



**Link Age Southwark**  
Communities supporting older people

**Formerly**  
Dulwich Helpline  
and Southwark  
Churches Care

# Link Age Southwark

## Impact Report 2015



## 2015 - Our Year in Numbers

**3**

Community parties  
for all of our  
service users

**20**

Groups, meeting  
509 times per year

Support for  
**602**  
older people  
**20% over 90**  
average age  
**83 years old**

**98**

Gardening and  
DIY jobs

**413**

Dedicated  
volunteers

**3379**

Driving and escorted  
shopping trips

**97**

New older people  
joined us

**16,000**

Hours of  
volunteering

These figures represent our achievements in the year ending 31st March 2015, when we were operating as Dulwich Helpline and Southwark Churches Care

## Introduction from our Chair and Director



Katharine St. John-Brooks



Gemma Juma

We are delighted to present our first ever impact report as Link Age Southwark. Our new name, together with our tagline – Communities supporting older people – reflects our commitment to linking people of all ages together to build a stronger, richer, age-friendly Southwark. While our services will remain the same – friendly, high quality, local activities to reduce isolation and keep people connected to their wider community – our new name better reflects who we are and what we do. With a new name, we hope to encourage even more people to volunteer to improve the lives of older people across Southwark.

In 2014-2015, when we were operating as Dulwich Helpline and Southwark Churches Care, we saw our work go from strength to strength. We provided services to more people than ever before, and independent evaluations confirmed the hugely positive impact we have on older people's lives. We continue to be extremely successful in reducing isolation and loneliness, providing support for people with dementia and bringing communities together from all ages and backgrounds.

We have seen a steady increase in referrals to our services, and had a successful year fundraising for our activities. However, we are acutely aware that we need to redouble our efforts to raise money so that we can eradicate

our waiting lists and improve the quality of life of everyone who wants to be connected to us. With so many local services facing cuts, Link Age Southwark's work and our volunteers have become more important than ever before.

We receive wonderful messages of thanks throughout the year from people who tell us what a fantastic local resource the charity is. We know how fortunate we are to have such a vibrant, successful, local charity in Southwark. Our success really is down to the local community – to our dedicated staff team, fundraisers, supporters, people who host events for us, businesses, funders and, of course, to our remarkable volunteers. Together we are making Southwark a positive place to grow older in, and in the coming year, as Link Age Southwark, we will support even more of our local neighbours to live happier, healthier lives.

We hope that you will join us in spreading the word about Link Age Southwark far and wide – your local charity, making a difference in your local community.

**Katharine St. John-Brooks** – Chair

**Gemma Juma** – Director

## Who we are



### Link Age Southwark, formerly Dulwich Helpline and Southwark Churches Care

Link Age Southwark is a vibrant local charity that provides friendly volunteer support to people over 60 across the London Borough of Southwark. We combat isolation and loneliness among older people and support them to live independently in their own homes for as long as possible. Volunteers are the lifeblood of our organisation and, together with a small staff team, we have been making Southwark a better place for older people since 1993.

### Link Age Southwark

- Was founded 22 years ago
- In 2014/15 we had 413 volunteers
- Supported 602 older people in 2014/15\*

Our services are free to everyone over 60 who lives in the Borough of Southwark.

\*When we were operating as Dulwich Helpline and Southwark Churches Care

## What we do

**Our work alleviates loneliness and isolation, brings members of our community together, improves older people's health and wellbeing and helps to create a stronger, happier and healthier society.**

Last year, we supported an impressive 602 older people. We linked 140 older people with volunteer befrienders; we organised 20 social and activity groups that meet regularly in the community; we worked with local schools to deliver innovative inter-generational activities; we provided a volunteer gardening and odd-job service; and we coordinated our volunteer drivers who escort older people to activities outside the home.

In 2014/15 we continued to deliver our services for people with dementia and their carers and worked hard to make Southwark a dementia-friendly Borough.

