



## POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

DECEMBER 2024 AND JANUARY 2025 NEWSLETTER



### OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p><b>MONDAYS</b> 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> December</p> <p>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> January</p>	<p>13:30 - 16:30</p>	<p><b>FRANK'S CLUB FOR MEN £1.00</b> Join us for darts, pool, table tennis, dominoes, friendly chats over a cup of tea.</p>
<p><b>TUESDAYS</b> 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> December</p> <p>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> January</p>	<p>11:00 - 12:00</p>	<p><b>ZOOM QUIZ with Gerry</b> An interesting and entertaining quiz session. Join us for a laugh and a chat! You can join us online (<b>contact us for the link</b>) or we can connect you to the group by your phone (mobile or landline).</p>
	<p>14:00 - 16:00</p>	<p><b>FORGET-ME-NOT CLUB</b> A fun session to “exercise our brain and feed our memory” with Quizzes and Cross words Our guest facilitator Lydia will guide the group through structured activities, including word games, puzzles, memory tasks or creative exercises/story telling. Activities are carefully chosen to challenge attention, memory, language skills and problem solving. Come along and give it a try.</p>
<p><b>WEDNESDAY</b> 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> December</p> <p>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> January</p>	<p>13:00 - 15:00</p>	<p><b>WEDNESDAY ART &amp; CRAFT ACTIVITY AND SOCIAL CLUB £1.00</b> Come along for Art &amp; Craft with Jenny Have a cup of tea, cake and a chat.</p>
	<p>15:30 - 17:00</p>	<p><b>SMILE INSIDE – SINGING FOR WELLBEING with Julia £3.00 per session</b> Highly enjoyable sessions for everyone. Experience the joy of singing songs from all eras together in a supportive group. <b>Sadly, Julia is leaving us. Julia’s last day will be 11<sup>th</sup> December. We are in process of looking for a replacement for Julis, sessions will still go ahead as normal with Sing-along until the new post is in place.</b></p>

<p><b>THURSDAY</b> 5<sup>th</sup> December only There will be no lunch on Thursday 12<sup>th</sup>, as we are preparing for the Christmas lunch on Friday</p> <p>9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<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> 2-course hot meal (main meal and dessert) please book your place, £5.50 pp <b>WE WILL BE INCREASING THE LUNCH MONEY TO £6.00 FROM JANUARY.</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><u>AFTERNOON PROGRAMME IN THE HALL</u></b></p> <p><b>5<sup>th</sup> December:</b> CRAFT AFTERNOON – Workshop on making Marzipan fruit £2.00, you will be taking home 6 marzipan fruit in a presentation box</p> <p><b>9<sup>th</sup> January:</b> Discuss our plans for our Positive Ageing Services for 2025! Let us know what went well last year and what we could do better. Watch what we were up to in 2024 on the big screen. Please send us any photos you would like to share!</p> <p><b>16<sup>th</sup> January:</b> Extra Bingo session – cash and prize Bingo</p> <p><b>23<sup>rd</sup> January:</b> FILM AFTERNOON – ‘Yesterday’s Children’ (2000, starring Jane Seymour</p> <p><b>30<sup>th</sup> January:</b> OPEN MIC (1.30pm) followed by BINGO session</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> 6<sup>th</sup> December only</p> <p>10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> January</p>	10:00 - 15:00	<p><b>CRUSOE CLUB</b> A special club for the <b>visually impaired older people</b>, referrals only!</p>
	10:00 - 10:45 and 11:00 - 11.45	<p><b>STRENGTH AND BALANCE EXERCISE</b> <b>with Crystal, a Postural Stability Instructor for over 13 years</b> <b>£3.00 per session</b> Keep active and stay healthy, improve confidence and reduce fear of falling, stay independent. Exercises are adapted to suit your needs – please call us to check availability if you are interested to start these sessions, which also include Tai Chi for balance.</p>
	11:00 - 14:00	<p><b>FREE</b></p> <p><b>COMPUTER SUPPORT/DIGITAL INCLUSION DROP-IN</b> <b>with our volunteer Gerry</b> Get help with your computer, assistance with a tablet and your mobile phone. Use Word (to create documents e.g. letters, write memoirs etc), use Excel (create Spreadsheets), do your accounts etc), go on-line.</p>

<b>SUNDAYS</b> 8 <sup>th</sup> December only	11.00	<b>SUNDAY LUNCH CLUB</b> Please book your place for a Roast Dinner and Dessert, £6.00 per person <b>WE WILL BE INCREASING THE LUNCH MONEY TO £6.50 FROM JANUARY.</b>
12 <sup>th</sup> , 19 <sup>th</sup> and 26 <sup>th</sup> January	- 3.00	

