



POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

JUNE 2024 NEWSLETTER



OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p>MONDAYS 3rd, 10th, 17th and 24th June</p>	<p>13:30 - 16:30</p>	<p>FRANK'S CLUB FOR MEN £1.00 Join us for darts, pool, table tennis, dominoes, friendly chats over a cup of tea.</p>
<p>TUESDAYS 4th, 11th, 18th and 25th June</p>	<p>11:00 - 12:00</p>	<p>ZOOM QUIZ with Gerry An interesting and entertaining quiz session. Join us for a laugh and a chat! You can join us online (contact us for the link) or we can connect you to the group by your phone (mobile or landline). If we have connected you by phone, you should be able to hear everyone on the call.</p>
	<p>14:00 - 16:00</p>	<p>FORGET-ME-NOT CLUB A fun session to "exercise our brain and feed our memory" with Quizzes and Cross words</p>
<p>WEDNESDAY 5th, 12th, 19th and 26th June</p>	<p>13:00 - 15:00</p>	<p>WEDNESDAY ART & CRAFT ACTIVITY AND SOCIAL CLUB £1.00 Come along for Art & Craft Have a cup of tea, cake and a chat.</p>
	<p>15:30 - 17:00</p>	<p>SMILE INSIDE – SINGING FOR WELLBEING with Julia £3.00 per session highly enjoyable sessions for everyone. 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>THURSDAY 6th, 13th and 27th June</p> <p>No lunch and exercise on 20th June due to our coach trip to Worthing</p>	11.00 - 12.00	<p>CHAIR-BASED EXERCISE SESSION £1.00 with Tina in the Main Hall</p>
	12.30pm please be on time!	<p>THURSDAY LUNCH 2-course hot meal (main meal and dessert) please book your place, £5.50 per person</p>
	13.30 - 15.30	<p>FREE</p> <p>KNITTING GROUP 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><u>AFTERNOON PROGRAMME IN THE HALL</u> 6th June: POLICE TALK – awareness talk of current frauds and criminal tactics across London to protect us from becoming victims of crime. 13th June: Finance Talk, followed by Price Bingo, both organised by NatWest 27th June: OPEN MIC (1.30pm) followed by BINGO session</p>
	16.15 – 17.30	<p>NIGHTINGALE SINGING GROUP PRACTICE Please let us know if you are interested to join, we always need new voices!</p>
<p>FRIDAYS 7th, 14th, 21st and 28th June</p>	10:00 - 15:00	<p>CRUSOE CLUB A special club for the visually impaired older people, referrals only!</p>
	10:00 - 10:45 and 11:00 - 11.45	<p>STRENGTH AND BALANCE EXERCISE with Crystal £3.00 per session – please call us to check availability if you are interested to start these sessions.</p>
	11:00 - 14:00	<p>COMPUTER SUPPORT/DIGITAL INCLUSION DROP-IN with our volunteer Gerry Get help with your computer (Windows or Apple), assistance with a tablet (Android or iPad) also with your mobile phone (Android or iPhone). Use Word (to create documents e.g. letters, write memoirs etc), use Excel (create Spreadsheets, do your accounts etc), Go on-line learn to shop on-line, access Southwark's web site, create an email account, use Facebook, search for information etc.</p> <p>FREE</p>

<p>SUNDAYS 2nd, 9th, 16th and 23rd June No Sunday club on 30th June</p>	<p>11.00 - 3.00</p>	<p>SUNDAY LUNCH CLUB Please book your place for a Roast Dinner and Dessert, £6.00 per person</p>
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OUR COFFEE MORNINGS

MONDAYS (except Bank Holidays)



COFFEE MORNING AT DARWIN COURT with Pauline

11.00am-12.30pm with Pauline

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



WEDNESDAYS

COFFEE MORNING AT ROWLAND HILL HOUSE

10.30am-12.30pm

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

MONTHLY COFFEE MORNING WITH TINA2 AT BLACKFRIARS SETTLEMENT:

EVERY FIRST MONDAY OF THE MONTH: **3rd June**

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 7th June, Thursday 13th June and Friday 28th June. 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 27th June**. Please book an appointment with Marva (please text 07411 323 951 – members only!)

NIMMI, our **'SERENDIP' Reflexologist**, our newest addition to our therapy team, offers **REFLEXOLOGY**, on Friday, by appointment only. Please book your slot by calling or emailing the team.