- We receive referrals from GPs, other health professionals, social workers, charities, from older people themselves, and from their friends and family.
- Our team of staff assess older people in their own homes and link them to appropriate services.
- We provide a volunteer befriending service, matching isolated older people with a friendly, trained volunteer to visit them once a week.
- We run 20 regular activity groups in the local community, ranging from Bridge to Yoga, Book groups to Reminiscence.
- We work with local schools linking generations together to develop new knowledge and skills.
- We provide practical support such as light gardening or helping with odd jobs in the home, enabling people to live independently in their own homes for as long as possible.
- We have a specific programme of support for people with a recent diagnosis of dementia, including peer support and reading groups and a support group for carers of people who have dementia.
- We are developing a new telephone befriending service to complement our existing services.

We couldn't achieve what we do without our dedicated volunteers.

## Why we are needed

The need for Link Age Southwark's services is greater than ever.

- There are more than 9000 people over 65 who live alone in Southwark
- The population aged over 90 is set to double over the next decade
- Dementia is on the increase, with around 1500 people living with dementia in Southwark
- Over half of all older people consider the television their main form of company
- 10% of older people always or often feel lonely
- 10% of older people are in contact with friends, family or neighbours less than once a month
- Lonely people are at greater risk of serious physical and mental health problems and are more likely to visit their GP, fall, enter residential or nursing care early and use A&E independent of chronic illness
- Southwark is the 12th most deprived of London's 32 Boroughs

Fortunately for Link Age Southwark, the growing number of older people also means there are more people with valuable skills and experience who can volunteer with us for the benefit of other older people in the local community.

## Working with our partners



Link Age Southwark is strongly committed to working in partnership with other organisations to make Southwark a better place for older people. We work closely with businesses, charities, community and faith groups, the NHS and Southwark Council whenever we have an opportunity to do so.

We are a proud member of COPSINS, the Consortium of Older People's Services in Southwark, which has been working together since 2012 to make sure older people access services which improve their quality of life, support their independence and promote their wellbeing. We work closely with our COPSINS partners – Age UK Lewisham and Southwark, the Alzheimer's Society, Blackfriars Settlement, Southwark Pensioners Centre and Time and Talents – to deliver high quality services, share our expertise and best practice and to have the greatest possible positive impact on older people's lives. Given the current financial challenges facing local services, we believe it is essential that charities avoid any duplication, put the needs of older people first, and make sure that our work benefits as many people as possible.



Iris\* is 85 years old and lives alone in Nunhead. She has no children, and her small extended family have all moved away from London. Following a stroke and two very bad falls, Iris needs to use a wheelchair outside her house. She has multiple additional health problems and only has use of two of her fingers, making eating alone impossible.

Despite her physical challenges and inability to walk unaided, Iris is keen to maintain her independence and to retain a social life outside the home. She started attending Golden Oldies, one of Link Age Southwark's groups in 2006, after her husband died. One of our dedicated volunteers collects her and drives her to the group, which meets in a church hall in Peckham, and she always sits near her friends. Iris says she finds the exercise on alternate weeks hugely helpful – she tries hard to push herself to her limits and to retain as much fitness as she can.

**“Without volunteers to take me out and a venue to go to, I would be completely housebound. I get great pleasure from being out of the house, in the company of friends. I've made new friends through the Link Age Southwark group and have a keen interest in their lives. The exercise sessions keep me fit and I do as much as I can. If I didn't go to the groups run by volunteers, I wouldn't be able to see many of my friends and my only outings would be to the hospital.”**

\*Some names have been changed in this report

## Befriending

Over the last year, we supported 140 befriending relationships. Combined, our befriending volunteers gave over 10,000 hours of their time, enriching their own lives as well as those of the people they visited.

Befriending involves volunteers visiting an older person in their own home once a week for unhurried chat, outings or focused activities such as playing games or reading. It is central to the work we do and has significant impact on the wellbeing, physical and mental health of both befriender and befriended. Many older people who have a volunteer visitor from Link Age Southwark tell us that without a befriender they would experience long periods of isolation, loneliness and social exclusion, which in turn would impact negatively on their

health and wellbeing now and in the future. There is a growing body of evidence which formally recognises what we at Link Age Southwark have known for a long time: that befriending is a hugely valuable and cost-effective intervention through which the local community comes together to improve the lives of their older neighbours. We have long known, too, that volunteers benefit from befriending as well as the older people they visit.

**Melissa and Lena** were introduced two years ago by Link Age Southwark. We asked them to tell us what difference they have made to each other's lives.



