

Healthy ageing in Southwark: a directory of services for older residents

First edition – March 2024

This booklet was compiled by Southwark Council and includes information about a range of organisations and services available in Southwark. A full online directory with a broader range of services can be found at www.ageingwellsouthwark.org.

The booklet is designed with limited graphics so it is easier to print. You can download and print the latest version at www.southwark.gov.uk/healthy-ageing-directory.

The information in this booklet was correct as of February 2024. Information about services can change frequently. Always call ahead or check websites before visiting services or signposting others to them.

Have your say on decisions about Southwark

If you are interested in sharing your views on our Age-Friendly Southwark Programme or other Council strategies and decision making, contact community.engagement@southwark.gov.uk to find out how to get involved.

You can respond to our latest consultations at: www.consultations.southwark.gov.uk

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Signposting and general advice

Ageing Well Southwark

Ageing Well Southwark is a flexible service to help older people and their carers discover and access a range of support and community services available to them in Southwark.

Website and online directory of services: www.ageingwellsouthwark.org

Call: 020 7358 4077

Email: sail@ageuklands.org.uk

Citizens Advice Southwark

Free, confidential, independent and impartial advice to help people resolve their problems with money, housing, employment, legal issues, and more.

Call: 080 8278 7849

Peckham drop-in service

Address: 97 Peckham High Street, SE15 5RS

Opening times: Monday to Friday, 10am to 2pm

Walworth drop-in service

Address: 6-8 Westmoreland Road, Walworth, SE17 2AY

Opening times: Monday to Friday, 10am to 2pm

Southwark Community Support Alliance

The Community Support Alliance can help you find the right support in Southwark as well as providing essential support such as emergency food parcels and links to trusted food banks.

Online referral form: www.southwark.gov.uk/community-help-form

Email: communitysupportalliance@southwark.gov.uk

Call: 020 7525 5000 (press option 3, followed by option 1)

Southwark Carers

Southwark Carers provides support for unpaid carers, including:

- Advocacy and guidance for carers
- Activity and peer support groups (including a gardening group, Latin American Carers Group, Film Club, Book Club and Sewing Group)
- Facilitating referrals to carers assessment team
- A counselling service
- Employment and volunteering opportunities
- Support with applying for grants for carers

Website: www.southwarkcarers.org.uk

Call: 020 7708 4497

Email: info@southwarkcarers.org.uk

Address: Walworth Methodist Church, 54 Camberwell Road, SE5 0EW

In-person help with online council services (MySouthwark service point)

The MySouthwark service point offers advice and information about a range of our services, such as Council Tax, Housing Benefit and Blue Badge applications. You need to book an appointment to access most services.

Address: Ground Floor, Peckham Library, 122 Peckham Hill Street, SE15 5JR

Opening times: Monday to Friday, 9am to 5pm

Book an appointment: www.southwark.gov.uk/mysouthwarkservice

Community support and activities

A calendar of clubs and activities for people aged 60+ across Southwark can be found at www.ageuk.org.uk/lewishamandsouthwark/activities-and-events

Age UK Lewisham and Southwark

Services include:

- An information and advice service – including help with benefit and Pension Credit claims
- Handypersons service
- Happy Feet toenail cutting service

Website with forthcoming events: www.ageuk.org.uk/lewishamandsouthwark

Call: 020 7701 9700

Email: information@ageuklands.org.uk

Healthy Living and Learning Centre

Age UK Lewisham and Southwark's Healthy Living and Learning Centre hosts a range of activities, including:

- Lunch clubs and bingo
- Line dancing, Zumba, aerobics, seated exercise and pom-pom dance classes
- Singing and art groups
- Digital skills support sessions
- Health talks
- Hairdressing and Happy Feet toenail cutting
- Trips and fun

Call: 020 7237 0860

Email: healthy.living@ageuklands.org.uk

Address: 95 Southwark Park Road, SE16 3TY

Blackfriars Settlement

The Blackfriars Settlement Positive Ageing service provide:

- A men's club, Art and Craft club, singing group and knitting group
- Chair-based yoga and strength and balance classes
- Lunch clubs
- Clubs for visually-impaired older people and older people with dementia
- Computer support sessions
- Befriending
- Subsidised manicures, massages and hairdresser

Membership is £10 per year and many of the activities are free of charge or low cost.

