

Carers Information Sheet 21

Carers of Elderly People

This sheet is not an exhaustive list, but gives information about key organisations in Lewisham that help people aged 60+ and their carers. These days you can expect to be regarded as active citizens and not be unfairly treated due to age.

AGE UK LEWISHAM and SOUTHWARK

Advice & information (including home visits); befriending; holidays; insurance; energy saving tips; classes etc.

Open 10am - 1pm. **Tele: 020 7701 9700**

Age UK Lewisham and Southwark
Stones End Centre, 11 Scovell Road, Southwark, London, SE1 1QQ

LEWISHAM ELDERS RESOURCE CENTRE

Activities, outings lunches, benefits advice (including home visits).

Tele: 020 8291 1164

260 Stanstead Road, SE23 1DD

CROSSROADS CARING CAFE

Crossroads Care South East London run a weekly café where people with dementia and their carers can come together and share experiences, exchange information and socialise.

Lunches, activities etc. every Saturday 10am-4pm
M-Eating Place, 127 Rushey Green Catford SE6 4AA

Tele: 01322 351 253

Email: s.hutton@ccsel.org

LEWISHAM PENSIONERS FORUM

Tele: 020 8690 7869

email: pensionersgaz@hotmail.com

The Saville Centre, 436 Lewisham High Street SE13 6LJ

SOLICITORS for the ELDERLY

Solicitors for the Elderly (SFE) is an independent, national organisation of lawyers, such as solicitors, barristers, and legal executives who provide specialist legal advice for older and vulnerable people, their families and carers



www.solicitorsfortheelderly.com

Email: admin@solicitorsfortheelderly.com

Tele: 0844 567 6173

AGE EXCHANGE REMINISCENCE CENTRE

Shop, museum, exhibitions, theatre, workshops and social activities.

11 Blackheath Village SE3 9LA

Tele: 020 8318 9105.

INDEPENDENT AGE

Advice, befriending, campaigns

Tele: 0800 319 6789

www.independentage.org

HANDYPERSON SCHEME

Provides help to older and disabled people living in their own homes such as changing light bulbs, mending fuses, small decorating and maintenance jobs etc. The service is free—you just pay for the cost of any materials

Tele: 020 8314 6309

STAYING PUT (HOUSING GRANTS)

Advice and assistance for older or vulnerable home

owners to maintain or adapt their home. Access to grants for repairs, insulation etc.

Tele: 020 8314 6344

Email: stayingput@lewisham.gov.uk

LINKLINE

Emergency home phone alarms home visiting or phone-on only options.

Contact Lewisham Social Care and Advice Team on 020 8314 7777

Also sensors and alerts to support vulnerable people, for falls, extreme temperatures etc.—assessed by an occupational therapist

Tele: 020 8314 7777

FREEDOM PASSES

Free bus and train travel in London for residents aged 60+ (off peak).

Tele: 020 8314 9844 or collect a form from the Post Office

HEALTHY WALKS

Big programme all over the borough.

Jenny Budd, Co-ordinator

Tele: 020 7188 2838

VOLUNTEER DRIVERS Scheme

Reduced price lifts for those unable to use public transport

Tele: 020 8291 1747

TRADING STANDARDS

Advice on consumer rights, rogue or doorstep traders, registered builders etc.

Citizens Advice consumer services 03454 04 05 06

ADULT AND COMMUNITY EDUCATION

Information on a wide range of classes in centres all over the borough. Full brochure from libraries or www.lewisham.gov.uk

Tele: 020 8314 3300



Lewisham Carers Centre, Waldram Place, Forest Hill, London SE23 2LB

Tel: 020 8699 8686 Fax: 020 8699 0634

Email: info@carerslewisham.org.uk Web: www.carerslewisham.org.uk

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