### Lena

"Before I met Melissa, I used to go out with my sister a lot. When I couldn't do that anymore, I felt really lonely as I didn't have many friends and my family all live overseas. I really missed my sister's company, so I contacted Link Age Southwark and asked them to introduce me to a befriender. Melissa now comes to see me once a week and we chat about all sorts of things. She's such good company and her visits have made me feel like my life is more settled than it was before I met her. Melissa brightens up my day. Befriending is a great way to make friends."

### Melissa

"I'm 31 years old and originally from Lincolnshire. I was introduced to Southwark by a friend and ended up living here. Lena's not very mobile, and when I first started visiting her two years ago it was the summer and I used to take her in her wheelchair for a walk in the park. Over time, our routine has changed, and now every week when I visit we have a chat, get a take away and watch EastEnders together. Lena has a laptop but she isn't confident using it, so if there's anything she needs or any emails she wants to send to her family who all live in America, I help her do this.

Being a volunteer is so rewarding. Every week Lena tells me how much she has looked forward to me coming that day and when I leave, she always thanks me for coming. To see her smile and know what my visits mean to her makes it all so worthwhile. Over the years, we have developed a genuine friendship and we both care for each other. Sometimes my work can be stressful and get me down but my time spent befriending reminds me what is important in life. Lena is a lovely lady. We have a giggle together and my visits brighten my day as well as hers."

## Intergenerational activities

We are fortunate to have long-established relationships with several schools in Southwark. Last year, pupils from five schools supported our work by fundraising, volunteering at our groups, as well as running our ever-popular computer classes. Schools hosted a spring party for over 80 Link Age Southwark members; and pupils from six schools raised almost £4000 for us by performing at a Jazz evening hosted by James Allen's Girls' School (JAGS).

Anne tells us how she has benefitted from attending our weekly computer groups at JAGS and Alleyn's schools.



“I bought a laptop and tried to use it myself, but I wasn't getting on very well. I kept guessing what to do and then panicking and shutting the lid and ignoring it! I knew I had to learn how to use it better, so I joined one of Link Age Southwark's computer groups.

At Alleyn's this year, I've been paired with some lovely, patient students, who teach me at their school once a week. I was really nervous at first, but I'm so glad I carried on.

Being able to do things for myself like food shopping, booking a doctor's appointment, or reporting a repair for my house gives me so much more independence. I didn't know what I was missing out on before.

I think it's marvellous – I get e-mails from my friend in Somerset – she sent me pictures of her daughter in her wedding dress which was lovely to see.

My advice to people like me is to take small steps. If you learn one thing it's worth it. It's really opened my world and I'm so glad I've had the opportunity to attend the Link Age Southwark computer groups at the local schools.”

## Gardening, DIY and driving services

Our volunteers continue to deliver our ever-popular light gardening, DIY and transport services. Many older people tell us that support with small, practical tasks, like changing a lightbulb, helps them to continue to live independently in their own homes for as long as they want to.

Our dedicated volunteer drivers make a huge difference to people's lives when they are unable to use public transport, making sure

that they can still take part in social activities outside their homes and remain connected to their wider community.

Hilary is one of our regular volunteer drivers and takes Iris to our Golden Oldies group every week. They enjoy each other's company and look forward to their weekly journeys when they can catch up on each other's worlds.

## Link Age Southwark - a dementia-friendly charity

We continue to receive funding from the City Bridge Trust to run our services for people with mild to moderate dementia. At Link Age Southwark we know that people with dementia are at greater risk of isolation and loneliness, and so many of our service users with dementia tell us how anxious they get about leaving the house alone.

Our work aims to support people with dementia to live well in the community, to reduce their isolation, to help make Southwark a dementia-friendly community and to provide support to family members who are caring for a loved one with dementia. We now offer dementia-awareness training to all of our volunteers, as part of our commitment to being a dementia-friendly organisation. Over 30 people with dementia have been paired with a befriender, and while people with dementia are welcome to attend any of our groups, we also run dementia-specific groups:

- Our popular reading group for people with dementia meets fortnightly in a local library and has gone from strength to strength.
- Our peer group provides a space for people with a diagnosis of dementia to speak about their memory problems. A recent external independent evaluation confirmed that the positive social value of this group is far greater than our financial investment in it.
- We co-facilitate a group with the Alzheimer's Society for family carers of people with dementia.

