



SOUTH LONDON CARES

February 2020

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 1st February 2:30-4:00pm: Chair Yoga – Herne Hill

Herne Hill United Church Hall, Half Moon Lane, Herne Hill, SE24 9JG

Join us for some light exercise and calming breathing at a yoga club that is perfect for beginners. Expect some gentle stretching as well as plenty of time for a warming cup of tea and a chat. Olivia will be running this club. Please call 0207 118 0404 to let us know if you would like to attend.

Train: Herne Hill or North Dulwich (15- minute 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 3rd February, 2-4pm: Mushroom Workshop - Strand

Discover the strange and magical world of mycelium and mushrooms as part of an exhibition called 'Edible Utopia' in this special, hands-on mushroom growing workshop. Learn about organic and sustainable food and take home your own bag of mushrooms to grow yourself! **Please call us on 0207 118 0404 to put your name in the lottery.** We will draw names at random on **Monday 27th January** and only contact you if you've got a place. Enoch will be running this club.

Tube: Temple

Call us on 0207 118 0404 for more information.

Tuesday 4th February, 6-8pm: Pub Club – Kennington
The Old Red Lion, 42 Kennington Park Road, SE11 4RS

Come on in for a refreshing drink, catch up with old pals and make some new ones at our monthly pub club. Swap stories and jokes over a tippie, and raise a glass to new friendships. Enoch will be running this club. Please let us know if you'd like to attend on 0207 118 0404, as places are limited.

Train: Kennington (2-minute walk)

Bus: 133, 415, 333, 155 (get off at Penton Place)

Wednesday 5th February, 10:30am-12pm: Ballroom & Latin Dancing – West Norwood: *The British Home, Crown Lane, SW16 3JB*

Get grooving and finesse your Ballroom and Latin steps with Vera the Diva. Expect some light exercise, plenty of fun and some new moves to show your pals. People of all abilities are welcome, absolutely no experience necessary! Olivia will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

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.

Thursday 6th February, 6-8pm: Film Club – Elephant & Castle:
Draper Hall, 1 Howell Walk, SE1 6TL

Join us for our monthly film club in Elephant and Castle where we'll be watching an animation called '*The Breadwinner*'. It tells the tale of a little girl in Afghanistan, living under the Taliban rule and working hard to support her family. Enoch will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

Train: Elephant & Castle

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

Please note the film will start 15 minutes after the start time to allow time for tea and snacks.

Call us on 0207 118 0404 for more information.

Saturday 8th February, 11:30am-1:30pm: 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! Enoch will be running this club. Call us on 0207 118 0404 to let us know if you would like to attend.

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.

Monday 10th February, 2:30pm-4:30pm: Technology Workshop– Blackfriars,

John Marshall Hall, Christ Church Southwark, 27 Blackfriars Road, SE1 8NY

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 if you would like to attend.

Train: Southwark

Bus: 40, 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 11th February, 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. Enoch will be running this club. Please call 0207 118 0404 to let us know you would like to attend.

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).

Call us on 0207 118 0404 for more information.

**Tuesday 11th February, 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 if 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 12th February, 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 there. Enoch will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

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 13th February, 2-5:30pm: West End Theatre Trip - Charing Cross

Join your neighbours as we hit the big city and venture into the West End to see a performance of '**Cyrano De Bergerac**', starring James McAvoy. Come meet your East London and North London neighbours and mingle amongst the stars.

Please call us on 0207 118 0404 to let us know if you would like to attend. **Please note that tickets are limited and will be allocated on a first call first serve basis. We'll provide the meeting point when you book in.** Olivia/Enoch will be running this club.

Train: Charing Cross

Please note: the play runs for 2 hours and 50 minutes

Call us on 0207 118 0404 for more information.

**Thursday 13th February, 6-8pm: Memory Stone Painting - Stockwell
Stockwell Centre, 1 Studley Road, SW4 6RA**

Join your neighbours for an evening of Stone Painting with Foundation Stones, a local organisation committed to encouraging others to remember and learn from the past prejudice behaviour, predominantly focusing on the Holocaust. Be part of a wider movement and paint a commemorative stone that will be placed within the foundations of the new UK Holocaust Memorial and Learning Centre. Jasmin will be running this club and we will provide the materials - no experience necessary! Please call us on 0207 118 0404 to let us know if you would like to attend.

