



POSITIVE AGEING AT BLACKFRIARS

Our Service for people 60+
APRIL 2025 NEWSLETTER



WEEKLY PROGRAMME

All activities take place at the Settlement unless otherwise stated

<p>MONDAYS 7th, 14th and 28th April No club on Easter Monday</p>	<p>13:30 - 16:30</p>	<p>FRANK'S CLUB FOR MEN Join us for darts, pool, table tennis, dominoes, friendly chats over a cup of tea. £1.00</p>
<p>TUESDAYS 1st, 8th, 15th, 22nd and 29th April</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>WEDNESDAYS 2nd, 9th, 16th, 23rd and 30th April</p>	<p>13:00 - 15:00</p>	<p>FORGET-ME-NOT CLUB A fun session to "exercise our brain and feed our memory" with Quizzes and Cross words</p>
<p>WEDNESDAYS 2nd, 9th, 16th, 23rd and 30th April</p>	<p>15:30 - 17:00</p>	<p>WEDNESDAY ART & CRAFT ACTIVITY + SOCIAL CLUB Come along for Art & Craft . Have a cup of tea, cake and a chat. £1.00</p> <p>SMILE INSIDE - SINGING FOR WELLBEING with Crystal Thoroughly enjoyable sessions for everyone. Experience the joy of singing songs from all eras together in a supportive groups. 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. £3.00 per session</p> <p>NO SESSION ON 30TH APRIL</p>

<p>THURSDAYS 3rd, 10th, 17th and 24th April</p>	<p>11:00 - 12:00</p>	<p>CHAIR-BASED EXERCISE SESSION with Tina £1.00 In the main Hall</p>
	<p>12:30 Please be on time!</p>	<p>THURSDAY LUNCH 2 Course, hot lunch (main and dessert) £6.00 per person</p>
	<p>13:30 - 15:30</p>	<p>FREE KNITTING GROUP Bring your own knitting. We have spare needles and wool. Let us know if you'd like to join.</p>
	<p>14:00 - 16:00</p>	<p>AFTERNOON PROGRAMME IN THE HALL <u>3rd April:</u> FILM AFTERNOON—The 'Hollywood Greats' are back—'Any which way you can' (1980) starring Clint Eastwood <u>10th April:</u> POETRY WORKSHOP AND CREATIVE WRITING with Kat Francois in collaboration with the Imperial War Museum <u>17th April:</u> CREATIVE WORKSHOP WITH LYNETTE (Paper Tulip making with reflection) <u>24th April:</u> OPEN MIC (1.30pm) followed by BINGO session with Prizes—hosted by POLARIS</p>
	<p>16:15 - 17:30</p>	<p>NIGHTINGALE SINGING GROUP PRACTICE Group singing session with Michael. Let us know if you'd like to join in! We always need new voices!</p>
<p>FRIDAYS 4th, 11th and 25th April</p> <p>We will be closed on Good Friday 18th April!</p>	<p>10:00 - 15:00</p>	<p>CRUSOE CLUB A special club for our visually impaired members, Referrals only.</p>
	<p>10:00 - 10:45 & 11:00 - 11:45</p>	<p>STRENGTH & BALANCE EXERCISE with Crystal 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. £3 (per person)</p>
	<p>11:00 - 14:00</p>	<p>FREE COMPUTER SUPPORT & DIGITAL INCLUSION DROP-IN with Gerry Help with your computer (Windows or Apple), assistance with your tablet and Mobile phone (Android or Apple), use Word, use Excel, go online.</p>

SUNDAYS

6th, 13th and 27th April

**NO CLUB ON EASTER
SUNDAY!**

**11:00 -
15:00**

SUNDAY LUNCH CLUB

Please book your place for a Roast Dinner and Dessert. Lunch is served at 1pm. **£6.50 (per person)**

OUR COFFEE MORNINGS

MONDAYS (except Easter Monday)

Darwin Court with Pauline

11:00 - 12:30

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



WEDNESDAYS

Rowland Hill House

10:30 - 12:30

Rowland Hill Community Room, Union Street Entrance, London, SE1 0LU

Community arts projects with the Art Academy ongoing with artist Usva—only during term times!

MONTHLY COFFEE MORNINGS

Every First Monday of the Month 10.30-12.30 - **7th April**

Blackfriars Settlement with Tina2

10:30 - 12:30



LOOK GOOD - FEEL GOOD

ERIKA - HAIRDRESSER

Friday 11th April and

Thursday 24th April

Please call or email us if you need an appointment.

