



**From all of the team here at Yalding
we would like to wish you a very
merry Christmas & a prosperous
healthy New Year!**



IMPROVING LATER LIFE FOR OLDER PEOPLE

Christmas Contact List

Useful Numbers

National Grid
0800404090

Southwark Council
0207 525 5000

Southwark Social Services
0207 525 3324

Southwark Police Station
Non emergency 101

Age UK Advice Line
0800169 2081

Southwark Pensioners
0207 708 4556

People Care at Christmas
0203 355 2619

Blackfriars Settlement
0207 9289521

Samaritans
116 123

Emergencies

If you need the fire brigade, police or Ambulance in an emergency always dial 999 .

NHS

For non emergencies dial 111.

Hospitals

Lewisham hospital:
0208 333 3000

Guy's and St Thomas hospital:
020 7188 7188

Age UK Services

From the 22nd of December, the Yalding Centre will be closed. If you need to contact the Age UK information and advice team over the Christmas period, please note that they will be based at our Stone's End offices. The address for Stone's End is:

Stones End Day Centre
Scovell Road
London
SE1 1QQ

Contact Number

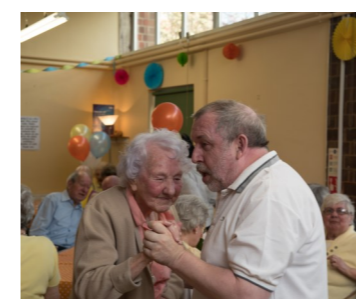
0207 358 4052



Hands on London



Valentine's Party



Eileen & Graham



Noel & Eva
At the RAF Museum

Yalding Healthy Living Centre

There is an old Yalding legend that says 'the season of Christmas doesn't start until the last leaf falls from the large oak and frost across the window creep'. It doesn't seem that we will be waiting for those events to occur before we get into the swing of the season.

With the date of the Christmas party set for Friday the 15th December and the tickets being printed we can already hear the clinking of glasses. This year's theme is an Enchanted Masquerade Ball, tickets go on sale as of **Monday 20th November** so don't delay as there are limited seats available.

But no need to save all your excitement until then there will be plenty on offer to keep you ticking over until the 15th and for those who can't make it to the party there will be lots to do to remind you just how much you are a part of the Yalding community. For more information about events and dates please check inside.

From Monday 25th we will be closed for the Christmas period and for those not spending this time with family or friends we recommend that you enter into this period prepared. This you can do by ensuring that you have an adequate supply of food, preferably easily prepared and enough medication to cover you over the festive period in case the weather turns and you are unable to venture out. Get somebodies telephone number and keep in touch with each other. We have also provided a useful selection of numbers that may come in handy during this time.

We would like to congratulate Connor Lambourne, Project Manager from Wilmoth Dixon Interiors who won the 2017 Trainee Challenge. He went above and beyond our expectations in the works that were carried out and he has left a lasting legacy that will benefit the Yalding members and wider community for years to come.

Lastly we have a new member of the team called Chuck, please ensure that you give a warm Yalding welcome to the team!



Easter Party



WDI Trainee Challenge

What's happening every week this November at Yalding

Monday

10.00 - 11.00 a.m. Line Dancing class
 11.00 a.m. - 12.00 p.m. Seated Exercise
 1.30 - 2.30 p.m. Tai Chi
 2.15 - 3.45 p.m. Bingo

20th - 10.30 Pecan - employability 50+

27th - Corporate Day with RBS

Courses at the Yalding Centre :

BTEC Level 1 in Customer Care

Starting on the 31st October 2017

Days: Tuesday and Wednesday

Time: 10.00a a.m.—3.00 p.m.

Food Safety Level 2 - 05/12/17

Tuesday

10.30 - 11.30 a.m. Yoga - Wear comfortable clothing, mats are provided
 10.30 a.m.—2.30 p.m. - Courses available - Contact centre for more details
 11.30 - 2.00 p.m. Reflexologist *
 2.00—4.00 p.m. - Afternoon Film Matinee - Members Picks
 2.00 - 4.00 p.m. - Cards and games

21st - Francis Laing Opticians - Eye tests

Wednesday

9.15 a.m. - 10.15 a.m. Swimming at Darwin Court
 1.30 p.m. - 2.30 p.m. Zumba - Cost £1.00
 2.00 - 4.00 p.m. - Pool



Computer Classes beginning at Yalding!

On Friday afternoons come to the centre if you would like support to get online. We are offering sessions that will cover the following:-

- Sign up for a email address
- Shop safely online
- Confidently fill in forms online

If you are interested or would like more information please speak to a member of staff.

