Meet Me on the phone!

Get creative and socialise on the phone

Meet Me run creative activities for older people at The Albany in Deptford. Since March we haven't been able to meet in person, so join us from home for one of our free telephone groups.

Join in with poetry, choir, making or film chats. All you need is to be over 65 and living in Lewisham. Spaces are limited so get in touch soon!
To join contact Jasmine: 07593 580574; jasmine.sparrow@entelechyarts.org

Meet Me on the Radio

Alternatively, listen to our weekly show on Resonance FM, hosted by our members!

Tuesdays 11.30am and Thursdays 5pm, www.resonancefm.com**, 104.4 FM**

Welcome to Wellness Park

An audio guided wellbeing journey through Sydenham Wells Park

Local artist Roshi Nasehi has been collecting memories, stories and facts about Sydenham Wells Park to create a mindful journey and audio art piece which guides us through this beautiful green space.

It is designed so that you can either listen at home, or walk through the park whilst listening.

You can find a map which shows where to start each track, and a route to follow. You could also just wander around the park and listen.

Please remember to follow social distancing guidelines when outside of your home.

To find more details, the map and the audio pieces, please go to the Sydenham Arts website https://sydenhamarts.co.uk/wellness-park/





Sign up today at www.qwell.io
The same service is offered by Kooth for young people at www.kooth.com

Qwell is a new mental health support service, commissioned by NHS south east London CCG

Anyone over 26 years of age and living in south east London, can receive free, anonymous online counselling sessions from qualified counsellors. Chats can either be accessed through a drop-in service or pre-booked sessions. The site is open 24 hours a day and one-to-one counselling sessions with a qualified counsellor are available from 12pm until 10pm on weekdays, and from 6pm until 10pm on weekends. Qwell users can also use a range of self-help tools like peer to peer support, journals and goal trackers.

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WE ARE LEWISHAM

Adult Learning Lewisham

Thinking about a career in Childcare?
Find out about the career pathways available and identify the skills and qualifications needed for employment on this online course.
Date: Tuesday 23 – Friday 26 February 10:30am-3pm
Cost: £23 (full) £11.50 (reduced) Free to people claiming job seekers allowance and employment support allowance.
You can enrol by phone on 020 8314 6959 or 020 8314 7775 Monday to Friday, 10am–3pm.



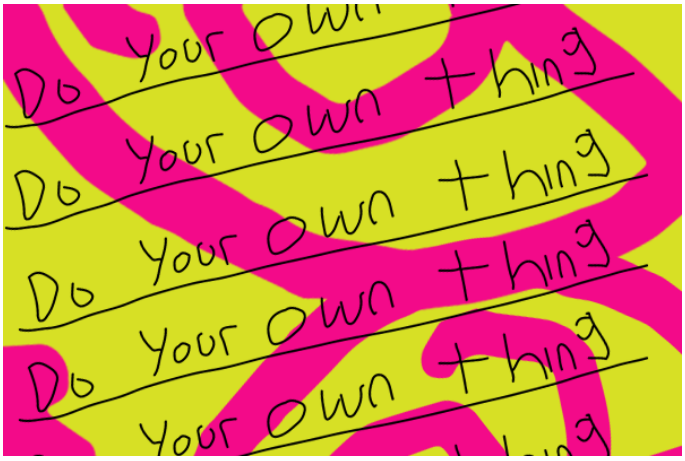
Family Dance Workout
This 6-week fun online family dance course will introduce you to a range of dance styles such as street dance, jazz, contemporary, musical theatre and commercial dance. Course starts Wednesday 24 February 4.30-6pm. Cost £3.

Family Capoeira
Explore the dance and music of Capoeira art with your children. This online course is suitable for children of all ages and abilities. Course starts Thursday 25 February 4:30-5:30pm. Cost £3.

Visit www.lewisham.gov.uk/adulteducation to find out more or call 020 8314 3300.

Do Your Own Thing with Heart n Soul

Do Your Own Thing is Heart n Soul's creative arts project for young people with learning disabilities aged 10-25.



Young people can take part in music, dance, radio, DJing, visual arts and digital arts. The sessions are free and currently take place once a month on a Saturday afternoon on Zoom.

For anyone with a learning disability aged 10-16, there's one extra session a month called Do Your Own Thing Youngstars, with all the same great activities on offer!

Know someone who might be interested in attending? Call the Heart n Soul office on 0208 694 1632 or email takingpart@heartnsoul.co.uk

More information on Heart n Soul's online programmes: www.heartnsoul.co.uk/stayhome

Please email cultural.development@lewisham.gov.uk to tell us if you enjoyed any of the featured projects.
Phone 0208 314 9608 or text 07392 860 205 if you would like help to get creative at home and don't have internet access.

Lewisham