



Meet Me....

A programme of activities for isolated older people in the borough of Lewisham, produced by Entelechy Arts and the Albany. Meet Me... is recognised as an exemplar model by the New Economics Foundation and the Campaign Against Loneliness, amongst others.

Meet Me at the Albany

In 2013 Entelechy Arts and the Albany established an all-day arts club for isolated older people, Meet Me at the Albany. The project has been developed in partnership with the London Borough of Lewisham. One day a week for fifty weeks a year, formerly lonely people work alongside artists and have the opportunity to uncover the artist within themselves. Participants are just as likely to be suspended on silks in a circus workshop, enjoying a performance of jazz, creating sculpture or writing poetry. Regular activity includes a weekly choir, who perform publicly, with their next performance at the newly opened Queen Elizabeth Hall, Southbank Centre.

Meet Me at Lewisham Homes

Meet Me... and social housing provider Lewisham Homes have worked in partnership over the last three years, delivering creative sessions in Independent Living schemes run by Lewisham Homes. In 16/17 we were awarded Celebrating Age funding by the Arts Council to enhance the work we do at these schemes by commissioning specific artistic projects. This year has seen four projects with: Chill Pill Spoken word and Poetry collective's Adam Kammerling and Mr Gee, Musicians Abimaro and Fran Lobo, and Zoe Gilmour and Lucy Warren's visual and film work. Between now and 2020 there will be sixteen projects in total. Regular sessions take place in six month blocks with light touch engagement and activity year round.

Meet Me at the Movies

Meet Me at the Movies involves cinema screenings in several Deptford locations for, and chosen by, older people on a monthly basis. Some screenings are in the early evening and accompanied by drinks, creating opportunities for new residents to meet socially with their older neighbours from the community.

We also run monthly afternoon film screenings of Movie Moments, specifically for people living with dementia and their caregivers. Isolated older people work with local volunteers in choosing short, seminal clips from films from the 1940s, '50s and '60s. Sessions alternate the screening of movie clips with opportunities to share the memories and reflections that they provoke. The structure is flexible and responsive to be accessible for people living with dementia and their carers.

Meet Me on the Move

Meet Me on the Move provides monthly trips and outings to places across London, to take part in a range of different activities, supported by volunteers. So far, activity has included trips to concerts, local pubs, contemporary circus shows, Eltham Palace and the Houses of Parliament, a Thames boat cruise and a film shoot.

Older people are fully involved in the programme, and with meetings to collaboratively co-design, plan and implement the journeys to places in different parts of our city. This ensures that older people, many of whom are often excluded from decisions about their day to day lives (such as when and what they will eat, what time carers come and help them out of bed etc.), are placed fully in control. The activities and journeys happen at different times of the day and night, allowing people to undertake ordinary and extraordinary things in their own city.

Meet Me befriending

The Meet Me Befriending programme has a dual role within the wider Meet Me... programme. It supports volunteers to connect with isolated older people and introduce them to our programmes of arts and creative activities, through one to one 'creative buddy' relationships. In addition, volunteer befrienders are supported to develop the skills and capacity to work alongside existing Meet Me... members who may be going through periods of change and uncertainty in their lives and are in need of someone to listen and provide support.

Meet Me round yours

We are piloting ways of working with Meet Me... members who are no longer able to leave their homes on a regular basis. These include person centred artistic projects and the use of tablets to continue or form connections with Meet Me at the Albany via the internet..

Meet Me in the South

A bi-weekly Meet Me... will start in the south of Lewisham in Summer 2018, with Dementia Friendly screenings and other activities, including movement classes which the Lewisham Falls team can refer clients to. This follows on from the successful Meet Me... pop up at the Ackroyd Centre in Forest Hill which runs from October 2017 to October 2018

Training and development

In development are partnerships with Lewisham Falls Team (training and referrals) and St Christopher's Hospice (training, possible project partnership and volunteer support). Meet Me is also planning Intergenerational project with Deptford nursery Rachel MacMillan Nursery.

Meet Me activity is funded by a variety of funders, please contact Cara.mcaleese@thealbany.org.uk for further detail. Our main funders are Lewisham Council, Lewisham Homes, Arts Council England and City Bridge Trust.

