

Walworth Golden Oldies Community Care Project Newsletter



Merry Christmas



ISSUE 12

December 2024

A Note from The Chair

Christmas is here!!

Welcome to the Golden Oldies Christmas Newsletter.

This edition is jam packed with news, advice, and information of the services that you can access during the festive season.

We have included details on how to obtain the Winter Fuel Payment and how to get help with doing your shopping.

Upcoming events that you can participate in, our opening and closing dates, as well as information pertaining to our annual Christmas Lunch Party.

Our organization is lucky to have dedicated staff and volunteers who work hard to ensure that your time at the club is welcoming and enjoyable. I would like to take this opportunity to thank them for their hard work and concern.

I would also like to thank you, our members for your continued support throughout the year, and I pray that this Christmas season bring tons of success, good health, and prosperity to you and your family.

We look forward to seeing you all in the New Year, May God continue to bless you and keep you safe.

Merry Christmas and A Peaceful New Year

Cllr Dora Dixon-Fyle
Chair of Walworth Golden Oldies



December Birthdays

We would like to wish the following users a Happy Birthday

Catherine Simpson	2 December
Vivian Gikes	12 December
Isimuto	16 December
Marjorie Chastanet	13 December
Vera Wilson	14 December
Joyce Lindsey	24 December
Silbert Walker	28 December



Age UK - Help with shopping

Being able to shop for food is an important part of staying well and independent as we age. We support older people to be in control of what food they purchase with our grocery delivery and escorted supermarket shopping services.

Types of shopping service provided by Age UK

Escorted services

These are suitable for older people who are mobile enough to go out but need some extra assistance with transport to and getting around food stores. These services can be one-to-one schemes whereby Age UK staff assist one client with their shopping, or alternatively, group shopping trips.

As well as helping with shopping, they give older people, particularly those who live alone, the opportunity to get out and interact with others.

Home delivery services

Some older people are housebound and unable to do their own shopping. Age UK works with the older person to create a shopping list, and their groceries are then delivered to their home.

Internet shopping services

Some local Age UKs offer food shopping services using supermarkets' online stores. The order is placed on behalf of the older person and delivery is made to the older person's home by the store at an agreed date and time.

This allows older people to reap the benefits of internet shopping even if they do not themselves have internet access and ensures a regular food delivery over which they have control.

There may be a small charge for these services to cover costs, such as petrol or delivery charges



Why does food shopping become more difficult in later life?

One in five (19%) of people aged 80-84 say they have difficulty shopping for groceries. This rises to 60% for those aged over ninety. Our research shows that older people face several barriers to food shopping:

- Difficulty getting to food shops, particularly for those living in rural areas with further to travel and those who do not drive a car.
- Store layouts can be difficult due to high or low shelves and a lack of adequate rest facilities.
- Difficulty carrying goods to and from the supermarket.
- Some people struggle with online shopping and/or value the social interaction of doing their shopping in person.

Age UK runs local food shopping services which have a range of benefits for older people, including preventing malnutrition, reducing social isolation, and enabling them to be independent and remain in their own home for longer.

For more information call the Age UK Advice Line on 0800 678 1602. They are open 8am to 7pm, every day of the year.

Winter Fuel Payment

Winter Fuel Payment is an annual tax-free payment to help with heating costs. Most payments are made between November and December.

How much will pensioners get this winter 2024?

It ranges between £250 and £300 depending on your circumstances, and this is all tax-free. However, you will usually get less if you live with other people who also qualify or if you live in a care home or nursing home and don't get one of the following benefits:

- Pension Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support.

If you live in a care home or nursing home and receive any of these benefits, then you are not entitled to a Winter Fuel Payment.

Am I eligible to claim Winter Fuel Payment?

You may be eligible for Winter Fuel Payment for winter 2024-2025 if you meet all the following criteria:

- you were born on or before 26th September 1958 (the eligibility birth date changes every financial year).
- You'll also need to have been getting a benefit during the qualifying week of 16th to 22nd September 2024.

How can I claim Winter Fuel Payment?

However, as well as the eligibility criteria above, you'll also need to:

- receive the State Pension
- receive another social security benefit (this doesn't include Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit, or a deferred State Pension).

If you're eligible and receive the necessary benefits, you will receive your Winter Fuel Payment automatically and won't have to make a claim.



If you're eligible and receive the necessary benefits, you will receive your Winter Fuel Payment automatically and won't have to make a claim.

If you're eligible but don't receive these benefits or live abroad, you may need to make a claim.

To make a claim, you can call the Winter Fuel Payment helpline on **0800 731 0160**. You'll need your National Insurance number and your bank or building society details when making a claim.

