

Helping you this winter

We know the cost of living crisis is still being felt by so many of our residents and we want to assure you that we are here to help.



HERE TO HELP
SUPPORTING YOU THROUGH THE COST OF LIVING CRISIS



Funded by
UK Government

Southwark
Council

Dear resident,

We want to make sure every resident in Southwark, can pay for their everyday needs and get the support they need when they need.

Since the beginning of the Cost of Living crisis began, we have distributed more than **£52 million** to over 100,000 Southwark residents. It is our priority that we continue to support vulnerable residents or those on our lowest incomes. In the last year this has included:

- **More than £4 million** in Holiday Free School Meals for nursery, primary and secondary school children and extending term time free school meals to more secondary school children from low-income families
- **£1 million** of additional council tax relief for low-income households – in addition to more than £24m via our existing local Council Tax Reduction Scheme last year
- **£3.5 million** of emergency support for people facing a financial crisis or hardest hit by the cost of living crisis
- **£35,000** for School Uniform Grants

In September this year, we received the welcome news that the UK Government announced a six-month extension for the Household Support Fund, with Southwark receiving **£2.734 million**.

This winter, we will be using this money to support our most vulnerable residents, in the following ways:

- **£1.1 million** on Holiday Free School Meals for children of low-income families at Christmas and the autumn and winter half-term holidays
- **£1 million** of extra help for our most vulnerable and low-income households including the elderly, disabled, and those living in energy-inefficient homes that are more expensive to heat
- **£100,000** additional to help young people who have been in care, making sure they are able to access a good quality of life
- **£200,000** for residents moving to universal credit, providing vital support during the five-week wait for their first payment
- **£300,000** to help low-income and vulnerable households to pay their council tax bills

We will get through this challenging time together

In this booklet, you'll find out more information about financial support, where to find your local food bank and warm spaces, how to save money on your energy bills and where to get mental health support if you or someone you know needs it.



I'd ask you to share this information with anyone you think might find it helpful. We don't want anyone going through difficult times alone and by passing on some helpful information, or checking on your neighbour during the colder months – you might help someone find things a little easier.

Cllr Kieron Williams

Leader of Southwark Council

Want to stay up to date on a weekly basis?



Sign up to our e-newsletter, telling you what's on, new information and service updates and community stories.

<https://bit.ly/Southwarknewsletters>



Supporting each other is so important during this time

I want every resident in Southwark to know that we are working hard to reduce the impact of the cost of living however and wherever we can. We promise that we're here to help.



I'd like to take this opportunity to thank our brilliant communities across all areas of Southwark, for supporting each other with the cost of living crisis. From our warm spaces, charity support groups, mental health organisations and so much more: your hard work has been vital in getting support out to those residents who need it most.

We know how strong our voluntary and community sector is, and we'll need everyone to pull together as we move through the crisis over the next few months. The council is providing over £80,000 to local community and voluntary groups this year to support our warm hubs programme. I would also welcome anyone to support people in their lives, whether that's friends or families, neighbours or people you may come across within your neighbourhood.

Not everyone is able to access support or information easily. Please do share this information with anyone you think might need it. Thanks for all you're doing, together we will get through this.

Cllr Stephanie Cryan

Cabinet Member for Equalities, Democracy and Finance

To get more information, visit southwark.gov.uk/here-to-help

Are you struggling financially?



Citizens Advice Southwark

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

Call: **080 8278 7849**

Email: Advice@citizensadviceSouthwark.org.uk

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

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)

Are you an unpaid carer?

You could be an unpaid carer if you help someone with things including:

- household activities like shopping, cleaning or gardening
- personal finances, paperwork and administration
- transportation
- personal care, such as washing and dressing
- going to the toilet or dealing with incontinence
- eating or taking medicines

You might be eligible for financial support or help within the community. Find out now: QR code and link

southwark.gov.uk/adult-social-care/unpaid-carers-support





Support for families

If you are a parent or carer, there is lots of support available.