SHINNIQUE, our resident therapist for **foot massage and reflexology**, will be at the Settlement during our **Thursday clubs** from 12.00pm.

These services are only available for members who joined and paid for the membership.



BLACKFRIARS WANDERERS

Tuesday 11th June

Visit of the Horniman Museum and Gardens

Take the bus 363 or 176 to the Museum and meet Pauline there at 11am at the bus stop. The entrance to the Horniman Museum and Gardens is free. If you would like to see the Butterfly House or Aquarium you must purchase a ticket. Please let Pauline or the team know if you are interested in joining the group.

VISIT TO KING'S GALLERY

(formerly known as Queen's Gallery)

To see ROYAL PORTRAITS: A CENTURY OF PHOTOGRAPHY (Slow looking session)

Tuesday 18th June 10am-12.30pm

Very limited tickets!

Please let us know if you are interested in joining us!

JAMMING SESSION at the Settlement



Every other Friday afternoon from 4-6pm



Next sessions will be on Friday 31st May, 14th June and 28th June! Bring your own instrument, if you have one and enjoy a couple of hours of making music!

POETRY EVENING AT THE SETTLEMENT AND ON ZOOM



Every last Friday of the month

Friday 28th June at 7pm

Come along or 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.

We have started to take bookings for our next:



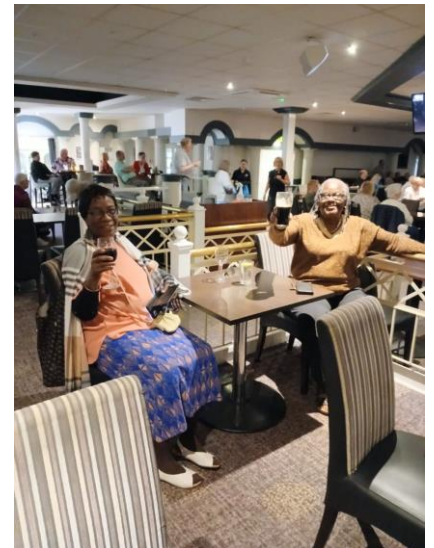
TINSEL AND TURKEY WEEKEND AWAY

EASTBOURNE, AFTON HOTEL 8th -11th November

Price per person: £319.00

Please speak to Tina if you interested joining us!

A few photos from our members' holiday in May to Hayling Island:



Your opinion counts! Our Yearly Services Survey started!

Every year we seek your feedback on our services by asking you to complete our Members' Survey. We have started our survey, and we are grateful to all of you who responded or will respond to this request. We use the information you provide to monitor and develop the quality of our service provision – we would not be able to complete this essential work without your input.

A volunteer will call you at home or go through the questions when you attend clubs. Thank you.

DATES FOR THE DIARY:



COACH TRIPS TO THE SEA SIDE

- Thursday 20th June – WORTHING (fully booked)
- Thursday 4th July – EASTBOURNE
- Friday 26th July – EASTBOURNE – this trip is for our visually impaired group and their volunteers, only a few spaces left
- Thursday 15th August – HASTINGS

Please book your seat. £18.50 per person. We started taking payments for Worthing and Eastbourne.

Workshop to learn how to MANAGE HEALTH DIGITALLY – learn how to use the NHS app, MyChart etc, everyone 60+ and carers welcome to attend
3 sessions planned: Monday 1st, 8th and 15th July 11am-12.30pm
Please let us know if you would like to attend!



SOUND BATH session with Sarah -

A sound bath is a relaxing practice that involves lying or sitting down and listening to soothing, echoing sounds from instruments like gongs. It may help with stress, anxiety, depression, and pain.

Sessions planned on Friday afternoons 3-4pm: 5th, 12th and 19th July

SUMMER PARTY with BBQ and DISCO

Friday 2nd August, 12-5pm

Suggested donation of £5.00 per person

BBQ followed by music and dance with DJ



How to contact the Positive Ageing team:

Office number: 0207 928 9521 option 3, please leave a message.

Tina.johnston@blackfriars-settlement.org.uk

Siggy: sieglinde.cosias@blackfriars-settlement.org.uk

Befriending (Crystal and Adrian): befriending@blackfriars-settlement.org.uk