

THE PEPPER POT CENTRE



NEWSLETTER — January 2024

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Dear Readers,

Welcome to the Pepperpot Centre Winter Newsletter. Its purpose is to keep Members and their families informed of activities and services available at the Centre.

You will be able to keep up to date with events and activities—Just log on to our website —
www.pepperpotcentre.org.uk

Our other Contact details are:

Email: reception@pepperpotcentre.org.uk

Instagram: [@pepperpotcentre](https://www.instagram.com/pepperpotcentre)

Twitter: [Pepper_Pot_Day_Centre@Pepper_Pot1](https://twitter.com/Pepper_Pot1)

Tel: 020 8968 6940

New Centre Manager Announcement

We're thrilled to introduce our new Centre Manager, Michael Ochwa, who brings a wealth of experience working in both health and Social Care Sector of the British Red Cross. Please join us in welcoming him to our community!

Caribbean Lunch



We offer our member a light breakfast, two course Caribbean lunch between 12.30-13.30 and afternoon tea for the total cost of £5.00

Recap of Last Christmas Party

Our Christmas party sponsored by the **Rausing Trust**, was a huge success, with over 100 members and guests in attendance, including the Royal Borough of Kensington and Chelsea Mayor, Trustees, and distinguished members of the community and volunteers **Accenture** from **West Way** and University of West London and **Morley College**. Highlights of the party included heart-warming carol singing, delectable food, exciting raffles, vibrant Steel *pan* music, and much more! Enjoy this short video captured on the day!
<https://www.pepperpotcentre.org.uk/>



Monthly Birthday Celebrations



Our first Birthday Celebration of the year will be on 1st March, Celebrating all January and February Birthdays!

Weekly Activities



Our weekly schedule is packed with exciting events and activities to keep you engaged and entertained:

- ❖ **Monday: 11:30 – 12:30 - Music and Movement Chair Exercise.** [Free].
- ❖ **Monday: 2:30 – 3:30 - Computing Digital Skills** - Learn or brush up on using the computer / tablets to access on-line activities e.g. shopping on-line, booking GP appointments, renewing your 'Freedom Pass', on-line banking and security issues and much more. [Free].
- ❖ **Tuesday: 1:30 – 3:00 – Bingo** - Join us for bingo, prizes are awarded for each game. [£2.00 per session].
- ❖ **Wednesday: 11:00 – 13:00 - A Bit of This and That** - "The trick of ageing gracefully is to enjoy it"...come and enjoy a little bit of this and a little bit of that.... group discussions, singing, dancing, quizzes, painting, puzzles, word search, current affairs etc. [£1.00 per session].
- ❖ **Wednesday: 2:00 – 4:00 -Sewing** - Come and refresh your skills, learn how to do hand or machine sewing, making clothes, repairs and alterations... work on group or individual projects and more. [£2.00 per session].
- ❖ **Thursday: 11:30 – 12:30 - Chair Yoga** - Maintain flexibility, core strength, balance and circulation... [£1.00 per session].
- ❖ **Thursday: 2:00 – 3:00 - Bible Study** - An invitation to prayer, spiritual welfare, following Christ, addressing isolation, bereavement, love, wisdom, happiness, and hymns. [Free].
- ❖ **Friday: 11:30 – 12:30 – Dance Classes held at the PPC**
Join us every Friday morning for dance with Dance West! These are specialised classes for the over 60's and for those with limited mobility. You will have fun and exercise your body to a variety of music and dance styles. Members can take part sitting or standing. . [Free].
- ❖ **Friday 1:45 – 2:45 (fortnightly) - Reminiscing Workshop** - Using Memory Boxes to enhance engagement and encourage thoughtful conversations. [Free] Tutor – Museum of Brands
- ❖ **Board Games (ongoing)** - Join in and play dominoes, draughts, cards etc. connect with friends, other members and take part in competitions with other Clubs in the London area. [Free].





Upcoming Key Events

Mark your calendars for these upcoming special events:

- ❖ **Caribbean Lunch:** Celebrating Grenada's 50th Independence: Let's celebrate this milestone with a mouth-watering Caribbean feast on **7th Feb – Pepper Pot Centre**
- ❖ **Valentines Gala Concert:** Age UK Kensington & Chelsea will be hosting an afternoon of refreshments and music performance, on **09th February. Free entry** (*Members make their own way to the event*). HTB Onslow Square, 44 Onslow Square, London SW7 3NX. **For tickets contact PPC.**
- ❖ **Lions Club, 21st Annual Senior Citizen Celebration:** Bingo, Music, Afternoon Tea, etc. **[Free]. 2-5PM, Sunday, 25th Feb.** at the Byron Hall, Harrow Leisure Centre, Harrow, HA3 5DB (Transport provided), Speak to Centre Manager for more info.
- ❖ **Bingo and Crafternoon:** – Intergeneration special event with the University of West London student Volunteer. **1-3PM, Tuesday 13th. Pepper Pot Centre**
- ❖ **Ongoing daily programme:** TV / music / rest and relaxation /catching up with friends, etc.
- ❖ **Decolonising the BBC Archive:** Radio News and the Language of Race in post-WWII Britain. **Project Summary and call for participants:**

"Decolonising the BBC Archive explores the language of race using the recently digitised collection of 165,000 radio news scripts, produced for the BBC Home Service and its successor, Radio Four. The project has two key aims: first, to explore the evolution of language used to report on Black and Black-British migration and experience in the UK from 1945 to the mid-1990s; second, to invite different generations of the public from African and Caribbean backgrounds to speak back to the BBC's reporting in the form of podcasts. It would be great if you were interested in taking part in the podcasts. Please also pass this call to anyone else you know who might be interested."