Our Start for Life offer provides information in one place that you can use to navigate local support and services, including pregnancy care, infant feeding, through to parenting support and childcare.

Find out more at
**Start for Life
Southwark.**



Help to buy healthy food and milk (Healthy Start)

Healthy Start is a national government scheme which can provide pre-paid payment cards for pregnant women and families with children aged under four who are in receipt of certain benefits to buy healthy foods.

Eligible women and families receive at least £4.25 per week which can be used to buy fruit, vegetables, pulses, cow's milk, and infant formula.

If claimed from pregnancy to the 4th birthday of the child, families could receive over £1,000 per child to cover the cost of healthy food and milk.

Go to **healthystart.nhs.uk** for information on how to apply and eligibility.

If you're not able to apply online call **0300 330 7010**



Free healthy school meals

We offer all nursery and primary pupils free and healthy school meals during term time.

You don't need to apply for free school meals if your child is in nursery or primary school. But you need to let your school know if you think your child may be entitled to benefits-related free school meals (FSM). This will enable your child's school to get additional funding via the Pupil Premium.

Secondary school pupils who are entitled to government benefits also get free school meals. You will need to apply for the scheme through contacting your child's school.

We're providing free healthy secondary school meals for many secondary school pupils during the academic year 2024/25. These are for pupils from families who:

- get or will receive Universal Credit
- and who are not currently eligible for government benefits related free school meals (FSM)

You'll need to apply through your child's secondary school.

Visit: southwark.gov.uk/secondary-free-meals

Southwark's Food and Fun holiday programme

Our Food and Fun holiday programme supports families during the longer school holidays to access free, healthy food and fun enriching activities.

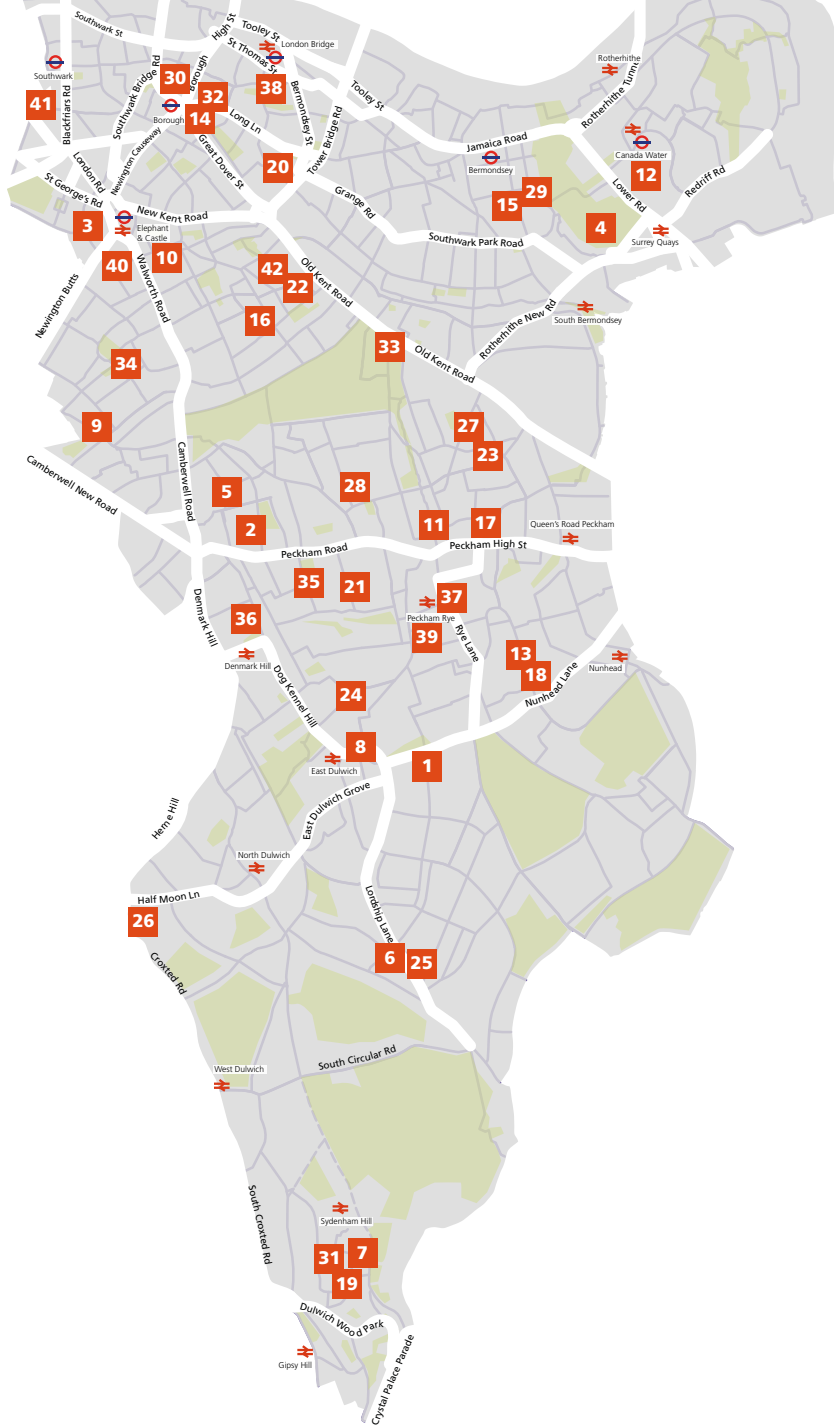
It is for children aged between four and 16-years-old that receive benefits-related free school meals and those with no recourse to public funds (NRPF).

