

Arts and older people - Social Prescribing Opportunity with Meet Me

Meet Me is an award-winning programme of creative and social activities and interventions that has been created with and for older people living in Lewisham. This includes a weekly all-day club led by artists at the Albany Theatre, a weekly choir, a monthly touring film club, a biweekly club in Downham, and our regular cultural outings. The programme is led by Entelechy Arts and the Albany, and all activities are dementia-friendly and have a range of embedded care and support, which include volunteers and health and social care professionals.

As part of Age Against the Machine, Lewisham's first festival of creative ageing in September and October 2019, we are opening our doors and offering a limited number of free social prescribing places inviting new members to take part in activities across the programme.

For more information, including details of the programme and our referral process please contact Lucy Warren, Programme Manager at lucy.warren@thealbany.org.uk 020 8692 0231 ext: 280