



SOUTH LONDON CARES

March 2019

Below is a list of our **free** Social Clubs in Southwark and Lambeth for people aged 65 and above. All our events are hosted by young people who want to meet you and hear your stories. Share your skills and learn new ones, all while making new friends in your community!

**Saturday 2nd March, 11am-1pm: Pancake Day Party - Brixton
Moorlands Community Centre, 50a Corry Drive, SW9 8QT**

Join us in Brixton for a Pancake Day Party! We'll be flipping for glory, getting creative with crepes and enjoying a morning of batter and banter. Don't forget your appetite! Emily will be running this club. Please call 0207 118 0404 to let us know you're coming.

Bus: P5, get off at Loughborough Park/Elvenden House, just off Somerleyton Road next to Coldharbour Lane. Head down the pathway with the Corry Drive sign. The venue is a 1-minute walk straight ahead, next to a small shop.

WINTER WELLBEING

Wednesday 6th March, 1.30pm-3.30pm: Winter Warmer – Elephant and Castle, Draper Hall, 1 Howell Walk, SE1 6TL

Join us for a little lunch and lots of learning at our first ever **Winter Wellbeing** event. We'll be introducing you to some brilliant people in the community, offering advice and support in areas like technology, healthcare, finances and more. This club will be run by our Winter Wellbeing team, Elyssa and Deepika, who'll be armed with plenty of information and resources just for you - so don't miss out! Please call 0207 118 0404 to attend.

Train: Elephant & Castle

Bus: 133, 155, 196, 333, 415 (get off at Newington Butts). Look for a black gate on Hampton Street (next to the Santander Bikes), on the junction of Newington Butts

Call us on 0207 118 0404 for more information.

Monday 11th March, 2.30pm-4pm: Chair Yoga – Southwark, *John Marshall Hall, Christ Church Southwark, 27 Blackfriars Road, SE1 8NY*

Join us for some light exercise and calming breathing at a yoga club that's perfect for beginners. Expect some gently stretching as well as time for a cup of tea and a chat! Olivia will be running this club. Please call 02071180404 to tell us you're coming.

Train: Southwark

Bus: 45, 338, 63 (get off at Stamford Street). Look out for a red brick church and head down the left-hand side for the church hall entrance.

**Tuesday 12th March, 11am-12.30pm: Brunch Club – Peckham
*Peckham Pelican, 92 Peckham Road, SE15 5PY***

Join your neighbours for a scrumptious brunch at the Peckham Pelican. Come along for a cup of tea, a slice of cake and some great chat in this welcoming corner of Peckham. Emily will be running this club. Please call 0207 118 0404 to tell us you're coming.

Train: Peckham Rye (10 minute walk)

Bus: 345, 12, 36, 171, 436 (get off at Peckham Road/ Southampton Way) Look out for a black shop front under Pelican House).

**Tuesday 12th March, 6.30-8pm: Quiz Club – Walworth
*Darwin Court, 1 Crail Row, Walworth, SE17 1AD***

Put your knowledge to the test and find a good use for all those facts at our monthly quiz club. Team up with your neighbours and laugh your way to victory at this evening of fun and games. Olivia will be running this club. Please call us on 0207 118 0404 to let us know you would like to come.

Train: Elephant and Castle (take the 136/343 to Balfour Street)

Bus: 136, 343 (get off at Balfour Street).

**Wednesday 13th March, 6-7.30pm: Choir – Peckham
*St James Church Hall, 45 Elm Grove, SE15 5DD***

Join your neighbours for a joyful evening of singing, with no experience necessary! **Please note**, when you arrive walk through the small gate to the left of the church on Elm Grove and look out for the door with a big shell above it – we'll be in there! Olivia will be running this club. Please call 0207 118 0404 to tell us you're coming.