We are proud to Chair the Southwark Dementia Action Alliance – a collection of organisations from the public, private and voluntary sectors which are committed to taking action to make Southwark a Dementia-Friendly Community.

**Joanne**, who was introduced to Link Age Southwark in 2013, tells us about her experience:

“ My husband and I lived in France for many years. When he died, it was difficult to live alone, as I had a diagnosis of Alzheimer's. So I came back to live in Southwark, to be closer to my brother. When I initially moved into my flat, I was alone a lot of the time. I went out with my sister-in-law once a week but I only had a few friends who I know in the country, and they all lived far away. After about a year, my sister-in-law introduced me to Link Age Southwark.

I started attending one of Link Age Southwark's social groups, and then was introduced to a befriender who visited me for about two years, helping me order my shopping online and going out for walks with me. I enjoyed the company and it was so good to have someone to talk to.

Now I also attend the two dementia-specific groups that Link Age Southwark runs. I really like the conversations with people and I enjoy the stories at the reading group and the discussions at the Peer Social Group. It makes me feel more cheerful and my week is more positive and enjoyable.

Since being with Link Age Southwark I have met new people and I have had more control and choice over my social life. The groups and visits from my befriender have given me something to look forward to. If I hadn't been introduced to the charity, I think I would feel more lonely and would be depressed. As it is, I am much busier, and my life is fuller and much happier than it was before. ”



## Groups

Last year, we ran 20 regular groups, working in conjunction with a variety of partner organisations and, of course, our volunteers. Groups are run by our volunteers and meet in venues provided by organisations across the community – sheltered housing units, places of worship, local schools, health centres, libraries and community centres. The Ashton Edwards Trust continues to let us use a low cost minibus so that older people who need assisted transport, including those who use wheelchairs, can access our exercise and yoga groups. Many of our group attendees depend on our wonderful volunteer drivers.

13 of our groups have had a recent independent evaluation. The findings were overwhelmingly positive, with almost every single person attending being happy or very happy with the group they attend. 96% of group members reported increased social interaction as a result of Link Age Southwark's work; 92% reported increased energy. The results confirmed that we are achieving our aim of reducing social isolation and improving older people's physical and mental wellbeing. Many older people told us that our groups provide the only, or one of only a few, opportunities to meet other people outside their home. The most frequent suggestion for improvement was to run groups more frequently and to recruit even more people to the groups. We hope to respond to these suggestions in the future by raising more funds so that we can expand our services to meet demand.

## A focus on Link Age Southwark's Groups

### Abbeyfield Reminiscence Group

This friendly group has been meeting since 1998 in a small sheltered home in SE24. It's supported by two dedicated and skilled volunteers. The group is small, ensuring that everyone can join in and hear the discussions and focuses on reminiscence - so as well as reducing isolation and loneliness and improving wellbeing, it has an added aim of improving and maintaining participants' memory function.

Sue, one of the attendees at the group, tells us what difference the group makes to its members:

“ The Reminiscence Group is an enjoyable and educational get together once a week with people of a “certain” age getting together in a friendly atmosphere.

Sometimes we pit our wits against each other in a quiz or we listen to others' stories of growing up, or of a favourite book, music or film.

All these are discussed over a cup of tea and a biscuit. We celebrate each other's birthdays and have a slap up meal at Christmas, all funded by our voluntary contribution of a pound a week. Sometimes we go on outings, all this alleviates a lot of loneliness with fun and companionship. We are so lucky to have two lovely volunteers. Thank you to them! ”



Hilary and Lucy are the group's volunteers:

“ The group cuts across the age gap and has turned into a group of good friends meeting once a week. There have inevitably been many new people over the years and we have lost many old friends, but the new people are always warmly welcomed by the existing members and quickly become a part of the group. We both look forward to the group meetings as much as the other members. ”

## Golden Oldies - our long established group in Peckham

Golden Oldies meets on Wednesday mornings in St Mary's Church in Peckham . The sessions alternate between gentle chair-based exercise one week and varied activities including quizzes, external speakers and arts and crafts the next. Some members come to the group using TfL's Dial a Ride scheme, and others come with a volunteer driver: a brilliant team of Link Age Southwark volunteers collect members from home, drive them to the club and return them home again afterwards. All free of charge.

