



Link Age Southwark
Communities supporting older people

September 2017

Welcome to our NEWSLETTER



Link Age Southwark's AGM

We are pleased to announce that our AGM will be on Monday 2nd October from 10.00 - 12.00. We will launch our 2017 Impact Report and hear from some inspiring speakers, including Professor Kevin Fenton, Director of Health and Wellbeing at Southwark Council.

For more information, or to let us know you plan to attend on the 2nd October, please call the office on 020 8299 2623. We regret that we are unable to arrange transport on this occasion.

Computer Club & Get On Line Week— try something new?

We know that staying in touch with friends and family increasingly involves using the internet and computers, as does accessing everyday services such as council repairs or booking hospital and doctor's appointments. Our Computer Clubs on Monday and Thursday afternoons restarted this September in East Dulwich schools. The clubs provide supportive and friendly environments to help people get on-line, to keep in touch with family and friends to get access on-line services.

Also the first week of October is Get On Line week, a campaign to encourage people who don't usually use computers or access things via the internet to give it a go. Link Age Southwark is encouraging you to try at least one new thing on-line that week.

You can come along to a compute taster session in Dulwich Hospital in the first week of October. **For more information and to register please call Robert on 020 8299 2623.**



Visit by Deputy Mayor



We were delighted that Matthew Ryder, Deputy Mayor for Social Integration, Social Mobility and Community Engagement, chose Link Age Southwark's social activity groups to visit to see a project in action.

In August, Matthew came along to our Silver Trees group and observed an art and craft session and chatted to the service users. A lovely afternoon was had by all!

Support from our Local Friends

Thanks to the Friends of Dulwich College for choosing Link Age Southwark as their charity of the year. We will be working with the Friends and with the College itself to raise vital funds to support our work and raise awareness of our services and volunteering opportunities. The College welcomed us to their Founders Day event at the beginning of July. Our volunteer, Jenny, organised our attendance with a team of amazing volunteers who raised over £190 in the space of three hours, what a team!



Also, a big thanks to the Friends of Brunswick Park for making us their chosen charity at the Brunswick Park Community Summer Fete. We had a lovely time at the Fete and it was great to see the community enjoying themselves. The afternoon was a huge success and raised over £300. A massive thank you to our volunteers for setting up and running the stall showcasing our work .

Financial Help for Older People in Peckham, Dulwich and Camberwell

Camberwell Consolidated Charities provides financial assistance to older people living in the old Parish of Camberwell. If you are over 65 and live in Camberwell, Peckham or Dulwich and your income is at, or marginally above, the minimum State Pension, you may be eligible for gifts of money. For more information, or to apply for an application form, please call 07538 071 457 or write to: The Clerk, Camberwell Consolidated Charities, c/o HFM Tax, 89 Worship St, London EC2A 2BF

Free Eye Tests in Your Home

We are very pleased to announce that Tim Butler, an Optometrist at Paine & Hunter of 55 Lordship Lane, East Dulwich SE22 8EP will make home visits to anyone over 60 who is homebound or unable to get to a high street practice for an eye test. Eye tests are free for over 60's. Tim's visit to your home will also be free of charge. If you would like to find out more or arrange a visit please contact Paine & Hunter on 020 8299 1464. Remember to ask for the ID of anyone who visits you at home.

Southwark Carers coffee morning

Calling all Carers - Southwark Carers are hosting a come and chat coffee morning on Tuesday 21st November 11-12pm at Queens Road Surgery, 136 Meeting House Lane SE15 2UA. Free support and refreshments for carers. Call 020 7639 1133 for more details.

Two New Groups

We will be starting two new groups in the near future to add to our repertoire of existing groups. Starting shortly on Thursdays will be a gentle exercise group that will run fortnightly, at Barry Road Community Centre. The other will be a mixed activity group that will be held twice a month Monday afternoon. This friendly group will allow people without dementia and people with dementia to come with their carers. Come join, meet new people, have fun, learn something new. For both groups there will be a suggested donation of £1.00. Call the office on 020 8299 2623 for details and to sign-up.

SAIL Project— connecting you to local services and advice

We are pleased to have been given funding to train a small team of volunteers to visit our older members in their homes to carry out a SAIL assessment. SAIL – which stands for Safe and Independent Living - is a referral system which enables people to access services they might not otherwise be aware of. Examples of services that you can find out more about include income and finance advice, ensuring you are receiving all the money you are entitled to. Maybe you need a smoke alarm fitted or have an odd job that needs doing? A SAIL referral can link you in to these services. Other areas that you could be referred into following a visit and completing the SAIL form with one of our volunteers include Health and Wellbeing and Living Conditions support.

If you would like to find out more about having a SAIL assessment or to arrange for one of our friendly volunteers to visit you, please phone the office on 020 8299 2623 and speak to Melissa.

Another Award for Link Age Southwark



We have another prize and a badge to wear! Link Age Southwark has achieved official recognition for our befriending service by the NCVO/ Mentoring and Befriending Foundation. The Approved Provider Standard award means that we have met all 10 requirements of this prestigious standard. Well done to the team and volunteers who helped with this.

Ted Salmon RIP

As we briefly reported in the last newsletter, we are very sad about the loss of Ted Salmon who founded Dulwich Helpline in 1993. Ted had such great vision in setting up a charity that brought communities together to tackle isolation and loneliness. His intention was that by coming together, and through volunteering, communities could support older people in maintaining their independence, to develop new interests and meet new people, and to have an active life in their local community. His unfailing kindness, generosity of spirit and wisdom were central to Link Age Southwark's history, including the merger of Dulwich Helpline and Southwark Churches Care in 2012. Ted's legacy lives on in our work, and in the difference that we make. He is sadly missed by all and we extend our sincere condolences to Jenny, Ted's wife, and to all their family.

Welcome to Laura



Laura joined us in August as the new Marketing, Communications and Fundraising Officer. She says, "I'm absolutely thrilled to be joining Link Age Southwark. It is such a wonderful charity, with a cause very close to my heart, so I look forward to contributing to the fantastic work, as well as meeting lots of our amazing volunteers and older people along the way."

Goodbye to Gemma

Gemma Juma will sadly be leaving us at the end of October after almost four years at the helm of Link Age Southwark. "I'm moving on to new adventures and am really going to miss all of the wonderful older people and volunteers who I have had the pleasure of getting to know. We will shortly be interviewing for my replacement. He or she will make sure that our fabulous staff and volunteers continue to enjoy providing friendly support to older people and helping make



With Thanks to...

Everyone who has made a donation since the last newsletter—we are so grateful for all your support.

The Wakefield Tetley and the Woodroffe Benton Trusts for their generous grants towards.

All of our wonderful volunteers who make our work possible

Temporary Office Closure

On Wednesday August 23rd the ceiling on the staircase leading to our office came down and we were forced to evacuate. No one was hurt but our office was closed and out-of-bounds for 10 days. During this time we had no access to the office or to our telephones and we apologise if you called and were unable to speak to us directly or we didn't respond promptly to messages.



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Gemma Kern, Sue, Meenaxi & Hilary -
Service Coordination

Jennie & Melissa - Volunteering

Laura - Marketing, Comms & Fundraising

Gemma Juma- Director

Louise - Assistant to Gemma

Robert - Operations Officer

Farewell to Friends

We mark with sadness the passing of the following people connected to Link Age Southwark, whose deaths we have learned of since the last newsletter:

Kit Barker

Violet Keleghar

Joan Farthing

Link Age Southwark

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