Thursday

11.00 a.m. - 12.00 p.m. Senior Aerobics
 From 10.00 a.m. - Manicure and Massage*
 10.00 a.m. - 4.00 p.m. Hairdresser available *
 2.15— 3.45 p.m. Bingo and Raffle

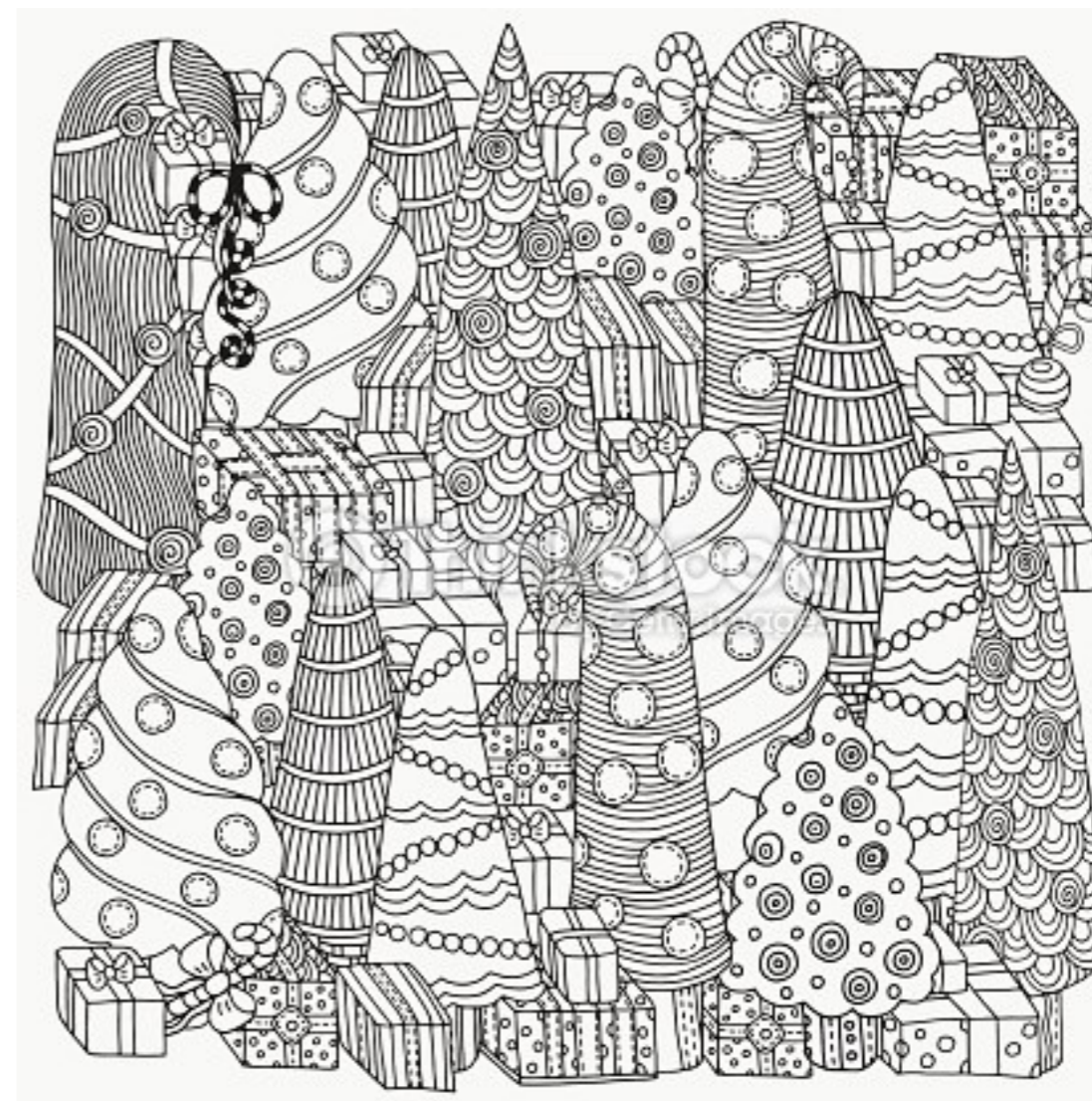
30th - Centre closed - AGM

Friday

11.30 a.m.- 12.30 p.m. - Seated Exercise
 2.15 - 3.45 p.m. - Bingo
 2.00p.m. -4.00 p.m. - Computer Class

Sunday 26th SLC Film Matinee - Churchill - 2.00 - 5.00 p.m.

Tea & Puzzles for Christmas Fun



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Coming in the New Year...

As Christmas approaches, we have a whole host of exciting activities and events to get involved with, both at Yalding and around Southwark. Whether you fancy some festive cheer, retail therapy or a creative Christmas season, there is something for everyone!

We also look forward to welcoming the New Year, and have already got some exciting projects lined up for 2018. Read on to discover what's in store...



Shopping Trip

Polhill Garden Centre 29th November

We are excited to announce that this years Christmas shopping trip is to the fantastic seasonal market at Polhill Garden Centre. Baubles and cards galore! Stock up on gifts treats and trinkets. Spaces are limited, so sign up now or let a member of staff know that you're interested. Transport cost £10 and will be leaving from Yalding to the Polhill.