## OUR COFFEE MORNINGS



**MONDAYS (2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> Dec and from 6<sup>th</sup> Jan)**

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

**COFFEE MORNING AT ROWLAND HILL HOUSE: 10.30am-12.30pm**

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

**Community arts projects with the Art Academy** ongoing with artist Usva until Christmas.

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

EVERY FIRST MONDAY OF THE MONTH: **2<sup>nd</sup> December and 6<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 6<sup>th</sup> December and Thursday 12<sup>th</sup> December.** Dates in January 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 clubs in (1.00-3.00pm)** and on **Thursday 30<sup>th</sup> January.** 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 Fridays, 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.**

## Be creative



**Christmas Card Making**  
**Spread Some Christmas Cheer!**

Join us on **Wednesday the 4th 1pm-3pm** for a fun card-making session!  
Get creative with amazing volunteers from LSE.  
Prizes courtesy of Tesco.  
All Cards will be hand delivered to a housebound person on Christmas day.

## DANCE WORKSHOP WITH **CREATE** ARTIS.ORG.UK

We are very lucky to offer you another free 7 week workshop with Create.

This time it will be a **Dance Workshop**, starting Tuesday 14<sup>th</sup> January 2025 (21, 28 January, 4, 11, 25 February, 4 March 2025) at 2-4pm.

Limited spaces, please let us know if you would like to have a place.



**ART SESSION with Artist Usva during our Rowland Hill House coffee morning**  
Our Art sessions are continuing until Christmas. The group is working on artworks to be exhibited at the new campus of the Art Academy at Bankside (185 Park Street) with the following schedule:  
-Wednesday 22nd January - Private View 6-8pm: members are invited to come along  
-Thursday 23rd - Sunday 26th January - Exhibition opens

### POSITIVE AGEING MEMBERSHIP

You can renew or start your membership again in January.

£10.00 per person for the whole year!

## Our Festive Activities

### Friday 13<sup>th</sup> December:

#### **MEMBERS' CHRISTMAS LUNCH WITH MUSIC AND**

Doors open at 12.15pm only, £7.50 per person, please pay to reserve your place!

This event is fully booked now. Please speak to us regarding waiting list.



### Friday 20<sup>th</sup> December:

#### **12.30-4.00 AFTERNOON TEA FOLLOWED BY CAROLS,**

read your favourite Christmas poem on the mic,

Please reserve your place!



## 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 must cancel one or two clubs. We will keep you informed.**

## Have your say on Southwark Council's new Carer Centre

Southwark Council would like your views to help design a new Carer Centre for unpaid carers living in Southwark, aged 18+.

Unpaid carers are people who provide care for a friend, family member, or neighbour who has an illness, disability, mental health concern, or who is older and needs extra support. The new Carer Centre will be located in Southwark and will offer a range of services aiming to improve the wellbeing of unpaid carers, empower them in their caring role, and support them to access health and care services and other voluntary and community services that can offer support.

Information sessions are being held to explain the planning process for the new Carer Centre and to ask for your feedback. You can attend an **online** session on **Tuesday 3 December 2024 at 5pm**.

An online survey is also now open. If you would rather complete a paper copy of the survey, copies are available at a range of locations in Southwark, including Blackfriars Settlement.

For more information about the new Carer Centre, to sign up to an information session and/or to complete the online survey, please visit <https://engage.southwark.gov.uk/en-GB/>



### COME TO ONE'S SENSES

When life was grey  
And all seemed foggy,  
Mystery to unravel  
In all that you'd become.  
It had you clutching at straws,  
Working out your juxtaposition,  
Good boy turned,  
Or so you'd thought.

But time healed gently  
Clearing off the debris,  
Finding solace in this  
Thing we call life.  
Holding on to your essence  
The core of your beliefs,  
For everyone has their place  
To find themselves.  
To restore,  
to replenish to come to one's senses.  
(Charles Browne – Resident Poet)

### POETRY EVENING AT THE SETTLEMENT AND ON ZOOM

Last Friday of every month  
No Poetry Evening in  
LastDecember!

Friday 31<sup>st</sup> January, 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.



**We will be closed from 20<sup>th</sup> December after our Afternoon Tea  
until Monday 6<sup>th</sup> January 2025.**

**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!**

#### 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](mailto:Tina.johnston@blackfriars-settlement.org.uk) 07966 002193

Siggy: [sieglinde.cosias@blackfriars-settlement.org.uk](mailto:sieglinde.cosias@blackfriars-settlement.org.uk)

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

**BLACKFRIARS  
SETTLEMENT**

**MARY  
WARD**  
CHANGING LIVES TOGETHER

**INSPIRING  
ELEPHANT  
COMMUNITY  
FUND** 