

# Healthy ageing in Southwark: a directory of services for residents aged 50+

Third edition – January 2025

**HERE TO HELP**

SUPPORTING YOU THROUGH THE COST OF LIVING CRISIS



This booklet was made by Southwark Council. This booklet has details of groups and services in Southwark. A full online directory with a wider range of services can be found at [www.ageingwellsouthwark.org](http://www.ageingwellsouthwark.org).

The booklet is made with very few pictures so it is easier to print. You can download and print the newest version at [www.southwark.gov.uk/healthy-ageing-directory](http://www.southwark.gov.uk/healthy-ageing-directory).

The information in this booklet was correct as of November 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 would like to share your thoughts on our Age-Friendly Southwark Programme or other Council plans, contact [community.engagement@southwark.gov.uk](mailto:community.engagement@southwark.gov.uk) to find out how to get involved.

You can respond to our latest consultations at: [www.engage.southwark.gov.uk](http://www.engage.southwark.gov.uk)

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# Signposting and general advice

## Ageing Well Southwark

There are lots of services in our local community that can help you. There are services that give advice, support, day care, exercise sessions, health talks, friendship, and fun. Ageing Well Southwark can help you find the services that are best for you. The service can arrange to visit you or meet you at one of the many Ageing Well partner sites in Southwark. You can call, drop-in to one of the sites or make a referral via email or on the website.

**Website** and online directory of services: [www.ageingwellsouthwark.org](http://www.ageingwellsouthwark.org)

**Call:** 020 7358 4077

**Email:** [sail@ageuklands.org.uk](mailto: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

**Email:** [advice@citizensadvicesouthwark.org.uk](mailto: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

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](http://www.southwark.gov.uk/community-help-form)

**Email:** [communitysupportalliance@southwark.gov.uk](mailto: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](http://www.southwarkcarers.org.uk)

**Call:** 020 7708 4497

**Email:** [info@southwarkcarers.org.uk](mailto: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](http://www.southwark.gov.uk/mysouthwarkservice)

# Community support and activities

## Age UK Lewisham and Southwark

Services include:

- an information and advice service – including help with benefit and Pension Credit claims
- Handyperson Service
- Happy Feet toenail cutting service
- care home befriending

**Website** with forthcoming events:

[www.ageuk.org.uk/lewishamandsouthwark/activities-and-events](http://www.ageuk.org.uk/lewishamandsouthwark/activities-and-events)

**Call:** 020 7701 9700

**Email:** [information@ageuklands.org.uk](mailto: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](mailto:healthy.living@ageuklands.org.uk)

**Address:** 95 Southwark Park Road, SE16 3TY



# Blackfriars Settlement

The Blackfriars Settlement Positive Ageing service provide:

- befriending
- men's club, art and craft club, and knitting group
- Smile Inside singing session for people living with chronic obstructive pulmonary disease (COPD) or dementia
- chair-based yoga and strength and balance classes for falls prevention
- lunch clubs on Thursdays and Sundays
- clubs for visually impaired older people
- computer support sessions
- subsidised manicures, massage, reflexology 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:** [www.blackfriars-settlement.org.uk/positive-ageing](http://www.blackfriars-settlement.org.uk/positive-ageing)

**Call:** 020 7928 9521

**Email:** [positiveageing@blackfriars-settlement.org.uk](mailto: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](http://www.linkagesouthwark.org/our-services)

**Call:** 020 8299 2623

**Email:** [info@linkagesouthwark.org](mailto:info@linkagesouthwark.org)

## Southwark Pensioners Centre

A voice for older people:

- consultation through Southwark Pensioners Forum
- campaigning through Southwark Pensioners Action Group: where older people in Southwark can raise issues relating to health, housing, finances, social care and more with local Councillors, council officers and MPs

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 using computers, mobile phones, tablets and laptops through one to ones, 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

See their website for times and locations of the above activities.

