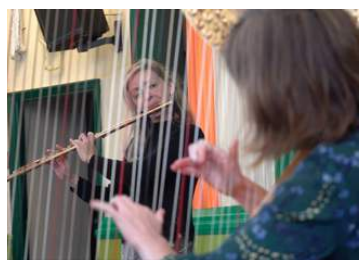




**Lewisham Irish
Community Centre**



Autumn Programme 2025

lewishamirish.org.uk

Fáilte

Lewisham Irish Community Centre is a vibrant hub in the heart of Lewisham, welcoming people of all backgrounds. Founded in 1992, our mission is to relieve poverty, sickness, and distress, advance education and awareness of Irish culture and heritage. We provide facilities and services to meet the needs of the local community.

We offer a warm Irish welcome to everyone, with over 700 visitors a week, a wide range of clubs, classes, advice, and support. Our autumn programme has something for everyone, u can join our activity at any point during the year.

We look forward to seeing you soon at 2A Davenport Rd, London SE6 2AZ

Volunteering

Volunteers are at the heart of everything we do at Lewisham Irish Community Centre. Whether you can spare a few hours a week or help at special events, your time makes a real difference.

You'll gain new skills, meet new people, and help create a welcoming space for all. Interested in volunteering? Get in touch with us to find out more!

Support our work

We're a registered charity and we rely on your support to continue our work. If you're able to support our work please do get in touch or donate through our website.

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Monday

Digital Hub

(10:30–11:30, Free)

Drop in for friendly help with computers, phones, and tablets. Build your digital confidence with support from our volunteers.

Community Café

(10:00–11:30, Free)

Enjoy a cuppa, light Breakfast and good company. A welcoming space to meet others and start your week with a chat.

Chair Seated Exercise

(11:45–12:30, £3)

Gentle strengthening and toning low-impact exercise for all abilities, especially suited for older adults or those with limited mobility.

NHS Classes

(13:30–14:30, NHS)

NHS classes to build strength and stability and prevent falls. Check with the centre for details.

Irish Dancing School

(17:00–19:00)

Traditional Irish dance classes for children and young people, led by experienced tutors.

Yoga for All

(19:30–20:30, £7, starts October)

Relaxing yoga suitable for all levels, focusing on flexibility, strength, and mindfulness.

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Tuesday

Workshops Space for Hire (09:30–12:00, £35/hr)

Book our flexible space for your own classes, meetings, or community events.

Yoga

(12:00–12:45, £3, starts 7 October)

A gentle yoga session to boost wellbeing and mobility for the over 55's .

NHS Classes

(13:00–16:00, NHS)

LEEP NHS Classes for those living with COPD. Check with the centre for details.

Irish Language (Children)

(16:30–17:30, £4)

Fun, interactive Irish language lessons for children of all backgrounds.

Irish Language (Adults)

(17:45–19:15, £6)

Friendly, accessible classes for beginners and improvers to learn or brush up on Irish.

Salsa

(19:30–21:30, Salsa Tutor)

Lively salsa dance classes—no partner needed! Great for fitness and meeting new people.

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Wednesday

Men's Group

(10:15–11:45, Free)

Social group for older Irish men to connect, chat, and enjoy a game of cards .

Chair Aerobics

(12:00–12:45, £3)

Enjoy dance aerobic exercise for the over 55's.

Free Community Lunch

(13:00–14:30, Free)

Community lunch made from surplus food – in partnership with Lewisham Foodcyle . Everyone welcome.

LICC Youth Club

(16:00–19:15, Free)

Safe, supportive space for young people to socialise, learn, and have fun.

Catford Sings Choir

(19:30–21:00, Catford Sings)

Community choir open to all—no experience needed, just enthusiasm!

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Thursday

Community Connections

(10:30–12:30, Free)

Drop-in for advice, support, and a friendly chat. Connect with local services .

NHS LEEP Program

(13:00–16:00, NHS)

NHS-run sessions supporting health, learning, and empowerment for those living with COPD.

Irish Music Lessons for children age 6–11.

(16:15–17:15, £5)

Learn traditional Irish music in a relaxed, friendly group.

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Friday

Playgroup

(09:30–11:30, £5/family)

Play, learn, and make friends—an inclusive group for parents, carers, and little ones.

Irish Elders & Friends

(13:30–16:30, £5)

Social afternoon for the older Irish community and friends, with exercise classes, tea dances, tea, and chat.

Lewisham Wellbeing Hub (Monthly)

(17:00–19:00, LWH)

Monthly sessions focused on mental and physical wellbeing.

Kinship Carers (Monthly)

(17:00–19:00)

Social group for young people and carers to share experiences, enjoy social activities and access support.

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Saturday

Foodcycle Lunch
(10:00–15:00, Free)

Free community lunch made from surplus food—everyone welcome.

Hall for Hire
(16:00–21:30, £55/hr)

Book our spacious hall for your event, party, or celebration.

Sunday

Hall for Hire
(from 14:00–21:00, £55/hr)

Available for private hire—contact us to book your slot.



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Advice Service

Our independent advice service supports Irish, their descendants and the wider community to live fulfilling, independent lives. We have a friendly, expert team that supports clients of all ages with:

Help with **welfare benefits**

Help with **housing and homelessness**

Help with **returning to Ireland**, including Irish Welfare Benefits

Help with **pensions** in the UK and Ireland

We provide **home visits** to people who are unable to access our office and can carry out welfare checks, support with transport schemes, and befriending.

Appointments are available every day, Monday to Friday

We run an **Advice Surgery** in partnership with community connections every Thursday morning 10:30-12:30.

Get in touch with Francesca Cook | Head of Welfare

07494029668

francesca@lewishamirish.org.uk

Irish Passport Service

We can support you with form-filling and act as a witness for passport applications if you book an appointment.

Please get in touch –

Kathleen Sheridan | CEO

manager@lewishamirish.org.uk

07956509033



Get in touch

For general Enquiries and Partnerships, contact us

Kathleen Sheridan | CEO

020 8695 6264 or 07956509033

manager@lewishamirish.org.uk

Hire our space

Our centre is a perfect space for events or meetings. We can accommodate smaller gatherings such as meetings, away days or events up to 100 people.

Fiona Chambers | Project Coordinator

07903151348

fionachambers@lewishamirish.org.uk



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Connect with us



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