



POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

AUGUST & SEPTEMBER 2024 NEWSLETTER



OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

Positive Ageing services are closed w/c Mon 26th Aug

<p>MONDAYS 5th, 12th, 19th Aug and 2nd, 9th, 16th 23rd and 30th Sept</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. No session Mon 26th Bank Holiday</p>
<p>TUESDAYS 6th, 13th, 20th Aug and 3rd, 10th, 17th and 24th Sept</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 Our Guest facilitator Lydia will be running the club every other Tuesday, starting 3rd September (more info page 4) No session on Tue 27th August</p>
<p>WEDNESDAY 7th, 14th, 21st Aug and 4th, 11th, 18th and 25th Sept</p>	<p>13:00 - 15:00</p>	<p>WEDNESDAY ART & CRAFT ACTIVITY AND SOCIAL CLUB £1.00 Come along for Art & Craft – CREATE Jewellery workshop starting 11 Sept (more info page 4) 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! No session on Wed 14th and 28th August</p>

<p>THURSDAY 1st, 8th, 22nd Aug and 5th, 12th, 19th, 26th Sept</p> <p>No clubs on 15th August (Coach trip) and 29th August.</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> <u>1st August:</u> AFTERNOON with ORIGAMI with Yura from Japan <u>8th August:</u> FILM AFTERNOON: 'One Life' (2024) <u>22nd August:</u> OPEN MIC (1.30pm) followed by BINGO <u>5th September:</u> GAMES (pool, table tennis, cards, board games) <u>12th September:</u> afternoon activity with our corporate volunteers - tbc <u>19th September:</u> FILM AFTERNOON: 'Learning to Drive' (2015) <u>26th September:</u> 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 2nd, 9th, 16th, 23rd Aug and 6th, 13th, 20th, 27th Sept</p> <p>No clubs on Friday 30th August</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. NO EXERCISE SESSIONS ON 12th and 26th JULY</p>
	11:00 - 14:00	<p>FREE</p> <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>SUNDAYS 4th, 11th, 18th Aug and 8th, 15th, 22nd and 29th Sept</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 No Sunday club on 25th August and 1st September!</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 (no session on 28th August)

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: **5th August and 2nd September**
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:
Thursday 22nd August, September dates to be confirmed. 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 club 21st August and Wednesday clubs in September (1.00-3.00pm)** and on **Thursday 26th September**. 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.



Coach trip to HASTINGS

Thursday 15th August. £18.50 per person

We still have a few seats available!

We are leaving the Settlement at 8.30am to ensure that we have plenty of time in Hastings. We will depart Hastings around 4pm.

SUMMER PARTY BBQ AND DISCO

Friday 2nd Augst 2024

12.00-4.30pm
£5.00 donation



We are fully booked now! Please speak to Tina/Siggy if you want to join us!

Forget-me-nots Memory Group

Join us for a fun and engaging activity session with different themes each week.

Lydia, our guest facilitator, will guide the group through a series of structured activities. These might include word games, puzzles, memory tasks, or creative exercises such as storytelling or art.

Each activity is carefully chosen to challenge and build different abilities, such as attention, memory, language skills, and problem-solving.

Come and give it a try, have fun and chat with friends.

Tuesdays 2 - 4pm at Blackfriars Settlement.

Starting: Tuesday 3rd September

Running every other week



**BLACKFRIARS
SETTLEMENT**
CHANGING LIVES TOGETHER

calculus⁸

BE CREATIVE!

Weekly JEWELLERY MAKING WORKSHOPS with our partner

Wednesdays 1-3pm

Limited spaces, please let us know if you are interested in joining this 7-weeks workshop!

From Wednesday 11 September 2024 until Wednesday 23rd October 2024!

Book your place!

CREATE ARTS.ORG.UK
20 YEARS OF SPARKING CREATIVITY





BLACKFRIARS WANDERERS

Tuesday 6th August

Walk to St James's Park and watch the Changing of the Guards

Please meet Pauline at the Bus Stop on White Hall at 10.45am

Please let the team know if you would like to join the group.

JAMMING SESSION at the Settlement

Every other Friday afternoon from 4-6pm

Next sessions will be on 13th and 27th September. Bring your own instrument, if you have one and enjoy a couple of hours of making music!

WORKSHOP WITH IMPERIAL WAR MUSEUM



We have started our project workshop 'End of Empire' on 24th July during our Wednesday club and we will continue up to 11th September. We are exploring the period from the end of the Second World War to the present, especially the independence of Britain's former imperial territories and how this crucial moment has shaped society we now live in. If you are interested in telling your individual life stories and be part of IWM's next seasonal exhibition, please let us know.

NEW DIRECTOR OF COMMUNITY SERVICES AT BLACKFRIARS SETTLEMENT

We are sad to say Goodbye to our wonderful Director Liz Ranger this August. We wish her all the best and Good Luck in her new venture in New Zealand.

Liz will leave us with our love and hugs.

AND

We welcome our lovely new Director Andrea Van-Sittart.

We wish her all the best in her new role.

She will visit our activity sessions and Lunch Clubs and say 'Hello' to everyone in due course.



Forget-ME-Not.

Put the word "myself"
 On a very high shelf,
 And pause, before bringing it down.
 It's not often correct -
 Which you might NOT expect -
 So: Look for a shorter pronoun.

You could give a thought
 To "me" - it is short -
 So, try it - and, to your surprise,
 It's the right word to choose!
 So remember to use
 "ME" - (as a word to the wise).

If you call out to your brother,
 Or you're saying to your mother,
 "Who'd like a cup of tea?"
 The answer's always, "Me!"

But: "I'm not myself today"
 Is something that you say
 When you need to give a clue
 That something's wrong with YOU.

And, say "I, myself" to stress
 (So you don't get in a mess)
 To make quite sure it's YOU
 To those you're talking to.
 But, otherwise, you see,
 The answer's ALWAYS
 Me
 (Polly Brierley-Jones, PA member)

POETRY EVENING AT THE SETTLEMENT AND ON ZOOM

No session in August!

Every last Friday of the month
Friday 27th September 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.



Friday 8th to
Monday 11th
NOVEMBER

£319.00 per person

Bookings for this holiday will be closing soon

If you would like to join us, please book your place and make the payment.

How to contact the Positive Ageing team:

Office number: 0207 928 9521 option 3, please leave a message.
 Tina: Tina.johnston@blackfriars-settlement.org.uk 07966 002193
 Siggy: sieglinde.cosias@blackfriars-settlement.org.uk
 Befriending (Crystal and Adrian): befriending@blackfriars-settlement.org.uk