**Website:** [www.southwarkpensioners.org.uk](http://www.southwarkpensioners.org.uk)

**Call:** 020 7708 4556

**Email:** [info@southwarkpensioners.org.uk](mailto: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
- walking groups for men and for all
- Men's Pub Club
- 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](http://www.timeandtalents.org.uk/older-peoples-programmes-list)

**Call:** 020 7232 5664

**Email:** [referrals@timeandtalents.org.uk](mailto: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:** [www.elimhousedaycentre.com](http://www.elimhousedaycentre.com)

**Call:** 020 7358 9502

**Email:** [elimhousecas@gmail.com](mailto:elimhousecas@gmail.com)

**Address:** 86-88 Bellenden Road, SE15 4RQ

## Appleby Blue Almshouse

Bringing together people of all ages and backgrounds, Appleby Blue is a thriving hub that places residents at the heart of their community. Community groups and individuals can hire the facilities and offer the following activities:

- exercise classes
- creative workshops
- cooking lessons
- international café
- intergenerational playgroup

**Website:** [www.ustsc.org.uk](http://www.ustsc.org.uk)

**Call:** 0207 671 1058

**Email:** [applebyblue@ustsc.org.uk](mailto:applebyblue@ustsc.org.uk)

**Address:** 94-116 Southwark Park Road, SE16 3RD

## Latin Ageing UK

Latin Ageing UK is a community group for Latin American residents aged 50+. They are dedicated to supporting individuals to develop new skills and enhance their social connections. Their English lessons and diverse workshops provide a welcoming environment for learning and growth. Whether you want to improve your language skills or explore new hobbies, their programmes are designed to enrich your life and foster meaningful relationships.

Call the founder Patricia for more information:

**Call:** 07847 236 878

## Southwark Irish Pensioners Project

Southwark Irish Pensioners Project provide a range of day and community services, seven days a week, primarily to older Irish people living in Southwark.

- community outreach visits
- befriending service
- hospital visiting and discharge service
- pub outreach service
- advice and information service (Tuesday and Thursday by appointment)

The Southwark Irish Pensioners day services include warm spaces (Tuesday to Friday) that offer a warm welcome. Plus activities including board games, exercise classes, tea dances, arts and crafts, music sessions, IT support and chat.

**Website:** [www.irishinlondon.org](http://www.irishinlondon.org)

**Call:** 020 7237 5841

**Email:** [info@irishinlondon.org](mailto:info@irishinlondon.org)

## Copleston Centre

The Copleston Centre run a weekly programme of activities for older residents, including:

- Soca Caribbean dance and exercise (seated and standing)
- Tai Chi (seated and standing)
- chair-based yoga
- music, writing and dominoes groups
- digital workshops

**Website:** [www.coplestoncentre.org.uk/community-centre/older-peoples-programme](http://www.coplestoncentre.org.uk/community-centre/older-peoples-programme)

**Email:** [ann@coplestoncentre.org.uk](mailto:ann@coplestoncentre.org.uk)

**Call:** 020 7732 3435

**Address:** Copleston Road, Peckham, SE15 4AN

## St George the Martyr Charity

St George the Martyr Charity provides its members with:

- coach outings and theatre trips
- short breaks
- pastoral care
- home nailcare and hairdressing

Membership is free. It is open to people of State Pension age who live in the north-west part of Southwark (Bankside, Borough, Walworth and Newington) and are on low incomes and with relatively low savings. To find out more, including how to become a member:

**Website:** [www.stgeorgethemartyrcharity.com](http://www.stgeorgethemartyrcharity.com)

**Call:** 020 7407 2994 (Monday to Thursday only)

**Email:** [philippa@stgeorge1584.org.uk](mailto:philippa@stgeorge1584.org.uk) and [cath@stgeorge1584.org.uk](mailto:cath@stgeorge1584.org.uk)

**Address:** Marshall House, 66 Newcomen Street, SE1 1YT

## Spring Community Hub

They provide activities and support for the local community from a location in Camberwell, for free. Services include:

- social and wellbeing groups for over 55s
- weekly sewing club
- outings and fun
- advice and advocacy on housing, benefits, immigration status and mental health

**Website:** [www.springcommunityhub.org.uk](http://www.springcommunityhub.org.uk)

**Call:** 07901 617 189

**Email:** [office@springcommunityhub.org.uk](mailto:office@springcommunityhub.org.uk)

**Address:** 86-88 Vestry Road, Camberwell, SE5 8PQ

## 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](mailto: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

## Lordship Lane Baptist Church

The church runs an over 55s lunch club on Thursdays (12 noon to 3pm) and coffee mornings on Tuesdays (10.30am to 12.30pm).

