

A Message from the Chair

The Summer has come and gone and we now welcome the coolness of the Autumn months. We hope that you had a lovely break and that you are all ready for some fun activities.

Please read on and see what we have in store for you.....

Russell Profitt MBE
Chair of Walworth Golden Oldies



Leaving Money to Charity in Your Will

Giving money to charity in your Will is a great way to leave a positive legacy for the future. It can also reduce the amount of tax paid by the rest of your estate so your family can get the most out of their inheritance.

How Do You Leave Money to Charity in Your Will?

There are two ways to leave money to a charity in your Will. You can:

- Specify a named charity or charities that will benefit,
- Let the trustees of your Will decide.

If you choose specific charities, it is best to include their registered charity numbers to avoid confusion because their names often change. If you decide to let the trustees choose the charities, it is essential to leave a clear record of your wishes to help them plan. Your gift can be:

- A cash sum.
- A particular property or asset
- A share, or the whole, of your residuary estate (what's left after other specified gifts, costs, and tax).

Is Tax Payable on My Donation?

Any gift you make to UK Charities is free of inheritance tax. Gifts to charities outside the UK are more complicated – contact us for more information if this is something you're interested in.

How Do Charitable Gifts Affect the Amount of Inheritance Tax My Estate Will Pay?

As well as the gift itself being tax-free, charitable gifts can also reduce the amount of inheritance tax that the rest of your estate will pay. If you give at least 10% of your taxable estate to charity, the inheritance tax rate for the rest of your estate drops from 40% to 36%. If you increase the gift to 10%, this means that:

Every £100 you give to charity only 'costs' your estate £24.

If you already plan to give at least 4% of your estate to charity, increasing the gift to 10% means that both the charity and your taxable beneficiaries receive more.

Are There Any Rules About Leaving Money to Charity in Your Will?

You are free to leave money to whoever you want – including any charities – if you make reasonable provision for any financial dependents as well. Your solicitors will be able to advise you.

Birthdays in September

Roy Hampden	05	89
Leonora Marcial	17	80
Viola Butler	20	83
Dolores Watson	20	83



We would like to wish all above a very Happy Birthday and we hope that you have a great time celebrating with family and friends.

Management Team Contact Details

Russell Profitt	Chair of Trustees	07891 030121
Daniel Gregory	Digital IT	07398 765537
Michael Edie	Day Care Organiser	07958 121911
Sandra Edie	Project Care Coordinator	07306 187476
Ruth Simpson	Community Outreach Worker	07506 800250
Tessa Jobity	Admin Assistant	07852 215438

Appreciation and Thanks to Our Volunteers

We would like to send a special thank you to our dedicated volunteers, who assist us every week by giving of their time and supporting our members during activities and lunch time. Some of our volunteers have been with us for many years, while the newest volunteers have only been with us a few months, either way their help and dedication are invaluable to the smooth running of the club. So, this month we would like to thank Anselm, Bertrand, Gloria, Rebekah, Rhianne and Michaela for their continued support during the year.





UK Health
Security
Agency



Top tips for keeping warm and well this winter



KEEP WARM

You should heat your home to a temperature that is comfortable for you. In rooms you mostly use such as the living room or bedroom, try to heat them to at least 18°C if you can, particularly if you have a pre-existing medical condition. You should also keep your bedroom windows closed at night. Exposure to low indoor temperatures can have a serious impact on your health as you get older. Wearing several layers of clothing will keep you warmer than one thicker layer.

GET FINANCIAL SUPPORT

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating, or help with bills. There are also support measures in place to help with the cost of living.

For further advice on these support measures, visit Age UK's website www.ageuk.org.uk/financial-support or call **0800 169 6565** and quote **'WINTER'**.

LOOK AFTER YOURSELF

- If you're aged 50 or over, or a carer, you're eligible for a free flu jab and an autumn COVID-19 booster this winter.

Contact your GP or pharmacist or visit the NHS website www.nhs.uk to learn more.

- Don't delay treating minor winter ailments like colds or sore throats. Visit your local pharmacist for advice and treatment.
- If you are feeling down or out of sorts, chat to someone or contact your GP.
- Wear shoes with good grip when you go outside to avoid slips and falls on slippery or icy surfaces.
- When you're indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm.
- If you have visitors, it can help stop the spread of germs to ventilate the room for a few minutes before and after they arrive. You might be more comfortable leaving the window open during their visit, if it's not too cold.
- If bad weather is forecast, check you've got enough medication and food in case it's harder to leave the house.
- If you are worried about your health, contact your local pharmacist, 111 or your GP, who will all be able to offer advice and support. In an emergency dial 999.

PREPARE YOUR HOME

- Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are working safely.
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a free support service that helps people in vulnerable situations.

For more information about how to stay warm and well in winter visit Age UK's website www.ageuk.org.uk/winterprep or call **0800 169 6565** and remember to quote **'WINTER'**.

Our Thursday Programmes for the Month of September

Please note that these services are only available for you if you have joined as a member and paid your membership fee of £10.00 (valid until end of December 2023)

Games - A selection of board games and Dominoes to play each week. If you would like to play, please ask a member of staff.



Bingo – Our popular game of Bingo is

every Thursday at 3.00pm. Cards cost £6.00 each giving you more chances of winning our cash prizes.

