

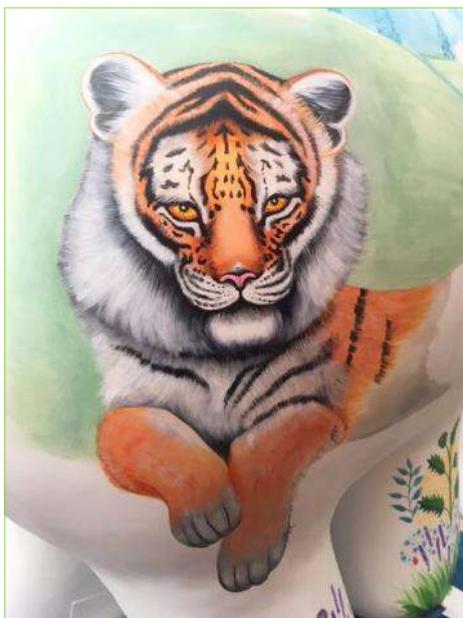
Elmer the Elephant

Thanks to support from Lendlease, we were able to connect our Creative Wednesday folk to the artist Jodie Silverman.

Members took part in creative workshops with Jodie to come up with ideas for their Elmer and wanted to represent the wide ranging choice available at the Centre and give a flavour of the vibrant borough they call home.

Jodie has painted an SPC Elmer the Elephant to be part of a trail at Elephant Park and the surrounding areas until October, when the artworks will be auctioned off to help local community causes. She was inspired by ideas from the SPC Creative Wednesday Group, who are supported by Duff and Phelps Foundation and the Mercers Company.

Thanks to the following who took part: Sylvina, Iris, Johanna, Maureen, Zainab, Jessie, Joan, Melanie and Kathy.



Programme for the day

Introduction

Councillor Charlie Smith

Chair of SPC

Mayor of Southwark 2017-2018

Keynote Speaker

Professor John Moxham

Director of Value Based Health Care

King's Health Partners Academic Health Science Centre

Topic

Reducing Health Inequalities A Call to Action!

Why We Must Focus on the Vital 5.

Chair

Councillor Dora Dixon-Fyle, MBE

Chair of SPC 2012-2015

Mayor of Southwark 2015-2016

Freeman of City of London 2015-2016

Performances from

Camberwell Recorder Players | Welcome Singers

To register and more information please contact:

SPC: cathy.deplessis@southwarkpensioners.org.uk | 0207 708 4556

Sally Lynes: 0207 733 7235 | sally.lynes@gmail.com



The Third Tony Lynes Memorial Lecture

Wednesday 30 October 2019

2:00 pm-4:30 pm

Assembly Hall

William Booth College

Champion Park, London, SE5 8BQ

Please register at the Centre

Healthy Living Forum

Saturday July 13th, we hosted a Healthy Living event at Peabody Housing Association's Darwin Court Healthy Living Centre.

The event included talks and stalls from Action on Hearing Loss, Diabetes UK, the Stroke Association and Southwark Dementia Action Alliance. It included a variety of relaxing and heart pumping activities, that is, massage, reflexology, podiatry, pedicures, mini manicures and



hand massage, chair based exercise, aqua aerobics and line dancing.

The idea for the event came from the SPC forum steering group who were keen to learn how to improve their health and try different activities and therapies.

Despite this being the first event of this type, it can definitely be considered a



success, as over 100 people attended, whether it was for the activities, the social aspect of the event or the variety of talks given.

The most popular stall was the Stroke Association's with long (seated) queues for folk to get their blood pressure checked.

Many said that they attended because they wanted to try something new, socialise and to inform themselves about services that



could help them with their health.

The event has encouraged many to go out there and be more active and social within the community, for instance, many are planning on attending the diabetes forums held at St. Peter's Church, Walworth and many were encouraged to increase the amount of exercise they are currently doing.

Thank you to you, our volunteers and partners who made it such a fantastic day!



A review of the Broadstairs day trip on 21st August



Photo by Althea Smith

“We had a very smooth, uneventful journey to Broadstairs without any hold-ups. We visited the old part of town, Bleak House and the Charles Dickens Museum.

The weather was beautiful and we listened to a musician entertain the crowds with 60s songs on a bandstand. We even found a café where they sold children-sized portions of fish and chips.

Althea was a great group leader and the driver was polite and helpful. I would recommend Broadstairs again as a summer day trip destination”.

Wendy Powell.



A national charity since 1911

Ask About... Hearing

In our series about Health and Wellbeing talks, a representative from Action On Hearing Loss will give a talk and answer any relevant questions.

There will also be an opportunity to undergo a quick hearing test at the Centre.

Please register your interest.

Friday, 20th September, 10.00am-12.00pm at SPC

Welcome Wednesday Coffee Morning Social

We welcome new members, potential new members and those who have not been to the Centre for a while.

Apologies for August, but we'll be holding the Welcome Coffee Mornings on the first Wednesday of each month in the garden room at SPC in September and October and then move to the main room from November.

