

Age UK Lewisham and Southwark

Lewisham Services

Information on services we provide for older people in Lewisham



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

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Community Connections Befriending



Our befriending volunteers support housebound and isolated residents across Lewisham. They make weekly telephone chats and can pop by for a home visit.

Our volunteers can help to motivate and encourage residents to access their community and improve their wellbeing.



HOW TO REFER

Must live in Lewisham and be able to answer the phone to arrange contact

Email: befriending@ageuklands.org.uk

Phone: 0330 058 3464

Online: communityconnectionslewisham.org

Community Connections Lewisham



Community Connections Lewisham helps Lewisham residents aged 18+ to find and access services, groups and activities that will improve their health, wellbeing and happiness.

We work closely with organisations to ensure we provide the most up-to-date and useful information. We can give out information on the support in your community and make referrals when you need us to.



HOW TO REFER

Must live in Lewisham

Email: communityconnections@ageuklands.org.uk

Phone: 0330 058 3464

Online: communityconnectionslewisham.org

Drop In: Every Thursday 10:30am-12:30pm at Lewisham Irish Centre. No booking needed

Community Connections Transport



Our volunteer led transport service provides affordable journeys for disabled and vulnerable residents who are unable to use public transport safely.



We can support people with one-off or regular journeys to social groups, healthcare appointments and much more.

HOW TO REFER

Must live in Lewisham and have barriers to using public transport. Must be able to transfer into a car.

Email: transport@ageuklands.org.uk

Phone: 0330 058 3464

Online: communityconnectionslewisham.org

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

Lewisham Dementia Hub



We are working in partnership with the Alzheimer's Society to provide activities across Lewisham for people with a dementia diagnosis and their carers.

Activity Sessions include:

- Singing for the Brain
- Music and Movement
- Arts & Crafts



HOW TO REFER

Must live in Lewisham and have a formal diagnosis of dementia

Email: dementia@ageuklands.org.uk

Phone: 0207 423 5107

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 Lewisham

Email: ianda@ageuklands.org.uk

Phone: 0207 358 4077

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

Contact us

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

www.ageuk.org.uk/lewishamandsouthwark

Or follow us on :

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'

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