Location: Birkbeck, University of London. Speak to the PPC Manager, if you would like to take part.

Vacancies Paid Staff and Volunteering Opportunities

We are looking to fill the following paid Staff Vacancies:

- Supply Cook – (to be on call to cover as and when required)
- Hair and Beauty Therapist
- Massage Therapist
- eBay Salesperson (help sell our items for an agreed commission)

Volunteering:

Are you tech-savvy, artistic, have HR, technical, admin, legal experience, or just passionate about helping others? Do you know anyone who may be interested? We're looking for volunteers to join our friendly team in various capacities. If you're interested, please get in touch.



Members Feedback and Survey

At Pepper Pot we are always looking for ways to improve what we offer to members. We consequently would love to hear from you and welcome ideas for change and to know what you think is working well and what could be done better. I will also be arranging for a suggestion box to be placed in common area for your ideas when you visit. In addition please speak to me as I plan to be in the office daily and contact details are in the newsletter.

New Centre Manager – Introduction

Dear PPC Members / Newsletter Readers,

I am delighted to introduce myself to you as a new member of the Pepper Pot Centre community. After six and a half rewarding years with the British Red Cross, where I dedicated myself to combating loneliness and building stronger, more connected communities. I also worked closely with NHS, where I had the privilege of working closely with older individuals and their families, providing support at home post-hospital discharge and collaborating with healthcare professionals to optimise discharge processes and reduce readmissions. I am excited to embark on this new chapter with PPC.

Now, as I transition to PPC, I bring with me a wealth of experience gained from frontline service in communities in and around London. My background in Health and Social Care, coupled with my active involvement in a faith community, has instilled in me a deep sense of compassion, integrity, interpersonal skills, and a strong commitment to providing excellent service.

Prior to transitioning to Health and Social Care, I had a successful career in Manufacturing and Project engineering. However, my true passion for community service led me to make the changeover. I have always been driven by a desire to help others and make a meaningful impact on society.

I am eager to collaborate closely with members, and their families and referrers to continue building on the excellent work of the Pepper Pot Centre. I am committed to fostering a sense of community and well-being and look forward to meeting each of you in the weeks and months ahead.

Thank you for welcoming me into the PPC family, and I am excited about the journey ahead.

Warm regards,

Michael Ochwa

Join us and become a member – Sign up online, come and visit us and fill out an application form – alternatively contact reception on **020 8960 6940** for more information.

Stay tuned for more updates and exciting events at the centre. We look forward to seeing you there!

Best regards,

Michael Ochwa, **Operation Manager**

Tel: 0208 968 6940

Email: reception@pepperpotcentre.org.uk - Website: www.pepperpotcentre.org.uk

Activities Programme for Pepper Pot Centre (PPC) members



January – April 2024
Week 4
31st January 2024 - Dementia Friendly Sing a long held at the PP Centre.
➤ Come and sing with us to some oldies and goodies, a musical playlist of dementia friendly songs such as, 'Singing in the Rain'. 11-12:30
Week 5
7th February 2024 - Caribbean Lunch held at the PPC
➤ Celebrating 50 years of Grenada Independence Supported by the ➤ Royal Borough of Kensington and Chelsea 12:00 –15:00. ➤ Attending this event is by registration only. For more information or to register for the lunch please contact the PPC.
9th February 2024 -Tea Dance, Fulham
➤ Join us for an afternoon of lunch and socializing with Dance West. You will be entertained by a variety of dancers and you're welcome to join in and dance sitting or standing. Leaving the Centre 12:15 Returning 16:30
13th February 2024 –Big Bingo with the University of West London (UWL) Join us for Bingo, during UWL Volunteer Week at the PPC 11-15:00
Week 6
14th February 2024 - Happy Valentine's Day dementia friendly activities visit to the Jason Roberts Foundation, Harlesden.
➤ We will be visiting the Jason Roberts Foundation to participate in Dementia Friendly activities that use sport, exercise and music to create stimulating activities. Leaving the Centre 10:30 Returning 13:00.
Week 7
28th February 2024 - Art Activities held at the PPC
➤ Socialize and engage in art-based activities, using paint, pencils, tissue paper etc. 11-12:30.
Week 8
6th March 2024 - 50s-70s Sing a long held at the PPC
➤ Have some fun listening to music of the 50-70s, sing a long, and dance standing or seated) 11-12:30.
Week 9
12th March 2024 - Kiln Cinema for Relaxed Screening of Some Like It Hot, Kilburn.
➤ We're visiting the Kiln Cinema for a 'Dementia Friendly Relaxed Screening' of Some Like It Hot. Leaving the Centre 10:30 Returning 13:30.
Week 10
20th March 2024 - Collage Creating held at the PPC
➤ Join us to design a piece of artwork for display. Create a collage using magazines, cutting and sticking. 11-12:30.
Week 11
27th March 2024 - Dementia Friendly Activities visit to the Jason Roberts Foundation. Harlesden.
➤ Visit to the Jason Roberts Foundation to participate in Dementia Friendly Activities that use sport, exercise and music to create stimulating activities. Leaving the Centre 10:30 Returning 13:00.
Week 12
3rd April 2024 - Collage Creating held at the PPC.
➤ Continue and complete your collage as started in week 10. Time 11-12:30.
Butlins Trip:
➤ A couple of days in Butlins, to enjoy a variety of entertainment and activities.

Please note the following:

*All Activities are free for members. For activities away from the PPC, minibus places are limited and are reserved on a first come first served basis. Alternatively, you can make your own way there and home

* Return times to the PPC are approximate

*Contact the PPC if you'd like more information or to register for an activity.