

Dulwich Helpline Herald

May 2011

Our normal office hours are Monday to Friday 9 a.m. to 5 p.m. – 020 8299 2623
Office hours for Jean Hedden are Mon to Wed – 8 a.m. to 3.30 p.m.

HAPPY CENTURY!

Since our last Newsletter, one of our service users, **Miriam Bowdery**, has reached her **100th birthday!** The event was celebrated



at St James' Cloister and was marked by fellow residents, Riverside ECHG staff, and family and friends with a party, flowers and gift tokens. This was **attended by over 20 people, and speeches were made by Miriam and Scheme Manager, Christopher Imrie.**

The traditional message from Her Majesty The Queen was also received with pride. Miriam is one of the longest term residents at the Sheltered Accommodation scheme in East Dulwich, having **moved there with her late husband Len in July 1993.** She was **born in Peckham, has lived in the Borough of Southwark all her life and remains active in her local church.**

All of her friends and all of us at Dulwich Helpline join in wishing her many more happy days at St James'.

LONDON MARATHON

We are delighted to report that our runner **James Godber** completed the race and achieved his target by **finishing in 3 hours, 4**



mins, 59 secs – a fantastic achievement! **In the region of £2,500 has been raised** – another fantastic achievement! Our sincere thanks to all who have donated.

BENEFITS CHECKS

Dulwich Helpline has been offered the opportunity to have a dedicated **Benefits check session** by **Lorraine Beecham**, who works for Southwark Pensioners Centre in Camberwell and is willing to run **a special session at Dulwich Community Hospital in a room on the ground floor.** These individual one-to-one sessions will be conducted in **complete privacy.**

Advice can be given on: Housing Benefit, Council Tax Benefit, State Pension, Health Benefits, Pension Credit, Carers Allowance, Community Care issues, Social Fund grants, Rent arrears issues, Will Making, Consumer Problems, Employment issues and Housing Repairs. We think that the advice session will be held in **late June** and if you think you might be interested in **receiving some advice and maximising your income,** please telephone us on **020 8299 2623.**

NEW LUNCH GROUP

The group that used to meet at The Plough Pub in Lordship Lane is now, at the members' request, **meeting every other Tuesday lunchtime at Olley's Fish Restaurant in Norwood Road, SE24.**

This friendly group is currently quite small and more service users would be very welcome.

The **fish and chip** meal, with **peas (mushy or garden!)** and **tea or coffee** or a **cold drink** is **priced at £6.** If you would like to come along, have a chat over a good lunch and meet new friends, **please contact Sue**

on 020 8299 2888 for future dates and further information.

LIVE OUTSIDE DULWICH?

For the first time in our history, we have recently started to accept service users from outside the Dulwich area – if they are able to make it along to our groups without needing transport help. The new computer groups saw nearly **40 new people** starting with us in this way, earlier this year.

If you live outside of our usual boundaries (do give us a call if unsure), you will be able to come along and join our groups, providing you can get yourself there. All it takes is a brief call in advance to join us and receive up-to-date information. Unfortunately, this change does not yet extend to our befriending scheme, or our 'odd jobs' activities etc.

For those within our usual area, we offer the full extent of our services – 20 different groups, befriending, transport help, odd jobs etc, after a formal visit from one of our staff to register you.

If you have any queries, please call us for further explanation – 020 8299 2623.

SCHOOLS WORK UPDATE

We've now been working with all the local secondary schools in our area, and **would like to extend our thanks to all the staff and students involved in running these projects.** After some new successes this academic year, we are now looking at planning ahead for the new school year starting in September. **We are hoping to work with each school again.**

If you might be interested in joining in some of our inter-generational activities with the schools, watch out for more information in the next Herald, or **call Bethany for an informal chat and to register your interest - 020 8299 4430.**

OUTING! – SIR JOHN SOANE MUSEUM

Soane was born in 1753, the son of a bricklayer, and died, after a long and distinguished career, in 1837.



Soane designed this house to live in, but also as a setting for his antiquities and his works of art. After the death of his wife (1815), he lived here alone, constantly

adding to and rearranging his collections. Having been deeply disappointed by the conduct of his two sons, one of whom survived him, he determined to establish the house as a museum to which 'amateurs and students' should have access.

www.soane.org

We are offering a 'bus pass outing' to the museum as a pilot for possible future events. If you would like to come along with us and join in for a **free guided tour** at Sir John Soane's Museum, in Holborn, call us to register your interest. **A date will be set which will try to accommodate as many interested people as possible.** Please note that, unfortunately, **we are not able to offer transport help on this occasion.** **Call Bethany on 020 8299 4430 to register.**

CHARTER SCHOOL COMPUTERS

This term saw our **first group held at Charter School.** Working with the 6th Form, we offered a new computer group for older people there, for the first time. The group proved a **huge success** and we hope to build on this again in the new school year, and hopefully in following years also. **We'd like to thank the staff and the school for helping us organise it all, but also to the students and older people who took part.** We hope you all enjoyed the group as well as finding it educational.

