14 6AF ♿

### SYDENHAM

40. Dilz Café SE26 5EX ♿
41. Mayow Park Toilet SE26 4SS ♿
42. Sydenham Library SE26 5SE ♿
43. Sydenham Wells Park Toilet SE14 6AS ♿

### TELEGRAPH HILL

44. Telegraph Hill Park Toilet SE14 5TY ♿
45. Telegraph Hill Centre SE14 5TY ♿
46. The Hill Station SE14 5TW ♿



## Community Minded Discounts and Local Spending

After a particularly rough year for small businesses, it is time for us to think local and choose to spend our money in ways that power our communities. With a Lewisham Local Card, you will be able to shop local in a socially conscious way while saving money! Over 500 small businesses Borough-wide have signed up to offer discounts and deals to cardholders, thus creating a network of community-minded shoppers who want to access fantastic deals. Save the local, save with locals!

### The best part?

Everyone can access a Lewisham Local Card. If you give your time and skills in the form of volunteering for the community, the card is completely free for you, as a thank you for all the important work you do.

Alternatively, anyone else can get involved in the movement by participating with a one-off £20 payment, where the money goes to local charities. Being a part of our scheme goes far beyond the immediate reward of enjoying fantastic discounts, but it's more so an easy and accessible way to get involved with your local community!



## Follow The Positive Ageing Council on Twitter and Facebook. @PACLewisham

We have been using Twitter really successfully for the last few years. It's a great way to get events and activities out to people at short notice.

Most of us now have smart phones, so Twitter really is for everyone.

Why not give it a try.



# Training Volunteering and jobs

## Free volunteer training on having sensitive conversations

We are running sessions St Christopher's Centre for Awareness and Response to End of Life (CARE) in September to provide your volunteers with valuable skills to support your clients

- Tue 14 Sept 6-9pm
- Wed 15 Sept 10am-1pm

At Training Location: St Christopher's Hospice, 51-59 Lawrie Park Road, London, SE26 6DZ

The pandemic has highlighted the importance of thinking and talking about death, dying and loss. For many, it remains a topic that's too tricky to tackle, while others are hoping someone will be there to listen when they feel like discussing it. Thanks to a grant from the Irving Trust, we're able to offer 30 volunteers in Lewisham FREE training on a new session called Sensitive Conversations.

Volunteers from St Christopher's Hospice will deliver the practical, interactive, participatory and non-clinical three-hour sessions. They're designed to help participants feel more comfortable and confident to have difficult but important and useful conversations about ageing and dying with elderly, frail and vulnerable people who access your services.

This session will be an important platform for encouraging those conversations. Volunteers who attend the sessions will leave feeling equipped to spot when people want to have this kind of conversation, able to listen with empathy and to signpost them to other organisations that can provide further help and support. After running a similar session, volunteers told us how it had changed their attitude to having challenging conversations. One said: *"The training showed me the possible situations where it would be appropriate to engage in discussions about loss leading possibly to thoughts on dying and help that might be available. I probably would not have felt it appropriate before the training."*

With a strictly limited number of places, we'd strongly advise you to register your appropriate volunteers as soon as possible or get them to register themselves. If you miss this session check the St Christopher's Website for more opportunities for training [www.stchristophers.org.uk/care/](http://www.stchristophers.org.uk/care/)

**Training for community groups in Social prescribing** Greater London Volunteering (London Plus) has now started to recruit for the next cohort of voluntary sector organisations to take part in the Learning Together Autumn/Winter 21/22 programme.

**Discover, Develop and Connect...** Learning Together Autumn-Winter 21/22 is a **free**, flexible programme learning and development activities for voluntary, community, faith and social enterprise.

**What's on offer?** Those joining Learning Together will be offered a learning package to get them 'social prescribing' ready. Participants will be able to take part in a series of online workshops based on a variety of themes including sports, arts and green social prescribing. The programme will be tailored based on the needs identified in the application form by participants.

**What skills will I develop?** During Learning Together, you will have opportunities to: build new partnerships and network with fellow participants and organisations across sectors; share and explore challenges of your work, learn from others, and consider possible solutions; champion your work in social prescribing and supporting communities.

**What to expect** Learning Together is free to join. It runs from late Sep/early October 21 to March 2022. We would encourage you to join the full programme of events to get the most out of it for you and your organisation; with a commitment of at least 1-1.5 hours each month. **Closing date is Friday 17th September. Book Here:** [www.londonplus.org/news/learning-together-autumn-winter](http://www.londonplus.org/news/learning-together-autumn-winter)

**Learn something new and meet new people on a course at Adult Learning Lewisham**  
Adult Learning Lewisham (ALL) offers a wide range of courses to help you stay physically active or develop your creativity. ALL also run courses specifically for older people such as active retirement and get fit with music.

