



WALWORTH GOLDEN OLDIES COMMUNITY CARE PROJECT

Issue 1

January 2025

A Message from the Chair

Dear All

Golden Oldies would like to wish all our members, volunteers, colleagues, funders, and key partners a happy and prosperous New Year.

We have a jam-packed year planned for you, with a Summer Fete/Fundraising Event later in the year.

This is an exciting time for us, and I do wish that those who are able will take advantage of all our activities and trips.

Thank you.

CLlr Dora Dixon-Fyle
Chair of Walworth Golden Oldies Trustees

Deaths

It was with sadness that we were told of the sudden passing of one of our members.

Marjorie Chastanet, 87 was a devoted member of the Golden Oldies. She was respected and loved by everyone and always had a kind word to say.

Marjorie passed away at home surrounded by her family on Saturday 28th December, peacefully in her sleep. We will miss her laughs, and conversations. Details of her funeral will be forthcoming. A condolence card and collection will be circulated during this month.

We send our sincere condolences to the Chastanet family. May Marjorie Rest in eternal peace.



Membership Payments are now open.

New users can now pay for their Golden Oldies Membership. The membership lasts for a period of one year till **31st December 2025**.

The cost of membership is £12.00 for the year.

Please see Sandra if you would like to renew your membership or become a member.

January Birthdays

We would like to wish the following users a Happy Birthday

Olive Lue Young	1st	93
Michael Edie	2nd	68
Owen Simpson	4th	
Ishbell Ellis	5th	94
Qutie Williams	11th	
Winnie Hylton	24th	73
Shirley Cooper	29th	89



Managing Common Ailments

The colder months can bring about common ailments like colds, flu, or aches and pains. We'll discuss how to support your body's immune system naturally, ways to ease common discomforts, and tips for creating a self-care routine that works for you. From simple home remedies to helpful lifestyle changes, we've got you covered.

Colds and Flu

Treating and managing colds and flu in the elderly involves several key strategies:

1. **Rest and Hydration:** Ensure adequate rest and increase fluid intake to prevent dehydration.
2. **Symptomatic Relief:** Use over-the-counter medications for symptoms like fever, cough, and congestion, but consult a healthcare provider first, as some may interact with other medications.
3. **Nutrition:** Encourage a balanced diet rich in vitamins and minerals to support the immune system.
4. **Humidity and Comfort:** Use a humidifier to ease breathing and provide a comfortable environment.
5. **Preventive Measures:** Promote good hygiene practices, such as frequent handwashing and avoiding close contact with sick individuals.
6. **Vaccination:** Ensure that the elderly receive annual flu vaccinations and discuss any other necessary vaccines with their healthcare provider.

Always consult a healthcare professional for personalized advice, especially if the elderly individual has underlying health conditions.

Aches and Pains

Arthritis is a condition which causes joint pain, stiffness, and inflammation. There are many different types of arthritis. Some types are long-term conditions, including osteoarthritis and rheumatoid arthritis. The most common type of arthritis is osteoarthritis.

It's very common to have aches and pains in your muscles and joints from time to time. However, if these pains don't go away after a few days or if they become painful to touch, it's important to book an appointment with a healthcare professional.

Treating and managing arthritic pain in the elderly involves a combination of approaches:

1. **Medications:** Over-the-counter pain relievers like acetaminophen or NSAIDs can help, but consult a doctor for appropriate options, especially if there are other health conditions.
2. **Physical Therapy:** Gentle exercises and physical therapy can improve mobility and reduce stiffness.
3. **Heat and Cold Therapy:** Applying heat (like warm towels or heating pads) can relax muscles, while cold packs can reduce swelling and numb pain.
4. **Diet and Supplements:** A balanced diet rich in omega-3 fatty acids and antioxidants may help, along with supplements like glucosamine or chondroitin, after discussing with a healthcare provider.
5. **Weight Management:** Maintaining a healthy weight can reduce stress on joints.

6. **Alternative Therapies:** Consider options like acupuncture, massage, or yoga for additional relief.
7. **Assistive Devices:** Use canes, walkers, or other devices to support mobility and reduce strain on joints.

Regular consultations with a healthcare professional are essential to tailor the management plan and monitor for any changes in condition.

Summary

If any of your ailments or conditions continue to worry you after following the advice above, you should seek professional medical advice to determine what actions to take next.



Management Team Contact Numbers

Dora Dixon Fyle	Chair to Trustees	07939 537642
Russell Profitt	Adviser	07891 030121
Daniel Gregory	IT/Fundraising	07398 765537
Michael Edie	Day Care Lead Organiser	07958 121911
Sandra Edie	Project Manager	07306 187476
Tessa Jobity	HR & Admin Officer	07852 215438
Ruth Simpson	Outreach Officer	07398 336292
Winston Johnson	Head Chef	07879 054593



Our Thursday Programmes for the Month of January

Games - A selection of board games and Dominoes to play each week. If you would like to play, please ask a member of staff.





Bingo – Our popular game of Bingo is every Thursday at 3.00pm. Cards cost £1.00 each and you can win some lovely useful prizes

Refreshments - A selection of teas and coffee with biscuits are offered during all our sessions. Cost: £1.00



Lunch - A two course hot meal for £7.00 per person (main meal and dessert, meat and vegetarian option) 1.00pm – 2.00pm

Thursday 9th:

Arts & Crafts with Lucie. Session starts at 11.00am till 12.00pm

Reflexology with Margot. Session starts at 11.00am till 12.30pm cost: FREE.

Bingo with Bertram. Session starts at 2.45pm

Tuesday 14th – Session at Appleby Blue. 12pm – 4pm

Thursday 16th:

Reflexology with Margot. Session starts at 11.00am till 12.30pm cost: FREE.

Arts & Crafts with Lucie. Session starts at 11.00am till 12.00pm

Bingo with Bertram. Session starts at 2.45pm

Tuesday 21st – Warm Hub Session at Limetree House. 11am – 3pm

Thursday 23rd:

Manicure and Pedicure with Marva. Session starts at 12.00pm

Chair Exercise with Awa – 12.00pm till 1.00pm.

Bingo with Bertram. Session starts at 2.45pm

Tuesday 28th – Warm Hub Session at Limetree House. 11am – 3pm

Thursday 30th

Manicure and Pedicure with Marva. Session starts at 12.00pm

Session Addresses

Appleby Blue

94-116 Southwark Park Rd., London SE16 3RD

Buses: 1, 78

Limetree House

2 Dundas Road, Nunhead, London SE15 2DL

Buses: 171, 36, 78

Walworth Golden Oldies Community Care Project

Walworth Methodist Church Hall

54 Camberwell Road

London SE5 0EN

Buses: 12, 171, 68, 468, 42, 35, 40, 176, 148,

Donations

What we do makes a big difference to the quality of life, health, and wellbeing of older people. Help us to continue that work by making either a one off or a regular donation.

You can also make donations by cheque made payable to:

Walworth Golden Oldies Community Care Project

Walworth Methodist Church (Clubland)

54 Camberwell Road, London SE5 0EN

Or Direct debit online:

NatWest Bank

Sort code: 50-10-29

Account number: 3509811



Our Funders and Partners



Puzzle Corner

Name: _____

Date: _____



JANUARY



Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off