



Link Age Southwark

Communities supporting older people

Link Age Southwark Activity Groups for Southwark residents over 60

www.linkagesouthwark.org

Call us on 020 8299 2623!

Link Age Southwark runs a range of friendly activity groups which welcome new members. To find out more about any of them, or to join a group, please contact us on **020 8299 2623** – **we would love to hear from you!** You are guaranteed a warm welcome!

1. **Yoga Monday afternoon, fortnightly, SE22**

This popular low-key exercise group meets fortnightly to enjoy yoga-inspired chair-based exercise with an experienced instructor. Participants always like to meet for tea, biscuits and a catch-up just before the session starts.

2. **Men's Group Monday afternoon, monthly, SE5**

This group meets monthly in a local pub. Topics of conversation are wide-ranging and many members like to reminisce about times past; some like to play a game of dominoes or cards.

3. **Singing Group Tuesday morning, weekly, SE22**

This group brings together singers of all levels on a weekly basis. The tutor accommodates all tastes - anyone who likes music is welcome to attend and no previous experience is necessary!

4. **Lunch Group Tuesday, fortnightly, SE21**

This group meets once a fortnight for lunch and a lively catch-up at a pub in SE21.

5. **Craft Group Tuesday afternoon, weekly, SE17**

Attendees at this friendly group enjoy tea, informal chat, quizzes and arts and crafts.

6. **Gentle Exercise Group, Tuesday afternoon, fortnightly, SE15**

This group meets fortnightly at Jack Jones House, to enjoy gentle exercises which are tailored to people's abilities. Whether you want to do something energetic or something with a slower tone, it is all catered for.

7. **Abbeyfield Reminiscence Wednesday morning, weekly, SE24**

Members of this weekly reminiscence group take it in turns to tell their stories of old. It is a friendly group, which brings together people from different backgrounds with experiences to tell and memories to share.

8. Golden Oldies *Wednesday morning, weekly, SE15*

Gentle chair-based exercise 2 out of 3 weeks (two weeks on, one week off), with an experienced tutor. On non-exercise weeks other activities take place including: quizzes, speakers and arts & crafts. A very sociable group, with refreshments at all sessions.

9. Kingswood Estate Reminiscence Group *SE21 Wednesday afternoon, weekly, SE21*

The group meets weekly for social interaction and to reminisce on their chosen topics.

10. D'Eynsford House Exercise Group, *Wednesday afternoon, fortnightly, SE5*

This group meets fortnightly for gentle exercise.

11. Kingswood Estate Drop-in *Thursday morning, fortnightly, SE21*

This drop-in group meets in a local community centre. The group offers a great opportunity to socialise over refreshments whilst enjoying a quiz and raffle. The group also welcomes speakers and performers from special events organised on the estate.

12. Bridge Group *Thursday afternoon, fortnightly, SE22*

This group meets fortnightly and welcomes players from beginners to experts. The sessions are run by two volunteers, both skilled bridge players, who help participants who are new to the game or who require extra support. Tea and coffee are served between games.

13. Gentle Exercise Group, *Thursday afternoon, fortnightly, SE15*

This group meets fortnightly at Harry Lambourn House, to enjoy gentle exercises which are tailored to people's abilities, so if you want to do something energetic or something with a slower tone, it's all catered for.

14. Silver Trees *Thursday afternoon, weekly, SE15*

This social group meets every Thursday afternoon in Peckham. Sessions alternate between gentle chair-based exercise one week, and arts & crafts the following week. Both activities are led by experienced tutors.

15. Gentle Exercise Group, *Friday morning, weekly, SE22*

This lively group meets fortnightly for an hour of chair-based exercise with an experienced and upbeat tutor. It's a popular and sociable group that is always keen to welcome new members. Every other week they run a coffee morning in between the exercise weeks.

16. Paxton Green Drop-in *Friday afternoon, fortnightly, SE21*

Participants come together fortnightly at Paxton Green Surgery to enjoy some lively chat and socialising – with refreshments, of course!

17. Computer Group *Term-time only at local schools – check with the office*

During term-time, Link Age Southwark teams up with schools in Southwark to share the computer skills of local young people with older people who are eager to improve their IT

skills. Each attendee is matched with a pupil, who helps them in a friendly, informal atmosphere. Popular themes include email and the Internet, digital photography, computer basics, and more!

All of our groups are for anyone over the age of 60 to attend. However we have three groups, listed below, specifically for people of any age who are living independently with mild-moderate dementia:

18. Reading Group *Tuesday afternoon, fortnightly, SE22*

This lovely group meets fortnightly in a library. We discuss short stories and extracts from books and poems. This group is specifically for people with dementia, and participants do not have to read to attend and enjoy the group.

19. Peer Social Group *Thursday afternoon, fortnightly, SE22*

This group meets fortnightly in East Dulwich and is specifically for people in the early stages of dementia. Discussion changes from week to week usually around a central theme. Refreshments are provided.

20. Family Carers Dementia Group *Monday Afternoon, monthly, SE24*

This friendly group meets monthly and is specifically for people who care for a family member who has dementia. Discussions change from week to week, and speakers are invited to talk about topics of interest. Refreshments are provided.

If you are interested in an activity that isn't listed here, please let us know – we are always happy to start new groups where there is demand.

If you are a volunteer with a particular interest or skill you could share with a group then please do contact us on 020 8299 2623 or info@linkagesouthwark.org