



Greetings from the Chair of Southwark Pensioners Centre, Cllr Charlie Smith



I and the Trustees would like to thank our Director, Cathy, and all of the staff and volunteers here at SPC for all the wonderful work they have carried out this year especially during these difficult lockdown months.

We are sad that we could not hold our very popular Christmas party.

Thanks to the Southwark Community Christmas 2020 Fund, helped by donations from Southwark Council, United St. Saviours Charity, St. George the Martyr Charity, and the generous contributions of many Southwark residents and local businesses under **Connected at Christmas**

- * We will be delivering Christmas food hampers to those most in need
- * We will be ensuring social contact for those most in need during
- * Over 600 of you will have received this newsletter and...
- * Over 600 of have been entered into a free raffle - you'll know by Jan 5th if you have won a prize

From January 11th, at the SPC Centre, we are delighted to offer limited face to face appointments for IT lessons, podiatry and advice as well as group support and learning activities at the very large Lighthouse Venue opposite the Centre two to three days a week. Exercise classes are subject to the tier 3 ban.

From Jan 4th, to sign up as places are limited, please ring 0207 708 4556 or email info@southwarkpensioners.org.uk.

The activities that we can put on adhere to the Covid guidance and can be found at the back of this newsletter.

We wish all of our members, staff, volunteers, friends and funders of SPC a very Happy Christmas and a Happy New Year!



ST GEORGE THE MARTYR CHARITY



No Matter What

SPC activities during the first Covid-19 lockdown



From a standing start in March 2020, SPC worked with volunteers and partners to deliver new kinds of support to vulnerable, isolated and self isolating older people with food, medicine and weekly social calls.

We worked with many organisations, such as the council, COPSINS, Community Southwark, mutual aid groups such as Grosvenor Terrace, Nunhead Works and Surrey Quays, as well as Southwark foodbanks at Central Southwark Community Hub, Southwark Carers, St George the Martyr, Pembroke House and Kingswood Estate TRA.

Thanks to everyone coming together so magnificently despite all the Covid19 restrictions which meant most of our staff were working from home, working differently and taking on substantially different roles to their usual day to day ones.

**Good communication
from the volunteer
coordinators**

**I very much enjoy
speaking to my new
friend**

As a result, our volunteer pool grew dramatically to over 100 people and we managed to deliver 950 food parcels, connect 82 older people to friendly volunteers for a weekly social call and help with specialist food requests and prescription deliveries.

Our information Advice and Guidance service changed to new ways of working with phone only or email advice. Filling in an attendance allowance form, for example, over the phone with clients rather than face to face was quite a challenge but the team pulled through and continued to help many people.

We also sent a newsletter to 500 people who had used the Centre in the six months prior to the lockdown containing Covid-19 advice.

To say a massive thank you for all the hard work you do and how it helps to feed, support and to limit isolation felt by so many. It's a marvellous role and serves, not only those in need but the community and their wider families and friends.

Again, heartfelt thanks.



In Memoriam

Our thoughts go out to the friends and family of those we have lost in 2020. Eric Quilliam, Winnie Lawrence and Michael Howard are just some of those who will be greatly missed at SPC.



Many people will remember Eric, playing the accordion at SPC events. He was a fun, loving, sociable man with a lot of life in his stories. His family are grateful for the care shown to Eric by SPC.



Michael was a founder member of the Men's Group at Southwark Pensioners Centre.

As a keen cyclist, he was very adept at inspiring the men to explore London.



Dear Winnie was a fiercely independent, member who, three years ago had fought off the ill health that kept her away for several months from her beloved Eye to Eye social group. Her sudden passing was a great shock.



Quaker Social Action has a helpline which can offer free and confidential advice if you are struggling with the cost of organising a UK funeral as well as online information and guidance regarding funeral costs and practicalities after a death.



Website:

<https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth>

Call 020 8983 5055 or email: downtoearth@qsa.org.uk

Welcome Back to the Centre

We will continue to offer our service users a warm, friendly and caring welcome, keeping us all safe and secure from Covid-19.



To keep us all safe, the following will be in place at SPC and at the Lighthouse:

Wear a face covering

All services and activities will be by pre-registration or appointment only. Please book by calling 020 7708 4556 or emailing info@southwarkpensioners.org.uk. We will try to see you if you turn up at the Centre but please be aware you may have a long wait if there are already two people waiting in reception. We would rather you didn't wait in the cold outside. Please arrive no earlier than 10 minutes before your appointment.