Children can take part in a wide range of holiday activities including sports, arts and crafts and healthy cooking. They also get a healthy meal and snacks each day.

Visit: southwark.gov.uk/foodandfun



Where to get extra support this winter



Warm Spaces

- 1** Dulwich Leisure Centre SE22 9HB
- 2** Camberwell Leisure Centre SE5 8TS
- 3** The Castle Centre SE1 6FG
- 4** Southwark Park Sports and Athletics Centre SE16 2PE
- 5** Camberwell Library SE5 7AL
- 6** Dulwich Library SE22 8NB
- 7** Kingswood Library SE21 8QR
- 8** Grove Library SE22 8EF
- 9** Brandon Library SE17 3NH
- 10** Walworth Library/Southwark Heritage Centre SE17 1RW
- 11** Peckham Library SE15 5JR
- 12** Canada Water Library SE16 7AR
- 13** Nunhead Library SE15 3RW
- 14** John Harvard Library SE1 1JA
- 15** Blue Anchor Library SE16 3UQ
- 16** Una Marson Library SE17 2GN
- 17** Pecan Together SE15 5SE
- 18** Nunhead's Voice SE15 3QQ
- 19** Kingswood Arts SE21 8QN
- 20** South London Mission SE1 3UJ
- 21** The Spring Community Hub SE5 8PQ
- 22** Pembroke House SE17 1QR
- 23** Livesey Exchange by Pempeople SE1 5EW
- 24** Albrighton Community Centre SE22 8AH
- 25** Christ Church East Dulwich SE22 0JT
- 26** Herne Hill Baptist Church SE24 9HU



Food pantries

- 27** Peckham Pantry
- 28** Peckham Pantry
- 29** Love North Southwark: Bermondsey Pantry
- 30** The Borough Food Co-operative
- 31** Paxton Green time bank



Food banks

- 32** Pecan foodbanks

Spring Community Hub Foodbanks

- 33** New Covenant Church
- 34** St Paul's Church
- 35** Spring Community Hub



Community Meals and Socials

- 36** Hope Tuesday Café
- 37** All Saints Church Café
- 38** Manna Centre
- 39** Foodcycle Peckham
- 40** The Castle Canteen
- 41** Webber Street Day Centre
- 42** Walworth Living Room

To view the full list of community groups, support services and warm spaces please visit: southwark.gov.uk/here-to-help



Food pantries

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.

