

COME AND JOIN  
THE MULTI-STORY ORCHESTRA  
AT THE AGEUK LEWISHAM +  
SOUTHWARK SUMMER PARTY!



WEDNESDAY 13 JUNE 2018  
REFRESHMENTS FROM 5.30PM  
LIVE MUSIC AT 5.45PM

AT STONES END DAY CENTRE  
11 SCOVELL ROAD, SE1 1QQ

TO BOOK A PLACE PLEASE CONTACT  
INFORMATION@AGEUKLANDS.ORG.UK

MULTI-STORY.ORG.UK  
CHARITY REGISTRATION NUMBER: 1155847



### Local History and Dementia Friendly Walk

Friday 25th May from 11am - 1pm

Brunel Museum - meet at the café at 11:30am

Address: Railway Avenue, London SE16 4LF

All welcome to this gentle stroll to learn about the history of Rotherhithe and Bermondsey

For more information: 0207 735 5850

Unite with us at  
alzhemers.org.uk/DAW  
#DAW2018

Alzheimer's Society is a registered charity in England and Wales (208945); the Isle of Man (1126) and operates in Northern Ireland.



Healthy Living Manager:  
katrina.jinadu@ageuklands.org.uk

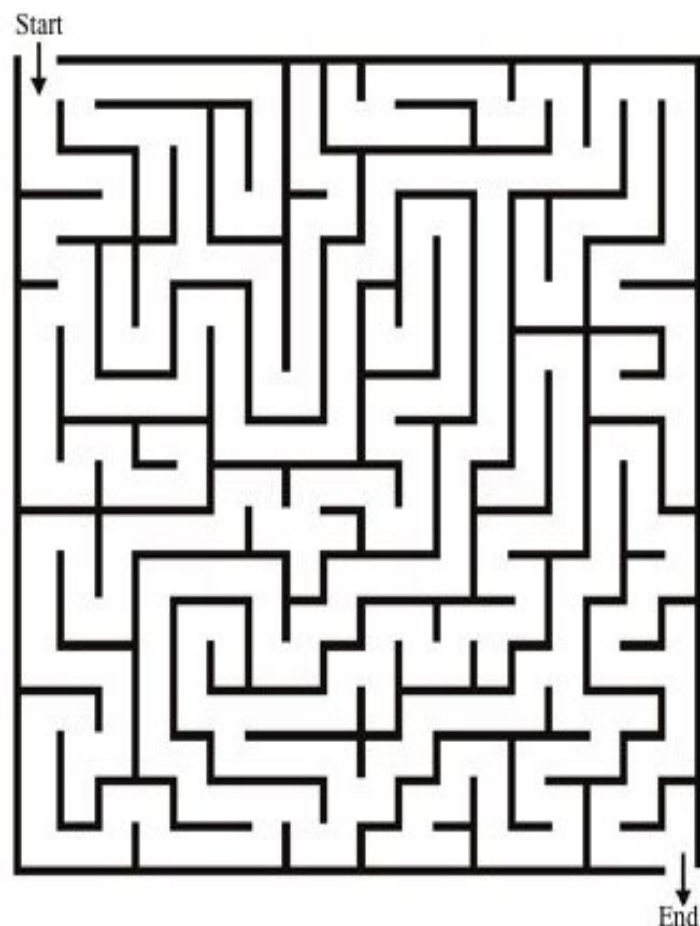
Support workers:  
kenlloyd.henry@ageuklands.org.uk  
chuck.lowry@ageuklands.org.uk

Chef:  
Kenny Kukoyi 0207 237 0860

Information & Advice  
Flutra Krasniqi - 0207 358 4072

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

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



WWW.AGEUK.ORG.UK/LEWISHAMANDSOUTHWARK

IMPROVING LATER LIFE FOR OLDER PEOPLE

May - June 2018



Stephen, Peter, Richard  
and Sid at the Natural  
History Museum



Theresa, Janet and Beattie  
painting clay with CAA



Francis performing at the  
Unicorn Theatre



Shirley and her gorgeous  
handmade pom pom

## Yalding Healthy Living Centre

May the 4th be with you, and you would have to force (see what I did there, how I laughed) yourself not to come along in the upcoming months after seeing what we have planned inside.