At reception, we can, currently, accommodate just two people at any one time.



People will be escorted to and from their appointment, entering through the front door and exiting via the rear garden.

At the Lighthouse, you will use the fire exit to leave the building.

Please keep your distance

If a fee is required for the activity, please bring the exact change so there is a minimal handling of cash.

We will check if you are **unwell** and check your temperature.

If you are, we will ask you to rebook your appointment .

Please ensure that you wear a face covering, sanitise your hands and keep at least 2m apart or 1m plus with extra measures.

We will carry out extra cleaning and hygiene control measures.

The kitchen is currently out of use to service users at the Centre, but you are welcome to bring your own flask of tea or coffee, if you have a podiatry, advice or IT appointment. We, or a designated person from each activity group will make teas and coffees and bring them round during the session.



If you need to use the toilet, we will escort you to and from the toilet and ask that you wipe the seats and wash hand basin with the wet wipes provided before and after use.

Sanitise your hands well and often

Creative Age

The Monday Art Group portray the concept of 'Lockdown', inspired by Jenny.



The masks, distance and screens take a bit of getting used to but so nice to be out and learning again.



Creative Wednesdays have just resumed with a small class in a covid-19 safe environment, involving arts and crafts activities: pot painting, bag decoration and still life drawing with artistic guidance from Lucy.



Mix and Mingle

The Men's Group and The Goodrich Club are glad to be able to meet up again to support each other, share their lockdown stories and how they have been coping with the pandemic. They just enjoy being out, having fun and making new friends.



Reaching Out

Old and young sharing Covid19 stories

KING'S
College
LONDON

Starting at the end of Jan 2021, building on the Covid19 SPAG living story bank we are planning a series of Covid19 story sharing sessions with students from King's College London who are enrolled in an MSc in Mental Health Studies learning about positive psychology.

Students want to share what they learn with you and learn from you at the same time. They are interested in listening to your stories and backgrounds, what you like or don't like, and what helped during the last lockdowns. All information will be kept confidential.

We hope we can meet face-to-face, but if not we can try meeting online using Zoom or WhatsApp or phone calls, and organize a nice get together Feb 11th to kick off the project.

At the end of the programme, we plan a get together to share stories with tea, cake and biscuits!

We know that there is a lot to learn from your experiences! It would be lovely if you want to join us !

Please speak to Jason or Cathy to learn more on 02077084556

Creative Age

Quick Music Quiz



Complete the line and name the artist or singer. 🎵

(Thank you, Cllr Charlie Smith, Trevor and Serena for the contributions)

We're all going on a summer __ It's now or ___

He ain't heavy, ___

Wake me up before ___

Only the ___

Blame it on the ___

There is a house ___

It ain't what you do ___

Goodness gracious, great __ The Jean Genie, lives on __

Lucy in the sky ___

You don't have to say ___

Gimme, Gimme, Gimme __ Jump in' Jack Flash is ___

Three little ___

No women, no ___

21 ___

Fly me to the moon ___

They asked me how I knew _ Put your sweet lips a little closer to the phone, ___

Well, shake it up, baby now Love me tender, love me sweet ___

Good Golly, Miss Molly ___ It is the evening of the day_

Islands in the stream ___ I saw mommy kissing Santa Claus ___

Don't want your love anymore ___ It's beginning to look like __

MY VITAL 5

WEIGHT



SMOKING



ALCOHOL



BLOOD PRESSURE



MENTAL HEALTH



Vital Health

“Reducing Health Inequalities: A Call to Action - Why we must focus on the Vital 5 - 2021!”



In October 2019, I had the honour of giving the Tony Lynes Memorial Lecture on the major causes of poor health, reduced life expectancy and health inequalities.

These are the Vital 5: Smoking, high blood pressure, increased weight, excessive alcohol, mental illness.

In Southwark, the least privileged citizens do less well on the Vital 5 and as a consequence live for nine years less and develop chronic poor health nine to ten years earlier than the most privileged.

Unsurprisingly, Covid-19 has affected the poorest most.

Research on the impact of the virus on our local population confirms that hospital admissions and deaths have been higher in those with health problems related to the Vital 5 and the epidemic has greatly increased mental illness.

It is important to pay attention to your Vital 5, not just for your own health and wellbeing, but also because you may be able to positively influence the Vital 5 of your extended family and friends.

