

# Southwark Pensioners' Centre

We are a local charity, located in the centre of the Borough of Southwark at Camberwell Green. Walworth Pensioners Project and Southwark Pensioners Action established the Centre in 1987 to address the lack of services and activities for older people.

Southwark Pensioners' Centre is a multi-level community and resource centre that widens access to services providing a vital one-stop point for older people that eliminates the need for multiple journeys to various agencies. Resources include a main activity / function room, garden room, IT room, kitchen garden, and a large drop-in reception/information/social space.

We operate Mondays to Fridays 9am to 5pm and our services are free or nominal cost. Activities groups include singing, local history, art, music, exercise, IT, campaigning, research and consultation. Services include advice, referrals, signposting and connection.

We are part of the Ageing Well Southwark service which is now in its third year of operation and as such offer wider access for older people to activities and services throughout the whole borough.

## Vision for Southwark Pensioners' Centre

Our vision is a community where all older people are engaging in services and activities, connected to social networks and accessing services that sustain independent, vibrant lives.

## Mission

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.

## Principles

Underpinning all that we do are the following principles:

### 1. Every older person matters

- a. **Welcoming:** We are friendly, helpful, kind and caring, open to all. A place where older people can come no matter what the problem and where no one has to feel lonely.
- b. **Equality and Diversity:** we value and respect all people no matter their age, disability, gender reassignment, marital or civil partner status, pregnancy or maternity, race, colour, nationality, ethnic or national origin, religion or belief, political views, sex or sexual orientation;

identifying and tackling the barriers (financial, social and physical) that prevent older people from leading fulfilled and rewarding lives.

## **2. We empower, enable and support older people**

- a. **Facilitate:** we empower older people, individuals, pensioners' groups and those working with older people to promote the well-being and independence of the over 50s.
- b. **Listen:** We listen to the voices of older people and act as a conduit so that others hear them too.
- c. **Self-help:** We believe in services and activities run by older people for older people, supporting older people, individuals and groups to plan and lead activities and events that promote healthy lifestyles, community participation and active citizenship combating loneliness and isolation.
- d. **Lifelong learning:** we support and enable older people to learn, experience new things and acquire new skills.

## **3. The three Ps**

- a. **Partnership:** We work with older people and others to innovate and create the best for older people in Southwark to meet their individual needs and aspirations.
- b. **Proactive, positive people:**
  - i. We work with, develop and support our trustees, staff and volunteers to be proactive, positive and to do their best for older people in Southwark
  - ii. We are trustworthy, values based, caring and competent people
  - iii. We are always willing to learn and innovate
- c. **Prudent:** We are financially prudent, carefully using funds raised to offer free or low cost, accessible services and activities and deliver value for money.