HIYAH! Self Defence Training at Yalding

Get fit, feel empowered and confidently beat away the winter blues. Keep your eyes peeled for our upcoming self-defence course in partnership with Harris Academy girls school. We will be running weekly self-defence lessons for women. This will be a great opportunity to meet new people, gain new skills and become a force to be reckoned with. Girl Power!

Walking Group

Fancy meeting other people in your local area? Want to get fit and enjoy the day during winter? Keep an eye out for our walking club, with routes that start and end with a well deserved cuppa!

Sensory Session at Dulwich Picture Gallery

Tuesday 5th December 2.00 - 4.00 pm

We have a very exciting opportunity to take part in a free exclusive tour of the Dulwich Picture Gallery's permanent exhibition. Come along to experience the collection like never before, the tour is a sensory journey through it's permanent collection. Smell, touch, taste and step into the world of paintings. This is a free fun day out with complimentary refreshments. We will be organising a bus from Yalding for a small fee, so book quick to be part of this unique experience. Suitable for a group of 9. Ask Chuck for more details.

Computer Classes

Every Friday from 2pm, tech wizard Deen will be coming to Yalding to teach, you all you could ever want to know when it comes to computers and getting started. Head on down to find out more and get online!

Creative and Crafty Courses

Join Chuck for a few taster sessions exploring the creative arts. Photography, film, drawing, writing... let your creative flair fly free! We will be running small taster sessions leading up to larger scale projects in the New Year.

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10.30 a.m.—2.30 p.m. Computer Courses (*contact centre for details*)
11.30 - 2.00 p.m. Reflexologist *
2.00—4.00 p.m. - Afternoon Film Matinee - Members Picks
2.00 - 4.00 p.m. - Cards, games and Crafts

Wednesday

9.15 a.m. - 10.15 a.m. Swimming at Darwin Court (*n.b. the last session before closing for winter will be the 6th December*).
1.30 p.m. - 2.30 p.m. Zumba - Cost £1.50



Thursday

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Friday

11.30 a.m.- 12.30 p.m. - Seated Exercise
2.15 - 3.45 p.m. - Bingo
2.00 - 4.00 p.m. - Computer Class

Sunday 3rd

2.00- 5.00pm - SLC Film Matinee (*to be announced*)

Christmas at Yalding

Christmas is coming!

You can find all of the details of our Christmas events and activities on the next page.

Our theme this year is silver, red and white.

Prepare yourself, it's about to get seriously festive...

Exercise classes will finish on Friday 8th December and resume W.C 08.01.18

Your Weekly Guide to Christmas at Yalding

Monday

4th - Christmas Tree Decorating with DWP

Transform Yalding into a Winter Wonderland!

11th - Christmas Chair Quiz

Brush up on your general knowledge... the Christmas Quiz is coming!

Tuesday

5th - Carol singing and mince pies

Listen to some festive tunes and munch on a mince pie or two...

5th - Dulwich Picture Gallery Tour 2-4pm

Join us for an exclusive tour of the permanent collection, as well as free tea and treats! Not to be missed. For more information see 'Coming Up' or speak to Chuck.

12th - Present Wrapping

Are you 'snowed under' with gifts to wrap? Not to worry! Bring them in and we'll do it for you.

Wednesday

6th - Baking - 10.30 a.m. - Cost £10.00

A taste of Christmas. Come and bake some festive treats with Kat's mum, Shirley.

6th - Memories Are Made of This @ Broadway Theatre

Join us for a trip to the theatre. For more details see 'Coming Up' or speak to a member of staff.

13th - Tech and Toddy

Got some new-fangled tech that you can't get to grips with? Bring it in and we will show you how to get the most out of it... and have a hot toddy whilst you're at it.

Thursday

7th - Quiz and music

Christmas tunes and trivia galore!

14th - Wear a Christmas Jumper for Save the Children (donate £1)

Friday

8th - Mulled Wine and Bingo

Booze and Bingo... what dreams are made of!

15th - Christmas Dinner and Party - £15 - Doors open at 1.30 p.m.

Only 60 places, sign up quick for the party of the year...

22nd - Centre Closes Until the 2nd of January

Yalding Annual Christmas Dinner & Party

This year we will be holding our annual Christmas dinner and Party on Friday 15th December 2017, doors will open at 1.30 p.m.

This year we are having a Masquerade Ball for the party starting at 5.00 p.m., the cost will £15 for all day tickets and this includes your dinner with all of the trimmings, refreshments, evening buffet and entertainment. Tickets sell out fast, so come on down and celebrate with us where we guarantee that you will have a party to remember.



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Theatre Trip on 6th December.



Gallery Trip on 5th December.

Don't be alone on Christmas Day

There are several organisations within the borough that provide a home cooked Christmas Lunch on Christmas Day. As they know that some people do not have families or friends close by who they can spend Christmas Day with, some provide transport to get you there and home. Beormund cater for older people who live in the SE16 and SE1 area.

People Care at Christmas cover the entire Southwark borough. If you would like to sign up for either of these services, please contact a member of staff with your details.