Angela is the group's main volunteer and has been involved for a long time. She sets up, clears up and is a valuable facilitator, described by group members as “marvellous” and “excellent”. Angela is supported whenever possible by Link Age Southwark volunteers Toby, Elizabeth and by St. Mary's volunteer Flora. Helping at groups has its rewards both ways, as volunteers “enjoy doing something positive for others” and like to be committed to an activity to “get me out of the house”.

Group members look forward to coming every week to meet up with friends and enjoy “having a laugh and joke”. They report that it increases their energy and Jo told us that the group feels like a family. Annie said that she can't go out without help and that, apart from going to the group, she is otherwise indoors all the time. Mary told us that because of the group she “feels as though other people care” and that other group members phone her regularly to check that she is OK. Over the years, members of Golden Oldies have become a social group who care for each other. They are always ready to welcome new members.



## Spotlight on our volunteers

**Volunteering is an essential part of a rich, healthy society, and enhances people's wellbeing in so many ways.**

We are pleased that Southwark Council and the local NHS continue to understand, recognise and support the value that Link Age Southwark's volunteers add to the health and wellbeing of so many people in Southwark.

Volunteers are the backbone of Link Age Southwark, central to all that we do. In 2014/15 we had over 400 people from all backgrounds volunteer with us, reducing isolation and loneliness, helping older people live independently in their own homes, and improving people's quality of life across the borough. That's volunteers who visit older people week in, week out, do light gardening, odd-job support or drive people to our groups or to other social activities. More than 50 volunteers supported us at our fundraising and community events last year and 33 dedicated people helped run our regular groups across the borough. In total, our amazing volunteers gave over 16,000 hours of their time to Link Age Southwark last year, to support older people in their local community!

With demand for our services increasing, and with a growing waiting list of people in need of a befriender, we need more volunteers. With our new name, we aim to reach even more people and attract a new generation of fantastic volunteers from all walks of life. Volunteers like Jess, who has been volunteering with Link Age Southwark since 2009.....



### Jess

“ I joined Link Age Southwark following the death of my husband of forty years. Having been his sole carer throughout his two year battle to fight cancer I was left empty, exhausted and without any direction. On top of that, I became estranged from my entire step-family.

I arrived at the Link Age Southwark office the following year on a fine Spring morning to be greeted by a sunny faced staff member, who began to help me get back my confidence and a feeling of self-worth. She persuaded me that I

did have gifts that I could put to good use and, believing fervently in our cause, I rattled a tin at the next fundraiser that come along. Donating items for the various sales and staffing our stalls came next. Then came 'helping in the office'. That was it for me. What a joy to be greeted by a team of people who regarded and treated me as an equal. Who didn't speak slowly to me and who, most of all, valued my input.

I love knowing that it's Wednesday and I can get the lippy out and pretend to be half ways glamorous

and to be spoken to like an intelligent human being. It doesn't matter if it's envelope stuffing to get the newsletter out or phoning round to see who needs transport for a Friday group. I'm part of the team and it feels good. And I have been privileged to meet lots of other volunteers.

Joining Link Age Southwark has been one of the most satisfying and HAPPY things I have ever done. I feel I have my family back and the friends I have made are priceless. ”

## Can you help us?

Join our large, diverse and dedicated team of volunteers from across Southwark and beyond. Your talents could enrich your life and make a difference to older people in your community! Our team will train and support you to deliver our volunteer roles:

### Befriending

Regular visits or a telephone call with an older person

### Helping at groups

Making refreshments, running activities and enjoying the company of others

### Driving

Helping older people get out and about to maintain a social life in the wider community