To find out more, including times of the sessions and how to become a member:

Website: blackfriars-settlement.org.uk/positive-ageing/

Call: 020 7928 9521

Email: positiveageing@blackfriars-settlement.org.uk

Address: Blackfriars Settlement, 1 Rushworth Street, SE1 0RB

Link Age Southwark

Link Age Southwark provide the following services:

- Befriending
- Specialist support for people with mild-moderate dementia
- DIY and gardening

They also offer a number of activities at a range of locations in south Southwark:

- Social and singing groups
- Yoga, gentle exercise and seated dance classes
- Digital drop-ins and support

Website: www.linkagesouthwark.org/our-services

Call: 020 8299 2623

Email: services@linkagesouthwark.org

Southwark Pensioners Centre

Southwark Pensioners Centre offer:

A voice for older people:

- Campaigning and consultation through Southwark Pensioners Action Group and Southwark Pensioners Forum

No Matter What service:

- A 50+ advice service for issues such as cost of living, benefits, debt, housing, transport and energy costs
- Help, support or where to go for everything else

Activities:

- Digital support – computers, mobile phones, tablets, laptops through 121s, clubs and six week classes
- Art, music, singing, arts and crafts
- Chi kung, chair based yoga, movement with music, disco
- Podiatry, massage, health talks
- Men's group, social Thursday and Feel Good Friday, day trips and parties
- Local history and Southwark Explorers

Website: www.southwarkpensioners.org.uk

Call: 020 7708 4556

Email: info@southwarkpensioners.org.uk

Address: 305-307 Camberwell Road, SE5 0HQ (open Monday to Friday 9am to 5pm)

Time & Talents

Time & Talents offer a variety of activities created especially for older adults, at venues across Rotherhithe:

- Monday and Friday social clubs
- Men's Pub Club and walking group

- Rainbow Arts group
- Ruby Tuesdays club for people with memory issues and their carers
- Rotherhithe Shed (providing free access to DIY equipment)
- Strength and Balance classes
- VIPs' Club (Visually Impaired Persons' Group)
- Social and self-help group for stroke survivors and their carers

Website: www.timeandtalents.org.uk/older-peoples-programmes-list

Call: 020 7232 5664

Email: referrals@timeandtalents.org.uk

Elim House Community Association

Elim House offers day care, advice, support, community care and activities for Southwark's elderly Caribbean community and people of other Black and ethnic minority heritage. Fees start from £15 per day. Their services and activities include:

- Music workshops
- Healthy meals
- Keep fit classes
- Advocacy service
- Faith sessions

Website: elimhousedaycentre.com

Call: 020 7358 9502

Email: elimhousecas@gmail.com

Address: 86-88 Bellenden Road, SE15 4RQ

Latin Age Society

The Latin Age Society is a community group for Latin American elders to help reduce loneliness and improve mental wellbeing. They offer exercise classes, social activities and English classes. Call or email the founder Patricia for more information:

Call: 07847 236 878

Email: latinageuk@gmail.com

Southwark Irish Pensioners

Providing support services to older Irish people living in the community including a drop-in day service, an advice service, regular activities and outings, befriending and a hospital visiting service.

Call: 020 7237 5841

Email: info@irishinlondon.org

Weekly clubs

Walworth Golden Oldies

Whether it's a delicious Caribbean lunch, story writing or a shake and a twirl to the mambo, there is always something going down with the Golden Oldies.

Time: Thursdays from 10am to 4pm

Call: 07306 187 476

Email: admin@southwarkgoldenoldies.co.uk

Address: Walworth Methodist Church, 54 Camberwell Road, SE5 0EN

The Ivy Club

A weekly social club and gathering for people in the local area, aimed primarily at those aged 50 and over.

Time: Thursdays from 10am to 2pm

Call: 020 7732 6543

Address: The Green Nunhead Community Centre, 5 Nunhead Green, SE15 3QQ

Libraries

In our libraries you can borrow books, use Wi-Fi or a library computer, print, access help with using the internet or join a book group or writing club. Become a member online or by visiting a library in-person and showing a proof of ID and your address.