**Website:** [www.lordshiplanebaptistchurch.org.uk](http://www.lordshiplanebaptistchurch.org.uk)

**Call:** 07711 118 021

**Address:** 287 Lordship Lane, SE22 9JT

## Libraries

In our libraries you can borrow books, use Wi-Fi or a library computer. You can 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](http://www.southwark.gov.uk/libraries)

**Call:** 020 7525 2000 (press option 2 then option 3)

**Email:** [libraries@southwark.gov.uk](mailto:libraries@southwark.gov.uk)

Library	Address	Opening hours
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## 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 Saturday, 10am to 5pm Sunday, closed
John Harvard Library	211 Borough High Street, SE1 1JA	Monday to Friday, 9am to 7pm Saturday, 9am to 5pm Sunday, closed

## Newington, Camberwell and Peckham

Brandon Library	Maddock Way, Cooks Road, SE17 3NH	Monday, Tuesday and Thursday, 2pm to 7pm Friday, 10am to 3pm
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		<p>Saturday, 10am to 5pm</p> <p>Wednesday and Sunday, closed</p>
Camberwell Library	48 Camberwell Green, Camberwell, SE5 7AL	<p>Monday to Friday, 9am to 8pm</p> <p>Saturday, 9am to 5pm</p> <p>Sunday, 12 noon to 4pm</p>
Peckham Library	122 Peckham Hill Street, SE15 5JR	<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>
<b>Nunhead and Dulwich</b>		
Nunhead Library	Gordon Road, SE15 3RW	<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	<p>Monday, Tuesday and Thursday, 10am to 7pm</p> <p>Friday, 10am to 3pm</p> <p>Saturday, 10am to 5pm</p> <p>Wednesday and Sunday, closed</p>
Dulwich Library	368 Lordship Lane, SE22 8NB	<p>Monday, Wednesday, Thursday and Friday, 9am to 8pm</p> <p>Tuesday, 10am to 8pm</p> <p>Saturday, 9am to 5pm</p> <p>Sunday, 12 noon to 4pm</p>

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
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## 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 for free.

**Website:** [www.southwark.gov.uk/home-library](http://www.southwark.gov.uk/home-library)

**Call:** 020 7525 7493

**Email:** [libraries@southwark.gov.uk](mailto:libraries@southwark.gov.uk)

## Warm spaces

As the cost of living and heating our homes increases, we've worked with partners to open a network of warm spaces across the borough. In these spaces, you can keep warm or take part in an activity, and some offer hot food or drinks. All warm spaces have different offers and opening times, so contact your local one before visiting.

The warm spaces will run until the end of March 2025.

**Find your local warm space:** [www.southwark.gov.uk/warm-spaces](http://www.southwark.gov.uk/warm-spaces)

## Warm space locations and contact phone numbers

\*Location primarily aimed for older adults

Warm spaces	Address	Phone number
Age UK Lewisham & Southwark*	Healthy Living & Learning Centre, 95 Southwark Park Road, SE16 3TY	020 7237 0860
Albrighton Community Centre	37Albrighton Road, London, SE22 8AH	020 7737 6186
Blackfriars Settlement*	1 Rushworth Street, SE1 0RB	020 7928 9521
Blue Anchor Library	Market Place, Southwark Park Road, SE16 3UQ	020 7525 2000
Brandon Library	Maddock Way, Cooks Road, SE17 3NH	020 7525 2000
Camberwell Leisure Centre	Artichoke Place London, SE5 8TS	03330 050 401
Camberwell Library	48 Camberwell Green, Camberwell, SE5 7AL	020 7525 2000
Canada Water Library	21 Surrey Quays Road, London, SE16 7AR	020 7525 2000
Christ Church East Dulwich*	263 Barry Road, East Dulwich, SE22 0JT	020 7274 1972

