BLACKFRIARS SETTLEMENT
CHANGING LIVES TOGETHER

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Company No: 31105
Reg. Charity No: 210558
Vat Registered No: 310 431 857



POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

NOVEMBER 2026 NEWSLETTER



OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

MONDAYS **2nd, 9th, 16th, 23rd and 30th November**	13:30 - 16:30	**FRANK'S CLUB FOR MEN £1.00** Join us for cards, pool, table tennis, dominoes, friendly chats over a cup of tea.
TUESDAYS **3rd, 10th, 17th and 24th November**	11:00 - 12:00	FREE **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.
	14:00 - 16:00	**FORGET-ME-NOT CLUB** A fun session to "exercise our brain and feed our memory" with Quizzes and Cross words
WEDNESDAY **4th, 11th, 18th and 25th November**	13:00 - 15:00	**WEDNESDAY ART & CRAFT ACTIVITY AND SOCIAL CLUB £1.00** Come along for Art & Craft Have a cup of tea, cake and a chat.
	15:30 - 17:00	**SMILE INSIDE – SINGING FOR WELLBEING with Zoe** **£3.00 per session** Highly enjoyable sessions for everyone. Free flowing song along, including spontaneous choices by members. 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!

GENTLE REMINDER:

Please don't forget to put 20p into our honesty box when making a cup of coffee/tea during our club sessions. This money goes towards buying tea bags, coffee, milk, sugar and biscuits. Thank you for your support!

THURSDAY **5th, 12th, 19th and 26th November**	11.00 - 11.45	**CHAIR-BASED EXERCISE SESSION £1.00** with Tina in the Main Hall
	12.30pm please be on time!	**THURSDAY LUNCH** 2-course hot meal (main meal and dessert) please book your place, **£6.00 per person**
	13.30 - 15.30	FREE **KNITTING GROUP** Bring your own knitting. We have some spare needles and wool. Let us know if you would like to join.
	14.00 - 16.00	**AFTERNOON PROGRAMME IN THE HALL** **5th November:** an afternoon with Drew Cameron, an award-winning **stand-up comedian and impressionist**, and Ross McCourt a **professional magician** and member of The Magic Circle funded by NATWEST **12th November: Reminiscence afternoon** with Lisa from Southwark Archives – more information on page 4 **19th November: Drama workshop** with Outside Edge Theatre Company **26th November: OPEN MIC (1.30pm)** followed by **BINGO** session
	16.15 – 17.30	**NIGHTINGALE SINGING GROUP PRACTICE** Please let us know if you are interested to join, we always need new voices!
FRIDAYS **6th 13th, 20th and 27th November**	10:00 - 15:00	**CRUSOE CLUB** A special club for the **visually impaired older people**, referrals only!
	10:00 - 10:50 and 11.00 - 11.50	**STRENGTH AND BALANCE EXERCISE** **with Crystal, a Postural Stability Instructor of over 15 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, which also include Tai Chi for balance.
	11:00 - 14:00	FREE **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 websites, create an email account, use Facebook, search for information etc.

SUNDAYS **1st, 8th, 15th, 22nd** **November only**	11.00 - 3.00	**SUNDAY LUNCH CLUB** Please book your place for a Roast Dinner and Dessert, £6.50 per person **No Sunday Lunch 29th November 2026**

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

Our COFFEE MORNING AT ROWLAND HILL HOUSE on Wednesdays is currently not going ahead, due to renovation work of the community room. We keep you updated. Our Art session with Alice will take place on Wednesday afternoons from 1pm.

FEEL GOOD – LOOK GOOD

Please let me know if you would like to book a hairdressing appointment with ERIKA or SUE. Dates to be confirmed!

MARVA, for **head/back massage and nails**, will be at the Settlement during our **Wednesday clubs in November** (1.00-3.00pm) Please book an appointment with Marva (please text 07411 323 951 – members only!)

NIMMI , our 'SERENDIP' Reflexologist', is not able to offer any sessions for the time being due to personal reasons.

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.

OUR PLANNED MENU FOR THURSDAYS AND SUNDAYS WILL BE DISPLAYED

ON THE BOARD IN THE HALL.

Please have a look and don't forget to book if you would like to join us for lunch! Thank you.

COMMUNITY ZOOM TALK FROM ROYAL COLLECTION TRUST

Every first Wednesday of the month

Wednesday 4th November

Painting in Small: Miniatures as an art form

Please join us at the Settlement to watch it on the big screen at 1.45 for a 2pm start. Come along or contact us for the zoom link.

JAMMING SESSION at the Settlement



Friday afternoon from 4-6pm

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



REMINISCENCE SESSION

Thursday 12th November from 2pm

Lisa from Southwark Archives will be showing 'The Crocodile on the Bus' (2025) which is the follow-up film to 'The Old Cow in the Kitchen' (2024) made by Lynda Waterhouse and Ludmilla Andrews. The film captures the memories of the long-term residents of the Elephant and Castle area of South London during a period of rapid re-development.

