



# SOUTH LONDON CARES

**August 2018**

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!

**Wednesday 1<sup>st</sup> August, 10:30am-12pm: Ballroom & Latin Dancing – West Norwood: *The British Home, Crown Lane, SW16 3JB***

Start the day the right way by finessing 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! Morgan will be running this club. Call us 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.

**Thursday 2<sup>nd</sup> August, 6-8pm: Film Club – Elephant & Castle  
*Draper Hall, 1 Howell Walk, SE1 6TL***

Join your neighbours at our monthly Film Club to watch ***Gravity***, where Dr. Ryan Stone and veteran astronaut Matt Kowalski's routine mission to space turns to disaster. Emily will be running this club. Please call us on 0207 118 0404 to let us know you're attending.

**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.

**Friday 3<sup>rd</sup> August, 10:30am-12pm, Ms. Cupcake Visit, Brixton**

Visit London's first entirely vegan bakery where you'll learn about the day to day running of this independent Brixton business. Emily is running this club. Space is limited to 6 spaces, so please call us on 0207 118 0404 to put your name on our lottery list.

**We'll be drawing names out of a hat on Monday 30<sup>th</sup> July.**

**Train: Brixton**

**Bus: 2, 3, 35, 45, 59, 109, 118, 133, 159, 250, 333, 355, 432, 415, 196, P4 (get off at Brixton Station)**

**Call us on 0207 118 0404 for more information.**

**Saturday 4<sup>th</sup> August, 11am-1pm: NHS 70 Years Celebration - Brixton Moorlands Community Centre, 50a Corry Drive, SW9 8QT**

Celebrate a phenomenal 70 years of the NHS with your neighbours as we applaud the hard work of healthcare professionals. Hear from NHS staff on the front line and try your knowledge at our medical themed quiz. Emily will be running this club. Please call us on 0207 118 0404 to let us know you're attending.

**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.

**Tuesday 7th August, 11am-12.30pm, Brunch Club – Peckham Peckham Pelican, 92 Peckham Road, SE15 5PY**

Join your neighbours for a spot of brunch at the Peckham Pelican. Enjoy a cup of tea, a slice of cake and some great conversation in this welcoming corner of Peckham. Morgan will be running this club. Please call us on 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 7th August, 6-8pm, Pub Club – Kennington**

***The Old Red Lion, 42 Kennington Park Road, SE11 4RS***

Cheers to new friendships! Come and spend your evening chatting with your neighbours at our monthly pub club. Soak up the cosy décor over a free drink as you swap stories and jokes with your pals. Emily will be running this club. Please let us know before the day on 0207 118 0404 if you would like to attend, as places are limited.

**Train: Kennington (2 minute walk)**

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

**Wednesday 8<sup>th</sup> August, 6-7.30pm: Choir – Peckham**

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

Join your neighbours for an uplifting 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! Morgan & Emily will be running this club, with Katie from Florence Lawrence Chorus leading the singing. 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)**

**Call us on 0207 118 0404 for more information.**

**Thursday 9<sup>th</sup> August, 3-5pm: Garden Museum Food Workshop**  
**5 Lambeth Palace Road, London, SE1 7LB**

Come along for a wander around the brilliant Garden Museum and enjoy a food workshop cooking with edible flowers. Morgan will be running this event and space is limited to 15 spaces, so please call us on 0207 118 0404 to put your name on our lottery list. **We'll be drawing names out of a hat on 2<sup>nd</sup> August**, so if you don't hear from us on that date, unfortunately you will not have secured a place.

**Train: Lambeth North (15 minute walk)**

**Bus: 3, 344, 77, 507, C10 (get off at Lambeth Palace)**

**Saturday 11<sup>th</sup> August, 2:30-5pm: South London Cares' 4<sup>th</sup> Birthday Party**  
**Walworth Methodist Church Hall, 54 Camberwell Road, SE5 0EW**

South London Cares turns 4 years old this August! We'd love for you to help us celebrate our community of older and younger neighbours at our very special **Carnival themed birthday party!** Be transported to the streets of Notting Hill and the beaches of Rio and get ready to shake your tail feathers—enjoy a jukebox disco with your favourite tunes, a raffle, and a best carnival outfit competition. Please bring a dish to share if you're able to. Call us on 0207 118 0404 to let us know you would like to come.