Dulwich Leisure Centre	2B Crystal Palace Road London, SE22 9HB	020 8693 1833
Dulwich Library	368 Lordship Lane, SE22 8NB	020 7525 2000
Grove Library	18-22 Grove Vale, East Dulwich, SE22 8EF	020 7525 2000
Herne Hill Baptist Church	Half Moon Lane, London, SE24 9HU	020 7274 5445
John Harvard Library	211 Borough High Street, SE1 1JA	020 7525 2000
Kingswood Arts	Kingswood House, Seeley Drive, SE21 8QN	020 7870 8051
Kingswood Library	37-38 Seeley Drive, SE21 8QR	020 7525 2000
Link Age Southwark*	URC, Tell Grove, SE22 8RH	020 8299 2623
Livesey Exchange by Pempeople	Livesey Exchange LEX 2, 567 Old Kent Road, London, SE1 5EW	07859 821 918
Lordship Lane Baptist Church*	287 Lordship Lane Baptist Church, SE22 9JT	07711 118 021
Nunhead Library	Gordon Road, SE15 3RW	020 7525 2000
Nunhead's Voice	The Green Community Centre, 5 Nunhead Green, SE15 3QQ	020 7732 6543

Pecan	Together at Pecan, 121a Peckham High Street, SE15 5SE	020 7732 0007
Peckham Library	122 Peckham Hill Street, SE15 5JR	020 7525 2000
Pembroke House	Pembroke House, 80 Tatum Street, SE17 1QR	020 7703 3803
South London Mission	Bermondsey Central Hall, 256 Bermondsey Street, SE1 3UJ	020 7407 2014
Southwark Carers	3rd Floor Walworth Methodist Church, 54 Camberwell Road, SE5 0EN	07859 769 224
Southwark Park Sports and Athletics Centre	Hawkstone Road London, SE16 2PE	020 4542 6617
Southwark Pensioners' Centre*	305-307 Camberwell Road, SE5 0HQ	020 7708 4556
The Castle Centre	2 ST Gabriel Walk London, SE1 6FG	03330 050 411
The Spring Community Hub	The Hub, 86-88 Vestry Road, SE5 8PQ	07901 617 189
Time & Talents*	The Old Mortuary, St Marychurch Street, Rotherhithe, SE16 4JE	020 7231 7845
Time & Talents* (2)	T&T2, Surrey Quays Shopping Centre, Redriff Road, SE16 7LL	020 7231 7845

Una Marson Library	62 Thurlow Street, London, SE17 2GN	020 7525 2000
Walworth Golden Oldies*	Walworth Methodist Church, 54 Camberwell Road, SE5 0EN	020 7252 7444
Walworth Library/ Southwark Heritage Centre	145-147 Walworth Road, SE17 1RW	020 7525 2000

# 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](http://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](http://www.111.nhs.uk)

**Call:** 111

## Checking your health

### Health roadshows and kiosks

You can check your blood pressure, weight, body mass index (BMI), mental health and more for free at one of our health roadshows or self-service health kiosks.

Browse locations and dates of our upcoming health roadshows or find your nearest health kiosk: [www.southwark.gov.uk/health-kiosks](http://www.southwark.gov.uk/health-kiosks)

## NHS health checks and screening

Age	Type of check	Find out more
25 to 64	<b>Cervical screening</b> for women and people with a cervix, <b>every three years</b> .	Contact your GP practice
40 to 74	<b>Health check-up</b> for patients without pre-existing cardiovascular conditions, <b>every five years</b> by invitation.	Visit <a href="http://www.nhs.uk/conditions/nhs-health-check/">www.nhs.uk/conditions/nhs-health-check/</a>
45+	<b>Black men</b> , those with a <b>family history</b> , or anyone with <b>symptoms</b> of prostate cancer should discuss testing with their GP.	Contact your GP practice  Visit <a href="http://www.nhs.uk/conditions/prostate-cancer/symptoms/">www.nhs.uk/conditions/prostate-cancer/symptoms/</a>
50 to 70	<b>Breast cancer screening</b> for women and those registered as female at birth, <b>every three years</b> . Women aged 71+ can also request to be screened.	Search London Breast Screening online or call 020 3758 2024
50 to 74	<b>Bowel cancer screening</b> , through a test kit you do at home <b>every two years</b> .  If you have any symptoms of bowel cancer, don't wait for screening. Contact your GP practice.	Call the London hub – 080 0707 6060  Visit <a href="http://www.nhs.uk/conditions/bowel-cancer/symptoms/">www.nhs.uk/conditions/bowel-cancer/symptoms/</a>
55 to 74	<b>Targeted Lung Health Check</b> for smokers and former smokers, <b>every two years by invitation</b> .	Visit <a href="http://www.sel-lunghealthcheck.nhs.uk">www.sel-lunghealthcheck.nhs.uk</a>



65+	<b>Abdominal aortic aneurysm (AAA)</b> 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
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## Protect yourself from illnesses

As we get older, our immune system can become less good at fighting off infections. As well as doing things like washing your hands often with hot and soapy water, the best way to protect yourself from illness is by having the vaccinations that are offered to you. You may be able to have vaccinations because of your age or because you have a health condition. All vaccines have been tested really well to make sure they are safe and effective.

