



Link Age Southwark Receives Queen's Award for Voluntary Service

We are pleased to announce that Link Age Southwark has been awarded the Queen's Award for Voluntary Service. This award was created by The Queen in 2002 to celebrate the 50 years of her reign, recognising excellence in voluntary activities carried out by groups in the community. It is the MBE for volunteer groups. The assessors who made the award said:



"The work your group does for the community was very much admired by the independent Assessment Committee, chaired by Sir Martyn Lewis CBE. The award of The Queen's Award for Voluntary Service 2018 represents a tremendous achievement for your organisation. We hope that everyone involved, and particularly your volunteers, feel immensely proud of the recognition that this Award represents."



Our Chair, Katharine St John-Brooks and our Director Ruth Driscoll, were invited to a Buckingham Palace Garden Party with the Queen and other members of the Royal Family on a sunny afternoon in May to celebrate the Award. They were both immensely proud to represent our fantastic volunteers whose dedication won us this award.

Celebrating 25 Years

Join us at our birthday party in North Dulwich

Thursday 19th July, 2.45-4.30pm

Please call **020 8299 2623** by **Tuesday 3rd July** if you would like to attend.

Transport available if needed.

Carers welcome if you are unable to attend without them.



Remembering Tessa Jowell, Honorary President of Link Age Southwark



It was with great sadness that we heard that Tessa Jowell, our Patron and then President for over 20 years, had died. She showed such characteristic fortitude during her illness and we will miss her greatly.

Tessa attended and spoke at many of our Annual General Meetings and gave a particularly moving speech on the occasion of our charity's 20th birthday in 2013. She referenced her relationship with her own mother and

showed such empathy for what Link Age Southwark is all about: connecting people, building relationships and reintegrating older people with your local communities. Those of us who were there will always remember her words. She also generously donated some of the speaking fees from events where she was offered them and we always felt that she held us in her thoughts.

Rest in Peace, Tessa, and thank you for your support over so many years.

Linking the Generations



Link Age Southwark was privileged to arrange for one of our service users, Barbara Hall MBE, to go and talk to

children at their school about her time as a coder in the Wrens during the Second World War. The children dressed up as evacuees on the day of her visit and had many questions about rationing, wartime music and surviving the Blitz. The children even learnt the Lambeth Walk!

We have close links with a number of local schools who welcome older visitors to share their skills, such as knitting, or to talk about your experiences on different topics such as the Second World War and Black History Month.

Please contact the office on 020 8299 2623 if you would like to get involved.

Link Age Southwark 25th Birthday Writing Competition

To celebrate our 25th birthday we have launched a writing competition. Entries can either be a short story or a poem and must be based on the theme of friendship and/or generations. Short stories can be between 250-1000 words in length and poems can be up to 40 lines. 1st place will receive £200, 2nd place will receive £150 and 3rd place will receive £100. It costs just £5 to enter your short story or poem. Your entries, along with your entrance fee should be posted to:

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

Deadline for entries is 31st August.



Musical Memories is our new Singing Group. It had its debut on Wednesday 30th May and was an instant success! It was well attended and everybody joined in the singing and enjoyed themselves. Our brilliant, enthusiastic new tutors led the singing with lots of popular tunes - old wartime favourites, traditional songs, music hall songs and show tunes. Requests were taken too!

The group takes place each Wednesday in Nunhead, for people living with and without dementia. If you are interested in attending, please contact the office on 0208 299 2623 for more details.

Group Vacancies

We have space in some of our groups and would love to welcome new members. Why not come along and meet new people while enjoying a fun activity? Please call Sue on 020 8299 2623 if you are interested in popping along to either of these groups.

GOLDEN OLDIES meet every Wednesday morning in Nunhead. Each session starts with tea/coffee, biscuits and a catch up chat. This friendly group enjoys an hour of gentle chair based exercise for two consecutive weeks, and every third week are various activities led by our wonderful volunteer Angela.

CAMBERWELL ACTIVITY GROUP meet fortnightly on a Monday afternoon at a Sheltered Housing Unit in Camberwell. Jean, our lead volunteer organises a varied programme including singing, quizzes, reminiscence and lots of fun!

Create & Connect Drop in Art Sessions are free monthly creative workshops led by artists from the Dulwich Picture Gallery at the Healthy Living Centre in Bermondsey. These workshops are open to all but are especially adapted for older people living with early stage dementia and their families, friends and carers.

**DULWICH
PICTURE
GALLERY**

Workshops take place the last Tuesday of the month, at the Healthy Living Centre in Bermondsey from 2pm to 4pm. If you would like to come along please contact Kelly Robinson at the Dulwich Picture Gallery on 020 8299 8734.

Lunch Club at Goose Green Community Centre

The Lunch Club at Goose Green Community Centre (next to St John's Church on Goose Green, East Dulwich) has space for more people to join them. They meet every Thursday in term time from 12.30pm. For £5 you can have a substantial two course lunch plus tea or coffee and chance to socialise. For more information please contact Martin Howell on 020 8249 7411 or 07939 288 885.

With Thanks To...

The Clothworkers' Foundation

The Grocers' Company

Peckham & Nunhead,

Dulwich,

Camberwell,

Borough & Bankside, and

Walworth Community Councils

Neighbourhood Funds.

Dulwich Almshouse

The East End Community Foundation

...for their generous grants towards
our services

UPCOMING EVENTS:

1st July Open Garden, 102 College Road

**9th September Open Garden, 125 Court
Lane**

**We are holding our AGM on 15th October,
details to follow in our next newsletter.**

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:

Albert Bassey

Dame Tessa Jowell

Keith Scarr

John Ward

Link Age Southwark

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May's 100th Birthday



May, one of our long standing service users, recently celebrated her 100th Birthday! She celebrated the actual day by having afternoon tea at Hever Castle with her family. A wonderful party was also thrown in her honour attended by her many friends and family. Amongst many other birthday cards May received, was one from the Queen.

In lieu of gifts, May kindly asked for donations to be made to Link Age Southwark. The total raised is £432 plus Gift Aid which will be a great help in our work with older people living in Southwark.

Many thanks to all who very generously contributed to this amazing amount and thank you May for this lovely gesture.



**Dulwich Community Hospital
East Dulwich Grove, SE22 8PT**

020 8299 2623

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Ruth Driscoll - Director

Gemma, Sue, Meenaxi & Hilary - Service
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Jennie, Melissa & Cynan - Volunteering

Laura - Marketing, Comms & Fundraising

Louise - Assistant to Ruth

Robert - Operations Officer

Saira & Anne - Dementia Project Assistants