

At Goldsmiths Community Centre

Castillon Rd, SE6 1PH

Bus: 124, 284, 336

Disabled access: No steps

Contact: 020 8697 6172

Karate

Age 8+ including adults. Beginners welcome

When: Tue and Thur 7.30-8.30pm

Cost: £5 for children, £7 for adults

Contact: Keith 07973 340402

Boxing

Age 13+ including adult. Beginners welcome

When: Wed 7-9pm

Cost: £5 to age 18; £10 for adults

Contact: Keith 07973 340402

Jujitsu

When: Tue 6-7pm

Contact: 07977 986 401

Goldsmiths Dance Academy

Musical theatre; show dance (both 6-18);

Royal Academy Dance accredited ballet (3-18)

When: Tue, Wed, Thur between 4-9pm

Cost: £4.50-£8

Contact: Liz: 07966 873799

Rio Ferdinand Foundation

Football, basketball, mixed gender. Free training for the sports industry.

When: Mon 4-8p drop-in

Cost: Free

Contact: Shauna: 07496 466 519

At Goldsmiths Community Centre

Brazilian Drumming

Who: Age 8-18

When: Thur 4.30-6.30pm

Contact: valeubrazilianarts@gmail.com

Irish Dance for age 3+

When: Tue 6.30-7.30pm and Sat 10-noon

Cost: £4 under 5, £5 for age 5+

Contact: Katie

jonesacademyofdance@hotmail.com

Pitter Patter Ballet & Musical Drama

What: Dance and drama for 2-4 year olds

When: Fridays 9:30-10:10am

Cost: £6 (drop-in) or £30 for 6 classes on a half termly basis.

Contact: pitterpatterarts@gmail.com

Booking: <https://www.happity.co.uk/pitter-patter-arts>

Boxing

What: For teenagers

When: Wed 7- 8pm

Contact: keith_pask@icloud.com

For further information or to tell us about corrections or changes please contact:

Community Connections Lewisham
0330 058 3464, from 9.30am-4pm Mon-Fri

May 2023

Children and young people's activities in Downham

For further information or to tell us about changes please contact:

Community Connections Lewisham
0330 058 3464, 9.30am-4pm Mon-Fri

All activities in this box are at

Wesley Halls

2 Shroffold Rd, BR1 5PE

Bus: 136, 181, 336

Disabled access: No steps

Girls 'R' Us

What: Cooking, creative arts, sport, discussion. Age 8-13.

When: Sat 10.45-1.15pm

Cost: Free

Contact: 07392 191 237

Downham SDA Pathfinders Club

For age 4-18 to develop their social, emotional and physical wellbeing.

When: 1st Sat / 3rd Sunday

Cost: £18 a year

Contact: 0739 564 1197

First Steps Playgroup

What: Toddler group for parents and childminders

When: Mon & Thur 9am-1pm

Cooper School of Dance

What: Theatre dance, street dance, singing and acting for children ages 3-18

When: Mon, Tue, Wed, Fri evenings

Contact: 07956 296376

At Wesley Halls

2 Shroffold Rd, BR1 5PE

Bus: 136, 181, 336

Disabled access: No steps

Jujitsu

When: Thursday 6-7pm; Sundays 1:30 – 2:30pm

Contact: Stephan 07977 986 401

Tae Kwon-Do

What: Tae Kwon-Do for age 5+

When: Tue, Wed, Thur, Sun

Cost: £35 a month (children)

Contact: Lorenzo: 7831 602 277

Also offers Muay Thai for age 12+

#BEin Youth Leadership Programme

Supports 16-25 year olds (not just Phoenix residents) to create campaigns, develop your creative, personal and professional skills.