We have had a fantastic few months, jam packed with lots of creativity, new experiences and most importantly, fun!

There was a wide range of creative wellbeing activities, from pompom making with the **Dulwich Picture Gallery** during our regular dementia friendly art class, to performing in front of a sold out audience at the **Unicorn Theatre**.

Not to mention some fabulous trips out. Exploring the **Natural History Museum**, enjoying the **Friendship Matinee at the Royal Albert Hall** and discovering the timeless paintings of the **National Portrait Gallery**.

May started off with a **Swinging Sixties Party**, and all the dancing and Pimms meant that we started the bank holiday weekend with a well deserved lie in! We used the gorgeous pompoms created by the **Dulwich Picture Gallery** art group as decorations, and they have really brought some vibrant colour and sunshine into the centre.

Our regular exercise classes will continue to be a great way to keep active and meet new people while getting you ready for the summer. This includes our new personal training sessions with **Stephen Weil** which have been hugely popular, with changes in the participants having already been incredible after just a months worth of sessions. Lifting weights and keeping active has never been so fun.



Party ready Pom Poms with  
the Dulwich Picture Gallery



Friendship Matinee at the  
Royal Albert Hall



## What's happening every week this May/June at Yalding

### Monday

10.00am - 11.00am - Line Dancing class

10.30am - 12.00pm - Kitting (beginners welcome)

10.30 - 4.00pm - Computer Access

11.00am - 2.00pm - Personal Training with Stephen Weil

11.15am - 12.15pm - Seated Exercise

2.00pm - 3.45pm - Bingo

2.00pm - 4.00pm - Pool

**28th May- Centre Closed for Bank Holiday**

### Tuesday

10.30am - 11.30am - Yoga - Wear comfortable clothing, mats are provided

10.30 - 12.00pm - Craft Session and Board Games

10.30am - 3.00pm - Courses available - Contact centre for more details

11.30am - 2.00pm - Reflexologist \*

2.00pm - 4.00pm - Afternoon Film Matinee - Members Picks

**29th May - 10.00am - 12.15pm - Unicorn Theatre Group Round Up with Sally**

**29th May - 2.00pm-4.00pm - Dulwich Picture Gallery Art Class at Yalding**

**19th June - Private View at CAA Exhibition of Yalding Members Artwork**

**26th June - 2.00pm-4.00pm - Dulwich Picture Gallery Art Class at Yalding**

### Wednesday

10.00am- 3.00pm - Courses Available

11.00am - 12.00pm - Strength and Balance Class (accredited by the NHS)

1.30pm - 2.30pm - Zumba - £1.50

2.30pm - 4.00pm - Men's Social

**30th May - Strictly Ballroom at Piccadilly Theatre (SOLD OUT)**

**6th June - World Heart Rhythm Week**

### Other Dates for Your Diary

**21st - 27th May - Dementia Action Week**

**11th- 15th June - Carer's Week**

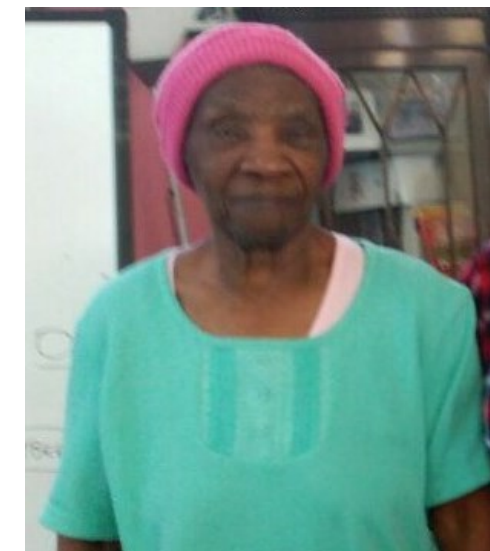
## Shout Outs!



