

# Warm and Well in Winter

Ageing Well  
Southwark



Support For  
Seniors & Carers

## Helping older people manage with the cold weather

Through the Ageing Well Southwark service, we are working with partners in the Consortium of Older Peoples Services in Southwark who are the key providers of the Ageing Well Southwark service (Age UK Lewisham and Southwark, Blackfriars Settlement, Link Age Southwark and Time and Talents), the Community Southwark Older People's Network and the Southwark Group of Tenants Organisations to provide more support to help older people manage with the cold weather in winter, stay warm and well and maintain their independence. Funded by Southwark Council, The South East London Clinical Commissioning Group and the Big Energy Saving Network, the extra support to those that may most benefit will range from tips on staying warm and well in winter, extra energy advice sessions to help people save money on their gas and electricity bills, warm and well health and social sessions with hot food, to connection to activities and groups and the provision of winter wellbeing bags.

If you would like to learn more, please ring us on **020 7708 4556** or ring the Ageing Well Southwark service on **020 7358 4077**.

