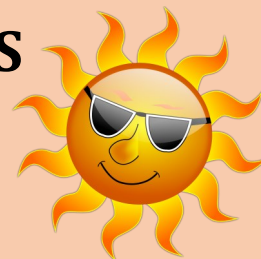




POSITIVE AGEING AT BLACKFRIARS

Our Service for people 60+

JULY 2026 NEWSLETTER



WEEKLY PROGRAMME

All our activities take place at the Settlement unless stated otherwise

MONDAYS 6th, 13th, 20th and 27th July	13:30 - 16:30	FRANK'S CLUB FOR MEN Join us for pool, table tennis, dominoes, friendly chats over a cup of tea. £1.00
TUESDAYS 7th, 14th, 21st and 28th July	11:00 - 12:00	ZOOM QUIZ with Gerry An interesting and entertaining quiz session. Join us for a laugh and a chat! You can join us online (contact us for the link) or we can connect you to the group by your phone (mobile or landline).
	14:00 - 16:00	FORGET-ME-NOT CLUB A fun session to "exercise our brain and feed our memory" with Quizzes and Cross words
WEDNESDAYS 1st, 8th, 15th, 22nd and 29th July	13:00 - 15:00	WEDNESDAY ART & CRAFT ACTIVITY with Jenny + SOCIAL CLUB Come along for Art & Craft. Have a cup of tea, cake and a chat. £1.00
	15:30 - 17:00	SMILE INSIDE - SINGING FOR WELLBEING with Zoe Highly enjoyable sessions for everyone. Free flowing sing along, including spontaneous song choices by members. Sessions are light-hearted, inclusive and most of all fun! People living with dementia and their carers are very welcome! Highly recommended for people living with COPD! £3.00 per session

THURSDAY 9th, 16th, 23rd and 30th July NO LUNCH CLUB ON 2nd JULY DUE TO ORGANISED COACH TRIP	11:00 - 12:00	CHAIR-BASED EXERCISE SESSION with Tina £1.00
	12:30 Please be on time!	THURSDAY LUNCH 2 Course, hot lunch (main and dessert) £6.00 per person
	13:30 - 15:30	FREE KNITTING GROUP Bring your own knitting. We have spare needles and wool. Let us know if you'd like to join.
	14:00 - 16:00	AFTERNOON PROGRAMME IN THE HALL <u>9th July:</u> BINGO SESSION <u>16th July:</u> REMINISCENCE SESSION on 'Games we used to play' with Lisa from Southwark Archives <u>23rd July:</u> GAMES AFTERNOON with table tennis, pool and other games <u>30th July:</u> OPEN MIC (1.30pm) followed by BINGO
	16:15 - 17:30	NIGHTINGALE SINGING GROUP PRACTICE Group singing session with Michael. Let us know if you'd like to join in! We always need new voices!
FRIDAYS 3rd, 10th, 17th, 24th and 31st July	10:00 - 15:00	CRUSOE CLUB A special club for our visually impaired members , Referrals only.
	10:00 - 11:00 & 11:00 - 12:00	STRENGTH & BALANCE EXERCISE with Crystal Keep active and stay healthy, improve confidence and reduce fear of falling, stay independent. Exercises are adapted to suit your needs – please call us to check availability if you are interested to start these sessions, which also include Tai Chi for balance. £3 (per person)
	11:00 - 14:00	FREE COMPUTER SUPPORT & DIGITAL INCLUSION DROP-IN with Gerry Help with your computer (Windows or Apple), assistance with your tablet and Mobile phone (Android or Apple), use Word, use Excel, go online.

SUNDAYS

5th, 12th and 26th July

NO SUNDAY LUNCH CLUB

ON 19th July

**11:00 -
15:00**

SUNDAY LUNCH CLUB

Please book your place for a Roast Dinner and Dessert. Lunch is served at 1pm.

£6.50 (per person)

OUR COFFEE MORNINGS



MONDAYS

Darwin Court with Pauline 11:00 - 12:30

Darwin Court Coffee Shop, 1 Crail Row, Walworth, London, SE17 AD

WEDNESDAYS

Rowland Hill House

10:30 - 12:30

Rowland Hill Community Room, Union Street Entrance, London, SE1 0LU



LOOK GOOD - FEEL GOOD

These services are only available to paying members with active memberships.

HAIRDRESSERS

SUE - Tuesday 28th July

ERIKA has a break until mid September

Please call or email us if you need an appointment. Payments to be made directly to Sue

NIMMI - SERENDIP REFLEXOLOGY

Fridays

Please call or email us if you need an appointment.

**MARVA - HEAD/BACK MASSAGE
& NAILS**

Wednesdays (13:00 - 15:00)

Please book an appointment with Marva.

Text 07411 323 951

**SHINNIQUE - FOOT MASSAGE
& REXFLEXOLOGY**

Thursdays (12pm-3pm)

Please drop in if you would like a treatment!

OUTREACH COMMUNITY HEART CLINIC VISIT

with Leoni, an advanced nurse practitioner employed by Guy's and St Thomas's and King's College hospital

Thursday 23rd July clinic will start before our lunch service

Come along for a simple heart screening check, using a stethoscope.

