

The Furzedown Project

A social hub for over 50s



Welcome to our first newsletter of 2023. We have a wide range of events happening over the next month that we hope will be of interest. If you have any queries, then please contact us on 0208 677 4283

Services@furzedownproject.org



Thursday Exercise Classes

Are you looking to become more active for 2023?

Our professional tutor Sandra Shaw, offers a range of classes to suit your fitness level.

Available session times are:

10:30am-11:15am- Advanced Falls Prevention

11:30am-12.15pm- Intermediate Falls Prevention

2:15pm-3:00pm- Seated Exercise

3:15pm- 4:00pm Adapted Tai Chi

Classes are weekly, but you can trial out the session to see if this is right for you. Simply contact us at the Project to find out more



The Project Needs you !

We want to recruit more volunteers in 2023 to support our new and existing services.

The range of volunteer roles include;

Activity Support- Sessions at evenings and weekends as we extend our opening hours

IT - provide guidance to members on basic skills on using their digital devices

Drivers and Escorts- This is working on our minibus

Ambassador- Promote the work of the project within the local community

Web Volunteer- Help update our website/social media

Administration- Work with staff team to help in the smooth running of our services

Volunteers should be aged 18 and over, with full training and support provided. Please do share with anyone you think might be interested. Contact James at the project if you have any further queries.



Scrabble

From Wednesday 25/01/23

11:30pm-1:30pm

Weekly

We are delighted to announce the return of our weekly scrabble group. Moira, who volunteered running the group previously, has been able to return facilitating this classic game.

All abilities are welcome, and we will provide transport for those who require it. As an official warm space, we will also be able to provide lunch alongside refreshments. Simply contact us to book in your place.



Board Games Afternoon

Friday 27th January

2pm-4pm

Get into that Friday feeling, we are happy to confirm a new activity session for Friday afternoons. Linda, who is an active member at the project, is looking to deliver a board games afternoon session from 2pm-4pm each week. A range of games will be provided, alongside a wider selection of snacks.

The Project is a Warm Space, so this session will be free to anyone aged 50 and over and live in the borough of Wandsworth. You can simply walk into the project on the day if you are free to see if it is for you.

Warm spaces



Warm Spaces Services

In 2022 the cost of living has increased dramatically for people throughout Wandsworth. Whether that is for energy or for food, it has proven harder and harder to make ends meet.

To address this, the Project has been awarded some funding by the council to provide a warm space for the local community. You can come along to the project to keep warm, enjoy some food and try something new.

We will be showcasing TV sporting events, supporting people using IT and putting on movie nights. We will also be extending our opening hours to have sessions on evenings and weekends. These sessions are free, and we can provide transport for those who need it.

This will be a pilot service from January-November, with an option to continue if necessary. Further updates will be in future newsletters.

Margery Levinson- 1934-2023

Announcement from Liz Sines- reception volunteer and former chair

It is with great sadness that I tell you all the recent death of Margery Levinson, who was the wife of Dr Norman Levinson, the founder of the Furzedown project. He was ahead of his time by wanting to provide a facility that helped older people be less isolated. His wife Margery was very involved and supportive of his vision for older people. In her time, she volunteered at the project, driving the minibus, fundraising, and doing a regular weekly session on reception.

She was a lovely lady, friendly, supportive, gentle and with a ready smile. Even when she was no longer able to travel to the Project, she kept in touch and took a keen interest in all aspects of the Project's provision and development.

We send deepest condolences to her family.
