

## POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

DECEMBER 2023 AND JANUARY 2024

NEWSLETTER



## OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p><b>MONDAYS</b> 4<sup>th</sup> December only</p> <p>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> January</p>	<p>13:30 - 16:30</p>	<p><b>FRANK'S CLUB FOR MEN £1.00</b></p> <p>Join us for darts, pool, table tennis, dominoes, friendly chats over a cup of tea.</p>
<p><b>TUESDAYS</b> 5<sup>th</sup>, 12<sup>th</sup> December</p> <p>9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> January</p>	<p>11:00 - 12:00</p> <p>14:00 - 16:00</p>	<p><b>ZOOM QUIZ with Gerry</b> An interesting and entertaining quiz session. Join us for a laugh and a chat! <b>Please contact us for the zoom link.</b></p> <p><b>FORGET-ME-NOT CLUB</b> A fun session to "exercise our brain and feed our memory" with Quizzes and Cross words</p>
<p><b>WEDNESDAY</b> 6<sup>th</sup> and 13<sup>th</sup> December</p> <p>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> January</p>	<p>13:00 - 15:00</p> <p>15:30 - 17:00</p>	<p><b>WEDNESDAY ART &amp; CRAFT ACTIVITY AND SOCIAL CLUB £1.00</b> Come along for Art &amp; Craft Have a cup of tea, cake and a chat.</p> <p><b>SMILE INSIDE – SINGING FOR WELLBEING with Julia</b> <b>£3.00 per session</b> highly enjoyable sessions for everyone.</p> <p>Experience the joy of singing songs from all eras together in a supportive group. Sessions are light-hearted, inclusive and most of all fun! People living with dementia and their carers are very welcome! Highly recommended for people living with COPD!</p>

<p><b>THURSDAY</b> 7<sup>th</sup> December</p> <p>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> January</p>	11.00 - 12.00	<p><b>CHAIR-BASED EXERCISE SESSION £1.00</b> with Tina in the Main Hall</p>
	12.30pm please be on time!	<p><b>THURSDAY LUNCH</b></p> <p><b>PLEASE NOTE THAT ON THE 7<sup>TH</sup> DECEMBER ONLY MEMBERS WHO HAVE BOOKED TO PLACE CAN ATTEND!</b></p> <p>2-course hot meal (main meal and dessert) please book your place, <b>£5.50 per person</b></p>
	13.30 - 15.30	<p><b>FREE</b></p> <p><b>KNITTING GROUP</b> Bring your own knitting. We have some spare needles and wool. Let us know if you would like to join.</p>
	14.00 - 16.00	<p><b>AFTERNOON PROGRAMME IN THE HALL</b></p> <p><b>7<sup>th</sup> December:</b> Christmas Bingo and Christmas Karaoke with DENTONS volunteers</p> <p><b>4<sup>th</sup> January:</b> Discuss our Christmas in a light-hearted way with tea and coffee and discuss our plans for 2024! Let us know what went well last year and what we can do better.</p> <p><b>11<sup>th</sup> January:</b> FILM AFTERNOON – ‘Hannah and her Sisters’ (1986), starring Barbara Hershey, Carrie Fisher, Michael Caine</p> <p><b>18<sup>th</sup> January:</b> QUIZ AFTERNOON</p> <p><b>25<sup>th</sup> January:</b> OPEN MIC (1.30pm) followed by BINGO</p>
	16.15 – 17.30	<p><b>NIGHTINGALE SINGING GROUP PRACTICE</b> Please let us know if you are interested to join, we always need new voices!</p>
	<p><b>FRIDAYS</b> 1<sup>st</sup> and 8<sup>th</sup> December</p> <p>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> January</p>	10:00 - 15:00
10:00 - 10:45 and 11:00 - 11.45		<p><b>STRENGTH AND BALANCE EXERCISE</b> with Crystal</p> <p><b>£3.00 per session</b> – please call us to check availability if you are interested to start these sessions.</p>
11:00 - 14:00		<p><b>FREE</b></p> <p><b>COMPUTER SUPPORT/DIGITAL INCLUSION DROP-IN</b> with our volunteer Gerry</p> <p>Improve your skills on the computer! You can also bring in your own device (tablet or mobile phone) to get support.</p>

