



LEE FAIR SHARE

NEWSLETTER

January 2018

WISHING YOU ALL A WONDERFUL 2018

SHERRY, CAKE & COMPANY

There was an extra ingredient at the Coffee, Cake and Company meeting on December 11 – there was sherry as well as coffee! All those who attended the annual Coffee, Cake and Company Christmas party had a good time - there was plenty to eat and drink.



All are welcome at the coffee afternoons at which you can join in with activities such as card games, dominoes, bingo, board games, quizzes, crafts; or just enjoy a cup of coffee, a slice of cake and a chat. Every Monday 1.30 p.m at Lee Green Community Centre

NUTS

At a Christmas party I attended, instead of a bowl of over salted peanuts there was a large bowl of delicious walnuts. Nuts are often overlooked but they have great nutritional value.

Almonds ... are a good source of healthy fats, calcium, vitamin E and fibre, they help reduce “bad” cholesterol.

Brazil nuts ... contain selenium; which helps our body produce thyroid hormones, supports immunity and help healing. Eating three to four brazil nuts a day is plenty.

Cashews... are rich in magnesium, which may help cognitive ability, these crescent shaped seeds of the cashew apple include material such as iron and zinc, as well as being a good source of protein.

*Hazelnuts...*are a good source of folate, which can help keep down levels of homocysteine, an amino acid which has been associated with heart problems and Parkinson's disease.

*Peanuts ...*If you avoid the roasted or salted version (and keep the portion modest), then you reap the same benefits as with other tree nuts – lots of vitamins, minerals, protein and fibre.

Walnuts ... are rich in omega-3, protein, fibre and vitamin E, walnuts are also high in antioxidants, which help protect the body against disease.

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.

PILATES SESSIONS

Lee Green Community Centre, Leegate

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 please contact Lorraine on 07875 082571 or by email to 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 members 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.

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.

RECYCLE UNWANTED CHRISTMAS PRESENTS

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. So don't let any unwanted Christmas presents sit at the back of the cupboard gathering dust, what you don't want may be another person's treasure.

DATES at a GLANCE

Every Monday 1.30 – 3 pm

Coffee, Cake & Company:
Lee Green Community Centre, Leegate Centre

Every Thursday afternoon
2 pm

Time Tickers Walking Group - Greenwich Walk:
Meet at Lee Green Community Centre

January 2018

Monday 15th January.
2.00 p.m.

Keeping Warm in Winter Workshop
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

Tuesday 23rd January
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



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