



Christmas party 2019

A happy time was had by all who attended, with food, dancing and great company preparing everyone to celebrate this special time of year. Please do fill out satisfaction survey sheets at the Centre so that we can learn from this year's party and improve it even more for next year.

Thank you very much to all the staff and volunteers at William Booth College and Southwark Pensioners' Centre who planned and prepared the event, warmly welcoming guests on the day.

A special thank you too, to Barbara and Nikita who undertook the detailed work to bring it all off and to our local business community who donated a wide range of gifts for the raffle. We hope you enjoyed a peaceful and happy Christmas and wish you all the very best for 2020.

The Joy of Giving

Somehow, not only for Christmas,
But all the long year through,
The joy that you give to others
Is the joy that comes back to you;

And the more you spend in blessing
The poor and lonely and sad,
The more of your heart's possessing
Returns to make you glad.

John Greenleaf Whittier



Monica's Adventures!

Having an electric wheelchair, which is essential for me to get around, makes every outing an adventure as the challenges on any journey can never be predicted.

When I had to transfer to a wheelchair from my mobility scooter because of my (very rare and progressive neurological condition Primary Orthostatic Tremor), I realised I could now access buses. I was rather diffident about doing so, but following a Transport for London (TfL) meeting organised by Southwark Pensioners Centre (SPC) I learned that TfL could provide me with training. Subsequently a TfL staff member came 3 times to my home and took me out on buses, advising me how to get on and off, which involves a

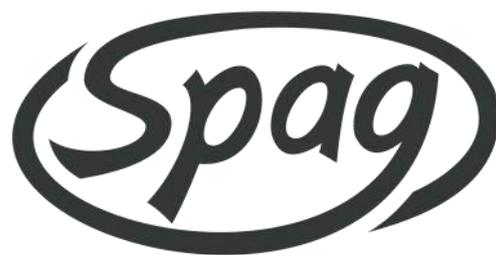
360 degree turn, plus 90% ! I then went to a stationary bus parked behind the Old Kent Road Tesco to practice getting on and off. (The off duty bus drivers who were on their break were very amused and made bawdy comments!)

Some months later I was invited to another training session at Camberwell bus garage where, much to my consternation, I discovered I was helping to train the bus drivers!! I was most impressed by what the drivers had already been told: that wheelchair users may already have had a difficult start to their day - struggling with washing, dressing, eating – and therefore already stressed by the time they arrived at the bus stop, not knowing what to expect.

Later, a TfL staff member, Michael Barrett, whom I met at a local Residents' meeting, invited me to visit a local project to assess accessibility. Managers of the project were there and witnessed the hazards I encountered: unable to reach buttons designed to enable pedestrian access, unable to mount the pavement because there was no ramp, difficult sideways slopes (because wheelchair wheels turn automatically and land one in the street!), steps, pavement obstacles such as signs. Michael asked the project managers to consider how their mothers could have coped with these problems!! I've done this work with projects in the Blackfriars area and around Lambeth North station.

I really enjoy being involved in these (ad)ventures, knowing that the consequent improvements that are made as a result of my input will assist many others with disabilities as well as parents with children in buggies and pedestrians generally.

Monica M Humphries, SPC and SPAG member,
November 2019



Christmas party 2019



Awesome Wisdom

SPAG local election hustings

Representatives from the Conservatives, Labour and the Green Party pitched their Parties' manifesto promises to an audience of 30 people. It was a lively debate with the audience robustly challenging the policies put to them. SPAG hope it helped guests shape their voting decisions.



We know now that all three Southwark MPS, Harriet Harman, Helen Hayes and Neil Coyle were returned to Parliament. We congratulate them on their re-election and look forward to working with them.

Mental health and wellbeing in Southwark Forum

Farrah Hart, Public Health Consultant, Southwark Council, kindly came and talked to the Forum about work in Southwark to help people have good mental health and wellbeing. The World Health Organisation definition is as follows:

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."



Feeling good

1. Happiness
2. Optimism
3. Satisfaction with life

Functioning well

1. Meaning and purpose
2. Sense of control over your life
3. Self acceptance / self worth
4. Personal growth
5. Positive relationships

Physical wellbeing

1. Fitness
2. Strength and mobility
3. Vitality

Social wellbeing

1. Social capital and community connectedness
2. Environmental
3. Financial
4. Occupational

Mental wellbeing

1. Feeling good
2. Functioning well

Mental wellbeing consists of two main aspects: feeling good and functioning well:

Our physical, social and mental wellbeing is interrelated: each impacts upon the other: 80% of Southwark adults are estimated to be 'thriving': of the remaining 20%, 1/5 will be in treatment for mental illness.



Southwark Pensioners' Centre along with others in Southwark plays its part in supporting you to thrive and as the action plan rolls out, we will learn more about how we can support or refer those who need mental health wellbeing help.

Vitalise: Health & Wellbeing



Christmas lunch at The Sun

The Sun of Camberwell laid on a seasonal three course meal and drinks for SPC members as part of their support to older people in the local community. They seemed to enjoy it and once again we would like to thank The Sun for their generosity.



Eye to Eye Group at The Tiger



T · I · G · E · R
of Camberwell

Thank you to The Tiger pub for serving a beautiful festive meal for the Eye to Eye Group.



The Macular Society will be holding a series of information sessions at the Centre in 2020, planned for the fourth Wednesday of each month.

