

Age UK Lewisham and Southwark

Southwark Services

Information on services we provide for older people in Southwark



Age UK Lewisham and Southwark is a local independent charity providing a variety of services to support older people's independence and wellbeing.

This leaflet provides an overview of the wide range of help and support we can offer that you may be unaware of.

You can support us to continue our work by making a donation.

- £15 can help an older person stay safe and independent at home
- £50 can help transport an isolated older person to an activity
- £150 can cover the initial set-up costs of an activity



Scan the QR code to
make a donation

Contents

1. Community Access and Support
2. Day Care (Stones End Day Centre)
3. Handyperson
4. Happy Feet (Toenail Cutting)
5. Healthy Living and Learning Centre ("Yalding Centre")
6. Information and Advice
7. MySocial
8. Ageing Well Southwark



Community Access and Support



Our simple checklist provides a quick and easy way to access a wide range of local services to support older people maintain their independence, safety and wellbeing.

We work in partnership with groups and organisations across Southwark to help improve:

- Health and Wellbeing
- Isolation and Social Exclusion
- Home Security issues



We can support you via phone, email or face to face. You can also an on online directory of services on our website.

HOW TO REFER

Must be 60+ and live in Southwark

Email: SAIL@ageuklands.org.uk

Phone: 0207 358 4077

Online referral form: ageingwellsouthwark.org

Day Care

Stones End is our friendly, diverse and accessible day centre for vulnerable people in Southwark.



We specialise in working with older adults who have care and support needs. We work closely with adult social care, families, carers and professionals to ensure the person we support is at the centre of quality, integrated support.

Our wheelchair accessible transport service can bring members to and from the Centre.



During the day we provide activities and serve a healthy lunch.

HOW TO REFER

You can be referred via adult social care or can be self funded. Contact us to discuss your needs.

Email: sedc@ageuklands.org.uk

Phone: 0207 358 4052

Handyperson



Our Handyperson service carry out a wide range of light repair jobs around the home. You must provide materials required for us to complete the job.

Jobs that support home safety are **FREE** of charge. These include: changing lightbulbs; securing toilet seats; fixing loose carpet

Odd jobs are chargeable. These include: putting up shelves; repairing cupboards; light gardening (during the summer)

A full list of jobs is available on our website or you can give us a call.



HOW TO BOOK

Must be 50+ and live in Southwark

Email: handypersons@ageuklands.org.uk

Phone: 0207 358 4077

Happy Feet



We provide a not-for-profit toenail cutting and filing service in clinics across Southwark. Our

Happy Feet workers will also check your feet for any problems.

Our staff are trained to a standard set by Southwark Foot Health Services in agreement with Age UK Lewisham and Southwark.

If you have an underlying health condition we may need consent from your GP to provide the service.

For the full list of clinic locations visit our website or give us a call.



HOW TO REFER

Must be 50+ and live in Southwark

Email: happyfeet@ageuklands.org.uk

Phone: 0207 358 4077

Healthy Living & Learning Centre

For
residents
aged 50+

Our Healthy Living & Learning Centre (Yalding Centre) provides a wide range of services and social activities to help older people maintain and improve physical and mental wellbeing, have an active lifestyle and make new friends.

You can take part in:

- Fun exercise
- Learning opportunities
- Daily lunch club
- Social events
- Day trips and events



HOW TO JOIN

Anyone over 50 is welcome. Get in touch to find out more!

Email: healthy.living@ageuklands.org.uk

Phone: 0207 237 0860

Information & Advice



Our advice workers can help with a wide range of issues including:

- **Welfare Benefits** (check benefit entitlement and help with applications; support with grant applications)
- **Housing** (help with reporting disrepair; advice on housing rights and options)
- **Social Care** (advice on options; understanding and challenging financial assessments; complaints)
- **Utility Bills** (comparing and switching energy supplier or tariff; advice on staying warm in winter)



HOW TO REFER

Must be 60+ and live in Southwark

Email: ianda@ageuklands.org.uk

Phone: 0207 358 4077

Online referral form: ageingwellsouthwark.org

MySocial

MySocial is a social membership service. We put on a range of activities in person at our Healthy Living and Learning Centre, online and we also arrange days out.

MY SOCIAL

getting together, living better

Scan the QR Code to
see what
events & opportunities
you could be
participating in



MySocial includes:

- Exercise classes
- Lunch clubs
- Social opportunities
- Creative outlets

MySocial is FREE to join!



FIND OUT MORE

Look at our online calendar to see what's on
mysocial.london/southwark

Ageing Well Southwark

Ageing Well
Southwark



Support For
Seniors & Carers

Ageing Well Southwark is a co-ordinated service joining Age UK Lewisham and Southwark with other local charities to help older people and their carers discover and access the wide range of financial, social and practical support available to them in Southwark.

You can get a range of information from the website at: www.ageingwellsouthwark.org

This includes online referral forms and a searchable directory of local services.

Contact us

To keep up to date with our services, visit our website:

www.ageuk.org.uk/lewishamandsouthwark

Or follow us:

BlueSky: @Ageuklands

LinkedIn: Age UK Lewisham and Southwark

Our main office:
Stones End Day Centre
11 Scovell Road
London
SE1 1QQ



Phone: 0207 358 4077

Email: information@ageuklands.org.uk

'Improving life for older people in Lewisham and Southwark'

Age UK Lewisham and Southwark is a registered charity (No. 296862) and company limited by guarantee. Registered in England and Wales No. 2118525. Registered

Office: Stones End Centre, 11 Scovell Road, Southwark, SE1 1QQ

