

OUR HISTORY

Stockwell Good Neighbours has been running since 1974 as a place for like-minded people to meet and share interests. Many of our group came over to the UK in the early 1950s from Jamaica and other places in the West Indies, while they were still under British colonial control.

Today the group has over 60 members on its books, the oldest of which is a staggering 101 years of age! Several have been with Stockwell Good Neighbours since its very beginnings.

Our wonderful funders and supporters:

**The London
Community
Foundation**



**METROPOLITAN
POLICE**



HOW TO FIND US



Address

Ovalhouse Theatre
52-54 Kennington Oval
SE11 5SW

Buses

3, 36, 59, 133, 155, 185, 436 (get off at Oval Station or Kennington Church busstops)

Tube

Oval (Northern Line, 100 yards)
Vauxhall (Victoria Line, 12 minute walk)

Rail

Vauxhall (12 minute walk)

STOCKWELL GOOD NEIGHBOURS



**OLDER PEOPLE KEEPING
MINDS AND BODIES ACTIVE**

WHO ARE WE?

Stockwell Good Neighbours is a meeting place in the heart of Lambeth for people over the age of 60.

While the majority of our members are from a West Indian background, everyone is welcome to join the group.



We meet **every Monday** at the Ovalhouse Theatre, just behind the Oval Cricket Ground.

Through lunches and activities we aim to:

- Reduce isolation and loneliness
- Improve health and wellbeing
- Empower older people, maximise independence and improve self esteem

WHAT DO WE OFFER?

- Assistance and advice on welfare issues
- A wide range of activities including tai-chi, dominoes, bingo and arts and crafts.
- A choir which performs at local events and an annual show at the Ovalhouse Theatre
- Events including a Christmas party and Black History Month
- Fundraising bring-and-buy sales and sponsored walks
- Weekend trips and holiday breaks away



WHO DO I CONTACT?

Interested in joining us? Fantastic!

For more information, please contact the club's co-ordinator Lesley Allen

Telephone: 07729 785 843

Email: info@stockwellgoodneighbours.org

Or visit our website:

www.stockwellgoodneighbours.org

OUR 2016 TIMETABLE

Monday 11 January, 11 am - 2pm

Monday meeting
Come along for lunch and activities

Monday 18 January, 11 am-2pm

Warm and Well Event
Includes a Tai Chi session, information about keeping warm in winter, lunch and a free raffle