### Volunteer of the month!

This month, we want to give a big shout out to Sue Tume, for being such a wonderful volunteer and an integral part of our Yalding community. Sue always goes the extra mile and looks out for others. Whenever we have a party, go on a trip or need a helping hand day to day, Sue always offers to help and is such a joy to work alongside. Thanks for all you do Sue, keep being you!

### Inspiration of the month!



Abigail Campbell is our inspiration this month. Abi is always such a lovely warm presence to have in the centre, and makes everyone feel welcome and connected. Abigail is always willing to try new things and get involved, and she was a key part of the storytelling workshops led by the Unicorn Theatre. Seeing her memories of sneaking out to go dancing as a teenager being performed on stage by the younger generation was truly special! Thank you Abi, for continuing to inspire us all.

### Creative of the month!



We have had many wonderful creative projects running over the last few months, and it's been lovely to see everyone get so involved. In particular, Janet Dunning has shown such passion, talent and enthusiasm for the arts on offer and has made some truly beautiful work! Well done Janet, we are so glad you came into the office that day to ask!



# YALDING HEALTHY LIVING CENTRE

PRESENTS

Free Entry

## THE YALDING SUMMER FETE

August 2018

DATE TO BE CONFIRMED



BBQ / Refreshment Stalls / Teas and Cakes / Bric and Brac / Food stalls and more to be announced

**FUN FOR ALL THE FAMILY**

For more info: 020 7237 0860  
healthy.living@ageuklands.org.uk

# 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

## What's happening every week this May/June at Yalding

### Thursday

11.00 am - 12.00pm - Senior Aerobics  
10.00am - 2.00pm - Manicure and Massage\*  
10.00am - 4.00pm - Hairdresser available \*  
10.30am - 4.00pm - Computer Access  
11.00am - 12.00pm - Senior Aerobics  
11.30am - 2.00pm - Personal training with Stephen Weil  
2.15pm - 3.45pm - Bingo and Raffle

### 7th June - Clothing Party

### Friday

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

### 18th May - Friendship Fun Day (bring a friend to lunch!)

### 25th May - Local History Walk 11am-1pm (part of Dementia Action Week)

### 8th June - Racing Day

## Home From Home

a CAA project

### EXHIBITION - PRIVATE VIEW

Join us to see the artwork created by members of the Yalding Healthy Living and Learning Centre.

on  
Tuesday 19th June at 1.45pm

The exhibition will be hosted at:

Contemporary Applied Arts  
89 Southwark Street  
London  
SE1 0HX

Contact Chuck on 0207 358 4078

## Join us for Dementia Action Week 2018



### Local History and Dementia Friendly Walk

Friday 25th May from 11am - 1pm

Brunel Museum - meet at the café at 11:30am

Address: Railway Avenue, London SE16 4LF

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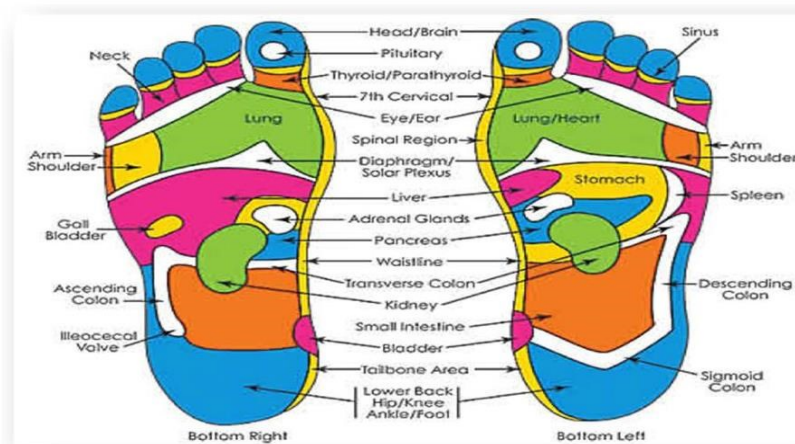
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## Reflexology



Reflexology is a therapeutic method of relieving pain by stimulating pressure points on the feet and hands, which can help to alleviate the source of discomfort. It works by promotes healing by stimulating the nerves in the body and encouraging the flow of blood.

