

# November

<b>MONDAY</b> Dance Movement Psychotherapy Bingo Peckham Rye Sings	11.00 -12.00pm 12.30 -2.00pm 7.30 -9.00pm
<b>TUESDAY</b> Play group SDCAS Future Players Box fit	9:30 - 11:30am 12.00 - 5.30pm 7.00 - 8.00pm
<b>WEDNESDAY</b> Copleston Creative Therapies drop-in 3rd Southwark Scout Group-Beavers and Cubs	10.30 - 12.30pm 6.00 - 8.00pm
<b>THURSDAY</b> Looking at Books with Ruth Olney Pilates Art Café Sweet Percussion	9.45 - 11.45am 1.00 - 2.30pm 2.15 - 3.45pm 7.30 - 8.30pm
<b>FRIDAY</b> Talking about Music with Francis Barrett Copleston Together (1st Friday of month) Silver Linings exercise—Tai Chi Football Magic Coaching Higher Praise Christian Fellowship (Praise & worship) Christ Consolation Church Bible study	1.30 -3.00pm 1.00 -4.15pm 2.30 -3.30pm 3.45 -5.45pm 7.30 -9.30pm 8.00 -10.00pm
<b>SATURDAY</b> Men's Breakfast (1st Saturday of the month) HALL FOR HIRE HALL FOR HIRE	8.30 -10.30pm 1.00 -5.00pm 6.00 -11.00pm
<b>SUNDAY</b> Copleston Church Family Service with Sunday School Higher Praise Christian Fellowship Christ Consolation Church	10.00 -11.30am 1.00-4.00pm 4.00-6.00pm

For more information please visit our  
Website: <http://www.coplestoncentre.org.uk/>  
Search for us on Facebook: Copleston Centre

If you would like to make any contributions or suggestions for future newsletters  
please contact us either in person or at  
[administrator@coplestoncentre.org.uk](mailto:administrator@coplestoncentre.org.uk)

If you would prefer to receive this newsletter by email contact us on  
020 7732 3435

# Copleston Scoop



**Quote of the month;** *True friendship is when you walk into their house and your Wi-Fi connects automatically. – Author Unknown (internet probably)*

IS0018ONOV2017 EDITION

## We were out in force

All to play for at Champion Hill, **Dulwich Hamlet Football Club** on a dreary day in October. The rain kindly held off and the home team took on Needham Market F.C.! It's was a Pay-What-You-Like Game and supporters and the community came feeling generous, all proceeds were donated to **Copleston Centre** and **Lambeth and Southwark Mind!** A big thankyou to all our staff, volunteers and church members who came together with a hotdog or two to raise a much needed **£4,554.33**-our share of the proceeds. We would like to thank **Dulwich Hamlet Football Club** our hosts who allowed this day to take place. A good time was had by all and a win was had as well.



### Dates for your diary

**5th November—Guy Fawkes Night**  
**11th November—Book Stall**  
**18th November -Winter Fair**

## Albrighton Community Fridge

Each year in the UK we throw away 15 million tonnes of food and drink. Nearly half of this perfectly good to eat.

The Community Fridge is a simple solution to help the Camberwell community share good quality, unwanted food, which has been provided by local retailers and individuals. You can pick up anything from surplus fruit and veg, to bread, to sealed packaged foods, all free and within their use by dates.

There is also new kitchen equipment that you can borrow, ask at Albrighton reception for more details.

**Albrighton Community Fridge is open as follows:**

**Tuesday 1pm-5pm**

**Wednesday 1pm to 3pm and 5pm to 7pm**

**Thursday 1pm to 3pm**

The Albrighton Community Fridge is sponsored by Sainsbury's Waste Less, Save More Campaign.