27 Peckham Pantry, Peckham Park Road

49-53 Peckham Park Road SE15 6TU

Opening hours: Wednesday and Friday 9am to 4pm,
Tuesday 10am to 4pm, Thursday 10am to 7pm, Saturday 9am to 3pm

Email: pantry@pecan.org.uk

Call: 020 7277 7075

28 Peckham Pantry, St Luke's Church

St Luke's Church, Chandler Way SE15 6DT

Opening hours: Wednesdays 10am to 2pm

Email: pantry@pecan.org.uk

Call: 020 7277 7075

29 Love North Southwark: Bermondsey Pantry

4-5 Slippers Place, Gataker Street SE16 2EN

Opening hours: Monday to Friday 10am to 2pm (by appointment only)

Email: lovenorthsouthwark@outlook.com

Call: 07730 465 160

30 The Borough Food Co-operative

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

Opening hours: Tuesday, Thursday and Saturday 11am to 3pm

Email: food@sgtm.org.uk

Call: 020 7357 7331

31 Paxton Green time bank: Paxton Pantry

Unit 32 Seeley Drive, Kingswood Estate SE21 8QR

Opening hours: Tuesdays 12 noon to 4pm

Email: Pantry@pgtimebank.org



Food banks

Food banks can help when there is an urgent need for food. If you need longer term support, then please do take a look at our finance support on our finance page.

32 Pecan Foodbanks

Pecan foodbanks work using a voucher referral system. In order to get help from one of Pecan's foodbanks, people need a voucher issued by a local agency before arriving at a centre.

Email: foodbank.support@pecan.org.uk

Call: 020 7732 0007

Spring Community Hub Foodbanks

These foodbanks also work on a referral system.

Visit: www.cschub.co.uk/what-we-do

Email: office@springcommunityhub.org

Call: 07901 617 189

The Spring Community Hub Foodbank locations and opening times are:

33 New Covenant Church 506-510 Old Kent Road, SE1 5BA

Opening hours: Tuesdays 12 noon to 2pm

34 St Paul's Church 4 Lorrimore Square, SE17 3QU

Opening hours: Wednesdays 11.30am to 1.30pm

35 Spring Community Hub 1 Wilson Road, Modular Building, SE5 8LU

Opening hours: Thursdays and Fridays 10am to 1pm

Did you know that if you are 66 and on a low income you might be entitled extra income each week?

Pension Credit is extra money each week. If you are eligible it is money that is rightfully yours and you will also receive a winter fuel allowance. Apply before 21 December: gov.uk/pension-credit/how-to-claim



Community Meals and Socials

36 Hope Tuesday Café

Open to all; tea, coffee and hot meal served at 1pm (cold buffet-style food served during periods of hot weather). Social activity including quizzes planned after lunch with tea, coffee and cake.

Opening hours: Tuesdays 1pm to 2.30pm.

Email: hello@cityhope.london

Call: 020 7993 3934

37 All Saints Church Café

All Saints Church, 8 Blenheim Grove, Peckham SE15 4QS
Café is in the main church, not the hall. Open to all; community café providing tea, coffee and cakes. Also other activities and free wifi.

Opening hours: Tuesdays and Thursday 9.30am to 11am

Visit: www.allsaintspeckham.org.uk

Email: hello@allsaintspeckham.org.uk

Call: 020 3637 2701

38 Manna Centre

12 Melior Street, London Bridge SE1 3QP
Open to all, especially people who are homeless 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

Visit: www.mannasociety.org.uk

Email: mail@mannasociety.org.uk

Call: 020 7357 9363

39 Foodcycle Peckham

All Saints Church Hall, 7 Blenheim Grove, Peckham SE15 4QS
Open to all; sit-in community meals including hot vegetarian meals cooked on site.