You can see that I have made a simple print of my own Vital 5 scorecard. You will note that I have a smiley face for my weight (BMI=22). A smiley face for smoking, plus a halo, because I managed to give up 40 years ago. I have a gloomy face for alcohol because I drink too much (30 units a week). I am aiming to reduce my beer consumption to 20 units. For Blood Pressure I am in the middle because I do have hypertension, but it is well controlled on the treatment my GP prescribes. I also try to go for a bicycle ride or a longish walk every day. One of the huge benefits of knowing your Vital 5 would be the early diagnosis of hypertension. I am delighted to have a smiley face for my Mental Health. Life has been kind to me.

Do you all know your Vital 5 and do you have the support you need to put a smile on most if not all of your faces?

Prof John Moxham,

Former Director of Value Based Healthcare at King's Health Partners

Statement from the Mayor of London on COVID-19 vaccine

08 December 2020

Mayor of London, Sadiq Khan, said:

“From today, our NHS will be working to vaccinate the most vulnerable in our society and those who work hard to keep them safe. After many dark months, I’m glad that there is now some light at the end of the tunnel”.

“Londoners aged 80 and over, and care home workers, will be first to receive the jab at six hospital hubs across the capital, along with NHS workers who are at higher risk”.

“It is a huge achievement to have produced a vaccine that has met the strict safety and quality standards in the UK, and is now ready for use. It is a testament to the hard work of scientists around the world and I urge all those who are offered the vaccine to take it, so they can protect themselves and others. I can assure you that, when it’s our turn, my family and I will all be getting vaccinated”.

“But until the vaccine is fully rolled out to everyone who needs it, we must all continue to play our part to keep ourselves and others safe. We still have a long winter ahead of us and I urge Londoners to continue to follow the public health rules to protect each other and our NHS.”

Ageing Well
Southwark



Support For
Seniors & Carers

We have all been real troopers, battening down the hatches to see out the pandemic. Many of you have not felt able to get out or use public transport even when the restrictions were lifted. We know it has made some feel down.

Please take heart and please know that we are still here to help and support you. Please do get in touch if you would like to learn more about how we can help on: **020 7708 4556.**

SPC is now part of Ageing Well Southwark – Support for Seniors and Carers - a new flexible service to help older people and their carers discover and access a range of support and community available to them in Southwark.

We will offer personalised planning to make it easier for you to discover new and meaningful opportunities to make friends, feel closer to your communities and ensure that you are able to remain as independent as possible for as long as possible.

The service is provided by a partnership of local charities, collectively known as the Consortium of Older People’s Services in Southwark (COPSINS), working with Southwark Council. The COPSINS partners are: Age UK Lewisham and Southwark, Blackfriars Settlement, Link Age Southwark, Southwark Carers, Southwark Pensioners’ Centre and Time and Talents.

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness

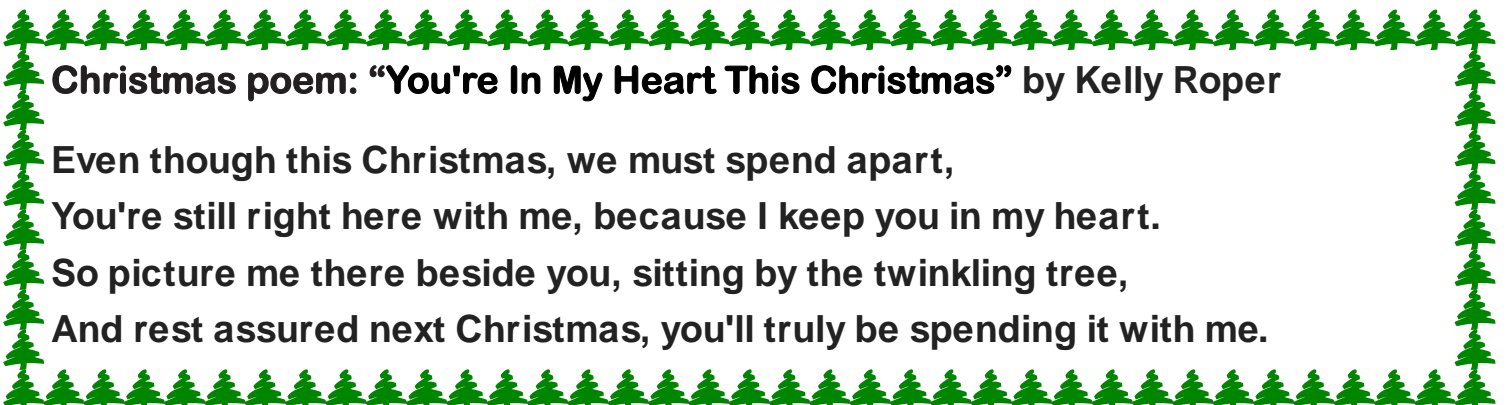


ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



Creative Age



Christmas poem: "You're In My Heart This Christmas" by Kelly Roper

 Even though this Christmas, we must spend apart,

 You're still right here with me, because I keep you in my heart.

