



POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+
OCTOBER 2024 NEWSLETTER



OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p>MONDAYS 7th, 14th, 21st and 28th Oct</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 1st, 8th, 15th, 22nd and 29th Oct</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. (more info page 4)</p>
<p>WEDNESDAY 2nd, 9th, 16th 23rd and 30th</p>	<p>13:00 - 15:00</p>	<p>WEDNESDAY ART & CRAFT ACTIVITY AND SOCIAL CLUB £1.00 Come along for Art & Craft with Jenny – CREATE Jewellery workshop until 23rd October 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 3rd, 10th, 17th 24th and 31st Oct</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></p> <p><u>3rd October: BOARD GAMES</u></p> <p><u>10th October: FILM AFTERNOON - 'BACK TO BLACK' - the tale of Amy Winehouse, celebrating the most iconic homegrown star of the 21st century.</u></p> <p><u>17th October: HOY BINGO</u></p> <p><u>24th October: QUIZ AFTERNOON</u></p> <p><u>31st October: OPEN MIC (1.30pm) followed by BINGO session</u></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 4th, 11th, 18th and 25th Oct</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</p> <p>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>

SUNDAYS 6 th , 13 th , 20 th and 27 th Oct	11.00 - 3.00	SUNDAY LUNCH CLUB Please book your place for a Roast Dinner and Dessert, £6.00 per person
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OUR COFFEE MORNINGS

MONDAYS



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

Art session re-starting on 18th September (more info page 5)

MONTHLY COFFEE MORNING WITH TINA2 AT BLACKFRIARS SETTLEMENT:

EVERY FIRST MONDAY OF THE MONTH: **7th October**

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 17th October, Thursday 31st October and Friday 8th November. 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 in October** (1.00-3.00pm) and on **Thursday 31st October**. 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.

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** calculus⁸
CHANGING LIVES TOGETHER

BLACKFRIARS WANDERERS

Tuesday 8th October 2024

**Meet Pauline at 10.45am at the
Doggetts Pub at Blackfriars
Bridge to walk towards
Waterloo for lunch in the new
Wetherspoons at Waterloo 'The
Lion and the Unicorn'
Please let us know if you would
like to join us.**



JAMMING SESSION at the Settlement

Friday afternoon from 4-6pm

Next sessions will be on 18th October
and 1st November. Bring your own
instrument, if you have one and
enjoy a couple of hours of making
music!



To look forward in November:

Thursday 7th November 2-3.30

More historical films with Lisa from
Southwark Archives

Thursday 7th November

6-8pm

Free Community Event at Tate
Modern Gardens

Our Nightingales Singing group are
performing.

Hot refreshments

More info to follow. Please let us
know if you are interested to come
along!

BE CREATIVE!

**Weekly JEWELLERY MAKING
WORKSHOPS with our partner**
Wednesdays 1-3pm]



Our 7-weeks workshop is continuing until Wednesday 23rd October 2024!

Community arts projects for the Art Academy

during our Coffee mornings at Rowland Hill House on Wednesday mornings.

Start date: Wednesday 18th September 10.30-12.30 for 10 weeks with a half-term break.

Please join our artist Usva to work towards another exhibition at Bankside Gallery at the end of January alongside with students from Haberdasher Academy.

EXCITING CHANGES AHEAD!



BLACKFRIARS SETTLEMENT is getting a makeover!

Please be aware of the following:

- Clubs and activities may temporarily relocate to different rooms.
 - You may experience some noise in the building.
- We will try to offer our whole programme, but it might be that we have to cancel one or two clubs. We will keep you informed.

DON'T FORGET!

The clocks will go back
on 27 October at 2am.





TIME

Tick tock, tick tock
Goes the clock.
Every hour on the hour
The clock on the tower
Will chime
To tell the time
As time goes by
And sometimes
Time seems to fly
As the clock chimes.

The clock might halt
If there's a fault
And time might seem
To stand still
But never will
For time will never stop
Never slow down
Even if the clock should drop
To the ground.

Time never moves backwards
Time moves forward
All the time
As the clock goes
Tick tock, tick tock, tick tock.

WHEN LIFE KNOCKS YOU DOWN

When life knocks you down
Don't stay on the ground
Looking around
With a frown.
Bounce back on your feet
Don't accept defeat
Don't despair
But persevere
Believe you can do it
Don't quit
Success comes
To those who do not fear.

Both poems written by Emma Leigh (PA member)

POETRY EVENING AT THE SETTLEMENT AND ON ZOOM

Normally on every last Friday of the
month,

Friday 25th October 7-8pm

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.

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

**BLACKFRIARS
SETTLEMENT**

**MARY
WARD**
CHANGING LIVES TOGETHER

**INSPIRING
ELEPHANT
COMMUNITY
FUND**