



KLS ELDERS NEWSLETTER

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Spring Activities

KLS Elders Team

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It's all go at Katherine Low!

We have had lots of fun recently at KLS, with our postponed (due to covid) Christmas lunches becoming Valentines and Spring themed lunches instead. both with entertainment from live singers, dancing and a raffle.

We now run our Lunch Club twice a week - on Wednesday and Thursday where you can get a delicious two course hot meal for £4.

Contact Club is back at Dimson Lodge with plenty of activities booked for the 2nd and 4th Tuesday of the month at its new time 2pm-4pm why not come along and join in the fun!

Free Talk by Peter Tatchell

Wednesday 6th April

6pm-8pm



We are very pleased to announce a special one off talk at KLS titled - **My Battle for Human Rights 1967 to the Present by Peter Tatchell**. He discusses the trials and triumphs of his 55 years of campaigning. Entry is free and there will be drinks and nibbles afterwards. To book a place please contact the elders team.

Support during difficult times - Talk Therapy Wandsworth

The Elders Team run 1-2-1 informal talk sessions with our volunteer Kidge, who is a Trained Solution Focused Therapist. These sessions are confidential and run on an appointment basis - which can be booked via the elders team. If after talking with Kidge you would like further support, Talk Wandsworth are available. You can self refer via their website

<https://www.talkwandsworth.nhs.uk/index.php/referral/self-referral-form> or via phone on 020 3513 6264

They see people at their offices in Tooting Broadway, or offer phone or online sessions. They even have a room kitted out and set up, so any client who wants to take advantage of online therapy, can come in and use their equipment.

Tech Together Sessions

Jade attends the Tech Together classes regularly to learn new digital skills. She is also a brilliant support and great at helping others to understand new things.

Two little Blue Ticks can bring you happiness.

Jade says - It was interesting to learn of the "Two Little Blue Ticks" from Chris in the Tech-Together session. This means I now know who has read my WhatsApp messages. I learnt that when you see the two blue ticks next to a message it has been received and read by the recipient.

This was a revelation to me, so now I went in search of these two blue ticks on my WhatsApp messages.

I have been sending messages to a friend who lives in Africa since lockdown in Jan 2020 and never understood as to why I never received a response. I was overjoyed to note the two little blue ticks next to my messages.

Why did she not reply to my messages? Perhaps she has been eaten by a lion while on safari?!

I attempted a Video Call on WhatsApp. To my surprise she replied and we were able to reconnect after two long years. I learnt that she only just had WIFI in January 2022 and thus the reason why my messages were never acknowledged before was because there was no WIFI.

Now I watch for the two blue ticks and remember it's good to learn new things at Tech-Together!

For more information on Tech sessions including home visits for housebound elders to learn tech please contact Chris, on 0207 223 2845



Elders Service Updates



Please join us in welcoming our new cook Valentina to KLS. Here she is in the Kitchen with Byron, her volunteer assistant and some fantastic pineapple upside down cakes they made.

Recruitment -Driver / Support Worker

We are still looking for a new paid driver 3 days/20 hours a week to bring members to the centre who could not otherwise get here. This post is for Tuesday, Wednesday and Thursday and pays £15.11 per hour. for more information please contact Sarah on 0207 223 2845

New Chair Exercise Tutor

We also welcome our new Chair Exercise Tutor Susan to KLS. Some of you will remember Susan as she has worked with KLS before.



Volunteers needed

Volunteers are needed for several roles within the elders team including, Minibus Escorting on Wednesdays and Thursdays, Digital Champions, Walking Group Back Markers, Exercise Club Helpers and Befrienders for, more information please contact Sarah or Lisa on 0207 223 2845

Table Sale March 29th

The Elders Service is holding a table sale on **Tuesday March 29th 12-230pm** in the Keith Chapman Hall on the ground floor, so come along and join us we will have items for sale, a raffle and refreshments including tea and cake. All money raised will go into our elders programme. If you would like to donate any items for the sale or the raffle please pass them onto a member of the elders team.



Easter themed lunch

Thursday April 17th 1230pm is our **Easter Lunch £7** and we will be having roast Lamb. To book your ticket please contact the elders team.

Afternoon Tea Tuesday April 19th 1-30pm £7

We will be holding an Easter Afternoon Tea with a raffle and entertainment by Neil - the Rat Pack & Swing Show. To book your ticket please contact the elders team.



There are no session at the centre from **Monday April 11th** for one week to allow time for team training and planning.