



# Yalding Healthy Living Centre



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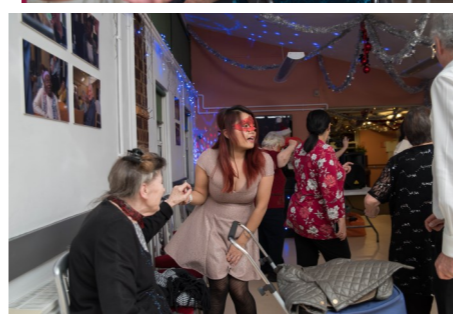
**Friday Drop In**  
10.00 a.m. - 12.30 p.m.

5	3		7			
6		1	9	5		
	9	8			6	
8			6			3
4		8	3			1
7			2			6
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		4	1	9		5
			8		7	9

**Yalding Healthy Living Centre**  
95 Southwark Park Road  
London  
SE16 3TY  
0207 237 0860  
Healthy.living@ageuklands.

[WWW.AGEUK.ORG.UK/LEWISHAMANDSOUTHWARK](http://WWW.AGEUK.ORG.UK/LEWISHAMANDSOUTHWARK)

IMPROVING LATER LIFE FOR OLDER PEOPLE



Happy New Year!

A big welcome back from all of the Yalding Healthy Living Centre team. We hope that you have a fabulous healthy year full of joy and laughter!

At the turning of the New Year, we often look back and reflect on the last 12 months. Here at Yalding, 2017 was a fantastic year, jam packed full of lovely trips, projects and parties! We would like to take this opportunity to say a big thank you to all our members, for their continued support and engagement with our centre. You're willingness to muck in is what makes the building buzz and we always value hearing your stories, opinions and feedback. We also want to say a big thank you to everyone who made our wonderful Christmas Party happen. It was an amazing night, full of delicious food, flashy dance moves and bundles of fun! A great way to end the year, and we hope to carry that energy and enthusiasm through into 2018.

Here at Yalding, we have organised a whole range of awesome activities to get your New Year off to a great start. From January onwards, we will be focusing on our 'New You, New Me' resolution, making sure that we provide activities that help keep our members fit, healthy, active and inspired. After the frivolity of the Christmas period, all of us could do with a helping hand getting back into a healthier routine, and we hope to support this through our new cooking course, exercise and dance classes. This time of year is also a great opportunity to try new things. We have a range of creative and social activities, from art classes, theatre projects, and even a valentines speed dating session to try out!

This is also a time of change, and we would like to share the news that Nikki is leaving Age UK to start a new Adventure in New Zealand! We will miss you Nikki, but we are also very excited for you. Safe travels!

The following pages outline all of the projects we have coming up, new and old. We cannot wait to see what this year brings, but we can ensure that it will be full of activities and events to keep you healthy, happy and loving later life.

## What's happening every week this January at Yalding

### Monday

10.15am - 11.15am - Line Dancing class  
 11.15am - 12.15pm - Seated Exercise  
 1.30 pm - 2.30pm - Tai Chi  
 2.15pm - 3.45pm - Bingo

### Courses at the Yalding Centre :

From January to March join one of our training courses. Improve employability, expand your skill set, meet new people, grow in confidence and get a qualification.

### Tuesday

10.30am - 11.30am - Yoga - Wear comfortable clothing, mats are provided  
 10.30am - 2.30pm - Courses available - Contact centre for more details  
 11.30am - 2.00pm - Reflexologist \*  
 2.00pm - 4.00pm - Afternoon Film Matinee - Members Picks  
 2.00pm - 4.00pm - Cards and Games

30th January—Dulwich Picture Gallery Art Class at Yalding begins

### Wednesday

10.30am - 12.20pm - Cooking Course - £5  
 1.30pm - 2.30pm - Zumba - £1.50  
 2.00pm - 4.00 pm - Strictly Come Yalding Dance Class Begins

### Thursday

11.00 am - 12.00pm - Senior Aerobics  
 From 10.00am - Manicure and Massage\*  
 10.00am - 4.00pm - Hairdresser available \*  
 2.15pm - 3.45pm - Bingo and Raffle

### Friday

11.30am - 12.30pm - Seated Exercise  
 2.15pm - 3.45pm - Bingo  
 2.00pm - 4.00pm - Computer Class



### Computer Classes 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.

**SLC Film Matinee Sunday 11th February, 2-5pm - A Dog's Purpose**

*Older, Single and Ready to Mingle?*

Join us for The

**YALDING HEALTHY LIVING CENTRE**

*Valentines Day Event!*

10am - Dance Class or Cook a meal for two!

