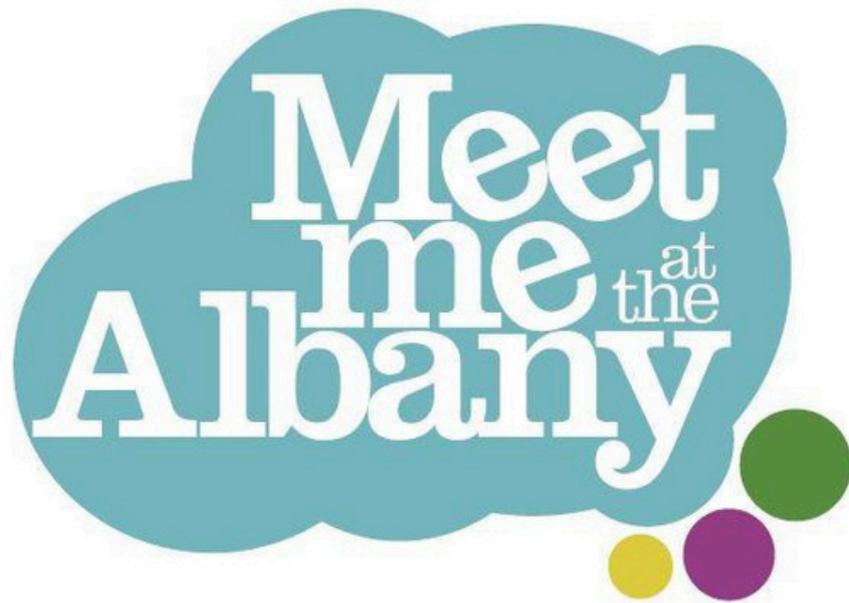
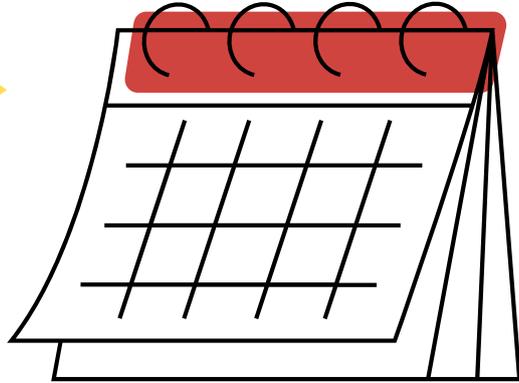
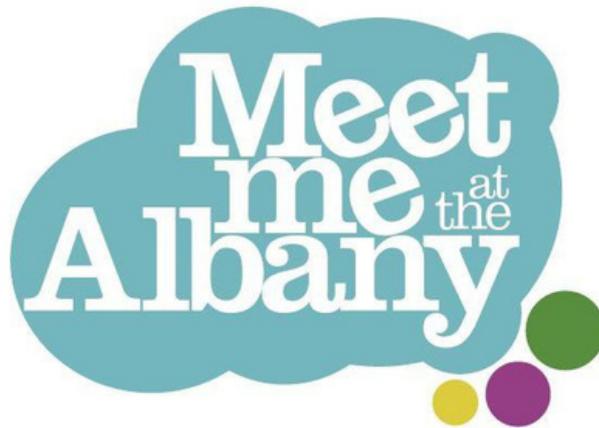
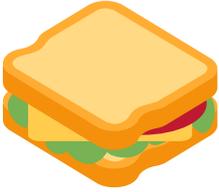


**March -
May
2026**



WHAT'S ON?



	<p>Tuesdays 10.30am - 2.30pm</p>
	<p>The Albany Douglas Way, Deptford, SE8 4AG</p>
	<p>£3 - includes teas, coffees, biscuits and activities</p>
	<p>Please either bring your own lunch, or toasties are available to buy in the café</p>
	<p>Open to those aged 65+</p>

Tuesday 31st March

10:30am - 12pm	Freestyle creative projects	CaffA
11am - 12pm	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
1 - 2.30pm	BIG Meeting - What's coming up and planning for movies	Red Room

Here Comes the Sun with Zoë Gilmour

Join Zoë to experiment with music and performance for 8 weeks.