No Matter What

BIG ENERGY SAVING WEEK...

Big Energy Saving Week starts on Monday 20 January 2020. It is a national campaign to help people cut their energy bills and get all the financial support they are entitled to and the SPC 50+ Advice team are here to help and will be out in the community that week.

We all have the power to save energy, money and the environment through everyday actions. The campaign raises public awareness of how simple changes such as switching energy supplier or tariff, accessing discounts or grants, and making homes more energy efficient can make a big difference

Get advice on energy, debt and benefits from the 50+ Advice team at SPC.

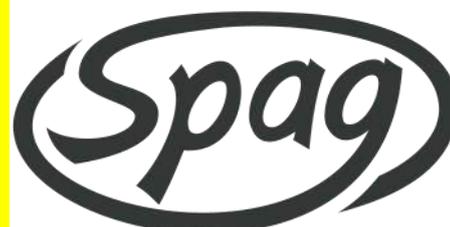
Supporting sustainable adult social care
Have your say on amendments to the Fairer Contributions Policy

Friday January 10th 2020

9.45am for 10am

Southwark Pensioners' Centre

George Roscoe, Service Manager, LB Southwark



Winter flu risk — had your flu jab?



Hundreds of thousands of people could have their Christmas ruined by flu, say England's top doctors, who are predicting a rise in cases.

They say the flu season has started early this year, with lots of the virus circulating. GP consultations for flu-like illness were up by a quarter to nearly 7,500 visits in the week ending 8 December. Experts are urging anyone who has not yet had their flu vaccine to get immunised.

Grandparents visiting their grandchildren could be particularly at risk, they say. Children are "super-spreaders" of flu and the over-65s are one of the "at-risk" groups that can develop health complications, such as pneumonia, if they catch it.

Free NHS flu vaccines are available for people who are: aged 65 or over, pregnant, living with certain medical conditions, in care homes, caring for an elderly or disabled person whose welfare may be at risk if they fall ill.

While more over-65s have had a free flu jab than this time last year, coverage among two- to three-year-olds is lagging behind previous seasons, following delays in delivery of the nasal flu vaccine. The delays have now been resolved but some school programmes will not take place now until January.

Public Health England and the NHS are urging parents of at-risk children to contact their GP instead to get the vaccine this side of Christmas to help stop the virus spreading.

NHS national medical director Prof Stephen Powis said: "Our message is simple: the flu season is here, get your jab now. It might be the difference between a Christmas to remember and one to forget."

Public Health England's Prof Yvonne Doyle said: "No-one wants to see their children suffering with flu - far from a common cold, flu can have serious consequences for young children and those with underlying medical conditions.

"There's still a week before Christmas, parents of two- to three-year-olds or those with underlying medical conditions should not delay, get your children vaccinated as soon as possible."

Cold or flu?

- 1. The symptoms are similar but flu is usually more severe**
- 2. Flu symptoms come on quicker, within a few hours**
- 3. Flu affects more than just your nose and throat**
- 4. Flu is exhausting and makes you too unwell to carry on as normal**
- 5. For most people, flu lasts for just a few days and gets better after some rest at home.**

To reduce the risk of spreading flu:

- 1. use tissues to trap germs when you cough or sneeze**
- 2. wash your hands often with warm water and soap**
- 3. bin used tissues as quickly as possible**
- 4. Current evidence shows vaccinations available this year are well matched to the main strain of flu circulating.**

Vitalise: Health & Wellbeing

Thank you !

Once again, our local business community very kindly donated a wide range of gifts for the Christmas party raffle. They support you every year and we are very grateful and do not take them for granted. We hope to build our work with the business community in the coming year.



Arments Pie & Mash
Caravaggio
Co-op Food
Daily Goods
The Duchie
easyGym
Fourways Pharmacy

Heart in Art Workshops
Lumberjack Cafe
Millwall FC
Morrisons
Nando's
Picture House
Ridgeway Pharmacy

Tesco
The Tiger
Vineyard
Waitrose
Friends and members of
SPC

Creative Age



Creative Wednesday

Folk have really enjoyed the latest series of workshops for Creative Wednesday learning new forms of creative expression from candle making to mosaics.



Theatre Peckham

Jan Sharkey, of Theatre Peckham, visited different groups at the Centre eight times to learn more about their Southwark Stories and develop a performance proposal on dancing and relationships for an intergenerational show in July 2020. We are excited about the prospects and look forward to taking these ideas forward in 2020!



Vitalise: Health & Wellbeing

Royal Grosvenor Hotel, Weston-Super-Mare (Monday 15/06/20 4 nights HB)



We are in the process of organizing the Holidays for 2020. The option of staying here will depend on the number of people Interested. Please be aware that prices are **subject to change.**

2 full day excursions £285 pp with single occupancy supplement.
Approximate travel 3 hrs 30 mins (155 miles)
Please register your interest at reception.

Social Thursdays



Music and Memories	2 Jan 6 Feb	12.30pm-2.00pm	First Thursday	SPC
Midday Disco	30 Jan 27 Feb	12.00pm-1.30pm	Last Thursday	SPC
Line Dancing	2 9 16 Jan 6 13 20 Feb	2.00pm-3.00pm	First 3 Thursdays	SPC
Tea dance*	23 Jan 24 Feb	2.00pm-4.30pm	4th Thursday	WAC*

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

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.

April to March Annual 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

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

