

SMART Newsletter

Edition 132 — Week Starting 12th December 2022



Foreword from Amelia

The weather's going to be really cold this week, so please do try and keep yourself warm, as much as possible. In fact, feel free to pop down to SMART, as we've got new and extended opening hours during the week, and on the weekend (see page 4 for more details, and spread the news!), with lots of delicious hot food to eat.

Hurrah! We're going to be open on Christmas Day (see page 6 for more details)! Come and join us for Christmas Lunch, or just to hang out with good company.

Take care, and see you soon!

News, Messages and Updates

Find SMART Updates, Good News, and open messages from members here.

PLEASE NOTE: The SMART newsletter may be shared with non-SMART members, so please make sure that you only share what you're comfortable with sharing.



**WE ARE MAKING
SOME
CHANGES!**

We're going to be changing the way we deliver you news about SMART but we want to know your thoughts...

If you receive the newsletter, let us know how you feel about the following changes-

- Receiving a monthly newsletter
- Printing on A5 instead of A4

We'd also like to know what you'd like to read about. We'll always let you know about our events but how do you feel about our current content?

- Recipes, Quotes, interesting facts?



We'll be delivering you news in the usual way until after the festive season.

You'll receive a newsletter on the week of
Monday 12th Dec

The next edition will then be out in
January 2023

But don't worry, we'll make sure we keep you up to date with our festive plans...

If you'd like to give us your feedback about the changes to the Newsletter, then please speak to either Sarah or Ann at SMART or call on 020 7376 4668.



SMART CAFE



The heating is on, the food is hot, the company is great and we're open to all . . .

Mondays: 10.30am - 7.30pm
Wednesdays: 10.30am - 7.30pm
Thursdays: 10.30am - 7.30pm
Saturdays: 10.30am - 4.00pm
Sundays: 10.30am - 4.00pm

- Pay-As-You-Feel Café
 - Computers & Free Internet/Wi-Fi
 - Book Swap, Board Games & Craft Table
 - Other Regular Activities including Massage & Creative Writing
 - Someone to talk to if you need Support or Advice
 - Opportunities to Work or Volunteer
-



Promoting mental health through purposeful activity
SMART, The Basement, 15 Gertrude Street, London, SW10 0JN.

T: 020 7376 4668 | W: www.smartlondon.org.uk

| E: admin@smartlondon.org.uk



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News, Messages and Updates

Alternative Christmas Fair

Tuesday 13 December, 11am-3pm
at Morley College Chelsea Centre, Hortensia Road,
Chelsea, London, SW10 0QS

Free food and refreshments

Free haircuts for men

Free massage

Access to financial help & advice

Quizzes and good times!

Hosted by...



Community
LivingWell

Working together for your wellbeing



Grenfell Health and
Wellbeing Service



St Mary Abbots Rehabilitation & Training

CLEANING COVER NEEDED

Duties include cleaning the toilets, mopping the floors and sanitising desks and surfaces.

Contact Sarah for more information:
07341 560 625



What's Going On



Smart Christmas Fair

MUSIC
STALLS
FESTIVE FOOD
ARTS & CRAFTS
HOT DRINKS

15TH
DECEMBER

12-6PM
EVERYONE
WELCOME

SMART
THE BASEMENT
15 GERTRUDE STREET
SW10 0JN

CONTACT SMART FOR MORE INFO- 07341 560 625



YOU'RE INVITED TO



SMART

St Mary Abbots Rehabilitation & Training

Christmas Lunch

SUNDAY 25TH

DECEMBER



We are asking for a £5 deposit, for anyone that wants to attend, and which will be returned upon attendance.



If you would like to attend, but can't afford the deposit, please get in touch with us.



Call 0207 376 or 07341 560 625 to register, or for more information.



SMART, THE BASEMENT,
15 GERTRUDE STREET,
LONDON, SW10 0JN



See you there!



SMART Christmas

OPENING TIMES

Wednesday 21st December

The last food-bank & we are giving away special Christmas food bags - no need to book, just turn up from 1.00pm

Thursday 22nd December

Open as usual but our walk will be a Winter Walk along the Kings Road to see the lights, ending with a hot drink at Peter Jones, meet at SMART for 11.00am as usual.

Sunday 25th December - Christmas Day

We are open Christmas Day 12.00 - 4.00pm and are asking people to pre-book a Christmas lunch with us which will be served at 1.00pm, £5 to secure your place.

Call on 07341 560625 or email admin@smartlondon.org.uk to reserve your space. Snacks and drinks available to people just dropping in. Come and say hello!

Upcoming Events

SMART Christmas

OPENING TIMES

Monday 26th December- Boxing Day

We are open on Boxing Day **10.00am - 4.00pm**

Tuesday 27th - Friday 30th December

SMART will be **CLOSED** but Amelia will be on call on **07341 560625** from **10.00am to 4.00pm**.

Saturday 31st December- New Year's Eve

Saturday 31st is New Year's Eve and we will be doing a Jools Holland style music hootenanny from **12.00 - 6.00pm** with food and drink, see Sarah for more details! Come and sing your party piece!

We are open as normal from **Wednesday 4th January**.

What's Going On



SMART

St Mary Abbots Rehabilitation & Training

Hootenanny! **(Jools Holland-style)**

Join us on Saturday 31st December
(New Year's Eve) from 12.00 - 6.00pm, for
food, drinks, and music - come along and
sing your favourite party piece!

**For more details, speak to
Sarah, or call 020 7376 4668**



**SMART, The Basement,
15 Gertrude Street, SW10 OJN**

SMART HAPPY NEW YEAR CHAT



MONDAY 9TH JAN 2023

11AM-1PM

Happy to Chat is a research project that promotes social interactions in the community.

