

Dulwich Helpline Herald

November 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.

NEW CHAIR

A few words from our new Chairman of Trustees, Katharine St John-Brooks:



"For those of you who have not yet met me, I'd like to introduce myself. I live locally, in Dulwich Village, and my three children all went to local schools.

Victoria, my eldest

daughter, volunteered for Dulwich Helpline first while in the 6th form and is still a befriender thirteen years later! I have been a trustee for four years now and I feel very honoured to have taken over the reins from Ted Salmon who was one of the founders of Dulwich Helpline eighteen years ago and who has worked so tirelessly to build the charity to the size and shape that it is now. I am delighted that he has agreed to stay on as Deputy Chairman of trustees. While a trustee I have been very impressed by the work that our fabulous volunteers and staff do and I have greatly enjoyed meeting many people whom we have the privilege of helping. My main focus hitherto has been fundraising - in particular leading the work that we have been doing to develop fundraising within the community.

It has been exciting to initiate collaborative working with Southwark Churches Care. Their staff has now moved into our offices so we can start to see how we can help each other to work even more effectively over a much wider swathe of Southwark. We believe that together we can face an uncertain future more successfully than going it alone. I see my key challenge going forward as to help to secure the future of what we do so that in five years' time we

shall still be delivering a quality befriending service and social opportunities for those who need it. I hope to meet a lot more of you over the next few months.

Best wishes, Katharine St John-Brooks"

ALL CHANGE!

It's a time of tremendous change at Dulwich Helpline. Our colleagues from **Southwark Churches Care** moved into our offices on the 18th October. This move is the culmination of discussions and planning that started in December 2010. We are very excited about the possibilities for joint work and skill sharing.

In future when we answer the phone you will hear us announce that we are Dulwich Helpline and Southwark Churches Care.

As well as gaining some new colleagues, we are sadly about to say goodbye to some who have been with the Helpline for some time. **Jackie Barber, the Kingswood Estate Worker** and **Caroline Dunmall our Administrator and Community Fundraiser** are leaving us for new endeavors. We will miss them and would like to thank them for all their dedication and hard work.

We are also going to spend time **planning for the future**. As the age and frailty of our community increases we have come to realise that transport is absolutely essential if people are going to be able to continue to go out, attend social functions and other activities. Our current transport is highly dependent on the goodwill of a core of volunteer drivers, some minibus hire and the use of occasional minicabs. The **challenge for the Helpline will be to increase the amount of transport we can offer** and to make the scheme financially self sustaining.

We intend to bid for funding to design a project that addresses the increasing need for transport, addresses the costs, but contains them in the interests of affordability.

We would like to set up a transport sub-group and I would like to include someone who uses transport and someone who is a volunteer driver. **If anyone has an interest in being involved in this please contact me on 020 8299 2623.**

If you have any comments or suggestions about any of the Helpline services I would be very happy to discuss these with you.

Barbara Scott, Director

CHANGE – BARBARA LEIGH

No change –

“There is no change” she said

“No change? Are you quite sure?”

Slow shaking of the head

“It’s all gone up you see – even that crusty bread – that little chocolate bar”

Accusing finger pointing

Stabs my diet dead

And guilt begins to stir

Credit – debit, debit, debit

Credit – debit, debit, debit

All aboard the merry-go-round

Pay here – There’s little change.

New balance

Old balance

Opening and closing balance

Faster now

Big changes in our bills

Nothing for frills

Spinning spinning

Hold on tight

Hold onto your hats

Don’t lose control

Mind the Fat Cats!

Cash in, cash out

Balance, balance

Don’t lose your balance

It’s a game of hide and seek

Fat Cats – far too sleek

And wary mice

A game of draughts – of overdrafts

And dice

Sorry, you lose, no change

Just frozen assets –

Ice.

We changed our bank. The statement came today

Here is the forecast:

‘Skies are clouding over

Looking grey

And rain is on the way’

“No change there then,” we say

And put our purse away.

INTERESTED IN POETRY?

The **Poetry Group** is seeking new members

- anyone is welcome to join. We meet

fortnightly in Herne Hill on a Tuesday

afternoon, 3 - 4.30. We have a theme each

week and read and discuss poems based

on the theme. Some of us write our own

poems too, but not everyone wants to, some

just come along to listen. We are a sociable

group and always enjoy chatting over

refreshments together as well as the poetry.

If you're interested, please call Bethany on 020 8299 2623.

GROUP VACANCIES

Our **Bridge Group** has spaces for new

members and meets **fortnightly on a**

Thursday afternoon from 2 - 4pm. The

group is held in a sheltered housing unit

based in East Dulwich. All levels of play are

accepted and refreshments are provided.

We also have vacancies in our **Men’s**

Group which is held **once a month on a**

Monday from 11am -12-30pm at the Fox-

on-the-hill Pub at Denmark Hill for a chat

and a drink. Dulwich Helpline buys the first

drink - tea, coffee or a beer. Any further

drinks you buy yourself! If you would like to

join either or the above groups or want to

know more then **please call Sandra on**

020 8299 0011.

ALLEYN’S SCHOOL

We would like to thank **Tulley House** at

Alleyn’s School for adopting Dulwich

Helpline as their chosen charity this year

and look forward to a mutually beneficial collaboration.