Some of these vaccines are seasonal, such as flu, while others are offered all year, such as shingles. All of these are free.

For more information on the vaccines available to you, visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations) or 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:** [southwark.everyonehealth.co.uk](http://southwark.everyonehealth.co.uk)

**Call:** 0333 005 0159

**Email:** [eh.southwarkreferrals@nhs.net](mailto:eh.southwarkreferrals@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:** [southwark.everyonehealth.co.uk](https://southwark.everyonehealth.co.uk)

**Call:** 033 3005 0159

**Email:** [southwark.referrals@nhs.net](mailto: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 who has issues with alcohol and/or drugs.

**Website:** [www.changegrowlive.org/drug-alcohol-service-southwark](http://www.changegrowlive.org/drug-alcohol-service-southwark)

**Call:** 020 3404 7699

**Email:** [cgl.southwark@cgl.org.uk](mailto:cgl.southwark@cgl.org.uk)

## Help with complaints about NHS care

### POhWER (People of here want equal rights)

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

**Website:** [www.pohwer.net/southwark](http://www.pohwer.net/southwark)

**Call:** 030 0456 2370

**Email:** [pohwer@pohwer.net](mailto:pohwer@pohwer.net)

# Dementia support

## Alzheimer's Society Southwark Dementia Support service

A free information and advice service for people with dementia and their carers, family and friends. They offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future.

**Call:** The national Dementia Support Line on 0333 150 3456 (free to call) and ask to be referred to the Southwark Dementia Support team if required.

**Email:** [southwarkandlambeth@alzheimers.org.uk](mailto: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](mailto:information@ageuklands.org.uk)

## Link Age Southwark

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

- 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](mailto: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

**Email:** [southwarkandlambeth@alzheimers.org.uk](mailto:southwarkandlambeth@alzheimers.org.uk)

## Southwark Admiral Nurse service

Specialist nurses who provide life changing support, tailored clinical advice and psychological support for families affected by dementia.

The service is for people:

- with a confirmed or highly likely diagnosis of dementia registered with a Southwark GP, and their family carers
- experiencing complex needs
- who meet specific criteria

Your GP or another healthcare professional will need to refer you.

**Call:** 020 3883 1622

**Email:** [ghs.ans@nhs.net](mailto:ghs.ans@nhs.net)

## 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 the group volunteer:

**Call:** 020 7963 3612

**Email:** [lambethsouthwarkparkinsons@gmail.com](mailto:lambethsouthwarkparkinsons@gmail.com)

**Location:** Chatsworth Baptist Church, Chatsworth Way, Norwood, SE27 9HN

## 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:** [dimplebycancer@gstt.nhs.uk](mailto:dimplebycancer@gstt.nhs.uk)

**Address:** Dimpleby 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](mailto: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.

**Website:** [www.together-uk.org/southwark-wellbeing-hub](http://www.together-uk.org/southwark-wellbeing-hub)

**Call:** 020 3751 9684

**Email:** [southwarkhub@together-uk.org](mailto:southwarkhub@together-uk.org)

**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](mailto: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](http://www.ageuk.org.uk/lewishamandsouthwark/services)

**Call:** 020 7358 4077

**Email:** [happyfeet@ageuklands.org.uk](mailto: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 – see phone numbers below):

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

To register:

- go to [www.southwarkleisure.co.uk/memberships-offers](http://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](mailto:southwarkleisureinfo@southwark.gov.uk)