When: Wed 6-8pm

Where: The Barn, next to The Green Man, 355 Bromley Road, SE6 2RP

Bus: 181,54,136, 208, 320

Cost: Free

Disabled access: no steps

Contact: Call/ text /whatsapp Jen: 0751 560 5198

Cheer London Allstars

What: Cheerleading for Toddlers to under 18s

When: Thursday evenings from 5.30pm

Where: Downham Leisure Centre, Moorside Road BR1 5EP

Contact: 0770 201 0043

Scout groups

When: Mon, Fri eve

Where: St Barnabas Church Hall BR1 5PS

Bus:136, 336, 181

Disabled access: no steps

Cost: £12 a month

Contact:gsl12thlewishamsouth@gmail.com

Busy Bees Toddler Group

For children aged 0-4 and their parents/carers

When: Thursday 10-11.30am

Where: St Luke's, Northover, BR1 5JR

Bus: 124, 284

Disabled access: no steps

Cost: Free, but donations welcome

Contact: 0795 763 5918

Football – SportsFun4All

For 12–14-year-olds

When: Tue and Thur 5-7pm

Where: Downham Health & Leisure Centre, 7 – 9 Moorside Road, BR1 5EP (Astroturf at the top of the car park)

Cost: Free

Contact: sportsfun4all1@gmail.com

Downham Men's Group

What: A chance for men of all ages to meet. We do tasks at the Centre including gardening and painting.

When: Tuesday 10am-1pm

Where: Goldsmiths Community Centre, Castillon Rd, SE6 1PH

Bus: 124, 284, 336

Disabled access: No steps

Cost: free

Contact: Trevor 07821 292317

Front Room Club

What: A community café for those at risk of social isolation

When: Monday 10am-2pm, Tuesday and Friday 9.30am-2.30pm

Where: St Luke's, Northover, BR1 5JR

Bus: 124,284

Disabled access: no steps

Cost: Free including tea, coffee and snacks. £3 for 2 course lunch on Monday and Friday, 50p a slice for cheese or beans on toast on Tuesday.

Contact: 0795 710 6853

Welcome Club

What. Lunch, chat and activities

When. Wed and Thur 9am-3pm, Sun 11am-3pm.

Where. St Marks Hall, Baudwin Road, SE6 1RN

Bus. 124

Disabled access. One step to get into hall, ramp available

Cost. Donations welcomed

Contact. stmarks@canddparish.co.uk

Meeting Point

What. Cake, Chat, Games, Puzzles, Colouring, for all adults

When. Thursday 10.30–noon

Where. Kings Church Downham, The Green, Downham Way, BR1 5LS

Bus. 124, 136, 181, 284

Access. Step free

Cost. Free

Contact. Joan 07721 619837

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May 2023



Social, creative and digital learning groups in Downham



Activities in this box are at

Wesley Halls
2 Shroffold Rd, BR1 5PE

Bus: 136, 181, 336

Disabled access: No steps

Welcome Tea Room

What: All welcome, particularly people with a learning disability

When: Friday 10.30-2pm

Cost: Free / lunch is £5

Contact: Wesley Halls

Silver Lunch Club

What: Social lunch group for 60+

When: Thursdays 12.30-2.30pm

Cost: £5 (first visit free)

Contact: 020 8698 3735

info@ageingwellinlewisham.org

Downham Community Choir

What: Community choir open to everyone.

Just come and give it a go!

When: Sat 11.30-12.45pm

Contact: Hannah

<https://downhamandwhitefootchoir.org.uk/contact>

Activities in this box are at

The Green Man Community Hub,
355 Bromley Road, SE6 2RP

Bus: 181,54,136

Disabled access: no steps

Threads In Common

What: Sew, knit, crochet and a chat.

When: Thursday 10.30am-12.30pm

Cost: Free

Contact: info@phoenixch.org.uk

Digital Drop-in

Get help using your smartphone, laptop or tablet (priority Phoenix residents)

When: Wednesdays 10am-12noon

Cost: Free

Contact: email

digital.champions@phoenixch.org.uk or turn up

Fun & Fitness with Afro-Caribbean Music

What: Get fit and meet new friends while dancing to African heritage music..

When: The workshops take place on Fridays, 11.30am - 12.30pm

Where: Goldsmiths Community Centre, Castillon Rd, SE6 1QD.

Contact: 07528703662

salifousylla@gmail.com

Brighter Horizons

What: Many, varied activities for adults with a learning disability. Choose to attend for half a day or up to five days a week.