Website: www.southwark.gov.uk/libraries

Call: 0207 525 2000 (press option 2 then option 3)

Email: libraries@southwark.gov.uk

Library	Address	Opening hours
Bermondsey and Rotherhithe		
Canada Water Library	21 Surrey Quays Road, SE16 7AR	Monday to Friday, 8am to 8pm Saturday, 9am to 5pm Sunday, 12 noon to 4pm
Blue Anchor Library	Market Place, Southwark Park Road, SE16 3UQ	Monday, Tuesday and Thursday, 9am to 7pm Friday, 10am to 6pm Saturday, 9am to 5pm Wednesday and Sunday, closed
Borough, Elephant and Castle and Walworth		
Southwark Heritage Centre and Walworth Library	145-147 Walworth Road, SE17 1RW	Monday to Friday, 10am to 8pm Saturday, 10am to 5pm Sunday, 12 noon to 4pm
Una Marson Library	62 Thurlow Street, SE17 2GN	Monday, Tuesday, Thursday and Friday, 10am to 6pm Wednesday, 10am to 3pm

		<p>Saturday, 10am to 5pm</p> <p>Sunday, closed</p>
<p>John Harvard Library</p>	<p>211 Borough High Street, SE1 1JA</p>	<p>Monday to Friday, 9am to 7pm</p> <p>Saturday, 9am to 5pm</p> <p>Sunday, closed</p>
<p>Newington, Camberwell and Peckham</p>		
<p>Brandon Library</p>	<p>Maddock Way, Cooks Road, SE17 3NH</p>	<p>Monday, Tuesday and Thursday, 2pm to 7pm</p> <p>Friday, 10am to 3pm</p> <p>Saturday, 10am to 5pm</p> <p>Wednesday and Sunday, closed</p>
<p>Camberwell Library</p>	<p>48 Camberwell Green, Camberwell, SE5 7AL</p>	<p>Monday to Friday, 9am to 8pm</p> <p>Saturday, 9am to 5pm</p> <p>Sunday, 12 noon to 4pm</p>
<p>Peckham Library</p>	<p>122 Peckham Hill Street, SE15 5JR</p>	<p>Monday, Tuesday, Thursday and Friday, 9am to 8pm</p> <p>Wednesday, 10am to 8pm</p> <p>Saturday, 10am to 5pm</p> <p>Sunday, 12 noon to 4pm</p>
<p>Nunhead and Dulwich</p>		
<p>Nunhead Library</p>	<p>Gordon Road, SE15 3RW</p>	<p>Monday, Tuesday and Thursday, 2pm to 7pm</p> <p>Wednesday and Friday, 10am to 3pm</p> <p>Saturday, 10am to 5pm</p> <p>Sunday, closed</p>

Grove Vale Library	18-22 Grove Vale, East Dulwich, SE22 8EF	Monday, Tuesday and Thursday, 10am to 7pm Friday, 10am to 3pm Saturday, 10am to 5pm Wednesday and Sunday, closed
Dulwich Library	368 Lordship Lane, SE22 8NB	Monday, Wednesday, Thursday and Friday, 9am to 8pm Tuesday, 10am to 8pm Saturday, 9am to 5pm Sunday, 12pm to 4pm
Kingswood Library	Kingswood Library, 37-38 Seeley Drive, SE21 8QR	Monday, 2pm to 6pm Tuesday, 10am to 2pm Thursday, 2pm to 6pm Friday, 10am to 2pm Saturday, 1pm to 5pm Wednesday and Sunday, closed

Home library service

Residents who are unable to visit their local library can use our monthly home library service where library staff bring borrowed items straight to your door.

Website: www.southwark.gov.uk/home-library

Call: 020 7525 7493

Email: libraries@southwark.gov.uk

Health and wellbeing support

Alternatives to accessing a GP

If you find it difficult to access a GP, there may be other healthcare services that can help.

Pharmacies

Pharmacies can help you with:

- Advice and medicines for minor illnesses (for example, colds, flu, eye infections, skin rashes and shingles)
- Advice on medicines and disposing of old medicines
- Getting a blood pressure check

To find a pharmacy near you, go to www.nhs.uk/service-search/pharmacy

NHS 111

If you have an urgent but not life-threatening health problem, you can contact NHS 111. NHS 111 can:

- Direct you to the best place to get help. This could be an A&E or emergency department, out of hours GP, pharmacist or Urgent Treatment Centre.
- Order you an emergency supply of a regularly prescribed medicine
- Help you find a dentist or emergency dentist

Website: www.111.nhs.uk

Call: 111

Checking your health

Health kiosks in some libraries and leisure centres

You can check and monitor your blood pressure, weight, body mass index (BMI), heart rate, mental health and more for free at one of our health kiosks.

