



# A Touch of Gentleness

## Healing a disconnected world through gentleness and touch

A Touch of Gentleness brings new solutions to our world addressing the disconnection, loneliness and isolation that has become so endemic in our societies.

*Everyone needs to feel valued, heard, seen and cared about.*  
A Touch of Gentleness offers people just that.

### Positive Touch & Gentleness

Volunteers are trained to give therapeutic hand massages and to listen with gentle presence. They are then supported to offer this service wherever it is needed.

As people connect with one another in this way feelings of stress, anxiety and loneliness are alleviated. Feelings of safety and connection increase and the positive effects of this ripple out across society.

### Volunteer Training & Support

A Touch of Gentleness offers free training within a supportive network. It also provides meaningful roles for their valued volunteers promoting a sense of purpose, confidence and achievement.



To request our services,  
join us or find out more:

[www.ataouchofgentleness.org](http://www.ataouchofgentleness.org)

Funded by donations. Registered CIC: 13649433

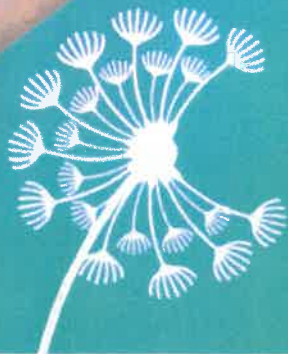
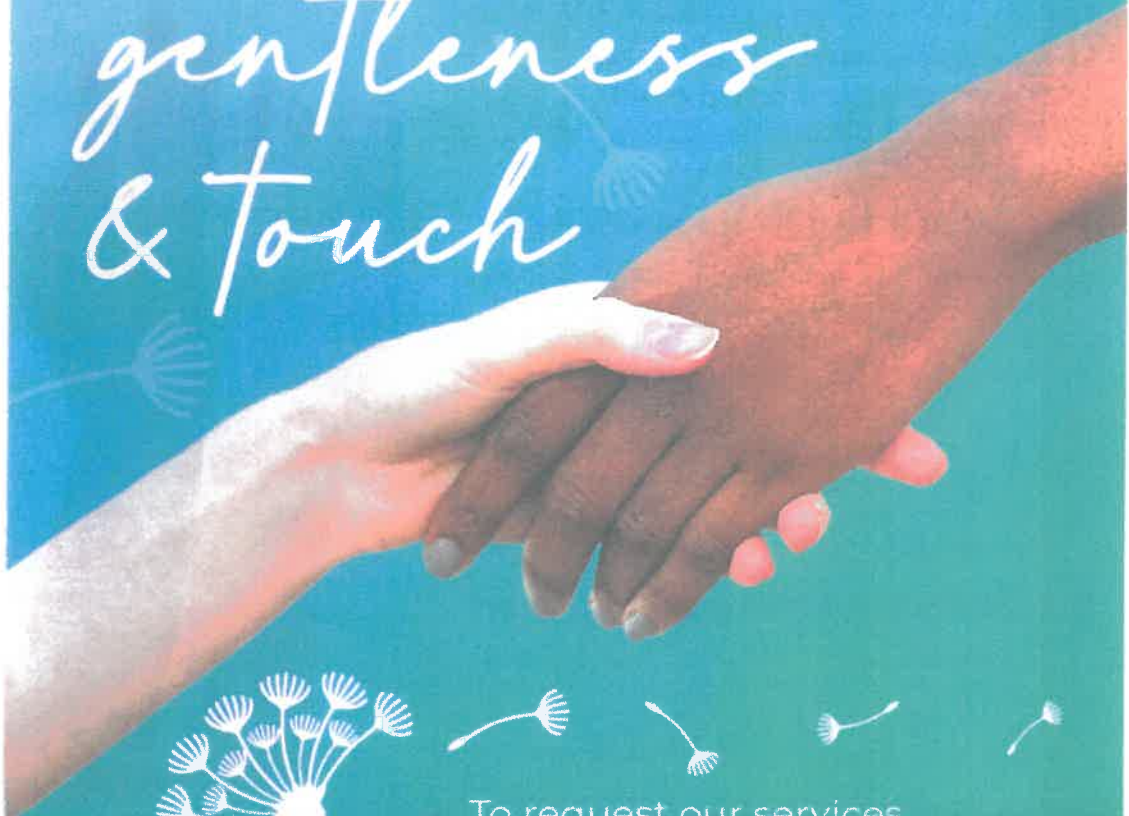




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First Wednesday  
of every month  
Free hand massage  
massaging  
at the  
Community  
Cafe  
92A  
Blaker  
court.  
10:00-11:30.



❖ Are you over 50?

❖ Would you like to make new friends and join in with social Activities and days out?

❖ For information or to register please contact:

**Charlton Triangle Homes – 020 8319 8870**







# BEFRIENDERS WANTED

WOULD YOU LIKE TO HELP OTHER PEOPLE  
IN YOUR COMMUNITY?



07960821153



Lisa.Judge  
@peabody  
.org.uk

Would you like to learn some new skills, gain valuable volunteering experience which could enhance your CV and benefit your community?

We are looking to build a team of volunteers that befriend residents in order to offer support, build trust, resilience and reduce isolation.

If you feel that you would like some training in Interpersonal Skills, which involves exploring how best to communicate and interact with others whilst supporting them. Followed by volunteering for about one hour a week for a period of six months, we would like to hear from you.

Training will be provided **free of charge** over 3 days.





