



KLS ELDERS NEWSLETTER



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Exciting performance opportunity for KLS members

Join KLS and James Cousins Company in a weekly dance session in which you'll create a Tea Dance to be performed at Battersea Arts Centre.

Each week we'll start with a contemporary dance warm up then learn a short phrase of a Tea Dance. We will create some movements for the Tea Dance together so the piece becomes a visual story of you! The dance will be performed as part of a show at Battersea Arts Centre from the 6th - 10th Oct.

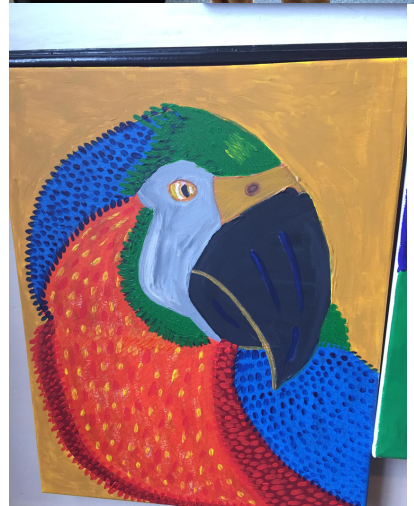
The weekly sessions will run on Thursdays from 1:00-2:30 starting from Thursday 2nd September.

Each participant will perform in at least two shows. If you would like to take part in the weekly session but do not want to perform you are more than welcome to join us!

No previous dance experience is needed - this is a great way to get a bit of exercise and also use your creative side. To book your place call Sarah or Dawn

Updates on the service

Although we are now back working at the centre, our timetable is still not yet back to normal as we had hoped. Some staff from the elders service are taking a break so we are running a limited summer schedule. We are currently recruiting a new cook for the lunch club, which we hope to have running again in late September, and Contact Club to restart in October. Some exercise classes have breaks in them this summer. We still have Exercise Classes, Sewing Club, Tai Chi, Parkinson's Dance, Tech Up sessions and the Age Well running as well as the extra summer sessions so we hope to see you soon!



Staying safe from scams

Criminals are impersonating the police, the Council or other companies in Wandsworth. They are catching people off guard, attempting to enter their homes to steal or persuading them to disclose their personal and financial details, or make a payment using cash, their credit or debit card. The police and other genuine visitors will never ask you for your personal and financial details or ask for a payment at your door.

- Do not open your front door to cold callers.
- Never hand over cash or your personal and financial details to any doorstep caller.
- Do not buy any item or service from a cold caller at your doorstep.
- If you feel rushed, pressured or confused close the door and call a trusted friend or family member. A genuine caller will not object to this.
- Contact the Police if you do not feel safe. Call 999 if it is an emergency and 101 if you wish to discuss a non-urgent matter with the Police.
- If you suspect that you have been a victim of fraud, report it to Action Fraud (0300 123 2040). If bank account details have been given, get in contact Action Fraud ASAP.

Tech Up Battersea Update

Tech Up Battersea project continues - with Adalberto running it temporarily. If you would like him to organise some 1-2-1 support for you please contact him via the centre number or adalberto@klsettlement.org.uk . He and his team of volunteers can help you with:

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

No experience necessary - we want to help you to improve your skills, maybe you want to facetime a family member, join a Zoom group, or contact your doctor online? We are here to show you how! Contact Adalberto details on page one .

Saying goodbye to dear friends

It is with sadness that we have said goodbye to some of our members as they move away from Battersea, including Alan and Cecilia, who used to attend our lunch club, Brenda who attended Contact Club and Molly E who attended lunch club, Contact Club - as well as other sessions.

They have all moved to receive more support and I am sure you will join us as we wish them the very best in their new homes.

Molly brought fun and her kindness to our sessions



Are you struggling? Would you like to speak to someone about a difficult issue?

At KLS we have a volunteer called Kidge who offers a short term form of therapy that focuses seeing things from a different perspective when thinking of solutions to problems or issues, and discovering the resources and strengths a person has. This is done in 1-2-1 helpful conversations.

These sessions are free and open to our members of all ages, volunteers and staff. The sessions are on Wednesday mornings and usually it only takes 1 or 2 of these sessions to see an issue for a different perspective and take action. If you would like to find out more or would like to book a confidential appointment please contact Sarah or Dawn, number on page one.



Summer Sessions

We have some fun sessions planned this summer for those that can make it to the centre without our minibus- most sessions are 1pm-3pm and have limited space. To **book your place** contact Dawn or Sarah, details on the front page. All sessions free unless otherwise stated.

- Tuesday 17th August 1pm-3pm Afternoon Tea and bric-a-brac sale
- Thursday 19th August 1pm-3pm tea and chat music and movement with Dawn
- Tuesday 24th August 1pm-3pm Crafter-noon
- Thursday 26th August 1pm Prize Bingo / Hoy Cost £1
- Thurs 9th Sept 10am-12pm Tea and Chat/Film Club
- Tuesday 14th Sept 1pm-3pm Games Afternoon -come play board games/ cards with us
- Thurs 16th Sept 10am-12pm Tea and Chat/Film Club
- Monday 20th Sept Holiday at Home - join us for a fun filled day including fish and chips and ice cream, bingo, raffle, sing-a-long lots of fun to be had! 11-3pm £5 including lunch and activities
- Thurs 23rd Sept 1pm Prize Bingo / Hoy Cost £1
- Thurs 30th Sept 10am –12pm Dawn Tea and Chat /music and movement