

POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

NEWSLETTER AUGUST & SEPTEMBER 2021

Dear members

We hope you are all well. Please see below our planned activities for August and September.

Although the government have lifted some restrictions today, they are still advising caution. With this in mind, we have decided to keep in place our covid rules for everyone using our buildings until at least the Autumn term. Therefore, you will need to continue to:

- ✓ Wear a face covering whilst moving around the building.
- ✓ Maintain social distancing.
- ✓ Use the hand sanitisers and one-way system around the building.

We will review this in September for the start of the Autumn term.

Refreshments (Tea/coffee/biscuits) are offered during all our sessions; please put a small donation in our 'honesty box'.

Please still book your place for Thursday lunch and Sunday lunch for catering purposes.

Please also note that our Positive Ageing services are closed the w/c 23rd August, Monday 30th August (Summer Bank holiday) and Tuesday 14th September (Staff Meeting).

Our contact details:

Office number: 0207 928 9521 please leave a message

Tina: 07966 002 193 (Monday, Wednesday-Friday)

Tina.johnston@blackfriars-settlement.org.uk

Eileen: Eileen.dacey@blackfriars-settlement.org.uk (Monday-Thursday)

Siggy: Sieglinde.cosias@blackfriars-settlement.org.uk (Monday, Wednesday-Friday)



Our weekly programme in August and September

<p style="text-align: center;">MONDAYS 2nd, 9th, 16th August 6th, 13th, 20th and 27th September</p>	11:00-12:30	<p style="text-align: center;">COFFEE MORNING At Darwin Court Coffee Shop, 1 Crail Row, Walworth, London SE17 1AD</p>
	13:30-16:30	<p style="text-align: center;">FRANK'S CLUB FOR MEN at the Settlement Gentlemen, why not join us for darts, pool, table tennis, friendly chats over a cup of tea and much more. £1.00</p>
<p style="text-align: center;">TUESDAYS 3rd, 10th, 17th and 31st August 7th, 14th, 21st and 28th September</p>	11:00-12:00	<p style="text-align: center;">QUIZ ZOOM with HANDS-ON LONDON Volunteers Please contact us for the zoom link</p>
	14:00-16:00	<div style="position: relative; height: 40px;"> FREE <p style="text-align: center;">FORGET-ME-NOT CLUB at the Settlement A fun session to “exercise our brain and feed our memory with our volunteer Charlie. Please note there will be no session on 14th September!</p> </div>
<p style="text-align: center;">WEDNESDAYS 4th, 11th, 18th August, 1st, 8th, 15th, 22nd and 29th September</p>	13:30-15:30	<p style="text-align: center;">WEDNESDAY ART AND CRAFT ACTIVITY SOCIAL CLUB at the Settlement</p> <p><i>‘Art washes away from the soul the dust of everyday life!’</i> (Pablo Picasso) Arts and Crafts with Jenny, massage, manicure and pedicure with Marva (please book) and lots more. We are asking for £1.00 towards the club and sometimes contributions towards art material.</p>
<p style="text-align: center;">WEDNESDAYS 11th, 18th August on zoom 8th, 15th, 22nd and 29th September in-person</p>	15:30-17:00	<p style="text-align: center;">SMILE INSIDE – SINGING FOR COPD AND MENTAL WELLBEING with Julia on ZOOM in August</p> <p>Please contact us for the link. In-person at the Settlement from 8th September</p> <p>£3.00 per session, free for Southwark residents from 8th September, please fill in an enrolment form</p>

<p>THURSDAYS 19th August 2nd, 9th, 16th, 23rd and 30th September</p>	11.00-12.00	<p>CHAIR BASED YOGA SESSION with Jenny in the Main Hall</p>
	12.30-14.00	<p>THURSDAY LUNCH 2-course hot meal (main meal and dessert, meat and vegetarian option) please book your place, limited spaces £5.50 per person</p>
	13.30-15.30	<p>FREE KNITTING and SEWING GROUP at the Settlement Bring your own knitting. We have some spare needles and wool. Our sewing group can do alterations for a donation. Let us know if you would like to join.</p>
	14.00-16.00	<p>AFTERNOON PROGRAMME at the Settlement IN THE HALL (SEE NEXT PAGE)</p>
	16.15-17.00	<p>NIGHTINGALE SINGING GROUP PRACTICE</p>
<p>FRIDAYS</p>	10:00-15:00	<p>CRUSOE CLUB at the Settlement A special club for the visually impaired older people, referrals only!</p>
	10:00-10:45	<p>ZOOM STRENGTH AND BALANCE EXERCISE 6th August, 20th August and 3rd September £3.00 per session</p>
	11.00-11.45	<p>STRENGTH AND BALANCE EXERCISE In-person session at the Settlement with Crystal 6th August, 20th August and 3rd September £3.00 per session, from 10th September free for Southwark residents, please fill in an enrolment form</p>
	12:30-15:30	<p>FREE Computer support sessions Digital inclusion drop-in at the Settlement In our IT Room 6th, 13th and 20th August 3rd, 10th, 17th and 24th September</p>