REMINDER FOR VOLUNTEERS - SAFEGUARDING ADULTS – E-TRAINING FOR VOLUNTEERS

We are currently **requesting that all our volunteers be good enough to do the above** which has been devised by Southwark Council. The **training can be done on-line** and volunteers, who may not have access to the Internet, are very welcome to **make an appointment to come into our offices** and carry out the training here.

Safeguarding Adults is an E-learning guide to protecting vulnerable adults from abuse. Most adults with a mental illness, physical impairment, learning difficulty or other special needs are able to live safely and securely, but for a small number however, dependence on someone else may lead to exploitation and abuse.

This E-training aims to help you understand what abuse is, how to recognise it and what to do if you suspect that an adult needs protection from abuse.

To access the site please go to the following website address:-
www.kwango.com/lbswksalgin

Once you have accessed the site please enter the username and password which are as follows:

Username: swarkccfsafead
Password: sccfswarksa1

Once you have completed the training, it would be appreciated if you could please **print out your Certificate and post a copy to me for your records**. Alternatively you can email it to jean@dulwich-helpline.org.uk.

TRANSPORT VOLUNTEERS NEEDED

We are fortunate that we already have a **dedicated and efficient nucleus of volunteers** who offer transport to our service users on both a regular and irregular

basis, but we are finding that **we are in need of more people whom we can call upon**. Maybe this could be you? Our service users are becoming longer lived - which is of course great - but may be increasingly less mobile, and they are **still keen to get out and about, attend groups and have as rich and varied an experience as possible**, which we, with your help, would like to continue to enable and encourage. So, if you are already a transport volunteer, many thanks and **if you would like to offer your services**, please contact Jean on 020 8299 4594 or jean@dulwich-helpline.org.uk. Look forward to hearing from you.

eBAY USER?

Do you use eBay? So does Dulwich Helpline! **You can help us to raise money via eBay when you buy or sell**. Or if you aren't an eBay user you can donate an item for us to sell. **Email info@dulwich-helpline.org.uk for details**.

EVENTS

SUNDAY 27TH NOVEMBER - Local historian and author **Brian Green** will be giving an illustrated talk on Dulwich during World War II – **see enclosed flyer**.

TUESDAY 13TH DECEMBER 7 – 8.30 p.m. Join **Southwark Churches Care** for their **Christmas Carol Service** at **St Michael & All Angels Church, Wyndham Road, Camberwell SE5 OUB**. Come along to the warm and friendly service for some festive carols, as well as plenty of mulled wine and mince pies! **Contact 020 8299 2623 or scc-office@btconnect.com for more details**.

CHRISTMAS DAY LUNCH – FREE!

The **People Care Association** will again be providing a delicious free Christmas Day lunch for **older people, living in Southwark, who would otherwise be on their own**. It will take place at **1 p.m.** at **Bacons College, Rotherhithe**, and **free minibus transport** will be available for those who need it. **If you would like to go, please book your place no later than December 20th by telephoning John Clarke on 020 7703 2163**.

KEEP WARM – FREE!

A former Dulwich Helpline colleague, Pauline Thomas, is now working for **British Gas which offers free loft and cavity wall insulation to anyone who is 70 or over or who is on a “qualifying government benefit”**. Pauline is offering to visit any of our service users to explain what they could be entitled to in order to make their home warmer, and to answer any questions they have. She is also able to offer **energy efficiency advice, which is aimed at reducing energy usage.**

If you would like to know more, please telephone Pauline on 07789 577356.

WARM FRONT SCHEME

This is a **Government scheme** which provides **grants for insulation and heating improvements to the home.** The scheme is targeted at people on certain income-related benefits and living in properties that are poorly insulated and/or do not have a working central heating system. **For more information, telephone 0800 316 2805.**

FREE FLU JAB FOR OVER 65s

Flu is a highly contagious infection that anyone can catch and it can be really serious for those over 65. Please ask your GP now for your free flu jab.

PENSION DISABILITY & CARERS SERVICE

This Service can visit people to help complete forms for a range of **government benefits.** Contact numbers are as follows:-

Benefit Enquiry Line – 0800 882200

State Pensions/Pension Credit – 0845 60 60 265

Attendance Allowance/Disability Living Allowance – 0800 882200

Carers Allowance – 0845 608 4321

Winter Fuel Payments Helpline – 0845 915 1515

SUPPORT FOR OUR WORK

Our sincere thanks go to:-

Metropolitan Police Property Act Fund for their grant of **£2,500.**

James Allen Community Orchestra whose wonderful concert raised **£200.**

Knockhardy Productions whose Summer Show raised **£325.**

Everyone who helped at, donated food, or bought tickets for our **Sunset Soiree** in **September** which raised **over £4,500.** Our special thanks go to **Nicholas** and **Lindsay Merriman** for donating all the wine and for the use of their stunning garden and to **Suzanne James Catering** who generously donated 900 canapés!

Katharine St. John-Brooks whose recent Half-Marathon raised **over £3,000!**

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:



**‘Greg’Worthington
Reg Baker
Ruth Baker
Ernest Taylor
Josephine Smith
Helen Nolan
Johanna Andalo
Rebecca Garton
Malcolm Warwick**

We send our sincere condolences to their families and friends.

Dulwich Helpline
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