## Leisure centres

Leisure centre	Opening times	Phone number
<b>Bermondsey and Rotherhithe</b>		
Southwark Park Sports and Athletics Centre, Hawkstone Road, 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, 7am to 6pm Sunday, 7am to 10pm	0333 005 0409
Seven Islands Leisure Centre, 100 Lower Road, SE16 2TU	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm	03330 050 407
<b>Elephant and Castle</b>		
Geraldine Mary Harmsworth Sports Facility, St George's Road, 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	03330 050 411
<b>Camberwell, Peckham and Dulwich</b>		
Camberwell Leisure Centre, Artichoke Place, SE5 8TS	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm	03330 050 401
Peckham Pulse Leisure Centre, 10 Melon Road, SE15 5QN	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm	020 7708 6200



	Sunday, 7am to 10pm	
Dulwich Leisure Centre, 2B Crystal Palace Road, SE22 9HB	Monday to Friday, 6.30am to 10pm Saturday, 7am to 6pm Sunday, 7am to 10pm	020 8693 1833

## Exercise classes for over 45s (Silverfit)

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

- Nordic Walking in: Burgess Park, Canada Water (along the Docklands) and Dulwich Park
- a 'Fun Fitness' class: Indoors at Canada Water Decathlon

**Book online:** [www.silverfit.org.uk](http://www.silverfit.org.uk)

**Email:** [info@silverfit.org.uk](mailto:info@silverfit.org.uk)

## 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)

**Email:** [tsells@millwallcommunity.org.uk](mailto:tsells@millwallcommunity.org.uk)

**Call:** 07903 245 058

# 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](mailto: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 care and support from us. We will 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.

We also can also offer home adaptations such as ramps, bathroom adaptations, stair lifts and hand rails. Requests for an adaptation will require an assessment by our Occupational Therapy team.

**Call:** 020 7525 3324

**Email:** [oppdcontactteam@southwark.gov.uk](mailto:oppdcontactteam@southwark.gov.uk)

### **Southwark Disablement Association (SDA)**

SDA supports deaf and disabled people with home care, and offers information on disability issues, benefits advice, befriending and a a number of social groups and activities. BSL communication is available.

**Website:** [www.sdail.org](http://www.sdail.org)

**Call:** 020 3095 9421

**Email:** [sda@sdail.org](mailto:sda@sdail.org)

## 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](http://www.careline.co.uk)

**Call:** 080 8304 5088

### Age UK

**Website:** [www.ageco.co.uk/independent-living-solutions](http://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](http://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](mailto: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](mailto:gst-tr.strengthandbalancehelpline@nhs.net)

## Transport

### Free travel on Transport for London (TfL)

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](http://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](http://www.southwark.gov.uk/blue-badge)

**Call:** 020 7525 2146

**Email:** [disabledtravel@southwark.gov.uk](mailto: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](http://www.ageuk.org.uk/lewishamandsouthwark/services)

**Call:** 020 7358 4077

**Email:** [handypersons@ageuklands.org.uk](mailto: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/handyperson](http://www.southwark.gov.uk/handyperson)

**Call:** 020 7525 1863

**Email:** [handyperson@southwark.gov.uk](mailto: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](http://www.southwark.gov.uk/street-care)

# Finances, food and essentials

## Pension Credit and Winter Fuel Payments

From 2024, only those aged 66 or above and claiming Pension Credit (or other eligible means tested benefits) will get a Winter Fuel Payment worth £200 or £300.

People with a weekly income of less than £220 a week (single person) or £330 a week (couple) could get Pension Credit. Claiming Pension Credit allows people to keep their Winter Fuel Allowance and to be eligible for extra help such as:

- a £150 Warm Home Discount from your energy supplier
- free dental treatment and eye tests
- a lower Council Tax bill
- a free TV license (for over 75s)

**To apply for Pension Credit:**

**Website:** [www.gov.uk/pension-credit](https://www.gov.uk/pension-credit)

**Call:** 0800 991 234.

Local organisations like Citizens Advice Southwark and Ageing Well Southwark (page 4) can help local residents to apply.

## 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](https://www.southwark.gov.uk/localsupportform)

**Call:** 020 7525 2434

**Email:** [localsupport@southwark.gov.uk](mailto: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](http://www.southwarkcharities.co.uk/join-our-community/becoming-a-member)

**Call:** 020 7593 2000

**Email:** [operations@southwarkcharities.org.uk](mailto:operations@southwarkcharities.org.uk)

### Rotherhithe Consolidated Charities

Provides grants for people of state pension age that have lived in The Ancient Parish of Rotherhithe for at least five years and with low income and low savings. This mainly includes Rotherhithe, Canada Water and Surrey Quays. The stipend is not available to current members of St Olaves United Charity, or property owners.