You can find out more about what it's like at the Centre as well as learning more about our activities and services. You can meet the Chair of Trustees, Councillor Charlie Smith, User Group members and two of the managers, Jason and Lydia.

Weds 4th September, 10.30am to 12 noon at SPC



Vitalise: Health & Wellbeing

Day Trip to Oxford Christmas Market.

The coach tickets for this day trip are sold out.

However, if there is sufficient interest, it may be possible to hire a small second coach. If you are interested, please contact Jason.



Macular Society Monthly Meetings

The Macular Society will be holding a monthly club at the Centre from Wednesday, 30th October, from 10.00am to 12.00pm (4th Wednesday of each month) in the main room. The Macular Society is the national charity for anyone affected by central vision loss. Their 23,000

members (more than 8,000 professionals) makes them the biggest membership group in the sight loss sector. They have over 400 Macular Society support groups around the UK and beyond. They fund research so that one day we can overcome macular disease.

Macular Society

Support throughout
central vision loss

*Music
— and —
Memories*



Social Thursdays

Music and Memories	5 Sept 3 Oct	12.30pm- 2.00pm	First Thursday	SPC
Midday Disco	26 Sept 31 Oct	12.00pm- 1.30pm	Last Thursday	SPC
Line Dancing	5 12 19 Sept 3 10 17 Oct	2.00pm- 3.00pm	First 3 Thursdays	SPC
Tea dance	26 Sept 24 Oct	2.00pm- 4.30pm	4th Thursday	WAC*

* Waterloo Action Centre, 14 Baylis Road, SE1 7AA Jean Leclerc: 07944775556

Vitalise: Health & Wellbeing



Lunch?

African Caribbean and South Asian Wellbeing Survey

My name is Eleanor van den Heuvel and I've been working in ageing research at Brunel University for over 20 years. One of our most important study areas has been investigating what helps people to age well and to live well as they age. We have been working on a project to find out what is important for maintaining a good quality of life for older people with memory

problems and their carers. Unfortunately the views of the African Caribbean and South Asian communities were not really heard in that project which means that the support and services currently on offer may be inappropriate or difficult to use.

I would like to speak to the experts, people from the African Caribbean and South Asian communities with memory problems and family carers to try to understand the issues. We have a questionnaire based interview with questions about your background and your life at the moment to try to discover what factors are important in living well. The interview takes around an hour and I can come to you.

If you would like to find out more, please ring me, Eleanor on 01895 266921 leaving a message and a phone number and I will get back to you.

I am also holding a lunch on at the Southwark Pensioners' Centre. Please come along and meet me and find out more. Please register at SPC.

Wednesday, 11th September from 12.30pm to 1.45pm (free) at SPC

Creative Age

Creative Wednesdays

Jewellery making classes begin

Wednesday 4th September to 23rd October

10.00am to 11.30am. £2 per session, £4 non members

Film Club: 'Mary Poppins Returns'

Thursday, 5th September

3.30pm-5.30pm £1 members, £3 non-members



Southwark Stories

Thanks to support from Mercers, Southwark Pensioners' Centre will be working with Theatre Peckham on a project called 'Southwark Stories'. Over the coming weeks, Jan from Theatre Peckham will visit particular groups to hear your stories and develop the project.

She will also hold two open story sessions:

Dates to be confirmed are as follows:

Wednesday 18th September from 12.30pm to 1.45pm at SPC

Wednesday 2nd Oct from 12.30 to 1.45pm at SPC

Goodbye and Hello

Last month, we were sad that our Deputy Director, Kay Kelleher, and Trustee, Linda Edwards, had left the Centre. We wish them all the very best and thank them for all that they have done for Pensioners.

We welcome new Finance and Business Officer, Kafayat Ayinde, interim Outreach Coordinator, Serena Dyett and two new volunteers, Rose and Nette.

Vacancy: Temporary admin worker

1. Strong admin, computer, internet and Microsoft office skills?
2. Good experience in using and maintaining customer relationship systems?
3. Used to office management tasks, centre management and dealing with health and safety and repairs and maintenance?
4. Experienced in dealing with GDPR administration requirements?
5. Some experience in accounting and finance?

SPC is seeking a temporary administrator in the Business and Finance Support team to support the running, maintenance and administration of the centre, its activities and its membership.

If you are interested, please download the job description from our website. Please then apply by sending your CV and a cover letter explaining how you meet the requirements of the role and the person specification.

Please note if appointed, you will be required to complete an application form and any offer will be subject to the usual satisfactory checks.

Job Type: Part-time, 21 hours, temporary till March 31st 2020
The salary: £19,000 - £19,500 pro rata

Questions? Please contact Giovanna finance@southwarkpensioners.org.uk
Closing date: 20th Sep 2019

Beginners recorder group

Free taster sessions

Thursday Oct 3rd and 10th - 9.30-10.30am at SPC

6 week course from October 24th 2019, £30
(subject to interest) - Thursdays 9.30-10.30am

All abilities welcome. For details call Jason [020 7708 4556](tel:02077084556)



One in 5 - For members every two months

Our mission is to provide dynamic services and activities run by older people for older people, promoting good health and wellbeing, active citizenship and lifelong learning.