Payments to be made directly to Erika.

MARVA - HEAD/BACK MASSAGE & NAILS

Wednesdays (13:00 - 15:00)

and on Thursday 24th April

Please book an appointment with Marva. text
07411 323 951

NIMMI - SERENDIP REFLEXOLOGY

Fridays

Please call or email us if you need an appointment.

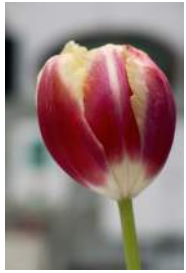
SHINNIQUE - FOOT MASSAGE & REXFLEXOLOGY

Thursdays (12pm-3pm)

Please drop in if you would like a treatment!

BE CREATIVE

Our Community arts projects with the **ART ACADEMY WITH ARTIST USVA** is starting again on April 30th and will be ongoing until 18th June, during our **Coffee Mornings at Rowland Hill House on Wednesdays from 10.30am**. Come along and join the group. All artworks from the



last exhibition are now displayed at the Settlement. Please come along and have a look!

CREATIVE WORKSHOP WITH LYNETTE

Paper tulip reflection workshop

THURSDAY 17th April 2-3.30pm



BE ACTIVE

LINE DANCING SESSIONS with Emma

Fridays 3.45-4.45pm

Last session on Friday 4th April,

Please book your place, £5.00 per session

Please let us know if you would like more session in July/August!

BLACKFRIARS WANDERERS

Next outing is on Tuesday 29th April

Please meet Pauline at the bus stop 'Lower Marsh' at 10.45am
The group is visiting the Leak Steet Tunnel to admire the Street Art and graffiti, then walk along the river and stop for coffee at the Unicorn Theatre.



JAMMING SESSION (at the Settlement)

Every other Friday afternoon from 4-6pm



Next sessions will be on 11th April and 25th April! 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 25th April 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 had a lovely afternoon celebrating St Patrick's Day with an Irish Lunch. We ended the afternoon with an Irish Sing Along with Crystal.

DATES FOR THE DIARY

PLANNED COACH TRIPS

HENLEY ON THAMES - Thursday 12th June (a few seats left)

WHITSTABLE—Thursday 10th July

CLACTON—Thursday 14th August

HERNE BAY - Friday 22nd August (for visually impaired group)



Please book your seat. £20.00 per person. We started taking payments for Henley only and will start taking money of Whitstable in May. Please be aware that you may not be able to come on every trip (depending on demand).

MENTAL HEALTH AWARENESS WEEK

This year, Mental Health Awareness Week will take place from 12 to 18 May 2025. The theme for 2025 is 'Community'. Being part of a safe, positive community is vital for our mental health and wellbeing. Please look out for special events/talks and activities on Wed 14th and Thurs 15th May together with our MHWB service.

PLANNED MENU MARCH

Menu is subject to change, all main meals served with 2 vegetables

Thursday lunch

3rd April: Pork loins or chicken thighs (jerk and herb)

New potatoes, carrots, cauliflower cheese, Baked aubergine with roasted sweet potatoes, Fruit tarts with cream

10th April: Liver (lamb) and Bacon with Mash Potatoes, carrots, greens, Ham/cheese salad with new potatoes and boiled egg, Sponge with berry compote and cream

17th April—MAUNDY THURSDAY: Sausages with Mash Potatoes, Fish, carrots, greens and creamed spinach, Vegetarian sausages, onion gravy, Ice cream trolley with fruit salad

24th April: ST GEORGE'S CELEBRATION LUNCH

Roast Beef or Roast Chicken,
Roast Potatoes, Yorkshire puddings,



Carrots and Greens, Apple pie with custard, Vegetarian/vegan option

Sunday lunches—served with Roast Potatoes, Yorkshire pudding and dessert

6th April: Roast Pork or Roast Chicken

13th April: Roast Lamb, some oven baked Salmon, some Roast Chicken legs

27th April: Roast Chicken



Our Tina2 was awarded the Southwark community Hero award for her volunteering work with Older People and was invited to Afternoon Tea by the Mayor of Southwark, Naima Ali.

Blackfriars Settlement is closed over the Easter Weekend!

We are closed from Good Friday 18th April and are back open on Tuesday 22nd April.

We wish you all a Happy Easter!



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) befriending@blackfriars-settlement.org.uk

**MARY
WARD**
CHANGING LIVES TOGETHER

**BLACKFRIARS
SETTLEMENT**

**INSPIRING
ELEPHANT
COMMUNITY
FUND**