

# Walworth Golden Oldies Community Care Project

## A message from the Chair

Dear All

Welcome to the October Edition of our Newsletter. As usual we are working hard trying to get as many activities as possible for you to attend and enjoy your experience when attending the weekly club.

This is, however, not always possible to arrange as we are having difficulties in retaining volunteers. If you know of anyone who has some time on their hands and would like to volunteer for us, please let Sandra know, as volunteers are vital to us providing the service that we do.

Thank you for your continued support.

**Russell Profitt MBE**  
**Chair of Walworth Golden Oldies**



## Harvest Festival

The Harvest Festival of Thanksgiving is a celebration of the harvest and food grown on the land in the United Kingdom. It is about giving thanks for a successful crop yield over the year as winter starts to approach. The festival is also about giving thanks for all the good and positive things in people's lives, such as family and friendships. Harvest Festivals have traditionally been held in churches but also in schools and sometimes in pubs.

In some towns and villages, the harvest festivals are set so that the different churches do not have it on the same day. People bring in produce from their garden, allotment or farm, and even tinned and packaged food. Often there is a Harvest Supper at which some of the produce may be eaten. Typically, surplus produce is given away to a local charity, hospital or children's home, or auctioned for charity.

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

## Birthdays in October

Trevor Reid	06	75
Patricia Skeete	13	88
Mary Thomas	13	73
Sedley Lindo	16	83
Caroline Guiste	20	66
Beryl Grey	22	94
Edith Adereni	25	86
Eileen Adams	29	88
Felicia Ibikunle	28	86

## 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 Manager	07306 187476
Ruth Simpson	Community Outreach Worker	07506 800250
Tessa Jobity	HR/Accounts/Admin Officer	07852 215438

# Pension Credit Awareness Month

Golden Oldies will be holding a Pension Awareness month a campaign launched by the Department for Work and Pensions (DWP) to increase awareness and claims for Pension Credit. The campaign aims to debunk myths and misinformation about Pension Credit and encourage more people to apply for this benefit.

Some reasons why people may miss out on Pension Credit include:

- They may not be aware that they are eligible
- They may have misconceptions about Pension Credit, such as having a small private pension or owning their own home

Pension Credit can provide extra income for people who are over State Pension age and on a low income. It can also help people access other benefits, such as: Free NHS prescriptions, Council tax support, Housing benefit, and Free eye tests. rise to a host of new scams.

To qualify for Pension Credit, you or your partner must meet one of the following criteria:

- Both you and your partner are over State Pension age
- One of you is over State Pension age and claims Housing Benefit

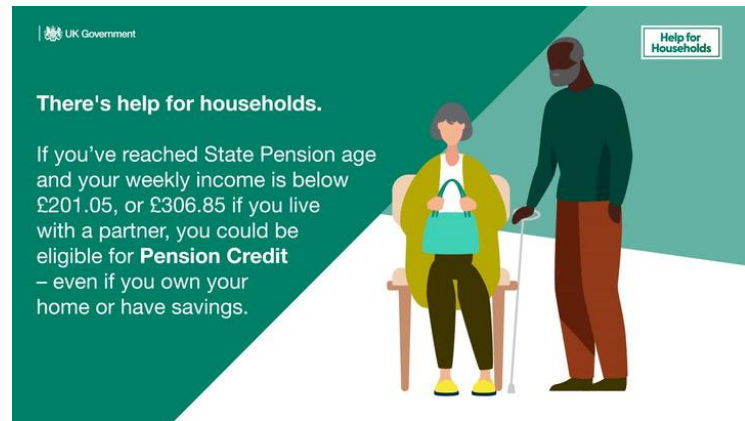
You can apply for Pension Credit online, by phone, or by printing out and filling in a paper application form.

## How long does it take for Pension Credit to be approved?

We've been hearing reports that it's taking a long time for DWP to process Pension Credit applications. According to the latest from DWP it's likely to take two months for your application to be processed – though we have heard of some people having to wait much longer.

## How much is Pension Credit per week?

£218.15 per week for single people. £332.95 per week for couples.



## How many pensioners are missing out on Pension Credit?

According to government research, a staggering 880,000 pensioners are eligible for pension credit but aren't claiming – depriving themselves not only of the winter fuel payment but of a whole suite of other benefits, including free NHS prescriptions, council tax support, housing benefit and free eye tests.