Train: Stockwell

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

Train: Elephant & Castle

**Monday 17th February, 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 reading modern American musical called '*The 25th Annual Putnam County Spelling Bee*'. This musical comedy recounts the story of a group of American school children, battling it out at an annual spelling bee. Enoch will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend, as spaces are limited.

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

**Tuesday 18th February 6:30-8pm: Sri Lankan 'Kandyan' Dance Workshop
– Old Kent Rd:**

St. Philip's Church Hall, Avondale Square, SE1 5PD

Be transported to South Asia as we are joined by a professional *Kandyan* dancer for a thrilling evening of Sri Lankan dance! Learn some new moves, enjoy the music or just come to soak in the atmosphere. Absolutely no experience necessary! And feel free to just come along for the show if you'd rather sit back and watch over a cuppa.

Enoch will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

Bus: 21, 53, 78, 172, 453 (get off at Malt Street, go down Avondale Square and look for the building next to the church with a large red cross).

Call us on 0207 118 0404 for more information.

**Wednesday 19th February, 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! Enoch will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

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.

Friday 21st February, 2-4pm: Risograph Printing Workshop - Peckham

Join your neighbours for an amazing opportunity to share your experiences, memories and hopes for the future at an extra special workshop hosted by South London Gallery. We'll be creating a collective publication using a risograph printing process, so you'll have your own book to take home at the end of the session. **Please call us on 0207 118 0404 to put your name in the lottery.** We will draw names at random on **Friday 14th February** and only contact you if you've got a place. Olivia will be running this club.

Sunday 23rd February, 2-5pm: Film Club – Bermondsey

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

Head on over to our Bermondsey film club to watch **'Brassed Off'**. It's a comedic film which follows the story of a troubled brass band in a coal-mining village, defying all odds to save their town. Enoch will be running this club. Please call us on 0207 118 0404 to let us know you're attending.

Train: Bermondsey (15-minute walk)

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

Head down the pathway with the Corry Drive sign. The venue is a 1-minute walk straight ahead, next to a small shop.

Please note the film will start 15 minutes after the start time to allow time for tea and snacks.

Call us on 0207 118 0404 for more information.

Monday 24th February, 4-6pm: 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 sharing a chat & a laugh over a free drink. Enoch will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

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

Tuesday 25th February, 2-4pm: Garden Museum Hand Cream Workshop – Lambeth Bridge

Join your neighbours as we explore the beautiful Garden Museum and enjoy an essential oils and hand cream workshop. **Please call us on 0207 118 0404 to put your name in the lottery.** We will draw names at random on **Tuesday 18th February** and only contact you if you've got a place. Enoch will be running this club.

Tuesday 25th February, 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 'Feel Good Anthems'** Olivia will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

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

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

Wednesday 26th February 2-4pm: Streatham Stories – Streatham Hill

Streatham Space Project, Sternhold Ave, Streatham, London SW2 4PA

Grab a cuppa and a slice of cake, and join us at our new venue in Streatham. We'll be kicking the afternoon off with a couple of (relaxed) games to help get to know one another. Enoch/Olivia will be running this club. **Please call us on 0207 118 0404 to let us know if you would like to attend as spaces are limited.**

Train: Streatham Hill

Bus: 50, 133, 201, 255, 333, 417, P13 (get off at Streatham Hill Station)

Call us on 0207 118 0404 for more information.

Wednesday 26th February, 6-7:30pm: Improvisation Comedy Workshop – Peckham

St James Church Hall, 45 Elm Grove, SE15 5DD

If it's laughter that you're after, pack your quick wit and join your neighbours in having a bash at some **Improvisation Comedy**. Absolutely 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 there. Volunteer Pali will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend.

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 27th February, 6-7:30pm: Creative Writing– Clapham

The Hub, Lambeth College, Clapham Centre, 45 Clapham Common South Side, London SW4 9BL

Explore poetry, short story writing and find your voice at our Creative Writing club. Absolutely no writing experience is necessary! Volunteer Kat, and Enoch, will be running this club. Please call us on 0207 118 0404 to let us know if you would like to attend, as spaces are limited.

Train: Clapham Common

Bus: 50, 155, 249, 690 (get off at Clapham Common)

Sign in at reception and then walk through the glass gates. Follow the corridor until you see the South London Cares sign.

Call us on 0207 118 0404 for more information.