**What's on offer?** You can now enrol for courses starting in the autumn term.

### Physical Exercise

- Tai Chi
- Pilates
- Qigong meditation
- Yoga for beginners and absolute beginners
- Get fit with music



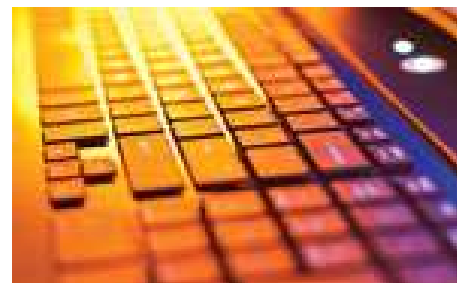
### Creative courses including;

- Clothesmaking, upholstery, hand knitting, patchwork and quilting
- Floristry
- Drawing, painting, pottery, photography
- Printmaking and etching
- Guitar, singing, keyboard
- Cake decorating and cookery
- Glasswork, jewellery making



### Digital skills

- How to use your digital device
- Setting up online accounts, using online services
- How to use a computer



### Retirement Wellbeing

This 10 week course offers a wide range of activities including creative projects, guest speakers and day trips to exhibitions and museums.

Starts 14 September 10am-12noon at Brockley Rise Centre

### How to enrol

Enrol online at: [www.lewisham.gov.uk/myserVICES/education/adult/find-a-course](http://www.lewisham.gov.uk/myserVICES/education/adult/find-a-course)

By phone on **020 8314 6959** or **020 8314 7775** Monday to Friday, 10am–3pm.

### Oral History Project – St Christopher's

St Christopher's new Centre for Awareness and Response to End of life (CARE) are in the process of developing a ground-breaking Oral History Project showcasing the rich history of the hospice through the voices of its community, past and present. Whilst St Christopher's beginnings are thoroughly documented, we have yet to represent the full history of the hospice to date. The project team, led by Daniel Albon, will be conducting interviews with members of St Christopher's staff and community, to capture their personal remembrances of the hospice and the care it has provided over the last fifty years. The oral histories will be used to curate a state-of-the-art, multimedia exhibition which will be housed in the St Christopher's CARE building in Sydenham. Visitors will be able to access long and short forms of the interviews as well as images and artefacts detailing the hospice's history. If you have a story, experience or memory of the hospice that you would like to share with the Oral History Team, please email us at [oralhistoryproject@StChristophers.org.uk](mailto:oralhistoryproject@StChristophers.org.uk) Your recollections, no matter how big or small, could help us build the most comprehensive and diverse picture of the history of St Christopher's yet.



## Changes to over 75s changes TV Licence

In August 2020, there was a policy change to the TV Licence for those over 75 and free licences were no longer funded by the government from this date. However, anyone aged 75 or over and **receiving Pension Credit** is now eligible to apply for a free TV Licence.

Since then, more than 9 out of 10 of these households have now made arrangements for a free or paid licence or updated us on changes in their circumstances. We are enormously grateful for the high level of support that over 75s customers have shown for the licence fee.

As we have now reached a situation where over 75s households are in line with the general population, in early July TV Licensing is writing to customers they are yet to hear from to explain the extended transition period we put in place due to Covid will end on 31 July 2021. The letter will include information about the simple steps to take to get set up and make clear that advice and support are on-hand should people need it.

TV Licensing will be hosting zoom meetings for community groups and charities to get up to speed with the latest updates and what this will mean for your clients.

In the meeting we will cover:

- TV Licence basics
- Over 75 policy change
- Flexible payment plans
- Concessions
- Vulnerable customers
- Supporting materials available



**Please note:** This meeting is available for staff and volunteers of the community groups so they can relay information to their service users. We can arrange this for any date and time that suits you so please get in touch if you are interested. **To Book:** Email [daniel.cooper@bbc.co.uk](mailto:daniel.cooper@bbc.co.uk) or call **07756 215298**

## Ageing Well in Lewisham - Volunteer with us!

Is looking for caring, dedicated volunteers to help out at any of our weekly social and activity groups.

Contact us on: **0208 698 3735** [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)



## Volunteers needed at The 999 Club homeless charity

Do you by any chance put out calls for volunteers? The 999 Club homeless charity in Deptford, Southeast London, is currently looking for volunteers to help us run reception and to help out in our Day Centre, serving breakfast, chatting with homeless clients and helping them start their day with laundry, the shower sign-up sheet and filling out our assessment form. We provide an induction and training and provide travel costs and lunch.

Hours are 8:45am--1pm or 12:30pm --4pm Monday--Friday. Volunteers can also volunteer from 8:45am--4pm. We ask volunteers to do 1 shift a week and commit for 6 months.

If you are interested in volunteering at the 999 Club, please contact Zisca Burton, Volunteer Coordinator, [zisca@999club.org](mailto:zisca@999club.org) or call Zisca on **0744 373 0011**.

# Positive Ageing Council

Improving services and facilities for older people in Lewisham



Dear Member,  
we don't know when we will  
be able to see you again at  
a public meeting, but  
we are here for  
you.

If you need any  
help or  
advice contact  
**Community Connections**

- 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** Mon-Friday 9.30am-4pm

[communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk)



Community  
Connections