## Can you get Pension Credit if you get full State Pension?

Pension Credit is separate from your State Pension. You can get Pension Credit even if you have other income, savings or own your own home.

## What proof do I need for Pension Credit?

National Insurance number. information about any income, savings and investments you have. information about your income, savings and investments on the date you want to backdate your application to (usually 3 months ago or the date you reached State Pension age)

## What help will I get from Golden Oldies

Golden Oldies will hold a workshop with leaflets and information on applying for Pension Credit and assist members with the filling of their application forms.

## Pension Credit Awareness Month runs from 1st to 31st October 2024.

## Our Thursday Programmes for the Month of October

Please note that these services are only available for you if you have joined as a member and paid your membership fee of £12.00 (valid until end of December 2024)

**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 £7.00 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 £7.00

<p><b><u>Thursday 3rd</u></b> Nails with Marva Chair Exercise with Sheba</p> <p><b><u>Tuesday 8th</u></b> GO at Appleby Blue</p> <p><b><u>Thursday 10th</u></b> Arts &amp; Crafts with Lucie Reflexology with Margot Pension Credit Workshop Bingo</p>	<p>11am – 12.00pm 12.00pm – 1.00pm</p> <p>11am – 4.00pm</p> <p>11.am – 12.00pm 11am – 1.00pm 10.30am – 3.30pm 2.30pm - 3.00pm</p>
<p><b><u>Tuesday 15th</u></b> GO at Limetree House</p> <p><b><u>Thursday 17th</u></b> Nails with Marva Chair Exercise with Sheba Pension Credit Workshop Bingo</p>	<p>11am – 4.00pm</p> <p>11am – 12.00pm 12.00pm – 1.00pm 10.30am – 3.00pm 2.30pm – 3.00pm</p>
<p><b><u>Tuesday 22nd</u></b> GO at Limetree</p> <p><b><u>Thursday 24th</u></b> Reflexology with Margo Arts &amp; Crafts with Lucie Pension Credit Workshop Bingo</p>	<p>11am – 4.00pm</p> <p>11am – 1.00pm 11am – 12.00pm 10.30am – 3.00pm 2.30pm – 3.00pm</p>

<p><b><u>Wednesday 30th</u></b>          Trip to the London Children's Museum</p> <p><b><u>Thursday 31st</u></b>          Nails with Marva          Chair Exercise with Sheba          Pension Credit Workshop          Bingo</p>	<p>Minibus leaves the church at          12.30pm – Cost: £7.50          11am – 12.00pm          12.00pm – 1.00pm          10.30am – 3.00pm          2.30pm – 3.00pm</p>
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### **Free Swimming Lessons at your local Swimming Pools for Over 50's**

<b>Swimming Pool</b>	<b>Days</b>	<b>Times</b>
<p><b>Camberwell Green</b>            Artichoke Pl, Camberwell Church St,            London SE5 8TS            Tele: 0207 703 3024</p>	Wednesdays	4.30pm – 5.00pm 5.00pm – 5.30pm 5.30pm – 6.00pm
<p><b>Dulwich Leisure Centre</b>            2B Crystal Palace Rd,            London SE22 9HB            Tele: 0208 693 1833</p>	Fridays	6.30pm
<p><b>Peckham Pulse</b>            10 Melon Rd,            London SE15 5QN            Tele: 0207 708 6200</p>	Tuesdays	10.00am – 10.30am
<p><b>The Castle</b>            2 St Gabriel Walk,            London SE1 6FG            Tele: 0207 091 4243</p>	Tuesdays	11.00am – 11.30am 11.30am – 12.00

**Further Information** - Free swimming sessions lasts for a period of 12 weeks

You will need:

- £1.00 coin for your locker
- Suitable swimming costume
- Towel

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.

### **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**



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

# Harvest festival

## Word Search

- ANNUAL
- APPLES
- AUTUMN
- CELEBRATION
- CONTESTS
- CORN
- CORNUCOPIA
- CROPS
- FARMER
- FEASTING
- FESTIVAL
- FIELDS
- GAMES
- HARVEST

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



- HAYRIDE
- LEAVES
- MERRIMENT
- MUSIC
- OCTOBER
- PUMPKINS
- REGIONAL
- SCARECROW
- SEPTEMBER
- SQUASH