Train: Peckham Rye

Bus: 12, 37, 63, 78, 197, 343, 363, P12, P13 (get off at Peckham Rye station – 3-minute walk) or 36, 136, 171, 345, 346 (get off at Peckham Library, 7 minute walk)

**Thursday 14th March, 6-8pm: World Book Day Celebration – Stockwell:
*Stockwell Centre, 1 Studley Road, SW4 6RA***

Call us on 0207 118 0404 for more information.

Come and celebrate World Book Day with your neighbours! Make your own bookmarks, create flowers from old classics, join in our literature quiz and **bring along a favourite poem to share** (if you have one!). Emily will be running this club. Please call us on 0207 118 0404 to let us know you're coming.

Train: Stockwell

Bus: 2, 50, 155, 196, 333, 345, 88, P5 (get off at Stockwell station).

Friday 15th March, 2-3.30pm: Bank of England: Past and Present – Bank

Join your neighbours for a fascinating audio-visual presentation on a brief history of the Bank of England. There's an opportunity to ask questions about what it did in the past and what it does today. **This club has limited spaces so please call us on 0207 118 0404 to put your name in our lottery.** We'll call you if you've got a place on Thursday 7th March. Olivia will be running this club.

Train: Bank

Saturday 16th March, 2.30-4:30pm: Technology Workshop – Herne Hill *Herne Hill United Church Hall, Half Moon Lane, Herne Hill, SE24 9JG*

Want to improve your confidence with your phone, tablet or laptop? Come along for a cuppa and bring your gadgets and technology-related questions with you! Olivia will be running this club. Please call us on 0207 118 0404 to let us know you would like to come.

Train: Herne Hill or North Dulwich (15 min walk)

Bus: 37 (get off at Beckwith Road)

Please note the church hall is on the corner of Half Moon Lane and Beckwith Road, and is not to be confused with the Baptist Church Hall that's close to Herne Hill train station.

Monday 18th March, 6.15-7.45pm: Script Reading – Camberwell *Camberwell Library, 48 Camberwell Green, SE5 7AL*

Try out your acting skills at our script reading club in Camberwell. This month we'll be finishing ***The Curious Incident of the Dog in the Night*** by Mark Haddon. Autistic teenager Christopher discovers the dead body of his neighbour's dog and launches his own investigation into the mystery. Take part in the play reading or just sit back and enjoy the story! Emily will be running this club. Please call 0207 118 0404 to let us know you'd like to attend.

Bus: 12, 35, 40, 42, 45, 171, 176, 185, 436, 36, 345, 484 (get off at Camberwell Green).

Call us on 0207 118 0404 for more information.

Tuesday 19th March, 2-4pm: South London Botanical Institute Workshop – Tulse Hill

South London Botanical Institute, 323 Norwood Road London, SE24 9AQ

Enjoy a tour of this South London institution including their historic library, herbarium and garden before indulging in some plant-related activities – drawing, looking at books and studying plants under microscopes. Olivia will be running this club and spaces are limited so **please call 0207 118 0404 to put your name in the hat.** Names will be drawn at random on Monday 11th March and we will only contact you if you've secured a place.

Train: Tulse Hill

Bus: 68, 196, 322, 468

Tuesday 19th March, 6.30-8pm: Jive Dance Party – West Norwood: *The British Home, Crown Lane, SW16 3JB*

Come along to learn one of the most uninhibited and joyful dances of them all – the jive! Swing dance the night away with plenty of laughter with your neighbours. People of all abilities welcome, absolutely no experience necessary! Emily will be running this club. Please let us know you're coming by giving us a call on 0207 118 0404 to let us know you're attending.

Bus: 417, 249, 468, 196 (get off at Crown Lane or Crown Point) Please note, you'll need to enter via the large door at the front of the building.

**Wednesday 20th March, 2-4pm: Technology Workshop - Vauxhall
*Vauxhall Gardens Community Centre, 5 Glasshouse Walk, SE11 5ES***

Want to improve your confidence with your phone, tablet or laptop? Come along for a cuppa and bring your gadgets and technology-related questions with you! Emily will be running this club. Please call us on 0207 118 0404 to let us know you would like to come.