Albrighton Community Centre, 37 Albrighton Road,  
East Dulwich Estate, London, SE22 8AH

0207 737 6186

## Volunteers' Corner meet Irina

**Hi, when did you start volunteering for the Centre and how did you come to volunteer at Copleston?**

I started in September, and I heard about the Centre from my course tutor. I am currently finishing my diploma in therapeutic counselling at Hackney Community College and I was impressed with Copleston's plans to offer a range of counselling and creative support. I am also a Southwark resident, so it is quite local.

**Q. What do you enjoy about volunteering for the Copleston?**

I enjoy meeting different people, and feeling part of a team that is making a difference in people's daily lives. I really also like the building and the peaceful atmosphere in the Centre. It's an oasis of calm and that is a great setting for counselling. That's not to say there is not much going on, as I am inspired by the variety of ways in which the Centre is supporting the community. It's just that in the midst of all that activity there is also a sense of rest.

**Where do you see yourself in 5 years?**

I passionately believe in the role of therapy in improving mental health, and in 5 years time I hope to still be working as a counsellor.



**Q. If you were to start up a group at the Centre what would it be?**

Actually we are planning to start different group therapies, each with a particular focus, such as anxiety or bereavement. The idea is to offer a support network and provide the opportunity for people to meet others experiencing similar concerns.

**Q. What is your favourite film (s)?**

When I was at school I really liked Anne of Green Gables. Now I like films based on true stories.



**SOUTH  
LONDON  
CARES**

South London Cares is a local charity working across **Southwark** and **Lambeth**. We connect young professionals and their older neighbours so that Londoners of all ages feel better connected to the changing world around them.

## WINTER WELLBEING

**IF YOU'RE OVER 65, WE CAN HELP YOU STAY WARM,  
ACTIVE, HEALTHY AND CONNECTED DURING THE WINTER**

**FROM OCTOBER TO  
FEBRUARY WE CAN:**

- ♥ Deliver **blankets** or **warm clothing** to your door.
- ♥ **Connect you to partners** who will help keep your homes warm and safe, provide benefits advice, and help reduce bills.
- ♥ Connect you to brilliant **free social activities** in your area.
- ♥ Arrange **small grants** for people in difficult circumstances who are struggling to keep their homes warm.



**TO FIND OUT MORE GET IN  
TOUCH WITH OUR TEAM:**

Call **0207 118 0404** or **07710 777 233**

Email **elyssa.kill@southlondoncares.org.uk**

or visit **www.southlondoncares.org.uk**

Throughout the year South London Cares runs **free social clubs** and **one-to-one friendship matches** across **Southwark** and **Lambeth**.

South London Cares is a UK registered company, number 8757344  
and a UK registered charity, number 1157401.

# WANTED



It is Copleston's 40th Anniversary next May 2018 and we are now in the process of organising a 7-11 day celebration.

We are looking for members of the community who can share and support the centre with their memories.

Do you have any skills and experience in organising a celebratory event? Have you any stories or photos of Copleston and the surrounding area? Please share your memories by getting in touch with Claire and Ann on 020 7732 3435

or email

**administrator@coplestoncentre.org.uk**

## Bingo at the Copleston

*Beat those Monday blues and come along to Copleston where it's eyes down for a game of bingo and lots of fun! You could even be a winner. Lots of prizes, tea and coffee. Starts at 12.30pm.*



