



Link Age Southwark

Communities supporting older people

Link Age Southwark run a range of friendly social and activity groups for Southwark residents over the age of 60. We welcome new members and our groups are suitable for a range of abilities. Please contact us on 020 8299 2623 if you would like to find out more – we would love to hear from you!

EXERCISE GROUPS

Yoga Group

Every week, Monday afternoon, SE22

This popular exercise group meets weekly to enjoy chair-based yoga with an experienced tutor. Group members meet for tea, biscuits and a catch-up before the session starts.

King Charles Yoga Group

Every week, Tuesday afternoon, SE17

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

Jack Jones Gentle Exercise Group

Every week, Tuesday afternoon, SE15

This group meets weekly to enjoy gentle exercises tailored to people's abilities. Catering for those wanting something energetic, as well as those wanting something slower paced.

Golden Oldies

Every week, Wednesday morning, SE15

Gentle chair-based exercise two out of three 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.

Seated Dance

Every week, Wednesday morning, SE15

This is a creative seated dance class and all are welcome! A form of gentle exercise.

Bermondsey Mission Exercise Group

Every week, Wednesday afternoon, SE1

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

D'Eynsford House Exercise group

Every week, Wednesday afternoon, SE5

This group meets weekly for gentle exercise.

Harry Lamborn House Gentle Exercise Group

Every week, Thursday afternoon, SE15

This group meets weekly to enjoy gentle exercises tailored to people's abilities. Whether you want something energetic or slower paced, it is all catered for!

Silver Trees

Every week, Thursday afternoon, SE15

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

Gentle Exercise Group

Every week, Friday morning, SE22

This lively group meets every week 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.

SOCIAL GROUPS

Men's Group

Every fortnight, Monday morning, 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.

Camberwell Activity Group

Every fortnight, Monday afternoon, 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.

Singing Group

Every week, Tuesday morning, 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!

Lunch Group

Every fortnight, Tuesday afternoon, SE21

This group meets once a fortnight at a pub in SE21. Group members enjoy catching up over a pub lunch.

Abbeyfield Reminiscence

Every week, Wednesday morning, 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.

Kingswood Reminiscence Group

Every week, Wednesday afternoon, SE21

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

Kingswood Drop-In

Every fortnight, Thursday morning, 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 homemade cakes.

Stay and Play

Monthly on the first Thursday of the month, SE1 (close to Old Kent Road)

This social group runs alongside a Parent and Toddler group and provides an opportunity to interact, both with the parents and children and with other older people.

Bridge Group

Every fortnight, Thursday afternoon, SE22

This group meets fortnightly and welcomes players of all levels. The sessions are run by four volunteers, all skilled bridge players, who help participants new to the game or needing extra support. Tea, coffee and biscuits are served between games.

Paxton Green Drop-In

Every fortnight, Friday afternoon, SE21

This friendly group, which brings together people from different backgrounds, meets fortnightly for art activities, quizzes and discussions. Refreshments are provided.

COMPUTER GROUPS

Term time only. More information available from the office.

During school term time Link Age Southwark teams up with schools in Southwark to provide computer classes. School pupils share their computer skills with older people who are eager to improve their use of IT. Each attendee is matched with a pupil who helps them in a friendly, informal atmosphere. Popular themes include email, the internet, photography and more!

DEMENTIA SERVICES

Alongside our groups for older people, Link Age Southwark also runs groups for people of any age living with mild-moderate dementia.

Carers Group

Every month, Monday afternoon, SE21

This group is for people caring for or supporting people with dementia and is run in collaboration with the Alzheimer's Society.

Reading Group

Every fortnight, Tuesday afternoon, 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.

Musical Memories

Every week, Wednesday afternoon, 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 at all stages of their memory condition. Older people without dementia are also welcome. Refreshments are provided.

Peer Social Group

Every fortnight, Thursday afternoon, 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.