



Supporting Older People in Southwark

Southwark Pensioners Centre
305-307 Camberwell Road
London
SE5 0HQ

0207 708 4556

mail@southwarkpensioners.org.uk
www.southwarkpensioners.org.uk

Free drop-in advice service every day from 9:30am-1:00pm. Appointments for complex work outside of these hours can be booked by appointment. Southwark residents 50+ only

For non-members, the fee for some activities is £1 more than is stated.

DAY	TIME	ACTIVITY	£	RM
MON	10.00am-4.00pm	Monday Podiatrist (Monthly) (First Timers £22.50)	£22.50 £17.50	G
	9.30/10.30/11.30	1-to-1 Computer Guidance	£2	C
	10.00am-12.30pm	Art Class	n/a	M
	1.00pm-4.00pm	Computer Club	£1	C
	1.00pm-3.00pm	Goodrich Club	n/a	M
	3.30pm-5.00pm	Fortnightly Men's Club (1 week in, 1 week out)	£1	M
TUES	10.00am-11.00am	Chair-based Exercise (Session 1)	£2	M
	11.30am-12.30pm	Chair-based Exercise (Session 2)	£2	M
	11.00am-1.00pm	Pop-in Social	£1	G
	2.00pm-4.00pm	Fortnightly Local History Group (LHG)	£2	M
	2.00pm-4.00pm	Fortnightly Eye to Eye Group (No LHG)	n/a	M
WED	10.00am-12.00pm	Creative Wednesdays (papercraft, card-making, etc.)	£2	M
	10.00am-4.00pm	Computer Club	£1	C
	2.00pm-4.00pm	Welcome Singers	n/a	M
THURS	11.00am-12.00pm	Recorder Group Consort	£5	M
	11.00am-1.00pm	Pop-in Social	£0	G
	12.30pm-2.00pm	Monthly Music & Memories <i>First</i> Thursday of month	£0	M
	12.30pm-2.00pm	Monthly Midday Disco <i>Last</i> Thursday of month	£0	M
	2.00pm-3.00pm	Line Dancing	£3	M
	3.30pm-5.30pm	Monthly Film Club <i>First</i> Thursday of month	£1	M
FRI	9.30/10.30/11.30	1-to-1 Computer Guidance	£2	C
	10.00am-1.00pm	Homesearch	£0	A
	10.00am-12.00pm	SPAG Meeting (<i>First</i> Friday of each month)	£0	M
	10.00am-12.00pm	Southwark Pensioners' Forum (<i>3rd</i> Friday of month)	£0	M
	12.30pm-1.30pm	Tai-Chi / Chi Kung	£3	M
	2.00pm-3.00pm	Strength & Balance Class (Session 1) GP Referral	£0	M
	3.00pm-4.00pm	Strength & Balance Class (Session 2) GP Referral	£0	M

C [Computer Room] G [Garden Room] M [Main Room]

DATE	UPCOMING EVENTS
Friday 11/01/19 10.00am - 12.00pm	SPAG: "Am I a carer? / Emergency Planning" Sharon Young Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Friday 15/01/19 9.30pm - 12.00pm	SPForum: Dementia - African / African Caribbean leaders. Invite only. Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Friday 25/01/19 10.00am onwards	Healthy Friday Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Saturday 26/01/19 11.00pm	Peckham & Nunhead Community Council Harris Academy, 112 Peckham Road, London, SE15 5DZ
Saturday 26/01/19 11.30pm - 3.00pm	Winter Warmer (Talk about ways to save on energy bills) Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Tuesday 29/01/19 6.30pm	Bermondsey & Rotherhithe Community Council Venue to be Confirmed
Thursday 31/01/19 12.30pm-2.00pm	Middy Disco Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Thursday 07/02/19 12.30pm-2.00pm	Music & Memories Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Thursday 07/02/19 12.30pm-2.00pm	Film Club: "A Matter of Life and Death (1946)" Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Friday 08/02/19 10.00am - 12.00pm	Health & Wellbeing Talk: "Ask About... Common Mental Health" Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ
Wednesday 13/02/19 6.30pm	Camberwell Community Council Theatre Peckham, 221 Havil Street, Camberwell, SE5 7SD
Friday 08/03/19 10.00am - 12.00pm	SPForum: "What would good growth look like in Camberwell? / Area Plan" Southwark Pensioners Centre, 305-307 Camberwell Road, London SE5 0HQ

50+ ADVICE SERVICE

FREE ADVICE on

Welfare benefits

Consumer issues

Housing

Employment

Energy Clinics

Benefits Clinics

Community care funds

Social loans

Debt

Transport

Homesearch

.....and much more!

Drop-in service every day from 9:30am - 1:00pm

Appointments for complex work are available outside of these hours.

Phone us or drop in for an appointment with our advisors.

Reaching out advice: first Wednesday of month at Darwin Ct, 21 Crail Row, SE17 1AD

SOUTHWARK PENSIONERS CENTRE

305-307 Camberwell Road, London, SE5 0HQ

Tel: 0207 708 4556



Supporting Older People in Southwark