



LEE FAIR SHARE

NEWSLETTER

December 2017

FUSS CHRISTMAS FAIR



A very big **thank you** to everyone who braved the blistering cold to help on the Lee Fair Share stall at the FUSS Fair and to all the lovely people who donated prizes for the tombola. Your help and support were very much appreciated. The day was a great success and the stall made £200 which will help pay for the seaside trip when the weather is warmer!!



INVITATION

SHERRY, CAKE & COMPANY

Monday 11th December 2017, 1.30 p.m
Lee Green Community Centre

All welcome to join the Coffee, Cake and Company group for a Christmas Sherry and Mince Pie. A dish or a bottle would be greatly appreciated.

**There will be no Coffee, Cake and Company on
18th and 25th December 2017 OR
1st January 2018**

TALK on REKI

Monday 22nd January
2.00 p.m.

Lee Green Community Centre

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. If you want to find out more join us on 22nd January 2018. **Bring a friend.**

TALK on DIABETES

Monday 5th February 2.00pm

Lee Green Community Centre

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Anne McBride, a Diabetes Peer Support Facilitator, will be speaking about diabetes on Monday 5th February.

Bring a friend, especially anyone with diabetes or who have family members with this condition.

MAKING A DIFFERENCE: CELEBRATING VOLUNTEERS' WORK IN LEE GREEN

Dear all

Apologies for the delay in writing, but I do want to thank you all for the efforts you put into supporting our volunteers Get-Together at Lochaber Hall on Saturday 11 November.

It exceeded our wildest expectations, with so many attending and taking part in our feedback exercise, telling us what they got out of volunteering and what they think is needed to make their work even better. By all accounts, the company, food and background music – not to mention the prospect of prizes from our Grand Raffle – made for a great evening. The proceeds from the raffle will go towards the Consortium's resources, perhaps being used to help fund training.

The event was meant to help volunteers in Lee Green get to know each other better and help us to get a better idea of what's needed to build on the work of our volunteers and help make life better for everyone in the area. In addition to Frances Mignuolo, whose contributions were crucial, a special thanks to Jonathan White of Lochaber Hall, Simon Higgs of Manor House Library and Shirley Kirkland of Lee Green Lives for organising the event, as well as those who brought food – most spectacularly Anwar Gazala – the band providing the music and many others who helped on the night. There are photos of the event on Face Book so have a look. [Go to: https://www.facebook.com/LeeFairShare/](https://www.facebook.com/LeeFairShare/)

Thanks, again, Jim Mallory

PILATES

Lee Green Community Centre, Leigate

January 2018 - 17th, 24th, 31st

6.30 – 7.30 p.m

February 2018 - 7th & 21st

NB No Pilates on 14th Feb, St Valentine's day!

**For more details and to book a place contact
Lorraine 07875 082571 leefairshare@hotmail.com**

Would you like to gain a better posture, balance and flexibility?

Then come along to Pilates, a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements, developed by Joseph Pilates in the 1920s.

It may sound intimidating, but don't be put off, it really isn't just for fitness fanatics. This Pilates class is for all ages, all levels of ability and fitness, guided by Patty, who is a qualified Pilates teacher. Patty will provide support for beginners, people with medical conditions, as well as resistance for those looking to challenge their body.

The Pilates class will start at 6.30 p.m. Please bring a mat or towel

Lee Fair Share member will earn **2 time credits** by attending a Pilates Class

As these are time of austerity and funding is becoming increasingly difficult to obtain a contribution of £5 per session or £20 for all five sessions will be appreciated

Free Energy Advice Workshop: Keeping Warm and Well in Winter!! by South London Community Energy

**Monday 15th January.
2.00 p.m.**

Lee Green Community Centre

SKILLS OFFERED, SKILLS WANTED

Lee Fair Share members have many skills to share. Tell us any special ones you have.

Tell us also about help you need.

Michael has requested members who could help with the following tasks:

- fixing a ceiling light in kitchen
- hanging a wall clock in kitchen
- fixing fridge freezer in kitchen
- fixing or replacing clothes wardrobe in bedroom.

TIME TICKERS WALKING GROUP THURSDAY AFTERNOON WALK

Meet at 2 pm

Lee Green Community Centre

Join us for a Thursday afternoon walk to Blackheath and Greenwich – all welcome.

There will be no walking group on 14th, 21st, 28th December 2017 or 4th January 2018

TRAVEL SAFE

Plan your journey in advance as much as possible.

Always try to wait for your bus or train in a well-lit place.

Have your ticket, pass or change ready and keep your bag zipped and valuables secure.

If you feel threatened use help points and passenger alarms.

If you feel unsafe sit near the driver or move to another carriage if you are on a Tube or train.

REPAIR, RECYCLE, REUSE

Officially, goods cannot be exchanged for Time Credits. But in the spirit of time banking, in which the community uses its skills, time and resources for the benefit of the community, this section is for articles wanted and unwanted, recycling tips and how to repair items. What would you like to recycle?

Surface Protectors, 1 ½ inches wide, 6 pieces, use with vases, chairs, lamp bottoms etc.
Rotring rapidograph pen, 3 cartridges, black

DATES at a GLANCE

Every Monday 1.30 – 3 pm

Coffee, Cake & Company:

Lee Green Community Centre, Leegate Centre

**There will be no Coffee, Cake and Company on
18th and 25th December 2017 or 1st January 2018**

Every Thursday afternoon
2 pm

Time Tickers Walking Group, Greenwich Walk:

Meet at Lee Green Community Centre

**There will be no Walking Group on
14th, 21st, 28th December 2017 or 4th January 2018**

December 2017

Monday 11th December
1.30 pm

Sherry, Cake & Company:

Lee Green Community Centre, Leegate Centre

January 2018

Monday 15th January.
2.00 p.m.

Keeping Warm in Winter

Lee Green Community Centre, Leegate Centre.

Wednesday 17th, 24th, 31st January
6.30 – 7.30 p.m.

Pilates

Lee Green Community Centre, Leegate Centre.

Monday 22nd January
2.00 p.m.

Talk on Reki

Lee Green Community Centre, Leegate Centre

Date to be decided
7.30 p.m.

Book Club

'Fatherland' by Robert Harris

For more details & venue please contact Lorraine

February 2018

Monday 5th February
2.00 p.m.

Talk on Diabetes

Lee Green Community Centre, Leegate Centre

Wednesday 7th & 21st February
6.30 – 7.30 p.m.

Pilates

Lee Green Community Centre, Leegate Centre.

There will be no Pilates on 14th February 2018 – St Valentine's Day

LFS now has a Facebook page. Facebook members can see our events and invite friends to attend. Have a look.

Go to: <https://www.facebook.com/LeeFairShare/>



THE
MERCERS'
COMPANY



Lorraine Spenceley – Lee Fair Share Coordinator
c/o Lee Green Community Centre, Unit 3, Leegate, London SE12 8SS

07875 082571 leefairshare@hotmail.com <http://www.leefairshare.org>