12.30 - 1.30pm - Romantic Three Course Lunch

2 - 4pm - ♥♥ Speed Dating Event! ♥♥

Find us at:

95 SOUTHWARK PARK ROAD,  
SE16 3TY

02072370860  
healthy.living@ageukland.org.uk

*Strictly Come Yalding*

*Join us for a session of dancing,*

*meeting new people, staying fit and having fun ....*

Foxtrot, left foot, right foot or Fred Astaire & Ginger Rodgers,  
all welcome



Starting

Wednesday 31st January 2018

Time

10.30 a.m. to 11.30 a.m.

Place

Yalding Healthy Living Centre

95 Southwark Park Road, SE16 3TY



*'The child we were is always with us.'*

## STORY-SHARING PROJECT FOR YOUNG & OLD

The Unicorn Theatre, just down the road at London Bridge, is looking for local elders to take part in a six-week intergenerational story-sharing project with children from South London.

## Notice Board

### Create & Connect Drop in Art Sessions

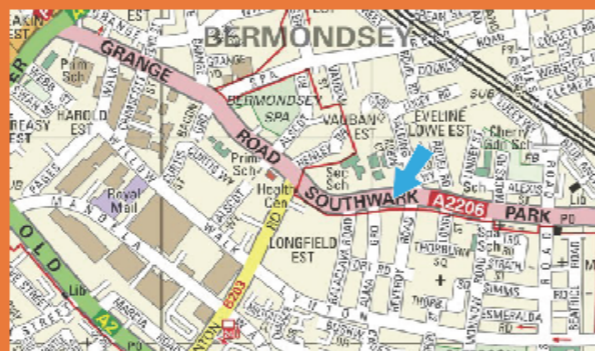
Come along and take part in our free monthly creative workshops at the Healthy Living Centre in Bermondsey. Run by artists from Dulwich Picture Gallery, our workshops are open to all but are especially adapted for older people living with early stage dementia and their families, friends and carers.



We will be getting crafty, exploring different painting and drawing techniques and using multi-sensory media. No experience is necessary. Free tea and coffee will be served during the workshops.

**DULWICH  
PICTURE  
GALLERY**

**When:** Workshops will take place the last Tuesday of the month  
**Time:** 14.00-16.00pm  
**Where:** Healthy Living Centre in Bermondsey (Yalding Centre).



If you would like to come along please do let us know

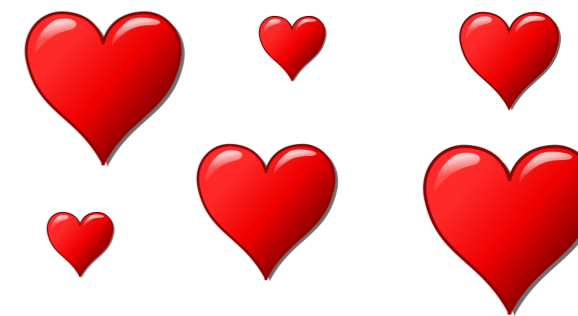
Contact at Dulwich Picture Gallery: Kelly Robinson  
k.robinson@dulwichpicturegallery.org.uk  
020 8299 8734

Contact at the Yalding Centre: Chuck Lowry  
chuck.lowry@ageuklands.org.uk  
0207 358 4078

**DULWICH  
PICTURE  
GALLERY**

The Dementia Friendly Programme is generously supported by The Band Trust

## What's happening every week this February at Yalding



### Monday

10.15am - 11.15am - Line Dancing class  
11.15am - 12.15pm - Seated Exercise  
1.30 pm - 2.30pm - Tai Chi  
2.15pm - 3.45pm - Bingo

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10.30am - 2.30pm - Courses available - Contact centre for more details  
11.30am - 2.00pm - Reflexologist \*  
2.00pm - 4.00pm - Afternoon Film Matinee - Members Picks  
2.00pm - 4.00pm - Unicorn Theatre Project (starts 27th February)  
27th February - 2.00pm-4.00pm - Dulwich Picture Gallery Art Class at Yalding

### Wednesday

10.30am - 12.20pm - Cooking Course - £5  
1.30pm - 2.30pm - Zumba - £1.50  
2.00pm - 4.00 pm - Strictly Come Yalding Dance Class

### Thursday

11.00 am - 12.00pm - Senior Aerobics  
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### Friday

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2.15pm - 3.45pm - Bingo  
2.00pm - 4.00pm - Computer Class

### Courses at the Yalding Centre:

**6th February** - Highfields Food Safety Level 2  
**7th February** - Highfields Health & Safety Level 2  
**13th February** - BTEC Level 1 certificate in Customer Service

### Valentines at Yalding

Calling all singletons!

Come on down on Wednesday 14th of February for a celebratory day of romance, fun and flirtation.