<p>SUNDAYS 1st, 8th, 15th and 22nd August 5th, 12th, 19th and 26th September</p>	<p>11.00- 3.00</p>	<p>SUNDAY LUNCH CLUB at the Settlement Please book your place for a Roast Dinner and Dessert We serve lunch at 1pm. Please arrive on time! £6.00 per person</p>
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OUR THURSDAY Programme: 2-4pm

- **Thursday 19th August:** Prize and Cash Bingo afternoon
- **Thursday 2nd September:** Afternoon of planning for the months ahead, chit chat and cake
- **Thursday 9th September:** Film Afternoon
- **Thursday 16th September:** Prize and Cash Bingo afternoon
- **Thursday 30th September:** Activity to be confirmed



PLANNED OUTINGS:

Thursday 5th August: Coach trip to Broadstairs

Thursday 12th August: Coach trip to Eastbourne

£15.00 per person, all fully booked now. All members booked, please be at the Settlement at 8.30/8.45am for a cup of tea/coffee and an on-time departure at 9.00am

HOLIDAY TO PAIGNTON

Monday 6th September 5 days (4 nights) Half Board

at **Torbay Court Hotel**, entertainment and excursions £319.00.

Bookings closed now. All members booked for the holiday, please be at the Settlement at 8.30am for an on-time departure.

ERIKA, our hair dresser will be at the Settlement on the following dates:
Friday 6th August, Friday 13th August, Thursday 23rd September and Friday 24th September. Please call or email us if you need an appointment.

MARVA, for head/back massage and nails will be at the Settlement on all Wednesdays (1.30-3.30pm) during our Wednesday clubs in August and September and on Thursday 30th September (1.30-3.30pm).
Please book an appointment with Marva.

SHINNIQUE, for reflexology, will be at the Settlement every Thursday from 12.30pm.
Please note that these services are only available for you if you have joined the **membership (£10.00 until end of 2021)**

HAPPY FEET - every first Monday of the month, starting 2nd August TOENAIL CUTTING SERVICE at Blackfriars Settlement as part of Ageing Well Hub Southwark

About the service

Age UK Lewisham and Southwark provides a not-for-profit toenail-cutting service called Happy Feet. This means our charges only cover our costs for running the service.

Our staff are trained to a standard set by Southwark Foot Health Service in agreement with Age UK Lewisham and Southwark.

Who can use the service?

Please be aware that certain medical conditions and medications may affect your foot health and result in you needing a specialist foot care service.

If any of the following apply, please contact the NHS Foot Health Service in Southwark: 020 3049 7900 or Lewisham: 020 3049 1860 to register for an assessment of your foot health.

- Take warfarin
- Take steroid-based medication

If none of the above applies, please contact us to make an appointment.

How much is the service?

At the clinic: first appointment £24.50, thereafter £19.50

Clippers: free with your first appointment

Nail files: £2

Fingernail cutting: available for an extra £4.50

Where do I have to go?

The Happy Feet service is available at local venues that can easily be reached by public transport.

We are always looking for new venues where we can deliver the service. If you are interested in hosting the service, please call 020 7358 4077.

If you would like to make an appointment or need further information, please contact us on

020 7358 4077

happyfeet@ageuklands.org.uk

FREE DIGITAL AWARENESS WORKSHOP together with LinkAge facilitated by



every Wednesday at 1pm for 6 weeks starting Wednesday 4th August

Presentation for 1 hour in the hall followed by practical time in the IT suite. Refreshments are available.



The following topics will be covered:

- ✓ **Staying Safe online**
- ✓ **Managing emails**
- ✓ **Using the Internet**



Could you please let Tina or Siggy know if you are interested.

FREE CERAMIC WORKSHOP with **CREATE** ARTS ORG.UK
CHARITY OF THE YEAR 2020

Every Wednesday afternoons 1-3.30pm starting Wednesday 15th September for 6 weeks

Theme of the workshop is based around nature and natural forms incorporating elements.

All materials provided. Please let Tina or Siggy know if you are interested to join us.



LAMENT FOR THE PAST – WARTIME LAMENT

I want to be back in the 1940's, where everything made sense.

Where a florin wasn't foreign, and a "bob" was just twelve pence.

A sovereign now just means the Queen, and not a golden quid –

But farthings wouldn't stretch too far, no matter what you did!

We'd sling our (gas)masks round our necks, as we went to school –

But never had to use them; though Hitler was no fool.

He tried his best to frighten us with threats of poison gas,

(Unlike the covid viruses, that threatened us en mass).

But Hitler's bombs were not enough, they could have killed us dead,

So we sheltered in our shelters, while the planes flew overhead.

We've been locked down in our own homes, and could not hug a friend –

Will the vaccines ever, quite, bring this to an end?

Polly Brierley-Jones (PA member)