People are given a badge that shows they are happy to chat and they can wear it in public places (like on the bus) to show they are happy to chat.

We think that it will help everyone involved feel happier and less isolated. If you wish to take part in the Happy to Chat research project, or find out more, **please come join our SMART – Happy New Year Chat’ on Monday 9th January 2023, anytime from 11am to 1pm, at SMART, The Basement, 15 Gertrude Street, London SW10 OJN.**

You are welcome to come along, casually dropping in (and out), while having a chat with us and/or other SMART members during this event. We will be sharing with you our happy to chat research project over plenty of tea and coffee with lunch at 12:00.

So why not come along to our SMART – happy new year chat?



What's Going On

Gary's Top 30 Singles Chart

Hi everyone.

Gary, aka DJ TFXFX here again with my pick of the 30 best tunes from the current Official UK top 100 singles chart.

DJ TFXFX's top 30 singles, from the Official UK Singles Top 100 chart, 25th Nov 2022

1. Messy in Heaven (VIP mix) – Venbee & Goddard
2. No Excuses, (TS7 mix) – BRU C
3. Kiss Me (Paul Woolford mix) – Dermot Kennedy
4. Seventeen Going Under – Sam Fender
5. Forget Me – Lewis Capaldi
6. Big City Life (TIK TOK mix) – Luude & Mattafix
7. About damn Time (Colin Jay mix) – Lizzo
8. Energy (Energy mix) – Bugzy Malone
9. All For you – Cian Ducrot
10. Bones (Two colours mix) – Imagine Dragons
11. Turn on The Lights Again (remix) – Fred Again
12. Sweater Weather (Neffa mix) – The Neighborhood
13. I'm Good (Press Play mix) – D Guetta & Bebe Rexha

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14. Only Love Can Hurt Like – Paloma Faith
 15. Narcissist – Lauren Spencer Smith
 16. Snap – Rosa Linn
 17. Go – Cat Burns
 18. Oh Caroline – The 1975
 19. Summertime Madness – (Gervais mix) – Lana Del Rey
 20. Unholy Sam (Disclosure mix) – S Smith & Kim Petras
 21. Ghost of You – Mimi Webb
 22. Hotel – Montell Fish
 23. Atlantis – Seafret
 24. Living Without You – Sigala & David Guetta
 25. How Do I Say Fondly – Dean Lewis
 26. Lionheart (extended mix) – Joel Corry & Tom Grennan
 27. About You (The 1975 extended mix) – The 1975
 28. Delilah – Fred Again
 29. Speed of Plight – Loyle Carner
 30. Break My Soul – Beyoncé

Here's what's currently running at SMART

(In-person activities take place at: [SMART, The Basement, 15 Gertrude Street, London, SW10 0JN](#). Online activities can be accessed via our website: www.smartlondon.org.uk.)

<u>Monday</u>	Breakfast Club, Zumba & Art Therapy *	10.00am—12.00pm
	SMART Café * (at SMART)	10.30am—7.30pm
	SMART Gardening * (at SMART)	10.30am—12.30pm, 1.30—3.30pm
<u>Tuesday</u>	Hatha Yoga * (online) Zoom ID: 267 427 679 Passcode: 842 322	10.00—11.00am
<u>Wednesday</u>	SMART Café * (at SMART)	10.30am—7.30pm
	SMART Gardening * (at SMART)	10.30am—12.30pm, 1.30—3.30pm
	Chair Exercise * (online) Zoom ID: 732 772 0291 Passcode: PY123	11.00am—12.00pm
	SMART Music * (at SMART)	2.00—4.00pm
<u>Thursday</u>	SMART Café * (at SMART)	10.30am—7.30pm
	SMART Stroll * (at SMART)	11.00am—1.00pm
	SMART Art * (at SMART)	1.30—3.15pm

SMART Timetable

<u>Thursday</u>	SMART Shed * (at SMART)	1.30—3.30pm
<u>Friday</u>	Breakfast Club, Chair Exercise & Bingo *	10.00am—12.00pm
	SMART Art * (online)	2.30—3.30pm
	Yin Yoga * (online) Zoom ID: 858 1580 2962 Passcode: 536 665	6.00—7.00pm
<u>Saturday</u>	Tone Time * (online) Zoom ID: 848 9210 1815 Passcode: 688 269	9.00—10.00am
	SMART Café * (at SMART)	10.00am—4.00pm
	Saturday Club *	10.00am—1.00pm
	Food Bank *	1.00—3.00pm
<u>Sunday</u>	SMART Café * (at SMART)	10.00am—4.00pm

* PLEASE NOTE: The Well Read group is not organised or operated by SMART, and is open to everyone.

* PLEASE NOTE: Activities marked with a * can only be accessed by SMART members.

* PLEASE NOTE: Activities marked with a * are open to everyone.

* PLEASE NOTE: These in-person activities take place at:

Response Community Projects, 300 Old Brompton Road, London SW5 9JF

Support and Information



Our services are slowly starting to open back up, and SMART is still here to support you. We've got various groups and activities going on—music, art, crafts café, shed project, and more. Why not pop in to see what's going on?

You can call us on: 020 7376 4668 or 07341 560 625

Email us: info@smartlondon.org.uk

Visit our website: www.smartlondon.org.uk

Follow us on our Facebook, Instagram, Twitter & YouTube channels.

OTHER SERVICES

SPA

Advice and guidance in a crisis.
Call 0800 0234 650, or
18001 0800 0234 650
(Typetalk)

Samaritans

Available to listen.
Call for free on: 116 123,
or Email: jo@samaritans.org

Shout

24/7 Text chat service.
Text Shout to 85258 to get
started

NHS 111 Online

Online medical advice.
111.nhs.uk

If you feel that there is an immediate risk to yourself, or someone you know, please call 999 or your local accident and emergency department, immediately.