Opening hours: Wednesdays 5pm to 6pm and
Saturdays at 5.30pm to 6.30pm

Visit: www.foodcycle.org.uk/location/peckham-hub

Email: peckham@foodcycle.org.uk

Call: 020 7729 2775

40 The Castle Canteen

Crossways Christian Centre, 18 Hampton Street, Walworth, SE1 6SN
Open to all; Three-course lunch served in the community canteen on Monday afternoons.

Opening hours: Mondays 1pm to 2.30pm

Email: hello@be-enriched.org

41 Webber Street Day Centre

6-8 Webber Street, Waterloo SE1 8QA

For local rough sleepers and homeless people (aged 18+) Provides a sit-down breakfast (Monday to Thursday and Saturday 8.30am to 12 noon), lunch (Monday to Wednesday at 1pm), clothing, toiletries and advice. Drop-in sessions on Fridays from 9am to 12 noon. Closed first Wednesday of every month.

Visit: www.webberstreet.org

Email: wsenquiries@lcm.org.uk

Call: 020 7928 1677

42 Walworth Living Room

Temporary location: 80 Tatum Street, Walworth, SE17 1QR

Community brunch open to all Friday 10am to 12 noon. Hot meal on the way home 3.30pm to 4.30pm (from 30th November) need to sign up

Visit: www.walworthlivingroom.org

Email: info@pembrokehouse.org.uk

Call: 020 7703 3808 13

Do you need this information translated?

Visit our website, where you can translate our cost of living pages into your preferred language. When you get to the homepage, scroll down to the bottom of the website, select your language and click go.

Le preocupan sus finanzas este invierno? Aquí estamos para ayudarle.

Acceda a nuestro sitio Web, en el que podrá traducir la información relacionada con el costo de vida al idioma de su preferencia. En la página de inicio, vaya a la parte de abajo, elija su idioma y pulse 'go'.



Reducing your household spend

Borrow household items instead of buying them

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.

There is also a 25% concession membership available for anyone who needs it.

For more information or to join visit
participate.libraryofthings.co.uk/canadawater

Save money and reduce your carbon footprint

Try these tips to help reduce your energy spend:

- Turn off appliances that aren't in use
- Swap light bulbs to energy-saving, which can make a difference
- Wash clothes at a lower temperature
- Rent a thermal image camera from Library of Things to find and fix draughts in your home

Visit southwark.gov.uk/greensavers-2024

Get energy help with the Southwark Energy Savers

You may be eligible to get help with paying your bills if:

- you're using the service and are at risk of losing your home energy supply, for example, if your energy supply is being disconnected because you cannot afford to pay your energy bills

Find out more: citizensadvicesouthwark.org.uk



Do you need mental health support?

If you think you or someone you know could use mental health support, then do take a look at our website for more information by visiting:

southwark.gov.uk/mental-health-support

Our wellbeing hub have a range of mental health services and others, like advocacy and accommodation-based services.

It can help to get in touch with someone, get outside and connect with your community. Try and:

- Spend time with others when you can
- Get active outside in a green space
- Pay attention to the present moment
- Learn a new skill or try something new
- Give something back to your community

We also have the brilliant **Nest**, who provide mental health support for our young people. Young people can reach out to us directly – no need for a professional referral.

Call: **020 8138 1805**

Web: thenestsouthwark.org.uk

Visit: **Unit 4, Co-Operative House, Rye Ln, London SE15 4UP**

The Hub and The Nest will have varying opening times so please contact them for their opening days and times.

If you, or someone you know, is having a mental health crisis contact the **NHS mental health crisis helpline**:

Call: **0800 731 2864**

Samaritans is a free confidential support service for anyone experiencing distress or despair:

Call the **Samaritans** on **116 123**



move

Southwark

Southwark Leisure Recruitment Day

10th December 2024

**Explore exciting
career opportunities**

Discover a variety of leisure centre roles from customer service to receptionists, lifeguards, fitness instructors, swim teachers and more. Meet local employers and industry professionals.

Register your interest today, email Southwarkleisureinfo@southwark.gov.uk and invitations to attend will follow.

Take the next step in your career journey!

southwarkleisure.co.uk

**Southwark
Council**