Find your nearest health kiosk: www.southwark.gov.uk/health-kiosks

NHS health checks and screening

Age	Type of check	Find out more
25 to 64	Cervical screening for women and people with a cervix, every three years .	Contact your GP practice
40 to 74	Health check-up for patients without pre-existing cardiovascular conditions, every five years by invitation.	Visit www.nhs.uk/conditions/nhs-health-check/
45+	Black men and those with a prostate, check your risk of prostate cancer with a PSA blood test.	Contact your GP practice
50 to 71	Breast cancer screening for women and those registered as female at birth, every three years . Women aged 71+ can also request to be screened.	Search London Breast Screening online or call 020 3758 2024
54 to 74	Bowel cancer screening, every three years.	Call the London hub – 080 0707 6060
55 to 74	Targeted Lung Health Check for smokers and former smokers, every two years by invitation .	Visit www.sel-lunghealthcheck.nhs.uk
65+	Abdominal aortic aneurysm (AAA) screening for men and those registered as male at birth. (AAA is a swelling in a major blood vessel that can be serious as there is a risk they could burst.)	Contact your GP practice

Maintaining a healthy weight

Southwark Healthy Lifestyle Hub

If you have a high body mass index (BMI) or are at risk of developing diabetes, the Healthy Lifestyle Hub can support you to improve your health and wellbeing. You will get free advice and guidance, and options for local services and activities that are right for you.

Website: www.southwark.everyonehealth.co.uk

Call: 0333 005 0159

Email: southwark.referrals@nhs.net

Get support to stop smoking

Southwark Stop Smoking Service

Smoking damages your physical and mental health and puts an added strain on your finances. As soon as you quit, there are immediate benefits to your health. Plus, the average smoker could save over £2,000 a year by quitting. The Stop Smoking Service can give you 12 weeks of free advice, support and nicotine replacements.

Website: www.southwark.everyonehealth.co.uk

Call: 033 3005 0159

Email: southwark.referrals@nhs.net

Get support with alcohol or drugs

Change Grow Live Drug and Alcohol Service

Change Grow Live support people facing issues with drugs or alcohol and their families. The service is open to anyone, regardless of your background and your issues with alcohol and/or drugs.

Website: www.changegrowlive.org/drug-alcohol-service-southwark

Call: 020 3404 7699

Email: cgl.southwark@cgl.org.uk

Help with complaints about NHS care

POhWER

POhWER offer Independent Health Complaints Advocacy to help you make a complaint about your NHS care or treatment.

Website: www.pohwer.net/southwark

Call: 030 0456 2370

Email: pohwer@pohwer.net

Dementia support

Dementia Support Southwark

The Alzheimer's Society Dementia Support Southwark service is a free information and advice service for people with Dementia and their carers, family and friends. They can offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future.

Call: 020 7735 5850

Email: southwarkandlambeth@alzheimers.org.uk

Stones End Day Centre (Age UK Lewisham and Southwark)

A vibrant day centre for people with dementia and other support needs, five minutes from Elephant and Castle station.

Call: 0207 358 4052

Email: information@ageuklands.org.uk

Link Age Southwark

Link Age Southwark offer a number of services specific to people with a confirmed diagnosis of mild to moderate dementia:

- A signposting and advice service
- Befriending
- Peer Support Groups in Camberwell and Dulwich
- An online carers' group
- Musical Memories singing group

Call: 020 8299 2623

Email: info@linkagesouthwark.org

Daffodil Activity Group

This group meets every Monday, 11am to 1pm, and gives people affected by dementia the opportunity to take part in a variety of activities.

Address: The Green Nunhead Community Centre, 5 Nunhead Green, SE15 3QQ

Call: 020 7735 5850

Email: southwarkandlambeth@alzheimers.org.uk

Parkinson's support

Southwark and Lambeth Parkinson's support group

This group offers friendship and support locally to people with Parkinson's, their families and carers. For more information, contact Jan Williams:

Call: 020 7963 3612

Email: jwilliams@parkinsons.org.uk

Location: Chatsworth Baptist Church, SE25

Cancer support

Dimbleby Cancer Care support and information service

A drop-in service for cancer patients, their family, friends and carers.

Call: 020 7188 5918

Email: dimblebycancercare@gstt.nhs.uk

Address: Dimbleby Cancer Care, Cancer Centre at Guy's, Great Maze Pond, SE1 9RT
(drop-in Monday to Friday, 9am to 5pm)

Macmillan Information and Support Centre

A welcoming and confidential drop-in service for anyone affected by cancer.