### Odd-jobs

Assisting with light practical tasks e.g. changing bulbs

### Gardening

Helping with tidying and other light gardening

### Escorted shopping

Accompanying someone to the shops

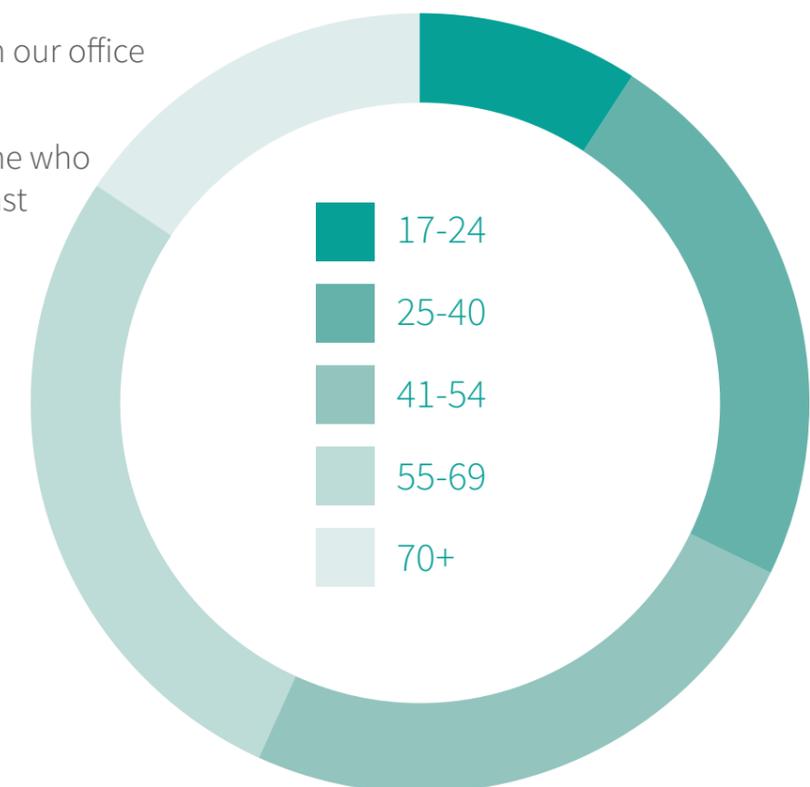
### Fundraising

Leading or helping at fundraising events to raise our profile and valuable funds

### Office support

Either regular or one-off volunteering in our office

We have many other roles to suit anyone who wants to contribute their skills. In the last year, our volunteers have supported us with back-office work including writing funding bids, updating our website, inputting into our new database, designing forms and posters, stuffing envelopes, hand-delivering our newsletter, writing reports, evaluating our groups, interviewing our service users, delivering training and much, much more!



Age of our volunteers

## Making a difference to older people's lives

Every day we are told how important our services are to the older people who use them. And our volunteers tell us so often what a positive difference volunteering has made to their lives. In addition to this feedback, Link Age Southwark is committed to monitoring and evaluating our services to know what difference we make, and how we can improve what we do.

This year, as well as evaluating 14 of our activity groups, we conducted a survey of our volunteers, and of everyone who uses our services, to find out what impact we have on their lives, and to understand what we can do better. Detailed results are available from the office.

Here's some of what older people told us about the difference we make:

"You give me somewhere to go and new people to see"

"My befriender makes me feel less lonely"

"It makes a big difference to meet different people and make new friends"

"It's improved the quality of my life: with friendship I'm not so lonely now"

"The visit from my befriender gives me something to look forward to each week"

"We do quizzes which keeps our brains active"

"Walking with my befriender means I get fresh air and it keeps me fit"

## Link Age Southwark Finances

Link Age Southwark is proud to have a strong focus on value for money. As a small, local charity, we recognise the value of every penny that is donated and every volunteer hour that is contributed to support local people in our community.

Our income for the financial year ending 31st March 2015 was some £297,000, an increase from the previous year. It included generous grants from a wide variety of funders, including the London Borough of Southwark and the local NHS, and several generous trusts and foundations. We were again fortunate to receive strong community support from a large number of local businesses, churches, individual donors, members of our Friends scheme, as well as benefiting from the proceeds of local concerts and other events. We launched a new Patrons scheme for our valued supporters who make an annual donation worth at least £500. And we had a hugely successful year of fundraising events in the local community, once again benefiting from the generosity and support of so many community members across Southwark.

With careful budgeting, we were able to invest in ensuring that we continued to develop as a successful charity, upgrading our database and IT systems. We delivered a surplus of £26,000 which we used to return to our reserves some of the funds which had been drawn down in the previous financial year. We continue to ensure our reserves are consistent with our policy of having between 3 and 6 months of running costs plus sufficient funds for an orderly closure of the organisation (estimated at £70,000).