**Bus: 12, 35, 40, 42, 45, 68, 148, 171, 176, 468 (get off at Camberwell Road, Albany Road)**

**Monday 13<sup>th</sup> August, 2:30-4:30pm: Technology Workshop – Southwark**  
**John Marshall Hall, Christ Church Southwark, 27 Blackfriars Road, SE1 8NY**

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

**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.

**Monday 13<sup>th</sup> August, 6-8pm: Arts & Crafts: Folding Fan Decorating –**  
**Stockwell**

**Stockwell Centre, 1 Studley Road, SW4 6RA**

Stay cool and stylish and join us in Stockwell where we'll be decorating folding fans. Get arty with your neighbours and take home something truly FANtastic. Emily will be running this club. Please call us on 0207 118 0404 to let us know you would like to come.

**Train: Stockwell**

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

**Call us on 0207 118 0404 for more information.**

**Tuesday 14<sup>th</sup> August, 6:30-8pm: Quiz Club – Walworth**  
***Darwin Court, 1 Crail Row, Walworth, SE17 1AD***

Put your knowledge to the test and flex 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. Morgan 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 15<sup>th</sup> August, 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.

**Thursday 16<sup>th</sup> August, 6-8pm: Migration Museum Workshop – Elephant & Castle**

***Draper Hall, 1 Howell Walk, SE1 6TL***

Come for a special workshop with the fantastic Migration Museum. Learn about the country's fascinating relationship with migration and share your stories with your neighbours which could contribute to an exhibition at the museum itself! Emily will be running this club. Please call us on 0207 118 0404 to let us know you would like to come.

**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.

**Friday 17<sup>th</sup> August, 2-4pm: Botanical Walk – Ruskin Park**

Get close to the local wildlife on this gentle walk around Ruskin Park where we'll find out about the delights hiding right on our doorstep. Expect an hour of walking. Emily will be running this event and space is limited to 15 spaces, so please call us put your name on our lottery list. **We'll be drawing names out of a hat on 9<sup>th</sup> August**, so if you don't hear from us on that date, unfortunately you will not have secured a place.

**Bus: 42, 68, 468 (get off at Champion Hill)**

**Call us on 0207 118 0404 for more information.**

**Saturday 18<sup>th</sup> August, 2:30-4:30pm: Chair Yoga – Herne Hill**

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

Join us for some gentle exercise and calming breathing at our yoga club that's perfect for beginners. Expect some light stretching as well as the chance for a cup of tea and a chat of course! Morgan 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 20<sup>th</sup> August, 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 starting *An Inspector Calls* by J.B. Priestley. The unsuspecting Birling family are visited by the strange Inspector Goole to investigate the death of Eva Smith in this classic 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).**

**Tuesday 21<sup>st</sup> August, 6:30-8pm: Street Dancing – Old Kent Road**

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

Get bopping and popping with your neighbours as you get into the groove at our street dancing workshop. Impress your pals with your new moves, with no experience necessary! Bring some fun-loving spirit and the experts will help you do the rest. Emily will be running this club. Please call 0207 118 0404 to let us know you'd 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)**

**Wednesday 22<sup>nd</sup> August, 2-4pm: Café & Catch Up – Streatham**

***Batch and Co, 54 Streatham Hill, SW2 4RD***

Catch up with your neighbours in the warm and welcoming Batch and Co Café. Grab a cuppa and enjoy a good old-fashioned natter with old friends and new. Morgan 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**

**Call us on 0207 118 0404 for more information.**

**Thursday 23<sup>rd</sup> August, 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)**

**Sunday 26<sup>th</sup> August, 3-6pm: Film Club - Bermondsey**  
***The Yalding Centre, 95 Southwark Park Road, SE16 3TY***

Catch the latest blockbusters at our monthly film club! Join your neighbours to watch ***Darkest Hour***. In May 1940, the fate of Western Europe hangs with Winston Churchill, who must decide whether to negotiate with Adolf Hitler or fight on knowing that it could mean a humiliating defeat for Britain and its empire. Emily 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)**

**Monday 27<sup>th</sup> August, 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. Morgan 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)**

**Tuesday 28<sup>th</sup> August, 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, dance and enjoy the atmosphere! No need to bring any records/CDs with you, just the name of the song and artist. **This month's theme is 'Summer Hits'!** Morgan 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).**

**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.**