Call: 020 3299 5228

Email: kch-tr.macmillan1@nhs.net

Address: Cicely Saunders Institute, King's College Hospital, Bessemer Rd, SE5 9RS
(drop-in Monday to Friday, 9am to 4pm)

Mental health support

Southwark Wellbeing Hub

A signposting and support service for anyone living in Southwark who is worried about their wellbeing, or that of someone close to them.

Call: 020 3751 9684

Visit: www.together-uk.org/southwark-wellbeing-hub

Address: The Southwark Resource Centre, 10 Bradenham Close, SE17 2QB (drop-in on Wednesdays from 12 noon to 3pm)

Community Mental Health Team for Older Adults

Community-based assessment, treatment and care for Southwark residents aged 65 and over who have complex mental health problems, and those under 65 with an existing diagnosis of dementia.

Call: 020 3228 6920 (Monday to Friday 9am to 5pm)

Email: southwarkmheadteam@slam.nhs.uk

The Listening Place

A London-based charity providing face-to-face support for those who feel life is no longer worth living.

Call: 020 3906 7676

Samaritans

A confidential support service for anyone experiencing distress or despair.

Call: 116 123 (available 24 hours)

Personal care

Happy Feet toenail cutting service

Happy Feet is a toenail cutting service provided by Age UK Lewisham and Southwark for Southwark residents aged 50+. Accessible clinics take place across the borough.

Website: www.ageuk.org.uk/lewishamandsouthwark/services

Call: 020 7358 4077

Email: happyfeet@ageuklands.org.uk

Exercise and fitness

Free gym, swim and exercise classes

Southwark residents can use swimming and gym facilities at any of our leisure centres for free at the following times (check with your local leisure centre for any exceptions):

- All day Fridays
- Saturdays: 2pm to 5.30pm
- Sundays: 2pm to 9pm

To register:

- Go to www.southwarkleisure.co.uk/memberships-offers
- Or take proof of ID and proof of your address to your local leisure centre

Southwark residents over the age of 60 can also access free Silver sessions exercise classes. For more information, contact your nearest leisure centre.

Free swimming lessons

All Southwark residents who are non-swimmers and over the age of 16 can get free swimming lessons at Camberwell, Dulwich, Peckham Pulse, The Castle and Seven Islands Leisure Centres. Contact Southwark Leisure to say when you'd like to have lessons:

Email: southwarkleisureinfo@southwark.gov.uk

Leisure centres

Leisure centre	Opening times	Phone number
Bermondsey and Rotherhithe		
Southwark Park Sports and Athletics Centre, Hawkstone Rd, SE16 2PE	Monday to Friday, 6.30am to 10pm	020 4542 6617

	Saturday and Sunday, 9am to 5pm	
Surrey Docks Fitness and Water Sports Centre, Rope St, SE16 7SX	Monday to Friday, 6.30am to 10pm Saturday and Sunday, 9am to 5pm	0333 005 0409
Seven Islands Leisure Centre, 100 Lower Rd, SE16 2TU	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm	020 7237 3296
Elephant and Castle		
Geraldine Mary Harmsworth Sports Facility, St George's Rd, SE1 6ER	Monday to Friday, 8.45am to 8.15pm Saturday and Sunday 8.45am to 5.15pm	020 7735 3294
The Castle Centre, 2 St Gabriel Walk, SE1 6FG	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm	020 7091 4243
Camberwell, Peckham and Dulwich		
Camberwell Leisure Centre, Artichoke Place, SE5 8TS	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm	020 7703 3024
Peckham Pulse Leisure Centre, 10 Melon Rd, SE15 5QN	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm	020 7708 6200

<p>Dulwich Leisure Centre, 2B Crystal Palace Rd, SE22 9HB</p>	<p>Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm</p>	<p>020 8693 1833</p>
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Exercise classes for over 45s (Silverfit)

Silverfit run exercise classes in Southwark for people over the age of 45. All sessions are £3 and need to be booked online.

- Nordic Walking at Burgess Park, Canada Water and Dulwich
- Fun fitness class at Canada Water

Website: www.silverfit.org.uk

Email: info@silverfit.org.uk

Call: 020 8123 7879

Millwall Walking Sports Club

Millwall Community Trust offer walking sports activities, and can cater for those who require additional support such as those with limited mobility, mental health conditions or dementia.

- Walking Sports: Fridays 12 noon to 1pm at Lions Centre, SE16 3LD (indoors)
- Walking Football: Wednesdays 12 noon to 1pm at St Paul's Sports Ground, SE16 5EF

Email: jsarrami@millwallcommunity.org.uk

Call: 07958 026 990

Living independently

Support to live independently

Ageing Well Southwark

There are lots of services that offer advice, support and day care in our local community. Ageing Well Southwark can help you find the services that are most appropriate for you. They can arrange to visit you or meet you at one of the many Ageing Well partner sites across the borough.