We will be welcoming the warmer seasons through songs and poems, dancing to your favourite music and exploring some weird and wonderful sound effects.

Bring your imagination and wisdom to our sessions. Let's celebrate all of our sunshine traditions... and create some new adventures together! **EVERYONE WELCOME!**

Tuesday 7th April

11am - 12	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
11am - 12 1 - 2:30pm	Painting Ceramics	CaffA
1pm - 2.30pm	Meet Me at the Movies	Red Room

Tuesday 14th April

11am - 12	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
11am - 12 1 - 2:30pm	<i>Creative activities tbc</i>	CaffA
1pm - 2.30pm	Caribbean Dance Session with Nzinga Dance	Red Room

Tuesday 21st April

11am - 12	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
11am - 12 1 - 2:30pm	<i>Creative activities tbc</i>	CaffA
1pm - 2.30pm	Caribbean Dance Session with Nzinga Dance	Red Room
1pm - 2.30pm	Marketing and communication workshop with Neda and Students	Yellow Room

Workshop with Neda and Southampton University Students: Meet Me is s a case study for Film students at Southampton University, this module is led by our very own volunteer Neda! Come and join the discusson to see students ideas of how to make Meet Me visible on digital platforms and give your valuable feedback on the projects!

Tuesday 28th April

11am - 12	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
11am - 12 1 - 2:30pm	<i>Creative activities tbc</i>	CaffA
1pm - 2.30pm	Mindful Movement with Amy	Red Room

Tuesday 5th May

11am - 12	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
11am - 12 1 - 2:30pm	Garden Making - sign painting	CaffA
1pm - 2.30pm	Meet Me at the Movies	Red Room

Tuesday 12th May

11am - 12	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
11am - 12 1 - 2:30pm	Garden Making - Flower Pounding/ Tataki-zome with Ellie	CaffA
1pm - 2.30pm	Mindful Movement with Amy	Red Room

Tuesday 19th May

It is **Creativity and Wellbeing Week** - Share your tips on how you stay well and how you like to explore your creativity!

11am - 12	Here comes the Sun - Join Zoë to experiment with music and performance.	Red Room
11am - 12 1 - 2:30pm	Garden Making - to be confirmed	CaffA
1 - 2.30pm	Mindful Movement with Amy	Red Room

Break weeks:

Tuesday 26th May and Tuesday 2nd June.

Other Information

Deptford Library Cinema Club

Last Friday of every month

2pm onwards

FREE

Art as Activism

A Meet Me Creative Project

Are you over 65 and want to explore issues that impact you as you get older? Do you enjoy writing and want to develop new skills? Join us over 8 weeks to explore activism, protest and advocacy through discussion, poetry and writing.

Get in touch with Becky on 07860740033.

Where: The Albany

When: Wednesdays 10.30am till 12.30pm.

8th April - 27th May

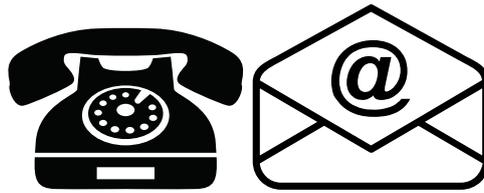
Meet Me on the Phone

Listen to poems written and recorded by members of the Meet Me Poetry Collective

<https://entelechyaarts.org/projects/meet-me-on-the-phone-poetry-collective/>



Any queries? Get in touch:



Jasmine <i>Membership and access enquiries</i>	07593 580 574 jasmine.sparrow@entelechyarts.org
Sophie <i>Meet Me Producer</i>	07981 164 938 sophie.merriman@thealbany.org.uk
	The Albany Douglas Way, Deptford, London, SE8 4AG

Meet Me is led by charities Entelechy Arts and the Albany. The programme is supported by Lewisham Council, National Lottery Reaching Communities fund as well as independent trusts and foundations.