Train: Vauxhall (5-minute walk)

Bus: 2, 36, 77, 87, 88, 156, 185, 196, 344, 360, 436, 452 (get off at Vauxhall Bus Station) Venue is a 5 min walk along Albert Embankment turning right onto Glasshouse Walk.

**Monday 25th March, 4pm-6pm: Men's Pub Club – Camberwell
*The Tiger, 18 Camberwell Green, Camberwell, SE5 7AA***

Men of south London, join your younger neighbours for **our men's social club** at The Tiger pub in Camberwell. Spend an afternoon enjoying a chat & a laugh over a free drink. Emily will be running this club. Please call 0207 118 0404 to tell us you're coming.

Bus: 12, 35, 40, 42, 45, 171, 176, 185, 436, 36, 345, 484 (get off at Camberwell Green)

Call us on 0207 118 0404 for more information.

Tuesday 26th March, 6:30-8pm: Desert Island Discs – Walworth
Darwin Court, 1 Crail Row, Walworth, SE17 1AD

Like the radio show of its namesake, come with a song in mind and why it's meaningful to you, or just listen and enjoy the tunes! No need to bring any records/CDs with you, just the name of the song and artist. **This month's theme is 'Dance Classics'**. Emily will be running this club. Please call 0207 118 0404 to tell us you're coming.

Train: Elephant and Castle (take the 136/343 to Balfour Street)

Bus: 136, 343 (get off at Balfour Street).

Wednesday 27th March, 2-4pm: Café & Catch Up – Streatham
Batch & Co, 54 Streatham Hill, London SW2 4RD

Catch up with your neighbours in the warm and welcoming Batch and Co Café. Grab a cuppa, a scrumptious slice of cake and catch up with your pals or make some new ones! Olivia will be running this club. **Please call us on 0207 118 0404 to let us know you're coming as spaces are limited.**

Train: Streatham Hill

Bus: 109, 133, 159, 250, 333, 417, P13 to Streatham Hill Station

Wednesday 27th March, 6-7.30pm: Choir – Peckham
St James Church Hall, 45 Elm Grove, SE15 5DD

Join your neighbours for a joyful evening of singing, with no experience necessary! **Please note**, when you arrive walk through the small gate to the left of the church on Elm Grove and look out for the door with a big shell above it – we'll be in there! Jasmin will be running this club. Call 0207 118 0404 to tell us you're coming.

Train: Peckham Rye

Bus: 12, 37, 63, 78, 197, 343, 363, P12, P13 (get off at Peckham Rye station – 3-minute walk) or 36, 136, 171, 345, 346 (get off at Peckham Library, 7 minute walk)

Thursday 28th March, 6-7:30pm: Creative Writing Club – Clapham
The Hub, Lambeth College, Clapham Centre, 45 Clapham Common South Side, London SW4 9BL

Explore poetry and short story writing (no experience necessary!) with a professional. Find your voice, stretch your imagination and have fun getting to know your neighbours. Emily will be running this club. Please call us on 0207 118 0404 as spaces are limited.

Train: Clapham Common

Bus: 29, 690 (get off at Clapham Common) 322 (get off at Clapham Common)

Walk through the glass gates and follow the corridor until you see the SLC sign

Call us on 0207 118 0404 for more information.

Sunday 31st March, 2-5pm: Film Club – Bermondsey

The Yalding Centre (AgeUK), 95 Southwark Park Road, SE16 3TY

Head to Bermondsey to watch *Leave No Trace*, the tale of a father and daughter who live a mysterious, secluded existence until a small mistake tips them off to the authorities.

Emily will be running this club. Please call 0207 118 0404 to tell us you're coming.

Train: Bermondsey (15 minute walk)

Bus: 1 (get off at Harris Academy/ Reverdy Road)

All events are free to attend and are accompanied by light refreshments. South London Cares is a community network connecting young professionals in their 20s and 30s with their older neighbours, aged over 65, for interaction and friendship.

Call us on 0207 118 0404 for more information.