



# Time & Talents

Helping everyone feel part of a community

## Older People's Services: Fun and Friendship at T&T!

Founded in 1887, today Time & Talents runs activities for the whole community, with a wealth of things to do for people 55 to 100+, and those with disabilities. From reminiscence to keep fit, arts and crafts to health advice, T&T members keep exploring and trying new things throughout their whole lives! Come and meet friends old and new at T&T...

### Happy Mondays Group - Mondays, 1-3pm

There are always happy Mondays in this over 60s group, where members meet friends new and old, for lunch and a wealth of new and unusual experiences. Such as: Meeting a mobile zoo with meerkats and chinchillas, reliving the Swinging Sixties and Jukebox Jury, amazing entertainers including Music Hall musicians, reminiscence and visits to the theatre and the city farm. We also have a new arts and crafts group. We provide a healthy light meal, and the occasional treat! Any local resident over 60 is welcome to join, so come on, Get Happy with the Happy Mondays! Free or donation (some trips at cost). Contact Cindy on 020 7232 5667 or [indylover@timeandtalents.org.uk](mailto:indylover@timeandtalents.org.uk).



### Keep Fit! Tai-Chi, Dance, or Strength and Balance: Tues 2-3pm/Thurs 5-6pm/ Fri 11am

Everybody can stay active, fit and healthy! Come for some gentle tai-chi on Tuesdays, easy dancing on Thursdays, or a special group for preventing falls with Guys and St Thomas' on Friday. Open to anyone over 55 on Tues and Thurs, Fri by referral. Suitable for any level of ability, including in a wheelchair. £3 per session. Contact Cindy on 020 7232 5667 or [cindylover@timeandtalents.org.uk](mailto:cindylover@timeandtalents.org.uk)

### Social Contact Group - Mental health Support for Older Women Tues 1-3pm

As we get older, lots of us can experience some kind of mental health issue. When that happens, it's good to be with friends who understand what it's like. For women over 50, this peer-led group is a friendly, supportive place where you can socialise, chat, take part in fun activities, and go on outings. Ask Lisa for an assessment if you're interested in joining.



"When I get a phone call saying there's something on at Time and Talents I say yes, before I even know what it is, because I know I'm going to enjoy it! We do so many interesting and varied things. I recommend everyone should come to Time and Talents."  
- Jackie, 73

## THE ROTHERHITHE SHED



Are you handy? Do you miss making stuff/ mucking around with tools? Come to the Shed and meet some mates every Monday 10am and Thursday 2pm. Contact Devon on 020 7232 5663

## Befriending - making long-lasting friendships

We all get lonely sometimes. But sometimes that can really get you down, and you need to make a new friend. At T&T, we match people with someone they'll really get on with so they can spend time together - younger, older, or the same age. The friendships people make last for years - some have been meeting for 10 years! You can befriend someone in person or by phone - just give us a call to talk about what you need. Contact Lisa: 020 7232 5668 or [lisascott@timeandtalents.org.uk](mailto:lisascott@timeandtalents.org.uk)



"T&T Befriending has made such a difference to both of us: we both get so much out of it."



## Visually Impaired Group, Thursdays Fornightly - 1-3pm

Everyone with a visual impairment is welcome to our friendly group every other Thursday. Activities aplenty include wine tasting, 'seeing' 3D paintings, dance workshops, and many more. Recently we worked with the UK's leading VI theatre group Extant, and coming up we have gardening workshops specially tailored for sensory impairments. We even recently went for a touch tour of the Cutty Sark. Open to all ages, people with more experience of Visual impairment can help those who are less experienced. We're a friendly, lively group driven by its members! Contact Cindy: 020 7232 5667

## Stroke Club, Wednesdays - 1-3pm

A lively, group for everyone affected by stroke - including carers. Open to all ages, we have people from 50 to 90 as current members. Weekly activities include: keep fit and brain training, blood pressure checking, GP health-information and advice - but that's not all - we keep trying fun activities from music to bowling, chair yoga, smoothie making, assisted cycling, comedy class, cinema visits and gardening - or whatever else we fancy! Contact Cindy: 020 7232 5667

## Our Minibus Service

We know how hard it can be to get around, so we have a **free minibus** (with limited places) that can bring you to our activities. Just ask for more information.



## Volunteer with us!

Time & Talents was set up by volunteers 129 years ago. Today we work with over 100 award-winning volunteers a year, aged 16 to 80. **Young, old or in-between, you can always help your community!!** [volunteering@timeandtalents.org.uk](mailto:volunteering@timeandtalents.org.uk) or call us on 020 7232 5668

## Meet Our Neighbourhood Care Coordinator



Lisa Scott is our Neighbourhood Care Coordinator. Lisa provides support to people who use our services and groups, and can help you get involved. For more information about any of our groups, activities or volunteer opportunities just get in touch, and Lisa will be happy to help you!

Time & Talents Centre

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Rotherhithe SE16 4JE

[www.timeandtalents.org.uk](http://www.timeandtalents.org.uk)

Contact Lisa: Tel: 020 7232 5668

Email: [lisascott@timeandtalents.org.uk](mailto:lisascott@timeandtalents.org.uk)

