



Link Age Southwark
Communities supporting older people

November 2017

Welcome to our NEWSLETTER

Formerly
Dulwich Helpline
& Southwark
Churches Care



We are delighted to invite you to our

Christmas Party 2017



Tuesday 12th December, 1.30-3.30pm

Please call the office on 020 8299 2623 by 4th December for more information and to book, as places are limited.

Transport is available for those who need it. Carers are welcome if you are unable to attend without them.

Stay Warm and Well This Winter

The cold weather is upon us again and it's important that we all **take care to stay warm this winter**. Some easy things you can do to beat the cold are:

- Keep warm by wearing multiple thin layers, rather than one thick layer.
- Wear a hat during the day and a nightcap or headscarf at night.
- Keep your thermostat at 18-21 degrees – this will keep you warm and your bills low.
- Avoid going outdoors on particularly cold days and wrap up warm if you have to leave the house, making sure to wear shoes with good grip.
- Eat well and stay active – why not try out one of our gentle exercise groups!

If you're worried about paying your fuel bill, Citizens Advice Southwark can offer you advice. **Call them for free on 0800 090 1948 (landline) or 0333 321 8323 (mobile).**

We can also put you in touch with an organisation that can provide you with warm blankets and clothing and arrange small grants for those struggling to keep their house warm. If you would like more information on this, or to find out about our exercise groups, please **call the office on 020 8299 2623.**

Christmas Donation Appeal

We rely on the generosity of our supporters to fund our services

If you would like to make a gift to Link Age Southwark this Christmas, please send your cheques, made payable to Link Age Southwark, to the office.

All donations very gratefully received.

AGM 2017



We had a lovely morning at our AGM on 2nd October, celebrating the launch of our 2017 Impact Report and our achievements from the past year.

One of the highlights of the morning was the interviews with Iris, one of our members, and Norma - a volunteer with us since 2004! Both spoke beautifully about the impact Link Age Southwark has had on their lives, creating long-lasting friendships and the support to stay active and engaged in the local community. Thank you to Professor Kevin Fenton, Southwark's Director of Health and Wellbeing, for his insightful and inspiring speech.

New Group!

We are planning to launch our new twice monthly mixed activity group on MONDAY 4th DECEMBER. It will take place in a sheltered housing unit in Camberwell from 1.30-3.30pm. If you would like the opportunity to have fun and make new friends, why not come along? There will be music, singing, poetry, craft, chair based exercise and much more! And, of course there will be refreshments provided. The group is open to people with dementia to come along with their carers, as well as welcoming those without dementia.

For further information and to register your interest please ring Sue on 020 8299 2623.

Meals on Wheels

If you are vegetarian and are disappointed by the lack of choice in your home meal delivery service, we have been told about *Vegetarian for Life*, who offer a tasty and nutritious range of vegetarian menus.

If you are interested in learning more, we can send you details - contact Rob on 020 8299 2623.

Southwark Pensioners Centre (SPC) IT support

If you need additional help with IT, SPC offer 1:1 computer support on a Monday for £2 per session and they have a drop-in for further advice on Fridays for £1 per session.

If you are interested, please contact SPC on 020 7708 4556.

Abbeyfield Reminiscence



Much fun was had by members of the Abbeyfield Reminiscence Group making artwork from bits and bobs they'd collected. Contact Hilary if you might be interested in joining the group.

Beware of Bogus Volunteers

As you are aware our lovely volunteers are trained by Link Age Southwark and we would not expect any of them to drop by to see you without you having requested it, and arrangements having been made with the office. We have been alerted to a scam where someone claims they are an Age UK volunteer, sent by them to carry out odd jobs, but they were actually taking money from the vulnerable person.

- Do not let anyone into your home you are not expecting or do not know
- Ask to see identification or a contact number of the organisation they are representing and then send them away until you have confirmed they should be visiting you.

Alone at Christmas?

People Care Association is once again running their Christmas Day Party for Southwark residents. To book your place and request transport, call Les Alden on 020 3355 2619 by December 16th.

If you are alone over the Christmas period, we may be able to put you in touch with organisations who are providing dinner and entertainment over the Festive period. Call 020 8299 2623 for more details.

Donate your Winter Fuel Allowance

Around this time of year everyone over the age of 65 will receive their Winter Fuel Allowance. The allowance is not means-tested which means that some older people don't rely on the payment as much as others. If you feel that you don't rely on your Winter Fuel Allowance to get through the cold weather, perhaps you would consider donating it to Link Age Southwark so we can continue running our services.

Family Carol Singalong

Sunday 10th December at 3.30pm.

Free entry.

Join us for some Christmas cheer and sing along to all your favourite carols. Mince pies and drinks for all.

St Barnabas Church

Calton Avenue

SE21 7DG



With Thanks To...

The Wakefield Tetley Trust, The Goldsmith's Company, The Henry Smith Charity, The Good Things Foundation, Southwark Charities, and The Charles Hayward Foundation for their generous grants towards our services.

The Salvation Army in Nunhead for coming to our rescue and providing a wonderful venue last minute for our Annual AGM in October.

Hardie Grant Publishing for donating the proceeds of a cake sale.

All of our wonderful volunteers who make our work possible.



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:

Joan Hopkins
Sylvia Williams
Clemencia Charles
Inger Gray

Link Age Southwark

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Hello to Ruth



Ruth Driscoll has just started work as our new Director, and is really excited to be taking on the role. Ruth joins us from the National Council of

Voluntary Organisations (NCVO) and brings experience of working both for charities and government. She says, 'It is a real honour to succeed Gemma Juma as Director of Link Age Southwark. I look forward to meeting as many of you as possible over the coming weeks and months and to work with you on both continuing and strengthening the friendly support we provide to older people.'



Next year will be our 25th birthday! We're planning lots of wonderful things to celebrate. More to be revealed soon.



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Gemma Kern, Sue, Meenaxi & Hilary -
Service Coordination

Jennie & Melissa - Volunteering

Laura - Marketing, Comms & Fundraising

Ruth Driscoll - Director

Louise - Assistant to Ruth

Robert - Operations Officer