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|  | The Befrienders (Singing group) |
| Organisation  | Ageing Well in Lewisham |
| Address | The Grove Centre, 2 Jews Walk, Sydenham, SE26 6PL\*Also available on Zoom on request\* |
| Description:   | Weekly singing group that is bound to put a smile on your face! No experience required, just a desire to sing with others. Includes socialising, movement, and singing. Led by our talented instructor from Trinity Laban with the help of TL students. Members create original songs, perform out several times a year, and enjoy concerts.  |
| Who can attend? Age, ethnicity, etc. | Anyone, but aimed at the 60+ range.  |
| Price:  | £5 |
| Accessibility  | ​​☒​ Step free access ​​☐​ Accessible toilet ​​☐​ Stepped access (one to three steps) ​​☐​ Upstairs (no lift) ​​☒​ Option to do the activity sitting down Other comments:  |
| Day and Time | Tuesdays 10 am – 11:45 am  |
| Transport: bus, car parking? | Buses: 122, 202, 197, 176 |
| Phone | 0208 698 3735 |
| Email  | info@ageingwellinlewisham.org |
| Website |  |
| Joining  | Contact us first for Zoom link and info |
| Joining: turn up or book? | We are happy to phone people before they attend and chat with them. They are also welcome to just sit in on a session from home / not participate until they’re comfortable. |
| Possibility for the client to be contacted by the organiser in advance to encourage attendance | Yes!  |

Updated: 08/08/2023

If some of the information on this document is no longer accurate, please inform Community Connections Lewisham via email communityconnections@ageuklands.org.uk or on 0330 058 3464.