When: Monday to Friday 9am-3.30pm

Where: Downham Community Centre, 2 Shroffold Rd, Line, Bromley BR1 5PE

Cost: Private or Local authority funded places, from half a day per week

Contact: 020 8698 8858

All activities in this box are at
Goldsmiths Community Centre

Castillon Rd, London SE6 1PH

Bus: 124, 284, 336

Disabled access: No steps

Contact: 020 8697 6172

Karate

What: Age 8+ including adults. Beginners welcome.

When: Tue and Thur 7.30-8.30pm

Cost: £5 for children, £7 for adults

Contact: Keith 07973 340402

Menobox

What: A boxing club for people experiencing peri-menopause or menopause, for women age 40+

When: Wed 6.45 and 7.45pm

Boxing

What: Age 13+ including adult. Beginners welcome.

When: Wed 7-9pm

Cost: £5 to age 18; £10 for adults

Contact: Keith 07973 340402

Piece of Health

Fitness and Friendship will be hosting a six-week online healthy lifestyle programme, for residents with chronic illnesses such as obesity, type 2 diabetes, depression and anxiety, asthma and COPD.

Contact: Abbie dillonabbie123@gmail.com

At Downham Leisure Centre

7-9 Moorside Rd, BR1 5EW

Bus:124, 136, 181, 284

Disabled Access: ramp to reception, accessible changing rooms and a pool hoist

Contact: 020 8461 9200

60+ Badminton:

When: Monday 2-3pm

Disabled access: No steps

Cost: £10.50 with BeActive Membership

60+ Swimming

When: Wednesday 8:30 -9:30am

Aqua Fit

When: Mon and Tue 11.15-noon

Cost: £4.25

Aqua Zumba

When: Wednesday 11.15am-noon; Friday 10:30 – 11.15am, 7-7.45pm

Cost: £4.25

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**Exercise,
sport, dance,
health in
Downham**

All activities in this box are at

Wesley Halls

2 Shroffold Rd, BR1 5PE

Bus: 136, 181, 336

Disabled access: No steps

Zumba

When: Fri 6.30-7.30pm

Contact: 07956 296376

Tae Kwon-Do, Muay Thai

When: Most days

Cost: £50 a month (adults)

Contact: 07831 602 277

Short mat bowls & Sports Fitness

What: For adults with a learning disability. You need an assessment before joining and next enrolment is Sept 2023.

When: Tue 10-12 and repeats 1-3pm

Cost: usually free if on benefits

Contact: Book assessment on 020 8314 3300

More info: Dorota at Adult Learning Lewisham on 020 8314 7645

Voices in Motion Trinity Laban

What: creatively combining movement and vocals

When: Thursdays 10.30-noon

Where: The Green Man Community Hub, 355 Bromley Road, SE6 2RP

Contact: Laura Woods

L.Woods@trinitylaban.ac.uk

Mini Walkout Workout

What: a small walk for community which includes park workout equipment for 30-55 year olds for 30-45 minutes.

When: Wednesdays 10.30 am

Where: Downham Leisure Centre

Bus: 124, 126, 136, 181, 186

Cost: Free

Contact: Jamiel.Brade@nhs.net

Walking Football

What: walking football is played at walking pace with players allowed to walk not run

When: Wed 3-4pm and Thursday 7-8pm

Where: Ten Em Bee, 120b Old Bromley Road BR1 4JY

Cost: £4

Contact: Trevor 07821 292317

Tai Chi

When: Thursdays 7pm – 8.30pm

Where: The Green Man Community Hub, 355 Bromley Road, SE6 2RP

Contact: Matt Seal 07989 209558

Exercise for 60+

When: Friday 11am-noon

Where: The Green Man Community Hub, 355 Bromley Road, SE6 2RP

Contact: 07852 533649

christina.60up@aol.co.uk

Bromley & Downham Boxercise and Boxing

What: Boxercise fitness classes for children and adults. All levels.

When: Mondays: Children 6pm – 7.15pm; Mixed Adults 7:30pm – 8:30pm; Ladies boxercise Wednesdays 10am; Boxing for 5-8 year olds Tue and Thur 5-6pm.