Call: 0207 358 4077

Email: sail@ageuklands.org.uk

Southwark Council Adult Social Care

People who are eligible for Adult Social Care support under the Care Act 2014 can get support from us. We can complete a needs assessment with you to find out if you are eligible. If we are able to support you, it is likely that you will still need to contribute towards the cost of your care. We will also complete a financial assessment with you to find out if you need to pay.

Call: 020 7525 3324

Email: oppdcontactteam@southwark.gov.uk

Southwark Disablement Association (SDA)

SDA can help deaf and disabled people with home care, finances, housing issues, accessing health services and other issues. They also offer a number of social groups and activities.

Website: www.sdail.org

Call: 020 3095 9421

Email: sda@sdail.org

BSL communication is also available over Skype.

Technology to keep you safe at home (Telecare)

Telecare are sensors that are fitted in your home and link to a 24-hour monitoring centre. Some are worn as pendants or on your wrist and can detect if you fall. Trained operators can contact your family or the emergency services if you need help. Providers of telecare recommended by us are:

Careline 365

Website: www.careline.co.uk

Call: 080 8304 5088

Age UK

Website: www.ageco.co.uk/independent-living-solutions

Call: 080 0011 3846

Help with mobility

For general advice on improving your mobility and reducing your risk of falling, go to www.southwark.gov.uk/help-with-mobility

Southwark Community Rehab and Falls Service

This service provides care, physiotherapy and equipment for people who have:

- Previously had a fall, fracture or illness
- Concerns about falling
- Conditions such as arthritis and joint replacements which have led to a change in function

Call: 020 3049 4558

Email: gst-tr.southwarkcommunityrehabandfalls@nhs.net

Strength and balance classes

Strength and balance classes are available in community venues across Southwark. If you are interested in attending a class:

Call: 020 3049 5424

Email: gst-tr.strengthandbalancehelpline@nhs.net

Transport

Free travel on Transport for London

London residents aged 66+ or who have a statutory disability under the Transport Act 2000, can travel for free on TfL services from 9am on weekdays and anytime at weekends with a Freedom Pass. To apply:

Website: www.londoncouncils.gov.uk/services/freedom-pass

Free parking for people with mobility issues

The Blue Badge scheme is for people with severe mobility problems who find it difficult to use public transport. Holders of this badge can park closer to their destination. Find out if you are eligible and how to apply:

Website: www.southwark.gov.uk/blue-badge

Call: 020 7525 2146

Email: disabledtravel@southwark.gov.uk

Handyperson services

Age UK Lewisham and Southwark handyperson service

Southwark residents aged 50+ can get help with light repairs from the Age UK Lewisham and Southwark handyperson service. Jobs that support safety in the home are free of charge. For information about other costs, and how to book:

Website: www.ageuk.org.uk/lewishamandsouthwark/services

Call: 020 7358 4077

Email: handypersons@ageuklands.org.uk

Southwark Council handyperson service

This service is available to residents aged 60+ or those who have a disability. For information about costs and to book:

Website: www.southwark.gov.uk/handypersons

Call: 020 7525 1863

Email: handyperson@southwark.gov.uk

Getting help with issues on your street

You can report issues that make it hard to get around (lighting issues, potholes and dumped rubbish) by going to www.southwark.gov.uk/street-care

Finances, food and essentials

Financial advice

Our Local Support Team

The Local Support Team is part of Southwark Council. They can support disabled, vulnerable or older adults to maximise their income by:

- Doing a benefits check
- Helping with any welfare benefit applications and claims for Council Tax discounts/exemptions
- Signposting to other agencies and council departments
- Offering home visits and outreach appointments if you can't leave home

Complete a referral form: www.southwark.gov.uk/localsupportform

Call: 020 7525 2434

Email: localsupport@southwark.gov.uk

Grants and membership schemes

Southwark Charities

Southwark residents aged 55+ with low income and low savings can apply to become a member of Southwark Charities. Benefits can include participation in a programme of annual activities, social events and cash gifts.

Membership form: www.southwarkcharities.co.uk/join-our-community/becoming-a-member

Call: 020 7593 2000

Rotherhithe Consolidated Charities

Provides grants for people of state pension age that have lived in The Ancient Parish of Rotherhithe – mainly Rotherhithe, Canada Water and Surrey Quays - for a

minimum of five years and with low income and low savings. The stipend is not available to current members of St Olaves United Charity, or property owners.