There will be also time for questions, reminiscence and sharing of photos.

BLACKFRIARS WANDERERS

Tuesday 10th November - Tate Britain Gallery

Meet Pauline at 10.45am at the C10 bus stop outside UAL London College of Communication Elephant and Castle

Tuesday 24th November – Greenwich Maritime Museum

Meet Pauline at 10.45am at the 177 bus stop at the New Cross bus station

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



Our Festive Activities

Friday 11th December:

MEMBERS' CHRISTMAS LUNCH WITH MUSIC/DANCE with DJ IAN

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. Event will end at around 5pm



Friday 18th December:

CHRISTMAS CRACKER SHOW with Terry and friends
AND AFTERNOON TEA

12.30-5.00, £5.00 per person, also solo acts by members and
Christmas songs with the Nightingales.

There is No Christmas Day Celebration Meal on Christmas Day this year!



MEMORIES

Memories are made
Every moment of our lives
Whilst moments don't last
Some memories last a lifetime
And do not fade.

Memories are made
Not only of special occasions
Like milestones and celebrations
But also of the simple
Everyday pleasures of life.

Memories are captured
In old photo albums
Windows to the past
Letting us travel to places, people
And to a time gone by.

Some memories are sad
And we would rather forget
Choose not to remember
But some memories are happy
And are treasured forever.

Emma Leigh (PA member)

"Lie or Lay.?"

It's LIE, NOT LAY,
Each time you say
"I'd like to stay
In bed all day!"

LIE is NOW,
And LIE is SOON,
Even if you
Sleep till noon.

"I LAY in bed"
Is time gone by;
And every night
In bed, you LIE!

Polly Brierley-Jones (PA member)



POETRY EVENING AT THE SETTLEMENT AND ON ZOOM

every last Friday of the month

Friday 27th November 2026 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 6.30!

The Good Blouse - by Lynette

Part One: Knit and Natter

On Wednesday morning, Maureen put her lipstick on twice. The first time, she looked like a woman who had lost an argument with a jam doughnut.

She tried again, buttoned her good blue blouse and told the mirror, "You'll do."

Her late husband Frank would have said, "Who's the lipstick for?"

"Anyone with decent eyesight, Frank."

She still did both parts of that chat now and then. It saved on conversation.

Bag check: purse, keys, knitting, tub for spare cake. Glasses? Not on the table. Not in the bag. She found them on her head, where they had been all along, enjoying the ride.

Her fingers had opinions these days, mostly in the mornings, mostly about needles. She flexed them. "Not today, thank you."

At the centre, Wednesday meant Knit and Natter in the main hall, with Art Club next door. Through the open door, Walter, a retired plumber, was frowning at his watercolour.

"It's a tree," he said.

"It's broccoli, Walter."

"Fifty years of pipes. Trees are a new field."

At the knitting table, Dorothy's hearing aid whistled like a kettle. "Is that the kettle?" asked Dorothy. "That's you, Dorothy." "Pardon?"

Then Maureen noticed a woman hovering by the door, clutching a carrier bag of wool as if it might be confiscated.

"First time?"



"Is it that obvious?"

"Only to those of us who've been there. I'm Maureen."

"Ruth. I haven't knitted since 1987. My hands have gone on strike."

"Mine are in a union. Come and sit."

Ruth sat. Maureen cast on for her. Her first row looked like a collapsed bridge.

"It's a very brave stitch," said Maureen.

Ruth laughed, then stopped, then said quietly, "I only came because my daughter told me to get out. I've not spoken to anyone since Sunday except the man at the bus stop, and he was asleep."

Nobody at the table said, "Oh, you poor thing." Dorothy simply passed her the biscuits. "Take two," she said. "It's a long scarf."

By the end of the morning, Ruth had knitted four rows, dropped two stitches and told the story of the slippers in the bread bin, which got the biggest laugh of the day.

On the way out, Walter held up his broccoli.

"Right," he said. "Christmas fair. Art Club and Knit and Natter. I've got an idea."

"God help us," said Maureen.

To be continued...

Think about it, friend: when did someone last cast on for you? And who might be hovering by a door this week, waiting for a biscuit?

How to contact the Positive Ageing team:

Office number: 0207 928 9521 option 3, or 07939 302628 - please leave a message,

Tina/Siggy: Positiveageing@blackfriars-settlement.org.uk 07966 002193

Befriending (Crystal and Nora): befriending@blackfriars-settlement.org.uk

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MARY WARD CHANGING LIVES TOGETHER

INSPIRING ELEPHANT COMMUNITY FUND