Looking for love? Come in for a dance class in the morning or rustle up a romantic meal for two.

This will be followed by a lovely lunch and an afternoon of speed dating! Kicking off at 2pm, this could be your chance to meet someone special!

*New You. New Me*

## COOKING COURSE

Every Wednesday 10:30am-12:30pm  
at the Yalding Healthy Living Centre

Treat yourself. Whether you are a newbie to the kitchen, or already a masterchef, this course is a fantastic way to develop your skills, try new recipes and enjoy tasty homemade food for one.

All of the recipes are affordable, healthy and importantly, delicious!

Each session is just £5. Contact [healthy.living@ageuklands.org.uk](mailto:healthy.living@ageuklands.org.uk)

## New Activities and News

As part of our 2018 'New Me New You' strategy, we are kick-starting the year with a plethora of exciting new projects! New activities have been highlighted in red on the previous pages, and you can read more about them all below! Whatever your goal is for 2018, get fitter, try something new, meet new people, learn a new skill, we have something for everyone. ...

### Unicorn Theatre

Sally from the Unicorn Theatre will be running workshops on Tuesdays in February and March at Yalding. This is a really exciting opportunity for **local older people** to take part in a free creative inter-generational project around the play *Beginners*.

Working with the Unicorn theatre staff and local children, you will take part in 5 to 6 fun creative workshops at the Yalding. Come along and share with us stories from your childhood holidays or other memories, and have some fun! You are welcome to bring along photos too. There is also an opportunity to watch our new theatre show *Beginners* with the children at the Unicorn Theatre for free.

#### **Workshops start on Tuesday 27<sup>th</sup> February.**

No experience necessary – just come along, pull up a chair and have a cuppa tea! The Unicorn Theatre is a leading children's theatre - based at Tooley Street in London Bridge. Ask Chuck or contact Sally for more information or to express your interest:

[sally.pembroke@unicorntheatre.com](mailto:sally.pembroke@unicorntheatre.com), or call 0207 645 0519. Sally will be visiting the Yalding now and again before workshops start to say hello and have a cup of tea and a chat!



### Dulwich Picture Gallery

We are very excited to announce that The Yalding Healthy Living Centre will be hosting a series of fantastic workshops by professional artists from the Dulwich Picture Gallery.

These monthly sessions will focus on using art making as a form of reminiscence, where creativity is used to unlock memories and build connections. Learn and develop new skills, reignite your creativity and meet new people!

We will access to anyone over 50. We would also really encourage anyone who is living with or affected by dementia, including family members and care givers to attend.

### Cooking Course

Made In Hackney are running a series of mouth-watering workshops at Yalding on Wednesday mornings. All of the recipes will be affordable, healthy and importantly, delicious! Whether you are a newbie to the kitchen or already a master chef, this course will develop your skills whilst trying new recipes and enjoying homemade food for one. Each session is £5.



## New Activities and News

### Strictly Come Yalding

Strictly Come Dancing has got nothing on Yalding. We're bringing the glitz, the moves and the glamour to the centre.

This year Yalding will bring you it's very own dance workshops, in a variety of styles. Every four weeks, we will be bringing in different professional dancers from a variety of genres, from foxtrot to flamenco, break dance to ballroom.

Try out a variety of styles, and show off your moves in public performances and showcases (or just use them out at one of our parties!).



### New Features:

#### Volunteer of the month!

Every month, we will give a shout out in the newsletter to someone who has clearly demonstrated generosity of time and commitment to making the centre run so smoothly. This month, our volunteer recognition goes to Sid Porth. Sid even helped out on his birthday with clearing and washing up, and has stepped up to support our lovely volunteer Ken Bedford who has unfortunately been out of action this month. Thanks for all you do Sid!

#### Inspiration of the month!

In each newsletter, we will award a member with the title of Inspiration of the Month. This title recognises those who have challenged themselves and trail-blazed the 'give everything a try at least once' mentality which we try and cultivate here at Yalding. This month's Inspiration is Stephen Dennis, otherwise known as the 'Yes Man!'. Stephen takes up every opportunity that comes his way, and in doing so has been on the TV, received free tickets to amazing art exhibitions, has become an actor for Shakespeare's Globe and has even found time to learn some delicious new recipes. Watch this space chef! Stephen, you are on an unstoppable roll. Your enthusiastic and positive approach is recognised and valued by us all.

#### Creative of the month!

We will also be celebrating the creativity of our members by highlighting some of the wonderful creative endeavours that you pursue, be it art practice or innovative ideas. This month we want to say a big thank you to Linda for your lovely colouring of the cat (above, right). It is really beautiful and skilfully done! It was too good not to share :)