Refreshments - A selection of teas and coffee with biscuits, Bun and Cheese or Cornmeal Porridge are offered during all our sessions, at a cost of £3.00



Lunch - A two course hot meal for £6.00 per person (main meal and dessert, meat and vegetarian option) 1.00pm – 2.00pm

Take away additional meal – costs £3.00 if you eat a two-course meal at the club. If you wish to purchase a takeaway meal (main meal only) the cost is £6.00

<p>Thursday 7th</p> <p>Chair Exercise with Sheba Reflexology with Margot Lunch Bingo</p>	<p>12.00pm – 13.00pm 11.00am – 13.00pm 13.00pm – 14.00pm 14.30pm – 15.00pm</p>
<p>Thursday 14th</p> <p>Manicure and Pedicure with Marva Arts and Crafts with Lucie Games and Puzzles Lunch Bingo</p>	<p>11.00am – 12.00pm 11.00am – 12.00pm 12.00pm – 13.00pm 13.00pm – 14.00pm 14.30pm – 15.00pm</p>
<p>Thursday 21st</p> <p>Reflexology with Magot Chair Exercise with Sheba Lunch Bingo</p>	<p>11.00am – 12.00pm 12.00pm – 13.00pm 13.00pm – 14.00pm 14.30pm – 15.00pm</p>
<p>Thursday 28th</p> <p>Manicure and Pedicure with Marva Arts and Crafts with Lucie Games and Puzzles Lunch Bingo</p>	<p>11.00pm – 12.00pm 11.00pm – 13.00pm 12.00pm – 13.00pm 13.00pm – 14.00pm 14.40pm – 15.00pm</p>

Free Swimming Lessons at your local Swimming Pools for Over 50's

Swimming Pool	Days	Times
Camberwell Green Artichoke Pl, Camberwell Church St, London SE5 8TS Tele: 0207 703 3024	Wednesdays	4.30pm – 5.00pm 5.00pm – 5.30pm 5.30pm – 6.00pm
Dulwich Leisure Centre 2B Crystal Palace Rd, London SE22 9HB Tele: 0208 693 1833	Fridays	6.30pm
Peckham Pulse 10 Melon Rd, London SE15 5QN Tele: 0207 708 6200	Tuesdays	10.00am – 10.30am
The Castle 2 St Gabriel Walk, London SE1 6FG Tele: 0207 091 4243	Tuesdays	11.00am – 11.30am 11.30am – 12.00
<p>Further Information - Free swimming sessions last for a period of 12 weeks</p> <p>You will need:</p> <ul style="list-style-type: none"> ▪ £1.00 coin for your locker ▪ Suitable swimming costume ▪ Towel <p>An application form will have to be completed before lessons commence, at the time of registration you will be asked to provide proof of address (utility bill, bank statement, rent book, council tax letter) so please take this along with you.</p>		

Donations

What we do makes a big difference to the quality of life, health, and wellbeing of older people. Help us to continue that work by making either a one off or a regular donation.

You can also make donations by cheque made payable to:

Walworth Golden Oldies Community Care Project
Walworth Methodist Church (Clubland)
 54 Camberwell Road, London SE5 0EN

Or Direct debit online:

NatWest Bank
Sort code: 50-10-29
Account number: 35098112



Our Funders and Partners



Peckham Platform



SOUTHWARK CHARITIES
 UNITED TO SERVE



WALWORTH GOLDEN OLDIES

MONTHLY LUNCH MENUS - Sept 2023

Thursday 7th

*Curry Mutton
Fried Tuna
Plain Rice
Fried Plantain
Green mixed Salad
Cake and Custard*

Thursday 14th

*Pork Loin Chops
Baked Salmon Fillet
Roast Potatoes
Broccoli
Carrots
Jelly & Ice cream*

Thursday 21st

*Brown Stew Chicken
Red Bream
Rice and Kidney Beans
Cauliflower
Broccoli
Ginger Cake and Custard*

Thursday 28th

*Oxtail with Butter Beans
Saltfish with Cabbage
Plain Rice
Fried Plantain
Fruit Salad*

Food and nutrition

M	R	C	O	N	S	T	I	P	A	T	I	O	N
I	E	E	R	B	I	F	Y	R	A	T	E	I	D
N	V	F	M	O	D	A	C	O	V	A	F	O	G
E	R	O	W	W	A	T	E	R	F	R	C	N	N
R	B	F	A	D	R	I	D	A	S	G	G	E	R
A	D	E	R	O	V	I	T	A	M	I	N	S	S
L	B	O	M	U	N	E	L	E	T	T	U	C	E
S	R	O	T	T	I	U	S	E	M	U	G	E	L
C	E	T	H	A	L	T	I	T	X	T	I	S	E
E	A	N	U	T	R	I	T	I	O	N	H	T	O
F	D	T	A	F	T	O	P	R	O	T	E	I	N
T	O	C	A	R	B	O	H	Y	D	R	A	T	E
E	D	O	F	I	D	I	G	E	S	T	I	O	N
E	E	S	D	E	X	C	R	E	T	I	O	N	T

- NUTRITION
- LETTUCE
- MINERALS
- CARBOHYDRATE
- BREAD
- WATER
- DIETARY FIBRE
- FRUIT
- EXCRETION
- CONSTIPATION
- FAT
- PROTEIN
- WARMTH
- AVOCADO
- DIGESTION
- VITAMINS
- FOOD
- LEGUMES
- EGGS

Play this puzzle online at : <https://thewordsearch.com/puzzle/896/>