Membership fees: Individual - £12. Affiliated groups - £50

SPC is a Registered Charity (299416) and a Limited Company (2161913).

Address: 305-307 Camberwell Road, SE5 0HQ Telephone: 0207 708 4556

info@southwarkpensioners.org.uk

Website: www.southwarkpensioners.org.uk

<https://www.facebook.com/SouthwarkPensioners>

<https://twitter.com/SwarkPensioners>





Supporting Older People in Southwark

Southwark Pensioners Centre
305-307 Camberwell Road
London, SE5 0HQ
0207 708 4556

info@southwarkpensioners.org.uk
www.southwarkpensioners.org.uk
Open Weekdays 9.30am-4.00pm

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

For non-members, activity fees are now plus £2 from 1st April 2019

Day	Time	Activity	£ member/non-member
Mon	10.00am-4.00pm	Monday Podiatrist (Monthly) (First Timers £22.50)	£22.50 £17.50
	9.30/10.30/11.30	1-to-1 Computer Guidance	£2/4
	10.00am-12.30pm	Art Class	n/a
	1.00pm-4.00pm	Computer Club	£1/3
	1.00pm-3.00pm	Goodrich Club	n/a
	3.30pm-5.00pm	Fortnightly Men's Club (sightseeing once a month)	£1/3
Tues	10.00am-11.00am	Chair-based Exercise (Session 1)	£2/4
	11.30am-12.30pm	Chair-based Exercise (Session 2)	£2/4
	11.00am-1.00pm	Pop-in Social	£1/3
	2.00pm-4.00pm	Fortnightly Local History Group (LHG)	£2
	2.00pm-4.00pm	Fortnightly Eye to Eye Group (No LHG)	n/a
Weds	10.00pm-12.00pm	Creative Wednesdays (By registration)	£2/4
	10.00am-4.00pm	Computer Club	£1/3
	2.00pm-4.00pm	Welcome Singers	n/a
Thurs	11.00am-12.00pm	Camberwell Recorder Players	£5
	11.00am-1.00pm	Pop-in Social	£0
	12.30pm-2.00pm	Monthly Music & Memories <u>First</u> Thursday of month	£0
	12.15pm-1.45pm	Monthly Midday Disco <u>Last</u> Thursday of month	£0
	2.00pm-3.00pm	Line Dancing (Only <u>First 3</u> Thursdays of month)	£3/5
	3.30pm-5.30pm	Monthly Film Club <u>First</u> Thursday of month	£1/3
Fri	9.30/10.30/11.30	1-to-1 Computer Guidance	£2/4
	10.00am-1.00pm	Homesearch	£0
	10.00am-12.00pm	Spag Meeting (<u>First</u> Friday of each month)	£0
	12.30am-4pm	Feel Good Friday (Healthy Food Social / Therapy)	}£3/5
	12.30pm-1.30pm	Tai-Chi - Chi Kung / Yoga / Breathing	
	2.00pm-3.00pm	Strength & Balance Class (Session 1) GP Referral	£0£0
	3.00pm-4.00pm	Strength & Balance Class (Session 2) GP Referral	

Date	Upcoming Events
Sat 31/08/19 12.00pm-21.00pm	Camberwell Fair Camberwell Green, SE5 7BU
Wed 04/09/19 10.30am-12.00pm	Welcome Coffee Morning Social Southwark Pensioners Centre, 305-307 Camberwell Rd, SE5 0HQ
Thurs 05/09/19 Thurs 03/10/19	Music & Memories 12.30-2pm / Film Club 3.30-5.30pm Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ
Weds 11/09/19 12.30pm-1.45pm	Dementia Awareness lunch: African Caribbean & S. Asian elders Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ
Fri 20/09/19 10am-12.00pm	Action for Hearing Loss Talk Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ
Thurs 26/09/19 Thurs 31/10/19	Monthly Midday Disco 12pm-1.30pm Southwark Pensioners Centre, 305-307 Camberwell Rd, SE5 0HQ
Weds 02/10/19 10.30am-12.00pm	Welcome Coffee Morning Social Southwark Pensioners Centre, 305-307 Camberwell Rd, SE5 0HQ
Thurs 24/10/19	SPC staff development day - new three year plan (Office run by Trustees and volunteers)
Weds 30/10/19 10.00am-12.00pm	New! Macular Society Club (4th Wednesday) Southwark Pensioners Centre, 305-307 Camberwell Rd, London
Weds 30/10/19 2pm-4.30pm	Third Tony Lynes Memorial Lecture William Booth College, Champion Park, SE5 8BQ
Last week in November 2019	User group, volunteers, staff, trustees development day (Date and location to be confirmed—office closed)
Last week in January 2020	General members meeting—development day (Date and location to be confirmed—office closed)



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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: 10.00am-12.00pm

First Wednesday of the month: Darwin Court, 21 Crail Row, SE17 1AD

Southwark Pensioners Centre

305-307 Camberwell Road, London, SE5 0HQ

Tel: 0207 708 4556 info@southwarkpensioners.org.uk