



Walworth Golden Oldies Community Care Project Monthly Newsletter

ISSUE 11

November 2024

Health and Wellbeing

A Message from The Chair

Welcome to our November Newsletter! We're excited to bring you a month full of helpful tips, inspiring ideas, and details about upcoming events. This month, we're focusing on **Health and Well-being**, with topics that are especially relevant as we move into the colder months.

This month, look out for recipes and tips to help make healthier eating more enjoyable, such as seasonal dishes that are both nutritious and easy to prepare.

We look forward to seeing you soon and supporting each other in this journey toward better health and well-being.

Wishing you all a healthy and vibrant November! 🌿

Councillor Dora Dixon-Fyle
Chair of Walworth Golden Oldies Trustees

Get Well Soon

Miranda Whitter who has been suffering from Shingles for the last two months.

Owen Simpson who had a severe nosebleed which resulted in him being admitted into hospital overnight so that the doctors could stop the bleeding. Marjorie Chastanet and Marcella Welsh who has also been ill for the last two months and unable to attend the weekly club.

We pray that they are feeling better soon and make a quick recovery.

November Birthdays

Viola Stewart	8 November
Raymond	15 November
Rachel	20 November
Doreen	21 November
Anna	26 November

We would like to wish all a very Happy Birthday and we hope that you have a great time celebrating with family and friends.



Looking after your health and wellbeing

Eating well

Nourishing Your Body for Optimal Health

As the weather cools, it's tempting to reach for comfort foods. But it's important to remember that eating well isn't just about enjoying tasty dishes—it's about fuelling your body with the nutrients it needs. A balanced diet with a variety of fruits, vegetables, whole grains, and lean proteins can help boost your immune system, improve energy levels, and keep your mood stable

Taking care to stay hydrated and eating a well-balanced and healthy diet can help you to:

- control your body weight
- maintain a good immune system
- stay in a better mood
- be able to concentrate and process your thoughts
- manage health conditions, such as diabetes
- look after your body generally, including your heart, gut, bones and teeth
- get a good night's sleep.

The government has produced a handy poster to help us know how to eat well. The Eatwell Guide shows how much of each different type of food we should eat to make sure we get the energy and nutrients our bodies need.



It covers these five food groups:

- fruit and vegetables
- potatoes, bread, rice, pasta and other starchy carbohydrates
- beans, pulses, fish, eggs, meat and other proteins
- dairy and alternatives
- oils and spreads.



Tips to shop healthier

Healthy eating does not have to cost more. With a bit of planning, you can improve your diet and pop a few extra pennies in the savings jar too.

Here are our top tips:

1. **Plan your meals**

You'll be less likely to reach for a quicker, easier, junk food option at mealtimes if you have already planned what you are eating.

2. **Write a shopping list**

Before heading to the supermarket, make a list of everything you need for the meals you have planned. At the store, having a list to follow will also mean you'll avoid unhealthy impulse buys.

3. **Go shopping after you have eaten**

Avoid grocery shopping on an empty stomach as you may be more tempted to buy unhealthy foods, or things you do not need.

4. **Avoid junk food aisles**

In most supermarkets you'll find the fresh foods like fruits, vegetables, dairy, meat and fish are usually located around the edges of the shop. Skipping the centre aisles, which often contain processed and packaged foods, can make a big difference to your trolley.

5. **Check nutrition labels**

Take the time to read the nutrition labels on packaged foods. Look for products that are low in added sugars, saturated fats, and sodium, and high in fibre and nutrients.

Food preparation services

Meal deliveries are a great way to make sure you get at least one good meal a day.

Wiltshire Farm Foods - At Wiltshire Farm Foods, our meals are not just delicious, they're effortless and great value too! Made from quality ingredients by expert chefs, simply pop them into the microwave from frozen and enjoy a complete meal in a matter of minutes. There are over 330 tasty dishes to choose from, which are loved by 1000s of happy customers who've rated us excellent on Trustpilot, with free delivery direct to your door by our friendly local team.

From traditional favourites to more contemporary ranges, we have something for everyone. We also have a great range of dishes for those who have special dietary requirements such as vegetarian, vegan and gluten-free dishes. With options to suit different appetites also, such as our Mini Meals menu for those with a smaller appetite and our Hearty menu *for those with a slightly larger appetite*.



Wiltshire Farm Foods

Shepherd's Pie

Ingredients

MEAT FILLING:

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 lb. 90% lean ground beef -or ground lamb
- 2 teaspoons dried parsley leaves
- 1 teaspoon dried rosemary leaves
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 2 garlic cloves -minced
- 2 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 1 cup beef broth
- 1 cup frozen mixed peas & carrots*
- 1/2 cup frozen corn kernels



POTATO TOPPING:

- 1 ½ - 2 lb. russet potatoes -about 2 large potatoes peeled and cut into 1-inch cubes
- 8 tablespoons unsalted butter -1 stick
- 1/3 cup half & half
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup parmesan cheese

Instructions

MAKE THE MEAT FILLING.

- Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
- Add the ground beef (or ground lamb) to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
- Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
- Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain.
- Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
- Set the meat mixture aside. Preheat oven to 400 degrees F.

MAKE THE POTATO TOPPING.

- Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are forking tender, 10-15 minutes.
- Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.

- Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed.
- Add the parmesan cheese to the potatoes. Stir until well combined.

ASSEMBLE THE CASSEROLE.

- Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
- If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes. ** Cool for 15 minutes before serving.

Notes

*If you can't find frozen mixed peas and carrots, you could use ½ cup frozen peas and ½ cup frozen sliced carrots.

**Bake at 400° F. Start preheating the oven after you make the meat mixture (listed in step 6).

Nutrition

Serving: 1/6th of the Recipe | Calories: 400kcal | Carbohydrates: 13g | Protein: 19g | Fat: 30g | Saturated Fat: 15g | Cholesterol: 97mg | Sodium: 751mg | Potassium: 483mg | Fiber: 2g | Sugar: 2g | Vitamin A: 2860IU | Vitamin C: 7.9mg | Calcium: 99mg | Iron: 2.7mg

Our Thursday Programmes for the Month of November

Please note that these services are only available for you if you have joined as a member and paid your membership fee of £12.00 (valid until end of December 2024)

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 £5.00 each giving you more chances of winning our cash prizes.

Refreshments - A selection of teas and coffee with biscuits, are offered during all our sessions, at a cost of £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

Take away additional meal – costs £3.00 if you eat a two-course meal at the club. If however you wish to purchase a takeaway meal (main meal only) the cost is £7.00

<p><u>Tuesday 5th</u> Golden Oldies at Appleby Blue Almshouse</p>	12.00pm – 4.00pm
<p><u>Thursday 7th</u> Nails with Marva Chair Exercise with Sheba Lunch Bingo</p>	11.00am – 12.00pm 12.00pm – 13.00pm 1.00pm – 2.30pm 2.30pm – 3.00pm
<p><u>Thursday 14th</u> Reflexology with Margo Arts and Crafts with Lucie Black History Presentation by Barbara Ellis Lunch Bingo</p>	11.00am – 1.00pm 11.00am – 12.00pm 11.00am – 12.00pm 1.00pm – 2.30pm 2.30pm – 3.00pm
<p><u>Thursday 21st</u> Chair Exercise with Sheba Nails with Marva Lunch Bingo</p>	11.00pm – 12.00pm 11.00pm - 12.00pm 1.00pm – 2.30pm 2.30pm – 3.00pm
<p><u>Thursday 28th</u> Reflexology with Margo Arts and Crafts with Lucie Lunch Bingo</p>	11.00am – 1.00pm 11.00am – 12.00pm 1.00pm – 2.30pm 2.30pm – 3.00pm

Other Upcoming Events

— THE — POSH CLUB

The Posh Club is a glamorous performance and social club for older people held regularly in five locations across London and the Southeast.

Each three-and-a-half-hour event is styled as a tongue-in-cheek 'posh' 1940's afternoon tea with three live show business turns, volunteer waiters in black tie, vintage crockery and an in-house pianist.

It is a glamorous event for about 100 participants a week, held in the heart of the community in elegantly transformed church halls and other grass roots spaces and emphasises dressing up, regular access to live performance, social connectivity and intergenerational volunteering.

The Posh Club Peckham runs on the last Tuesday of the Month at the

Trinity College Centre
Newent Close
Camberwell
London SE15 6EF
Time: 12.00pm – 3.00pm

Tickets £10 per person includes all food and drink and entertainment.

Transportation by Minibus: £7.50 (leaving from the church)

If you would like to attend on **Tuesday 26th November**, please let Sandra or Tessa know as soon as possible so that we can book the tickets.



Appleby Blue Christmas Party and Celebrations

Appleby Blue will be holding their Christmas Celebrations on **Tuesday 10th December between 12.00pm – 6.00pm** and they have invited the members of Golden Oldies to attend. It will be a joyous occasion with the food being prepared by our wonderful chefs Winston and Owen. We will have all the traditions of Christmas with games, raffles and prizes.

After lunch, we will dance the afternoon away to the sounds of our DJ courtesy of Peckham Platform. If you would like to join in with the celebrations, please let Sandra or Tessa know as soon as possible to reserve your table.

Golden Oldies Christmas Celebrations will be held on **Thursday 19th December from 1.30pm to 5.00pm**. As always we will be served a lovely banquet by our chefs Winston and Owen and enjoy quizzes, games, Raffle, Christmas Presents (members only) and music by our resident DJ. **Tickets cost £10 per person** and can be purchased from Sandra or Tessa from November 28th. Family and friends are invited to come along and join in the fun.

Our funders and Partners

We are extremely grateful for the support of all our partners, whose funding contributes to making a real impact for older people and people living in Southwark.



Their support helps us achieve our vision of friendly, local communities where older people thrive. Our thanks go to:



Generating New Members

Walworth Golden Oldies are always looking for ways to grow and recruit new members.

There are many things club members can do to attract new members. Here are a few ways that you can help:

- Bring a guest to the club
- Promote Golden Oldies to family, friends, and neighbours
- Share your Newsletter with family, friends, and neighbours
- Tell your local church family about Golden Oldies

If you want additional Newsletters or leaflets promoting Golden Oldies, please let Sandra know and she will be happy to assist you.



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