New Leaf is here to help you  
with our free services  
Telephone 0208 319 8416

### NEW LEAF SERVICES

- ✓ WELFARE ADVICE
- ✓ BENEFIT ADVICE
- ✓ DEBT ADVICE
- ✓ EMPLOYMENT/  
TRAINING TEAM
- ✓ COUNSELLING
- ✓ RELAXATION  
THERAPY
- ✓ HEALTHY LIVING
- ✓ BEFRIENDING
- ✓ SUPPORT INTO  
VOLUNTARY WORK
- ✓ TRAINING &  
COURSES
- ✓ IT CLASSES
- ✓ ANNUAL  
COMMUNITY  
LEADERSHIP  
COURSE
- ✓ FOOD CABIN  
PROJECT

Open: Monday - Friday, 9:30am - 4:30pm  
124a Blaker Court - SE7 7EU



new leaf  
*Community*  
CAFÉ & SHOP

### COMMUNITY CAFÉ

Open: Tuesday,  
Wednesday & Thursday  
9am - 2:40pm  
92a Blaker Court  
SE7 7ET

### COMMUNITY SHOP

Open: Tuesday,  
Wednesday & Thursday  
9:30am - 3pm  
Back of 92a Blaker Court  
SE7 7ET

[www.charltontriangle.org.uk](http://www.charltontriangle.org.uk)  
0208 319 8416





## LUNCH

(Served between 12pm - 2pm)

### Wednesday Special \*

£3.50

Homemade Soup with Garlic Bread \* 

£2.40

\*See board for details

Jacket Potato  

(with butter or pesto )

- 1 Topping

£3.50

- 2 Toppings

£4.00

Each topping from:

Cheese, Beans, Tuna Mayo,

Sweetcorn, Onions, Mushrooms, Ham,

Bacon, Sausage

## SANDWICH (S) OR BAGUETTE (B)

S

- Cheese or Ham with Lettuce

2.30

2.75

- Bacon and Tomato (both +50p)

2.30

2.75


- Bacon or Sausage (add egg +50p)

- Tuna Mayo Onion or

2.30


2.75

- Sweetcorn (add cheese +50p)

- Egg (fried or scrambled) 

2.00

2.50

- Tomato, Pesto & Cheese 

2.25

2.75

- Cheese & Onion 

2.25

2.75

## OMELETTE & SALADS

OMELETTE (served with side salad)

Plain  

2.00

Each extra:

- Onions, Tomatoes, Sweetcorn 50p

- Cheese, Mushrooms, Ham, Bacon, Sausage 70p

### SALADS

- Ham Salad \* 

2.50

(Ham, mixed salad, homemade sauce)

- Tuna Salad \* 

2.75

(Tuna, mixed salad, homemade sauce)

- Veggie Salad \*  

2.75

(Cheese, mixed salad, sweetcorn, carrot, homemade sauce)

(\* Add plain Pasta +50p)

## PASTAS

- Plain (homemade white sauce) 

£1.50

- Add Tuna, Bacon or Sausage

£1.00

- Add Cheese, Ham or Mushrooms

80p

- Add Onion, Tomatoes or Sweetcorn

60p

- Macaroni Cheese 

£3

- 2 Garlic Bread with Cheese 

£1.60

- 2 Garlic Bread 

80p

## CAKE / SAVOURY

Homemade Cake / Savoury

£1.20

Custard

30p

Mug Cake\*

£1.40

Mug Cake with Almond Flour\*  

£2.00

(\* Flavours: Chocolate, Vanilla or Lemon)



## HOT DRINKS

	M	L
Cappuccino	£1	£1.40
Latte	£1	£1.40
White or Black Coffee	£1	£1.40
Espresso	80p	£1.20
Mocha	£1.20	£1.60
Hot Chocolate	£1	£1.40
(add marshmallows +20p)		
English Tea	70p	£1
Green, Ginger or Fruit Tea	70p	£1

## COLD DRINKS

FRESHLY SQUEEZED JUICES	£1.60
Orange, Carrot, Apple, Ginger, Celery	
Bottle of Water (still)	70p
Kids Juice Cartons	70p
Glass of Orange Cordial	50p

OPEN: Tues - Thurs, 9am - 3pm  
92a Blaker Court, Charlton, SE7 7ET

## ALLERGY WARNING!

The UK Food Regulations has listed 14 allergens as follow:  
Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya and Sulphur Dioxide/Sulphites.

Please check with a member of staff before ordering if you suffer from any Food Allergens or Intolerances.

Vegetarian



Gluten Free



Contains Nuts



## BREAKFAST

(Served between 9:15 - 10:45)

Large - 2 Bacon, 2 Sausages, 1 Egg, Beans, Mushrooms, Tomatoes, 2 Bread+Butter. Tea or Coffee*	£6.50
Small - 1 Bacon, 1 Sausage, 1 Egg, 1 side (Beans, Mushrooms or Tomatoes), 1 Bread+Butter. Tea or Coffee*	£3.50
Veggie  - 1 Veggie Sausage, 1 Egg, Beans, Mushrooms, Tomatoes, 1 Bread+Butter. Tea or Coffee*	£3.50
Gluten & Dairy Free  - 1 Bacon, 1 Egg, Beans, Mushrooms, Tomatoes, Sautree Potatoes. Tea or Coffee*.	£3.50

(\* Cappuccino/Latte +50p, Mocha +60p)

## TOASTS

	1	2
Toast with Butter	60p	£1
Toast with Jam, Chocolate Spread or Marmite	80p	£1.20
Toast with Mushrooms, Tomatoes, Beans or Egg (fried/scrambled)  (add bacon +60p)	£1.20	£1.80



# Come and join our 50+ Group

Fun - Vibrant - Friendship - Lunches - Year Round Outings - Keep Fit



Seaside - Places of Interest - Likeminded People - Personal Well Being

For Info Please Call: Annette: 020 8319 9253  
Or The Main Office on: 020 8319 8870