Website: www.rotherhithecc.co.uk/grants

Call: 020 7593 2004

Email: clerk@rotherhithecc.org.uk

St George the Martyr Charity

Membership of the charity is open to anyone who has reached State Pension age, lives in Borough, Bankside, Walworth or Newington, and is on relatively low income with low savings. Members may enjoy free social opportunities, home care services (hairdressing and nail care) and cash gifts/vouchers.

Grants are also available for residents aged 55+ with low income and low savings who live in Borough, Bankside, Walworth or Newington.

Website: www.stgeorgethemartyrcharity.com/membership

Call: 020 7407 2994

Email: visitor@stgeorge1584.org.uk

Dealing with scams

Don't feel embarrassed if you think you have been scammed. Scammers are clever and scams can happen to anyone. Reporting a scam helps track down and stop scammers. If it happens, write down as much information you can about when, where and how it happened.

Citizens Advice helpline

If you think you have found a scam, need advice about scams or want to report a scam, contact the Citizens Advice helpline:

Call: 080 8223 1133

When to call the police about a scam

Contact the police by calling 101 if:

- The scammer is in your area
- You've transferred money to the scammer in the last 24 hours

If you feel threatened or unsafe always call 999.

Support with food

You can find a map of food pantries, food banks and other types of food support at www.southwarkfoodactionalliance.co.uk

Food pantries (food shops for members)

Food pantries are membership food shops that can make your money go further. Members can get subsidised groceries, including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.

Peckham Pantry, Peckham Park Road

49-53 Peckham Park Road, SE15 6TU

Opening hours: Monday, Wednesday and Friday from 9am to 4pm, Tuesday 11am to 4pm and Thursday 10am to 7pm.

Email: pantry@pecan.org.uk

Call: 020 7277 7075

Peckham Pantry, St Luke's Church

St Luke's Church, Chandler Way, SE15 6DT

Opening hours: Wednesday 11am to 3pm

Email: pantry@pecan.org.uk

Call: 020 7277 7075

Love North Southwark: Bermondsey Pantry

4-5 Slippers Place, Gataker Street, SE16 2EN

Open Monday to Friday 10am to 3pm (by appointment only)

Email: lovenorthsouthwark@outlook.com

Call: 07730 465 160

The Borough Food Co-operative

St George the Martyr Church, Borough High Street, SE1 1JA

Opening hours: Tuesday 12 noon to 3pm, Thursday 10am to 3pm and Saturday

1pm to 4pm

Email: food@stgeorge-themartyr.co.uk

Call: 020 7357 7331

Paxton Green time bank: Paxton Pantry

Unit 32 Seeley Drive, Kingswood Estate, SE21 8QR

Opening hours: Tuesdays 12 noon to 4pm

Email: food@stgeorge-themartyr.co.uk

Food banks

Food banks give out non-perishable food to people who are going through financial problems and can't afford to buy food. Pecan and Spring Community Hub both offer foodbanks in Southwark. In order to access the foodbanks, you will need a referral from a local agency before arriving at the foodbank. For more information:

Pecan foodbanks

Email: foodbank.support@pecan.org.uk

Call: 020 7732 0007

Spring Community Hub Foodbanks

Website: cschub.co.uk/what-we-do

Email: office@springcommunityhub.org

Call: 07901 617 189

Free meals

Hope Tuesday Café

City Hope Church, 121 Drummond Road, Bermondsey, SE16 2JY

Opening hours: Tuesdays 1pm to 3pm.

Tea, coffee and hot meal served at 1pm. Social activity including quizzes planned after lunch with tea, coffee and cake.

Email: hello@cityhope.london

Call: 020 7993 3934

All Saints Church Café

All Saints Church, 8 Blenheim Grove, Peckham, SE15 4QS: café is in the main church, not the hall.

Community café providing tea, coffee and cakes. Also offer activities and free Wi-Fi.

Opening hours: Tuesdays 9.30am to 11am

Email: hello@allsaintspeckham.org.uk

Website: allsaintspeckham.org.uk

Call: 020 3637 2701

Manna Centre

12 Melior Street, London Bridge, SE1 3QP

Provides breakfast and lunch (showers, clothing, housing and welfare advice and medical care also provided).