<b>SUNDAYS</b> 3 <sup>rd</sup> and 10 <sup>th</sup> December	11.00	<b>SUNDAY LUNCH CLUB</b> Please book your place for a Roast Dinner and Dessert, £6.00 per person
7 <sup>th</sup> , 14 <sup>th</sup> 21 <sup>st</sup> and 28 <sup>th</sup> January	- 3.00	

## OUR COFFEE MORNINGS



**MONDAYS (4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> December and from 8<sup>th</sup> January)**

**COFFEE MORNING AT DARWIN COURT**

**11.00am-12.30pm with Pauline**

at Darwin Court Coffee Shop, 1 Crail Row, Walworth, London SE17 1AD

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**WEDNESDAYS (6<sup>th</sup> and 13<sup>th</sup> December and from 3<sup>rd</sup> January)**

**COFFEE MORNING AT ROWLAND HILL HOUSE with Art sessions**

**10.30am-12.30pm**

Rowland Hill House Community Room, Union Street entrance, London SE1 0LU

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**MONTHLY COFFEE MORNING WITH TINA2 AT BLACKFRIARS SETTLEMENT:**

EVERY FIRST MONDAY OF THE MONTH: **4<sup>th</sup> December and 8<sup>th</sup> January**  
to catch up on news, a chat and a nice cup of tea! **10.30am-12.30pm**

## FEEL GOOD – LOOK GOOD

**ERIKA**, our hairdresser, will be at the Settlement on the following dates:

**Friday 1st, Friday 8<sup>th</sup> December and Thursday 14<sup>th</sup> December, Thursday 4th January, Friday 12<sup>th</sup> January and Thursday 25<sup>th</sup> January.** Please call or email us if you need an appointment.

Payments directly to Erika.

**MARVA**, for **head/back massage and nails**, will be at the Settlement during our Wednesday clubs (1.00-3.00pm) and on **Thursday 25<sup>th</sup> January**. Please book an appointment with Marva (please text 07411 323 951 – members only!)

**SHINNIQUE**, for reflexology, will be at the Settlement during our **Thursday clubs** from 12.00pm.

## **BE CREATIVE**

### **ART SESSION with Artist Alice Clarke**

Our Art sessions during our **Coffee mornings at Rowland Hill House** are **continuing until Christmas**. The group is working on artworks to be exhibited at Bankside Gallery in January. Everyone is welcome to attend the sessions, even if they aren't sure if they want to be part of the exhibition.

### **WEDNESDAY ART AND CRAFT sessions at the Settlement:**

As you may be aware, Jenny our Art tutor, Jenny is recovering in hospital after a terrible fall. We wish her a speedy recovery. Jenny will not be able to facilitate our club on Wednesday afternoons; we will have art material ready for the group to use. Please still come along and be creative.

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### **Our Festive Activities**

#### **Thursday 7<sup>th</sup> December: CHRISTMAS CELEBRATION LUNCH**

with volunteers from DENTONS, only members booked can attend, Christmas Bingo and Karaoke after lunch.

#### **Friday 8<sup>th</sup> December:**

10.30am – 12.30 **CHRISTMAS BAZAR** – Come along and buy a Christmas gift

12.30-4.00 **AFTERNOON TEA FOLLOWED BY CAROLS**, read your favourite Christmas poem on the mic, £5.00 per person. This event is now fully booked!

#### **Friday 15<sup>th</sup> December: MEMBERS' CHRISTMAS LUNCH WITH MUSIC AND**

**DANCE**, Doors open at 12.00pm. This event is now fully booked!



### **Sadly missed and fondly remembered**

Sadly, we have lost Doreen Duffell beginning of November. Our thoughts and prayers are with her families and friends.

Doreen was a Blackfriars member for many years; she enjoyed attending our Wednesday club and have a good chat with her friends.

We will miss her.



## CHRISTMAS

Christmas is here  
A time of good cheer  
A time to share  
Goodwill to all  
Wherever they are  
Whether far or near.  
A time to celebrate  
With those we hold dear  
It's a time of peace  
A time to give  
Love, hope and joy  
To all to enjoy.

And as we celebrate  
This great festivity  
Let's not forget  
The story of the nativity.  
So long ago  
In Bethlehem town  
A baby boy was born  
In a stable so forlorn.  
His name was Jesus  
God's gift to us  
The real reason

(Emma Leigh, PA member)

## A CHRISTMAS POEM FOR PARTNER OR FRIEND

Imagine the beauty of Christmas  
So twinkly with lights all aglow.  
Full of wonder and enchantment  
Topped off with a sprinkling of snow.