### **HALL FOR HIRE**

*1pm-5pm-£200*

*6pm-11pm-£300*

*Kitchen and Café-£50*

*£100 deposit secures the date of your booking*

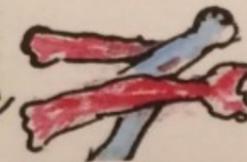
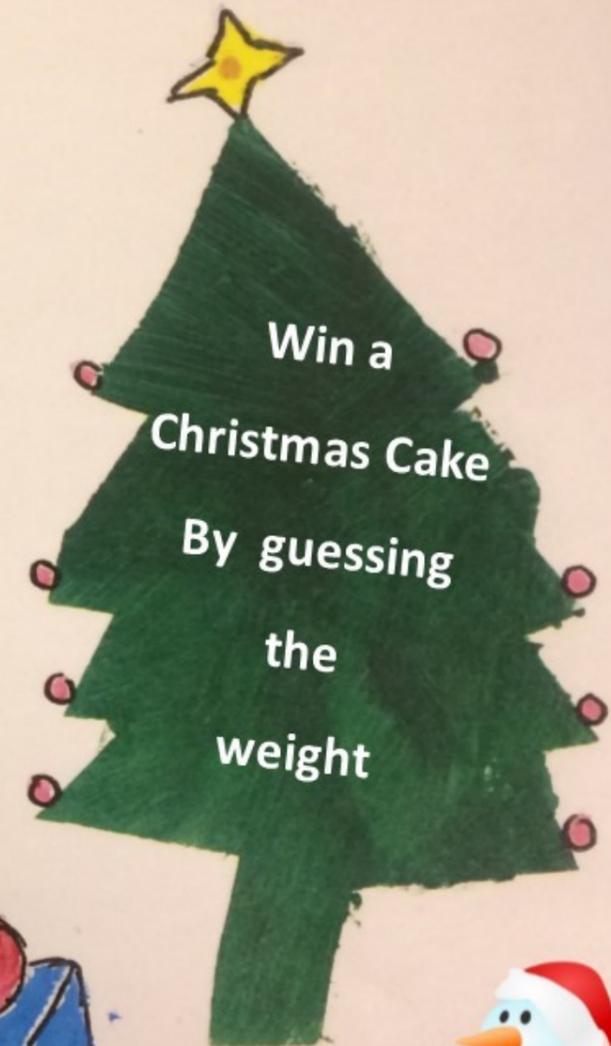
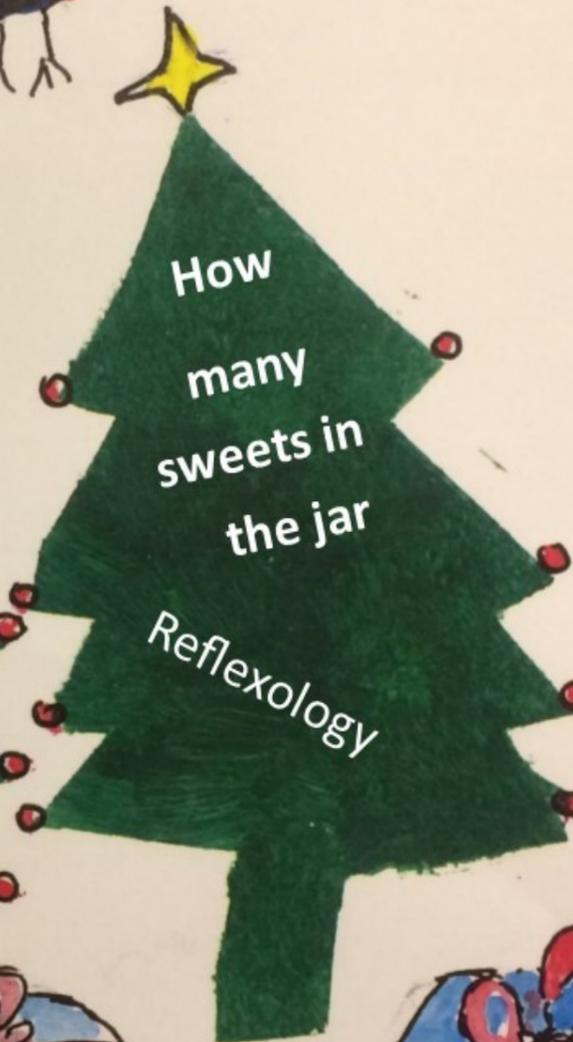
*We are looking for help with our Winter Fair and Gift of Christmas. If you or any one you know would like to volunteer and be part of these great events please contact Ann on 020 7732 3435 or email [projects@coplestoncentre.org.uk](mailto:projects@coplestoncentre.org.uk)*

