

January 2012

HAPPY  
NEW  
YEAR!

DULWICH HELPLINE & SOUTHWARK CHURCHES CARE

NEWSLETTER

## Welcome

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Welcome to the joint, new look, newsletter of Dulwich Helpline and Southwark Churches Care. This is very much a work in progress and we would like to know what you think of it. Please tell us what you think, and we welcome suggestions from you about the format for the future.

Our aim is to pack the newsletter full of information about our joint activities, celebrations and fundraising events. We will also be telling you about the challenges we face because, like all voluntary sector organisations, we will have to do more for less money and we will be even more dependent on our fantastic, talented and generous volunteers.

We would also like to wish all our volunteers and service users a very happy and peaceful 2012.

*With best wishes from the staff and trustees of Dulwich Helpline and Southwark Churches Care.*

## Partnership Working

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Many of you will be wondering how our two organisations are progressing, both in sharing premises and in working together. The staff appear to enjoy sharing space and it has made for an exciting working environment. We are sharing skills and experience and thinking about how we can make our work more appealing to service users. The Trustees are also working very closely together and at a joint meeting they agreed to continue collaborating and drawing on the strengths and creativeness of both boards. We are planning a joint AGM.

In addition to working together we are exploring how we can work more widely with the Southwark Pensioners Centre, Peckham Settlement, Age UK, Time and Talents, Alzheimers' Society and the Blackfriars Settlement. We all want to work in a more co-ordinated way to maximize what will undoubtedly be a shrinking pot of resources.

The London Borough of Southwark has indicated that it wants to preserve information and advice services, increase well-being and life-planning services and to develop befriending services for older people and people with disabilities.

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### DATES FOR YOUR DIARY

Friday 13th January - transport request deadline for party

Monday 23rd January - New Year Party (*details inside*)

Wednesday 25th January - Burns Night

Thursday 9th February - Poetry Evening (*details inside*)

## The Transport Group

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The transport group, consisting of service users, staff, and volunteer drivers for both Southwark Churches Care and Dulwich Helpline, have met to discuss the transport help we offer. We have talked about current assistance for service users who cannot manage to use public transport to get out and about - not just to events run by the two organisations, but also to the doctor, the dentist, the shops, the hairdresser and other important appointments.

It's clear from our discussions that the volunteer drivers really enjoy helping people get out and about. We encourage volunteers to claim their mileage costs of 40p per mile, but they do not all universally do this. It's quite clear that we are un-

likely to be able to recruit enough volunteer drivers to meet all the needs there are. We are having discussions with Peckham Settlement about how we can work together to increase this particular part of the transport offer.

We are also aware that there are differing amounts of knowledge about the other ways in which people can access different assistance. Some people are fully aware of the different options - community cab, dial-a-ride and taxi card - and others are stuck at home or are taking expensive cabs.

It has struck us that we need to ensure that both staff and volunteers have information about all the options and that we give this information as early as possible in our rela-

tionship.

For both our organisations the increasing cost of hiring minibus transport is a growing proportion of our rather static budgets. We have to ensure that we get value for money and that our providers deliver in line with our expectations. We need to ensure that transport arrives on time and that people are picked up and delivered home without incident.

We need to apologise to the Southwark Churches Care service users for whom there were problems on the day of the Christmas party. We have addressed these problems with the transport firms involved.

We will keep you up to date with developments as they occur!

## Chinese New Year Party

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We wanted to try something a bit different this year. People told us that January is often rather a quiet time and that they would welcome a party to help get through the long dark days. So since the Chinese Year of the Dragon begins on Monday 23 January 2012, we would like to invite you to:



### BANISH THE WINTER BLUES!

with Afternoon Tea, Coffee and Cakes

Monday 23rd January 2012

2 - 3.30pm

at

Bradbury Oak House, 2-4 Underhill Road, East Dulwich SE22 0AH

**RSVP** if you would like to attend.

If you require transport please let us know by Friday 13th January.

