

We would like to take this opportunity to give warm wishes to all our clients this season, and a healthy and happy 2020.

	Monday 23rd December	Tuesday 24th December	Wednesday 25th December (Bank Holiday)	Thursday 26th December (Bank Holiday)	Friday 27th December	Monday 30th December	Tuesday 31st December	Wednesday 1st January (Bank Holiday)	Thursday 2nd January
Community House, Bromley *	9:00 – 17:00 <i>Including Clip It Clinic</i>	CLOSED	CLOSED	CLOSED	CLOSED	9:00 – 13:00 <i>Including Clip It clinic</i>	CLOSED	CLOSED	9:00 -17:00
Sherard Road, Eltham	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9:00 -17:00
Garden Rooms, Chislehurst	9:00 – 16:00	9:00-13:30	CLOSED	CLOSED	CLOSED	9:00-16:00	9:00-13:30	CLOSED	9:00 -16:00
Time Court, Charlton	9:00 – 17:00	9:00-13:30	CLOSED	CLOSED	9:00-17:00	9:00-17:00	9:00-13:30	CLOSED	9:00 -17:00
Men in Sheds – Eltham and Penge	Closes on Thursday 19 th December and reopens at 10am on Tuesday 7 th January 2020								
Men in Sheds Woolwich	Closed on Wednesday 18 th December and reopens at 10am on Tuesday 7 th January 2020								

* Community House includes Help at Home Services

Take Home and Settle and the Sitting Service

Take Home and Settle and the Sitting Service will be available for referrals as usual using the contact numbers available to referrers.

See further pages for other services....

Dementia Hub

Memory Lane Café: Last café will be Friday 6th December then none until the café re-opens on January 10th 2020.

There will be no **Memory Mates Meeting** at the South Street café in December but it will be meeting again as usual on Tuesday 28th Jan. 10 – 11.30.

No **Dementia Friends** session being held at Community House in December but restarts again in January. (17th Jan 3-4pm).

Singing with Friends Choir: Last Wednesday will be 11th December 2-3.30 pm then the first one in the New Year will be Wednesday 8th January 2020.

Befriending Hubs and Walks

	Last Meeting of December	First Hub of 2020
Community House in Bromley	16 th December 10-12	6 th January 2020 10am-12noon
Sherard Road in Eltham	16 th December 2pm – 4pm	3 rd February 2pm – 4pm
Time Court in Charlton	12 th December, 2pm-4pm	13 th February, 2pm-4pm
Garden Rooms in Chislehurst	19 th December 2019 3.15pm-5pm	9 th January 2020 3.15pm-5pm
Cotmendene Centre in Orpington	18 th December 2019 10am-12noon	8 th January 2020 10am-12noon
Kelsey Park Walk in Beckenham	3 rd December 2019 10am-12noon	7 th January 2020 10am - 12noon

Adult Carers

December Carers Forum 4th December from 2:30pm to 4:30pm

Long Term Health Conditions – January 2020, 8 week courses

Penge Library – Tuesday 14th January from 11am to 12.30pm

Orpington Village hall – Wednesday 15th January from 11am to 12.30pm

Each programme runs consecutively every week for the period of eight weeks and are open to any Bromley resident living with a physical long-term condition.

Free IT Courses

Beginners and Improvers IT Classes start in Bromley on Wednesday 15th January 2020 and in Eltham on Friday 17th January 2020. See the website for details and to register.

Exercise Classes

Burnt Ash Lane: The last exercise class held at St. Andrews Church will be Wednesday 27th November 2019 and Class will resume on Wednesday 8th January 2020.

Zumba Gold : The last class at Sherard Road will be held on Tuesday 10th December and will resume on Tuesday 7th January at 2pm.