The aim is to improve awareness and detection of heart valve disease!

Everyone over the age of 50 welcome!



SOUTHWARK SING ALONG

‘BABY KNEES UP’ with Tom Carradine

Wednesday 29th July

2-3pm in our Hall at BFS

Let your host lead you in an traditional cockney sing-a-long, with songs from the music hall era, WWI and II, the West End stage and traditional popular songs from across the decades.

It's a good old-fashioned knees-up!

Please let us know if you would like to join us!



COMMUNITY ZOOM TALK FROM ROYAL COLLECTION TRUST

This month's topic:

***LGBTQ+ art in the
Royal Collection***

Please join us at the Settlement
to watch it on the big screen

on **Wednesday 1st July**
at 1.45pm for a 2pm start.



JAMMING SESSION (at the Settlement)



Next sessions will be on Friday 10h and 31st July!

Bring your own instrument, if you have one and enjoy a couple of hours of making music!



POETRY EVENING AT THE SETTLEMENT AND ON ZOOM— Every last Friday of the month

Friday 31st July at 7pm

Come along or contact us for the zoom link. Have your 5 minutes of freedom



COACH TRIP TO WHITSTABLE

Thursday 2nd July

please be at the Settlement by 9.00am

To leave as soon as everyone is here.

All members booked on this trip, please make sure our team has your correct emergency contact details.

DATES FOR THE DIARY

COACH TRIPS £20.00 per person

Friday 7th August: EASTBOURNE Coach trip with our visually impaired group, a few seats to book £20 per person

Thursday 13th August: RAMSGATE

Please book your place. A few seats left. £20 per person



Please note that during the visit destination/free time period, participants are responsible for their own activities, personal care, mobility, medication, belongings, and general wellbeing. Our staff and volunteers are not able to provide one-to-one supervision or personal care during the trip unless specifically agreed in advance. Participants who require additional support, supervision, mobility assistance, or personal care should attend with a family member, friend, or carer, who has to purchase a seat on the coach.

All participants are expected to take reasonable care for their own safety and to follow any safety instructions provided by the coach operator or trip organisers.

In the event of illness, accident, or emergency, we will take reasonable steps to assist, including contacting emergency services and next of kin where appropriate.

By booking and attending the trip, participants acknowledge and accept these arrangements.

GET A FREE HEALTH CHECK—VITAL 5 CHECK

Friday 14th August 2026 — 10am to 12.30pm

Come along for a health check that covers:

- Check your blood pressure
- Get your BMI assessed
- Access mental health support
- Receive stop smoking advice and guidance
- Alcohol consumption advice



WELCOME AUTUMN FAIR

(date in September will be confirmed soon)

at Blackfriars Settlement

With Tombola, Nearly New Sale and Gifts, Bric-a-Brac, etc.



Some photos of our Nightingales Singing Group,
performing at the GREAT GET TOGETHER on Saturday
20th June



PLANNED MENU in JULY - Menu is subject to change

Thursday lunches

9th July: Beef/Cheese Burgers in Bun, Fish Burger, Vegan Burgers, Home made chips, Sirup Sponge with Ice Cream

16th July: Roast Chicken Pieces, New Potatoes, Salad, Vegetarian option, Fruit salad

23rd July: Jacket Potatoes with a variety of toppings (chilli, tuna mayonnaise, cheese, cole slaw), different salads, dessert

30th July: Home-made flans (bacon and onion, broccoli and tomatoes), new potatoes, salads, dessert

Sunday lunches — served with Roast Potatoes, Yorkshire pudding and dessert

5th July: Roast Pork or Roast Chicken/Fish

12th July: Roast Chicken or Fish

26th July: Roast Beef and Roast Chicken



FAREWELL TO ANDREA, OUR DIRECTOR

By now, many of you will know that our Director, Andrea Van-Sittart, is leaving Blackfriars Settlement on 30 June.

Andrea has been a remarkable champion for Blackfriars Settlement. Throughout her time with us, she has shown exceptional dedication, leadership and commitment to supporting our staff, volunteers and members. Her focus on the wellbeing of everyone involved in the organisation has made a lasting difference.

Andrea has also played a vital role in securing funding that has helped Blackfriars Settlement continue to grow and thrive. Thanks to her expertise and determination, many of our services and activities have been able to continue and develop. She was instrumental in overseeing improvements to our facilities, including the creation of our wonderful new kitchen, which is already benefiting so many people.

Unfortunately, because our services were closed during the final week of June due to the heatwave, Andrea was unable to say goodbye to many of you in person. She would like you to know how much she has valued being part of the Blackfriars community and how grateful she is for the support, friendship and kindness she has received over the years.

On behalf of everyone at Blackfriars Settlement, we would like to thank Andrea for her hard work, dedication and many achievements. We wish her every success and happiness in the future. She will be greatly missed. We have appointed an interim Director, Anita Harris. She will meet you all soon during our club sessions.



How to contact the Positive Ageing team:

Office number: 0207 928 9521 option 3,
please leave a message.

Tina & Siggy: positiveageing@blackfriars-settlement.org.uk

Befriending-Crystal: befriending@blackfriars-settlement.org.uk

