

# Southwark Befriending Scheme

020 8299 2623

## BEFRIENDING

Our befriending service is available to isolated older people aged over 60 years who live in South Southwark.

Volunteers visit people in their own homes, usually for an hour or so once a week, for a cup of tea and a chat, to undertake a task, or to share an activity or interest with their service user.

Examples include reading correspondence or a newspaper to someone who has visual problems, playing a game of scrabble or chess, listening to music together or accompanying someone on a short walk.

Please contact us if you are interested in either having a befriender or would like to become a volunteer visitor.

## A-Z OF OUR GROUPS

Below is a list of groups currently on offer, we do add more from time to time and so this list is not exhaustive. To come along to most groups, you first need to become a service user of Dulwich Helpline, or Southwark Churches Care, both of which are free.

For more information on our groups, to become a service user, or to check if there are free spaces in a group, please call us on 020 8 299 2623. Thanks.

## A-Z

**1. Abbeyfield Reminiscence** This weekly reminiscence group is held at an Abbeyfield sheltered housing scheme. Members follow an agreed reminisce timetable each term and take it in turns to tell their stories of old. It is a friendly group who are always looking for people with new stories, or for people from different backgrounds.

**2. Book Club** This meets on a monthly basis in a service user's home. The hostess provides group members with tea, coffee and cakes. The volunteer who runs the group also works for one of Southwark's Libraries and is able to access large print, talking books or specific books that members may request. Members take home as many books as they want to read and are asked.

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**3. Bridge Group** The group gets together on a fortnightly basis and meets in the dining/sitting room of a small supported housing unit. The group is run by two volunteers both are skilled Bridge players, their role being to assist members who are less able. Tea and coffee is served between games.

**4. Computer Groups** We run computer groups with local schools in term-time. Each group matches a school pupil with a service user for one-to-one learning about computers. Service users can follow a designed course, or work on whatever aspect appeals to them. Popular themes are emails and the internet, digital photography, or a basic introduction to computers for the first time. Please contact us to find out more about these groups.

**5. Dulwich Grove Estate Group – (Known as Life on the E.D.G.E!)** This group meet weekly at the Sea Cadets Hall in Greendale. It is a tea and chat group with regular background music played by one of the members on his keyboard. On alternate weeks Dulwich Helpline provide a programme of activity which include newspaper discussion, quizzes, reminiscence sessions, games, craft and occasional guest speakers. New members are warmly welcomed. Please contact the office for full details.

**6. Gentle Exercise Group** This lively group meets every week in a sheltered housing block, for an hour of chair-based exercise with a paid tutor, followed by tea and biscuits. It is a very popular and sociable group which is very well attended.

**7. Golden Oldies – Southwark Churches Care Group** This is social group is every Wednesday morning at St Mary Magdalene Church, Peckham. Every other week we have chair based exercise and on the weeks in between we have a variety of activities, such as musical bingo, quizzes, speakers and arts and crafts, as well as trips out in the summer. £2 per session. Transport available if needed.

**8. Kingswood Estate Befriending Group** This group meets once a month in a community centre. Many of the members have poor mobility and unable to get out to meet up, so friends and neighbours are brought together to have tea and a chat and reminisce about past times. Every birthday is also celebrated with a birthday cake.

**9. Kingswood Estate Drop-in** This very popular drop-in group happens twice a month at a community centre. The drop-in offers a social occasion for the estate and a great opportunity to sit and chat, or make new friends. Each drop-in has a raffle and a quiz, as well as refreshments provided. There are often special events, such as speakers or performers for the group and these are publicised around the

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estate. All welcome.

**10. Kingswood Estate Reminiscence Group** This group meets weekly and is led by two volunteers who run the group on alternate weeks. Group members decide on topics for each term and share memories through photos, magazines, books or other items of interest. They also organise trips out and lunches during the year. Refreshments are provided and the group tends to be very lively.

**11. Kingswood Estate Shopping** This is a monthly trip by minibus from Kingswood Estate to a large supermarket in Sydenham. Help is available for those who need a hand while others shop independently. After everyone has done their shopping they meet up in the café for a cup of tea and a bite to eat. As this is a popular trip, please contact the office regarding availability.

**12. Men's Group** This group meets monthly in a local Pub. Group members are offered a first drink (alcoholic or non alcoholic) which Dulwich Helpline pays for, members then pay for any further drinks. Topics of conversation vary each meeting, however many members like to reminisce about times past; and some enjoy a game of dominoes or cards.

**13. Music Group** The music group meet fortnightly at the home of one of the group members. Ideas for the sessions are put forward by the members and a varied programme is produced. Examples include music by classical composers, songs from the shows, various concertos and occasional piano recitals. The sessions always start with refreshments and general chat.

**14. Paxton Green Drop-in** This group meets fortnightly and was initially set-up by Paxton Green Surgery. This group is lively, well attended and offers an opportunity for socializing and friendship. – with refreshments, of course!

**15. Poetry** This busy group meets fortnightly and focuses on a different topic each time. Members can bring published poetry with them to read out around the topic, are invited to write their own, or can sit and listen to the other contributors. Topics are wide ranging and the tutor asks for suggestions from the group about what topics to cover.

**16. Olley's Lunch Group** This group meets once a fortnight on a Tuesday lunchtime for a fish and chip lunch and conversation at the award-winning “Olley’s Fish Restaurant” in Norwood Road, SE24.

**17. Singing Group** This new weekly group is proving very popular; members join in for singing a variety of songs. It is held at a sheltered housing block. All levels of

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singing are accommodated, the paid teacher emphasises the fun and health benefits for everyone.

**18. Yoga** This sedate exercise group meets fortnightly to do yoga-inspired chair based exercise, with a paid instructor. New members are welcomed and anyone can join in for these gentle exercises. The group meets for tea and biscuits just before each session, offering the opportunity of a chat and some social time.

## PRACTICAL HELP

Our dedicated staff team with endeavour to help you if they can. If we can't help, we may be able to find someone else who can; we keep a list of other local organisations available and also have access to Southwark Council's Trading Standards list - a list of Tradesmen who have undergone a vetting procedure. The things we can usually help with are:-

- **Gardening:** volunteers can help with minor jobs such as mowing the lawn, hedge trimming, weeding and clearing leaves. We are not able to help with very overgrown gardens or tree felling. Any visits including return visits must be arranged through our office staff.
- **Escorted Shopping:** a volunteer can accompany you by public transport or in their own car to the local shops or supermarket. We do ask that you give us two weeks notice for this service.
- **Odd Jobs:** a volunteer can help with minor jobs such as changing curtains, a light bulb fuse or plug. Our staff are happy to listen to your request and will try to help you if the work is appropriate for a volunteer to undertake.
- **Transport:** we can provide help with transport to appointments such as chiropodist, or dentist. Please give two weeks notice for all transport requests. **We are unable to provide help with transport to hospital appointments.**

## HOW TO REFER SOMEONE TO DULWICH HELPLINE

Our referrals come through in various ways: GP surgeries, health workers, social services, family, friends, and neighbours, or simply call us yourself.

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If you would like to refer yourself or know of anyone who would benefit from our services then please call our main number **020 8299 2623**.