



KLS ELDERS NEWSLETTER

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returning to the
centre**

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Programme for
elders**

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new Zoom sessions
and more**

KLS Elders Team

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Back to Battersea

We cannot wait to see you at KLS once restrictions ease. The premises team have been working hard to ensure that we have a clean, safe centre to come back to. They have been fixing the roof, painting the entrance and the art room and refurbishing our garden ready for the summer. It looks great!

During lockdown we have been calling our most vulnerable members, taking them on small trips on our bus and also doing door steps visits. Now, as we move to the next phase of lockdown we will run small social groups and exercise class bubbles at the centre. Due to the guidelines the sessions are not drop in but pre invite/book only. If you would like to join the socials please contact us so we can ensure you are included. Exercise members will hear from their class lead. We hope to have a more normal service by July.

Battersea Zoomers

The new Battersea Zoomer's online activities summer programme is included with this newsletter. It offers residents in Battersea aged 60+ storytelling, drawing and exercise sessions with socials on Zoom. We've got special events too. It's free of charge.

We give encouragement and support to help achieve individual goals. Newcomers to Zoom are welcome and help is provided to access Zoom via our Digital volunteer.

Age Well offers arts and craft project materials, (limited availability), for collection from local community venues in Battersea. This helps wellbeing through creativity, in conjunction with walking.

For more information contact Kerry - her details are on page one.



Drawing by an Age Well member

Working to keep us all safe

When next at the centre you will notice that we have hand sanitation stations in each room. The centre is fogged regularly, by the premises team, with special cleaners that kill viruses. We also ask everyone to wear face masks in communal areas and to stick to their bubble groups. If you have not had a vaccine we ask that you have a PCR test the day before coming and show us the negative test result text message. Any questions please contact us - details on page one.



Mary and Frances enjoy a trip out

Our new Tech Up Battersea project

During lockdown we ran a pilot project helping our elders access Age Well Battersea Zoomers, with the help of Cheesy our volunteer. Covid 19 has shown how important it is that we find new and innovative ways to keep in touch. Technology can help us to do this. It really can help increase independence and reduce loneliness and isolation. We have a new part-time worker, Frances, starting in early June, in the Elders Team. She will be:

- Advising members on how to access the internet and technology in a way that is helpful.
- Teaching members how to use the internet, tablets, or their phones and help build confidence with them.

Contact Sarah for more information details on page 1

Our Digital Champion Volunteer
Cheesy, with John



Age Well Sunflower Competition

Kerry, our Age Well worker, has sunflower seeds for our elders to grow. The tallest sunflower wins! No garden necessary as they can be grown in a pot.

For more information and to get some seeds please contact Kerry - details on page one.



In Memory

It is with sadness that we say
goodbye to two of our
members.

Louis Haig who sadly passed
away in April
and Janet Choudhrey who
passed away in January.
We will keep them and their
loved ones in our thoughts at
this difficult time.