And can be effective for promoting good health as it may be for relieving symptoms of stress, injury, and illness.

15 minutes £5.00 / 30 minutes £10.00

Every Tuesday 12-3pm @ Yalding Healthy Living Centre

Contact Shinique on: 07984583689

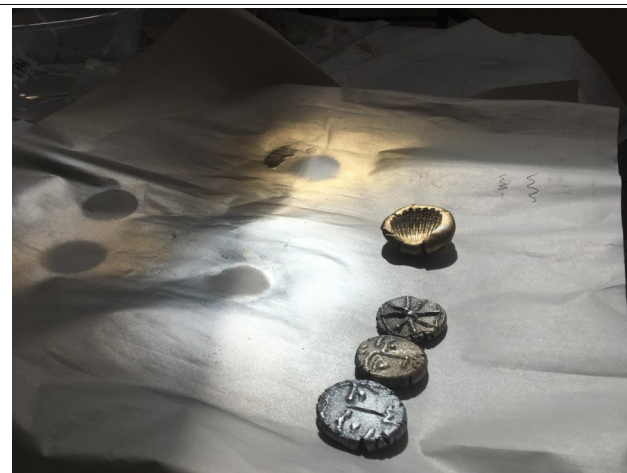


## New Activities and News

### Unicorn Theatre Group Round Up with Sally

**29th May - 10.00am - 12.15pm**

Last month our Unicorn Theatre Project culminated in a brilliant performance to a sold out audience. All of the members who took part really did themselves and Yalding proud. The performance showcased many of our members stories from childhood, and were then performed by an intergenerational cast. Sally will be coming back to the centre on 29th to have a little celebration and evaluate how you found participating in the project at every stage. This will be a great opportunity to discuss potential future storytelling projects on Tuesday afternoons. We look forward to seeing you there again.

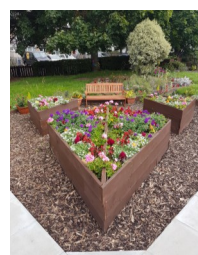


### Gardening Club Volunteers

We are still in need of members and people from our local community to join our volunteer Stephen to become gardening volunteers. Everybody is welcome to get stuck in and **green fingered** in our beautiful garden.

Prolonged light exercise, such as gardening, can burn more calories than a gym session, despite feeling much easier to do we ask for a small commitment and all abilities are welcome.

Help us to upkeep the garden and keep it blooming for every one to enjoy!



### CAA Exhibition

**19th June at 1.45pm**

Many of our members took part in the wonderful art workshop run by CAA. Using clay and objects, the group created beautiful designs and moulds. These were then painted and sent over to CAA. We will be heading over to the gallery at 89 Southwark Street SE1 0HX on Tuesday 19th June.

## New Activities and News

### Tate Exchange at Tate Modern

**15th - 19th May**

Experience a day of free events, activities, performances and artworks celebrating the creativity of older people and connecting generations through art.

This is a great opportunity to get inspiration and see some really exciting exhibitions. If you would like to attend, please let a member of staff know. There will also be a sign up sheet available nearer the time on the noticeboard.

Ask Chuck for details.

### Friendship Fun Day

**18th May**

Bring a friend to enjoy a discounted lunch on this day!

### Carers Week

**11th-15th June**

To celebrate the amazing work and unsung heroes who care for family, friends and neighbours, we will be hosting a carers coffee morning on Friday 15th. This is a great opportunity to relax, unwind and meet new people with similar experiences.



### Strictly Ballroom The Musical

**30th May at 2.30pm at the Piccadilly Theatre**

SOLD OUT. We will be leaving the centre at 1.00pm on a minibus. If you can no longer attend or have any questions, ask a member of staff.