 So picture me there beside you, sitting by the twinkling tree,

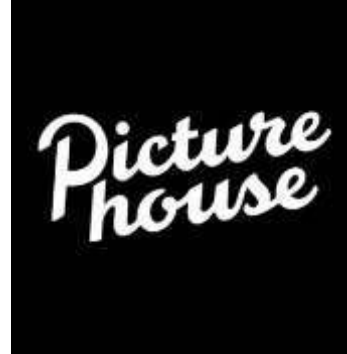
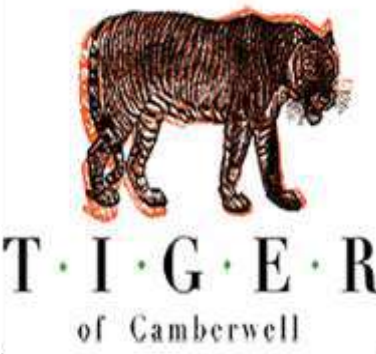
 And rest assured next Christmas, you'll truly be spending it with me.

Local News



Shop Local In Southwark!

Campaigns such as #SmallBusinessSaturday (pictured) and #ShopLocalSouthwark have reminded us how tough it has been for businesses across the borough. Local businesses are the backbone of our high street and if you can, please consider shopping at local independent shops and markets. Once again, we would like to thank all those outlets that have contributed to SPC this year and in the past.



Governance

The SPC AGM is planned for Thurs 28th January 2021



We may have to hold it part with people present and part online. Let's see what Covid says...

Please contact the director, Cathy Deplessis

Cathy.Deplessis@southwarkpensioners.org.uk if you are interested in becoming a trustee for SPC

No Matter What



We're taking part in Big Energy Saving Winter. We will be coming to talk to groups about how they can stay warm and well and save money on their energy costs.

You can also find out how you can Check, Switch and Save on your energy bills today by contacting Lydia, Lorna or Nette.

We can see if you can reduce your energy costs by comparing different suppliers, seeing if you can get warm homes or water discounts, and checking if you are getting all the benefits that are possible.

Please have your last two gas and or electricity bills available when you get in touch.



Vital Health

Lambeth Friends of the Earth are a local action group with the aim of making Lambeth and Southwark greener, healthier and better places to live.

Their current campaigns surround topics such as plastic, public green space improvement and community inclusion.

<https://www.lambethfriendsoftheearth.org.uk>



They are highly experienced in giving public talks and holding workshops, and are happy to talk on a broad variety of topics such as:

- making your household a more environmentally friendly place (recycling, energy and water management)
- green gardening (bees, growing your own produce)
- healthy cooking and eating
- places to get in touch with nature in Southwark
- local developments (such as low traffic neighbourhoods, "adopt a tree" and gardening help schemes) and many more.

If any of the groups would be interested in any of the above, or if there are any other environmentally-related topics you would like to hear us talk on, please do get in touch with Jason who will liaise with them.



Newsletter - December 2020

Remember!

All SPC Members and other people over 50 are welcome to our meetings, so please invite your friends to join us.

Meetings

Meetings are still being held on the First Friday of the month, 10.15am – 12.30pm except in January and April.

Cathy, the Director at the Pensioners Centre, hosts these meetings on Zoom at present so let her know or email if you want to be sent details of these meetings.:

Email: operations@southwarkpensioners.org.uk

Please join us if you can – we would love to hear your views.

1st October: Meeting with Cllr. Helen Dennis on Social Care
Five SPAG members and Cathy met with Helen, who is the Cabinet member for Social Support and Homelessness.



We hope this meeting was the beginning of a regular sessions with Helen.

2nd October: Meeting on the New Southwark Plan



Harpreet Aujla, the Planning Solicitor at Southwark Law Centre, explained what was happening about the New Southwark Plan.

This is a very long and complicated document, but very important, because it will set the framework for how the borough will develop over the next fifteen years.

Housing, transport, employment and a lot of other areas are covered in the Plan.