**Website:** [www.rotherhithecc.co.uk/grants](http://www.rotherhithecc.co.uk/grants)

**Call:** 020 7593 2004

**Email:** [clerk@rotherhithecc.org.uk](mailto:clerk@rotherhithecc.org.uk)

### St George the Martyr Charity

St George the Martyr Charity provides grants to people with low income and low savings who live in Bankside, Borough, Walworth and Newington. Members of the Charity also receive small cash gifts throughout the year and vouchers at Christmas. They are also eligible to join in the Charity's social activities and enjoy their home nailcare and hairdressing services.

St George the Martyr Charity also run the Surrey Dispensary, which provides grants to individuals who are in medical need and live in Bankside, Borough, Walworth, Newington, Bermondsey or Newington.

**Website:** [www.stgeorgethemartyrcharity.com](http://www.stgeorgethemartyrcharity.com)

**Call:** 020 7407 2994 (Monday to Thursday only)

**Email:** [philippa@stgeorge1584.org.uk](mailto:philippa@stgeorge1584.org.uk) and [cath@stgeorge1584.org.uk](mailto:cath@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](http://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:** Tuesday 10am to 4pm, Wednesday 9am to 4pm, Thursday 10am to 7pm, Friday 9am to 4pm and Saturday 9am to 3pm.

**Email:** [pantry@pecan.org.uk](mailto: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 2pm

**Email:** [pantry@pecan.org.uk](mailto:pantry@pecan.org.uk)

**Call:** 020 7277 7075

### Love North Southwark: Bermondsey Pantry

4-5 Gataker Street, SE16 2EN

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

**Email:** [lovenorthsouthwark@outlook.com](mailto: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, Thursday and Saturday 11am to 3pm

**Email:** [food@sgtm.org.uk](mailto:food@sgtm.org.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:** [Pantry@pgtimebank.org](mailto:Pantry@pgtimebank.org)

### Spring Social Supermarket

86 Vestry Road, Camberwell, SE5 8PQ

**Opening hours:** Monday, Wednesday and Saturday, from 10am to 2pm

**Website:** <http://www.springcommunityhub.org.uk/social-supermarket>

**Email:** [social.supermarket@springcommunityhub.org.uk](mailto:social.supermarket@springcommunityhub.org.uk)

**Call:** 07901 617 189

## 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 food banks in Southwark. To access the food banks, you will need a referral from a local agency before arriving at the food bank. For more information:

### Pecan food banks

**Email:** [foodbank.support@pecan.org.uk](mailto:foodbank.support@pecan.org.uk)

**Call:** 020 7732 0007

### Spring Community Hub food bank

**Website:** [www.springcommunityhub.org.uk/food-bank](http://www.springcommunityhub.org.uk/food-bank)

**Email:** [foodbank@springcommunityhub.org.uk](mailto:foodbank@springcommunityhub.org.uk)

**Call:** 07901 617 189

## Free and reduced meals

### Hope Tuesday Café

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

**Opening hours:** Tuesday 1pm to 2.30pm.

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

**Email:** [hello@cityhope.london](mailto:hello@cityhope.london)

**Call:** 020 7993 3934

### All Saints Church Café

All Saints Church, 8 Blenheim Grove, Peckham, SE15 4QS

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

**Opening hours:** Tuesday and Thursday 9.30am to 11am

**Email:** [hello@allsaintspeckham.org.uk](mailto:hello@allsaintspeckham.org.uk)

**Call:** 020 3637 2701

### **Manna Day 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

**Email:** [mail@mannasociety.org.uk](mailto:mail@mannasociety.org.uk)

**Call:** 020 7357 9363

### **Foodcycle Peckham**

All Saint's Church Hall, 7 Blenheim Grove, Peckham, SE15 4QS

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

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

**Email:** [peckham@foodcycle.org.uk](mailto:peckham@foodcycle.org.uk)

**Call:** 020 7729 2775

### **The Castle Canteen**

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

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

**Opening hours:** Mondays 1pm to 2.30pm

**Email:** [hello@be-enriched.org](mailto: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.

**Email:** [info@pembrokehouse.org.uk](mailto:info@pembrokehouse.org.uk)

**Call:** 020 7703 3808

### **Copleston Community Cafe**

Copleston Centre, Copleston Road, SE15 4AN

**Opening hours:** Monday 12 noon to 2pm and Wednesday 12.30pm to 2.30pm, during school term time only.

**Email:** [ann@coplestoncentre.org.uk](mailto:ann@coplestoncentre.org.uk)

**Call:** 020 7732 3435

# 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](http://www.libraryofthings.co.uk/canadawater) or visit Canada Water Library (page 14).

# Housing support

## Housing advice

### Cambridge House Law Centre

Free, independent, and expert legal services in housing, employment, discrimination and welfare benefits law. They can help with rent arrears, discretionary housing payment, and warm home discounts.

**Website:** [www.ch1889.org](http://www.ch1889.org)

**Call:** 020 7358 7025

**Email:** [lawcentre@ch1889.org](mailto:lawcentre@ch1889.org)

**Address:** Unit F, 22 Amelia Street, London, SE17 3PY (open Monday to Friday)

### Southwark Council Housing Solutions Team

Housing Solutions can help if you need support finding a home in Southwark.

**Email:** [housing.options@southwark.gov.uk](mailto:housing.options@southwark.gov.uk)

## Keeping your home warm

### Green Doctors energy advice service

Free advice and support to people aged 60+, or those with low income or a long-term health condition or disability. Support includes advice on how to save money on energy bills and keep homes warm, installation of energy saving devices and support with home improvement grant applications.

**Call:** 030 0365 3005

**Email:** [greendoctorsldn@groundwork.org.uk](mailto:greendoctorsldn@groundwork.org.uk)

# Digital skills and help

Organisation	What's on offer	Contact
<b>Southwark Libraries</b>	Help with computers, email and the internet Free use of computers and WiFi	Enquire at your local library (see pages 14 to 17)
<b>Southwark Group of Tenants Organisations</b> 19 Buller Close, SE15 6UJ	Computer training for tenants and residents on council estates Computer room available <b>Monday to Friday, 10am to 4pm</b>	020 7639 6718 <a href="mailto:info@sgto.co.uk">info@sgto.co.uk</a>
<b>Southwark Pensioners Centre</b> 305-307 Camberwell Road, SE5 0HQ	<b>Monday and Wednesday mornings:</b> 1 to 1 computer sessions (by appointment) <b>Weekday afternoons:</b> Use of computers and WiFi	020 7708 4556 <a href="mailto:info@southwarkpensioners.org.uk">info@southwarkpensioners.org.uk</a>
<b>Link Age Southwark</b> Dulwich Grove United Reformed Church, SE22 8RH	Digital buddies home service <b>Monday afternoons during school term time:</b> Silver Support Club	020 8299 2623 <a href="mailto:services@linkagesouthwark.org">services@linkagesouthwark.org</a>
<b>ClearCommunityWeb</b> Various locations	Online and in-person courses (see website or call for dates and locations) <b>Wednesdays 10.30am to 12.30pm:</b> Digital drop-in at Copleston Centre, Peckham, SE15 4AN <b>Thursdays 2pm to 4pm:</b> Digital drop-in at Age UK Healthy Living and Learning Centre, 95 Southwark Park Road, SE16 3TY	07523 646 277 <a href="http://www.clearcommunityweb.co.uk">www.clearcommunityweb.co.uk</a>

You can also access our free digital skills guide and find online digital skills training at [www.southwark.gov.uk/digital-skills-training](http://www.southwark.gov.uk/digital-skills-training)

# Employment and volunteering

## Southwark Works

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

**Website:** [www.southwarkworks.com](http://www.southwarkworks.com)

**Call:** 080 0052 0540

**Email:** [info@southwarkworks.org.uk](mailto: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](http://www.communitysouthwark.org/volunteering/volunteering-opportunities)

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

**Email:** [volunteering@communitysouthwark.org](mailto: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](http://www.southwark.gov.uk/libraries-volunteer)

**Email:** [libraries@southwark.gov.uk](mailto:libraries@southwark.gov.uk)

# Notes



