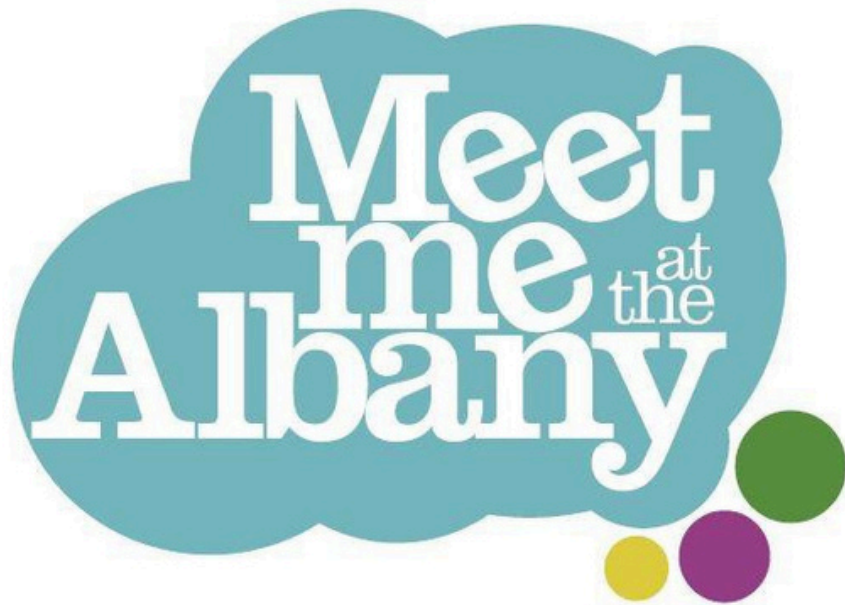
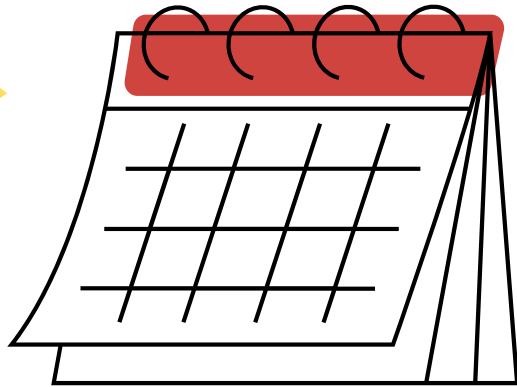
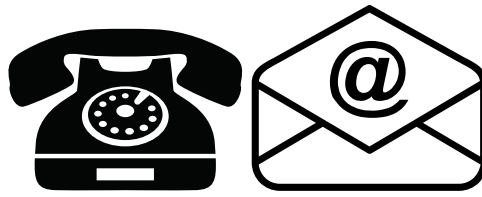



**August -  
September  
2025**



**WHAT'S ON?**

## Any queries? Get in touch:



<b>Jasmine</b> <i>Membership and access enquiries</i>	<b>07593 580 574</b> jasmine.sparrow@entelechyarts.org
<b>Sophie</b> <i>Meet Me Producer</i>	<b>07981 164 938</b> sophie.merriman@thealbany.org.uk
	<b>The Albany</b> 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.





**Tuesdays**

10.30am - 2.30pm

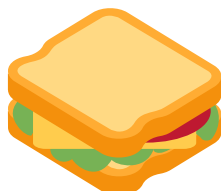


**The Albany**

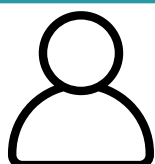
Douglas Way, Deptford, SE8 4AG



**£3** - includes teas, coffees,  
biscuits and activities



Please either bring your own lunch, or  
sandwiches are available to buy in the café



Open to those aged 65+

**Tuesday 29th July and  
Tuesday 5th August - BREAK WEEKS**  
**Free teas and coffees available from the café between 10.30 and  
12 on these days**

**Tuesday 5<sup>th</sup> August - no regular sessions**

10:30am - 12	Chat with Sue and Chuck - the Albany Associate Artists. They will be sharing what they have been working on, currently titled ' <i>My Backing Band</i> ' and would love to work with Meet Me members to develop this project	Café
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**Wednesday 6<sup>th</sup> August - Meet Me on the Move**

TBC	Visit from the British Museum - object handling and more.	Albany
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**Tuesday 12th August**

10.30am - 12	Big Meeting	Red Room
1pm - 2.30	African Drumming with Wuntanara	Red Room

## **Tuesday 19th August**

11am - 12	African Drumming with Wuntanara	Red Room
11am - 2:30pm	Own Projects	Café
1pm - 2.30	Bijoux Stories with Abi - Singing, movement and storytelling	Red Room
12 - 2.30pm	Table Talk with Rachel	Café

## **Tuesday 26th August**

11am - 12	African Drumming with Wuntanara	Red Room
1pm - 2.30	Bijoux Stories with Ashley - Accessible movement and dance sessions influenced by the sea and shipping	Red Room
11am - 2.30pm	Poetry Workshop - Togetherness led by Ovyuki & Natasha	Blue Room

## **Tuesday 2<sup>nd</sup> September**

11am - 12	African Drumming with Wuntanara	Red Room
11am - 2.30pm	Cyanotypes	Café/Garden
1pm - 2.30	Bijoux Stories with Ashley	Red Room

## Tuesday 9<sup>th</sup> September

11am - 12	Singing and music with Talia	Red Room
11am - 2.30pm	Cyanotypes	Café/Garden
1:15pm - 2:15	Amy - Chair Movement session	Red Room

## Tuesday 16th September

11am - 12	Singing and music with Talia	Garden
10:30am - 2.30pm	Garment Autobiographies with Ellie	Red Room

### **Garment Autobiographies**

*Explore the stories woven into your clothes!*

In this session you're invited to bring an item of clothing that's special to you - something you wear now, or something from your past. In the morning, we'll share the personal stories behind these garments - reflecting on the moments, places and people connected to them. In the afternoon, we'll get creative: beginning with some life drawing to capture form, then zooming in to explore textures and details.

We'll also have a photo booth set up, so you can snap some portraits with your chosen piece.

### **Tuesday 23rd September**

11am - 12	Singing and music with Talia	Red Room
11am - 12	Garment Autobiographies with Ellie continued	Café
1 - 2.30pm	Meet Me at the Movies	Red Room
1 - 2.30pm	Own Projects	Café

### **Tuesday 30th September**

TBC	Singing and music with Talia	Room TBC
11am - 12	Clowning and storytelling with new artist Amy	Red Room
11am - 2:30pm	Autumn Making project	Café
1 - 2.30pm	Meet Me on the Dancefloor - Freestyle and bring a vinyl!	Red Room

**Tuesday 7th October and  
Tuesday 14th October - BREAK WEEKS  
Back on 21<sup>st</sup> October**