## Budget and fundraising 2015/16

At the beginning of the new financial year (April 2015), Trustees have set a balanced budget with a turnover of some £293,000 and another ambitious, but realistic, fundraising target. We are focusing on securing grants from a range of trusts and foundations, as well as seeking major statutory funding from the London Borough of Southwark and the Southwark NHS Clinical Commissioning Group.

## Income and expenditure

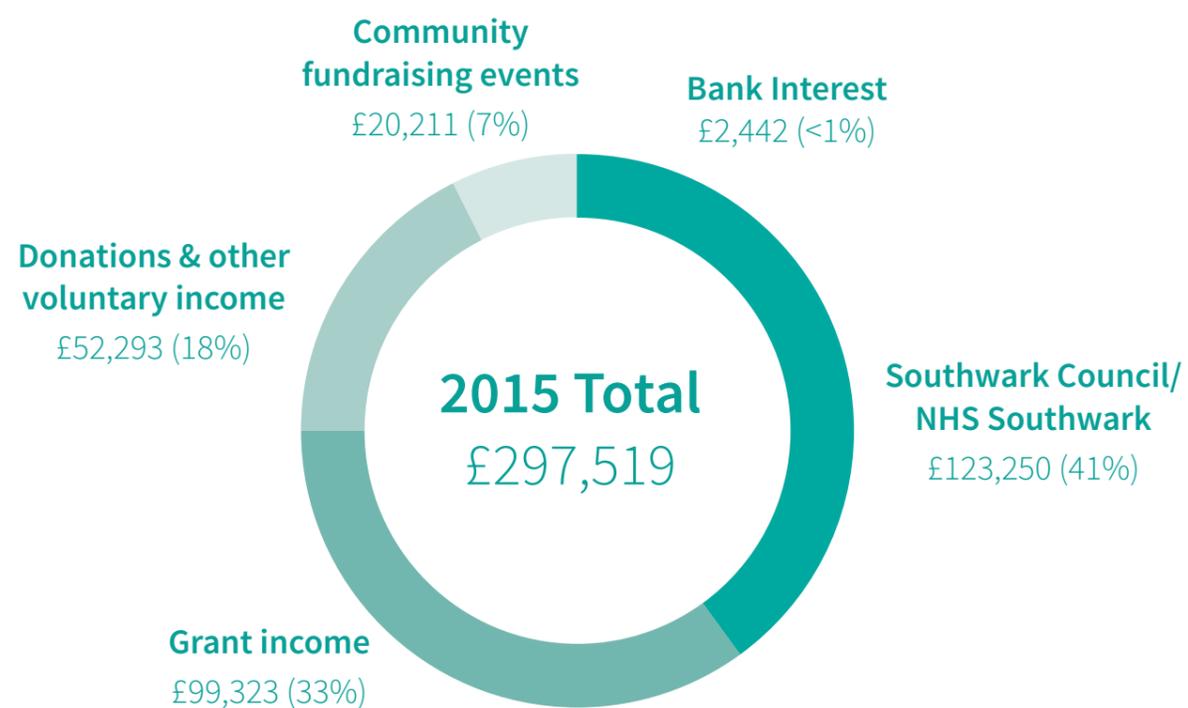
	Financial year ending 31/3/2015	Financial year ending 31/3/2014
<b>Income</b>	£297,519	£235,276
<b>Expenditure</b>	£271,523	£271,656

## Expenditure by category

Older people's services	£231,581
Fundraising	£21,824
Governance	£18,118



## Sources of funds 2014/15



Trustees' annual report and independently examined accounts for the year to 31st March 2015 are available from the office on request

## Thank You

### To our major funders

The London Borough of Southwark	The Dulwich Almshouse Charity
Southwark NHS Clinical Commissioning Group	Dulwich Community Council
The City of London Corporation's Charity	The Elizabeth and Prince Zaiger Trust
City Bridge Trust	Garfield Weston Foundation

The Goldsmiths' Company Charity	The Peter Minet Trust
The John Horseman Trust	The Sobell Foundation
The Mercers' Company Charitable Trust	The Wakefield and Tetley Trust
Peckham and Nunhead Community Council	