# Copleston Centre Winter Fair

18th November 2017

1.00pm-4.00pm

Poster produced by Copleston Centre Art Café



Copleston Road, Peckham SE15 4AN—020 7732 3435-Entrance by small donation-Kids come free



self  
management uk

**NHS**  
Southwark  
Clinical Commissioning Group



Control your condition  
Don't let it control you

**Self-Management can help you:**

- + Feel more confident and in control of your health condition
- + Cope with daily challenges
- + Set health goals
- + Self-management helps with ANY long-term condition

**Get in touch! The next free course in your area is:**

<b>Where:</b>	Copleston Community Centre
<b>When:</b>	Monday afternoons 13/11/17 - 18/12/17 12.30 - 3.30pm
<b>Book Now:</b>	Freephone: 0800 988 5560 Local Call: 03333 445 840 Email: <a href="mailto:hello@selfmanagementuk.org">hello@selfmanagementuk.org</a>

**Find us on:**  [@selfmanageuk](https://twitter.com/selfmanageuk)  [facebook.com/selfmanagementuk](https://facebook.com/selfmanagementuk)

32-36 Loman Street, Southwark, London SE1 0EH | E: [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org) | T: 03333 445 840 | Tweet: @selfmanageuk | Registered Charity: 1146727

2017

# Gift of Christmas

Thursday, 21st December

An evening of entertainment and  
a slap-up christmas dinner for  
the most vulnerable in our local community.

**6.30pm to 9.30pm**

**at Copleston Centre, Copleston Road, SE15 4AN**

If you or anyone you know would like to attend,  
please contact **Claire or Ann** on **020 7732 3435**  
or email [administrator@coplestoncentre.org.uk](mailto:administrator@coplestoncentre.org.uk)



**COPLESTON** 

2017  
**Gift of Christmas** 

# JOIN TRUSTEE

And make a difference



■ **The Copleston Centre has been at the heart of Peckham's community for more than 40 years. We provide a wide variety of activities, including Copleston Therapies Project, which focuses on those who are vulnerable in our community. We could do so much more. Would you like to get involved? Or find out more?**

■ **Please contact Ann on 020 7732 3435 or email [projects@coplestoncentre.org.uk](mailto:projects@coplestoncentre.org.uk)**



The GIL Centre Fundraiser presents...

## Afternoon Tea with a Twist!!



Saturday, 25th November, 2017  
Time: 6:00 pm—11:00 pm

Ticket: £25

### COME OUT FOR FUN!

- ◆ Afternoon Tea—served @ 6:30 pm PROMPT!
- ◆ Ballroom Showcase
- ◆ Salsa Class
- ◆ Raffle

Location:  
Copleston Church Centre,  
Copleston Rd,  
SE15 4AN

*For more information contact*

Miss G-07534116945

Miss D-07950916461

Delroy-07411294878

**Book Stall**  
**11th November @ 10.30am-12.30pm**

*Come to our monthly book sale at the  
Copleston Centre, Peckham SE15 4AN.  
Books, CDs, DVDs,  
Delicious cakes and really good coffee.  
In aid of the Southwark Day Centre for Asylum  
Seekers (SDCAS)*



It's party season and we are  
nearly fully booked  
Availability for hall hire

T: 020 7732 3435

E: [administrator@coplestoncentre.org.uk](mailto:administrator@coplestoncentre.org.uk)

November - 4th November-1pm-11pm  
-18th November-6pm-11pm  
-25th November-1pm-5pm

December -16th December-1pm-11pm  
-23rd December-1pm-11pm

## The Copleston in full bloom



A great big thank you to Sarah from the Art Café who kindly surprised us by planting the box on the left. She came one night to plant the planter on the right but it had already been done. We thank Godfrey (SDCAS) who did this for us. We are trying to spruce up outside and this has helped a great deal.