Other Help with Heating Costs Warm Home Discount

You may be entitled to a Warm Home Discount if you receive the Guarantee Credit part of Pension Credit or if you're on a low income. It's a one-off discount on your electricity (or, occasionally, gas) bill, usually made between October and April.

If you have a prepayment electricity meter, you can receive the discount as a voucher to top up your meter.

Not all energy companies participate in the scheme, so check with your supplier. If you already receive the Warm Home Discount and are thinking about switching supplier, make sure any new supplier also participates.

Cold Weather Payment

If you receive Pension Credit or other income-related benefits, you're automatically paid a Cold Weather Payment when the temperature is at 0°C/32°F or below for seven days in a row.

Winter Fuel Payment helpline

For information and application forms to claim the payment. **Tel: 0800 731 0214**

www.gov.uk/winter-fuel-payment

Upcoming Events



Appleby Blue Christmas Party and Celebrations

Appleby Blue will be holding their Christmas Celebrations on **Tuesday 10th December between 12.00pm – 6.00pm** and they have invited the members of Golden Oldies to attend. It will be a joyous occasion with the food being prepared by our wonderful chefs Winston and Owen. We will have all the traditions of Christmas with games, raffles, and prizes.

After lunch, we will dance the afternoon away to the sounds of our DJ courtesy of Peckham Platform. If you would like to join in with the celebrations, please let Sandra or Tessa know as soon as possible to reserve your table.

Sacred Heart Christmas Carol Concert

The pupils of Sacred Heart Secondary School have kindly invited us to attend their Christmas Carol Concert on **Wednesday 18th December at 1.15pm**. They have a special programme prepared and would like to interact with the elders of Golden Oldies.

A minibus will collect us from the church at 12.30pm and take us to the school in Camberwell. They will bring us back to the church when the concert ends at 3.30pm.



If you would like to go, please give your name to Sandra or Tessa today before you leave the club so that we can reserve your seat on the bus. **This event is free.**

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The Golden Oldies Christmas party is popular in our local community.

On this special day we create a fantastic menu and activities where all can take part.

As usual all family and friends are welcome!

Tickets are on sale now.

Menu will consist of a two-course meal.

There will be games, quizzes, Raffle, music, dancing, a visit from Santa and carol singing.

Date: 19th December 2024

Time: 11am – 4pm



Prices:

Members - £10.00

Non-members - £12.00

<u>Thursday 5th</u>	CLUB CLOSED
<u>Tuesday 10th</u> Christmas Lunch Party at Appleby Blue 94 – 116 Southwark Park Road London SE16 3RD	12.00pm – 6.00pm
<u>Wednesday 18th</u> Sacred Heart Christmas Carol Concert Minibus collecting us from church at 12.30pm	1.00pm – 3.30pm
<u>Thursday 12th</u> Arts & Crafts with Lucie Manicure with Marva Lunch Bingo	11.00am – 1.00pm 11.00am – 1.00pm 1.00pm – 2.00pm 2.30pm
<u>Thursday 19th</u> Blessing by Walworth Methodist Church Presentation to Russell GO Christmas Lunch Carol Singing by St Peters Primary School Raffle Giving out of Presents	11.30am 12.00pm 1.30pm – 2.30pm 2.30pm 3.00pm

Useful Numbers and Information over the Christmas Period

SELDOC - They provide out-of-hours primary care 6.30pm – 8.00am weekdays and 24 hours at

Gas & Electric Emergencies: UK Power Network
0800 028 0247

Thames Water – 0800 980 8800

Age UK Advice and Helpline – 0800 169 2081

Police, Fire, Ambulance – 999

city

Our funders and Partners

We are extremely grateful for the support of all our partners, whose funding contributes to making a real impact for older people and people living in Southwark.

Their support helps us achieve our vision of friendly, local communities where older people thrive.



Golden Oldies Contact Details:



Management Team		
Dora Dixon-Fyle – Chair of Trustees		
Daniel Gregory – Digital IT/Fundraising		07398 765537
Michael Edie – Lead Day Care Support Worker		07958 121911
Sandra Edie – Project Care Manager		07306 187476
Tessa Jobity – HR/Admin Officer		07852 215438
Ruth Simpson – Outreach Support Officer		07398 336292

Address

Walworth Golden Oldies Community Care Project
Walworth Methodist Church Hall
54 Camberwell Road
London SE5 0EN

Buses:

From Peckham – 12,171

From Dulwich – 176, 40

From Brixton – 35, 45

From Camberwell – 12,35,40,42,45,68,148,1710,176,468