### To our patrons (as of 1st October 2015)

Noel & Caroline Annesley	Aidan Jones OBE	Edward & Marguerite Robinson
Vivian Bazalgette	Michael & Sue Merifield	Hugh & Diane Taylor
Michael & Halldora Blair	Nicholas & Lindsay Merriman	Graham & Margaret Walsh
Jean Cary-Elwes	Lesley & Michael O'Mara	John & Judith Ward
Robert & Myra Chapman	Jane Onslow	Helen Watson
Patricia Cox	Katherine Opie-Smith	Andrew & Catrin Waugh
Andrew Cullen	Michelle Pearce	Tom & Brenda Wells
Brian & Penelope Foord	Ted & Jenny Salmon	Barbara & John Wheen
Timothy & Charmian Hornsby	Katharine St. John-Brooks	And to our patrons who wish to remain anonymous
Jean Howell	Anne Sullivan	

### To our partners and supporters

Abbeyfield House, Herne Hill	Dulwich College	The Metro
Age UK Lewisham and Southwark	Dulwich Luncheon Club	Rotarians Easing Problems of Dementia (REPoD)
Alleyn Park Garden Centre	Dulwich Picture Gallery	The Rotary Club of Dulwich and Peckham
Alleyn's School	The East Dulwich Tavern	SEMags Magazines
The Ashton Edwards Trust	The Fox on the Hill Pub	Southwark Pensioners Centre
The Alzheimer's Society	Gail's Bakery	St Barnabas Church, Dulwich
Blackfriars Settlement	Irish World	St. James' Cloister
Capital International	James Allen's Community Orchestra	St. Mary's Church, Peckham
Community Action Southwark	James Allen's Girls' School	St Paul's Church, Herne Hill
The Charter School	Kingsdale School	Suzanne James Catering
Chichirara	Kingswood House	Tangible Marketing
DR Design	The League of Friends of Dulwich Community Hospital	Thompson Reuters
The Dulwich Festival	Lew Evans House	Time and Talents
The Dulwich Funraisers	Lime Tree House	Weald Group Ltd.
The Dulwich Society	Media Trust	The Victoria Inn, Peckham

# People

## Honorary Presidents

---

Dame Tessa Jowell

Edward Salmon

## Trustees

---

**Katharine St. John-Brooks** – Chair

**Adrian Greenwood** – Deputy Chair and Company Secretary

**Tim Roberts** – Treasurer

**Myra Chapman** – Treasurer to December 2014

**Michael Merifield** – Company Secretary to March 2015

**Patricia Cox**

**Kirsty Gould**

**Nicholas Merriman QC**

**Edward Salmon**

**Anne Sullivan**

**Juanita Fan** – from November 2014

**Stephen Gudgeon** – from March 2015

## Staff Team (as of 1st October 2015)

---

**Gemma Juma** *Director*

**Meenaxi Chavda** *Dementia Project  
Co-ordinator*

**Bethany Holttum** *Service Co-ordinator*

**Jennie Linnett** *Volunteer Co-ordinator  
Community Fundraising  
Support*

**Michele McKeown** *Volunteer Co-ordinator*

**Claire Street** *Service Co-ordinator*

**Sue Yeomans** *Service Co-ordinator*

**Hilary Payne** *Dementia Project  
Assistant*

## Thank you to

All our volunteer drivers, administrators, office support, befrienders, gardeners, fundraisers, DIY-ers, designers, donors, and to the older people of Southwark for making this such a wonderful place to live!



For more than 20 years we have been providing friendly volunteer support to older people across Southwark, reducing loneliness and isolation and helping older people maintain active lives within the wider community.

As Link Age Southwark, we aim to reach even more people and attract a new generation of fantastic volunteers from all walks of life. As we extend our reach, we will bring more volunteers and older people together to build a stronger, richer, age-friendly local community.

**Formerly**  
Dulwich Helpline  
and Southwark  
Churches Care



Link Age Southwark  
Dulwich Community Hospital  
East Dulwich Grove  
London SE22 8PT

[www.linkagesouthwark.org](http://www.linkagesouthwark.org)  
@LASwark  
[info@LinkAgeSouthwark.org](mailto:info@LinkAgeSouthwark.org)  
Registered Charity No 1105923  
Registered Company No 05189161

Artwork by drdesign