

**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 morning, fortnightly, SE5

This group meets fortnightly 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. Camberwell Activity group, Monday afternoon, fortnightly, SE5

Mixed activity group including poetry, gentle exercise, reminiscence, singing and quizzes. Open to people with dementia or without, and carers welcome to come along too.

4. 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!

5. Lunch Group Tuesday, fortnightly, SE21

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

6. King Charles Court Yoga Group Tuesday afternoon, weekly, SE17

Attendees at this friendly group enjoy informal chat and chair-based yoga with an experienced tutor.

7. Jack Jones House Gentle Exercise Group, Tuesday afternoon, weekly, SE15

This group meets weekly 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.

8. 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.

9. 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.

10. Bermondsey Mission Exercise group *Wednesday afternoon, weekly, SE1*

This friendly group meets weekly to enjoy gentle exercises that are tailored to people's abilities.

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

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

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

This group meets weekly for gentle exercise.

13. 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.

14. Bridge Group *Thursday afternoon, twice monthly, SE22*

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

15. Harry Lamborn House Gentle Exercise Group, *Thursday afternoon, weekly, SE15*

This group meets weekly at Harry Lamborn House. Gentle exercises are tailored to people's abilities, so whether you want to do something energetic or something with a slower tone, it's all catered for.

16. 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.

17. 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.

18. 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!

19. 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:

20. 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.

21. 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 each week is around a central theme, with various interactive activities. Refreshments are provided.

22. Musical Memories Group Wednesday afternoon, weekly, SE15

This group meets weekly in Nunhead. We sing, play instruments, dance if you like, and have some well deserved fun. Participants do not have to sing to enjoy the group. This group is for people in all stages of their memory condition. Older people without dementia are also welcome. 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