It's the perfect setting to tell you  
That my Christmas wish for you  
Is that you feel happy and cared for  
And loved in all that you do.

The world we've built together  
Shines so bright this season,  
Sparkling with magic and meaning  
And you are always the reason.

I'd give you the stars from the sky  
And thousands of lovely things.  
So that you know how lucky I feel  
For the happiness our life brings.

As we wrap presents together  
And hang the decorations,  
A sense of excitement fills the air,  
At the thought of the celebrations.

For in the middle of the mayhem  
The laughter, the fun and sharing  
Is you with your own special kind  
Of thoughtfulness and caring.

We'll share a toast with family  
For all that we're grateful for  
And all the time I'll be thinking  
I couldn't wish for anything more.

So wrapped up in this poem  
Is a promise of endless love  
For you, my rock, my soulmate  
You're all I've ever dreamt of.

(Reg O'Donoghue, PA member)

## POETRY EVENING AT THE SETTLEMENT AND ON ZOOM –

**Friday 26<sup>th</sup> January at 7pm**

Please contact us for the zoom  
link. Have your 5 minutes of  
freedom on the mic for poetry  
and music! All ages welcome!

Doors open at 6.30pm.

There is no poetry evening in  
December!

## Applying for money you're entitled to and dealing with debt

Are you:

- getting all the benefits and support you are entitled to?
- struggling with problem debt?

You may be able to apply for grants to help you through hard times this festive season, or get other help and advice if you are worried about your money.

If you are in debt, or have a problem with your benefits, call Citizens Advice Southwark:

☎ 080 8278 7849

If you need advice on financial support call Southwark Council:

☎ 020 7525 2434



## More help with the cost of living

Get further advice on financial support and benefits, household costs including energy, and wellbeing.

Use the QR code below or visit

🌐 [www.southwark.gov.uk/here-to-help](http://www.southwark.gov.uk/here-to-help)



Information produced November 2023  
This leaflet has been produced in partnership between Citizens Advice Southwark and London Mutual Credit Union, with support from Southwark Council.

## Tips for a more affordable Christmas and new year

You might be worried about spiralling costs of the festive season or getting into unaffordable debt throughout the year.

But there are ways to make your money go further...

supported by



## Free and low cost food in Southwark

There are free and low cost food schemes in Southwark. These include food banks and pantries, community fridges, community meals and more.

You can find these on the Southwark Food Action Alliance food map.

Use the QR code below or visit

🌐 [www.southwarkfoodactionalliance.co.uk/food-map](http://www.southwarkfoodactionalliance.co.uk/food-map)



## Warm Spaces in Southwark

Heating our homes can be expensive. Drop into a local space such as your local library in Southwark who offer free Wi-Fi.

Use the QR code below or visit

🌐 [www.southwark.gov.uk/warmspaces](http://www.southwark.gov.uk/warmspaces)



## Affordable loans

If you think you need to take out a loan, there are safer alternatives to payday loans and high-interest credit cards.

London Mutual Credit Union may be able to offer credit at a more affordable cost.

Use the QR code below or visit

🌐 [www.creditunion.co.uk](http://www.creditunion.co.uk)



**FEELING THE NOISE** (CIC reg 12352739) a visually impaired music band are looking for a **blind/visually impaired guitarist and keyboard player** to join the band.

They have great fun jamming and practising for events throughout the year. Practice at Saint Laurance Community Centre, 37 Bromley Road, Catford, SE6 2TS on Wednesdays 10.40am – 2.45pm. There is parking and disabled access

For more details please contact Pauline Durkin 07594 068 684 or email [feelingthenoise@yahoo.com](mailto:feelingthenoise@yahoo.com)



Some of the band members are attending our weekly Crusoe club and the band is also performing at our clubs.



A group of members were invited to an early Christmas Lunch in November to the ROAST Restaurant in Borough Market.

This was a wonderful start of the festive season!





Please let Siggy know if you would like to attend the above event. We have to send numbers to the organiser. Thank you.



**We will be closed after our Christmas Lunch  
on 15<sup>th</sup> December 2023 until Wednesday 3<sup>rd</sup> January 2024.**

**We wish you all a MERRY CHRISTMAS and  
a HAPPY NEW YEAR full of health and  
happiness!**

**A BIG THANK YOU TO ALL MEMBERS AND  
VOLUNTEERS FOR YOUR LOYALTY AND SUPPORT  
THROUGHOUT THE YEAR!**

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