***We hope to see you there!***



## “Journeys” Poetry Evening

Join us for an evening of poetry, on Thursday 9th February, at 7pm in the Chapel on Gallery Road in Dulwich Village.

Entry is free, with donations to Dulwich Helpline, and there will also be refreshments on sale.

Call Bethany for more details or if you require transport.

### Mobile Hairdresser

Maria is a mobile hairdresser who is known to us, as she used to visit the Intermediate Care Unit at Dulwich Hospital to do patients' hair.

You can contact her on:

07974 83099

## Winter Weather—do you need help or can you offer some?

Winter can be a hard time for many people.

Call one of our Co-ordinators if there might be something we can do to help you through the cold spell. For example, we could arrange for volunteers to help move some furniture so that you can minimize the number of rooms that need to be heated.

On the other hand, if you feel that you are not really a 'deserving' recipient of the Winter Fuel Allowance, perhaps you would consider donating it (or part of it) to Dulwich Helpline? It is particularly valuable if you make the

donation with a Gift Aid form since we will receive £1.25 for every pound you donate.

The money would not be passed on directly - but all donations contribute to our work aimed at helping isolated, older people living in Southwark to remain active members of the community as long as they want to.

If you would like to make a donation, our address is overleaf - or call to request a Gift Aid form if you haven't previously completed one.

### **Tips for keeping warm:**

- ◇ *Wear lots of layers, including a hat and scarf. Choose clothes made from cotton, wool, or fleecy material.*
- ◇ *Draw the curtains as soon as it gets dark*
- ◇ *Keep windows and internal doors closed*
- ◇ *Make sure you have regular hot meals containing carbs such as potatoes, pasta, bread and rice*
- ◇ *If you are sitting down, use a shawl or blanket and try to keep your feet up, as air is cooler at ground level.*
- ◇ *Wear warm clothes in bed, including socks and a hat.*

## Unwanted Christmas Gifts?

If you have any unwanted Christmas Gifts, we would be very happy to take them off your hands!

We try to keep a supply of items which we can use as raffle prizes at groups and



events throughout the year, to help us raise money.

We are also now selling some items on ebay, thanks to a team of volunteers.

This has proved to be quite successful and profitable so we hope to expand this activity in the coming year.

If you have any items you would like to donate, please give us a call.

## With Thanks to...

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Barbara Kolator, who asked for donations to Dulwich Helpline in lieu of presents for her recent birthday.

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The Richardson Family Trust who made a donation of £2000 to our work.

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Brian Green for his interesting talk at the Picture Gallery in aid of Dulwich Helpline which raised over £500.

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All those who helped with our collections at Sainsbury's before Christmas. We collected £241.00 on 29th October, and 376.24 on 3rd December.

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And those who packed bags at Sainsbury's during the week of 19th December, raising a further £550.00.

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The Practical Law Company who generously supported our joint Christmas party.

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## Farewell to Friends

We mark with sadness the passing of the following people connected to Dulwich Helpline and Southwark Churches Care, whose deaths we have learned of since the last Newsletter:

*Ivy Dowling*

*Margarita White*

The Golden Oldies Social Club runs every Wednesday from 10.30am to 12.30pm at St Mary Magdalene Church, St Mary's Road, Peckham.

There are chair-based exercises every two weeks, with the weeks in between having activities including professional speakers, quizzes, bingo, singing, and arts and crafts.

The group is open to all service users from Southwark Churches Care and Dulwich Helpline and costs £2.00 per session.

Please contact Abigail on 020 8299 8125 if you are interested in attending.

### **DULWICH HELPLINE AND SOUTHWARK CHURCHES CARE**

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SE22 8PT

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Web:

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[www.southwarkchurchescare.org.uk](http://www.southwarkchurchescare.org.uk)

Phone:

Switchboard 020 8299 8120  
or 020 8299 2623

Jean (DH Vol Co-ordinator) 020 8299 8121  
Stacey (SCC Administrator) 020 8299 8122  
Barbara (Director) 020 8299 8123  
Bethany (DH Co-ordinator) 020 8299 8124  
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