Where: Bromley and Downham Community centre, 41, Valeswood Rd, BR1 4RD

Cost: £5 (kids) £10 (adult) Cash only

Contact: Richjfoster6@gmail.com

Beckenham Place parkrun

What: A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

When: Saturdays 9am

Cost: Free, preferably register in advance: <https://www.parkrun.org.uk/beckenhamplace/>

Fun & Fitness with Afro-Caribbean Music

Free weekly workshops aged 50+ with recorded music derived from Afro-Caribbean heritage, such as Afro rhythms, Salsa and more. Emphasis on enjoyment and fun while exercising.

Where: The Green Man Community Hub, 355 Bromley Road, SE6 2RP

Contact: 0800 028 5700

Sensory Gardening group

What: Learn to grow and eat organic and develop permaculture skills. All ages.

When: Fridays 10.30am-12.30pm
Forster Park, by main playing field - nearest entrance on Longhill Rd.

Cost: Free

Contact: St@zbee.com or turn up
<http://forsterparkfriends.org/>

Grow Lewisham Community Garden

Tasks include general gardening, building, carpentry, making teas and coffees!

There's something for everyone no matter age, experience, ability. Drop-in volunteers welcome every Sunday 12 - 2pm and first Sundays of the month 12 - 4pm.

Where: 'The Plot', 1 Southview Rd, Bromley BR1 5RD - through the gate

Bus: 136, 181, 208, 320, 336

Disabled access: Step-free access.

Contact: Sarah 0746 391 8718

Scout groups

Volunteers needed to help run weekly programmes. Training provided.

When: Mon, Fri eve

Where: St Barnabas church hall BR1 5PS

Bus: 136, 336, 181

Disabled access: no steps

Contact: sl12thlewishamsouth@gmail.com

Front Room Club

A community café for those at risk of social isolation

When: Monday 10am-2pm, Tuesday and Friday 9.30am-2.30pm

Where: St Luke's, Northover, BR1 5JR

Bus: 124,284

Disabled access: no steps

Contact: To volunteer please email
frontroomstlukes@gmail.com

For further information or to tell us about corrections or changes please contact:

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May 2023

Volunteering and gardening in Downham and beyond

Beckenham Place Parkrun

Friendly 5k community event Saturday on mornings entirely organised by volunteers.

To volunteer contact

beckenhamplace@parkrun.com

Silver Lunch Club

We are always in need of volunteers to help with setting up, serving food, washing up, mingling with our members, and light food preparation.

Volunteer hours are Thursdays, from about 11 am - 3 pm.

What: Social lunch group for 60+

When: Thursdays 12:30-2:30pm

Where: Wesley Halls, 2 Shroffold Rd, BR1 5PE

Bus: 136, 181, 336

Disabled access: No steps

Contact: 020 8698 3735

info@ageingwellinlewisham.org

Downham Matters

Volunteers needed for:

- Events (staff stalls at weekends)
- Marketing (writing content, posting on social media and website)
- Litter picks, equipment provided, all ages welcome 10.30am second Saturday March to September (but can vary)
- Adopt a Corner Garden

Look after a small green space near you (weeding, planting, watering, etc) any time. Materials can be provided to volunteers committed to a space. We can help with finding existing looked-after corner, or a new one

Limited onboarding provided - it's a grassroots-led group, members support each other.

Contact: downhammattersteam@gmail.com

Catbytes digital volunteering

Could you help someone use their smartphone, tablet or laptop? Set up an email, send a text, fill in an online form? We are not looking for IT experts, but people who are patient.

Wed 10-12 at The Green Man
Friday 10-12 at St Luke's Church

Contact: info@catbytes.community

Volunteering can help you with:

- Meeting people and getting to know your local community
- Confidence
- Being active
- Build skills and your CV
- Wellbeing – mental and physical health
- Satisfaction of helping others and doing a meaningful activity

Volunteer in Lewisham

Lewisham Local can help you find groups and charities in the rest of Lewisham to volunteer with.

Talk with someone face to face or get e-newsletters once a fortnight with lots of volunteer opportunities in Lewisham.

Contact: 020 8488 9224

Email: volunteering@lewishamlocal.com

<https://www.lewishamlocal.com/volunteer/>