One of the biggest challenges is being clear about what Regeneration for 'All' (both young and old and those in between) means in practice, given how wonderfully diverse our borough is.

The revised Plan is being consulted on and the appointed Planning Inspector will hold an **Examination in Public** which we expect to be early 2021.

6th November: Meeting with Cllr Leo Pollack on Housing

We met with Leo, the Cabinet member for Housing and raised a number of issues. He has agreed to meet us again.

4th December: Review and Future meetings

Awesome Wisdom

We had reports from the campaign work members are doing and decided on meetings for 2021 as follows:

9th January: Health issues with Sam Hepplewhite and Hayley Ormandy

5th February: Adult Social Care with Helen Dennis and Genette Laws

5th March: Council Budget 2021/22 with Kieron Williams, Leader

9th April: New Southwark Plan follow up

7th May: Housing follow up

Covid 19 Living Stories Bank



SPAG member, Elizabeth has worked with Denzil and Cathy to develop a framework for people to tell their Covid19 stories eg, about GPs, hospitals, testing, shopping, shielding. Please, get in touch with Cathy or Elizabeth if you have a story you wish to share. Students from Kings College will help us gather your stories. You may also copy and use this link: <https://forms.gle/NwzEmBcdpa62Ph5u5#>

Campaigns

As we hope you know, SPAG is primarily a campaigning group. You can see there is a great deal we need to campaign and...

We need your help!

Below are some of the campaigns with which SPAG members are involved.

If you would like to find out more, please do get in touch.

Social care: Many residents are being placed out of borough and the fees and financing of places is of great concern. Quality of care and deaths in homes are concerns as is domiciliary care.

National Pension Campaigns: The campaign against charging TV licenses for over 75s. Also, their social care report, 'Goodbye, Cinderella', demanding changes to social and domiciliary care services are two examples of many campaigns

The Council website and complex forms: SPAG is pressing that there should always be a paper alternative and the website needs to be much more user friendly

Housing: The supply of affordable Council housing and more accessible lifetime and extra care homes and private landlords behaviour are major concerns.



Health: There is a Keep Our NHS Public branch in Southwark which you are invited to join. Campaigns about the lack of democracy and transparency and more privatisation, often by stealth. Access to hospitals, mental health services and GPs, CCG mergers, social and domiciliary care services, the hostile environment, the test and trace shambles are all issues the group is campaigning on.



Reaching U @ SPC



Timetable for activities and services 11th January to March 2021

Locations—SPC / L'House (Lighthouse) / Z (Zoom—online) ring to book 020 7708 4556 or email: operations@southwarkpensioners.org.uk

**SPC—open Mon, & Tues for general enquiries in person, phone & email
On Weds, Thursday and Friday, a phone and email only service is available.**

Subject to London tier 3 decisions

Mon	Tues	Weds	Thurs	Fri	Place
10am-12pm Art Group	10am—12noon Creative 'Weds'	Only when in Tier 2			L'HOUSE
Podiatry (monthly—all day) (11th Jan)		Times and order TBC			SPC
	12.30pm-1.45pm Lunch Club	10.30am Chi Kung			L'HOUSE
1-3pm Goodrich Social Club	2-4pm Eye to Eye	Chair disco			L'HOUSE
1-4pm In person advice appointments*	1-4pm In person advice appointments *	Line Dancing			SPC
1-3pm Computer class	1-3pm Computer class				SPC
	2-4pm Local History Group (Fortnightly)		10-11am Camberwell Recorder Players	10.15 for 10.30am SPAG (1st Friday)	ZOOM (online)
3-5pm Men's Group (fortnightly)					L'HOUSE

Advice appointments: 020 7708 4556 advice@southwarkpensioners.org.uk

Advice appointments are available by phone five days a week.

***In person or face to face appointments are for those who need them most.**

Pensions

Benefits

Housing

Energy saving advice (Wednesdays)

Homesearch bidding (Friday morning—phone service)

Employment

Homelessness

Debt

Transport

Immigration

Consumer Issues

**One in 5 - A newsletter for members every two months.
Our mission is to provide dynamic services and activities run by older people for older people, promoting good health and wellbeing, active citizenship and lifelong learning.**

April - March membership: Individual £12. Affiliated groups £50.

SPC is a Registered Charity (299416) & Limited Company (2161913)

305-307 Camberwell Road, London, SE5 0HQ

☎: 020 7708 4556

✉ info@southwarkpensioners.org.uk

www.southwarkpensioners.org.uk