Responses to "What did you like about the group?": -

From the older people: -

"Willingness of students to impart knowledge"

"Patience of students"

"Meeting new people"

"Discovering new things"

"I have learnt to email – to survive in the modern world!"
"The gentle help I have received"
"I liked the informal atmosphere; I felt it was beneficial to both parties"

From the students: -

"Being able to help someone"
"Being able to communicate with someone out of my age group"
"Very nice people to help"
"Achievement in the feeling that someone has learned something useful through my input"
"Talking to older people about life and stuff"
"I have helped someone who wouldn't have had help otherwise"

INTER-GENERATIONAL WORK AT KINGSDALE SCHOOL



This year saw the beginnings of what we hope will be a long and mutually beneficial working relationship. We ran an **oral history/reminiscence project** with some of our Service Users and 6th Formers at the school, something we have not done before. Each week, we discussed various topics about our lives, finding a surprising amount of common ground. **We'd like to thank the school, the staff for helping us organise it all, our Service Users, and the 6th Formers for taking part.** We hope you all enjoyed it.

As a pilot project we felt it went very well and are hoping to offer similar projects in the future. **We asked a person from each side of the generational divide to tell us what they thought about their experiences with us.** Our thanks go to **William Hornett** and **Eva Whitman** for their articles:-

William Hornett – Kingsdale 6th Former
"I first got involved with Dulwich Helpline through my school, as part of an enrichment activity programme. I signed up to it because of my interest in the social history of Britain, and I thought that I would be able to learn a lot about it from the older generation. I was not disappointed. I came to all the discussions, and enjoyed the various topics, including music, the Second World War, food, and several aspects of home life. What initially surprised me was that the viewpoints of the two generations were actually vastly similar, with the only exception in my opinion being music, as there were clearly differing opinions on both the state of modern music, and the stylistic changes. It seems to me that the way we treat family members, games, special occasions and more, has changed very little over the years, and there is, for the most part, still the same amount of respect for these things now as there was then.

The people who I met as part of Dulwich Helpline were amazing; inclusive, always happy to talk about anything, and always with a story at hand, they made the whole experience rather wonderful, and meant that I had a great time taking part. Some of the stories they told to me and the others will hopefully stay with me for a very long time, and I would definitely be very happy to take part in any other Dulwich Helpline project. It was run extraordinarily well, hosted magnificently, and I have only fond memories of it".

Eva Whitman –User of Dulwich Helpline
"We really enjoyed our time at Kingsdale. It was very interesting and the 6th Formers were so nice. It was a pleasure to meet them. It was the first year of a 6th Form at Kingsdale for many years. They listened to all our memories of schooldays and told us about their schoolwork and their hopes for the future. They mostly hope to go to University and become doctors, biochemists or scientists. One pupil walked from London to Nottingham (120 miles) for a charity. We were impressed. We saw a video of the Crystal Palace Fire. It was very interesting as there was a running commentary throughout. As we

have lived on Kingswood Estate for 60 years, we are interested in local history. It was great to see the video of the hop pickers too, as there was at least one person present who had been a hop picker. It was their annual holiday.

Many thanks for organising such a lovely school term for us. We really enjoyed it".

FUNDRAISING EVENTS

SUNDAY 12TH JUNE – DULWICH GARDEN SAFARI

If you can **make a cake** for our Refreshments Stall, we'd love to hear from you! Equally, we are looking for **donations of plants** for our Plant Stall **and also any homemade jams, chutneys, marmalade etc** that we can sell. Please contact Caroline Dunmall on 020 8299 2623 or caroline@dulwich-helpline.org.uk if you can donate any of the above – thank you!

WED 29TH/THURS 30TH JUNE

Knockhardy Productions are performing another evening of musical theatre cabaret - "Show People" - on Battersea Barge, **in aid of Dulwich Helpline**. Please contact **07092 895 378** for tickets - **£10 (£6 concessions)**. An event with a difference!

SUNDAY 10TH JULY

The vibrant **James Allen Community Orchestra** will be performing another concert in support of Dulwich Helpline. The concert will take place in the **Holst Hall** at **James Allen's Girls' School, East Dulwich Grove, SE22**.



The programme will feature **Elgar's Cello Concerto (soloist: Paul Brunner)** and **Tchaikovsky's Symphony No. 4 in F minor**. Tickets priced at **£7 (£5 concessions)** are available by sending a cheque (payable to JAGS) and SAE to "**Music Dept, JAGS, East Dulwich Grove, London SE22 8TE**".

SUPPORT FOR OUR WORK

Our sincere thanks go to:-

Abacus Cards – for donating **another year's worth of birthday cards** that we send to all our service users and volunteers.

Diane Taylor – for asking friends and family to donate to Dulwich Helpline in lieu of giving her birthday gifts. The total raised was **in excess of £1,000!**

Andrew Cullen – for a recital in his home by Michal Cwizewicz (violin) and John Paul Ekins (piano) which raised almost **£1,000**.

Kingswood Community Church for **£100**.

All who attended or volunteered at our **Antiques Discovery Day/Arts & Crafts Sale** in March **which raised £1,967!**

Lambeth Ladies Choir – whose concert in March raised **£150**.

Knockhardy Productions – whose concert in March raised **£310**.

James Allen Community Orchestra – whose concert last month raised **£212**.

FAREWELL TO FRIENDS

Since our last Herald Newsletter, we have learned that several people connected to Dulwich Helpline have sadly died. We would therefore like to mark with sadness the passing of:



**Bill Bench
Winifred Hutton
Horace Thompson
Frederick Balls**

We send our sincere condolences to their families and friends.

Dulwich Helpline, Dulwich Community Hospital
East Dulwich Grove, London SE22 8PT
Tel/Fax – 020 8299 2623
info@dulwich-helpline.org.uk
www.dulwich-helpline.org.uk

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