Opening hours: Monday to Sunday 8.30am to 1.30pm

Website: www.mannasociety.org.uk

Email: mail@mannasociety.org.uk

Call: 020 7357 9363

Foodcycle Peckham

All Saints Church Hall, 7 Blenheim Grove, Peckham, SE21 8QR

Sit-in community meals including hot vegetarian meals cooked on site.

Opening hours: Wednesdays at 5pm and Saturdays at 5.30pm

Website: www.foodcycle.org.uk/community-meals

Email: peckham@foodcycle.org.uk

Call: 020 7729 2775

The Castle Canteen

Crossways Christian Centre, 18 Hampton Street, Walworth, SE1 6SN

Opening hours: Mondays 1pm to 2.30pm

Three-course lunch served in the community canteen on Monday afternoons

Email: hello@be-enriched.org

Walworth Living Room

All Saints Hall, Surrey Square, Walworth, SE17 2JU

Cafe, community fridge & social activities. Some activities are free, others are low cost. Contact them for more information.

Opening hours: Wednesday, Thursday and Friday 9am to 3pm.

Website: www.walworthlivingroom.org

Email: info@pembrokehouse.org.uk

Call: 020 7703 3808

Community fridges (get or share food for free)

Community fridges help people and local businesses share food, rather than letting it go to waste. They are usually open access, so anyone in the community can take food or add food to the fridge.

Find the nearest community fridge: www.communityfridgemap.org.uk

Southwark Library of Things

The Library of Things at Canada Water Library helps you save money and reduce waste by affordably renting out useful things like drills, sound systems and sewing machines at low cost.

For more information or to join visit: www.libraryofthings.co.uk/canadawater or visit Canada Water Library (page 11).

Housing support

Housing advice

The following organisations can provide information, advice and legal help on a variety of housing issues, including rent arrears and housing benefit.

Cambridge House Law Centre

Call: 020 7358 7025

Email: lawcentre@ch1889.org

Southwark Council Housing Solutions Team

Email: housing.options@southwark.gov.uk

Keeping your home warm

Southwark Energy Savers Service

Southwark Energy Savers Service, delivered by Citizen's Advice Southwark, can offer advice on energy saving and may be able to help with paying your bills, if you are eligible.

Website: www.citizensadvice-southwark.org.uk

Call: 080 8278 7849

South London Healthy Homes advice service

Free advice and support to people 65+ or have a long-term health condition or disability. Support includes energy efficiency and heating advice, installation of energy saving devices and support with home improvement grant applications.

Call: 080 8169 1779

Digital skills and help

Organisation	What's on offer	Contact
Southwark Libraries (see page 10)	Starting with computers, email and the internet Free use of computers and WiFi	Enquire at your local library
Southwark Group of Tenants Organisations 19 Buller Close, SE15 6UJ	Basic computer training for tenants and residents on council estates Computer room available Monday to Friday, 10am to 4pm	020 7639 6718 info@sgto.co.uk
Southwark Pensioners Centre 305-307 Camberwell Road, SE5 0HQ	1 to 1 computer sessions (Monday and Wednesday mornings) Use of computers and WiFi (afternoons)	020 7708 4556 info@southwarkpensioners.org.uk
Link Age Southwark Dulwich Grove United Reformed Church, East Dulwich Grove, SE22 8RH	Digital drop-in (Fridays 2pm to 4pm)	020 8299 2623 services@linkagesouthwark.org
ClearCommunityWeb	Online digital awareness class (Tuesdays 11am)	07523 646 277 www.clearcommunityweb.co.uk

You can also access our free digital skills guide and find online digital skills training at www.southwark.gov.uk/online-digital-skills-training

Employment and volunteering

Southwark Works

Free employment and training support for anyone living in the borough.

Website: www.southwarkworks.com

Call: 080 0052 0540

Email: info@southwarkworks.org.uk

Address: 376 Walworth Road, SE17 2NG (drop-in Monday to Friday, 10am to 12 noon or 2pm to 4pm)

Volunteering opportunities

Community Southwark volunteering directory

Find a full list of volunteering opportunities available in Southwark at www.communitysouthwark.org/volunteering/volunteering-opportunities/

You can also book a free volunteer advice appointment to get personalised volunteering recommendations.

Email: volunteering@communitysouthwark.org

Call: 020 3848 6540

Volunteer at your local library

Your role as a library volunteer would involve working with our staff to deliver some vibrant, interactive and fulfilling events for children and adults.

Website: www.southwark.gov.uk/libraries-volunteer

Email: libraries@southwark.gov.uk