



POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

NOVEMBER 2024 NEWSLETTER



OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p>MONDAYS 4th, 11th, 18th and 25th November</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 5th, 12th, 19th and 26th November</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 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. Lydia will visit on 12th and 26th November. Come along and give it a try.</p>
<p>WEDNESDAY 6th, 13th, 20th and 27th November</p>	<p>13:00 - 15:00</p>	<p>WEDNESDAY ART & CRAFT ACTIVITY AND SOCIAL CLUB £1.00 Come along for Art & Craft with Jenny 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 27th November!</p>

<p>THURSDAY 7th, 14th, 21st and 28th November</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>7th November:</u> visit from Southwark Archives with more historical films with Lisa</p> <p><u>14th November:</u> Afternoon with local Bankside corporate volunteers - Karaoke, Quiz/Bingo</p> <p><u>21st November:</u> Surprise Afternoon with NatWest volunteers</p> <p><u>28th November:</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 8th, 15th, 22nd and 29th November</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, a Postural Stability Instructor of over 13 years £3.00 per session 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.</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 and 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>

SUNDAYS 3rd, 17th and 24th November only	11.00 - 3.00	SUNDAY LUNCH CLUB Please book your place for a Roast Dinner and Dessert, £6.00 per person No Sunday club on 10th November and 1st December
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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

Community arts projects with the Art Academy ongoing with artist Usva. Join us to work towards an exhibition at Bankside Gallery at the end of January.

MONTHLY COFFEE MORNING WITH TINA2 AT BLACKFRIARS SETTLEMENT:

EVERY FIRST MONDAY OF THE MONTH: **4th November**

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 8th November, Thursday 14th and Thursday 28th 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 November** (1.00-3.00pm) and on **Thursday 28th November**. 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.

SUPPORT WITH YOUR TABLET OR MOBILE PHONE

Thursday 7th November from 3pm

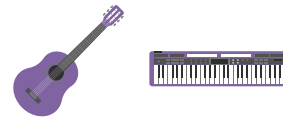
Please come along on Thursday afternoon to get help and support with your tablet or smart phone. Volunteers from Multiplex will assist you.



JAMMING SESSION at the Settlement

Friday afternoon from 4-6pm

Next sessions will be on 8th November and 29th November. Bring your own instrument, if you have one and enjoy a couple of hours of making music!



Thursday 7th November

6-8pm

Free Community Event at Tate Modern Gardens

PIE & CHAT

Our Nightingales Singing group are performing.

Hot refreshments

Please let us know if you are interested to come along!

BLACKFRIARS WANDERERS

Tuesday 12th November

Meet Pauline at 10.45am at London Bridge Station by the lift between platforms 8 and 9, take the train to Charing Cross, depending on weather visit the National Gallery and walk to Covent Garden to Shakespeare's Head Pub for refreshments.

Please let us know if you would like to join us.



Winter Warm Up at Mercato Metropolitano Elephant & Castle

42 Newington Causeway

SE1 6DR

Sunday 24th, Monday 25th and Tuesday 26th Nov

11 am - 3 pm

Mercato Metropolitano (MM) is happy to invite you to the Winter Warm Up, a 3-day event to open the festive season celebrating the joy of coming together.

During the three days, MM Community will welcome 15 elderly to our market, to enjoy delicious meals and engaging activities delivered by our community partners and friends:

Sunday 24th November:

- Classic musical dance class & singalong with Tommy Langdale (Dance works)
- Cooking class with MM chefs

Monday 25th November:

- Boxing session with Peckham A.B.C.
- Sound healing and guided meditation with Ana Indrecan

Tuesday 26th November:

- Gentle Yoga with *Finding Balance with Jasmine*
- Participatory mural art with UAL students
- Afternoon tea & bubbles.

It is possible to attend all 3 days, or simply sign up for 1 or 2.

Please let Tina or Siggy know if you are interested, and we put your name on the list. **Registered Members only!**
Only 15 places available, first come first serve!



Our Festive Activities



Friday 13th December:

MEMBERS' CHRISTMAS LUNCH WITH MUSIC AND DANCE

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

This event is for members only, priority is given to members who attend regularly

Friday 20th December:

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

read your favourite Christmas poem on the mic,

Please reserve your place!





AUTUMN LEAVES

How colourful the leaves
On the branches of trees
Yellow, red, orange, brown
They come fluttering down
As the autumn wind
Begins to blow.

What a display of leaves
Blown by wind, soaked by rain
They fall softly everywhere
Crunchy, squishy, slippery leaves
On the ground all around
A carpet of leaves.

Emma Leigh (PA member)

POETRY EVENING AT THE SETTLEMENT AND ON ZOOM

Normally on every last Friday of the
month,

Friday 29th November 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.



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.**

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** 